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Yoga Meditation Advaita

## THE MANDUKYA UPANISHAD An Overview by Radhika Shah Grouven

Mandukya Upanishad Verse	Points to remember
1. Hari AUM. The entire universe is the syllable AUM. This is an exposition on AUM. Everything in the past, present, and future is AUM. That which is beyond time, space, and causation is also AUM.	Mandukya means 'frog'. It is a symbol for the Witness. AUM is a sound or Anahata Nada. AUM is also a symbol.  Everything is AUM. Everything is Consciousness.
2. All this, which is seen here, there, and everywhere, is Brahman. This very Self, Atman, is Brahman, the Absolute Reality. This Atman has four aspects.	Atman or Individual Consciousness is also Brahman or Universal Consciousness. The drop from the Ocean has the same qualities as the Ocean.
3. The first aspect is the waking state, vaisvànara. In this state, consciousness is turned toward to the external. With its seven instruments and nineteen channels, it experiences the gross phenomenal world.	The waking state is made up of the 5 elements, breath and Ahamkara. This are the seven instruments. It is also made up of the 5 active senses, 5 cognitive senses, 5 vayus, and the 4 Antahkarana. These are the nineteen channels.

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<p>4. The second aspect is the dreaming state, taijasa. In this state, consciousness is turned inward. It also has seven instruments and nineteen channels, which experience the subtle mental impressions.</p>	<p>The dreaming state is made up of the same 7 instruments and 19 channels that make up the waking state.</p> <p>So what is the difference between waking and dream state?</p>
<p>5. The third aspect is deep sleep, prajna. In this state, there is neither desire nor dream. In deep sleep, all experiences merge into the unity of undifferentiated consciousness. The sleeper is filled with bliss. He experiences bliss and can find the way to knowledge of the two preceding states.</p>	<p>The third state, or the deep sleep state, is undifferentiated consciousness. The samskaras or impressions are stored here in the form of seeds from which emerge the objects of dreaming and waking states.</p>
<p>6. The experiencer of these states of consciousness is the Lord of all. This One is all-knowing; this one directs everything from within. This one is the womb of all. All things originate from and dissolve into this.</p>	<p>You are the experiencer or Witness of the 3 states of consciousness. You are Shiva or Pure Consciousness. You are immortal and eternal. Everything manifests and ultimately dissolves into Pure Consciousness.</p>

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<p>7. Turiya is the Fourth. In Turiya, consciousness is not turned inward nor outward nor both. It is undifferentiated; it is beyond the spheres of cognition and non-cognition. The Fourth cannot be experienced through the senses or known by comparison or inference; it is incomprehensible, unthinkable, and indescribable. This is Pure Consciousness. This is the real Self. It is the cessation of all phenomena; it is tranquil, all-blissful, and one without second. This real Self is to be realized.</p>	<p>This is the Witness is the Fourth. It is not a state of consciousness; it is Pure Consciousness itself. It is called Turiya or Self realization.</p> <p>This is not an experience. This is the experiencer itself. There is no gender. There is no subject-object reality. There is only subject.</p>
<p>8. Pure Consciousness, which has been described as having four states, is indivisible. It is AUM. The sounds A-U-M(ah, ou, mm) and the letters A, U, M are the three states of waking, dreaming, and sleeping, and these three states are the three sounds and letters. But the Fourth, which is unknown and hidden, is realized only in silence.</p>	<p>Pure consciousness has been described as having 4 aspects, yet it is indivisible.</p>
<p>9. The consciousness experienced during the waking state is A, the first letter of AUM. It pervades all other sounds. Without the first syllable A, one cannot utter the word AUM, and likewise, without knowing the waking state, one cannot know the other states of consciousness. One who is aware of this reality fulfills all his desires and is successful.</p>	<p>Understanding the value of the waking state and knowing your desires leads to fulfilment of desires.</p>

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<p>10. The consciousness experienced during the dreaming state is U, the second letter of AUM. This is an elevated intermediate state between the waking and sleeping states. One who knows this subtler state is superior to others. One who knows this—in his family knowers of Brahman will be born.</p>	<p>Between the waking and dreaming state is the transition state called Unmani. Knowing the dreaming state does not mean being remembering your dreams when you wake up. It is also not the awareness of a dream when you are dreaming. Knowing the dream state means that the dream state comes forward into the waking state and becomes conscious. This can happen only in deep meditation (dhyana).</p>
<p>11. The consciousness experienced during the deep state of sleep is M, the third letter of AUM. One who knows this more subtle state as well is able to comprehend all within himself.</p>	<p>Between the dreaming and dream sleep is the transition called Aladdini. What is the conscious experience of Deep Sleep like? Conscious experience of Deep Sleep is Samadhi.</p>
<p>12. That aspect of consciousness that is not known is the soundless aspect of AUM, which is not comprehended by the ordinary mind and senses. It is the state of cessation of all phenomena, even of bliss. This is a non-dual state — One without second (advaita). This is termed as the Fourth and also as the real Self. One who knows this expands himself to Universal Consciousness.</p>	<p>Turiya the fourth is the expansion of the the Individual Self to Universal Self. THAT where you want to be.</p>

