

# MANDUKYA UPANISHAD With SHANKARABASHYAM

**CHAPTER 1** 

**Summary** 

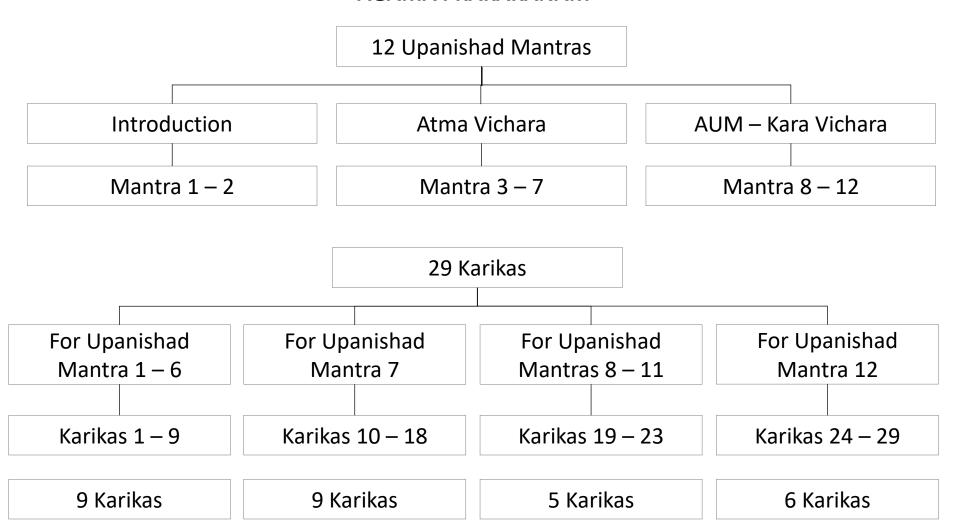
# **INDEX**

S. No.	Mantra No.	Karika No.	Page No.
1	Mantra 1	-	6
2	Mantra 2	-	6
3	Mantra 3	-	6
4	Mantra 4	-	7
5	Mantra 5	-	8
6	Mantra 6	-	9
7	-	<u>Karika 1</u>	10
8	-	<u>Karika 2</u>	11
9	-	<u>Karika 3 &amp; 4</u>	11
10	-	<u>Karika 5</u>	12
11	-	<u>Karika 6</u>	13
12	-	<u>Karika 7</u>	14
13	-	<u>Karika 8</u>	16
14	-	<u>Karika 9</u>	16

S. No.	Mantra No.	Karika No.	Page No.
15	Mantra 7	-	17
16	-	<u>Karika 10</u>	25
17	-	<u>Karika 11</u>	26
18	-	<u>Karika 12</u>	28
19	-	<u>Karika 13</u>	29
20	-	<u>Karika 14</u>	30
21	-	<u>Karika 15</u>	31
22	-	<u>Karika 16</u>	32
23	-	Karika 17	33
24	-	<u>Karika 18</u>	33
25	Mantra 8	-	34
26	Mantra 9	-	34
27	Mantra 10	-	36
28	Mantra 11	-	37

S. No.	Mantra No.	Karika No.	Page No.
29	-	<u>Karika 19</u>	39
30	-	Karika 20	39
31	-	Karika 21	39
32	-	Karika 22	40
33	-	Karika 23	40
34	Mantra 12	-	40
35	-	<u>Karika 24</u>	44
36	-	<u>Karika 25</u>	46
37	-	<u>Karika 26</u>	48
38	-	<u>Karika 27</u>	49
39	-	<u>Karika 28</u>	49
40	-	<u>Karika 29</u>	50

# CHAPTER 1 AGAMA PRAKARANAM



# Mandukya Upanishad Summary – 12 Mantras + 29 Karikas

S. No.	Mantra	Details
1	1	- AUM, the word is this universe.
		- Past, Present, Future is AUM.
		- Beyond 3 periods of time is AUM
2	2	- All this is Brahman
		- This Atman is Brahman
		- This Atman has 4 Quarters
3	3	Waking State : Vishwa
		- Description of Atma
		- 1 <sup>st</sup> Quarter = Waker Ego
		= Vaishvanara
		- Ego enjoys the waking state Consciousness
		- Waker has 5 fields of enjoyments – 5 objects of
		5 senses.

# Viswa - Ego

#### Macro – 7 Limbs

- Virat
- Total Cosmic Ego
- i) Heat Effulgence
- ii) Eyes Sun
- iii) Vital Breath Air
- iv) Middle Part Space
- v) Kidney Water
- vi) Feet Earth
- vii) Mouth Fire
  - Limitless life force

#### Micro – 19 Mouths

- 5 Jnana Indriyas + 5 Karma
   Indriyas + 5 Pranas +
   4 Antahkaranam
- Limited life force

S. No.	Mantra	Details
4	4	<ul> <li>Dream state – Teijasa:         <ul> <li>2<sup>nd</sup> Quarter</li> <li>Conscious of internal world of objects</li> <li>Has 7 limbs – 19 mouths</li> <li>Vishwa – Teijasa are part of spiritual entity in us</li> <li>Pure Consciousness + Physical body identification = Vishwa</li> <li>Pure Consciousness + Subtle body identification = Teijasa</li> </ul> </li> </ul>

	Mantra	Details
5	5	<ul> <li>Prajna – Deep Sleep State:</li> <li>Does not desire any object</li> <li>Does not see any Dream</li> <li>All experiences become unified, undifferentiated, homogeneous mass of Consciousness</li> <li>Enjoyer of bliss</li> <li>Projects waking and dream</li> <li>Gateway</li> <li>Awareness is consolidated, conserved.</li> <li>Waking – Dream – dissipitated awareness.</li> <li>Cause of agitations are not there in deep sleep.</li> <li>Supreme self, identifying with the deep sleep condition of the mind is called Prajna.</li> </ul>

Consciousness

Awareness has knowledge of

Gross World

Subtle World

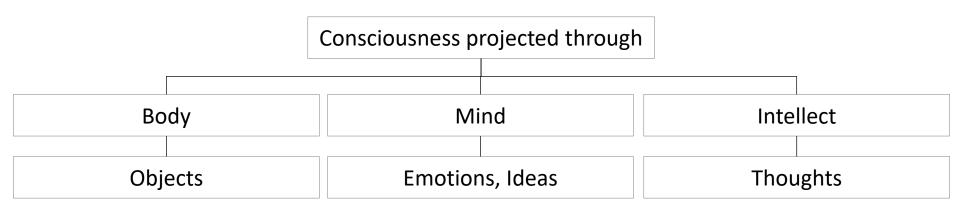
Interior, Inner Causal World

**Waking State** 

Internal Dream State

Deep sleep state

S. No.	Mantra	Details
<b>S. No.</b> 6	Mantra 6	<ul> <li>Ishvara's description</li> <li>Lord of all</li> <li>Knower of all</li> <li>Inner controller</li> <li>Source of all</li> <li>In which all beings originate and dissolve</li> <li>Deep sleep state = Avidya – I do not know, causal body.</li> <li>Deep sleep consciousness is called:</li> <li>Lord of all (Sarva Ishvara)</li> <li>Without this consciousness, none of us will be vital sentient being.</li> <li>Divine spark of life is the knower, controller, womb of</li> </ul>
		world World exists because of our awareness.



