

# Taitreya Upanishad, Class 30

Greetings All,

Chapter 2, Anuvakaha # 4, Shloka # 2:

Different from that made up of mind (manas) is another inner soul made up of intelligence (Vignana) and by that this (manomaya-self) is filled. It also has the shape of man. According to the human shape of the previous, is the human shape of this one. Faith (sraddha) is its head, righteousness (Rtam) its right side, Truth (satyam) its left side, Yoga is the trunk and total intellect (mahah) is the tail and support. There is this following Vaidika verse about it.

We are now in anuvakaha # 4 of Brahmanadavalli. The Upanishad has entered Vignanamaya kosha. Initially it (manomaya) is still looked as atma, later as anatma. Once we accept vignanamaya as atma manomaya then becomes its container or deha while Vignanamaya is the dehi.

Knowledge (vignanamaya) does not have a shape. It assumes shape of manomaya or assumes manushya akara.

Once we accept manushya akara then the five factors come into play and they are the head, the right side, the left side, the central part and the support.

The knower principle Vignanamaya is the cause of deliberate action. A man first knows something's, then he chooses one of them and he works towards accomplishing it. One cannot take an unknown thing as a goal. This is a process we perform lifelong. Pramatha, the knower becomes Karta. Shradha, faith in Vedas, guides him to spiritual knowledge. Spiritual knowledge requires shastra pramanam. If you spend a lot of time and effort on the spiritual it requires knowledge of religion. This religion or spirituality requires shastra pramanam. This comes only from shradha in

religion/spirituality.

Heaven or hell has no scientific proof. There is no proof of Pitr puja reaching ancestors. Concepts of punyam, papam, and moksha are all only coming from shastra pramanam.

Mind, different from brain, is not accepted by science. End of brain is not end of mind. Mind is sukshmam, while brain is sthulam, per shastras. However, there is no proof of this.

Therefore, one who does not have an appropriate attitude towards religion cannot accept all these facts. Thus spiritual life requires gyanam and faith in validity of scriptures.

Science too believes in blind faith. They feel sense organs are the only valid way to know sense objects. We, however, believe in non-worldly knowledge of shastras.

Science believes in sense organs because it works. For supra worldly wisdom, belief in shastra works.

We are not insisting you have shradha. Without faith in the eye, you cannot walk even a single step. This faith helps me.

Shradha is head. Ritum is right hand. Sensory perceptions must be understood correctly. As an example: Senses report earth is stationary while the reality is that earth is rotating at a high speed. It is not terra firma. The eyes show stars as small while the reality is that they are several times larger than earth. So, illusion is possible. So, interpretation is required. Scriptural illusion too must be corrected. Mananam after sravanam is performed to correct this illusion. Ritu is right side.

Satyam is utara paksha. Knowledge is not enough. As per Karma kanda knowledge is useful only when implemented.

Therefore, knowledge is incomplete without practice. **Practice of Vedic teaching is Satyam.**

Atma is the central part is known as Yogaha. Yoga means leading a focused life style. The focus should be on life's end goal or moksha. First get gyana yogyata then get gyanam. Don't lose track of goal. Once in a while perform a check on your course to see if it needs correction. Most people get lost in the complexity of samsara. That is why 41 samskaras are prescribed to be performed by the Vedas. From birth, marriage, deaths etc. are all rituals that remind you of your goal. This constant awareness is Yogaha.

Support is mahaha or samashti Vignanamaya or Hiranyagarbha. Every action has to be supported by God. Sri Krishna says, every organ functions only when supported by the Devata of the organ. Hiranyagarbha is the overarching Devata.

Five factors are now mentioned for Vignanamaya. There is now the Rig mantra glorifying Vignanamaya.

**Ch 2, Anuvakhaha 5, shloka # 1 and part of Shloka # 2:**

**Knowledge performs the sacrifices and it is the real agent of all the physical activities. All the "gods" worship Knowledge as Brahman, the eldest. If a man knows Brahman as knowledge and if he does not swerve from it, he attains all desires and comes to abandon all the sins of the body.**

We are entering anuvakaha # 5 with the Rig mantra.

This Vignanamaya atma is the karta. This knowing, judging, fixing capacity called "I" becomes aware of a program. Then Viveka chooses and directs me to the program. Hence Vignanamaya is important. Animals don't have this capacity. It makes humans different from all beings. Vignanamaya atma, the karta atma, alone performs all vaidic upsanas (karmas). Once scriptures go out adrisha pradhana karmas go religion also goes. This happens in inter-caste marriages, when religion and tradition are thrown out of the door. No gothra is required for such a marriage. When marriage is dharma moksha pradhana, couple has a different approach to marriage.

Vignanamaya karma also performs all non-scriptural activities like working for earning etc. Therefore, Vignanamaya is laukika Vaidika (common religion). So, meditate upon this vignanamaya atma. Even Gods meditate on this atma. This knowledgeable one performs the actions. How do they meditate? They meditate on Samashti Hiranyagarbha, the first-born Vignanamaya.

Hiranyagarbha is responsible for rest of creation. Hiranyagarbha is Brahman and he comes out of the navel of Ishwara. Vyashti-Samashti Upsana is to be performed.

The benefits of this upasana are:

- Sakama: Suppose a person performs meditation on Vignanamaya Samashti aikyam through out his life then he will drop all papams born out of individuality, even as he drops his body. Gita, in chapter # 8, says **whatever you constantly think of at time of death, you reach that after death.** This upasana drops all papa karmas. He gets only punyam. He gets Brahma Loka. He. However, cannot get moksha, as he still needs gyanam for that.
- Nishkama karma: Chitta shudhi, expansion of mind and focus of mind all improve. Individuality is dropped in meditation. It dilutes the ego by visualizing totality. If I prepare long enough I will be prepared for anandamaya atma, the next step.

What is advantage of Brahma Loka? This loka has all possible material pleasures one can think of. The environment, objects and instruments are all ideal. The Rig mantra is complete with this.

The Yajur mantra takes over now.

Here person values knowledge. People who were involved in India's freedom struggles, their Vignanamaya atma was strong. This is Vignanamaya abhimana topic. Now we are entering next

sheath of ananda maya or Karana shariram.

## Ch 2, Anuvakhaha 5, Shloka # 2:

Of that, of the former, this one is verily is the embodied self. Different from this self made up of intellect (vignanamaya) is another self within., formed of bliss (anandamaya). By this, that is filled (by anandamaya the vignanamaya is full). It also has the shape of man. According to the human form of that, is the human form of this. Of it, joy (priya) is the right side, rejoicing (moda) is the left side, and bliss (pramoda) is the trunk. Brahman is the tail support. There is this vaidika verse about it.

We are entering the subtler layer. Really speaking Vignanamaya is not the atma. Atma is different. Atma is now anandamaya. It is the real atma. Where is it located?

It is within vignanamaya. With this vignanamaya becomes anatma or a kosha. Every thing including anatma is born out of atma. Vignanamaya is Karyam or it has nama and roopa. Thus, it is not a substantial entity. It only has a borrowed existence. It is Mithya. As such, it is as good as non-existent. This understanding in us is known as Pravilapanam or dissolution. Mithya is dissolved in satyam. Vignanamaya is dissolved in anandamaya. Microcosm is dissolved in macro cosm. Macrocosm also gets resolved.

### Take away

1. Gita, in chapter # 8, says whatever you constantly think of at time of death, you reach that after death.
2. Practice of Vedic teaching is Satyam.

With Best Wishes,

Ram Ramaswamy

---

# Taitreya Upanishad, Class 29

Greetings All,

Chapter 2, Anuvaka 3, shloka 2:

Of that former annamaya, this pranamaya is the atman. Different from this pranamaya-self made up of pranas, there is another self constituted of the mind. With that self, made of mind, the pranamaya is full. This is also of the form of man. Its human form is according to that of the former. Of it, Yajus is the head, Rk is right side, Saman is the left side, the scriptural injunction (adesa) is the trunk and the group of hymns of Atharva –Vada is the tail and support. There is the following Vaidika verse about it.

We are in anuvakaha # 3 of Brahmanadavalli. The Upanishad has entered Pancha Kosha Viveka. This viveka is supposed to sensitize the mind. Mind has to become very sensitive. Citing an example: An axe is used to cut a tree; a blade is used to shave your face; the blade is subtler than the axe. A laser is used in eye surgery; it is an even more sensitive instrument. Thus sensitivity of instrument depends on subtlety of operation. Here, for understanding the atma, something inconceivable, the mind has to be very subtle. The subtlety of mind has to develop gradually. Thus, we started from annamaya and went to pranamaya; or from anatomy to physiology. Physiology is not tangible. Thus, functioning of eye can only be detected by testing it and not by a direct check. Pranamaya is thus subtler than annamaya.

Upanishad has made Pranamaya the Atma now. So we have to dwell on Prana. A Rig mantra was used to tell us this. Every physical body is a bead and through every body the life

principle passes through. It is that which makes us alive and is called Sutra upasanam. If one practices this upsana two benefit accrue.

Sakama Upsana: One gets a long life.

Nishkama Upasana: One gets Chitta shudhi, Chitta Ekagrata, Chitta Vishalata. The mind becomes sensitive enough to go to next layer called manomaya.

