

śikṣāvallī

śaṃ nō mītraśśaṃ varuṇaḥ |

śaṃ nō bhavatvaryaṃ |

śaṃ na indro brhaspatiḥ |

śaṃ nō viṣṇururukraṃaḥ |

namo brahmaṇe |

namaste vāyo |

tvameva pratyakṣaṃ brahmāsi |

tvāmeva pratyakṣaṃ brahmā vadiṣyāmi |

ṛtaṃ vadiṣyāmi |

satyaṃ vadiṣyāmi |

tanmā mavatu |

tadvaktāramavatu |

avatu mām |

avatu vaktāraṃ ||

om śantiśśantiśśantiḥ ||

|| taittirīya upaniṣat I.1 ||

śikṣāṃ vyākhyāsyāmaḥ |

varṇassvaraḥ |

mātrā balam |

sāmā santānaḥ |

ityuktaśśikṣādhyāyaḥ ||

|| taittirīya upaniṣat I.2 ||

saha nau yaśaḥ |

saha nau brahmavarcasam |

athātassagṃhitāyā upaniṣadam vyākhyāsyāmaḥ |

pañcasvadhikāraṇeṣu |

adhilokamadhijyautiṣamadhividyamadhi

prajamadyātmanam |

tā mahāsagṃhitā ityācakṣate |

athādhilokam |

pṛthivī pūrvarūpam |

dyau ruttārarūpam |

ākāśassandhiḥ ||

vāyussandhānam |

ityādhilokam |

athādhijyautiṣam |

agniḥ pūrvarūpam |

āditya uttararūpam |  
āpassandhiḥ |  
vaidyutassandhānam |  
ityadhijyautiṣam |  
athādhiviḍyam |  
ācāryaḥ pūrvarūpam ||  
antevāsyuttararūpam |  
vidyā sandhiḥ |  
pravacanagṃ sandhānam |  
ityadhiviḍyam |  
athādhiprajam |  
mātā pūrvarūpam |  
pitottararūpam |  
prajāsandhiḥ |  
prajananagṃ sandhānam |  
ityadhiprajam ||  
athādhyātmam |  
adharāhanuḥ pūrvarūpam |  
uttarāhanuruttararūpam |

vāksandhiḥ |  
jihvā sandhānam |  
ityadhyātmam |  
itīmāmahāsagṃhitāḥ |  
ya evametā mahāsagṃhitā vyākhyātā veda |  
sandhīyate prajāyā paśubhiḥ |  
brahmavarcasenānnādyena suvargyeṇa lokena ||

|| taittirīya upaniṣat I.3 ||

yaśchandāsāmṛṣabho viśvarūpaḥ |  
chandobhyo'dhyamṛtātsambabhūva |  
sa mendro medhayā sprṇotu |  
amṛtasya devadhāraṇo bhūyāsam |  
śarīraṃ me vicarṣaṇam |  
jihvā me madhumattamā |  
karṇābhyāṃ bhūriṣīruvam |  
brahmānaḥ kośosi medhayā pihitaḥ |  
śrutam me gopāya |  
āvahāntī vitanvānā ||  
kurvāṇā cīramātmanāḥ |