S. No.	Mantra	Details
	6 continues	<ul> <li>World outside and world within rise up from this Consciousness, exists in consciousness and resolves into Consciousness</li> <li>Sunlight passing through prison brings out 7 colours</li> <li>Prism = Sense Organs – Mind – Intellect</li> <li>We aquire knowledge of the plurality of the world</li> <li>Transcend sense organs, mind – intellect equipment</li> <li>Projected consciousness merges with original eternal ever presence Consciousness.</li> <li>It is the all pervading reality in the names and forms</li> </ul>
7	Karika No. 1	<ul> <li>Pure Consciousness alone is known differently in 3 planes of consciousness.</li> <li>1<sup>st</sup> Quarter – Vishwa – External World</li> <li>2<sup>nd</sup> Quarter – Teijasa – Internal World</li> <li>3<sup>rd</sup> Quarter – Prajna – Mass of Consciousness</li> <li>One Ego distinctly different as waker, dreamer, sleeper</li> </ul>

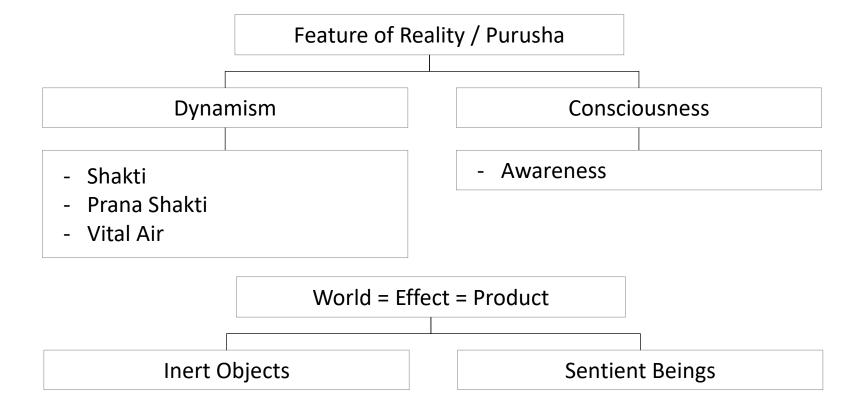
Different identifications of one Consciousness

Physical Body	Subtle Body	Causal Body
Waking	Dream	Sleep 10

S. No.	Mantra	Details	
	Karika No. 1 continues	<ul> <li>Common experiencer in 3 fields of my activity – is eternal factor pure Consciousness, 4<sup>th</sup> Pada</li> <li>Life – Reality is one and same in all equipment's.</li> <li>3 different experiences are there for one individual in 3 places</li> </ul>	
8	Karika No. 2	<ul> <li>What is the location of the 3 ego centres?</li> <li>This is Gaudapadas contribution, not in Upanishad</li> <li>Vishwa – Waker ego – Right eye HQ</li> <li>Teijasa – Dreamer ego – Mind HQ</li> <li>Pajna – Sleeper ego – Heart HQ</li> <li>3 distinct entities</li> <li>Physical body experiences the phenomenal world of sense objects</li> <li>Ego functions from tip of toe to the to of head</li> <li>Eyes are most prominent in waking state</li> <li>Right eye is more powerful than the left eye</li> </ul>	
9	Karika No. 3 & 4	<ul> <li>What are the experiences of the 3 Ego's?         <u>Experiences</u> </li> <li>Vishwa – Gross – Sense Objects</li> <li>Teijasa – Subtle objects of Vasanas</li> <li>Prajna – Bliss of Atma</li> </ul>	

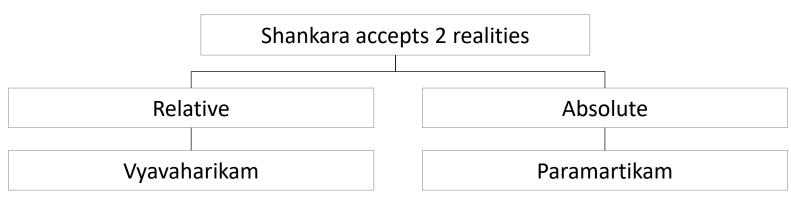
S. No.	Mantra	Details
10	Karika No. 5	<ul> <li>Experiencer – experienced Ego born out of Karma Phalams</li> <li>Consciousness, Awareness, the Sakshi, substratum, is not affected by any events in the Vyavaharika plane</li> <li>Once I identify myself as Sakshi, I will not be affected by Joy or Sorrow.</li> <li>Example: In Dream if you have the knowledge, I am waker, I dreamer will not be affected by dream events.</li> <li>Example: I waking, I get the knowledge of pure Consciousness in whose presence, waking events are going on but it is not affected, then that is Jeevan Mukti status.</li> <li>Example: While watching a movie, become aware of the screen.         <ul> <li>You are not affected by tragedies in the movie</li> <li>Similarly, train mind to remember Sakshi, whose very</li> </ul> </li> </ul>
		nature is peace and tranquillity.  - Then you are a Jeevan Mukta.

S. No.	Mantra	Details
S. No. 11	Mantra Karika No. 6	Product comes out as an effect  ↓ From an existent cause ↓ Not non-existent cause - Prana manifests in all insentient things from a sentient being - Purusha creates conscious beings as his reflected consciousness, ego's in manifold forms World of Objects is ↓ A distortion of consciousness when it passes through the Mind ↓ Mind splits into subject – object due to Maya Shakti of Brahman - What is job of every seeker?
		- What is job of every seeker? - We have to drop the false world, apply the Atma Jnanam of Veda and claim freedom.



