



# ईशोपनिषद्

## Īśa Upaniṣad

**(This whole universe is pervaded by supreme.)**

By Dr. Suryanarayana Nanda  
for Arya Samaj Greater Houston

2019-06-09

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि, योऽसावसौ पुरुषः सोऽहमस्मि ॥

Pūṣannekarṣe yama sūrya prājāpatya vyūha  
raśmīn samūha tejaḥ, Yatte rūpaṃ kalyāṇa-  
tamaṃ tatte paśyāmi yo'sāvasau puruṣaḥ

O God, the nourisher and controller of world, the solitary traveler, the well-wisher of the progenitors of mankind, do remove your rays, do gather up your dazzle. Let me behold your form, which is auspicious. I am that very person that is in you.

## ĪśA-UPANIṢAD-16

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि, योऽसावसौ पुरुषः सोऽहमस्मि ॥

- Here the sun is referred to that supreme sun from which all other suns receive light.
- **It is the root and primal source of light** - and from which radiate all the interwoven rays in the universe.
- The whole of existence is the manifestation of this sun. From it this whole universe of qualities and forms is expanding and being created.

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि, योऽसावसौ पुरुषः सोऽ हमस्मि ॥

Withdraw your rays, O sun, so that all of life may be drawn together and contracted inwards."

I desire to see the root, the original, from which the whole universe is created and into which the universe, in its ultimate annihilation, is absorbed; from which this vast expanse of existence spreads out and into which the great destruction draws it all back.

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि, योऽसावसौ पुरुषः सोऽहमस्मि ॥

I have transcended death, now I wish to transcend life  
also.

**I want to transcend all dualities**, because as long as  
duality persists the other is always present, no matter  
what we may achieve.

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि, योऽसावसौ पुरुषः सोऽहमस्मि ॥

You must be willing to accept both or neither.

Whoever is willing to accept both becomes free  
from both; and

Whoever is prepared to leave both also becomes  
free from both.



# Yama (Death) The regulator



Yama is the lord of death and the Sun is the lord of life.

But death comes from the same place from which life comes.

The word Yama (death) means the controller. Yama controls and brings order to life. If he were not there, life would be a puzzling and confused thing.

*Death is not the enemy of life.*



# Yama (Death) The regulator



Life regulates itself through polarities, through opposites and the balance is maintained.

- Misery is a balancing influence, a regulator.
- Death is the balancing factor of life.
- Unhappiness is the balancing factor of happiness.
- Darkness is the balancing factor of light.
- Material objects are the balancing factor of consciousness.





# Yama (Death) The regulator



Therefore the mantra says,

O great sun, O Yama, **you are the balancing controller of life and death.**

Withdraw all your rays. Withdraw your life, and death also.

I want to know **the element which is beyond both life and death**, which is never born, nor ever dies, which is the original source of the creation.

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि, योऽसावसौ पुरुषः सोऽहमस्मि ॥

Pūṣannekarṣe yama sūrya prājāpatya vyūha  
raśmīn samūha tejaḥ, Yatte rūpaṃ kalyāṇa-  
tamaṃ tatte paśyāmi yo'sāvasau puruṣaḥ

O God, the nourisher and controller of world, the solitary traveler, the well-wisher of the progenitors of mankind, do remove your rays, do gather up your dazzle. Let me behold your form, which is auspicious. I am that very person that is in you.

**ĪŚA-UPANIṢAD-16**