



**Kaivalyo Upanishad**

*Krisna Yajurveda*

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# Kaivalya Upanishad

## Krisna Yajurveda

### Guru :

- Brahma, Lord Paramesti.

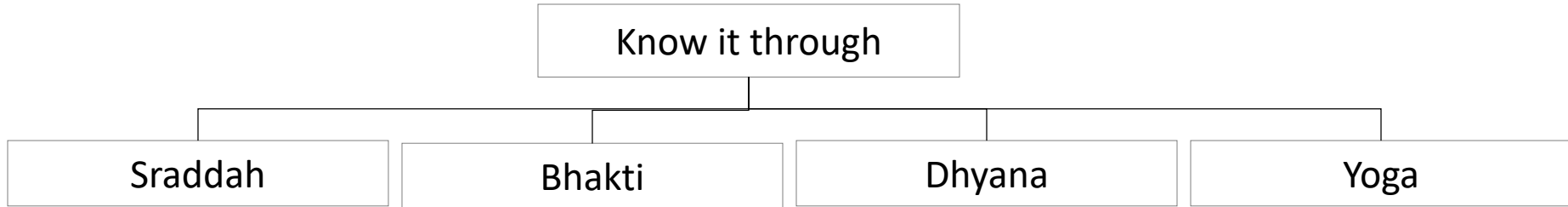
### Disciple :

- Ashvalayana (Grand Son)

### Asked :

- Please initiate me to Brahma Vidya (Divine wisdom), enjoyed by the wise and having released from sins, reach Purusha, the supreme.

### Teaching :



- Salvation is not through Karma, progeny or wealth but through Sanyasa alone.
- Aspirants with pure minds after ascertaining the meaning of Vedanta reach the supreme which is beyond Svarga and is in the cave of the Intellect.
- They attain Paramatma and attain the world.
- Seated in quiet place, having given up duties of 4 orders of life, having subjugated the sense organs, having saluted his Guru with devotion, meditates.

- Meditates on Parameshwara free from all Gunas, with his consort Uma.
- He is unthinkable, invisible, has endless forms, nature of Sat Chit Ananda, source of Maya, without beginning, middle or end, Lord of all, with 3 eyes, black neck, serenity itself.
- Muni attains Paramatma, womb of all elements, all witness, above Tamas, Brahma, Shiva, Indra, Indestructible, supreme, self shining, Vishnu, Prana, Kala, Agni, Moon.
- He is all things that exist now and hereafter, eternal.
- Having known him thus, one crosses death, no other path to salvation.
- He attains Parabrahman who sees in himself all elements and himself in all elements.
- All in one Chapter 10 – Gita, one in all Chapter 11 – Gita.

Body	Pranava
<ul style="list-style-type: none"> <li>- Arani</li> <li>- Lower piece of wood</li> </ul>	<ul style="list-style-type: none"> <li>- Om</li> <li>- Upper Arani</li> </ul>

- Wise man burns Ajnanam by the churning of Om in Meditation.
- Parambrahma alone deluded by Maya assumes a body with internal organs and does everything.
- He is gratified in waking state with food, drinks and other diverse enjoyments.
- In Dream state Jiva enjoys pleasures and pains created by his Maya.

- In sleep state, when all are absorbed, he replaces Tamas, attains state of happiness.
- Then, through the force of Karmas of previous births, the Jiva again wakes up and goes to sleep.
- All the objects of universe emanate from the Jiva, who sports in 3 bodies, gross, subtle, causal.
- 3 bodies are absorbed in him who is the source of all, who is bliss, absolute wisdom.
- From him arise Prana, Manas, sense organs of knowledge and action, 5 elements.

• **Parabrahman is abode of the universe which is most subtle of the subtle, eternal is only yourself (Mahavakyam).**

- You are only that.
- One who knows himself to be that Parabrahman that shines as the universe in waking, dream and all states is relieved from all bondage.
- I am that Sadashiva, eternal happiness, who is other than the enjoyer, enjoyed and the enjoyment in the 3 bodies and who is witness and Chinmatra.

- **All Emanate from him alone.**
- **All exist in me alone.**
- **I am that nondual Brahman.**

- I am the Atom of Atoms, so am I the biggest of all.
- I am the diversified universe, oldest of all, Purusha, Isha the Lord, of the form of Jyoti, light, happiness.