S.	No.	Mantra	Details	
1	12	Karika No. 7	<ul> <li>2 Theories of Creation:         <ul> <li>(i) Projection of Maya Shakti</li> <li>(ii) With same nature as dream, illusion.</li> </ul> </li> <li>Supreme reality – Not created         <ul> <li>Uncaused cause</li> <li>↓</li> </ul> </li> <li>There is no creation of world by the Lord – Brahman</li> </ul>	14

S. No.	Mantra	Details
	Karika No. 7 Continues	<ul> <li>What is world then?</li> <li>Projection of Moola Avidya Shakti of Jiva</li> <li>This is Ajati Vada of Advaitin</li> <li>Yoga Vasishta also believes in this theory of appearance, illusion.</li> </ul>



S. No.	Mantra	Details
	Karika No. 7 Continues	<ul> <li>Gaudapada:</li> <li>Waking world has same reality as of dream world</li> <li>As long as the illusion lasts, magic show, Rope – Snake,</li> <li>Shell – Silver, Dream, Waking, world of illusion appears real</li> <li>Only on being awakened to Brahman, Turiyam status, we can claim Jagrat as unreal.</li> </ul>

S. No.	Mantra	Details
13	Karika No. 8	

What is cause of creation?

- Will of God

- Creation is born in Time which is real
- In time alone world manifests

S. No.	Mantra	Details
14	Karika No. 9	

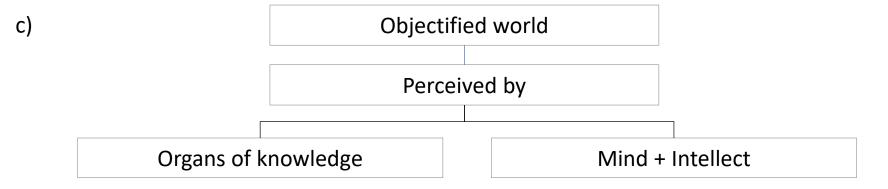
Why world is created? What is purpose of the worlds creation?

- For Gods enjoyment

- As diversion for the Lord

S. No.	Mantra	Details	
	Karika No. 9 continues	<ul> <li>6 theories of creation enumerated</li> <li>Vedanta does not believe in theory of creation at all.</li> <li>Creation is a projection, nature of Supreme reality.</li> </ul>	16

S. No.	Mantra	Details
	Karika No. 9 continues	<ul> <li>Nature of infinitude</li> <li>To play with finitude</li> <li>Nature of ocean to have waves</li> <li>Heat is nature of fire</li> <li>Nature of Reality to express as – Inert objects         <ul> <li>Sentient beings</li> </ul> </li> <li>Lords desire is always in a state of fulfilment – Paripurnata.</li> <li>If we say Lord also has desire, then he can't be all perfect, absolute.</li> </ul>
15	Mantra 7	General:  a) Glorious description of Turia – state of consciousness  - Language can express qualities, properties, actions of objects.  b) Substance – that which has properties and is finite

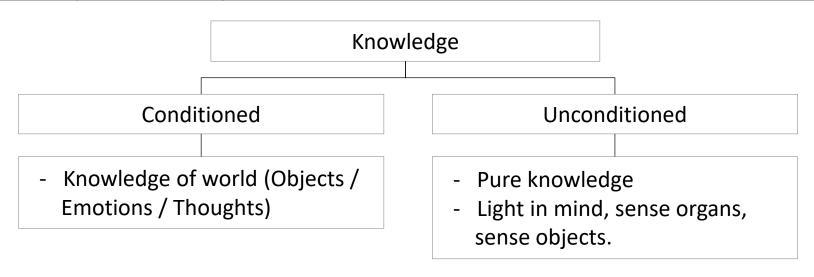


S. No.	Mantra	Details
	Mantra 7	d) Subject = Eternal factor, life force, divine Spark, pure
	Continues	Consciousness, pure knowledge, observer
		= Can be described using negative language
		Features of Turiyam:
		i) Na – Antah Prajnam :
		- Not conscious of inner world
		- Turiyam not dream, not Teijasa (Dreamer)
		- Not Dream ego
		ii) Na – Bahis – Prajnam :
		- Not which is conscious of external objective world
		- Not waking ego - Vshwa
		iii) Na Ubayatah Prajnam :
		- Not slightly conscious of outer and inner world.
		iv) Na Prajnah Ghanam :
		- Not homogeneous mass of consciousness, deep sleep state.
		- In Turiya, no Prajna even.

S. No.	Mantra	Details
	Mantra 7	v) Na Prajnam :
	Continues	- Not simple consciousness
		- Infinite has no property
		- Light has no meaning in the Sun
		- Turiya illumines both sentient and insentient.
		vi) Na Aprajnam :
		- Not insentient
		- 6 negative terms used so far.
		- Conclusion: Turiyam is nothing in 3 states of waking,
		dream, sleep but beyond that.
		vii) Adrstam :
		- Not seen by sense organs
		- Formless

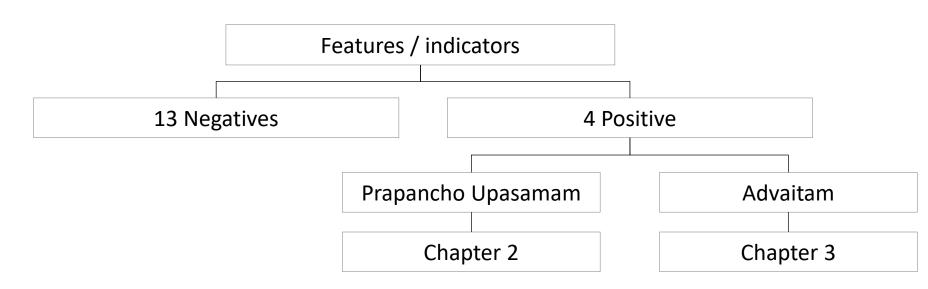
S. No.	Mantra	Details
	Mantra 7	viii) Avyavaharyam :
	Continues	- Not related to the world
		- Transactions take place only in the self.
		- Self is like space
		- Space not related with anything, but all relations exist in
		space.
		- Reality is eternal, immortal in which all delusory dealings
		take place.
		ix) Agrahyam :
		- Incomprehensible by the mind
		- Mind comprehends what is reported by sense organs.
		- Self not one of sense objects with shape, sound, smell,
		taste, touch.
		x) Alaksanam: Un-inferable
		- Not indirectly experienced
		- Not derived knowledge like smoke and fire.
		- Smoke = Lakshana
		- Atman has no effects, products.

S. No.	Mantra	Details
	Mantra 7	xi) Achintyam :
	Continues	- Unthinkable
		- Because it is unseen, incomprehensible, uninferable.
		xii) Avyapadesyam :
		- Undescribable
		- Descriptions possible of experiences through sense organs –
		mind – intellect.
		xiii) Eka Atma Pratyaya Saram :
		- Essentially of the nature of consciousness, pure knowledge.



