

Īśa-Upaniṣad

om̐

pūrṇam-adaḥ pūrṇam-idaṁ pūrṇāt-pūrṇam-udacyate |

pūrṇasya pūrṇam-ādāya pūrṇam-evāśiṣyate ||

om̐ śāntiḥ śāntiḥ śāntiḥ

— | || : vedische Akzente

m̐: "gung"

ḥ: Echo

īśā-vāsyam̐ idam̐ sarvaṁ; yat kiñ ca jagatyām̐ jagat |
tena tyaktena bhuñjīthā; mā gr̥dhaḥ kasya svid dhanam̐ ||1 ||

kurvaṁ eveha karmāṇi; jīviṣec chataṁ samāḥ |
evaṁ tvayi nānyathe to 'sti; na karma lipyate nare ||2 ||

asuryā nāma te lokā; andhena tamaśāvṛtāḥ |
tāṁs te pretyābhigacchanti; ye ke cātma-haṇo janāḥ ||3 ||

anejad ekam̐ maṇaso javīyo; nainad-devā āpnuvan-pūrvam̐-arṣat |
tad-dhāvato 'nyān-atyeti tiṣṭhat; tasminn apo mātariśvā dadhāti ||4 ||

tad ejaṭi tan naijaṭi; tad dūre tadvantike |
tad antar̐ asya sarvasya; tad u sarvasyāśya bāhyataḥ ||5 ||

yas tu sarvāṇi bhūtāny; ātmany evānupaśyati |
sarva-bhūteṣu cātmānaṃ; tato na vijugupsate ||6||

yasmin sarvāṇi bhūtāny; ātmaivābhūd vijānataḥ |
tatra ko mohaḥ kaḥ śoka; ekatvam anupaśyataḥ ||7||

sa paryagāc chukram akāyam avraṇam; asnāviraṃ śuddham apāpa-viddham |
kavir manīṣī, paribhūḥ svayambhūr; yāthātathyator 'rthān;
vyadadhāc, chāśvatībhyaḥ samābhyaḥ ||8||

andham tamaḥ praviśanti; ye'vidyāṃ upāsate |
tato bhūya iva te tamo; ya u vidyāyāṃ ratāḥ ||9||

anyad evāhur vidyāyā*; anyad āhur avidyayā |
iti śuśrūṣa dhīraṇām; ye naś tad vicacaḥsire ||10||

vidyāṃ cāvidyāṃ ca; yas tad vedobhayaṃ saha |
avidyayā mṛtyuṃ tīrtvā; vidyayāmṛtam aśnute ||11||

andham tamaḥ praviśanti; ye 'sambhūtim upāsate |
tato bhūya iva te tamo; ya u sambhūtyāṃ ratāḥ ||12||

anyad evāhuḥ sambhavād; anyad āhur asambhavāt |
iti śuśruma dhīrāṇām; ye naś tad vicacakṣire ||13 ||

sambhūtim ca vināśam ca; yas tad vedobhayam saha |
vināśena-mṛtyuṁ tīrtvā; sambhūtyāmṛtam aśnute ||14 ||

hiraṇmayeṇa pātreṇa; satyasyāpihitam mukham |
tat tvam pūṣann apāvṛṇu; satya-dharmāya dṛṣṭaye ||15 ||

pūṣann eka rṣe yama sūrya prajāpatya; vyūha raśmīn samūha tejaḥ |
yat te; rūpam kalyāṇatamaṁ, tat te paśyāmi;
yo 'sāv asau, puruṣaḥ so 'ham asmi ||16 ||

vāyur anilam amṛtam; athedaṁ bhasmāntam śarīram |

om

krato smarā kṛtam smara; krato smarā kṛtam smara ||17 ||

agne naya, supathā rāye asmān; viśvāni deva vayunāni vidvān |
yuyodhyasmaj juhurāṇam eno; bhūyiṣṭhām te, nama uktim vidhema ||18 ||