- I have no hands, feet.
- I have power unthinkable.
- I see without eyes, hear without ears, none can know me fully.
- I am always in the form of Chit, the one to be known through all Vedas
- I have no sins, Virtues, no destruction, no birth, no body, sense organs, buddhi.
- To me there is no earth, water, fire, Vayu, Akasha.
- He who thinks Paramatma as being in the cave of the heart as having no form, secondless, witness of all, neither Sat or Asat, attains the pure form of Paramatma.
- Whoever recites this Yajurveda Upanishad becomes as pure as Agni.
- He becomes free from the sins of commission and Omission.
- Acquires wisdom that destroys the ocean of Samsara.
- Having known him, he attains the Kaivalya state or state of isolation or emancipation.

## Verse 1

ॐ अथाश्वलायनो भगवन्तं परमेष्ठिनमुपसमेत्योवाच ।  
अधीहि भगवन्ब्रह्मविद्यां वरिष्ठं सदा सद्भिः सेव्यमानां  
निगूढाम् ।  
यथाऽचिरात्सर्वपापं व्यपोह्य परात्परं पुरुषं याति विद्वान् ॥ १ ॥

Oṃ athāśvalāyano bhagavantam parameṣṭhinamupasametyovāca ।  
adhīhi bhagavanbrahmavidyām varīṣṭhām sadā sadbhiḥ sevya-mānām  
nigūḍhām ।  
yathā'cirātsarvapāpaṃ vyapohya parātparam puruṣaṃ yāti vidvān ॥ 1 ॥

Thereafter the sage Asvalayana approached Brahmaji, the revered grandsire and said, "Oh Lord! Please teach me brahma-vidya, self-knowledge, which is the noblest and is always resorted to by the good people, which is the highest secret, and by knowing which the learned ones cross all sins before long and reach the highest purusa.

## Verse 2

तस्मै स होवाच पितामहश्च  
श्रद्धाभक्तिध्यानयोगादवैहि ॥ २ ॥

tasmai sa hovāca pitāmahaśca  
śraddhābhaktidhyānayogādavaihi ॥ 2 ॥

To him, the grandsire said, "May you know through sraddha, trust in the teaching, bhakti, commitment, and dhyana, meditation."

### Verse 3

न कर्मणा न प्रजया धनेन त्यागेनैके अमृतत्वमानशुः ।  
परेण नाकं निहितं गुहायां विभ्राजते यद्यतयो विशन्ति ॥ ३ ॥

na karmaṇā na prajāyā dhanena tyāgenaike amṛtatvamānaśuḥ ।  
pareṇa nākaṁ nihitaṁ guhāyāṁ vibhrajate yadyatayo viśanti ॥ 3॥

Not by deeds, nor by progeny, nor by wealth, but by renunciation alone have some people attained immortality. That which the renunciates attain is beyond the heavens, yet it shines in the cave of the heart (the intellect).

### Verse 4

वेदान्तविज्ञानसुनिश्चितार्थाः संन्यासयोगाद्यतयः शुद्धसत्त्वाः ।  
ते ब्रह्मलोकेषु परान्तकाले परामृताः परिमुच्यन्ति सर्वे ॥ ४ ॥

vedāntavijñānasuniścitārthāḥ sannyāsayogādyatayaḥ śuddhasattvāḥ ।  
te brahmalokeṣu parāntakāle parāmṛtāḥ parimucyanti sarve ॥ 4॥

The pure-minded seekers who through renunciation have firm understanding of the knowledge of the Upanisads, being the immortal and absolute, are all totally liberated in brahman at the time of death.



## Verse 5

विविक्तदेशे च सुखासनस्थः शुचिः समग्रीवशिरःशरीरः ।  
अत्याश्रमस्थः सकलेन्द्रियाणि निरुध्य भक्त्या स्वगुरुं प्रणम्य ॥  
हृत्पुण्डरीकं विरजं विशुद्धं विचिन्त्य मध्ये विशदं विशोकम् ॥ ५ ॥

viviktadeśe ca sukhāsanasthaḥ śuciḥ samagrīvaśiraḥśarīraḥ ।  
atyāśramasthaḥ sakalendriyāṇi nirudhya bhaktyā svagurum praṇamya ॥  
hṛtpuṇḍarikam virajam viśuddham vicintya madhye viśadam viśokam ॥ 5 ॥

(One should be) sitting in a clean, secluded place, in a comfortable posture, with the neck, head and body in alignment, in the attitude of renunciation, having bowed with devotion to one's teacher.

