



Acharya Shunya: Brahmanandam mantra

The **Brahmanandam Mantra** is a sacred Vedic chant that celebrates the bliss of the Atma (individual soul) and Paramatma (Supreme Soul or Universal Consciousness). This mantra is a profound expression of joy and oneness, recognizing the infinite and eternal nature of the Self. It is often recited by seekers to experience a state of spiritual bliss and unity with the divine essence that pervades all existence.

ब्रह्मानन्दं परमसुखदं केवलं ज्ञानमूर्तिम्।
द्वन्द्वतीतं गगनसदृशं तत्त्वमस्यादिलक्ष्यम्।
एकं नित्यं विमलमचलं सर्वधीसाक्षिभूतम्।
भावातीतं त्रिगुणरहितं सद्गुरुं तं नमामि॥

Brahmānandam paramasukhadam kevalam jñānamūrtim,
Dvandvātītam gaganasadṛśam tattvamasyādi lakṣhyam;
Ekam nityam vimalam achalam sarvadhīśākṣhibhūtam,
Bhāvātītam trigunarahitam sadgurum tam namāmi.

Meaning of the Brahmanandam Mantra

The **Brahmanandam Mantra** is an homage to the ultimate reality, celebrating the blissful union of the Atma (individual self) with the Paramatma (universal self). The mantra's verses highlight the qualities of the Supreme Self and the realization of this unity as the ultimate state of bliss.

1. Brahmanandam paramasukhadam kevalam jñānamūrtim

- "The embodiment of Brahmananda (the bliss of Brahman), the bestower of supreme happiness, the pure embodiment of knowledge."

This line acknowledges the blissful and peaceful nature of the Supreme Self, which is pure consciousness and knowledge, beyond any dualistic limitations.

2. Dvandvātītam gaganasadṛśam tattvamasyādi lakṣhyam

- "The One who is beyond all dualities, like the infinite sky, who is the ultimate goal indicated by the Mahavakya 'Tat Tvam Asi' ('That Thou Art')."

Here, the mantra celebrates the non-dual nature of reality, which transcends all opposites (like pleasure and pain, joy and sorrow) and is as vast and limitless as the sky. It also points to the ultimate realization that the individual self (Atma) is one with the Supreme Self (Paramatma).

3. **Ekam nityam vimalam achalam sarvadhīsākṣhibhūtam**

- "The One who is one, eternal, pure, unmoving, the witness of all intellects."

This verse highlights the qualities of the divine as the singular, eternal presence that is pure, unchanging, and the witness to all experiences and thoughts within every being.

4. **Bhāvātītam trigunarahitam sadgurum tam namāmi**

- "The One who is beyond all states and free from the three gunas (sattva, rajas, tamas), to that true guru, I offer my salutations."

The final line pays homage to the true Guru, who embodies this Supreme Self, transcending all states of existence and free from the three fundamental qualities or gunas that constitute the material world.

Significance and Practice

The **Brahmanandam Mantra** is not just a prayer but a celebration of the ultimate state of being, where the Atma (individual soul) recognizes its unity with the Paramatma (Universal Consciousness). By chanting this mantra, practitioners immerse themselves in the blissful experience of this unity and transcend the dualities of everyday life. It serves as a reminder of the true nature of the Self—eternal, pure, and beyond all dualities and limitations.

Acharya Shunya, a distinguished teacher of Vedic wisdom, encourages the recitation of the Brahmanandam Mantra as a means to celebrate and recognize the inherent divinity within and around us. This practice can deepen one's spiritual understanding, foster inner peace, and help transcend the limitations of the ego, leading to a direct experience of the blissful nature of the Self.

How to Use the Mantra in Your Daily Life

1. **Morning Ritual:** Begin your day with the Brahmanandam Mantra to attune your consciousness to the blissful state of the Self. This practice sets a serene and joyful tone for the day.
2. **During Meditation:** Use the mantra as a meditative focus, allowing its profound meaning to permeate your consciousness and guide you towards a state of unity and bliss.
3. **Contemplation:** Reflect on each line of the mantra and its significance in your life. This reflection can help deepen your understanding of the non-dual nature of reality and foster a greater sense of connection with the divine.

Conclusion

The **Brahmanandam Mantra** is a profound celebration of the blissful union of the individual soul with the Supreme Consciousness. Through its recitation, one can experience the joy of this unity and transcend the limitations of ordinary existence. Embrace this mantra as a daily practice to deepen your spiritual journey and connect with the eternal bliss of the Self.