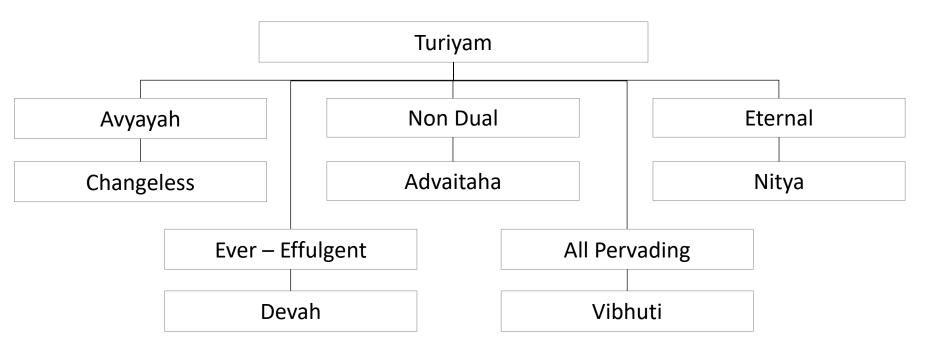
S. No.	Mantra	Details
	Mantra 7 Continues	<ul> <li>13 features negate qualities and qualifications by which we understand the world of objects + beings.</li> </ul>
		- Next is set of positive features
		xiv) Prapanchopasamam :
		- Negation of 3 states
		<ul> <li>Prapancha = World of plurality in waking, dream, deep sleep</li> </ul>
		<ul><li>World of finitude, change, mortality, sorrow, imperfection, deceit, limitations, tears.</li></ul>
		xv) Santam – Peaceful :
		- Asanti = Agitation caused by desires, likes, dislikes
		- Santi = Temple of peace – eternal, perfect
		xvi) Sivam :
		- Auspiciousness, blissful
		- Peaceful is blissful
		- Santi = Sukham
		- Happiness = Mental condition of poise.
		- World = Inauspicious

S. No.	Mantra	Details	
	Mantra 7	xvii) Advaitam – Non-dual :	
	Continues	- All superimpositions upon Turiyam have been taken out	
		- What is left is one without a second	
		- Duality – Waking, Dream	
		- Homogeneous experience – Sleep	
		- Turiyam beyond everything	



S. No.	Mantra	Details
	Mantra 7	- Mantra does not define reality but negates the world of
	Continues	plurality.
		- It is a state away from waking, dream, sleep, within our self.
		- This is the Atman to be realised
		- Understand and meditate to detach from Body / Mind /
		Intellect and reach the spiritual centre within.
		- World is like mirage water, has not a single grain of sand.
		- In Consciousness, Turiyam, there is no world
		- Meditation is the Royal path to success and final glory in
		spiritual success.

# 16) Karika No. 10:



- Cessation of all Samsara in Turiyam.
- Knowing which one becomes free from Dukham (Mukta Purusha)
- Mantra 7 not definition but revelation
- Suggestive indicators.

# 17) Karika No. 11:

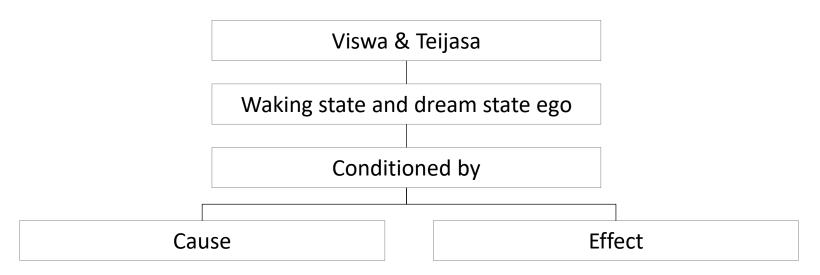
I)

Vishwa – Teijasa	Prajnya	Turiyam
- Conditioned	- Conditioned	- No cause or effect in it
Consciousness	Consciousness	- Not Vishwa, Teijasa, or
- Conditioned by	<ul> <li>Conditioned by cause</li> </ul>	Prajnya
Caused – Effect	alone	

# II) Cause (Prajna):

- That state in which effects are in unmanifest condition.
- On manifestation cause disappears and becomes the effect.
- Prajna becomes Vishwa / Teijasa.

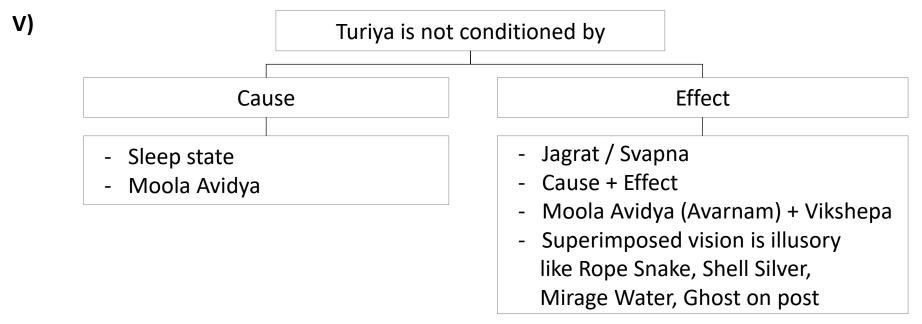
III)



Cause	Effect
<ul> <li>Moola Avidya</li> <li>Spiritual ignorance</li> <li>Do no know we are eternal, immortal</li> </ul>	<ul> <li>Projection of Avidya – Maya Shakti</li> <li>Get attached to objects – beings projected</li> <li>Experience Samsara</li> <li>Chained to the Body / Mind / Intellect and the world</li> <li>Bandaha, bondage</li> </ul>

#### IV) Deep Sleep state:

- I do not know I am Turiyam unconditioned by Universe of objects and beings.
- Only ignorance (Avidya) is present alongwith Sakshi, Chaitanyam.



VI) Waker, Dreamer, Sleeper ego's are superimpositions upon Turiya, the Reality.

# 18) Karika No. 12:

I)	Turiyam	Prajna
	- All knowing, all – seeing	- Does not know the reality – self –
	<ul> <li>Power of Sakshi endless</li> </ul>	Atma or non-self – Anatma.

II)	Cause (Avidya)	Effect (Vikshepa)
	<ul> <li>Non – apprehension of reality</li> <li>Agrahanam</li> <li>Ego conditioned by Avidya in deep sleep</li> </ul>	<ul><li>Produces illusory world of objects and beings.</li><li>Mis-apprehension</li><li>Anyatha Grahanam</li></ul>

# III) What is the difference between Prajna and Turiyam?

Sleep	Reality
- Objectless	- Sleepless
- Ego knows nothing	- Knows Atma = Satyam
- Neither Right – Wrong	- Anatma = Mithya
- Neither Atma – Anatma	- State of eternal, continuous
- Has knowledge of ignorance	knowing
- Nirvikalpa state of Avidya	- Nirvikalpa state of Vidya
- Darkness	- Light
- "We know nothing" - state	- We know everything – state
- Essential nature = Ignorance = Tamo Guna	- Pure knowledge
- Evident because of presence of Sakshi	- Essential nature = knowing = Sattvic
Turiyam	- Self evident
	- Ever "all seeing"

# 19) Karika No. 13:

# I) Purva Pakshi:

Is sleep same as Turiyam.

