

Isavasya Upanishad

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Translated by Vidyavachaspati V. Panoli

Om ! That is full; this is full, (for) from the full the full (indeed) arises.
When the full is taken from the full, what remains is full indeed.
Om! Peace! Peace! Peace!

1. Om. All this should be covered by the Lord, whatsoever moves on the earth. By such a renunciation protect (thyself). Covet not the wealth of others.
2. By performing karma in this world (as enjoined by the scriptures) should one yearn to live a hundred years. Thus action does not bind thee, the doer. There is no other way than this.
3. Those worlds of Asuras (demons) are enshrouded by blinding gloom. Those who are the slayers of the Self go to them after death.
4. Unmoving, It is one, faster than the mind. The senses cannot reach It, for It proceeds ahead. Remaining static It overtakes others that run. On account of Its presence, Matarsiva (the wind) conducts the activities of beings.
5. It moves; It moves not. It is far; It is near. It is within all; It is without all.
6. He who perceives all beings in the Self alone, and the Self in all beings, does not entertain any hatred on account of that perception.
7. When a man realises that all beings are but the Self, what delusion is there, what grief, to that perceiver of oneness?
8. That (Self) is all-pervading, radiant, bodiless, soreless, without sinews, pure, untainted by sin, the all-seer, the lord of the mind, transcendent and self-existent. That (Self) did allot in proper order to the eternal Prajapatis known as samvalsara (year) their duties.
9. Those who worship avidya (karma born of ignorance) go to pitch darkness, but to a greater darkness than this go those who are devoted to Vidya (knowledge of the Devatas).
10. Different indeed, they say, is the result (attained) by vidya and different indeed, they say, is the result (attained) by avidya. Thus have we heard from the wise who had explained it to us.
11. He who knows both vidya and avidya together, transcends mortality through avidya and reaches immortality through vidya.

12. To pitch darkness they go who worship the Unmanifested (Prakriti). To a greater darkness than this go those who are devoted to the Manifested (Hiranyagarbha).

13. Different indeed, they say, is the result (attained) by the worship of the Manifested and different indeed, they say, is the result (attained) by the worship of the Unmanifested. Thus have we heard from the wise who had explained it to us.

14. He who knows both the Unmanifested and the destructible (Hiranyagarbha) together, transcends death by the (worship of) the destructible and attains immortality by the (worship of) the Unmanifested.

15. The face of the Truth (ie., Purusha in the solar orb) is veiled by a bright vessel. Mayst thou unveil it, O Sun, so as to be perceived by me whose dharma is truth.

16. O nourisher, pilgrim of the solitude, controller, absorber (of all rasas), offspring of Prajapati, cast away thy rays, gather them up and give up thy radiating brilliance. That form of thine, most graceful, I may behold. He, the Purusha (in the solar orb), I am.

17. Let (my) vital air (prana) now attain the immortal Air (all-pervading Self); then let this body be reduced to ashes. Om, O mind, remember - remember that which has been done, O mind, remember - remember that which has been done.

18. O Fire, O Deva, knower of all our actions or all our knowledge, lead us by the good path for enjoying the fruits of actions. Liberate us from our deceitful sins. We offer thee ever more our words of adoration.

Om! That is full; this is full, (for) from the full the full (indeed) arises.
When the full is taken from the full, what remains is full indeed.
Om ! Peace ! Peace ! Peace !

Here ends the **Isavasyopanishad**, as contained in the Sukla-Yajur-Veda.

ईशोपनिषत्

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमु दच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमे ववशिष्यते ॥

ॐ शांतिः शांतिः शांतिः ॥

॥ अथ ईशोपनिषत् ॥

ॐ ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत् ।
तेन त्यक्तेन भुञ्जीथ मा गृधः कस्यस्विद्धनम् ॥ १॥

कुर्वन्ने वे ह क्वाणि जिजीविषे च्छत्सु समः ।
एवं त्वयि नान्यथे तोऽस्ति न कर्म लिप्यते नरे ॥ २॥

असुर्या नाम ते लोका अन्धेन तमसाऽऽवृ तः ।
ताऽस्ते प्रे त्प्रभिगच्छन्ति ये के ऋमहनो जनाः ॥ ३॥

अने जदे कं ऋसो जवीयो नैनद्दे व आपु वन्पूर्मर्षत् ।
तद्भावतोऽन्यानत्येति तिष्ठत्तस्मिन्नपो मातरिश्वा दधाति ॥ ४॥

तदे जति तन्नै जति तद्दरे तद्वन्तिके ।
तदन्तरस्य सर्वस्य तदु सर्वस्यास्य बाह्यतः ॥ ५॥

यस्तु सर्वाणि भू तन्यात्मन्ये वनु पश्यति ।
सर्वभू ते षु ऋमानं ततो न विजु गु प्सते ॥ ६॥

यस्मिन्सर्वाणि भू तन्यात्मै वभूद्विजानतः ।
तत्र को मोहः कः शोक एकत्वमनु पश्यतः ॥ ७॥

स पर्यगाच्छुक्रमकायमव्रण-
मस्राविरऽ शु द्धमपपविद्धम् ।
कविर्मनीषी परिभूः स्वयम्भू-
र्याथातथ्यतोऽर्थान् व्यदधच्छाश्वतीभ्यः समाभ्यः ॥ ८॥

अन्धं तमः प्रविशन्ति ये ऽविद्यामु पसते ।
ततो भू य इव ते तमो य ऽविद्यायाऽ रताः ॥ ९॥

