



35. Eeṣavasya Upanishat
Śukla Yajur Vedeeya
Mahā Vedāntopanishat

Harih Omn

Poorṇam adah poorṇam idamn
Poorṇat poorṇam udachyate |
Poorṇasya poorṇam adāya
Poorṇam evāvaśishyate ||

Omn śāntih śāntih śāntih

1. Eeṣavasyam idamn sarvamn
Jagatyamn yat kiñcha jagat |
Tena tyaktena bhūñjeedhā
Mā gpdha kasyah svid dhanam ||
2. Kurvan neveha karmāṇi
Jijeevashech chatamn samāh |
Evamn tvayi nānyatheto'sti
Na karma lipyate nare ||
3. Asuryā nāma te loka
Andhena tamasāvptāh |
Tāmns te pretyābhigacchanti
Yeke chatma hano janāh ||
4. Anejad ekamn manaso javeeyo
Nainad devā āpnuvān poorvam arshat |
Tad dhāvato'nyān atyeti tishthati
Tasminn apo Mātariśvā dadhāti ||
5. Tad ejati tan najjati
Tad doore tadvad antike |
Tad antarasya sarvasya
Tad u sarvasyasya bāhyatah ||
6. Yas tu sarvāṇi bhootāny-
Aatmany-evānupaśyati |
Sarva bhooteshu chatmānamn
Tato na vijugupsate ||
7. Yasmins sarvāṇi bhootāni
Aatmaivābhood vijānatah |



35. Eeṣavasya Upanishat
A Major Vedānta Upanishat
From Śukla Yajur Veda

Hail Hari

That is Fullness, this is Fullness,
Fullness comes from Fullness
When Fullness is taken out of Fullness,
What remains is Fullness.

Omn Peace Peace Peace

1. Eeṣvara pervades all this,
Whatever that moves in this world,
Through renunciation protect yourself,
Do not covet, for whose is this wealth?
2. Performing works in this way here,
You may hope to live a hundred years,
There is no way other than this,
Such works do not bind the men.
3. There are the demoniac worlds
Filled with blind darkness;
Those who let the self down,
Enter after death into such worlds.
4. One and unmoving,
faster than the mind,
Reaching objects even before the senses,
Remaining still, it outstrips all,
In it the Mātariśvan (the Air) creates all
activity.
5. It moves and it moves not,
It is far and yet it is near,
It is within all this,
And it is also outside all.
6. Whoso sees
All beings in the self,
And the self in all beings,
He is not disillusioned anymore.
7. In whom all beings
Become the Self on knowing,

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Tatra ko mohah kah šokah
Ekatvam anupašyatah ||

Where is delusion and sorrow,
When one sees the oneness?

8. Sa paryāgach çhukram akāyam
Avraṇam asnaviramn šuddham
apāpaviddham |
Kavir maneeshee paribhooh
svayambhoor
Yathātathyato'rthān
Vyadadhāch çhāšvateebhyah
samābhyah ||

8. He pervades all,
bright and incorporeal,
Invulnerable, sinewless, pure, and
unblemished,
All-seeing, all-knowing,
all-encompassing, and self-existent,
Distributing rewards for actions
As arranged according to the permanent
years.

9. Andhamn tamah pravišanti
Ye'vidyāmn upāstate |
Tato bhooya iva te tamo
Ya u vidyāyāmn ratāh ||

9. Into blind darkness do they enter,
Who adore the worldly knowledge,
Into greater darkness, as if, they enter
Who revel in the heavenly knowledge.

10. Anyad evāhur vidyaya
Anyad evāhur avidyaya |
Iti šuśruma dheerāṇāmn
Ye nas tad vichachakshire ||

10. Other they say than the knowledge of
the heaven,
Other they say than the knowledge of the
world,
Thus we have heard from the great seers,
Who have explained That to us.

11. Vidyāmn chāvidyāmn cha
Yas tad vedobhayam saha |
Avidyaya mṛtyumn teertva
Vidyayāmntam ašnute ||

11. The knowledge of the heaven and the
knowledge of the world,
Whoso knows them put together,
Through the worldly knowledge crosses
over the dreary existence,
And attains immortality through the
knowledge of the heaven.

12. Andhamn tamah pravišanti
Ye'sambhootim upāstate |
Tato bhooya iva te tamo
Ya u sambhootyāmn ratāh ||

12. Into blind darkness do they enter,
Who worship the unmanifest,
Into greater darkness do they enter
Who revel in the manifest.

13. Anyad evāhuh sambhavā
Anyad evāhur asambhavāt |
Iti šuśruma dheerāṇāmn
Ye nas tad vichachakshire ||

13. Other they say than the real (Pratyag
Ātman),
Other they say than the unreal (Jeeva)
Thus we have heard from the great seers,
Who have explained That to us.

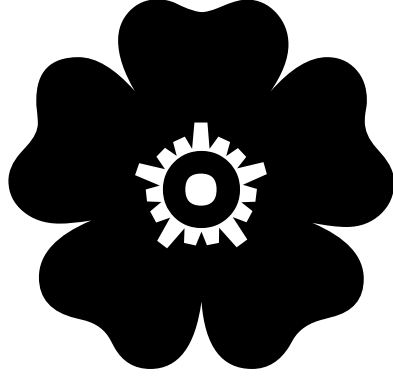
14. Sambhootimn cha vināšāmn cha
Yas tad vedobhayam saha |
Vināšēna mṛtyumn teertva
Sambhootyāmntam ašnute ||

14. The real and the perishable,
Whoso knows them put together,
He crosses over death through the
perishable, and attains the Imperishable
through the real.

15. Hiraṇmayeṇa pātreṇa

15. The face of the Self

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Sanskrit transliteration and translation.
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