In shloka # 2 we are also now entering manomaya. Really speaking Pranamaya is not atma. The atma is actually monomaya. Where is manomaya located? It is within pranamaya. With this pranamaya becomes anatma or a kosha. Every thing including anatma is born out of atma. Pranamaya is Karyam or it has nama and roopa. Thus, it is not a substantial entity. It only has a borrowed existence. It is Mithya. As such, it is as good as non-existent. This understanding in us is known as Pravilapanam or dissolution. Mithya is dissolved in satyam. Pranamaya is dissolved in manomaya.

Another important point to note in this meditation is that we are practicing annamaya and samashti annam aikyam. Then we practice pranamaya and samashti prana aikyam. It shows Vyashti and Samashti aikyam at every level. The resolution of microcosmic also results in resolution of the macrocosmic.

Now, we are at manomaya. This manomaya (the content) fills pranamaya kosha (the container). What is shape of manomaya? Manas does not have a shape of its own. It is like water. It assumes the shape of container. It takes shape of pranamaya. Now, pranamaya also has no shape of its own. So annamaya lends shape to pranamaya. Pranamaya in turn lends shape to manomaya. Thus, manomaya atma has manushya akara. It is a borrowed akara.

Once this is accepted, Manomaya has five factors. Atma is the head as Yajur Veda mantra. Rig Veda mantra is right hand side or south side. Sama Mantra is left hand side. Scriptural

injuncts also known as adesha or Vidhi vakya, is the trunk. Atharvana Veda mantra is the tail and thus the support.

Shankaracharya says, Atharvana Veda is meant for health wealth etc. They provide Iha Loka Phalam. Whatever your goal is in life, one has to take care of health. Money, health, mental health's are all important. Before going for adrishta phalam one has to obtain drishta phalam.

Shankaracharya now discusses a specific problem in this shloka. In annamaya its five factors are an intrinsic part of annamaya. In Pranamaya the five factors are also part of pranamaya. However in Manomaya the five factors are Vedas that are external to manomaya. How have outside factors become part of manomaya atma?

Answering his own question, shankaracharya says, Vedas are wisdom in form of thought or manovrithi. Rig mantra is Rig manovrithi. In Vedas, thought is converted to sound and then re-communicated as a thought. Every mantra is Vrithi; it is converted to sound and then thought. Thus Yajur, Rig, Sama are all Vrithi's (thoughts). Therefore Rig mantra is on right side and Sama on left etc. Vrithis are a part of manomaya atma.

Last line of this shloka says with respect to manomaya atma there is a Rig mantra.

## **Chapter 2, Anuvakaha # 4, Shloka # 1: Rig mantra.**

**Whence all speech turns back with the mind without reaching It (The eternal truth or Brahman). He who knows the bliss of eternal truth, the Brahman, fears not at any time. This mind is the embodied soul of the pranamaya. Of this pranamaya the manomaya is the Self.**

Now we are entering anuvakaha # 4, shloka # 1, a Rig mantra. The mantra starts at Yato and ends at Kadachaneti.

Here the upasana is a Vyashti samashti Upsana. The goal is



Vyashti samashti aikyam.

Hiranyagarbha (brahman) is total manomaya. This is glorification of Hiranyagarbha. He being Samashti or the total, individual mind cannot conceive of it. Hiranyagarbha is inconceivable to the mind. Vyashti cannot measure Samashti. Hiranyagarbha is embodiment of highest ananda (brahmanada). This ananda is meditated upon. Samashti hiranyagarbha in Vyashti Manomaya is meditated upon.

The benefits of Manomaya meditation are:

1. Sakama: The person will not have any fear at all. Hiranyagarbha gives him highest security in relative terms as possible.
2. Nishkama karma: Gives Chitta shuddhi, Chitta Ekagrata and Chitta Vishalata. Mind becomes sensitive enough to go to the next step.

This manomaya atma is called sharira atma. Annamaya and pranamaya are respectively shariram or the Deha while manomaya is the Dehi.

## **Chapter 2, Anuvakaha # 4, Shloka # 2:**

**Different from that made up of mind (manas) is another inner soul made up of intelligence (Vignana) and by that this (manomaya-self) is filled. It also has the shape of man. According to the human shape of the previous, is the human shape of this one. Faith (sraddha) is its head, righteousness (Rtam) its right side, Truth (satyam) its left side, Yoga is the trunk and total intellect (mahah) is the tail and support. There is this following Vaidika verse about it.**

Here Upanishad is taking us to the next step or layer. Manomaya is not really the atma. The Atma is Vignanamaya atma. Where is this atma located? It is located within manomaya. Thus, now, manomaya has become an anatma.

Manomaya becomes a Karyam. Anatma is always a product. Whatever is a product is only a nama and roopa. Thus, Karyam is only a nama and roopa. Therefore, anatma is called mithya as it depends on something else. **Anatma has only a borrowed existence;** it does not have its own existence. As such it is as good as non-existence. Therefore, manomaya does not exist. This is known as Pravailapanam or the intellectual denial of the existence of manomaya. Manomaya atma is swallowed. Vyashti and Samashti are both resolved in the process.

Vignanamaya also has Manushya akara. It is a borrowed akara from manomaya. Thus Vignanamaya is in a manushya container.

The five factors of Vignanamaya or knowledge are now defined. Knowledge is required for karma. Manas stands for doubts. Thus, the more subtle knowledge destroys doubts.

With Best Wishes,

Ram Ramaswamy

---

## **Taitreya Upanishad, Class 28**

Greetings All,

**Chapter 2, Anuvakaha # 2, Shloka # 2.**

**Other than that (soul) made up of the essence of food there is an inner soul (sheath) made up of Prana. With it this is filled. This (pranamaya) is of the same form as the previous. Its human form is exactly as human form of the former. Of that, Prana is the head, vyana is the right side, apana is the left side , akasa is the trunk, earth is the tail or the**

**support. About this also there is the following Vaidika verse.**

We are in the middle of anuvakaha #2 of chapter # 2 in which panchakosha viveka topic has been started. Annamaya was introduced as the Atma and the body is taken as our Atma. Upon this annamaya (one's body) one has to perform Virat meditation. Through this meditation we recognize that annamaya does not exist separate from annam. **It is very similar to the concept that a wave is not separate from the ocean. We create the separation by attributing reality to the wave.** Once we create this separation in attribute then the birth and growth of the wave makes us happy while its death makes us sad. The wave itself does not have any powers. The power to disturb me (with joy and sorrow) is given by me to the wave. I gave the wave more power than it deserved. **The ocean alone is the reality; it alone is, was and will be.** There is no wave. The more I shift my attention to the ocean the lessor will be my wave abhimana or identification with wave and it cannot upset me. **Once I get the vishwaroopa darshanam of the ocean, then I see only the ocean.** Samashti (macro) upasana reduces Vyashti (Micro) abhimana. Anna upasana reduces annamaya abhimana. After practicing this meditation for a length of time then one moves to the next step.

This process of meditation is like plucking a ripe fruit. Before ripening it is difficult to pluck a raw fruit; the plucking leaves tears on the tree and the fruit. Wait for it to ripen. So, practice anna-aikya upasana for some time to reduce the abhimana. Effectively you should be ripe enough through meditation to go to the next step. Now we move to the next Kosha known as Pranamaya.

Now, pranamaya becomes the Atma while annamaya becomes a kosha or anatma. Annamaya becomes a Karyam. Anatma is always a product. Whatever is a product is only a nama and roopa. A substance cannot be produced. Law of conservation of energy means energy cannot be produced or destroyed. Thus, Karyam is only a nama and roopa. Therefore, anatma is called mithya as

it depends on something else. Non-substantial pot is nama and roopa and it depends upon clay. So also annamaya depends upon annam. **Anatma has only a borrowed existence;** it does not have its own existence. As such it is as good as non-existence. Therefore, pot does not exist. There is only clay and nothing called pot. This is known as Pravailapanam or the intellectual denial of the existence of pot.

Where is pranamaya obtained? It obtains in annamaya kosha. Annamaya is the container while pranamaya is the content. Annamaya is the Deha while pranamaya is the Dehi.

Annamaya container is filled with pranamaya atma. Pranamaya becomes anatma only after one moves to manomaya.

Annamaya is the solid body or manushya akara. Pranamaya is the energy body. Pranamaya does not have an intrinsic shape of its own. It is like water. Water does not have its own shape. Shapeless water assumes shape of the vessel. The container shapes the content. Therefore, pranamaya is also manushya adhara. How long will it retain this shape? As long as the body exists it retains that shape. Upon death Prana will not have purusha akara. Its next shape will depend upon the next body it enters.

How did it get the manushya shape? In keeping with human shape of the annmaya, the container, the content is also shaped.

What are the five factors of pranamaya? The head, the right side, the left side, the trunk and the tail.

Corresponding to the five factors Pranamaya has five features. They are: Prana, apana, vyana, samana and udana. Of these five Prana, the life breath is the most important one as such it corresponds to the head. Vyana is the right side and deals with circulatory system that transports nutrients to the body. Apana is the left side dealing with waste clearing system. Akasha or Samana is the middle or trunk. Samana is the digestive system of the body. Udana is not discussed as it

activates only at death and is known as the reversing system. The tail, the lower part of body is Prithvi devata that retains the Prana Vayu in the body. Prithvi is connected to our Prarabhdham. Once our prarabhdhams are complete Prana leaves the body. In Pranamaya also there is a Samashti Prana Upasana. The following Rig mantra deals with this upsana.

