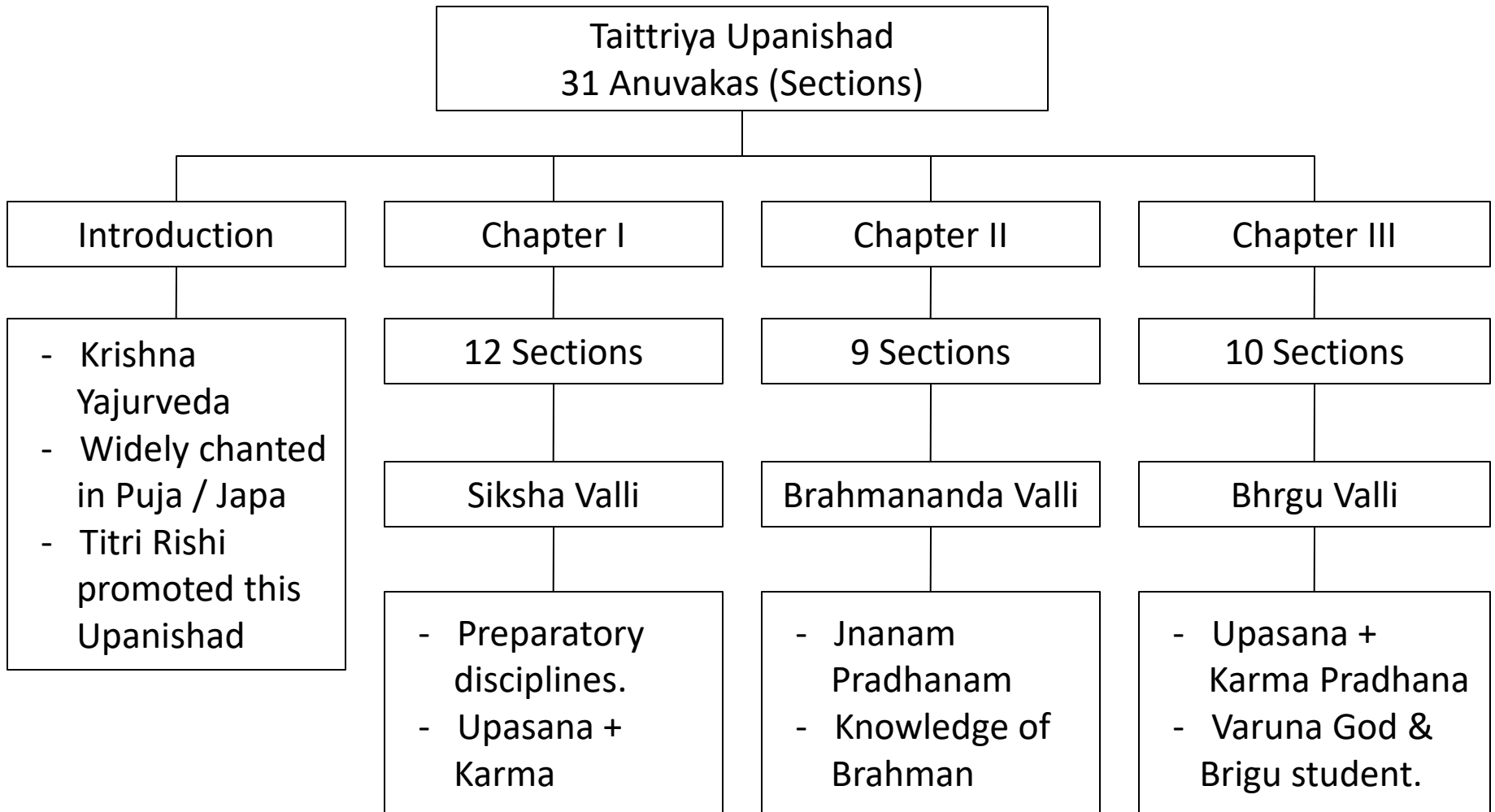


TAITTRIYA UPANISHAD



CHAPTER 1

Siksa Valli

Introduction :

1) Shanti Mantra :

