

brahmānandavalli

saha nāvavatu |

saha nau bhunaktu |

saha vīryam karavāvahai |

tejasvi nāvadhītamastu mā vidviṣāvahai ||

om śāntiśśāntiśśāntiḥ ||

brahmavidāpnoti param |

tadeṣā'bhyuktā |

satyam jñānamānantaḥ brahma |

yo veda nihītaḥ guhāyām parame vyōman |

so'snute sarvānkāmānsaha |

brahmaṇā vipaściteti |

tasmādvā etasmādātmanā ākāśassambhūtaḥ |

ākāśadvāyuh |

vāyoragniḥ |

agnerāpaḥ |

adbhyaḥ pṛthivī |

pṛthivyā ośadhayaḥ |

ośadhībhyo'nnam |

annātpuruṣaḥ |

sa vā eṣa puruṣo'nnārasamayāḥ |

tasyedāmeva śiraḥ |

ayam dakṣiṇaḥ pakṣaḥ |

ayamuttaraḥ pakṣaḥ |

ayamātmā |

idaḥ pucchaḥ pratiṣṭhā |

tadapyeṣa śloko bhavati ||

|| taittirīya upaniṣat II.1 ||

annādvai prajāḥ prajāyante |

yāḥ kāścā pṛthivīggṛitāḥ |

atho annenaiva jīvanti |

athainadapiyantantataḥ |

annagm hi bhūtānām jyeṣṭham |

tasmātsarvausadhamūcyate |

sarvaḥ vai te'nnamāpnuvanti |

ye'nnam brahmopāsate |

annagm hi bhūtānām jyeṣṭham |

tasmātsarvauṣadhamūcyate |  
annādbhūtāni jāyante |  
jātānyannēna vardhante |  
adyate'tti ca bhūtāni |  
tasmādannam taducyāta iti |  
tasmādvā etasmādannārasamayāt |  
anyo'ntara ātmā prāṇamayah |  
tenaiṣa pūrṇah |  
sa vā eṣa puruṣavidha eva |  
tasya puruṣavidhatām |  
anvayaṃ puruṣavidhaḥ |  
tasya prāṇa eva śiraḥ |  
vyāno dakṣiṇah pakṣah |  
apāna uttārah pakṣah |  
ākāśa ātmā |  
pṛthivī puccham pratiṣṭhā |  
tadapyeṣa śloko bhavati ||

|| taittiriya upaniṣat II.2 ||

prāṇam devā anu prāṇanti |

manuṣyāḥ paśavaśca ye |  
prāṇo hi bhūtānāmāyuh |  
tasmāt sarvāyuṣamūcyate |  
sarvameva ta āyuryanti |  
ye prāṇam brahmopāsate |  
prāṇo hi bhūtānāmāyuh |  
tasmātsarvāyuṣamucyāta iti |  
tasyaiṣa eva śārīra ātmā |  
yaḥ pūrvasya |  
tasmādvā etasmātprāṇamayāt |  
anyo'ntara ātmā manomayah |  
tenaiṣa pūrṇah |  
sa vā eṣa puruṣavidha eva |  
tasya puruṣavidhatām |  
anvayaṃ puruṣavidhaḥ |  
tasya yajūreva śiraḥ |  
ṛg dakṣiṇah pakṣah |  
sāmottārah pakṣah |  
ādeśa ātmā |

atharvāṅgirasah pucchāṃ pratiṣṭhā |  
tadapyeṣa śloko bhavati ||

|| taittiriya upaniṣat II.3 ||

yato vāco nivartante |  
aprāpya manāsā saha |  
ānandaṃ brahmaṇo vidvān |  
na bibheti kadācaneti |  
tasyaiṣa eva śārīra ātmā |  
yaḥ pūrvasya |  
tasmādvā etasmānmanomayāt |  
anyo'ntara ātmā vijñānamayaḥ |  
tenaiṣa pūrṇaḥ |  
sa vā eṣa puruṣavidha eva |  
tasya puruṣavidhatām |  
anvayaṃ puruṣavidhaḥ |  
tasya śraddhaiva śiraḥ |  
ṛtaṃ dakṣiṇaḥ pakṣaḥ |  
satyamuttaraḥ pakṣaḥ |  
yoga ātmā |

mahaḥ pucchāṃ pratiṣṭhā |  
tadapyeṣa śloko bhavati ||

|| taittiriya upaniṣat II.4 ||

vijñānaṃ yajñaṃ tanute |  
karmāṇi tanute'pi ca |  
vijñānaṃ devāssarve |  
brahma jyeṣṭhamupāsate |  
vijñānaṃ brahma cedvedā |  
tasmāccenna pramādyati |  
śārīre pāpmāno hitvā |  
sarvān kāmān samaśnuta iti |  
tasyaiṣa eva śārīra ātmā |  
yaḥ pūrvasya |  
tasmādvā etasmādvijñānamayāt |  
anyo'ntara ātmā''nandamayāḥ |  
tenaiṣa pūrṇaḥ |  
sa vā eṣa puruṣavidha eva |  
tasya puruṣavidhatām |  
anvayaṃ puruṣavidhaḥ |

tasya priyameva śiraḥ |  
modo dakṣiṇaḥ pakṣaḥ |  
pramoda uttaraḥ pakṣaḥ |  
ānanda ātmā |  
brahma pucchāṃ pratiṣṭhā |  
tadapyeṣa śloko bhavati ||

