

35. Eeṣāvasya Upanishat is a Major Vedanta Upanishat belonging to the Śukla Yajur Veda. Its writer is unknown. Most compilations place this Upanishat as the Leader. This Upanishat presents us with certain irrevocable statements. 1. Eeṣa is immanent in the entire Universe. 2. Renunciation is the only way to protect the Self.

3. The Self moves and moves not. 4. It is faster than anything that moves. 5. There are pairs known as Avidyaa and Vidyaa, and Sambhooti and Asambhooti. 6. Those who revel in Avidyaa (Nescience) dwell in darkness. Those who resort to Vidyaa (Technology) dwell in still greater darkness. But those who know how to combine these two attain immortality. 7. Those who revel in the Manifest (Sambhooti) dwell in darkness. Those who revel in the Unmanifest (Asambhooti) dwell in still greater darkness. But those who know how to combine these two attain immortality. 8. One attains his liberation on seeing the Self within all the beings and all the beings in the Self. 9. The face of the Person is covered by the light emanating from the Sun. 10. There is only one Seer (Ekarshi). 11. It is that Person who sets the goals of all the beings on departing from this body. 12. All things to come have been ordained according to the Permanent Years. The peace chant for this Upanishat is “That is Fullness and This is Fullness.” Therefore no one should make any distinction between That and This. Fullness stands for infinity. Infinity (Bhooman) is happiness. Anything that is finite leads to suffering.