

taittirīya brāhmaṇa III. 10. 8 - laghu nyāsa – agnir me

om agnirmē vāci śritāḥ | fire speech

vāg-hṛdaye |

hṛdayaṃ mayi |

aḥam-amṛte |

amṛtaṃ brahmaṇi ||

vāyur-mē prāṇe śritāḥ |

air outside
prāṇa

prāṇo hṛdaye |

hṛdayaṃ mayi |

aḥam-amṛte |

amṛtaṃ brahmaṇi ||

sūryōme cakṣuṣi śritāḥ |

sun eyes (sight)

cakṣur-hṛdaye |

hṛdayaṃ mayi |

aḥam-amṛte |

amṛtaṃ brahmaṇi ||

candra-mā me manasi śritāḥ | moon mind

mano hṛdaye |

hṛdayaṃ mayi |

aḥam-amṛte |

amṛtaṃ brahmaṇi ||

diśo me śrotre śritāḥ | space ears (hearing)

śro-traṅṅ hṛdaye |

hṛdayaṃ mayi |

aḥam-amṛte |

amṛtaṃ brahmaṇi ||

āpō me retasi śritāḥ | water creation

reto hṛdaye |

hṛdayaṃ mayi |

aḥam-amṛte |

amṛtaṃ brahmaṇi ||

pr̥thi-vī me śārire śritā | earth body
śari-ragm̐ hṛdaye |
hṛdayam̐ mayi |
aham-amṛte |
amṛtam̐ brahmaṇi ||

ośadhi-vanaspa-tayo me lomāsu śritāḥ | herbs
lomāni hṛdaye | hair
hṛdayam̐ mayi |
aham-amṛte |
amṛtam̐ brahmaṇi ||

indro me balē śritāḥ | Indra (power)
ba-lagm̐ hṛdaye | strength
hṛdayam̐ mayi |
aham-amṛte |
amṛtam̐ brahmaṇi ||

par-ja-nyo me mūr-dhni śritāḥ | lightning
mūr-dhā hṛdaye | cranium
hṛdayam̐ mayi | (light inside
aham-amṛte | me)
amṛtam̐ brahmaṇi ||

iśāno me maṇ-yau śritāḥ | one who has
maṇyur-hṛdaye | mastered emotions
hṛdayam̐ mayi | emotions
aham-amṛte |
amṛtam̐ brahmaṇi ||

ātmā mā ātmani śritāḥ | self
ātmā hṛdaye | higher self
hṛdayam̐ mayi |
aham-amṛte |
amṛtam̐ brahmaṇi ||

punārma ātmā puna-rāyu-rāgāt |

puna-prāna-puna-rākūta-māgāt |

vai-svānaro raśmi-bhīrvā-ṛ-dhānah |

anta-stiṣṭha-tvamṛtasya gopāh ||

A CHANT FOR HEALTH

It asks that various 'elements' be linked to aspects of us. e.g. Line 1 - may fire (agni) support my speech (vak), then my speech be linked to my heart (hrdaya), then my heart be linked to me (ie. support or nourish), let my heart be linked to the conscious self within (ātma), then let my ātmā be linked to the eternal force

within me, & thence be linked with the highest force (Brahman). So it takes us from the external all the way to our 'essence'.

The lines opposite (pages)

- i) refers to long life
- ii) let my prāna and my positive emotions grow
- iii) let the fire within me (vasvānara agni) burn well and digest the food I eat
- iv) may the eternal being that always protects me stay within me

Alternative wordings

- ii) let the prāna stay within and let the mind be controlled
- iv) that the protector of man (wisdom) may be well established in us