

# THE SONG OF THE POPPADUM

## Refrain

Make *poppadums*<sup>1</sup>, just try — and these  
Eat, your longing to satisfy!

## Supplemental Refrain

Don't roam the world disconsolate.  
Heed the word, unique, unspoken,  
Taught by the teacher true who teaches  
The truth of Being Awareness Bliss...  
    Make *poppadums*, just try — and these  
    Eat, your longing to satisfy!

## Text

1. Take the black gram, ego self,  
    Growing in the five-fold body field<sup>2</sup>  
    And grind it in the quern,  
    The wisdom quest of 'Who am I?' Reducing it to finest flour.  
    Make *poppadums*, just try — and these  
    Eat, your longing to satisfy!

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<sup>1</sup> *Appalam* is the Tamil name for *poppadum*.

<sup>2</sup> The five kosas or sheaths, physical, vital, mental, intellectual, and subtle..

# APPALAP PATTU

## Pallavi

Appaḷa-miṭṭup pāru — attaic  
Cāppi-tun āsai-yait tīru.

## Anu Pallavi

Ipbuvi tannil ēṅgit tiri-yāmal  
Saṛbōda suka Sat-Guru vānavar  
Seppādu sonna tattuva māgiṛa  
Oppuyar villā vōr-mozhi yin-paḍi  
Appaḷa-miṭṭup pāru — attaic  
Cāppi-tun āsai-yait tīru.

## Charanams

1. Tān-allā ain-kōsa kshētra midil-vaḷar  
Tānennu māna-mān dānya vuḷun-dai  
Nānā-ren jñāna vichārat tirigai-yil  
Nānalla venḍre uḍait-tup poḍittu  
Appaḷa-miṭṭup pāru — attaic  
Cāppi-tun āsai-yait tīru.

2. Mix it with *pirandai* juice, which is holy company,  
Add mind control, the cummin seed, the pepper of self restraint,  
The salt of non attachment and asafoetida, the aroma  
Of virtuous inclination.  
    Make *poppadums*, just try — and these  
    Eat, your longing to satisfy!
  
3. In the Heart-mortar place the dough. And with the mind-pestle  
Inward-turned, pound it hard with strokes of ‘I-I’,  
Then flatten it with the rolling pin of stillness on the level slab  
of Being. Work away, untiring, steady, cheerful.  
    Make *poppadums*, just try — and these  
    Eat, your longing to satisfy!
  
4. Put the *poppadum* in the ghee of *Brahman* held in the pan of  
Infinite silence and fry it over the fire of knowledge.  
Now as ‘I’ transmuted into ‘That’, eat and taste the Self as Self,  
Abiding as the Self alone.  
    Make *poppadums*, just try — and these  
    Eat, your longing to satisfy!

2. Sat-saṅga-māgum piraṇḍai rasat-tōḍu  
Sama-dama māgiṇḍra jīraga miḷa-guḍan  
Uparati yāgu-mav uppō ḍuḷḷa nal  
Vāsa-nai yām-peruṅ kāya-muṅ sērttu  
Appaḷa-miṭṭup pāru — attaic  
Cāppi-tun āsai-yait tīru.
3. Kal-neṅjil nān-nān eṇḍru kalaṅ-gāmal  
Uḷmuka vulak-kaiyal oṅyā-diḍittu  
Sānta-mān kuzha-viyāl sama-māna pala-gaiyil  
San-tataṅ salip-para santōsha māgavē  
Appaḷa-miṭṭup pāru — attaic  
Cāppi-tun āsai-yait tīru.
4. Mōna-mud drai-yagum muḍi-villāp pātrattil  
Jñānāgni yāl-kāyumuṅ naṅ-bramma neyyadil  
Nānadu vāgavē nāḷum porittut  
Tānē tānāga bujikkat tan-maya  
Appaḷa-miṭṭup pāru — attaic  
Cāppi-tun āsai-yait tīru.

# SELF-KNOWLEDGE

## Refrain

Lo, very easy is Self Knowledge,  
Lo, very easy indeed.

## Supplemental Refrain

Even for the most infirm, so real is the Self that compared with it,  
the *amlak*<sup>1</sup> in one's hand appears a mere illusion.

(Refrain)

## Text

1. True, strong, fresh, for ever stands the Self.

From it in truth springs forth the phantom body  
and phantom World. When this delusion is destroyed  
and not a speck remains, the Sun of Self shines  
bright and real in the vast Heart-expanse.

Darkness dies, afflictions end, and bliss wells up.

(Refrain)

2. The thought 'I am the body' is the thread on which  
are strung together various thoughts. Enquiring within,  
ask, 'Who am I? and whence is this thought?'  
All other thoughts vanish. And as 'I-I', within the Heart-Cave,  
the Self shines of its own accord. Such Self-Awareness is the  
only Heaven, this stillness, this abode of bliss.

(Refrain)

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<sup>1</sup> The gooseberry fruit, which is said to have medicinal properties.