Verse 1a

वेदो नित्यमधीयतां
vedo nityam adhīyatām
Study the Vedas daily.

तदुदितं कर्म स्वनुष्ठीयताम्
tad uditam karma svanushthīyatām
Properly perform the duties ordained by them.

तेनेशस्य विधीयतां
teneshasya vidhīyatām
Dedicate those actions to God.

अपचितिः काम्ये मतिस्त्यज्यताम्
apacitih kāmye matis tyajyatām
Turn your mind away from desires.

Verse 1b

पापौघः परिधूयतां
pāpaughah paridhūyatām
Cleanse yourself completely of sin.

भवसुखे दोशोऽनुसन्धीयताम्
bhavasukhe dosho 'nusandhīyatām
Recognize the limitations of worldly happiness.

आत्मेच्छा व्यवसीयतां
ātmecchā vyavasīyatām
Strive to discover your true Self.

निजगृहात्तूर्णं विनिर्गम्यताम्
nijagrihāt tūrnam vinirgamyatām
Quickly escape from attachment to your home.

Verse 2a

सङ्गः सत्सु विधीयतां

sangah satsu vidhīyatām

Seek the company of good people.

भगवतो भक्तिर्दृढाऽधीयताम्

bhagavato bhaktir dridhā ′dhīyatām

Cultivate deep devotion to God.

शान्त्यादिः परिचीयतां

shāntyādih paricīyatām

Develop virtues like peacefulness.

दृढतरं कर्माशु सन्त्यज्यताम्

dridhataram karmāshu santyajyatām

Immediately give up your fondest desires.

Verse 2b

सद्विद्वानुपसृप्यतां

sad-vidvān upasripyatām

Approach a truly wise teacher.

प्रतिदिनं तत्पादुका सेव्यताम्

pratidinam tat-pādukā sevyatām

Offer your service at his feet every day.

ब्रह्मैकाक्षरमर्थ्यतां

brahmaikāksharam arthyatām

Strive to discover the meaning of Om.

श्रुतिशिरोवाक्यं समाकर्ण्यताम्

shruti-shiro vākyam samākarnyatām

Listen carefully to the teachings of the scriptures.

Verse 3a

वाक्यार्थश्च विचार्यतां
vākyārthash ca vicāryatām
Reflect on the meaning of the teachings.

श्रुतिशिरः पक्षः समाश्रीयताम्
shruti-shirah pakshah samāshrīyatām
Embrace the vision of the scriptures.

दुस्तर्कात् सुविरम्यतां
dustarkāt suviramyatām
Give up erroneous arguments.

श्रुतिमतस्तर्कोऽनुसन्धीयताम्
shruti-matas tarko 'nusandhīyatām
Follow the reasoning used in the scriptures.

Verse 3b

ब्रह्मास्मीति विभाव्यताम्
brahmāsmīti vibhāvyatām
Meditate on the truth, "I am brahman."

अहरहर्गर्वः परित्यज्यताम्
ahar ahar garvah parityajyatām
Day by day, give up your ego.

देहेऽहं मतिरुझ्यतां
dehe 'ham matir ujhyatām
Abandon the notion, "I am this body."

बुधजनैर्वादः परित्यज्यताम्
budha-janair vādah parityajyatām
Give up arguing with wise people.

Verse 4a

क्षुद्व्याधिश्च चिकित्स्यतां
kshud-vyādhish ca cikitsyatām
Treat the malady of hunger...

प्रतिदिनं भिक्षौषधं भुज्यताम्
pratidinam bhikshaushadham bhujyatām
...by taking the medicine of alms daily.

स्वाद्वन्नं न तु याच्यतां
svādvannam na tu yācyatām
Do not request delicious food.

विधिवशात् प्राप्तेन सन्तुष्यताम्
vidhivashāt prāptena santushyatām
Be content with whatever is obtained properly.

Verse 4b

शीतोष्णादि विषह्यतां
shītoshnādi vishahyatām
Tolerate discomforts like cold and heat.

न तु वृथा वाक्यं समुच्चार्यताम्
na tu vrithā vākyam samuccāryatām
Do not engage in useless talk.

औदासीन्यमभीप्स्यतां
audāsīnyam abhīpsyatām
Cultivate indifference.

जनकृपानैष्ठुर्यमुत्सृज्यताम्
janakripā-naishthuryam utsrijyatām
Ignore the kindness and harshness of people.

Verse 5a

एकान्ते सुखमास्यतां

ekānte sukham āsyatām

Sit for meditation in a solitary place.

परतरे चेतः समाधीयताम्

paratare cetah samādhīyatām

Concentrate your mind on the supreme.

पूर्णात्मा सुसमीक्ष्यतां

pūrnātmā susamīkshyatām

Discover the fullness of your true Self.

जगदिदं तद्बाधितं दृश्यताम्

jagad idam tad-bādhitam drishyatām

Recognize this world is but an illusion.

Verse 5b

प्राक्कर्म प्रविलाप्यतां

prāk-karma pravilāpyatām

Reflect on your past deeds.

चितिबलान्नाप्युत्तरैः श्लिष्यताम्

chitibalān nāpyuttaraih shlishyatām

With wisdom, let go of future deeds.

प्रारब्धं त्विह भुज्यताम्

prārabdham tviha bhujyatām

Exhaust your remaining karmas here.

अथ परब्रह्मात्मना स्थीयताम्

atha parabrahmātmanā sthīyatām

Then at death, remain merged in brahman.