

# Pranayama

Teachers Training  
Level 1 2023

March 11th, 2023

Convocation Address

Taittiriya Upanishad



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु ।  
सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu  
saha vīryaṃ karavāvahai  
tejasvi nāvadhītam astu mā vidviṣāvahai  
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

# Taittiriya Upanishad 1.11.1

शिष्यानुशासनम्  
वेदमनूच्याचार्योन्तेवासिनमनुशास्ति ।  
सत्यं वद । धर्मं चर । स्वाध्यायान्मा प्रमदः ।  
आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः ।  
सत्यान्न प्रमदितव्यम् । धर्मान्न प्रमदितव्यम् ।  
कुशलान्न प्रमदितव्यम् । भूत्यै न प्रमदितव्यम् ।  
स्वाध्यायप्रवचनाभ्यां न प्रमदितव्यम् ॥ १॥

*śiṣyānuśāsanam*

*vedamanūcyācāryontevāsinamanuśāsti*

*satyaṃ vada dharmam cara svādhyāyānmā pramadaḥ*

*ācāryāya priyaṃ dhanamāhṛtya prajātantuṃ mā vyavacchetsīḥ*

*satyānna pramaditavyam dharmānna pramaditavyam*

*kuśalānna pramaditavyam bhūtyai na pramaditavyam*

*svādhyāyappravacanābhyāṃ na pramaditavyam*

Having taught the Vedas, the teacher enjoins the pupils: ‘Speak the truth, do your duty, never swerve from the study of the Vedas, do not cut off the line of descendants in your family, after giving the teacher the gift that is dear to them. Never swerve from truth, never fall from duty, never overlook your own welfare, never neglect your prosperity, never neglect the study and the propagation of the Vedas.

# Taittiriya Upanishad 1.11.2

देवपितृकार्याभ्यां न प्रमदितव्यम् । मातृदेवो भव ।  
पितृदेवो भव । आचार्यदेवो भव । अतिथिदेवो भव ।  
यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि । नो इतराणि ।  
यान्यस्माकंसुचरितानि । तानि त्वयोपास्यानि । नो इतराणि ॥ २॥

*devapitṛkāryābhyāṃ na pramaditavyam mātṛdevo bhava  
pitṛdevo bhava ācāryadevo bhava atithidevo bhava  
yānyanavadyāni karmāṇi tāni sevitavyāni no itarāṇi  
yānyasmākagmsucaritāni tāni tvayopāsyāni no itarāṇi*

Never swerve from your duties towards the Devas and towards the departed souls.

May the mother be, to you, a Deva. May the father be to you a Deva.

May the Acharya be to you a Deva. May the guest be to you a Deva.

Let only the actions that are free from blemishes be done – and not others.

You must follow only those virtuous actions which are irreproachable – and not others.

# Taittiriya Upanishad 1.11.3

ये के चास्मच्छ्रेयाऽसो ब्राह्मणाः ।  
तेषां त्वयाऽऽसनेन प्रश्वसितव्यम् । श्रद्धया देयम् ।  
अश्रद्धयाऽदेयम् । श्रिया देयम् । ह्रिया देयम् ।  
भिया देयम् । संविदा देयम् ॥ ३ ॥

*ye ke cāsmacchreyāgmsō brāhmaṇāḥ  
teṣāṃ tvayāsanena praśvasitavyam śraddhayā deyam  
aśraddhayā'deyam śriyā deyam hriyā deyam .  
bhiyā deyam saṃvidā deyam*

You must not even breathe a word when those who are more distinguished than you are in discussion on spiritual matters (or, you must offer a seat to superiors and worship them with acts of reverence and love).

Gifts should be given with faith; they should never be given without faith;

they should be given in plenty, with modesty and with sympathy.

Let there be also agreement in opinion or friendly feelings when gifts are offered.

अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात् ।  
ये तत्र ब्राह्मणाः संमर्शिनः । युक्ता आयुक्ताः ।  
अलूक्षा धर्मकामाः स्युः । यथा ते तत्र वर्तेरन् ।  
तथा तत्र वर्तेथाः । अथाभ्याख्यातेषु ।  
ये तत्र ब्राह्मणाः संमर्शिनः । युक्ता आयुक्ताः ।  
अलूक्षा धर्मकामाः स्युः । यथा ते तेषु वर्तेरन् ।  
तथा तेषु वर्तेथाः । एष आदेशः । एष उपदेशः ।  
एषा वेदोपनिषत् । एतदनुशासनम् । एवमुपासितव्यम् ।  
एवमु चैतदुपास्यम् ॥ ४॥ इत्येकादशऽनुवाकः ॥

*atha yadi te karmavicikitsā vā vṛttavicikitsā vā syāt  
ye tatra brāhmaṇāḥ saṃmarśinaḥ yuktā āyuktāḥ  
alūkṣā dharmakāmāḥ syuḥ yathā te tatra varteran  
tathā tatra vartethāḥ athābhyākhyāteṣu  
ye tatra brāhmaṇāḥ saṃmarśinaḥ yuktā āyuktāḥ  
alūkṣā dharmakāmāḥ syuḥ yathā te teṣu varteran  
tathā teṣu vartethāḥ eṣa ādeśaḥ eṣa upadeśaḥ  
eṣā vedopaniṣat etadanuśāsanam evamupāsītavyam  
evamu caitadupāsyam ityekādaśa'nuvākaḥ*

Now, if there should arise any doubt regarding your acts, or any uncertainty in respect of your conduct in life,  
you should act in those matters exactly as those wise ones who are present there,  
who are thoughtful, religious (experienced), not set on by others, not cruel (i.e. gentle) and are devoted to Dharma.

And now with regard to those who are falsely accused of some crime:

You should rule yourself exactly in the same manner as do the wise ones who are present there, who are thoughtful,  
religious (experienced) not set on by others, not cruel (i.e. gentle) and are devoted to Dharma.

This is the command. This is the teaching. This is the secret of the Vedas. This is the commandment.

This should be observed. Verily, having understood this fully, one must act in the way taught above, continuously till the last – and not otherwise.



# Taittiriya Upanishad

1. Observing one's own mode of living with reference to society and oneself
2. Regulating one's relationship with the last generation and the present elders
3. Relationship between oneself and the teachers
4. One's attitude towards the learned and the wise in the society
5. Charity and the laws of giving
6. Remedy for doubts regarding one's duty and conduct in life
7. Doubts regarding one's relationship with others falsely accused in the world



ॐ सर्वे भवन्तु सुखिनः  
सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु  
मा कश्चिद्दुःखभाग्भवेत् ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ sarve bhavantu sukhinaḥ  
sarve santu nirāmayāḥ  
sarve bhadraṇi paśyantu  
mā kaścid duḥkha bhāgbhavet  
oṃ śāntiḥ śāntiḥ śāntiḥ

May all be happy, may all be free from disease,  
may all see goodness, may none suffer from sorrow.

ॐ असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ।  
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya  
tamasomā jyotir gamaya  
mrityormāamritam gamaya  
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being,  
lead me from the darkness of tamas to the light of knowledge,  
lead me from death to immortality. Harih om that is truth.