शिवमानसपूजा — श्लोक ४

Śiva-mānasa-pūjā · verse 4 — the whole life as worship

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Recite the śloka · walk through the words · hear it in English · close with the heart of it.

1 · The śloka — with the reading split

देवनागरी

आत्मा त्वं गिरिजा मतिः सहचराः प्राणाः शरीरं गृहं पूजा ते विषयोपभोगरचना निद्रा समाधिस्थितिः ।
सञ्चारः पदयोः प्रदक्षिणविधिः स्तोत्राणि सर्वा गिरो यद्यत्कर्म करोमि तत्तदखिलं शम्भो तवाराधनम् ॥ ४ ॥

आत्मा त्वम् गिरिजा मतिः सह-चराः प्राणाः शरीरम् गृहम् पूजा ते विषय-उपभोग-रचना निद्रा समाधि-स्थितिः ।
सञ्चारः पदयोः प्रदक्षिण-विधिः स्तोत्राणि सर्वा गिरो यद्-यत्-कर्म करोमि तत्-तद्-अखिलम् शम्भो तव-आराधनम् ॥ ४ ॥

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IAST

ātmā tvaṃ girijā matiḥ sahacarāḥ prāṇāḥ śarīraṃ gṛhaṃ pūjā te viṣayopabhogaracanā nidrā samādhisthitiḥ |
sañcāraḥ padayoḥ pradakṣiṇavidhiḥ stotrāṇi sarvā giro yadyatkarma karomi tattadakhilaṃ śambho tavārādhanam || 4 ||

ātmā tvam girijā matiḥ saha-carāḥ prāṇāḥ śarīram gṛham pūjā te viṣaya-upabhoga-racanā nidrā samādhi-sthitiḥ |
sañcāraḥ padayoḥ pradakṣiṇa-vidhiḥ stotrāṇi sarvā giro yad-yat-karma karomi tat-tad-akhilam śambho tava-ārādhanam || 4 ||

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ITRANS

AtmA tvaM girijA matiH sahacharAH prANAH sharIraM gRRihaM pUjA te viShayopabhogarachanA nidrA samAdhisthitiH |
sa~nchAraH padayoH pradakShiNavidhiH stotrANi sarvA giro yadyatkarma karomi tattadakhilaM shambho tavArAdhanam || 4 ||

AtmA tvam girijA matiH saha-charAH prANAH sharIram gRRiham pUjA te viShaya-upabhoga-rachanA nidrA samAdhi-sthitiH |
sa~nchAraH padayoH pradakShiNa-vidhiH stotrANi sarvA giro yad-yat-karma karomi tat-tad-akhilam shambho tava-ArAdhanam || 4 ||

§2 §3 §4 §5

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2 · Every word — with its meaning

#	शब्दः	IAST	ITRANS	English
1	आत्मा	ātmā	AtmA	**the Self** — the inmost self (आत्मन्); "you are the Self"
2	त्वं	tvam	tvaM	**you** — to you, O Lord (the split restores त्वम्)
3	गिरिजा	girijā	girijA	**Girijā** — "born of the mountain", Pārvatī (गिरि: mountain · जा: born; kept whole — a name)

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#	शब्दः	IAST	ITRANS	English
4	मतिः	matiḥ	matiH	**the mind** — thought, understanding
5	सहचराः सह-चराः	sahacarāḥ saha-carāḥ	sahacharAH saha-charAH	**the companions** — सह: with · चराः: those who walk; the attendants
6	प्राणाः	prāṇāḥ	prANAH	**the breaths** — the life-breaths
7	शरीरं	śarīram	sharIraM	**the body**
8	गृहं	gṛham	gRRihaM	**the house** — home, the dwelling
9	पूजा	pūjā	pUjA	**worship** — the pūjā

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#	शब्दः	IAST	ITRANS	English
10	ते	te	te	**to you; yours**
11	विषयोपभोगरचना विषय-उपभोग-रचना	viṣayopabhoga racanā viṣaya-upabhoga-racanā	viShayopabhogarachanA viShaya-upabhoga-rachanA	**the enjoyment of the senses** — विषय: sense-objects · उपभोग: enjoyment · रचना: arrangement
12	निद्रा	nidrā	nidrA	**sleep**
13	समाधिस्थितिः समाधि-स्थितिः	samādhisthitiḥ samādhi-sthitiḥ	samAdhisthitiH samAdhi-sthitiH	**the state of samādhi** — समाधि: deep absorption · स्थितिः: standing, state

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#	शब्दः	IAST	ITRANS	English
14	सञ्चारः	sañcāraḥ	sa~nchAraH	**walking about** — movement, going here and there
15	पदयोः	padayoḥ	padayoH	**of the two feet** — genitive dual of पद
16	प्रदक्षिणविधिः प्रदक्षिण-विधिः	pradakṣiṇavidhiḥ pradakṣiṇa-vidhiḥ	pradakShiNavidhiH pradakShiNa-vidhiH	**the rite of circumambulation** — प्रदक्षिण: walking around with the right side toward · विधिः: rite
17	स्तोत्राणि	stotrāṇi	stotrANi	**hymns of praise** — the stotras (plural)

#	शब्दः	IAST	ITRANS	English
18	सर्वा	sarvā	sarvA	**all** — सर्वाः; the visarga is elided in the print
19	गिरो	giro	giro	**words, utterances** — गिरः; the visarga is elided in the print
20	यद्यत्कर्म यद्-यत्-कर्म	yadyatkarma yad-yat-karma	yadyatkarma yad-yat-karma	**whatever action** — यद्/यत्: whatever · कर्म: action
21	करोमि	karomi	karomi	**I do** — I perform (√कृ, present tense)

