



Satasloki – How should we spend the days?

SANKARA'S SATASLOKI VERSE 11

HOW SHOULD WE SPEND THE DAYS?

WHILE WALKING ~~IF~~ IMAGINE YOU ARE A WAVE
IN THE OCEAN OF CONSCIOUSNESS (SELF) —
~~ONCE~~ YOU ARE RUBBING SHOULDERS WITH OTHER
WAVES — ALL AROUND YOU ONLY CONSCIOUSNESS
— YOU ARE WALKING IN CONSCIOUSNESS

WHILE SITTING THINK YOU ARE
ONE OF THE GEMS & all people
are other GEMS & ONE STRING
OF CONSCIOUSNESS GOES THROUGH ALL
& HOLDS YOU ALL

WHILE SEEING OBJECTS
ALL THESE OBJECTS ARE
MYSELF IN CONSCIOUSNESS

WHILE GOING TO SLEEP
~~WE~~ FEEL ALL AROUND YOU
IS ANANDA (BLISS) — DROWN YOURSELF
IN THAT BLISS

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How should we spend the days?

While walking: Imagine you are a wave in the ocean of Consciousness (Self) – you are rubbing shoulders with other waves – all around you only consciousness – you are walking in Consciousness.

While sitting: Think you are one of the gems and all people are other gems and one string of Consciousness goes through all and holds you all.

While seeing objects: All these objects are myself in Consciousness.

While going to sleep: Feel all around you is Ananda (Bliss) – drown yourself in that Bliss.