ॐ शं नो मित्रः शं वरुणः । शं नो भवत्वयमा ।
शं न इन्द्रो बृहस्पतिः । शं नो विष्णुरुक्रमः ।
नमो ब्रह्मणे । नमस्ते वायो । त्वमेव प्रत्यक्षं ब्रह्मासि ।
त्वमे वप्रत्यक्षं ब्रह्म वदिष्यामि । ऋतं वदिष्यामि ।
सत्यं वदिष्यामि । तन्मामवतु । तद्वक्तारमवतु ।
अवतु माम् । अवतु वक्तारम् ।
ॐ शान्तिः शान्तिः शान्तिः ॥ १ ॥

om sam no mitrah sam varunah, sam no bhavatvaryama,
sam na idro brahaspatih, sam no visnururukramah,
namo brahmane, namaste vayo, tvameva pratyaksam brahmasi,
tvameva pratyaksam brahma vadisyami, rtam vadisyami,
satyam vadisyami, tanmamavatu tadvaktramavatu,
avatu mam, avatu vaktram
om santih santih santih ॥ 1 ॥

May Mitra be propitious to us. May Varuna bless us. May the blessings of Aryama be with us. May the grace of Indra and Brhaspati be upon us. May Visnu, the all-pervading (wide-striding) be propitious to us. Salutations to Brahman. Salutations to Thee, O Vayu! Thou art the visible Brahman. The alone shall I consider as the visible Brahman. I shall declare : Thou art the 'Right' ; Thou art the 'Good'. May That protect me ; may That protect the speaker. Please protect me. Please protect the speaker. Om Peace! Peace!! Peace!!!

2) Siksa – Science of Pronunciation.

- Factors necessary for right pronunciation.

3) Samhita Upasana :

- Conjugation of vedic letters.
- 20 Devatas meditated
- Gets heaven after death.

Chart No.1

Locus of invocation	<i>Adhiloka-upāsanā</i>	<i>Adhijyautiṣa-upāsanā</i>	<i>Adhividya-upāsanā</i>	<i>Adhipraja-upāsanā</i>	<i>Adhyātma-upāsanā</i>
Prior letter	Earth	Fire	Teacher	Mother	Lower jaw
Posterior letter	Heaven	Sun	Student	Father	Upper jaw
Junction	Interspace	Water	Knowledge	Progeny	Speech
Link	Air	Lightning	Teaching	Procreation	Tongue

4) Prayer for intelligence, healthy body, sense organs to discover his immortal nature.

- Wealth, prosperity, students.
- **Final Prayer :**

Let me purify in you and merge in you.

5) Vyahrti – Upasana :

- Bhuh, Bhuvah, Suvah, Mahah are symbols for Devatas.
- 16 Devatas (Hiranyagarbha – Upasana).

Chart No.2

<i>Vyāhṛti</i>	<i>Loka- upāsanā</i>	<i>Deva- upāsanā</i>	<i>Veda- upāsanā</i>	<i>Prāṇa- upāsanā</i>
<i>Bhūḥ</i>	Earth	Fire	<i>Ṛgveda</i>	<i>prāṇa</i>
<i>Bhuvah</i>	Interspace	Air	<i>Sāmaveda</i>	<i>apāna</i>
<i>Suvah</i>	Heaven	Sun	<i>Yajurveda</i>	<i>vyāna</i>
<i>Mahah</i>	Sun	Moon	<i>Oṃkāra</i>	Food

6) Hiranyagarbha Upasana :

- Take mind to locus of Upasana.
- Travel through Sushmana Nadi.
- Oneness with Agni, Vayu, Aditya, Hiranyagarbha.
- Highest glory that one can attain through Upasana.

7) Panktabrahma Upasana :

- Universe – 6 groups, 3 objective, 3 subjective.
- Oneness with Hiranyagarbha – Goal.

Chart No.3

<i>Loka-pāñktam</i>	<i>Deva- pāñktam</i>	<i>Bhūta- pāñktam</i>	}	OBJECTIVE
Earth	Fire	Water		
Interspace	Air	Herbs		
Heaven	Sun	Trees		
Main quarters	Moon	Space		
Intermediary quarters	Stars	<i>Virāt</i>		
<i>Vāyu-pāñktam</i>	<i>Indriya-pāñktam</i>	<i>Dhātu-pāñktam</i>	}	SUBJECTIVE
<i>Prāṇa</i>	Eyes	Skin		
<i>Vyāna</i>	Ears	Flesh		
<i>Apāna</i>	Mind	Muscle		
<i>Udāna</i>	Speech	Bone		
<i>Samāna</i>	Organ of touch	Marrow		

8) Omkara – Upasana :

- Om utterance makes all pursuits holy and fruitful.

9) Karma :

- Study and teaching of scriptures.
- Righteousness.
- Truthfulness.
- Austerity
- Sense control
- Mind control
- Worship
- Hospitality
- Service to society
- Family lineage - Follow all above.

10) Japa :

- Trisanku – Mantra for Japa.