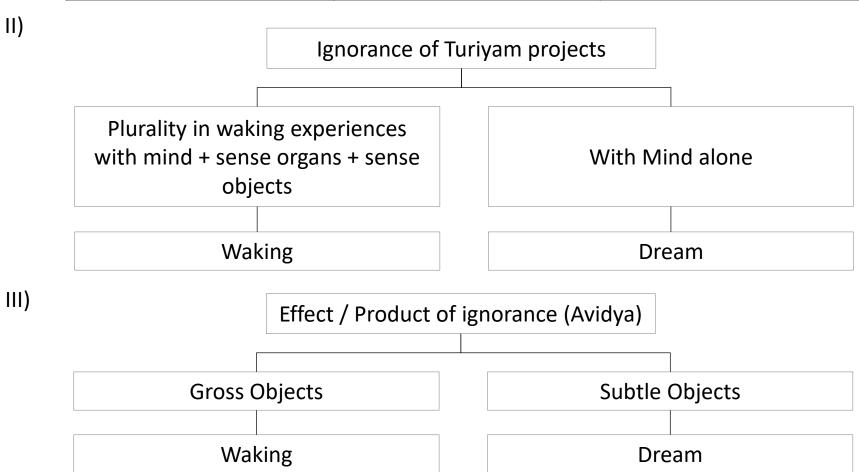
# II) Answer:

Sleep	Turiyam
<ul> <li>Non cognition of duality</li> <li>Advaita Avastha</li> <li>Jiva conditioned as cause</li> <li>Absence of knowledge of reality</li> <li>In this, beginningless ignorance, is cause for cognition of plurality in</li> </ul>	<ul> <li>Non cognition of duality</li> <li>Advaita Vastu</li> <li>Unconditioned consciousness, awareness</li> <li>Ever seeing factor, Nitya Sakshi Svarupa</li> <li>Has no condition of sleep in Turiyam</li> </ul>
Jagrat and Svapna	- Has no ignorance at all

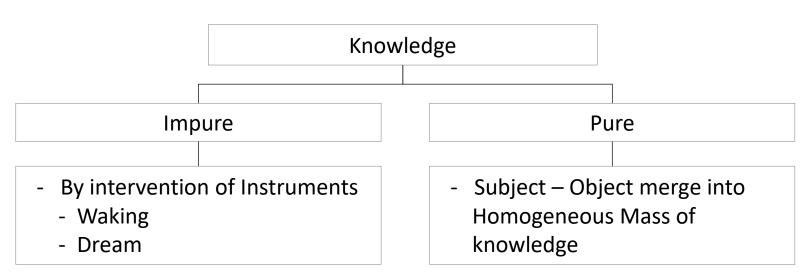
- III) You must love the values given in Sruti to get clear understanding of Turiyam.
- IV) Turia is a Dynamic state of knowing, continuous, unflattering, state of perfect illumination.
- V) It is a state of continuous, all pervading, endless, eternal, perfect knowledge.

# 20) Karika No. 14:

Viswa – Teijasa	Prajna	Turiyam
Dreamful State	Dreamless State	See no sleep or dream in Turiyam







# 21) Karika No. 15:

I)

Waking / Dream	Sleep
<ul><li>Misapprehension of Reality</li><li>False cognition</li><li>Effect</li></ul>	<ul><li>Non apprehension of reality</li><li>Cause</li></ul>

II) When erroneous knowledge disappears, Turia is realized.

# III) Cause:

- Is removed by apprehension of reality.
- What is process of self realization?

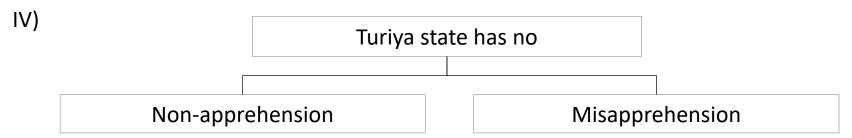
# 22) Karika No. 16:

Individual Jiva

Sleeping in Anaadi – Beginningless Maya
wakes up

It realizes in itself – Turiyam Atma –
Birthless, Sleepless, Dream less, Advaitam

- II) Awaken from Non-apprehension and Mis-apprehension.
  - Self-delusion = Deeper sleep of Maya.
    - = Non-apprehension of Turiyam
    - = Current state of Ego I.
- III) Rise to level of Turiyam, then egocentric living life of limitations, mortality, finitude drops once for all.
  - Samsara is for the Ego I Waker, Dreamer, Sleeper I, not for Turiyam I.



# 23) Karika No. 17:

# **Perceived Duality:**

- Mithya
- Illusion
- Unreal
- Dissappears with light of Turiya Atma Jnanam from Upanishad.
- Once Rope Snake understood, Rope Shines.
- Once 3 states understood as false appearances, self evident Turiyam is discovered.
- Non duality alone is the truth.

#### 24) Karika No. 18:

Are Guru, Sishya, Veda Mithya – Delusion?

#### **Answer:**

- All false at the moment of realization.
- In the subject, no object can remain.
- When reality understood clearly, duality dropped as Mithya.

# 25) Mantra 8:

- I) Atma = AUM (Sound, letters)
- II) Eternal sound = AUM.

III)

Α	U	M
Waking	Dream	Sleep

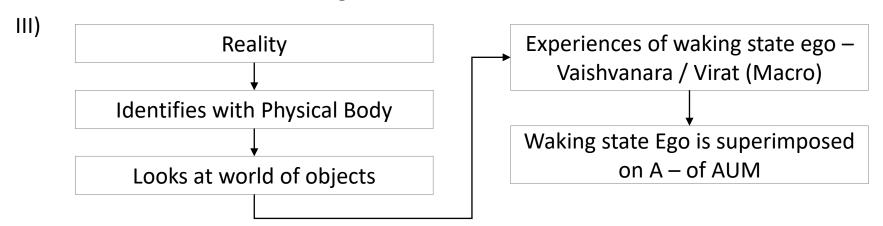
# 26) Mantra 9:

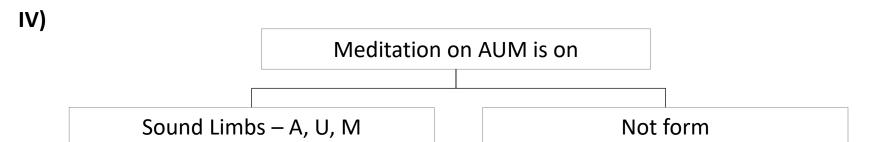
# I) A – Waking state:

- All pervasiveness
- Being the first

# II) Knower of waking state as "A" of AUM:

- Fulfills all his desires
- Becomes foremost among all.





