

# INTRODUCTION TO UPANISHADS

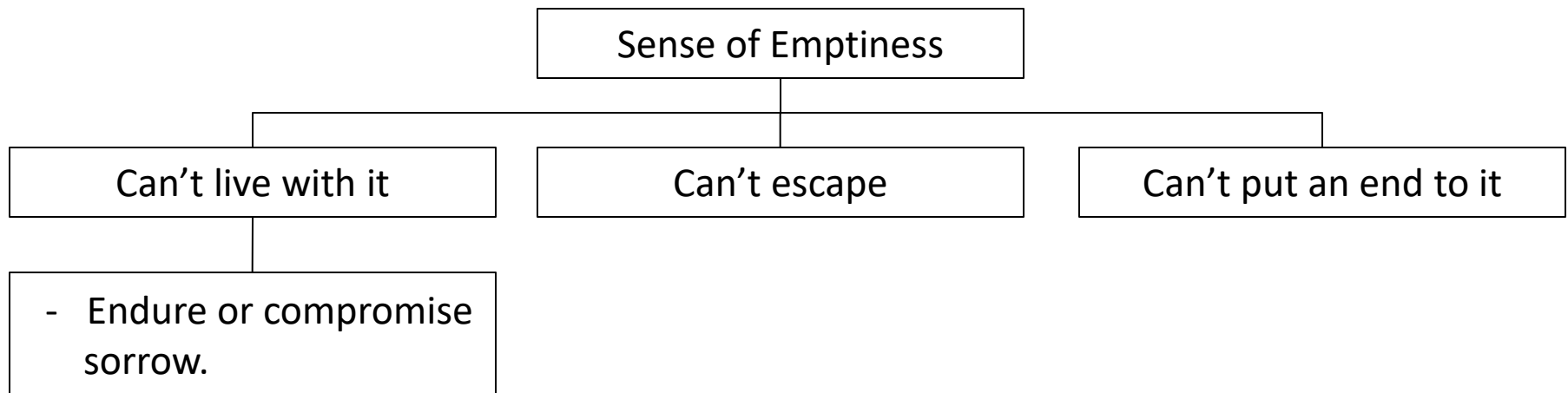


## Introduction to Upanishads

1) Person seeks emotional, financial, social security. He also seeks comforts, pleasure, prosperity.

1 <sup>st</sup>	2 <sup>nd</sup>
- Karishyami Chintayat - I have to do	- Marishyami Visrutam - What will happen after death

- Does rituals / vows - For place in heaven.  
- Fast here for feast there.
- Sees limitation of all experiences.



- State of mind – in turmoil, can know and feel.
- Mind ready for higher knowledge.
- Many lives required to arrive at this state.

# Upanishad

## Student (Jingyasu – Seeker)

### Upa :

- Approach teacher.

### Ni :

- Nishchaya – firm determination.

### Shad :

- Sit at feet of Teacher – Lower platform so that knowledge can flow.
- Humility, service, devotion.

## Teacher (Jnani)

### Upa :

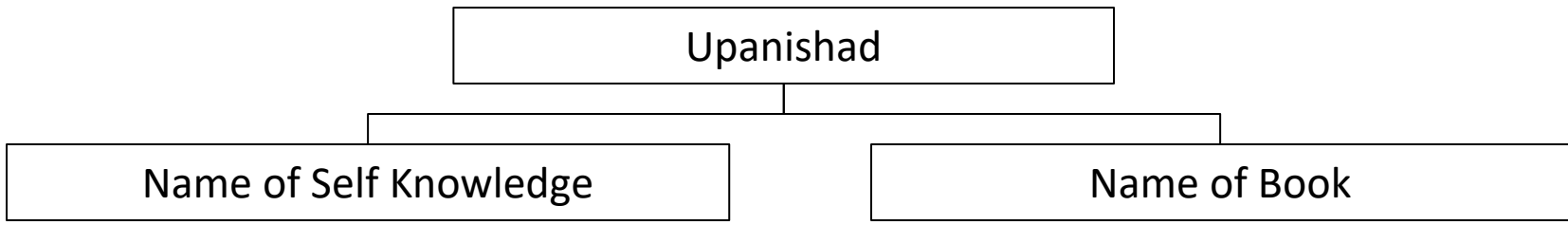
- Brings truth of self near to disciple.