11) Instructions to Students :

- Respect to teacher, guests, charity for well being of all Karmas + Upasanas done to prepare mind for Brahma Vidya.

CHAPTER II

Brahmananda Valli (9 Anuvakas – Sections)

Section I : 3 Verses

- Knower of Brahman attains infinite
- Subject – Brahman
Goal – Infinitude
Sadhana – Knowledge
No Karma involved
- Brahman is infinite existence and Consciousness Satyam, Jnanam, Anantham Brahma.
- Brahman to be known as one's own atma and one attains total fulfillment.

Section II : 2 Verses

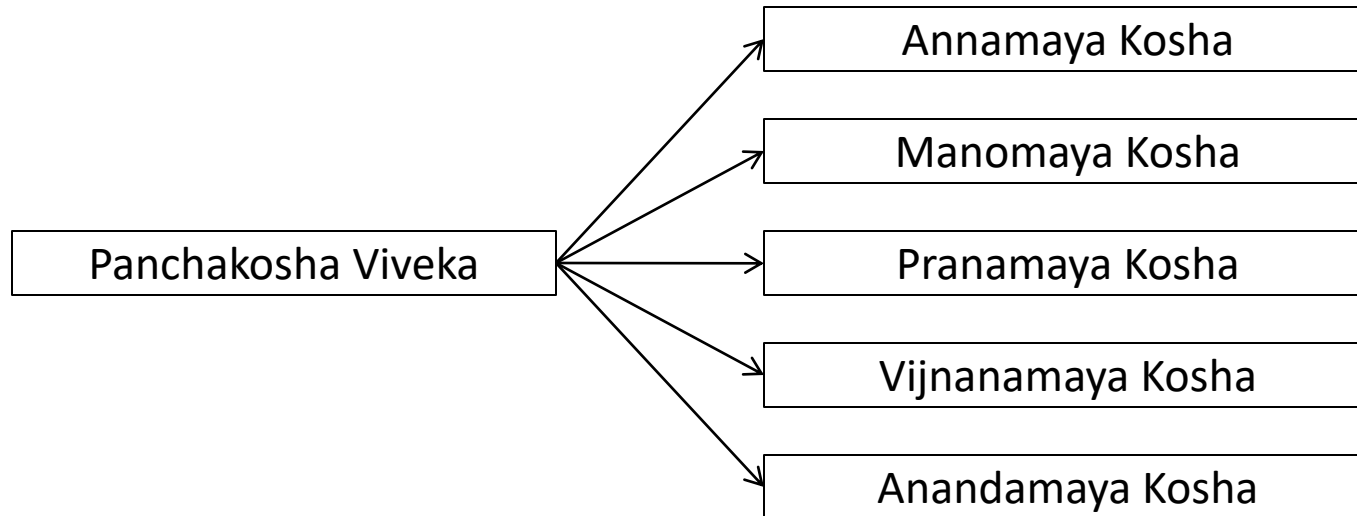
Introduction of Creation : (Adhyaropa – to concur with experience)

- From Brahman, comes creation consisting of 5 elements, plants, food and human beings (in this order).

Brahman	Creation / Jagat
Cause	Effect

- Effect doesn't exist separate from cause.
- Shift of vision and dismissal of creation called Adhyaropa.

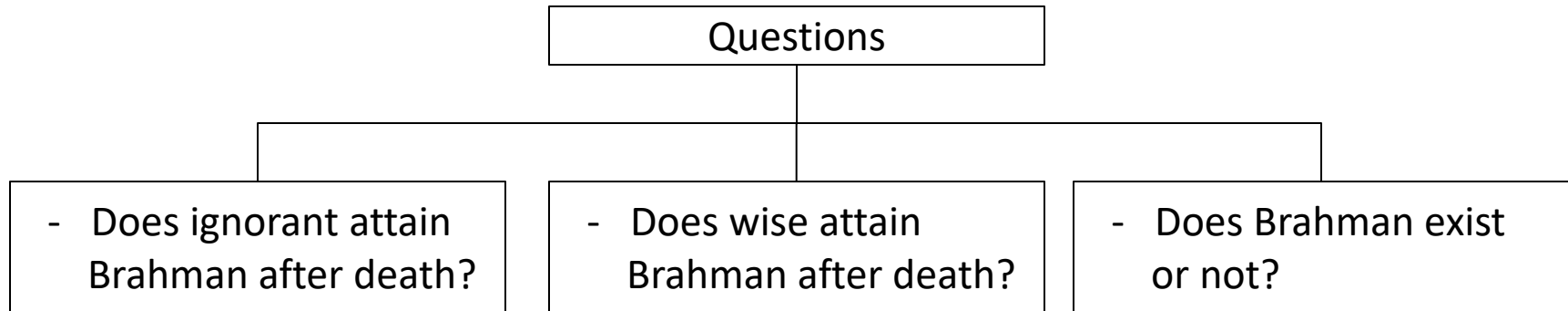
Section III, IV, V : Each 2 Verses



- 5 Koshas are Anatma
- Each kosa in individual corresponds to total.
- When kosa negated, individual and total kosa negated.
- Meditate on Macrocosm upon microcosm.
- Brahman substratum of Anandamaya kosa in individual is the same of Macrocosm.