vāsāgṃ<sup>1</sup> sī<sup>1</sup> mama<sup>1</sup> gāvāśca<sup>1</sup> |  
annapāne<sup>1</sup> ca<sup>1</sup> sarvadā<sup>1</sup> |  
tato<sup>1</sup> me<sup>1</sup> śriyamāvaha<sup>1</sup> |  
lomaśāṃ<sup>1</sup> paśubhissaha<sup>1</sup> svāhā<sup>1</sup> |  
āmāyantu<sup>1</sup> brahmacāriṇassvāhā<sup>1</sup> ||  
yaśo<sup>1</sup> janē<sup>1</sup> sāni<sup>1</sup> svāhā<sup>1</sup> |  
śreyān<sup>1</sup> vasyāso<sup>1</sup> sāni<sup>1</sup> svāhā<sup>1</sup> |  
taṃ<sup>1</sup> tvā<sup>1</sup> bhaga<sup>1</sup> praviśāni<sup>1</sup> svāhā<sup>1</sup> |  
sa<sup>1</sup> mā<sup>1</sup> bhaga<sup>1</sup> praviśa<sup>1</sup> svāhā<sup>1</sup> |  
tasmiṃ<sup>1</sup> sahasraśākhe<sup>1</sup> |  
nibhāgā<sup>1</sup> haṃ<sup>1</sup> tvayī<sup>1</sup> mrje<sup>1</sup> svāhā<sup>1</sup> |  
yathā<sup>1</sup> paḥ<sup>1</sup> pravatā<sup>1</sup> yanti<sup>1</sup> |  
yathā<sup>1</sup> māsā<sup>1</sup> aharjaram<sup>1</sup> |  
evaṃ<sup>1</sup> māṃ<sup>1</sup> brāhmacāriṇāḥ<sup>1</sup> |  
dhātarāyantu<sup>1</sup> sarvatassvāhā<sup>1</sup> |  
prati<sup>1</sup>veśo<sup>1</sup> sī<sup>1</sup> pramābhāhi<sup>1</sup> pramāpadyasva<sup>1</sup> ||

|| taittirīya upaniṣat I.4 ||

bhūrbhuvassuvariti<sup>1</sup> vā<sup>1</sup> etāstisro<sup>1</sup> vyāhṛtayaḥ<sup>1</sup> |  
tāsāmuhasmaitāṃ<sup>1</sup> caturthim<sup>1</sup> |

māhācamasyaḥ<sup>1</sup> pravēdayate<sup>1</sup> |  
maha<sup>1</sup> iti<sup>1</sup> |  
tad<sup>1</sup> brahmā<sup>1</sup> |  
sa<sup>1</sup> ātmā<sup>1</sup> |  
aṅgānyanya<sup>1</sup> devatāḥ<sup>1</sup> |  
bhūriti<sup>1</sup> vā<sup>1</sup> ayaṃ<sup>1</sup> lokaḥ<sup>1</sup> |  
bhuva<sup>1</sup> ityantarikṣam<sup>1</sup> |  
suvarityasau<sup>1</sup> lokaḥ<sup>1</sup> ||  
maha<sup>1</sup> ityādityaḥ<sup>1</sup> |  
ādityena<sup>1</sup> vā<sup>1</sup> sarve<sup>1</sup> lokā<sup>1</sup> mahiyante<sup>1</sup> |  
bhūriti<sup>1</sup> vā<sup>1</sup> agniḥ<sup>1</sup> |  
bhuva<sup>1</sup> iti<sup>1</sup> vāyuḥ<sup>1</sup> |  
suvarityādityaḥ<sup>1</sup> |  
maha<sup>1</sup> iti<sup>1</sup> cāndramāḥ<sup>1</sup> |  
cāndramāsā<sup>1</sup> vā<sup>1</sup> sarvāṇi<sup>1</sup> jyotiḥ<sup>1</sup> mahiyante<sup>1</sup> |  
bhūriti<sup>1</sup> vā<sup>1</sup> ṛcaḥ<sup>1</sup> |  
bhuva<sup>1</sup> iti<sup>1</sup> sāmāni<sup>1</sup> |  
suvariti<sup>1</sup> yajūgṃṣi<sup>1</sup> ||  
maha<sup>1</sup> iti<sup>1</sup> brahmā<sup>1</sup> |

brahmaṇā vāva sarve vedā mahiyante |  
bhūriti vai prāṇaḥ |  
bhuva ityāpānaḥ |  
suvariti vyānaḥ |  
maha ityannaṁ |  
anna vāva sarve prāṇā mahiyante |  
tā vā etāscatasraścaturdhā |  
catasraścatasro vyāhṛtayaḥ |  
tā yo vedā |  
sa veda brahma |  
sarve'smai devā balimāvahanti ||