|| taittiriya upaniṣat II.5 ||

asanneva sa bhavati |  
asadbrahmeti veda cet |  
asti brahmeti cedveda |  
santamenam tato viduriti |  
tasyaiṣa eva śarīra ātmā |  
yaḥ pūrvasya |  
athāto'nupraśnāḥ |  
utāvidvānamuḥ lokam pretya |  
kaścana gacchatiḥ |  
āho vidvānamuḥ lokam pretya |  
kaścitsamaśnutāḥ |  
so'kāmayata |

bahu syāṃ prajāyeyeti |  
sa tapo'tapyata |  
sa tapastaptvā |  
idagṃ sarvamasṛjata |  
yadidaṃ kiṃ ca |  
tatsṛṣṭvā |  
tadevānuprāviśat |  
tadanupraviśya |  
sacca tyaccābhavat |  
niruktaṃ cāniruktaṃ ca |  
nīlayanaṃ cānīlayanaṃ ca |  
vijñānaṃ cāvijñānaṃ ca |  
satyaṃ cānṛtaṃ ca satyamābhavat |  
yadidaṃ kiṃ ca |  
tatsatyamityācakṣate |  
tadapyeṣa śloko bhavati ||

|| taittiriya upaniṣat II.6 ||

asad vā idamagra āsīt |  
tato vai sadajāyata |

tadātmānaggsvayāmakuruta |  
tasmāt tatsukṛtamucyāta iti |  
yad vai tatsukṛtam |  
rāso vai saḥ |  
rasagghyevāyaṃ labdhvā''nāndi bhavati |  
ko hyevānyāt kaḥ prānyāt |  
yadeṣa ākāśa ānāndo na syāt |  
eṣaḥ hyevānāndayāti |  
yadā hyevaiṣa  
etasminnadr̥ṣye'nātmye'nirukte'nīlayane'bhayaṃ  
pratiṣṭhāṃ vīndate |  
atha so'bhayaṃ gāto bhavati |  
yadā hyevaiṣa etasminnudaramantāraṃ kurute |  
atha tasya bhayaṃ bhavati |  
tattveva bhayaṃ viduṣo'mānvānasya |  
tadapyeṣa śloko bhavati ||

|| tāittiriya upaniṣat II.7 ||

bhīṣā'smādvātaḥ pavate |  
bhīṣodeti sūryaḥ |  
bhīṣā'smādagniścendraśca |

mṛtyurdhāvati pañcama iti |  
saiṣā''nandasya mīmāṃsā bhavati |  
yuvā syātsādhu yuvā'dhyāyakaḥ |  
āśiṣṭho dṛḍhiṣṭho baliṣṭhaḥ |  
tasyeyaṃ pṛthivī sarvā vittasya pūrṇā syāt |  
sa eko mānuṣā ānāndaḥ |  
te ye śataṃ mānuṣā ānāndāḥ |  
sa eko manuṣyagandharvāṇāmānāndaḥ |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ manuṣyagandharvāṇāmānāndāḥ |  
sa eko devagandharvāṇāmānāndaḥ |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ devagandharvāṇāmānāndāḥ |  
sa ekaḥ pitṛṇāṃ ciralokalokāṇāmānāndaḥ |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ pitṛṇāṃ ciralokalokāṇāmānāndāḥ |  
sa eka ājānājānāṃ devāṇāmānāndaḥ |  
śrotriyasya cākāmāhatasya |  
te ye śatamājānājānāṃ devāṇāmānāndāḥ |

sa ekaḥ karmadevānāṃ devānāmānandāḥ |  
ye karmaṇā devānāpiyanti |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ karmadevānāṃ devānāmānandāḥ |  
sa eko devānāmānandāḥ |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ devānāmānandāḥ |  
sa eka indrāsyānandāḥ |  
śrotriyasya cākāmāhatasya |  
te ye śatamindrāsyānandāḥ |  
sa eko bṛhaspaterānandāḥ |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ bṛhaspaterānandāḥ |  
sa ekaḥ prajāpaterānandāḥ |  
śrotriyasya cākāmāhatasya |  
te ye śataṃ prajāpaterānandāḥ |  
sa eko brahmaṇā ānandāḥ |  
śrotriyasya cākāmāhatasya |  
sa yaścāyaṃ puruṣe |

yaścāsāvāditye |  
sa ekaḥ |  
sa ya evaṃ vit |  
asmāllōkāt pretya |  
etamannamayamātmānamupā samkrāmati |  
etaṃ prāṇamayamātmānamupā samkrāmati |  
etaṃ manomayamātmānamupā samkrāmati |  
etaṃ vijñānamayamātmānamupā samkrāmati |  
etamānandamayamātmānamupā samkrāmati |  
tadapyeṣa ślōko bhavati ||

|| taittiriya upaniṣat II.8 ||

yato vāco nivartante |  
aprāpya manāsā saha |  
ānandaṃ brahmaṇo vidvān |  
na bibheti kutāścaneti |  
etaṃ ha vāvā na tapati |  
kimahagṃ sādhu nākaravam |  
kimahaṃ pāpamakaravamiti |  
sa ya evaṃ vidvānete ātmānaggsprṇute |

ubhe hye<sup>1</sup>vaiṣa<sup>1</sup> ete ātmānaggspr<sup>1</sup>ṇute |  
ya e<sup>1</sup>vaṃ vedā<sup>1</sup> |  
ityu<sup>1</sup>paṇiṣat<sup>1</sup> ||

|| taittiriya upaniṣat II.9 ||

saha nāvavatu |  
saha nau<sup>1</sup> bhunaktu |  
saha vīrya<sup>1</sup>ṃ karavāvahai |  
tejasvi nāvadhītamastu mā vidviṣāvahai ||  
om śāntiśśāntiśśāntiḥ ||