Section VI, VII : Each 3 Verses

- Criticises Nastikas who do not accept existence of Brahman Astikas alone can discover Brahman.



- **Why Brahman's existence can't be doubted?**
 - a) Intelligent cause of creation.
 - b) Experience in all beings.
 - c) Material cause of the universe.
 - d) Self creator and self created (Sukrtam).
 - e) Source of Joy for wise man.
 - f) Concious principle enlivening the inert Prana.
 - g) Source of fearlessness for wise and fear for ignorant.

Section VIII : 12 Verses

- Nature of Ananda.
- One unit of Ananda.
- Person of detachment, learned in scriptures enjoys the same Ananda without going to such worlds.
- Superior happiness in the higher world is not because of the higher world itself but because of detachment from the lower world.
- When mind is detached, it is quiet – In the quiet mind, the happiness, which is of the nature of oneself becomes evident.
- Detachment is means of greater happiness.
- **Secret** : Experiential happiness is reflection of our own nature of happiness in the quiet mind.
- Even in the absence of experiential happiness, we continue to be of the nature of happiness.
- Ananda in individual being and total (Hiranyagarba) is same.
- Gradation is in the Manifestation because of the gradation in the quietitude of mind.
- One who recognises true Nature of Brahman becomes detached from all Kosas and gets established in Brahman.

- No question of anyone attaining Brahman after death.
- It is ones own nature.
- **We say :**

Ignorant	Wise
- Doesn't attain Brahman because he disowns Brahman	- Attains Brahman because he owns up as Himself.

Section IX : 2 Verses

- Wise man is great
- Being secondless, wise have no sense of fear.
- Not tormented by thoughts of Omissions and Commissions.
- Good, bad are non-different from himself. They don't stand separate to torment him.
- He is Nondual Brahman.

LIMBS OF THE KOSAS

Kośa	Head	Right side	Left side	Central part	Lower part
<i>Annamaya</i>	Head	The right arm	The left arm	The trunk	The legs
<i>Prāṇamaya</i>	<i>Prāṇa</i>	<i>Vyāno</i>	<i>Apāna</i>	<i>Samāna</i>	<i>Prthivi-devata</i>
<i>Manomaya</i>	<i>Yajurveda</i>	<i>R̥gveda</i>	<i>Sāmaveda</i>	<i>Brāhmaṇa</i> -portion	<i>Atharvaveda</i>
<i>Vijñānamaya</i>	Faith	Right understanding	Truthfulness	Concentration	<i>Hiraṇyagarbha</i>
<i>Ānandamaya</i>	<i>Priya</i>	<i>Moda</i>	<i>Pramoda</i>	<i>Ānanda</i>	<i>Brahman</i>

CHAPTER III

Bhrgu Valli

Introduction :

- Student : Bhrgu
- Guru : Varuna (Father)

Verse 1 : Teaching

- Brahman is material cause of all beings.
- Individual consists of Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha.

Verse 2 – 6 :

- Enquiry culminates in Nature of Ananda which is identical with Brahman.
- Tapas – emphasised (importance of enquiry)

Verse 7 – 10 : Upasanas & Disciplines :

- With desire give worldly benefit.
- Without desire, prepares mind.

Discipline :

- Respect for food.

Upasana :

- Universe is interrelated.
- Prana – Body
Water – Fire
Earth – Space

Verse 10 :

- Glorifies Anna- Dhanam
- Serve other with plenty of food and he gets same treatment wherever he goes.
- As one meditates one becomes.

Adhyatmika – Upasana		Adhidaivika - Upasana	
Brahman is Meditated		Brahman is Meditated	
As	In	As	In
Well-being	Speech	Contentment	Rain
Acquisition and preservation	Prana and Apana	Power	Lightning
Action	Hands	Fame	Cattle
Movement	Feet	Light	Stars
Evacuation	Anus		
Procreation, immortality, and pleasure	Genitals	Everything	Space