



## Isha Upanshad

1. All this, whatsoever exists in the universe, should be covered by the Lord. Having renounced the unreal, enjoy the Real. Do not covet the wealth of any man.
2. If one should desire to live in this world a hundred years, one should live performing righteous deeds. Thus you may live; there is no other way. By doing this, the fruits of thy actions will not defile thee.
3. After leaving their bodies, they who have killed the Self go to the worlds of the Asuras, covered with blinding ignorance.
4. That One, though motionless, is swifter than the mind. The senses can never overtake It, for It ever goes before. Though immovable, It travels faster than those who run. By It the all-pervading air sustains all living beings.
5. It moves and It moves not. It is far and also It is near. It is within and also It is without all this.
6. He who sees all beings in the Self and the Self in all beings, he never turns away from It (the Self).
7. He who perceives all beings as the Self for him how can there be delusion or grief, when he sees this oneness everywhere?
8. The Self is all-encircling, resplendent, bodiless, spotless, without sinews, pure, untouched by sin, all-seeing, all-knowing, transcendent, self-existent; He has disposed all things duly for eternal years.
9. They enter into blind darkness who worship Avidya (ignorance and delusion); they fall, as it were, into greater darkness who worship Vidya (knowledge).
10. By Vidya one end is attained; by Avidya, another. Thus we have heard from the wise men who taught this.
11. He who knows at the same time both Vidya and Avidya, crosses over death by Avidya and attains immortality through Vidya.
12. They fall into blind darkness who worship the Unmanifested and they fall into greater darkness who worship the manifested.

13. By the worship of the Unmanifested one end is attained; by the worship of the manifested, another. Thus we have heard from the wise men who taught us this.

14. He who knows at the same time both the Unmanifested (the cause of manifestation) and the destructible or manifested, he crosses over death through knowledge of the destructible and attains immortality through knowledge of the First Cause (Unmanifested).

15. The face of Truth is hidden by a golden disk. O Pushan (Effulgent Being)! Uncover your face that I, the worshipper of Truth, may behold you.

16. O Pushan! O Sun, sole traveler of the heavens, controller of all, son of Prajapati, withdraw Thy rays and gather up Thy burning effulgence. Now through Thy Grace I behold Thy blessed and glorious form. The Purusha (Effulgent Being) who dwells within Thee, I am He.

17. May my life-breath go to the all-pervading and immortal Prana, and let this body be burned to ashes. Om! O mind, remember thy deeds! O mind, remember, remember thy deeds! Remember!

18. O Agni, Bright Being! Lead us to blessedness by the good path. O Lord! You know all our deeds, remove all evil and delusion from us. To Thee we offer our prostrations and supplications again and again.

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