### Ni :

- Given with firm conviction.

### Shad :

- Destroys Avidya – Self ignorance.
- Anando Brahmo Vijaniyat
- Leads person to Brahman, Ananda, fulfillment.



### **Purpose of Knowledge :**

- What does knowledge do?
- Vidya Phalam Syat Asato Nirvittihi.
- Result of Knowledge is elimination of false notions, pursuits.
- Destroys ignorance.

### **Visharanam :**

- Loosens bondage.

### **Gathi :**

- Brahma Gamayati.
- Leads person to infinite nature.

### **Guru Stotram :**

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।  
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥२॥

Akhannda-Manndala-Akaaram Vyaaptam Yena Cara-Acaram |  
Tat-Padam Darshitam Yena Tasmai Shrii-Gurave Namah ||2||

(Salutations to the Guru) Whose Form is an Indivisible Whole of Presence, and By Whom is Pervaded the Moving and the Non-Moving Beings, By Whom is Revealed (out of Grace) That Feet (of Indivisible Presence); Salutations to that Guru.

[Verse 2]

- Guru shows reality to you as your own self – Tat Tvam Asi.
- **Prasna Upanishad :**  
This is Brahman – nothing greater than this.
- **Katha Upanishad :**

महतः परमव्यक्तमव्यक्तात्पुरुषः परः ।  
पुरुषान्न परं किञ्चित्सा काष्ठा सा परा गतिः ॥ ११ ॥

Mahatah param-avyaktam, avyaktat-purusah parah,  
Purusa-na param kincit, sa katha sa para gatih ॥ 11 ॥

Beyond the great (Mahat) is the unmanifested (Avyaktam). Beyond the Avyaktam (Prakrti) is the Purusa ; beyond the Purusa there is nothing ; that is the end ; that is the highest goal. [I – III – 11]

- All Mirrors reflecting my face – one enough for shaving. Look at others, because I love looking at myself.
- Hence study more upanishads.
- See what all is my glory.
- Anoraniyan.

### Example :

- See Photo Album – to see self.
- Lords revelation through Rishis mind.
- Atma Bodha, Vivekchoodamani written by person.
- In 11, Svetasvataro Added.

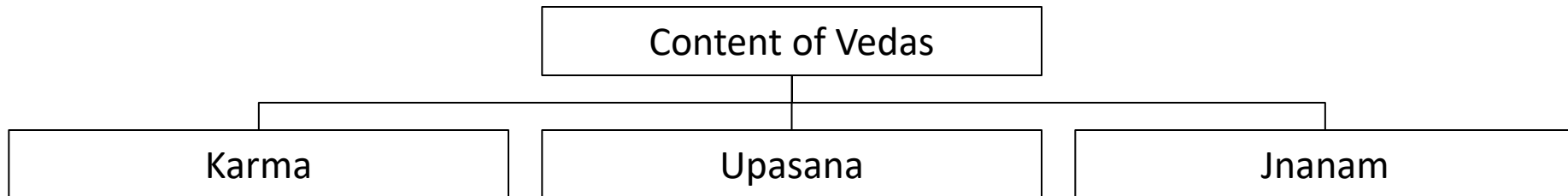
## What are Vedas?

- Source of Knowledge, treasure of Knowledge, means of knowledge.
- To know Dharma – Means to purify mind and get attracted to self knowledge.
- To know Brahman – Dharmic Alone knows Brahman.