अन्यदे वहुर्विद्ययाऽन्यदाहुरविद्यया ।
इति शु श्रु म धीणां येनस्तद्विचक्षिरे ॥ १०॥

विद्यां चविद्यां च यत्तद्वे दोभयऽ सह ।
अविद्यया मृत्युं ऋत्वीं विद्ययाऽमृ तमश्नु ते ॥ ११॥

अन्धं तमः प्रविशन्ति ये ऽसम्भूतिमु पसते ।
ततो भू य इव ते तमो य उ सम्भू ऋ रताः ॥ १२॥

अन्यदे वहुः सम्भवादन्त्यदाहुरसम्भवात् ।
इति शु श्रु म धीणां येनस्तद्विचक्षिरे ॥ १३॥

सम्भूतिं च विनाशं च यत्तद्वे दोभयऽ सह ।
विनाशेन मृत्युं ऋत्वीं सम्भू त्यऽमृ तमश्नु ते ॥ १४॥

हिरण्मयेन पालेण सत्यस्यापिहितं मु खम् ।
तत्त्वं पू षन्नमृणु सत्यधर्माय दृष्टये ॥ १५॥

पू षन्ने क्ते यम सूर्य प्राजापत्य
व्यू ह रश्मीन् समू ह ते जः ।
यत्ते रूपं कल्पगतमं तत्ते पश्यमि
योऽसावसौ पु रुषः सोऽहमस्मि ॥ १६॥

वायु र्निलममृ तमथे दं ऋतां तऽ शरीरम् ।
ॐ क्रतो स्मर कृ तऽ स्मर क्रतो स्मर कृ तऽ स्मर ॥ १७॥

अग्रे नय सु पथ राये अस्मान्
विश्वानि दे व वयुमानि विद्वान् ।

यु योध्यम्ज्जु हुरणमेनो
भूयिष्ठां तेनमौक्तिं विधेम ॥ १८॥

॥ इति ईशोपनिषत् ॥

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेववशिष्यते ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

eeshopanishat

om poornamadah' poornamidam poornaat poornamudachyate .
poornasya poornamaadaaya poornamevaavashishyate ..

om shaantih' shaantih' shaantih' ..

.. atha eeshopanishat ..

om eeshaa vaasyamidagum sarvam yatkincha jagatyaam jagat .
tena tyaktena bhunjeethaa maa gri'dhah' kasyasviddhanam .. 1..

kurvanneveha karmaani jiveevishchhatagum samaah' .
evam tvayi naanyatheto'sti na karma lipyate nare .. 2..

asuryaa naama te lokaa andhena tamasaa"vri'taah' .
taagumste pretyaabhigachchhanti ye ke chaatmahano janaah' .. 3..

anejadekam manaso javeeyo nainaddevaa aapnuvanpoorvamarshat .
taddhaavato'nyaanatyeti tish'thattasminnapo maatarishvaa dadhaati .. 4..

tadejati tannaijati taddoore tadvantike .
tadantarasya sarvasya tadu sarvasyaasya baahyatah' .. 5..

yastu sarvaani bhootaanyaatmanyevaanupashyati .
sarvabhooteshu chaatmaanam tato na vijugupsate .. 6..

yasminsarvaani bhootaanyaatmaivaabhoodvijaanatah' .
tatra ko mohah' kah' shoka ekatvamanupashyatah' .. 7..

sa paryagaachchukramakaayamavrana-
masnaaviragum shuddhamapaapavidham .
kavirmaneeshee paribhooh' svayambhoo-
ryaathaathatyato'rthaan vyadadhaachchhaashvateebhyah' samaabhyah' .. 8..

andham tamah' pravishanti ye'vidyaamupaasate .
tato bhooya iva te tamo ya u vidyaayaagum rataah' .. 9..

anyadevaahurvidyayaa'nyadaahuravidyayaa .
iti shushruma dheeraanaam ye nastadvichachakshire .. 10..

vidyaam chaavidyaam cha yastadvedobhayagum saha .
avidyayaa mri'tyum teertvaa vidyayaa'mri'tamashnute .. 11..

andham tamah' pravishanti ye'sambhootimupaasate .
tato bhooya iva te tamo ya u sambhootyaagum rataah' .. 12..

anyadevaahuh' sambhavaadanyadaahurasambhavaat .
iti shushruma dheeraanaam ye nastadvichachakshire .. 13..

sambhootim cha vinaasham cha yastadvedobhayagum saha .
vinaashena mri'tyum teertvaa sambhootyaa'mri'tamashnute .. 14..

hiranmayena paatrena satyasyaapihitam mukham .
tattvam pooshannapaavri'nu satyadharmaya dri'sht'aye .. 15..

pooshannekarshe yama soorya praajaapatya
vyooaha rashmeen samooaha tejah' .
yatte roopam kalyaanatamam tatte pashyaami
yo'saavasau purushah' so'hamasmi .. 16..

vaayuranilamamri'tamathedam bhasmaantagum shareeram .
om krato smara kri'tagum smara krato smara kri'tagum smara .. 17..

agne naya supathaa raaye asmaan
vishvaani deva vayunaani vidvaan .
yuyodhyasmajjuhuraanameno
bhooyisht'haam te namauktim vidhema .. 18..

.. iti eeshopanishat ..

om poornamadah' poornamidam poornaatpoornamudachyate .
poornasya poornamaadaaya poornamevaavashishyate ..

om shaantih' shaantih' shaantih' ..