### **Chapter 2, Anuvaka 3, Shloka # 1:**

**Through Prana, the gods (indriyas) live and so also do men and animal kingdom. Prana is verily the life of beings. Therefore, it is called universal life or life of all. Those who meditate on Brahman as Prana come to live the full span of their life. Prana verily is the life of beings. Therefore, it is called universal life or the life of all.**

(Note: As per Swamiji, this shloka # 1 in our book extends to the first line of shloka # 2 in anuvaka # 3, as well. Looks like Swamiji's book are different from ours.)

With this Rig mantra we are entering anuvaka 3. The Rig mantra ends at Tasyaisha Eva Sharira....Purvasya.

Vedas originally did not have punctuations, as they were not a written text. However, with them now in writing, punctuations have appeared.

Pranamaya is a product of Samashti Prana or Hiranyagarbha or Sutra-Atma. Prana pervades whole universe. When an animal is killed annamaya is merged in samashti annam and pranamaya is merged in Samashti Prana. Samashti Prana is Sthithi Laya Karanam. All animals survive because of Samashti Prana. At death Prana goes out and Vayu does not come in.

Glorification of Prana:

All animals survive only due to blessing of Samashti Prana. Disturbance in Pranic energy can cause disease. Surya Devata is abode of Samashti Prana. Sun's rays are considered Pranic

energy. Therefore life of a being is a blessing of Hiranyagarbha. Worship of sun during sandhyavandanam changes our pranic energy. Samashti Prana is called Sarvayushma , the life span of every being.

Now the Upasana is discussed. There is no Vyashti Pranamaya separate from Samashti Pranamaya. It is similar to concept of a wave that is not separate from the ocean. It is only a Nama and Roopa that disappears. Therefore, death is not a tragedy.

There is a Marana Mantra or death mantra usually chanted at time of death. The mantra says, let Virat Prana merge into Samashti Prana and so on. It is like a river merging into the ocean. Death is a scared event of going back home. Abhimana of Vyashti Pranamaya comes down through this meditation. The meditation is called Pranamaya, prana aikya upasana. Samshti Prana is called Prana Brahma. It is an upsana on Vyashti pranamaya.

What are the benefits of this meditation or Phallam?

Benefits of Sakama Upasana are: Whosoever practices this upsana (sandhyavandanam includes it), they get a full life or long life as Prana is favorable to them.

Benefits of Nishkama Upasana are: Chitta shuddhi and Chitta Vishalata. In such a person, respect for life increases. Ahimsa becomes natural to him. Vegetarianism comes naturally to him. Pranamaya abhimana comes down. Abhimana tyaga is a benefit.

Only when you dis-identify from Pranamaya can you go to the next step of manomaya.

**Chapter 2, Anuvaka 3, shloka 2:**

**Of that former annamaya, this pranamaya is the atman. Different from this pranamaya-self made up of pranas, there is another self constituted of the mind. With that self made of**

mind, the pranamaya is full. This is also of the form of man. Its human form is according to that of the former. Of it, Yajus is the head, Rk is right side, Saman is the left side, the scriptural injunction (adesa) is the trunk and the group of hymns of Atharva –Vada is the tail and support. There is the following Vaidika verse about it.

Until now Pranamaya was atma. Really speaking Pranamaya is also not atma. Atma is something other than Pranamaya. This atma is within Pranamaya and is called Manomaya. With this, now, Pranamaya has become a Kosha or an anatma.

### **Take Away**

1. A wave is not separate from the ocean. We create the separation by attributing reality to the wave.
2. The ocean alone is the reality; it alone is, was and will be.
3. Once I get the vishwaroopa darshanam of the ocean, then I see only the ocean.

With Best Wishes,

Ram Ramaswamy

---

# **Taitreya Upanishad, Class 27: Chapter 2, Anuvagha 2**

Chapter 2, Anuvakaha # 2, Shloka # 1.

All beings that exist on earth are born of food. They, hereafter, live by food; again, they ultimately go back to it

and merge to become food. So, verily, food is the eldest of all creatures. On that ground it is called the medicament for all. Those who meditate on Brahman as food, indeed obtain all food. From food all beings are born, having been born, they grow by consuming food. Food is that which is eaten by the beings and also that, which in the end eats them; therefore, food is called annam.

Continuing his teaching of the Upanishad Swamiji refreshed our memory about last week's class. In Anvakaha # 1, shloka # 4, of Brahmananda valli, in Chapter 2, annamaya was introduced. The Physical body and its five elements were also introduced. Purusha means physical body. Physical body is introduced as the Atma in the beginning. We travel through each of the five Pancha Koshas in our mind. At first Annamaya is treated as Atma, our goal. The body has five parts such as the head, the left side, the right side, the trunk and the hind side.

Then in Chapter 2, Anuvakaha 2, shloka # 1, we were introduced to the Rg Mantra. It says Annam is the material cause of annamaya. The physical body is born from the physical universe. The external world, in a modified form, becomes the physical body. Karya and Karanam sambandam exists. Annam is the microcosmic (Vyashti) and Annamaya is the macrocosmic entity (Samashti). Both are of the same material. The word Pragya means Annamaya Atmas. They come out of annam and go back to annam. Upanishad wants us to meditate on Karana annam, the Macro entity. Upanishad now glorifies annam as it is the entity that is meditated upon.

### **Glorification of Annam:**

First glory: is that it is Karanam or Karanatvam.

Second glory: Is that Karyam is inherent in Karanam. Thus, gold pervades all ornaments. So also, Karanam pervades all karyam. Annam is Sarvagatham, also known as Brahma, the all pervading. This is also called Brahmatvam.



Third Glory: Since annam is Karanam it must have existed before arrival of annam. Thus, again, gold existed before ornament; Clay existed before pot and so on. Therefore annam is eldest to all annamaya atmas hence it is called Jeshtam. Generally, elder brother is respected. This is Jeshtatvam.

Fourth Glory: Annam is called Sarva Oshadham. Osha means fire or Agni. There are two types of Agni. External Agni and internal agni (Vaishvanara agni).

If hunger is not quenched it burns your stomach. Swaha in mantra is used as offering to Agni. If food is not offered stomach lining will be eaten up, causing ulcer. The ulcer is caused by Hunger fire. Food is that oblation that quenches the internal fire. Food is inner fire extinguisher or Jatharagni. In the word Oshadham, the dham means quencher in all living beings. Therefore, annam is sarva Oshadham. Thus, Sarva Oshadatvam is fourth glory.

Upanishad says meditate on annam brahma with all these glories.

Now, how to visualize this all pervading annam? My vision is limited. How can I visualize the cosmic annam? Here, I need a symbol of the Virat Annam or an Alambanam. India is saluted through its flag. The flag symbolizes India. You visualize the nation in the flag. Therefore, visualize the virat on your own physical body. Virat Annamaya is your own body. Teacher says, "Vishwa virat aikyam upsana Kuru". Now, what benefit do I get from this upsana? Two types of benefits are indicated.

1. Material benefit accruing from Sakama upsana. Meditator gets material benefits. He will get plenty of annam. He will not starve. This benefit comes to all meditators.
2. Spiritual benefits accrue to a meditator who performs Nishkama Upasana. Narrow minded, divisiveness, goes away. The mind expands. Since you see the annam as Brahman it gives you Gyana Yogyata Prapthihi.

Annam is eldest among all material things. All beings are born out of annam. All bodies grow due to annam. It is the Sthithi Laya Karanam. Annam is derived from the world.

The word Adha means eaten and Atti means to eat. Annam is eaten and it is also the eater. Explaining this further, when we are growing we are eating from material coming from earth that is converted to food. After death, body is buried or cremated and it goes back into earth. Thus, the Earth gives us food for the body and it is also the eater of the body. Therefore, entire world of matter is called annam.

## **Chapter 2, Anuvakaha # 2, Shloka # 2.**

**Other than that (soul) made up of the essence of food there is an inner soul (sheath) made up of Prana. With it this is filled. This (pranamaya) is of the same form as the previous. Its human form is exactly as human form of the former. Of that, Prana is the head, vyana is the right side, apana is the left side , akasa is the trunk, earth is the tail or the support. About this also there is the following Vaidika verse.**

Annamaya and annam are essentially the same. Matter that is outside of annam and inside of annam are the same. Fire, air, water, space and earth, the Pancha Bhautikam, or matter, are in both. Thus, there is no death for body. Physical body remains Pancha Bhautika before and after death. When wave is destroyed it remains as ocean. There is only a temporary vision of separation. Wave is a temporary appearance. **Destruction means existing in some other form. Fear of death is born out of delusion and over identification with form.** The variation of form varies in nature. Everybody ages with time. After death also the body exists but in a different form. The more I meditate on total content (Fire, water earth etc.) then I am focusing on content only. Nama Roopa Drishti causes fear of death. The stronger the ego is the greater is the fear of death. Once my abhimana becomes weak there is no fear of death. **When the wave identifies with water, it is not worried**

**about wave death.** Deha abhimana is loosened through this meditation. Fear of death comes down. The stronger is Deha abhimana the more it is against Brahma Upasana.

