

07 Annattha Sutra

By reciting Annattha Sutra, one enumerates the list of minor violations that may happen in his motionless yoga (Kayotsarg) posture.

अन्नत्थ सूत्र

- अन्नत्थ-रुससिएणं, नीससिएणं, खासिएणं, छीएणं, जंभाइएणं,
उड्डुएणं, वाय-निसग्गेणं, भमलीए, पित्त-मुच्छाए.....1.
सुहुमेहिं अंग-संचालेहिं, सुहुमेहिं खेल-संचालेहिं,
सुहुमेहिं दिट्ठि-संचालेहिं.2.
एवमाइएहिं आगारेहिं, अ-भग्गो अ-विराहिओ,
हुज्ज मे काउस्सग्गो.3.
जाव अरिहंताणं भगवंताणं, नमुक्कारेणं न पारेमि.....4.
ताव कायं ठाणेणं मोणेणं झाणेणं, अप्पाणं वोसिरामि.....5.

Annattha Sutra

- annattha-usasienam, nisasienam,
khäsienam, chienam, jambhäienam,
udduenam, väya-nisaggenam, bhamalie, pitta-mucchäe..1.
suhumehim amga-sancälehim, suhumehim khela-sancälehim, suhumehim ditthi-sancälehim.
.....2.
evamäiehim ägärehim, a-bhaggo a-virähio,
hujja me käussaggo.3.
jäva arihantänam bhagavantänam,
namukkärenam na päremi.....4.
täva käyam thänenam monenam jhänenam,
appänam vosirämi.....5.

Meaning

I shall now engross myself in meditation in a completely motionless yoga posture (Käyotsarga) for a specified duration. I will remain motionless except for breathing in and out, coughing, sneezing, yawning, belching, involuntarily losing balance, vomiting, fainting, subtle flickering movements of eyes and other involuntary bodily movements.

I shall perform meditation and keep myself (my soul) away from all sinful activities by keeping my body motionless and by observing complete silence.