### Example :

Shiva	Nandi
Brahman	Dharma

## What do Vedas Deal with?

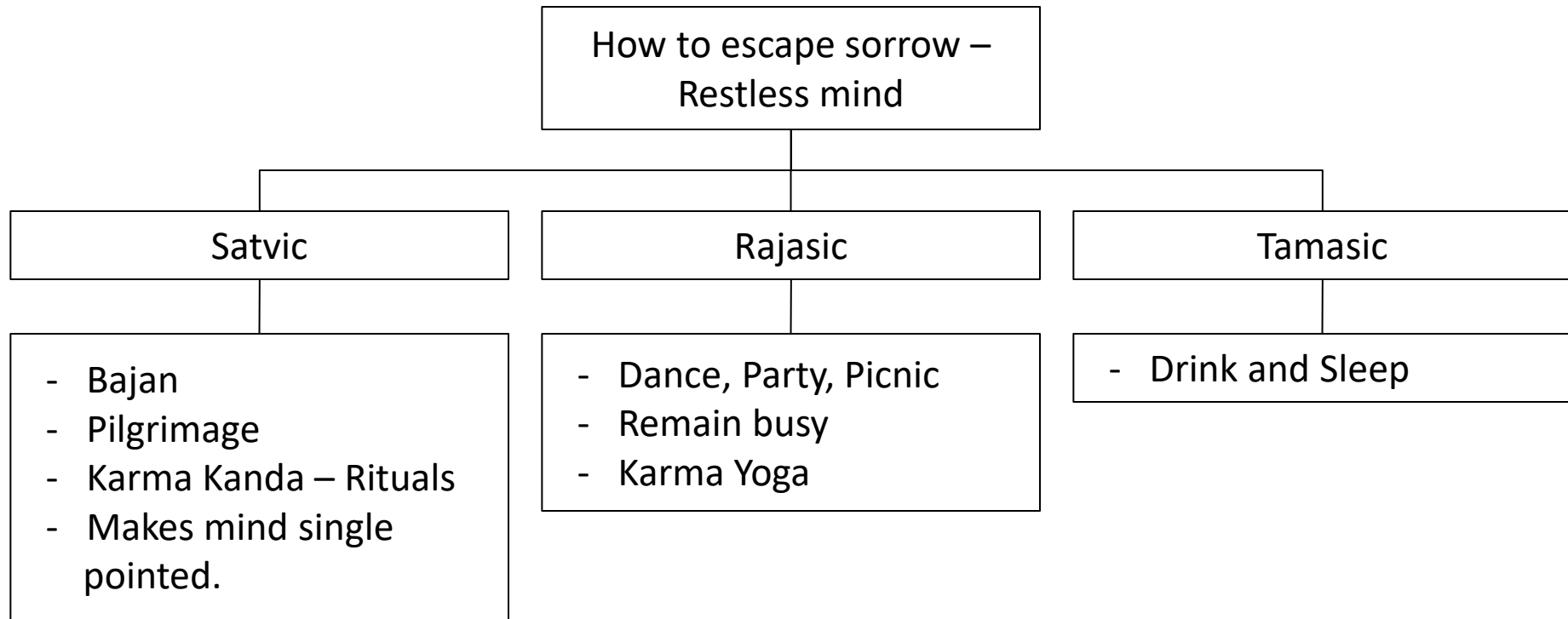


## What is purpose of Karma?

- Jiva born in world, associated with 3 limitations, weaknesses, imperfections.