Death is a natural event and does not require sorrow. Even worry about death of physical body is meaningless. This knowledge makes me ready for the next step.

Previously we said annamaya is atma. Now, the Upanishad says, atma is something different. It is "in" annamaya but subtler than annamaya. This subtle one is Pranamaya and it is the Atma. It is interior to annamaya. Now, we are on Step # 2, Pranamaya. Now, we have to leave step # 1 as well.

What does it mean when we say leave step # 1?

It is an intellectual journey of understanding. Once we say pranamaya is atma and annamaya is not atma; we mean annamaya is anatma or it is Annamaya kosha. The word kosha also means Anatma.

In previous shloka the Upanishad said Atma is the cause of everything. The entire Anatma Prapancha is also born out of atma. All anatma is a product of atma. So, if annamaya is anatma it is also a product of atma or Atma Karyam. Any product is nothing but a name and a form alone and not a substance at all. All ornaments are only names and forms while the substance is only gold. Substance is not the bangle but the gold. It is the same with furniture and so on. Matter cannot be produced. What are produced are only a new shape and a name. Therefore, annamaya is anatma; it is karyam; it is nama and roopa alone.

Once a karyam is a nama roopa, it does not have a separate existence of its own. It depends on something else. Bangle depends on gold. This phenomenon is known as Mithya. Thus Anatmatva, Karyatva, Nama Roopatva, Mithyatva and Pravailapanatva are all attributes of mithya annam.

Whatever is dependent is on borrowed existence. Borrowed existence does not have its own existence. Without its own existence it is as good as non-existence.

Citing an example, when I say, "You are beautiful with the ornaments", it means, without ornaments, you will not be beautiful. It means you have borrowed beauty or you can say you have no beauty.

Perception of this non-existence is called resolution. Because of clay vision the pot vision is resolved. When I saw the elephant I thought it was real until I saw the wood; then the elephant went away. Karana drishti resolves Karyam and this phenomenon is called Pravalapanam.

Annamaya is resolved, as annam is Mithya. Now, I have to practice pranamaya upsana before I can go to next step of Manomaya. Like dream world is resolved when I wake up so also after going through all five kosha's I come to atma.

### **Take Away**

1. Destruction just means existing in some other form. Fear of death is born out of delusion and over identification with form.
2. When the wave identifies with water, it is not worried about wave-death anymore.

With Best Wishes,

Ram Ramaswamy

---

# Vedic Quote: Watch your thoughts....

“Watch your thoughts, they become words;  
watch your words, they become actions;  
watch your actions, they become habits;  
watch your habits, they become character;  
watch your character, for it becomes your destiny.”

This is a quote one often sees in the class rooms and other public places and attributed to many scholars like Ralph Waldo Emerson, Lao Tzu, Frank Outlaw, Gautama Buddha, Bishop Beckwaith, Father of Margaret Thatcher and Mahatma Gandhi. Sometimes it is attributed to anonymous.

This is also a quote often mentioned by Swami Paramarthananda in his Upanishads and Baghawat Geeta classes. When I inquired, Swamiji indicated that the origin is from Taitreya Aranyaka of Krishna Yajur Veda. Subsequently, I traced the origin of the quote to Taitreya Aranyaka, Chapter 1, Anuvaga 23, Verse 1. Here is a part of the verse in Sanskrit:

अथ यथा वाचो धिया भवति यथा वाचो भूया भवति

यथा वाचो भूया भवति यथा वाचो भूया भवति

यथा वाचो भूया भवति यथा वाचो भूया भवति

यथा वाचो भूया भवति यथा वाचो भूया भवति

यथा वाचो भूया भवति यथा वाचो भूया भवति

यथा वाचो भूया भवति यथा वाचो भूया भवति

Shri Jayanthilal Patel, who is my Sanskrit teacher, gave the literal meaning of the verse as:

अथ यथा वाचो धिया भवति यथा वाचो भूया भवति

Because of that whatever one thinks by mind

एतत् तद्वदन्ति एतद्वदन्ति

that one does

एतत् तद्वदन्ति एतद्वदन्ति एतद्वदन्ति

What is first in the mind as seed

एतत् तद्वदन्ति एतद्वदन्ति एतद्वदन्ति

that later forms as desire

एतत् तद्वदन्ति एतद्वदन्ति ए

That is what this proclaimed

The quote, as currently formulated and presented at the beginning of the post, has practical applications by asking to us watch our thoughts, words and action. These three form our habit and character which ultimately determine our destiny. But in Vedanta, it has deeper meaning:

- Each of us control our destiny as we control our thoughts, words and action. We and we alone control our destiny.
- Katha Upanishad states that, atma, our non-changing consciousness, witnesses every one of our thoughts. We generally lose sight of the consciousness and act on our thoughts. This, in turn, impacts our destiny.
- Katha Upanishad gives a wonderful example comparing a chariot to our life's journey. In this example, control over thought patterns and mastery of sense organs are equated to pulling in the reins of the horses drawing the chariot.
- Taitreya Upanishad states that consciousness (atma) is the witness of the arrival and departure of our thoughts, indicating we, our consciousness, control our thoughts.

We may never know who the author of the quote as currently formulated, but it's wisdom is based on the Vedas, specifically Taitreya Aranyaka, Chapter 1, Anuvaga 23, Verse 1 of Krishna Yajur Veda. Maybe that is why sometimes this quote is attributed to Buddha or anonymous.

---

## **Taitreya Upanishad, Class 26**

Greetings All,

**Chapter 2, Anuvakaha 1, Shloka # 3 and first line of shloka # 4:**

**(The shloka's recited by Swamiji are numbered differently from the book we are reading).**

**From that (which is) this Atman, is space born; from akasa, air; from air, fire; from fire, water; from water, earth; from earth, herbs; from herbs, food; and from food, man. He indeed is this man consisting of the essence of food.**

Continuing his teaching of the Upanishad Swamiji refreshed our memory about last week's class. He said we have completed the topic of Srishti Prakriya or creation. Brahman was defined as Satyam, Gyanam and Anantam. By showing Brahman as the Karanam the Upanishad says it alone (karanam) is manifesting everything in the universe. It expresses itself as Existence. If Karanam is removed Karyam loses its existence. Thus, if gold is withdrawn the ornament loses its existence. This is called Anvaya Vyatirekha logic. Thus, gold alone "is" in every ornament. So also it is with Karanam, it alone is in all Karyam. Thus, Brahman is the "is" ness in everything. Thus, we say, the ocean is, the sky is etc. Brahman, that is also Satyam, lends this flowing "is" ness. It is also all

pervading, hence known as Anantam. It is also Gyanam. Karyam, a product, cannot exist without Karanam. World cannot exist without Karana Brahman. That is why Brahman is also known as one without a second. There is after all no bangle other than Gold. So too, there is no world separate from Brahman. Hence, Brahman is known as the one without a second. Brahman is unlimited. Srishti Prakriya clarified Brahman's definition as Satyam, Gyanam and Anantam. Upanishad originally asked three questions. What is Brahman? How to know Brahman? What is Poornatvam? In Srishti Prakriya, what is Brahman has been answered.

The next topic is an elaboration on the second question of how to know Brahman? We have already provided a brief answer to this question. The answer is that Brahman has to be recognized as the "Witness Consciousness" in one's mind. In one's mind it is not the arriving and departing thought(s), rather it is the witness of all thoughts. Even the gap between two consecutive thoughts is in the awareness of the witness consciousness. Do not search for this witness consciousness, says the Teacher. Remember that it is, "I am", the one who is reporting the blankness of the mind. So, it is the "I" the Atma alone. It is the Sakshi Chaitanya roopa " Aham Brahma Asmi". This brief answer is in the Rig Veda mantra that is quoted.

## **Chapter 2, Anuvaka 1, Shloka # 4:**

**This is his head. This is his right wing. This is his left wing (side). This is his trunk. This is his hind part forming his support and foundation. About this also is the following Vaidika verse.**

In our book the first line of this shloka begins with Sa Va.... And Swamiji says this first line belongs to the shloka #3. This brief answer to the second question is now elaborated upon. It begins with the second line of shloka # 4 and starts as " Tasyedmeva Shiraha..." And ends in anuvaka # 5.



The Upanishad now presents a method called Pancha Kosha Viveka Prakriya to know the Brahman. Taittiriya Upanishad is famous for this Pancha Kosha Viveka Prakriya. The Pancha Koshas are:

- Annamaya kosha – the food sheath
- Pranamaya kosha – the mind sheath
- Manomaya kosha – the mind sheath
- Vijnayanamaya kosha – the intellect sheath
- Anandamaya kosha – the bliss sheath

What is this method?

To know Brahman as “ I am”, when I use the word Aham, it represents I as the witness consciousness. So, I raise the level of my consciousness. It has to be raised to the subtlest consciousness that is the Witness consciousness. Only then can I claim Aham Brahma Asmi. It is a very abstract concept. This witness consciousness is not a part, property, dimension, taste etc., and does not have any attributes. It is an inconceivable entity. It is this abstract consciousness that is meant by the word “ I” from our present gross level of existence.

Presently, I am at a gross level from which my consciousness has to be raised. This raising has to be done gradually. There is a big gulf between present state and the level to be reached. The way to reach the future state (of consciousness) is by going through a series of steps, one step at a time. This gradual journey of the mind is achieved through Pancha Kosha Prakriya also known as Arundhati Darshanam Nyayaha.

