

śrīḥ
śrīmate nigamānta mahādeśikāya namaḥ
śrīmān veṅkaṭanāthāryaḥ kavītārkikakesarī
vedāntācāryavāryō me sannidhattāṃ sadā hr̥di ॥

nammāzvār arulicceyda
॥ uyarvaṛa ॥

This document has been prepared by*
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with the blessings of
śrī raṅgarāmānuja mahādeśikan
His Holiness śrīmad āṇḍavan of śrīraṅgam

*This was typeset using skt, L^AT_EX, Itrans, and the romanex font.

śrīḥ
śrīmatē rāmānujāya namaḥ

॥ uyarvara ॥

ātma upadēśam

‡uyarvara uyar nalam* uḍaiyavan yavan avan*
mayarvara madi nalam* aruḷinan yavan avan*
ayarvarum amarargaḷ* adibadi yavan avan*
tuyararu śuḍaraḍi* tozudezen mananē! (1)

manan aga malam ara* malar miśai ezudarum*
manan uṅarvalavilan* poriyuṅarvavai ilan*
inan uṅar muzu nalam* edir nigaz kazivinum*
inan ilan enan uyir* migunarai ilanē (2)

ilan aduvuḍaiyan idu* ena ninaivariyavan*
nilaniḍai viśumbiḍai* uruvinan aruvinan*
pulanodu pulan alan* ozivilan paranda* an-
nalan uḍai oruvanai* naṅuginam nāmē (3)

nām avan ivan uvan* aval ival uval eval*
tām avar ivar uvar* aduviduvuvedu*
vīm avai ivai uvai* avai nalam tīngavai*
ām avai āyavai āy* ninra avarē (4)

avaravar tamadamadu* arivari vagaivagai*
avaravar iraiyavar* ena aḍi aḍaivargaḷ*
avaravar iraiyavar* kuraiivilar iraiyavar*
avaravar vidivazi* aḍaiya ninranarē (5)

ninranar irundanar* kiḍandanar tirindanar*
ninrilar irundilar* kiḍandilar tirindilar*

Attention: The letters *za* and *ra* denote *ḷ* and *ḍ*, respectively, of Tamil.

enrumor iyalvinar* ena ninaivariyavar*
enrumor iyalvoḍu* ninravendiḍarē (6)

tiḍa viśumberi vali* nīr nilam ivai miśai*
paḍar poruḷ muzuvadumāy* avai avaidorum*
uḍal miśai uyir ena* kkarandeṅgum paranduḷan*
śuḍar migu śurudiyuḷ* ivaiyuṅḍa śuranē (7)

śurar arivaru nilai* viṅ mudal muzuvadum*
varan mudalāy avai* muzuduṅḍa para paran*
puram oru mūnṛerittu* amararkkum ariviyandu*
aran ayan ena* ulagazittamaittuḷanē (8)

uḷan enil uḷan avan* uruvam ivvuruvuḡal*
uḷan alan enil avan* aruvam ivvaruvuḡal*
uḷan ena ilan ena* ivai kuṅam uḍaimaiyil*
uḷan iru tagaimaiyoḍu* ozivilan parandē (9)

paranda taṅ paravaiyuḷ* nīrdorum paranduḷan*
paranda aṅḍam idena* nila viśum pozivara*
karanda śil iḍandorum* iḍandigaz poruḷ torum*
karandeṅgum paranduḷan* ivaiyuṅḍa karanē (10)

‡kara viśumberi vali* nīr nilam ivai miśai*
varanavil tiṛal vali* aḷi poraiyāy ninra*
paran aḍimēl* kurugūr ccaḍagōban śol*
niranirai āyirattu* ivai pattum viḍē (11)

॥ nammāzvār tiruvaḍigalē śaraṇam ॥