## Verse 6

अचिन्त्यमव्यक्तमनन्तरूपं शिवं प्रशान्तममृतं ब्रह्मयोनिम् ।  
तमादिमध्यान्तविहीनमेकं विभुं चिदानन्दमरूपमद्भुतम् ॥ ६ ॥

acintyamavyaktamanantarūpaṁ śivaṁ praśāntamamṛtaṁ brahmayonim ।  
Tamādimadhyāntavihinamekaṁ vibhuṁ cidānandamarūpamadbhutam ॥ 6 ॥

The Unthinkable, the Unmanifest, the One of endless forms, the Ever-auspicious, the Peaceful, the Immortal, the Origin of the very Creator, the One without a beginning, a middle and an end, the only One, the All-pervading, the Knowledge-Bliss, the Formless, and the wonderful

## Verse 7

उमासहायं परमेश्वरं प्रभुं त्रिलोचनं नीलकण्ठं प्रशान्तम् ।  
ध्यात्वा मुनिर्गच्छति भूतयोनिं समस्तसाक्षिं तमसः परस्तात् ॥ ७ ॥

umāsahāyaṁ parameśvaraṁ prabhuṁ trilocaṇaṁ nilakaṇṭhaṁ praśāntaṁ ।  
dhyātvā munirgacchati bhūtayoniṁ samastasākṣiṁ tamaṣaḥ parastāt ॥ 7 ॥

By meditating upon Lord Paramesvara consorted by mother Uma, the Highest Lord, the all-powerful, the three-eyed, the blue-necked and the ever-tranquil, a true man of reflection reaches Him, who is the Source of all the manifested world, the Witness-of-all, and who is beyond all darkness.

## Verse 8

स ब्रह्मा स शिवः सेन्द्रः सोऽक्षरः परमः स्वराट् ।  
स एव विष्णुः स प्राणः स कालोऽग्निः स चन्द्रमाः ॥ ८ ॥

sa brahmā sa śivaḥ sendraḥ so'kṣaraḥ paramaḥ svarāṭ ।  
sa eva viṣṇuḥ sa prāṇaḥ sa kālo'gniḥ sa candramāḥ ॥ 8 ॥

He is Brahma ; He is Siva, He is Indra, He is the Immutable, the Supreme, the Self-luminous. He alone is Visnu, He is Prana, He is Time and Fire. He is the Moon.

### Verse 9

स एव सर्वं यद्भूतं यच्च भव्यं सनातनम् ।  
ज्ञात्वा तं मृत्युमत्येति नान्यः पन्था विमुक्तये ॥ ९ ॥

sa eva sarvaṁ yadbhūtaṁ yacca bhavyaṁ sanātanam ।  
jñātvā taṁ mṛtyumatyeti nānyaḥ panthā vimuktaye ॥ 9 ॥

He alone is all that was, and all that will be, the Eternal ; knowing Him, one goes beyond the sting of death ; there is no other way to reach complete freedom.

### Verse 10

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।  
सम्पश्यन्ब्रह्म परमं याति नान्येन हेतुना ॥ १० ॥

sarvabhūtasthamātmānaṁ sarvabhūtāni cātmani ।  
sampaśyanbrahma paramaṁ yāti nānyena hetunā ॥ 10 ॥

Experiencing one's own Self in all beings and all beings in the Self, one attains the Highest Brahman – and not by any other means.

### Verse 11

आत्मानमरणिं कृत्वा प्रणवं चोत्तरारणिम् ।  
ज्ञाननिर्मथनाभ्यासात्पाशं दहति पण्डितः ॥ ११ ॥

ātmānamaraṇiṁ kṛtvā praṇavaṁ cottarāraṇim ।  
jñānanirmathanābhyāsātpāśaṁ dahati paṇḍitaḥ ॥ 11 ॥

Making the ego the “lower Arani” and Om the “Upper Arani”, through the practice of repeated churning of Knowledge “Jnana Nirmathana Abhyasa” a wise man burns up all the chords of his bondage.

