

# MANDUKYA UPANISHAD

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Mission

**Note: This is an excellent translation  
and cannot be improved.**

1. *Harih Aum! AUM*, the word, is all this, the whole universe. A clear explanation of it is as follows: All that is past, present and future is, indeed, *AUM*. And whatever else there is, beyond the threefold division of time—that also is truly *AUM*.

2. All this is, indeed, *Brahman*. This *Atman* is *Brahman*. This same *Atman* has four quarters.

3. The first quarter is called *Vaisvanara*, whose sphere of activity is the waking state, who is conscious of external objects, who has seven limbs and nineteen mouths and who is the experiencer of gross objects.

4. The second quarter is *Taijasa*, whose sphere of activity is the dream state, who is conscious of internal objects, who is endowed with seven limbs and nineteen mouths and who is the experiencer of subtle objects.

5. That is the state of deep sleep wherein one asleep neither desires any object nor sees any dream. The third quarter is *Prajna*, whose sphere is deep sleep, in whom all experiences become unified, who is, verily, a mass of consciousness,

who is full of bliss and experiences bliss and who is the door leading to the knowledge of dreaming and waking.

**6.** He is the Lord of all. He is the knower of all. He is the inner controller. He is the source of all; for from him all beings originate and in him they finally disappear.

**7.** *Turiya* is not that which is conscious of the inner (subjective) world, nor that which is conscious of the outer (objective) world, nor that which is conscious of both, nor that which is a mass of consciousness. It is not simple consciousness nor is it unconsciousness. It is unperceived, unrelated, incomprehensible, uninferable, unthinkable and indescribable. The essence of the Consciousness manifesting as the self in the three states, It is the cessation of all phenomena; It is all peace, all bliss and non-dual. This is what is known as the Fourth (*Turiya*). This is *Atman* and this has to be realized.

**8.** The same *Atman* explained before as being endowed with four quarters is now described from the standpoint of the syllable *AUM*. *AUM*, too, divided into parts, is viewed from the standpoint of letters. The quarters of *Atman* are the same as the letters of *AUM* and the letters are the same as the quarters. The letters are A, U and M.

**9.** *Vaisvanara Atman*, whose sphere of activity is the waking state, is A, the first letter of *AUM*, on account of his all-pervasiveness or on account of his being the first. He who knows this obtains all

desires and becomes first among the great.

**10.** *Tajasa Atman*, whose sphere of activity is the dream state, is U, the second letter of *AUM*, on account of his superiority or intermediateness. He who knows this attains a superior knowledge, receives equal treatment from all and finds in his family no one ignorant of *Brahman*.

**11.** *Prajna Atman*, whose sphere is deep sleep, is M, the third letter of *AUM*, because both are the measure and also because in them all become one. He who knows this is able to measure all and also comprehends all within himself.

**12.** The Fourth (*Turiya*) is without parts and without relationship; It is the cessation of phenomena; It is all good and non-dual. This *AUM* is verily *Atman*. He who knows this merges his self in *Atman* - yea, he who knows this.

### **The Peace Chant**

*Om.* May we, O gods, hear with our ears  
what is auspicious! May we, O worshipful  
gods, see with our eyes what is good!  
May we, strong in limbs and body, sing  
your praise and enjoy the life allotted to us  
by *Prajapati!*

*Om.* Peace! Peace! Peace!