

Pranayama

Teachers Training
Level 1

May 6, 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

svādhyāyapravacanābhyāṃ 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 चास्मच्छ्रेयाःसो ब्राह्मणाः ।
तेषां त्वयाऽऽसनेन प्रश्वसितव्यम् । श्रद्धया देयम् ।
अश्रद्धयाऽदेयम् । श्रिया देयम् । ह्रिया देयम् ।
भिया देयम् । संविदा देयम् ॥ ३ ॥

*ye ke cāsmacchreyāḡmso 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 evamupāsitavyam
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.