### Verse 12

स एव मायापरिमोहितात्मा शरीरमास्थाय करोति सर्वम् ।  
स्त्रियन्नपानादिविचित्रभोगैः स एव जाग्रत्परितृप्तिमेति ॥ १२ ॥

sa eva māyāparimohitātmā śarīramāsthāya karoti sarvam ।  
striyannapānādivicitrabhogaiḥ sa eva jāgratparitṛptimeti ॥ 12 ॥

The Self, deluded by Maya, is he who identifying with the body does all actions (all perceptions, feelings and thoughts). In the waking state it is he (this Jiva), who reaches full gratification through the varied objects of enjoyment such as woman, food, wine etc...

### Verse 13

स्वप्ने स जीवः सुखदुःखभोक्ता स्वमायया कल्पितजीवलोके ।  
सुषुप्तिकाले सकले विलीने तमोऽभिभूतः सुखरूपमेति ॥ १३ ॥

svapne sa jīvaḥ sukhaduḥkhabhoktā svamāyayā kalpitajīvaloke ।  
suṣuptikāle sakale vilīne tamo'bhībhūtaḥ sukharūpameti ॥ 13 ॥

The very same individualised ego in the “dream state” experiences its pleasure and pain – in a field of existence created by its own Maya (Misapprehension of Reality). During the “State of profound sleep” when everything is merged (into their causal state), it is overpowered by Tamas (non-apprehension) and comes to exist in its form of Bliss.

### Verse 14

पुनश्च जन्मान्तरकर्मयोगात्स एव जीवः स्वपिति प्रबुद्धः ।  
पुरत्रये क्रीडति यश्च जीवस्ततस्तु जातं सकलं विचित्रम् ।  
आधारमानन्दमखण्डबोधं यस्मिँल्लयं याति पुरत्रयं च ॥ १४ ॥

punaśca janmāntarakarmayogātsa eva jīvaḥ svapiti prabuddhaḥ ।  
puratraye kṛīḍati yaśca jīvastatastu jātaṁ sakalaṁ vicitraṁ ।  
ādhāramānandamakhaṇḍabodhaṁ yasmimँllayaṁ yāti puratrayaṁ ca ॥ 14॥

Again due to its connection with the deeds done in its previous births, that very same individuality (Jiva) comes back to the dream or the waking-state. The being, who sports thus in three cities – from whom verily have sprung up all diversities, He is the substratum, the indivisible Bliss-Consciousness and in Him alone the three “Cities” go into dissolution.

### Verse 15

एतस्माज्जायते प्राणो मनः सर्वेन्द्रियाणि च ।  
खं वायुर्ज्योतिरापः पृथिवी विश्वस्य धारिणी ॥ १५ ॥

etasmājjāyate prāṇo manaḥ sarvendriyāṇi ca ।  
khaṁ vāyurjyotirāpaḥ pṛthivī viśvasya dhāriṇī ॥ 15॥

From Him are born the Prana (life), the mind (Antahkarana), all the organs, the sky (Akasa), the wind (Vayu), the fire (Jyotih), the water (Apah) and the earth (Prthivi) which supports all.

### Verse 16

यत्परं ब्रह्म सर्वात्मा विश्वस्यायतनं महत् ।  
सूक्ष्मात्सूक्ष्मतरं नित्यं स त्वमेव त्वमेव तत् ॥ १६ ॥

yatparam brahma sarvātmā viśvasyāyatanam mahat ।  
sūkṣmātsūkṣmataram nityam sa tvameva tvameva tat ॥ 16॥

That which is the Supreme Brahman, the Self in all, the ample Support of the Universe, Subtler than the subtle and Eternal... That alone thou art, thou alone art that.

### Verse 17

जाग्रत्स्वप्नसुषुप्त्यादिप्रपञ्चं यत्प्रकाशते ।  
तद्ब्रह्माहमिति ज्ञात्वा सर्वबन्धैः प्रमुच्यते ॥ १७ ॥

jāgratsvapnasuṣuptyādiprapañcam yatprakāśate ।  
tadbrahmāhamiti jñātvā sarvabandhaiḥ pramucyate ॥ 17॥

“That which illumines the world of relative experiences lived in the waking, dream and deep - sleep conditions, that Brahman am I” – and realising thus, one is liberated from all shackles.