|| taittirīya upaniṣat I.5 ||

sa ya eṣo'ntarhṛdaya ākāśaḥ |  
tasminnayamaṁ puruṣo manomayaḥ |  
amṛto hiraṇmayāḥ |  
antareṇa tālūke |  
ya eṣa stanā ivāvalāmbate |  
sēndrayoniḥ |  
yatrāsau keśānto vivartate |

vyapohya śirṣakapāle |  
bhūrityagnau pratīṣṭhati |  
bhuva iti vāyau ||  
suvarityāditye |  
maha iti brahmaṇi |  
āpnoti svārājyam |  
āpnoti manāśaspatim |  
vākpātiścakṣuṣpatiḥ |  
śrotrapatirvijñānapatiḥ |  
etattato bhavati |  
ākāśaśarīraṁ brahma |  
satyātmāprāṇārāmaṁ manā ānandam |  
sāntīsamṛddhamamṛtam |  
iti prācīnayoogyopāsva ||

|| taittirīya upaniṣat I.6 ||

prthivyantarikṣaṁ dyaurdiśo'vāntaradiśāḥ |  
agnirvāyurādityaścandramā nakṣatrāṇi |  
āpa ośadhayo vanaspataya ākāśa ātmā |  
ityadhibhūtam |

athādhyāt̄mam |  
prāṇo vyāṇo'pāna udānassamānaḥ |  
cakṣuśrotraṃ mano vāk tvak |  
carmamāgmsaggsnāvāsthī majjā |  
etadadhivīdhāya ṛṣiravocat |  
pāṅktaṃ vā idagṃ sarvaṃ |  
pāṅktenaiva pāṅktaggsprṇotī ||

|| taittirīya upaniṣat I.7 ||

omiti brahmā |  
omitīdagṃ sarvaṃ |  
omityetadanukṛti hasma vā apyośrāvayetyāśrāvayanti |  
omiti sāmāni gāyanti |  
ogṃ śomiti śastrāṇi śagṃsanti |  
omityadhvaryuḥ prātigaram pratigṛṇāti |  
omiti brahmā prasauti |  
omityagnihotramanūjānāti |  
omiti brāhmaṇaḥ prāvākṣyannāha  
brahmopāpnavānī |  
brahmaivopāpnoti ||

|| taittirīya upaniṣat I.8 ||

ṛtaṃ ca svādhyāyapravācane ca |  
satyaṃ ca svādhyāyapravācane ca |  
tapaśca svādhyāyapravācane ca |  
damaśca svādhyāyapravācane ca |  
śamaśca svādhyāyapravācane ca |  
agnayaśca svādhyāyapravācane ca |  
agni hotraṃ ca svādhyāyapravācane ca |  
atithayaśca svādhyāyapravācane ca |  
mānuṣaṃ ca svādhyāyapravācane ca |  
prajā ca svādhyāyapravācane ca |  
prajanaśca svādhyāyapravācane ca |  
prajātiśca svādhyāyapravācane ca |  
satyamiti satyavacā rāthitarah |  
tapa iti taponityaḥ paūruśiṣṭiḥ |  
svādhyāyapravācane eveti nāko maudgalyaḥ |  
taddhi tapāstaddhi tapaḥ ||

|| taittirīya upaniṣat I.9 ||

aḥaṃ vṛkṣasya rerivā |  
kīrtiḥ pṛsthaṃ gireriva |

ūrdhva<sup>1</sup>pavitro vājinī<sup>1</sup>va svamṛta<sup>1</sup>masmi |  
draviṇa<sup>1</sup>gṃ savārcasam |  
sumedhā amṛto<sup>1</sup>kṣitaḥ |  
iti triśaṅkorvedānuva<sup>1</sup>canam ||

