

taittirīya brāhmaṇa

III. 10. 8.

- laghu nyāsa – agnir me

agnirmē vāci śrītaḥ |
vāghṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
vāyurmē prāṇe śrītaḥ |
prāṇo hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
sūryome cakṣuṣi śrītaḥ |
cakṣurhṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
candramā me manasi
śrītaḥ |

mano hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
diśo me śrotre śrītaḥ |
śrotragṃ hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
āpo me retasi śrītaḥ |
reto hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
pṛthivi me śarīre śrītā |
śarīragṃ hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||

oṣadhivanaspatayo me
lomasu śrītāḥ |
lomāni hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
indro me balē śrītaḥ |
balagṃ hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
parjanya me mūrdhni
śrītaḥ |
mūrdhā hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
īśāno me manyau śrītaḥ |
manyurhṛdaye |

hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
ātmā mā ātmani śrītaḥ |
ātmā hṛdaye |
hṛdayaṃ mayi |
ahamamṛte |
amṛtaṃ brahmaṇi ||
punārma ātmā
punarāyurāgāt |
punah prāṇah
punarākūtamāgāt |
vaiśvānaro raśmibhīrvā-
vrdhānah |
antastiṣṭhatvamṛtasya
gopāḥ ||

|| taittirīya brāhmaṇa III. 10. 8. ||