One who wants to reach the greatest state has to place his full attention on each step before moving to the next one. The Upanishad talks of five steps to reach the goal, one for each kosha.

He has to approach the first step as though it is the goal. He has to approach it with his full attention. Once you reach

step one, steady yourself. Then, go to step two. Each step must be approached with full attention as if it is the final destination. Once you have completed the first step, it falls away and just remains as a Sadhyam. Then, the second step becomes a sadhanam. Thus, each of the five koshas are to be ascended to reach the Atma.

So, approach the first step, the annamaya kosha as if it is the Atma itself. Once you reach the kosha steady yourself and then go to Pranamaya kosha. Here, then, Annamaya becomes Anatma. Then continue on to Mano maya kosha. In this journey of the mind, each step or kosha becomes Atma first but later becomes Anatma. Thus, the mind is refined. Annamaya is gross while pranamaya is subtler. By the time one reaches Ananda maya kosha everything else has become Anatma. Once the mind is ready to understand the subtlest form of matter, you are ready to be introduced to the Consciousness Principle, which is the Witness of the "changing matter principle".

So, first see the physical body as the Atma. See it as, " I am the body'. All transactions are based on this principle.

Tasya in shloka means Annamaya Atma, the first step. Be aware of your physical features. It says, the features are: the head of annamaya atma; the right hand in right side of annamaya atma; the left hand on the left side of annamaya atma; Navel to neck as annamaya atma and lastly the portion below navel to one's seat.

These are the five features of annamaya atma. With regard to this annamaya atma the following Rig mantra is useful. Using this mantra as an Upana we will steady ourselves on step one.

## **Chapter 2, Anuvakaha # 2, Shloka # 1.**

**All beings that exist on earth are born of food. They, hereafter, live by food; again, they ultimately go back to it and merge to become food. So, verily, food is the eldest of all creatures. On that ground it is called the medicament for**

**all. Those who meditate on Brahman as food, indeed obtain all food. From food all beings are born, having been born, they grow by consuming food. Food is that which is eaten by the beings and also that, which in the end eats them; therefore, food is called annam.**

We are now entering anuvaka # 2 with a Rig mantra for annamaya atma. The physical body is annamaya as it is a product of annam. Thus, we also say swarna maya for an ornament as it is made of gold (swarna). Thus:

Material cause + Maya= Effect.

Maya is added only to a material cause. Annam generally means food. Here in the shloka, however, annam represents the entire world of matter. Thus, from the universe come the plants; from plants come the food. This matter is known as annam. It is responsible for the Pancha Bhautika Sharira. The body is only a wave in the ocean of matter. It comes out of matter and goes back to it as well. We can say the gross universe is annam.

Prajaha in shloka means all physical bodies. All bodies are born out of gross matter. Thus, iron has to come through leafy matter (spinach) to the body for digestion. Thus, body is born.

All beings (insects, plants, humans..) dwelling on earth are from annam. Annam is Srishti Karanam for annamaya. Gross world provides food for me to absorb. Annam becomes Sthiti karanam. In the end Annamaya goes back to matter alone.

Annam is Virat shariram and it resolves in samashti annam. Annam is Srishti laya karanam. Annam is also upadana karanam. Karyam and updanam are essentially same here. The micro and macro are one and the same. Vishwa and Virat are the same. Thus, Annamaya atma and annam are one and the same.

Annam as gross matter or universe must have existed before bodies were born or before annamaya atma. Gold must be there

before an ornament can come into being. Therefore annam is called eldest son or Jyeshtam. Bhutanam means all annamaya atma's.

Because it is Karanam, it pervades all Karyam. Therefore it is called Annam Brahma. It is eldest and existed before all beings. So meditate on this annam. That is the reason food is worshipped as it represents Anna Brahman.

### **Take Away**

1. The Brahman has to be recognized as the "Witness Consciousness" in one's mind.
2. While reading the Upanishad please note that Valli means chapter and Anuvakaha means Section.

With Best Wishes,

Ram Ramaswamy

**Note on Anvaya Vyatireka:** These two words anvaya and vyatireka occur often in Vedanta. Anvaya is concordance or agreement and Vyatireka is discordance or difference. In vedAnta, the example of the beads strung to form a necklace is used to explain these two words. The fact that without the string which holds together the beads, there is no necklace of beads is anvaya. The fact that, however, the string is separate from the beads is vyatireka. The all-pervasiveness of the Absolute is anvaya. The distinctness of the Absolute is the vyatireka.

**Note on Arundhati Nyaya:** It signifies the method of leading from the gross to the subtle, from the known to the unknown, in logic and philosophy.

---

# Taitreya Upanishad, Class 25

Greetings All,

Chapter 2, Anuvakaha 1, Shloka # 2.

Om, the knower of Brahman attains the Supreme. With reference to that, is the following hymn recited. Brahman is Truth, knowledge and infinity. He who knows It as existing in the cave of the heart in transcendent akasa, realizes all his desires along with omniscient Brahman.

Continuing his teaching of the Upanishad Swamiji refreshed our memory about last week's class. He said we are in anuvakaha # 1 of the second chapter also known as Brahmanandavalli that has an important sutra that reads as follows: **Brahmavit Apmoti Param**. The Shloka goes on to say that Brahman is Satyam, Gyanam and Anantam. The Upanishad also quotes a Rig Veda mantra "tadeshsa Abhiyukta" meaning "On my own sutra vakyam".

The Upanishad asks three questions & answers them as well:

- What is Brahman? Satyam, Gyanam and Anantam, each respectively is Brahman.
- How to know Brahman? The Brahman has to be known as the witness consciousness to the presence or absence of thought. Sakshi Chaitanyam Eva Brahman. One cannot search for Sakshi Chaitanyam as one does not experience it as an object. It is claimed as " I am". To convey the idea of Sakshi Chaitanyam the Upanishad uses the word Atma. Atma is Self or Aham. Brahma gyanam is "Aham

Brahma Asmi”.

- What is Poornatvam? I am the greatest and highest. The one, who knows Brahman, simultaneously fulfills all sensory desires. Fulfilling our desires one after another is an endless process as new desires keep coming up. Brahma gyanam, however, fulfills all desires, simultaneously.

How is it possible to fulfill all desires at the same time? Brahmananda happens to be Poorna ananda. When you have a lake full of water why run after the Corporation water, asks Swamiji? What is the proof that Brahmananda includes all Vishayananda? Once I have Brahmanada, all my desires for Vishyananda drops. This Vairagyam or dispassion that one develops towards finite pleasures is an indication of Poornatvam.

Brahman is Vipaschit or is the all-illuminating consciousness that also illumines the entire world.

So, total fulfillment is Poornatvam.

Thus, all three questions have been answered. Now the Upanishad elaborates on answers to these three questions by a process known as Vakhyanam.

**Chapter 2, Anuvakaha 1, Shloka # 3 and first line of shloka # 4: (swamji's shlokas are numbered differently from the book we are reading).**

**From that (which is) this Atman, is space born; from akasa, air; from air, fire; from fire, water; from water, earth; from earth, herbs; from herbs, food; and from food, man. He indeed is this man consisting of the essence of food.**

Here we are addressing what is Brahman? We already know that Brahman is Satyam, Gyanam and Anantam. This topic is further elaborated upon, now.

Here Srishti prakaranam is being discussed. Brahman (Satyam, Gyanam and Anantam) is also Jagat Karanam or the cause of the Universe. Universe is born out of Brahman. When Brahman is "I" consciousness it is called Atman. Therefore, Brahmatma is jagat karanam.

What kind of cause is it?

Every product has two causes. One is an intelligent cause and second is a material cause. Thus, in furniture made by a carpenter out of wood the carpenter is the intelligent cause and the wood is the material cause. These two causes come together to produce wood. Both causes are required. Before creation there was only Satyam, Gyanam and Anantam. **Brahman is unique in that it has within it both the intelligent cause and the material cause.** Citing an example a spider also has an intelligent cause and material cause within it.

Here we are focusing on material cause alone. From material cause the universe appears. It is like ornament appears from gold. The ornament also goes back to Gold.

Even if Brahman is cause of Universe, it is it's own Maya Shakti (present in Brahman) that causes this universe. It is just like our own dreams. We create our own dreams.

Maya is Srishti Shakti. Thus, any power is not separate from the powerful. Maya Shakti Ukta Brahman is Maya Shakti.

Now, in creation the five elements were created first. The elements are known as Bhutas. Then the elementals were created known as Bhoutika. The subtlest element is created first then the gross ones. Thus, Akasha is created first then Prithvi. How do we know this?

Prithvi can be perceived by all sense organs or all our senses. Akasha (space) has only one Guna; Vayu (air) has two gunas; Agni (fire) has three gunas; Apaha (water) has four Gunas and Prithvi (earth) has five gunas. Brahman being

subtler than Akasha has no gunas.

So, if I can appreciate space that means I am ready to appreciate Consciousness as well. Akasha is a positive material entity. Now, since akasha is born out of Brahman it means Brahman was there before it. If so, where is the location of Brahman? Let us remember that location involves space. If I cannot conceive the location of space, how can I conceive the location of the subtler Brahman? **Therefore, Brahman is unlocatable.**

From Brahman, as Maya, comes Akasha with the one guna of hearing (sound).