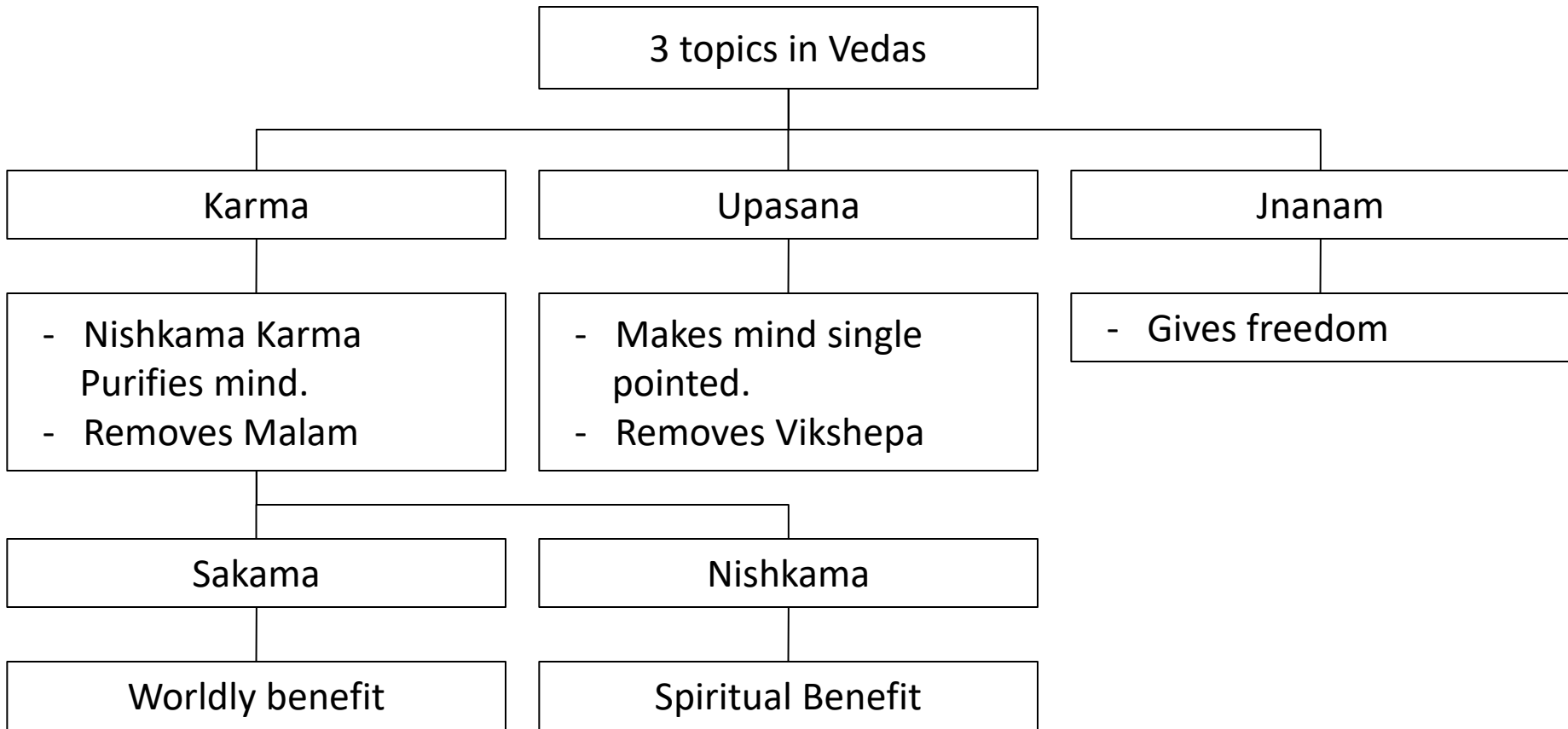


## How to get Rid of restless Mind?



## Why Vikshepa?

- Because likes + dislikes, desires, vasanas, of countless lives, manifest in many forms.
- **Cause :**
  - Not knowing oneself.
  - Taking oneself to be mind and body.





## Shantipath

ॐ सह नावतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै । तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om Saha Nau-Avatu | Saha Nau Bhunaktu |

Saha Viiryam Karavaavahai | Tejasvi Nau-Adhiitam-Astu Maa Vidvissaavahai |

Om Shaantih Shaantih Shaantih ||

Om, May God Protect us Both (the Teacher and the Student), May God Nourish us Both, May we Work Together with Energy and Vigour, May our Study be Enlightening and not give rise to Hostility, Om, Peace, Peace, Peace.

### a) Om :

- Symbol of Brahman.

### b) Sahana Avatu :

- May he make us enjoy fruit of knowledge.

### c) Saha Veeryam Karavavahai :

- May we both strive together, put effort together.

### d) Tejasvi Nau Adhitam Astu :

- May our knowledge be brilliant, may be not disagree, hate each other.
- Only in medium of love communication possible.

### e) Ma Vidvisavahai :

- May we not quarrel, have no misunderstanding, mistrust.

Peace

Adibautika

- Surrounding Noise,  
Riots

Peace

Adideivika

- Phenomenal forces.  
- Lightening, earthquake,  
storm.

Peace

Adhyatmika

- Within mind restless,  
lose faith, greatest  
obstacle.  
- Faith in oneself, God +  
Teacher.