# V) Sound A:

- Comes when one opens mouth and blows out some Air.
- 1<sup>st</sup> Sound of Baby is "A".
- All sounds are pervaded by A.
- Vaishvanara pervades from heaven to earth with 7 limbs.
- VI) Knower of "A" Sound of Ohm as waking state ego.
  - Attains fulfillment of all his desires.
  - Becomes the 1<sup>st</sup> citizen of the world, very prominent, respected, adored, revered in ones own generation.
  - Meditate on ones own waking state ego as AUM.
  - We become impotent because of our own negativities.

# 27) Mantra 10:

# I) **U** – **Sound** :

- Teijasa, Dream State
- Is in between waking and sleep.
- II) Dreamer Ego rises up as a result of our identification with our subtle body = Dreamer.
  - Revels in subtle objects.

III)

U	Teijasa
- Superior to A – comes after A.	<ul> <li>Comes after waking</li> <li>Vishwa deposits impressions in mental zone.</li> <li>These impressions rise up in dream.</li> <li>Produces delusory world</li> </ul>

IV)

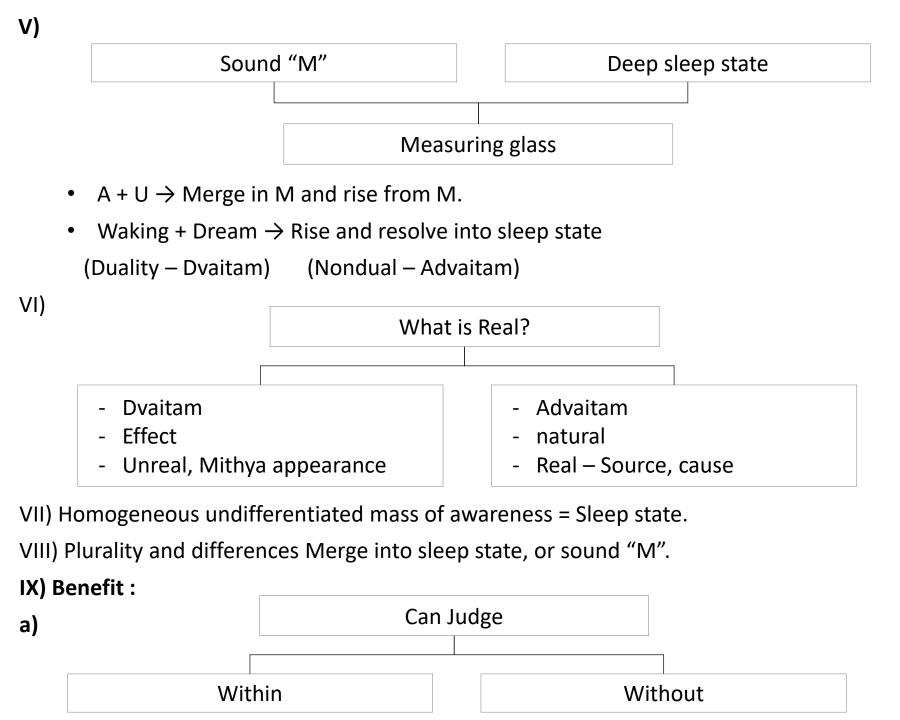
U	Dream State
- In between A and M	- Between waking and sleep

- V) Meditator gets superior knowledge.
  - Becomes a genius.
  - Meditate on AUM to keep mind pure.

# 28) Mantra 11: I) M = Prajna II) Prajna Where all becomes one Measure III) One who knows identity of Prajna and M One knows as being the self of all Knows Real Nature of things and beings IV) Miti = Measure Ounce – Glass for fluids Fluid

Fills container of Glass

**Empties container of Glass** 



- b) Can comprehend cosmos within himself. c) Can understand all knowledge and situations. Karikas 19 – 23 : (6 Karikas ) on Mantra 8, 9, 10, 11 29) Karika No. 19: What is similarity between – Viswa I) and sound "A"? First in their respective positions All pervading II) Vishwa = Sound A 30) Karika No. 20: I) U = Teijasa II) Similarity In the Middle Superiority 31) Karika No. 21: I) M = Prajna Similarity II)
- I) M = Prajna

  II)

  Similarity

  Measure

  All become one

#### 32) Karika No. 22:

• One who knows common features in 3 states are worshipped and adored by all beings.

## 33) Karika No. 23:

#### **Meditators benefits:**

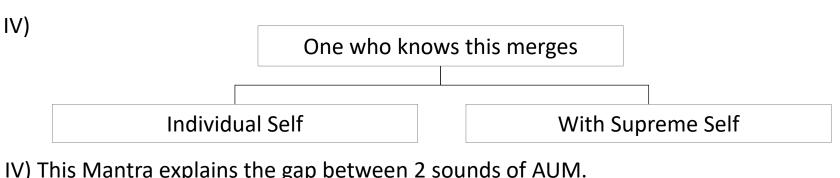
- I) Sound of A = Develops waking personality Vishwa.
- II) Sound of U = Develops Mind and Intellect Teijasa.
- III) Sound M = Knows how to resolve the world Prajna.
- IV) What is benefit of soundless AUM
  - Spiritual benefit.
  - Highest, infinite.

#### 34) Mantra 12:

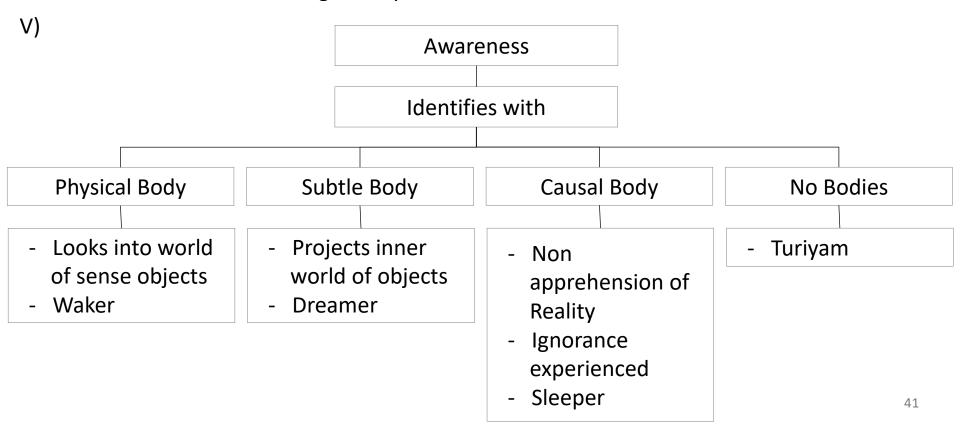
I)