From Akasha comes Vayu with two gunas of hearing (sound) and feeling (touch).

From Vayu comes Agni with three gunas of hearing (sound), feeling (touch) and seeing (sight).

From Agni comes Apaha with four gunas of hearing (sound), feeling (touch), seeing (sight) and tasting (tongue).

From water (Apaha) comes Prithvi with five gunas of hearing (sound), feeling (touch), seeing (sight), tasting (tongue) and smelling (nose).

Prithvi represents all solids in universe and not just the earth.

So, at first there is pancha sukshma bhuta shakti. Thus, the subtle elements create the subtle body.

Then, comes pancha sthula bhuta shakti. Here the gross elements create the gross body. Thus, plants or herbs are born. From plants food is born. From food the physical body is born.

The word Purusha has several meanings. One meaning is Atma. Another meaning is the physical body born out of anna rasam.



Why is it called anna rasamaya? Food cannot be converted directly into a physical body. Annam enters the father's body and becomes the seed. Annam enters the woman's body and becomes the egg. When man and woman join, the egg and seed combine, to create a child. Hence, a child is also called annarasamayaha. The physical body is bhautika shariram.

What other ideas are implied in the shishti prakaranam shloka or shloka # 3?

When I say gold is Karanam and ornament is the Karyam, it means gold is inherent in all ornaments. Thus, wood is inherent in furniture. So, Karanam is inherent in all karyam. Therefore, when I perceive a karyam, I should also perceive the karanam, choicelessly. Thus, when I see jewelry I see the gold.

In this context, if Brahman is karanam and creation is karyam then Karanam Brahman must be appreciated as inherent in creation. Now, what is it that I am appreciating in creation? What is it that is inherent in everything? When I say there is a table, the inherently appreciable thing is the "is". Thus, Karanam appears in karyam as the existence of Karanam. Thus, gold appears in all ornaments as "is". Remove the gold and the ornament does not exist anymore. So, Karanam alone lends existence to Karyam. Thus we appreciate Brahman in everything as " that which is available as existence in all Karyam". **Brahman, as Karanam, alone is Satyam or pure existence and it is inherent in all substances.**

You cannot talk of the existence of a thing without being conscious of it. Pot existence pre-supposes pot knowledge. If there is a thing, which no one knows about, at any time, then we cannot know about its existence. Thus, man-existence pre-supposes man-consciousness. **Similarly, pure-existence pre-supposes pure-consciousness. Therefore, Brahman is Gyanam.**

If there is a cause and effect, then the ornament is not a

substance separate from gold. Then, the ornament is just a new name for gold. It is the same for furniture as well; it is just wood with a new name. **No product is substantial. It is just a name and a form. Thus, Karyam is not a separate substance; it is just Karanam. The very fact that we cannot separate means a substance is just a name.** A new substance cannot be created. It is just re-shaping an existing one. **Thus, there is no substance called world other than Brahman.** The only thing is Brahman. Therefore, Brahman is Anantam. Thus, through Srishti Prakaranam it is shown that Brahman is Satyam, Gyanam and Anantam.

### **Take Away**

- 1. There is no substance called world other than Brahman.**
- 2. Brahman, as Karanam alone, is Satyam or pure existence and it is inherent in all substances.**

With Best Wishes,

Ram Ramaswamy

---

## **Taitreya Upanishad, Class 24**

Greetings All,

**Chapter 2, Anuvakaha 1, Shloka # 1.**

**Om, the knower of Brahman attains the Supreme. With reference to that, is the following hymn recited. Brahman is Truth, knowledge and infinity. He who knows It as existing in the**

**cave of the heart in transcendent akasa, realizes all his desires along with omniscient Brahman.**

Continuing his teaching of the Upanishad Swamiji summarized last week's class. He said we are in anuvakaha # 1 of the second chapter. This anuvakaha has a very important sutra that goes as follows: **Brahmavit Apanoti Param**. It's meaning is: A Brahma Gyani attains Param or the highest goal of moksha or poornatvam or self-sufficiency or freedom from wants.

With reference to this sutra, in the same shloka, the Upanishad now says, Brahman is Satyam, Gyanam and Anantam. The Upanishad has provided a commentary on this Vakyam. It asks three questions:

- What is Brahman?
- How to know Brahman?
- What is Poornatvam?

Upanishad quotes shloka # 2 as answer to these questions.

**First question was what is Brahman?**

The shloka says, it is Satyam, Gyanam and Anantam. Explanation of each of these words follows.

### **Anantam**

In the last class we discussed one attribute of Brahman known as Anantam. We also discussed Shankaracharya's elaborate commentary on this topic as well. **Anantam** means limitless one or limitlessly big or infinite one. Anything has three limitations. They are:

- 1) Spatial;
- 2) Temporal and
- 3) Attribute or object limitation.

Now, the other two attributes of Brahman, Satyam and Gyanam

are explained.

### **Satyam:**

Before discussing satyam some general comments about it may be useful. Every word is used to reveal an object. Thus, when we say chair, we are revealing the object chair. In our shastra's verbal communication is analyzed. Every word has a main meaning called mukhya artham. The word can also have secondary meaning(s) known as Lakshyartham. The secondary meaning is dependent on the context in which it is used. Thus, there can be many secondary meanings.

Suppose I ask the length of Ganga? You will understand it as the length of the river from Gomukh till its end. Now, suppose I say I took a bath in the Ganga. It does not mean I took a bath all over Ganga. It means I took a bath at a particular place or spot on Ganga. This is known as Eka Deshaha or one part. Thus, sometimes, a word conveys the whole and sometimes a part. If I say, I bought mango, it would mean a whole mango. If I say, I ate a mango; it means I ate only the edible part of the mango. If I ask, what is cost of building the hall, it means the whole hall. If, however, I say, I was sitting in a hall; it means I was only in a part of the hall. I say I saw a movie. The "I" connotes the atma, the indriyas, the body etc. However, in watching the movie only my eye was involved.

Thus, in resolving such a question, usually the primary meaning is applied to see if it fits. If it does not fit a secondary meaning is applied.

When I say, I am happy, it refers to the mind alone where happiness is experienced. It is an ekadesha artha.

When I say, I was born, it refers to body alone, which is born, another ekadesha artha.

This is called Tyaga Lakshana method of analysis.

Coming to Satyam, its primary meaning is, any existent object. Thus, this book is Satyam. This pen is Satyam. A dream object is considered an Asatyam (non-truth), as it does not exist.

Satyam's primary meaning as Brahman has some problems with it. Any existent object is limited by time and space while the Upanishad calls Brahman as anantam. Thus, Brahman cannot be an existent object. So, we have to use a secondary meaning using Bhaga Tyaga Lakshana. For an existent object, which part should we accept?

Shatras say every object has three parts. They are:

- Nama
- Roopa
- Satta or existence.

Thus, an existent fan has: Nama, Roopa and Satta.

The words anantam requires that we can't use Nama as it has limitations. Roopam also can't be used as it too has limitations. That leaves only Satta. The Satta is in every being. All limited and unlimited objects have Satta. So, Satta is a common factor. **Therefore, Nama Roopa Rahita Satta is the secondary meaning of Satyam.**

This, the existent part that is known as Satta, is Satyam. This existence, Satta, is not a part, product or property of an object. It is Satta that makes an object existent to begin with. Satta is not limited by boundaries of the object. Even if an object is destroyed, Satta continues to survive; however, it cannot be recognized, as there is no medium to manifest it.

**Therefore, the word Satyam means pure, independent and eternal existence. This existence, that is without a Nama and roopa and is an independent entity,** is a difficult concept to grasp for many of us. Thus, limitless existence is Brahman. Shankaracharya says everybody is experiencing everything (a

man, woman, child, book etc.,) as Brahman. This existence is a noun.

### **Gyanam:**

Next topic is Gyanam. Its primary meaning is knowledge.

If so, knowledge of what, are we talking about? It means knowledge of an object. It can be knowledge of a chair or a book.

How does knowledge exist? It exists in our mind as a thought. It is a mental modification also known as vrithihi. Thus, if there is an object in front of me and I do not show any cognition and just stare at it with a blank look; here, one would say, the mind does not have vrithi.

Knowledge in form of thought cannot be Brahman as any particular knowledge is limited. Thus, pot knowledge is limited to pot. Knowledge of physics is limited to physics. It is limited in time and space (location). So knowledge as primary meaning is limited. Therefore, we have to default to secondary meaning(s). Now, according to shastra, knowledge has three parts to it. They are:

- Nama
- Roopa
- Awareness, consciousness, chit or chaitanyam.

Thus, pot knowledge means I am conscious of pot. So, we have to remove Nama and roopa, as both are finite. Only the conscious part is Anantam. In our mind a variety of thoughts appear and disappear. Consciousness, however, remains as is. "I am a conscious being" is there in every thought. This is Anantam. **Therefore, Nama Roopa Rahita Chaitanyam is Gyanam. Thus, pure consciousness is without Nama and roopa.**

**Therefore, Satyam Gyanam Anantam is Brahman.**

With respect to Consciousness, it is also not a part, product,

or property of a product. It is pure and unlimited. With this, the definition of Brahman is now over.

