

The Isha Upanishad

Translated by

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॥: *The Isha Upanishad*

¹The Lord is enshrined in the hearts of all.

The Lord is the supreme Reality.

Rejoice in him through renunciation.

Covet nothing. All belongs to the Lord.

² Thus working may you live a hundred years.

Thus alone will you work in real freedom.

³ Those who deny the Self are born again

Blind to the Self, enveloped in darkness,

Utterly devoid of love for the Lord.

⁴ The Self is one. Ever still, the Self is

Swifter than thought, swifter than the senses.

Though motionless, he outruns all pursuit.

Without the Self, never could life exist.

⁵ The Self seems to move, but is ever still.

He seems far away, but is ever near.

He is within all, and he transcends all.

⁶ Those who see all creatures in themselves
And themselves in all creatures know no fear.

⁷ Those who see all creatures in themselves
And themselves in all creatures know no grief.
How can the multiplicity of life
Delude the one who sees its unity?

⁸ The Self is everywhere. Bright is the Self,
Indivisible, untouched by sin, wise,
Immanent and transcendent. He it is
Who holds the cosmos together.

⁹⁻¹¹ In dark night live those for whom
The world without alone is real; in night
Darker still, for whom the world within
Alone is real. The first leads to a life
Of action, the second to a life of meditation.
But those who combine action with meditation
Cross the sea of death through action
And enter into immortality
Through the practice of meditation.
So have we heard from the wise.

¹²⁻¹⁴ In dark night live those for whom the Lord
Is transcendent only; in night darker still,
For whom he is immanent only.
But those for whom he is transcendent

And immanent cross the sea of death
With the immanent and enter into
Immortality with the transcendent.
So have we heard from the wise.

¹⁵ The face of truth is hidden by your orb
Of gold, O sun. May you remove your orb
So that I, who adore the true, may see
The glory of truth. ¹⁶ O nourishing sun,
Solitary traveler, controller,
Source of life for all creatures, spread your light
And subdue your dazzling splendor
So that I may see your blessed Self.
Even that very Self am I!

¹⁷ May my life merge in the Immortal
When my body is reduced to ashes.
O mind, meditate on the eternal Brahman.
Remember the deeds of the past.
Remember, O mind, remember.

¹⁸ O god of fire, lead us by the good path
To eternal joy. You know all our deeds.
Deliver us from evil, we who bow
And pray again and again.

○ M *shanti shanti shanti*