

## ISHA UPANISHAD

Also called the Isavasya Upanishad, deals with the union of God, the world, being and becoming. The stress is on the Absolute in relation with the world (paramesvara). The gist of the teachings is that a person's worldly and otherworldly goals need not necessarily be opposed to each other.

By the Lord is enveloped all that moves in the moving world. By renouncing this, find your enjoyment. Do not covet the possessions of others. Working here one may wish to live for a hundred years. Thus it is up to you--there is no other way than this-- the work does not adhere to you. Demonic are those worlds named, covered in blinding darkness; there after death go those people who kill the soul. Unmoving the one is faster than the mind. The angels do not reach it, as it is always beyond them. Standing still it passes beyond those who run. In it the Mother establishes the waters. It moves, and it does not move. It is far, and it is near. It is within all this, and it is also outside all this. Whoever sees all beings in the soul and the soul in all beings does not shrink away from this. In whom all beings have become one with the knowing soul what delusion or sorrow is there for the one who sees unity? It has filled all. It is radiant, incorporeal, invulnerable, without tendons, pure, untouched by evil. Wise, intelligent, encompassing, self-existent, it organizes objects throughout eternity. Into blind darkness enter those who follow ignorance; into even greater darkness go those who follow knowledge. It is distinct, they say, from knowledge. It is distinct, they say, from ignorance. So have we heard from the wise who explained it to us. Knowledge and ignorance, whoever knows the two together with ignorance passes over death, with knowledge attains immortality. Into blind darkness enter those who follow non-becoming; into greater darkness enter those who follow becoming. It is distinct, they say, from becoming. It is distinct, they say, from non-becoming. So have we heard from the wise who explained it to us. Becoming and destruction, whoever knows the two together with destruction passes over death, with becoming attains immortality. The face of truth is covered with a golden disc. Unveil it, nourisher, for one whose duty is to see the truth. Nourisher, one seer, controller, sun, child of the creator, spread your light and gather your brilliance that I may see your loveliest form. Whatever is that Spirit, that also am I. May this life enter into the immortal breath! This body then ends in ashes. Aum. Purpose, remember! Action, remember! Purpose, remember! Action, remember! Agni, lead us by a good path to success, you god who knows all ways. Keep us away from deceitful sins. We offer ample prayer to you.