## **Second question was, how to know Brahman?**

Although Brahman is all pervading, one has to recognize it in one's own mind. Thus, to test electricity in a circuit, to see if it is live, we use the tester in only one place.

In whose mind is Brahman recognized? One has to recognize it in his or her, own mind. Brahman is available in Guha or mind.

Where is mind located?

As per scriptures it is located in Hridaya or the physical heart. The shloka calls the inner space of heart as Paramam Vyoman.

Why is heart considered sacred?

Heart is sacred because Brahman resides in it. It is like God in the temple.

Thus: Body> Heart> Akasha> Mind> Brahman.

How to know this Brahman in the mind?

Some people ask, in meditation I have come to the blank state; where do I see Brahman? **Brahman is not an object of knowledge. It is the "I", the subject and never the object.**

So, negate every thing we experience, as they are all objects. Once you negate the world, the body and thoughts, whatever is left is Brahman. Unfortunately, we search this residue for Brahman. Shastras say the one left is the witness of the blank mind. So, "I", the witness consciousness, pervades the blank mind. It is the witness to presence or absence of thought. The word Veda in shloka means Brahman. **So, know the Brahman as "I" the witness consciousness.**

**The third question was: What do you mean by obtaining the**

## **greatest or Poornatvam?**

The shloka says: Saha ashnuto sarvan Kaman.

Kama here means worldly happiness such as one's derived from eating, music etc. Brahma Gyani obtains all possible sense pleasures in the world. He attains all anandas.

How can one obtain all pleasures of the universe, such as say from food? There are after all so many dishes from all parts of the world. The word Saha in shloka means simultaneously. Simultaneously the Gyani gets all the pleasures and not one after another, say the shastras.

How is it possible? Upanishad says it is through Brahmananda that he gets all pleasures. Brahmananda means, infinite ananda. In this infinite ananda all finite sense pleasures are included.

What does this mean?

In Brahmananda he gets all sense pleasures? How do you know that? **Once I get Brahmananda, my cravings for sense pleasures go away.** I get Tripti that includes all objects. **This Poornatvam or freedom from sense pleasures is called Brahman.**

### **Take Away:**

1. Satyam means pure, independent and eternal existence. This existence, that is without a nama and roopa and is an independent entity.
2. Gyanam is pure consciousness without Nama and roopa.
3. Once I get Brahmananda, my cravings for sense pleasures go away. This Poornatvam or freedom from sense pleasures is called Brahman.

With Best Wishes,

Ram Ramaswamy



---

# Taitreya Upanishad, Class 23

Greetings All,

**Chapter 2, Shloka 1:**

**Shanti patha:**

**Om. May he protect us both. May he help us both to enjoy the fruits of scriptural study. May we both exert together with enthusiasm to find the true meaning of the sacred texts. My our studies make us brilliant. My we never quarrel with each other. OM shani, Om shani, Om shanti.**

Continuing his teaching of the Upanishad Swamiji said, having completed chapter one of the Upanishad we are now entering the second chapter. It is the main chapter of the Upanishad. It talks about Vedanta shastra and as such is a very important chapter. Shankaracharya has written a beautiful commentary on this chapter. Chapters 1 and 3 do not deal with Vedanta and only deal with preparation or Sadhana Chatushtaya Samapthihi. Chapter 2 is beneficial only for one who has sadhana chatushtaya sampathihi. Chapters 1 and 3 are considered sadhana chapters. Chapter two is called by various names including: Brahmavalli, Anandavalli and Brahmanandavalli. It is known as Brahmavalli as the chapter begins with the word Brahma. It is known as Anandavalli as it discusses ananda or happiness and tells us how to obtain it. Since it deals with both Brahma and Ananda it is also called Brahmanandavalli. It begins with a separate shanti patha. Chapter 3 also uses the

same shanti patha. The shanti patha is the famous manta “ Sahana Vavatu, sahanau bhunaktu...” This mantra is also a part of Katho Upanishad.

### **The Essence of the Shanti patha:**

This shanti patha is particularly relevant to Vedantic students. A mantra , such as, “bhadram karnebhi ..”, however, can be used by all students, Vedantic and nonvedantic. Here the student asks God for five blessings. They are:

1. The knowledge of moksha is a result of my own sincere effort and is not determined by fate or God. There is a strong belief in free will or a belief in Purusharttha (self effort). Shastra’s do not support the idea that God knows what is best for me. Upanishad says it is more important that you know what is more important for yourself. I need to know first, and then God can help. Otherwise, I may even reject God’s help.

**This self-effort is very important. Having faith in myself is very important. This is the meaning of “ Saha Veeryam Karava vahay.”**

2. Student has to study Vedanta for a length of time. Knowledge cannot be given in one sitting. It has to go through its building blocks. It is a long study. The length of study depends upon many factors. Vedanta is a study of Jiva, Jagat and Ishwara and it has to be built gradually.

Since it involves a developed teaching, student has to remember the past teaching in every class. Each class builds upon previous class. This is the reason why it is called a class and not a discourse. Taittiriya Upanishad has to be listened to, with a background in other Upanishads such as Katho, Kaivalya etc. **Student must be able to listen and retain, a power called Medha Shakti. In the shloka this is “ Tejusvi nou adhitam astu”.**

3. **Student prays for a healthy relationship between with the Guru.** The shloka says “Ma Vidhvishavahai”. The relation with Guru must be one of love and respect. So, even if I do not accept a part of the teaching, still I give the benefit of doubt to the teacher. It means being open minded with shradha.
4. All must culminate in Gyanam. “ Saha Nau Avatu”. Citing example of football knowing the passing game is not enough for a team, we must be able to convert the pass into a goal as well. So, the student prays, “ **0 God, give me Gyanam.**”
5. He prays for Gyana Phalam. **I want to transform myself. I must be able to withstand the experiences of life with equanimity.** Between Gyanam and Pahalam there can be obstacles. The obstacles are mostly our emotional handicaps or Asuri Sampathi, qualities like kama, krodha, lobha etc. I wish to convert my knowledge to emotional stability. Subtle ragahas and dveshas can create problems for us. “ Saha Nau Bhunaktu” is the prayer in the shloka.

Thus the student asks for the five blessings of self-effort, ability to listen and retain, good relationship with teacher, blessing of Gyanam and blessing of transforming myself.

Chapter two is in prose. Upanishads are generally in Mantra or Brahmana form. Mantra is poetry or in metrical form. Brahmana is in prose form. Thus Mundaka Upanishad is in mantra while Taittiriya Upanishad is in prose.

The chapter two is divided into nine anuvakahas or sections.

### **Chapter 2, Anuvakaha 1, Shloka # 1.**

**Om, the knower of Brahman attains the Supreme. With reference to that, is the following hymn recited. Brahman is Truth, knowledge and infinity. He who knows It as existing in the cave of the heart in transcendent akasa, realizes all his**

**desires along with omniscient Brahman.**

This first section captures the entire teaching in a capsule form or in an aphorism or also called a Sutra.

**The sutra here is: Brahmavit Apnoti Param.** After the sutra comes the Vrithi or abbreviated notes or commentary on the sutra. After the Vrithi, the rest of the chapter 2 is an elaboration on the sutra. This elaboration is also known as Vyakhyanam.

### **Explanation of Sutra:**

Brahma Vit: Knower of Brahman. A Brahma Gyani attains Param or the highest goal of moksha or poornatvam or self-sufficiency or freedom from wants. The Tamil statement "Kurai onrum illai", meaning, "I am without any wants", is an apt description of this state.

Brhama Gyani alone attains moksha. People without Brahma Gyanam are Samsari's. They can be called ignorant ritualists or religious samsari's. Even a great upsaka of say Rama, Krishna or Devi will only be an Upasaka Samsari without Brahma Gyanam. Due to their upasana they may get powers but they will remain upsaka samsari. So, knowledge alone can get one his moksha.

There are many paths to purification of mind including: rituals, social service, bhajans etc., but there is only one path for Moksha and it is Gyanam.

It is our ignorance that causes us not to go after moksha. In Purana's there are stories of bhakta's that pray to God, "don't give me moksha, I just want to be in your presence all the time". Swamiji says such a prayer to God is coming out of ignorance.

This sutra raises three questions.

- What is Brahman?

- How can I know Brahman? and
- What do you mean by Poornatvam or moksha prapthihi?

The three questions are answered in the vrithi's on sutra vakyam.

**What is Brahman?** Brahman has several meanings. Omkara is called Brahman. A Brahmin by birth is called a Brahman. The Upanishad, defining Brahman, however says, Satyam, Gyanam and Anantam is Brahman.

**How do you know Brahman?** It has to be known within myself. It is not something I need to search outside.

The Upanishad answers these questions by quoting mantras from the Rig Veda, which is in the shloka. Taittiriya Upanishad is a Yajur Veda Upanishad while it is quoting a mantra from Rig Veda.

### **Shankara's commentary:**

Shankaracharya has written a commentary on this "Sayam, gyanam, anantam brahman". He says it is a very important vakyam.

**Brahman** means the big one. What is big? Big is a relative word. When we say a big mosquito versus a big mountain each means different things. The Upanishad does not quantify how big the big is in the shloka. **So, we must understand it as unconditionally big or infinitely big. It is defined by the word Satyam.**

**Anantam** means limitless one or limitlessly big or infinite one. Anything has three limitations. They are:

- 1) Spatial;
- 2) Temporal and
- 3) Attribute or object limitation.

