

ॐ सुषुप्ति निरूपणं

om suṣupti nirūpaṇam

सुप्तपूरुषो द्वैतवर्जितः ।

नास्तिभेदभावस्तिरोहितः ॥१॥

suptapūruṣo dvaitavarjitaḥ|  
nāstibhedabhāvastirohitaḥ||1||

1. A sleeping person is devoid of duality as there is no notion of difference because of being disappeared (temporarily merged - ignorance).

ब्रह्मणा तु सो वर्तते तदा ।

विस्मृतिश्च विश्वस्यभानतः ॥२॥

brahmaṇā tu so vartate tadā|  
vismṛtiśca viśvasyabhānataḥ||2||

2. At that time, the sleeping person abides as Brahman. And ignorance (as well) due to lack of existence of the world (which is the cause of the world).

ज्ञानहीनकस्यात्मसंस्तिथिः ।

नास्ति तत्तदा कार्यरूपतः ॥३॥

jñānahīnakasyātmasaṁstithiḥ|  
nāstitattadā kāryarūpataḥ||3||

3. Ignorance abides in the Atman and therefore it isn't present in that state (of deep sleep) in the form of its effect (dual world).

कारणस्यचाभावमेव तु ।

स्वानुभूतिहीनः यथा तमः ॥४॥

kāraṇasyacābhāvameva tu|

svānubhūtihīnaḥ yathā tamaḥ ||4||

4. (Ignorance as) cause's non-existence also is definitely there; as it is without any self-experience, like darkness (even as darkness isn't there at all if there is no self-experience, similarly with ignorance in its causal form).

मुक्तिस्थानवन्नन्दभावनं ।

अस्तितत्सुखं ब्रह्मणो हि तु ॥५॥

muktisthānavannandabhāvanam |  
astitatsukham brahmaṇo hi tu ||5||

5. There is blissful experience like in the state of moksha and this bliss is of Brahman alone definitely.

वीतज्ञानभावेनगच्छति ।

यस्तुतस्यकार्यं पुनः भवेत् ॥६॥

vītajñānabhāvenagacchati |  
yastutasyakāryam punaḥ bhavet ||6||

6. When a person goes into the deep sleep state without knowledge (or with ignorance), then the effect of ignorance (the dual world) will appear again for the person.

ज्ञातद्वैतमिथ्यात्वभावनं ।

मुक्तिदायकं सुप्तिदर्शनात् ॥७॥

jñātadvaitamithyātvabhāvanam |  
muktidāyakam sūptidarśanāt ||7||

7. Having known the notion that duality is just an illusion, it leads to liberation due to analysis of sleep (when a person has knowledge that duality doesn't exist at all, then it after strengthened through analysis of deep sleep will lead to liberation).