

धन्योऽहं कृतकृत्योऽहं विमुक्तोऽहं भवग्रहात्।  
नित्यानन्दस्वरूपोऽहं पूर्णोऽहं त्वदनुग्रहात्॥ ४८९॥

*dhanyo'ham kṛtakṛtyo'ham vimukto'ham bhavagrahāt,  
nityānandasvarūpo'ham pūrṇo'ham tvadanugrahāt.* (489)

489. Blessed am I, I have reached the fulfilment of my life and am free from the 'shark' of transmigration. I am the embodiment of eternal Bliss, I am the Infinite, all by your grace.

Blessed am I. I have attained the fulfilment of my life. I am completely liberated from the clutches of the shark of *samsara*.

*Samsara* is compared to a shark because the shark will not eat you up limb by limb. It will swallow you whole, suit and boot. The digestion takes place without your knowledge, even when you are living inside. In the chambers of the belly you can walk about. You can go to office, you can eat, sleep and breed and the digestive secretions will slowly work upon you and reduce you to a deplorable state. Are we not living this living death in the belly of *samsara*?

Having realised the Selfhood, I am liberated from this death and hence am indeed blessed. As the Self, I am of the nature of eternal Bliss. I am full, there is no sense of deficiency and consequently, there is no desire to supply it.

All this is gained by thy grace, O Teacher! To thee, my namaskara.



असङ्गोऽहमनन्गोऽहमलिङ्गोऽहमभङ्गः।  
प्रशान्तोऽहमनन्तोऽहममलोऽहं चिरन्तनः॥ ४९०॥

*asaṅgo'hamanaṅgo'hamalīṅgo'hamabhaṅgurah,  
prasānto'hamananto'hamamalo'ham cirantanaḥ.* (490)

490. Unattached am I, disembodied am I, free from the subtle body am I and undecaying; serene am I, infinite am I, unsullied am I, and endless too.