Brahman is free from space, time and objectivity limitations. This is the meaning of Anantam.

**Spatial limitation** means object is located in one place hence it cannot be in another place. Thus, presence in one place means not present in another place. So, Brahman is all pervading and not limited by space.

**Time limitation:** If object exists only at a period in time, it is time limitation. Thus, someone who lived between 1912 and 1972, we can say he did not exist prior to 1912 and after 1972. Brahman, however, is eternal. It was always there and will continue to be there in future.

**Object limitation:** Brahman is not limited by another object. Consider a clip and a watch. Clip is not watch or a watch a clip.

The clip enjoys its clipness while watch enjoys its watchness. Since clip enjoys clipness and it enjoys only clipness, it is a clip. By being a clip it does not have any other "ness" such as watchness etc., that are excluded. Enjoying a "ness" is a limitation. Claiming to be a "man" deprives me of claiming to be any other object. If Brahman has to be free from this limitation it has to be non-dual or must possess second-lessness. This idea of being without the three limitations (space, time and object) is conveyed by Anantam.

With Best Wishes,

Ram Ramaswamy

---

# Taitreya Upanishad Class 21

Greetings All,

Shlokas # 6, 7 and 8:

Chapter 1, Anuvakaha # 11, Shloka # 6:

**Now, if there should arise any doubt regarding your acts or any uncertainty in respect of your conduct in life, you should act in those matters exactly as those Brahmanas who are present there, who are thoughtful, religious (experienced), not set on by others, not cruel (i.e. gentle) and are devoted to dharma.**

Continuing his teaching of the Upanishad Swamiji said, there is a general complaint that Hinduism is the most confusing religion in the world. Moreover, this criticism comes from Hindus themselves. They feel, compared to Hinduism, all other religions are far less confusing Swamiji says, there is some truth in this statement. Whatever is presented as inferior in Hinduism, the very same ideas also make it superior as well. So we should know about the so-called weaknesses of Hinduism as well as how they are also its greatness.

**First:** Hinduism has voluminous scriptures. It is said to be so vast that a person studying them 24X365 for years may not be able to complete them. It is said that Bharadwaja Rishi studied scriptures for 100 years and then asked Indra to give him boon of continuing his studies in the next birth, from birth itself, as well. Thus, he is supposed to have studied the scriptures for 300 lives at which point he asked Indra how much more he had to go? Indra picked up a handful of mud from a mountain and said you have a long ways to go. Indra also said the Vedas are infinite. Out of 1008 scriptures we have found only six of them. So, this can be a positive or negative aspect of Hinduism. To understand a part from the whole one must have an awareness of the whole. This is the discovery

allopathic medicine made that while treating a part one has to consider the whole body as well the psychosomatic aspects as well.

But to know the whole you have to study each part of it as well. To study Gita, one has to study each shloka. We also need to know details of each shloka. So, to know any part of Hinduism one has to have an understanding of the totality of Vedic vision, but the scriptures are too voluminous for that. This is thus a weakness as well as positive aspect of the religion.

**Second:** Scriptures do not address any specific human being or group rather they address the many layers of seekers. Thus, many Varnas (Brahmana, Kshatriya, Vaishya, Shudra) and many ashramas ( Brahmachrya, Grihastha, Vanaprastha, Sanyasa), are all addressed. From the grossest (spiritually) to the most evolved are addressed. So, if we do not understand which part is meant for who it can become a problem. It is like a doctor asking one person to eat well while advising another to fast. Vedic teaching is thus directed to different adhikari's. In some places puja is glorified while in another it is not. Karma is considered great in some while elsewhere it is not. In Mandukya Upanishad Gaudapada says it is unfortunate that people are committed to Ishwara Upasana. Gaudapada also criticizes religion, Ishwara etc., causing confusion. So, it is seemingly full of contradictions; a negative on one hand; on the other hand it addresses all levels, even a tribal can follow it; which is a positive. Thus, even Ishwara is described as Aroopa, Eka Roopa, and Aneka Roopa. So, which Ishwara Roopa is correct? It is a complex teaching.

**Third: Ethics and Morality:** At superficial level we can discern ethics and morality. However, at deeper level, there are more gray areas also known as Dharma Sankata. Thus, what is my duty as a husband may conflict with my duty as a father? Scriptures give us a lot of stories that illustrate Dharma Sankata; we are supposed to learn from them and take our



lesson. Citing example of Rama, when he asked Sita to go to the forest, he had a conflict between the role of husband and role of ruler. Another example: a middle class person has an aged parent who needs expensive treatment while he also has a son who has to pay an expensive fee for a college admission. Where should he spend his limited money? This is dharma Sankata. Was Vibhishana correct or Kumbhakarna? The epic, Ramayana, stresses that neither Vibhishana nor Kumbhakarna strayed from the path of Dharma and that there is no single way out of a moral dilemma. Ramayana teaches that Kumbhakarna adhered to the Dharma of loyalty to his kin when his advice fails, while Vibhishana chose to oppose his kin when his advice failed.

Thus, there are a lot of gray areas. Scriptures can only guide us. There are subjective areas. In Gita as well, Sri Krishna says ahimsa is very important, therefore Arjuna should fight. While Gita teaches Satyam as a value Sri Krishna himself obfuscates the truth in many instances. Scriptures appear to be vague. Dharma is relative and not absolute.

**Fourth:** Scriptures were given to man a long, long, time ago. They did not imagine all situations that we face. Citing an example: For learning driving one can be taught some traffic situations. The reality is that in India all possible traffic situations are faced. Thus, we face buffaloes, pot holes etc., to name a few. Scriptures do not mention many situations. So, interpretation is required. Citing another example, consider that in many homes the toilet and bathroom are together. As per shastras one is a place for shaucham while other is a place for ashucham. Both are not supposed to be together. However, the house is usually small and both have to be placed together. So, heavy interpretation is required.

**Finally:** Method of interpretation is per sampradya or mimasa, which we never study. We cannot interpret on our own. Shatras have built-in interpretation and the Gurus' presented this to students. That is a reason why scriptures were not printed. It

was always passed on in an oral tradition. Under the oral tradition, one could not perform self-study. You always needed a teacher. However, due to western influences it is now printed but there is no one to help interpret them.

So, now, we go an original text without a key. Vedas used exaggeration. Thus, the story of Ajamila is that he was a Brahmin who fell into sinful ways, but at moment of death he chanted Narayana. He was actually calling for one of his sons. But his Narayana chant took him to God. Thus, in Kali Yuga, Nama smaranam is considered a path to liberation. These are considered exaggerations of shastras. However, because they are publicized today, without interpretation, they are causing confusion. To not to be confused one has to learn under a Guru or go to a person who can interpret. Then, Hinduism will not be confusing. The interpreter has to be a Guna Brahmana, an empath and one who is a dharma-moksha pradhana. Once you learn from them your conscience will become shastra oriented. Then, it will give you the right answer. One has to be free of Raga and Dvesha to be able to interpret Shastra.

### **Chapter 1, Anuvakaha # 11, Shloka # 7:**

**And now with regards to those who are falsely accused of some crime; you should rule yourself exactly in the same manner as do the brahmanas who are present there, who are thoughtful and religious, not set on by others, not cruel, and are devoted to Dharma.**

Our doubts are usually related to conduct or rituals. Veda cites an example. Suppose you have a friend. Then, you come to know from other sources that he is not an ethical person. The question is should I drop him? Shastra say one should drop an unethical person. What should I do? So, find a brahmana interpreter and see if he associates with your friend? Or ask the interpreter about your dilemma and ask him what you should do? Seek their guidance related to dharma shastras.

## **Chapter 1, Anuvakaha # 11, Shloka # 8:**

**This is the command. This is the teaching. This is the secret of Vedas. This is the commandment. This should be observed. Verily, having understood this fully, one must act in the way taught above, continuously till the last and not otherwise.**

If one does not follow this advise of shastra, we will lose. The essence of Vedas, Veda Poorva, is enshrined in Anuvakha # 11. Following the commandments of Anuvakaha # 11 is considered following the dharma shastra itself. These are the commandments of God. It is a commandment because if you violate it then you suffer in Samsara. This is not an optional commandment. It is a requirement of Vedas. So, lead a life as per Anuvakaha # 11.

## **Chapter 1, Anuvakaha # 12, Shloka # 1:**

**Concluding Shantipatha.**

**May Mitra (sun) be good to us. May Varuna be good to us. May Aryama be good to us. May Indra and Brihaspathi be good to us. May all pervading Vishnu be good to us. Prostrations to the Brahman. Prostration to thee, O Vayu. Thou, indeed, art the visible Brahman. Thee I have declared the "right". Thee I have declared the "good". That has protected me. That has protected the teacher.**

Now the shanti patha is chanted. It is a Thank you. There are some differences between the invocation shloka (chapter 1, anuvakha 1, shloka 1) and this ending shanti patha.

You have blessed us. We could complete the teaching. So, thank you. With this the Om Shanti is repeated three times. The Om Shanti is said to remove obstacles to Sravanam, Mananam and Nidhidhyasanam.

**Take Away:**

Dharma is relative and not absolute.

With Best Wishes,

Ram Ramaswamy