2)

ॐ भद्रं कर्णेभिः शृणुयाम देवाः। भद्रं पश्येमाक्षभिर्यजत्राः ।  
स्थिरैरङ्गैस्तुष्टुवाग्मसस्तनूभिः। व्यशेम देवहितं यदायुः।  
स्वस्ति न इन्द्रो वृद्धश्रवाः। स्वस्ति नः पूषा विश्ववेदाः।  
स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः। स्वस्ति नो बृहस्पतिर्दधातु ।  
ॐ शान्तिः शान्तिः शान्तिः॥

*om bhadrām karṇebhiḥ śṛṇuyāma devāḥ | bhadrām paśyemākṣabhiryajatrāḥ |  
sthirair aṅgaistuṣṭuvāgmsastanūbhiḥ | vyaśema devahitaṁ yadāyuh |  
svasti na indro vṛddhaśravāḥ | svasti naḥ pūṣā viśvavedāḥ |  
svasti nastārṣyo ariṣṭanemih | svasti no bṛhaspatirdadhātu |  
om śāntiḥ śāntiḥ śāntiḥ ॥*

Om, O worshipful ones, may our ears hear what is good and auspicious! May we see what is auspicious! May we sing your praise, live our allotted span of life in perfect health and strength! May Indra (who is) extolled in the scriptures, Pushan, the all-knowing Trakshya, who saves from all harm, and Brihaspati who protects our spiritual lustre, vouchsafe prosperity in our study of the scriptures and the practice of the truths contained therein! Om peace, peace, peace!

**a) Poornam Adah :**

- That Brahman is infinite, whole, complete.
- Srishti Karanam.
- Nameless formless reality, infinity.

**b) Poornam Idam :**

- World with Names + forms infinite.
- This world.
- Sthithi.

**c) Poornat :**

- From Infinite.

**d) Poorna Udachyate :**

- This universe has risen, from Brahman the infinite.

**e) Poornasya :**

- From this world.

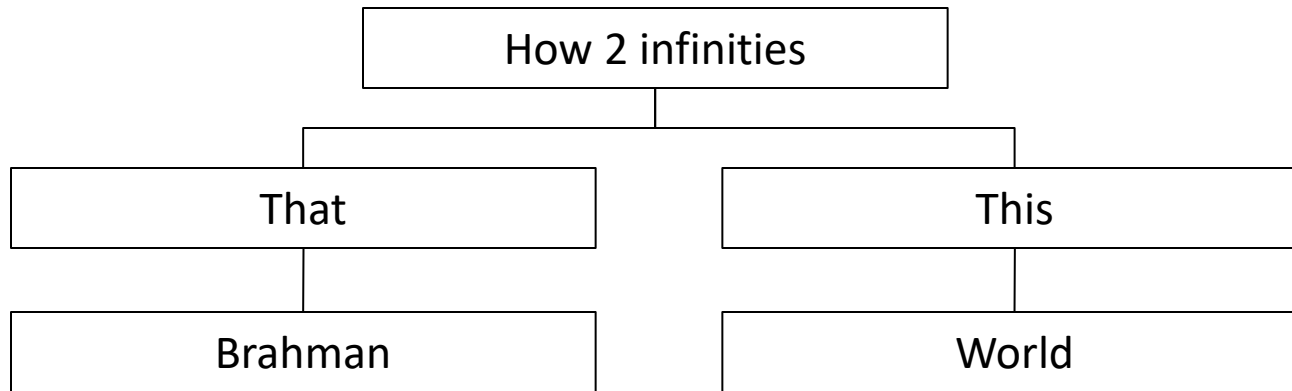
**f) Poornam Adaya :**

- Remove infinite during Pralaya.

**g) Poornam eva Avasishyate :**

- Infinite alone remains.

- In Srishti, Sthithi, Pralaya, Poornam eva – Avasishyate – infinite alone is there.



- One infinite reality is indicated as that and this – Now not known to us. Really it is not this + that. Its I – me.
- There is one reality – me, now in the form of this world.

World	Reality
Infinite Names + forms	Without Names + forms

- Analyse Atom – infinite.
- Sow seed... infinite.
- Seed appears small but interms of potential infinite.
- From Nirvisesha attributeless – infinite rises, infinite Viseshas.
- From Jagat, remove names + forms. What remains is pure being, existence, infinite.

- From chain remove Name + Form.. Gold alone remains.
- What remains is your own self – that is infinite.
- This Vedas say.

With Poorna Drishti	With Churna Dristi
<ul style="list-style-type: none"> <li>- There is Poornata</li> <li>- Contemplate, Visualise, Poorna Drishti, Poornata Poorna Atman Dhyayate.</li> </ul>	<ul style="list-style-type: none"> <li>- Limitations</li> <li>- Pulversied powdered, finite.</li> </ul>