### Verse 18

त्रिषु धामसु यद्भोग्यं भोक्ता भोगश्च यद्भवेत् ।  
तेभ्यो विलक्षणः साक्षी चिन्मात्रोऽहं सदाशिवः ॥ १८ ॥

triṣu dhāmasu yadbhogyam bhoktā bhogaśca yadbhavet ।  
tebhyo vilakṣaṇaḥ sākṣī cinmātro'ham sadāśivaḥ ॥ 18॥

All that constitutes the enjoyable, the enjoyer and the enjoyment in the three realms.. Different from them all am I, the Witness, the Ever-auspicious, Pure Consciousness.

### Verse 19

मय्येव सकलं जातं मयि सर्वं प्रतिष्ठितम् ।  
मयि सर्वं लयं याति तद्ब्रह्माद्वयमस्म्यहम् ॥ १९ ॥

mayyeva sakalam jātam mayi sarvaṁ pratiṣṭhitam ।  
mayi sarvaṁ layaṁ yāti tadbrahmādvayamasmyaham ॥ 19 ॥

In me alone everything is born ; in me alone does everything exist and in me alone gets everything dissolved. I am That non-dual Brahman.

### Verse 20

अणोरणीयानहमेव तद्वन्महानहं विश्वमहं विचित्रम् ।  
पुरातनोऽहं पुरुषोऽहमीशो हिरण्मयोऽहं शिवरूपमस्मि ॥ २० ॥

aṇoraṇīyānāhameva tadvanmahānahaṁ viśvamaḥaṁ vicitram ।  
purātano'haṁ puruṣo'hamīśo hiraṇmayo'haṁ śivarūpamasmi ॥ 20 ॥

I am smaller than the smallest and also am I the most vast. I am the manifold universe – amazing ; I am the Ancient One, the Purusa ; the Supreme Ruler am I, the Effulgent One, by nature ever-auspicious.

### Verse 21

अपाणिपादोऽहमचिन्त्यशक्तिः पश्याम्यचक्षुः स शृणोम्यकर्णः ।  
अहं विजानामि विविक्तरूपो न चास्ति वेत्ता मम चित्सदाऽहम् ॥ २१ ॥

apāṇipādo'hamacintyaśaktiḥ paśyāmyacakṣuḥ sa śṛṇomyakarnaḥ ।  
ahaṁ vijānāmi viviktarūpo na cāsti vettā mama citsadā'ham ॥ 21 ॥

I am without hands and legs, of incomprehensible power. I see without eyes, hear without ears. Devoid of all forms, I am knowing (everything) and there is none that knows me. I am ever Pure-Knowledge.

## Verse 22

वैदरनेकैरहमेव वेद्यो वेदान्तकृद्वेदविदेव चाहम् ।

न पुण्यपापे मम नास्ति नाशो न जन्म देहेन्द्रियबुद्धिरस्ति ॥ २२ ॥

vedairanekairahameva vedyo vedāntakṛdvedavideva cāham ।

na puṇyapāpe mama nāsti nāśo na janma dehendriyabuddhirasti ॥ 22 ॥

I alone am the theme taught in the different Veda-s, I am the revealer of the Upanishad-s, the Vedanta and I alone am the real knower of the Veda-s. For me there is neither merit nor demerit. I suffer no destruction. I have neither birth nor body, nor sense organs, nor the mind-intellect equipment.

## Verse 23, 24

न भूमिरापो न च वह्निरस्ति न चानिलो मेऽस्ति न चाम्बरं च ।  
एवं विदित्वा परमात्मरूपं गुहाशयं निष्कलमद्वितीयम् ॥ २३ ॥

na bhūmirāpo na ca vahnirasti na cānilo me'sti na cāmbaram ca ।  
evam viditvā paramātmārūpaṁ guhāśayaṁ niṣkalamadvitīyam ॥ 23 ॥

समस्तसाक्षिं सदसद्विहीनं प्रयाति शुद्धं परमात्मरूपम् ॥ २४ ॥

samastasākṣim sadasadvihīnaṁ prayāti śuddhaṁ paramātmārūpaṁ ॥ 24 ॥

For me there is neither Earth nor Water nor Fire, nor Air, nor Ether. Thus realising the nature of the Paramatman... the one who is in the cavity of the heart, who is without parts, without a second, the Witness of all, beyond both existence and non-existence, one attains the very nature of the Paramatman.