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#	शब्दः	IAST	ITRANS	English
22	तत्तदखिलं तत्-तद्-अखिलम्	tattadakhilam tat-tad-akhilam	tattadakhilaM tat-tad-akhilam	**all of that, entire** — तत्: that · तद्: that · अखिलम्: without exception
23	शम्भो	śambho	shambho	**O Śambhu** — the gracious one (vocative of शम्भु)
24	तवाराधनम् तव-आराधनम्	tavārādhanam tava-ārādhanam	tavArAdhanam tava-ArAdhanam	**is worship of you** — तव: your · आराधनम्: worship

§1 §3 §4 §5

3 · The śloka in English

You are the Self; Girijā is my mind; my breaths are your companions; my body is your house; the enjoyment of the senses is your worship; sleep is the state of samādhi; my walking about is the rite of circumambulation; all my words are hymns of praise. Whatever action I do — all of it, O Śambhu, is worship of you.

§1 §2 §4 §5

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4 · The heart of the śloka (tātparyam)

The worship stops being something done, and becomes the life that is lived.

- **आत्मा त्वं — "you are the Self."** The verse opens with the highest truth: not "you are mine" or "you are near", but *you are the Self of me*. Once that is seen, everything a person has and does already belongs to the Lord.

- **The divine household within** — गिरिजा मतिः, Pārvatī becomes the mind; the breaths become the attendants (the gaṇas); the body becomes the house. Śiva, the Mother, the host of attendants and the temple — the whole Kailāsa is mirrored inside one person. Verses 1–3 built the worship of imagined gifts; this verse finds the real temple already standing.
- **The day becomes the pūjā** — the enjoyment of the senses is the worship; sleep is the state of samādhi; every walking about is the circumambulation; every word is a hymn. Nothing is ordinary any more; nothing falls outside the worship.

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- **यद्यत्कर्म करोमि — "whatever action I do."** The net is spread as wide as speech allows: no action reserved, no corner kept back for oneself.
- **तत्तदखिलं … तवाराधनम् — "all of it is your worship."** The offering is not something made beside the life; the life itself, handed over, is the offering.
- **The summit of the hymn** — after the seat, the feast and the royal service, this verse gives what no gift could: the whole of the giver. The fifth and last verse will gather all of it and ask forgiveness for whatever fell short.

In one line: *when the Lord is the Self, the whole of life — mind, breath, body, sleep, walking and speech — is the worship.*

§1 §2 §3 §5

5 · The padaccheda — the complete word list

The badge shows the §2 word each padaccheda word belongs to — a shared word carries both numbers.

#	शब्दः	IAST	ITRANS	English	
1	आत्मा	ātmā	AtmA	the Self (आत्मन्)	1
2	त्वम्	tvam	tvam	you (the print's त्वं; the -m restored in the split)	2
3	गिरिजा	girijā	girijA	Girijā — born of the mountain, Pārvatī (kept whole: a name; गिरि: mountain · जा: born)	3
4	मतिः	matiḥ	matiH	mind, thought	4
5	सह	saha	saha	with, together	5

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#	शब्दः	IAST	ITRANS	English
6	चराः	carāḥ	charAH	those who walk — the companions [5]
7	प्राणाः	prāṇāḥ	prANAH	the breaths, the life-breaths [6]
8	शरीरम्	śarīram	sharIram	the body [7]
9	गृहम्	gṛham	gRRiham	house, home [8]
10	पूजा	pūjā	pUjA	worship [9]
11	ते	te	te	to you; yours (dative/genitive of त्वम्) [10]
12	विषय	viṣaya	viShaya	sense-object; object of experience [11]

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#	शब्दः	IAST	ITRANS	English
13	उपभोग	upabhoga	upabhoga	enjoyment, experience [11]
14	रचना	racanā	rachanA	arrangement, making
15	निद्रा	nidrā	nidrA	sleep [12]
16	समाधि	samādhi	samAdhi	deep meditation; total absorption [13]
17	स्थितिः	sthitiḥ	sthitiH	standing; state, steadiness
18	सञ्चारः	sañcāraḥ	sa~nchAraH	movement, walking about [14]
19	पदयोः	padayoḥ	padayoH	of the two feet (genitive dual of पद) [15]

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#	शब्दः	IAST	ITRANS	English
20	प्रदक्षिण	pradakṣiṇa	pradakShiNa	circumambulation — keeping the right side toward [16]
21	विधिः	vidhiḥ	vidhiH	rite, method, way
22	स्तोत्राणि	stotrāṇi	stotrANi	hymns of praise (plural of स्तोत्र) [17]
23	सर्वा	sarvā	sarvA	all (सर्वाः — the visarga elided in the print) [18]
24	गिरो	giro	giro	words, utterances (गिरः — the visarga elided in the print) [19]

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#	शब्दः	IAST	ITRANS	English
25	यद्	yad	yad	whatever (the distributive यद्; its second member appears as यत् before क्) [20]
26	कर्म	karma	karma	action, deed
27	करोमि	karomi	karomi	I do, I perform (√कृ) [21]
28	तत्	tat	tat	that (the first; its twin appears as तद् before अ) [22]
29	अखिलम्	akhilam	akhilam	entire, all, without exception
30	शम्भो	śambho	shambho	O Śambhu (vocative of शम्भु) [23]
31	तव	tava	tava	your [24]

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#	शब्दः	IAST	ITRANS	English
32	आराधनम्	ārādhanam	ArAdhanam	worship, propitiation

24

§1 §2 §3 §4

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