

*taittirīya upaniṣat (mahānārāyaṇa) IV 18*

- Mantra on tapāṣtāṅga or the eight limbs of tapas.

- Tapas is an activity of mind, body or speech which demands a keen concentration of thought or requiring unusual and continuous physical effort.

om ṛtaṃ tapās-

- Concentrate on what is right

om satyaṃ tapāś-

- Concentrate on what is true

om śruṭaṃ tapāś-

- Concentrate on study of the sacred texts

om śāntaṃ tapo

- Concentrate on senses not getting agitated

om damaṣtapāś-

- Concentrate on self restraint such as with food

om śamaṣtapo

- Concentrate on cultivating equanimity

om dānaṃ tapo

- Concentrate on appropriate gifting

om yajñāṣtapo

- Concentrate on appropriate oblations

om bhūrbhuvassuvar-

- Manifested as earth, sky and beyond

om brahmai-tadupā-

- That highest absolute has

om svai-tat-tapaḥ ||

- That is concentration par excellence