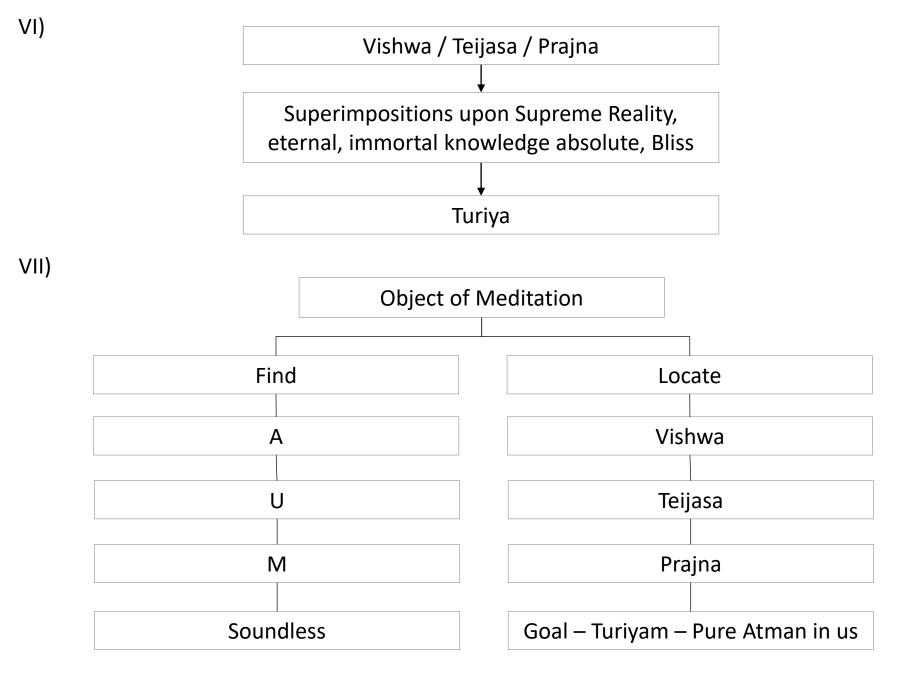


- II) Soundless, incomprehensible, beyond all senses, cessation of all phenomena (Waking, Dream, Sleep), all blissful, non dual.
- III) Amatra = Soundless = Atman.



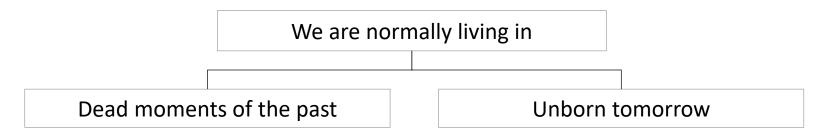
- IV) This Mantra explains the gap between 2 sounds of AUM.
  - Gap = Silence = Soundless existence = Blissful
  - Don't chant AUM thoughtlessly.





#### VIII) Soundless part – between AUM's :

- Incomprehensible (Avyavaharyam)
- Silence
- Sense organs or mind can't comprehend
- Cessation of all phenomena, blissful.
- Agitations of the world are due to perishable plurality.
- Assumption: We can get eternal unbroken satisfaction from external world.
- Soundless AUM = Experience of Turiyam.
- Egoistic idea of separativeness gets merged into the divine experience, eternal, immortal.
- Prapancha Upasanam takes place in the silence.
- False sense of ego merges into the reality which has neither past or future = Infinite.
- Eternal and infinite is here and now.
- · Live as this eternal every moment of life.



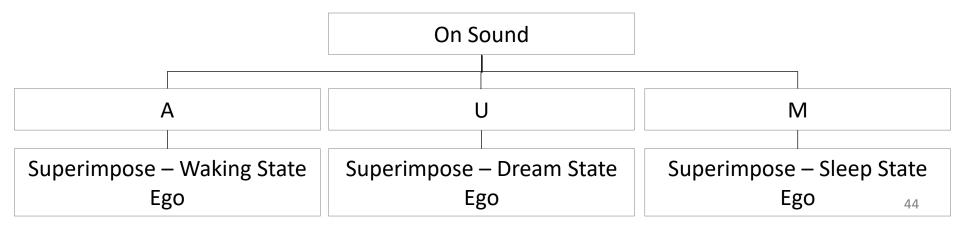
- In silence, our mind becomes steady, sharp, single pointed.
- This is the way to lift ourselves to the eternal reality and end our attitudes towards mortality, finitude, sorrows and despairs.
- We discover ourselves to be omnipotent, omniscient, all perfect.

Karika No. 24 – 29: How to Meditate on AUM?

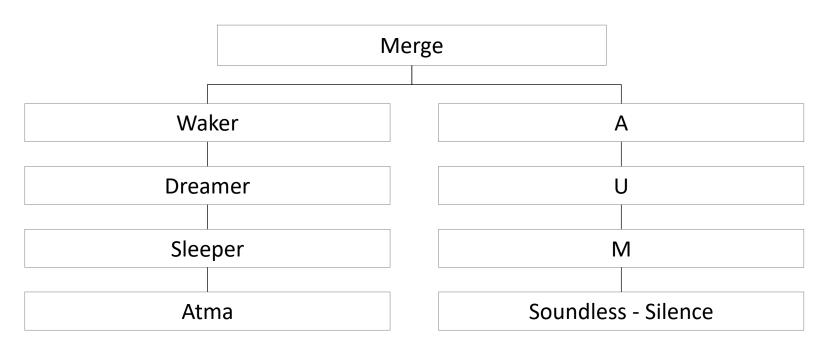
35) Karika No. 24:



- II) Soundless AUM = Atma
- III) Meditation on AUM
  - Observe the sounds of syllables rising and falling



IV)



V) Having reached the inner silence, the disciple should not of his own accord initiate new thought – waves.

# VI) Aim:

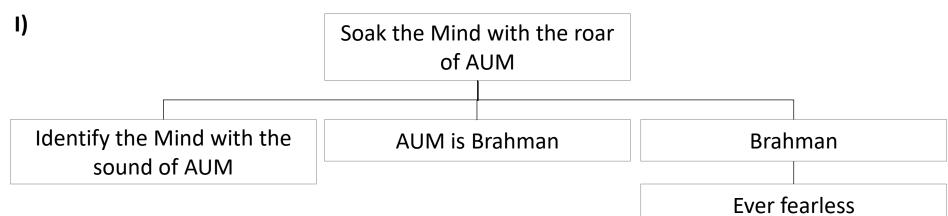
- Delve into silence
- Method to reach sub-conscious mind.
- Destroy your Sanchita karma Vasanas.
- Mischievous mind bring out old Samskaras.