|| taittiriya upaniṣat I.10 ||

vedamanūcyācāryo'ntevāsinamanuśā<sup>1</sup>sti |  
satya<sup>1</sup>m vada |  
dharma<sup>1</sup>m cara |  
svādhyāyā<sup>1</sup>nmā prama<sup>1</sup>daḥ |  
ācāryāya priya<sup>1</sup>m dhanamāhr̥tya prajātantu<sup>1</sup>m mā  
vyāvacche<sup>1</sup>tsiḥ |  
satyā<sup>1</sup>na prama<sup>1</sup>ditavyam |  
dharmā<sup>1</sup>na prama<sup>1</sup>ditavyam |  
kuśalā<sup>1</sup>na prama<sup>1</sup>ditavyam |  
bhūtyai na prama<sup>1</sup>ditavyam |  
svādhyāyapravacanābhyā<sup>1</sup>m na prama<sup>1</sup>ditavyam ||  
deva pitṛkāryābhyā<sup>1</sup>m na prama<sup>1</sup>ditavyam |  
mātr̥<sup>1</sup>devo bhava |  
pitṛ<sup>1</sup>devo bhava |

ācārya<sup>1</sup>devo bhava |  
atithi<sup>1</sup> devo bhava |  
yānyanavadyāni<sup>1</sup> karmāni |  
tāni sevitavyā<sup>1</sup>ni |  
no itarā<sup>1</sup>ni |  
yānyasmākagṃ sucāritā<sup>1</sup>ni ||  
tāni tvayopāsyā<sup>1</sup>ni |  
no itarā<sup>1</sup>ni |  
ye ke cāsmacchreyāgṃso brāhmaṇā<sup>1</sup>ḥ |  
teṣā<sup>1</sup>m tvayā'sane na praśvasitavyam |  
śraddhāyā<sup>1</sup> deyam |  
aśraddhāyā<sup>1</sup> deyam |  
śriyā<sup>1</sup> deyam |  
hriyā<sup>1</sup> deyam |  
bhiyā<sup>1</sup> deyam |  
saṃvidā<sup>1</sup> deyam |  
atha yadi te karmavicikitsā<sup>1</sup> vā vṛttavicikitsā<sup>1</sup> vā syāt ||  
ye tatra brāhmaṇā<sup>1</sup>ssammarśinaḥ |  
yuktā<sup>1</sup> āyuktāḥ |

alūkṣā́ dharmākāmāssyuh |  
yathā́ tḗ tatrā́ varṭeran |  
tathā́ tatrā́ varṭethāḥ |  
athābhyākhyāteṣu |  
ye tatra brāhmaṇāssammarśinaḥ |  
yuktā́ āyuktāḥ |  
alūkṣā́ dharmākāmāssyuh |  
yathā́ tḗ teṣú varṭeran |  
tathā́ teṣú varṭethāḥ |  
eṣā́ ādeśaḥ |  
eṣā́ upadeśaḥ |  
eṣā́ vedopaniṣat |  
etadānuśāsanam |  
evamupāsitavyam |  
evamu caitādupāsyam ||

|| taittirīya upaniṣat I.11 ||

śaṃ nṓ mītraśśaṃ varuṇaḥ |  
śaṃ nṓ bhavatvaryaṃā |  
śaṃ ná indro brhaspatiḥ |

śaṃ nṓ viṣṇururukramaḥ |  
namo brahmaṇe |  
namaste vāyo |  
tvameva pratyakṣaṃ brahmāsi |  
tvāmeva pratyakṣaṃ brahmāvādiṣam |  
ṛtamāvādiṣam |  
satyamāvādiṣam |  
tanmāmāvīt |  
tadvaktāramāvīt |  
āvīnmām |  
āvīdvaktāram ||  
om śāntiśśāntiśśāntiḥ ||

|| taittirīya upaniṣat I.12 ||

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