## VII) Choke the sub-conscious

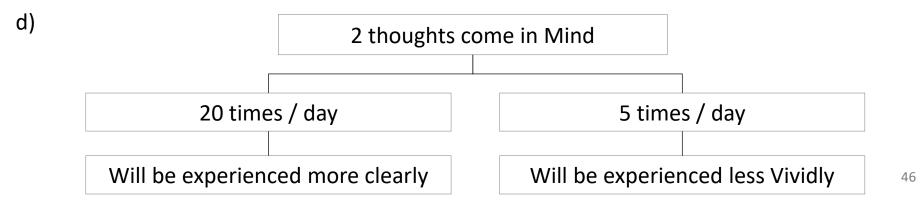
- Keep the conscious mind steady still (Sthira Prajnya)
- · Nothing else should be thought of.

## 36) Karika No. 25:

## **Tips in Meditation:**



- II) One who is always unified with AUM will be fearless.
- III) How to purify the Mind?
- a) Economise the production of thoughts.
- b) Control, regulate, the flow of thinking.
- c) The experience of a thought is in direct proportion to the frequency with which thought is reaching the mind.



- e) "I am" thought maintains itself at the highest frequency in the Mind.
- f) Bring AUM thought frequency equal to "I am" frequency repeatition.
- g) Unify the Mind with AUM.
  - Experience of AUM = Experience of Brahman, truth, all pervading, eternal, Omniscient consciousness.
- IV) I am nothing but the soundless AUM is the ultimate realization of a seeker, substratum for all the pluralities.

## V) He who is in the lonely state of being the alone, will be fearless.

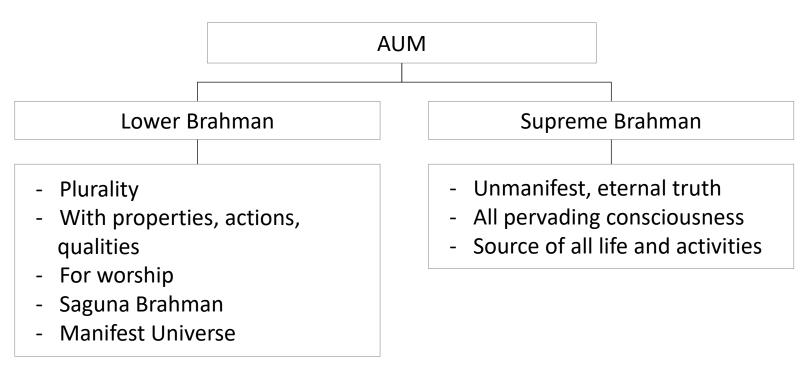
- VI) Fear, desire, are mental thought disturbances.
  - Thought disturbances come only when there is a mind in Jagrat.
  - No thoughts in the hands or feet.
  - When the mind is unified with AUM, there is no particularized thought centre in the individuals bosom.
  - When there is no mind, there will be no fear.
- VII) Love for money, house, relations arises from fear of not having money, house, relations.

#### VIII) Solution for Samsara:

Make the mind dwell steadily in AUM vibration and its meaning.

#### 37) Karika No. 26:

I)



# II) Apurva:

- Brahman is without Antecedent, without cause.
- It is unborn, changeless, deathless.
- It is without an effect of creation.

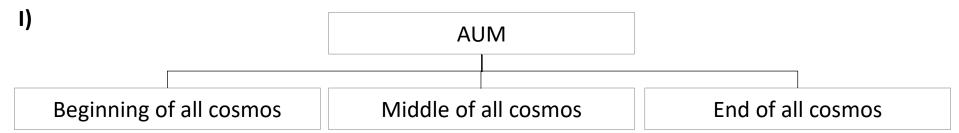
## III) Anapara:

- Without anything outside itself.
- There is nothing other than itself.
- It is homogeneous, it has no differentiation no Svagata Bheda.

## IV) Avayaya:

- Changeless
- Without parts
- Nothing exists other than itself.

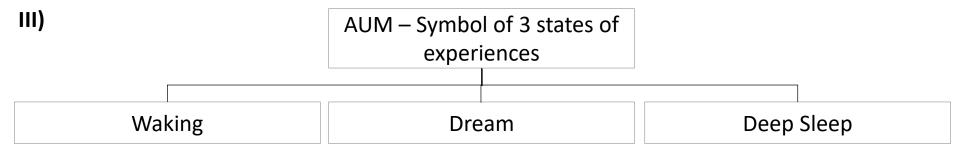
#### 38) Karika No. 27:



- II) Rope Snake is all the time Rope
- III) Creation is all the time Brahman, the supreme reality.
  - Pranava is the symbol of the reality, substratum, the ground for the play of 3 Avasthas.
  - To know in Vedanta means to realise the self, raise the mind to pure awareness, all pervading consciousness.

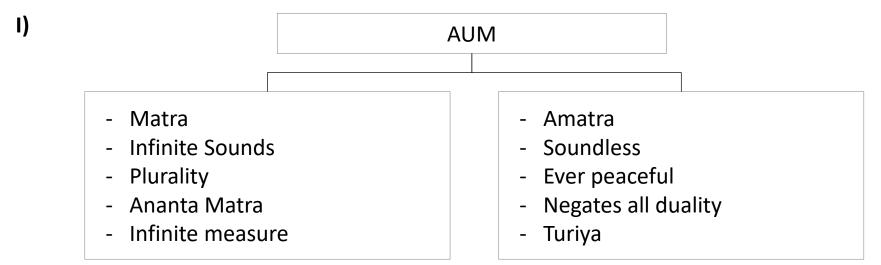
## 39) Karika No. 28:

- I) AUM = Ishvara, the Lord, ever present in all.
- II) Realising AUM as reality, one does not grieve in life.



- IV) Soundless AUM = Silence = Turiyam = Atman
- V) It represents the Vital Dynamism in the hearts of all living creatures.
- VI) Lord = Antaryamin, ever present in the minds of all.
- VII) Perceive perfection in the world as perfection of the reality.
- VIII) In and through the disharmony, perceive the harmony.
- IX) Wise have no grief.

## 40) Karika No. 29:



- II) In Turiyam, entire plurality of 3 Avasthas become unmanifest.
- III) Realise that Turiyam as ones own inner nature, higher self.
- IV) Understand Truth behind the sound, Lakshyartha.
- V) Sthiraprajna is one who has realized the truth to be his own core nature.