



# UPANISHAD COURSE

## CHINMAYA INTERNATIONAL FOUNDATION



Centre for Sanskrit and Indic Research

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## COURSE CONTENT

(24 Lessons)



### 1. Introduction

Upaniṣads as Śāstra  
Methodology of Study  
The Vedas  
Dharma  
Pravṛtti-dharma  
Nivṛtti-dharma  
The Term 'Upaniṣad'  
Anubandha-catuṣṭaya  
Vedānta  
Yajurveda-śāntimantra

### 2. Adhikārin: Essentials and Gurūpasadana

Viveka  
Parīkṣā: How to Analyse a Topic?  
Vairāgya  
The Viveka and Vairāgya of Maitreyī  
Naciketas – An Exemplary Adhikārin  
Seeking the Guru  
Who is a Guru?  
The Guru's Duty

**3. Adhikārin: Sādhana-catuṣṭaya**

Sādhana-catuṣṭaya

**4. Viṣaya: Questions from the Upaniṣads**

Question from the *Kaṭha-upaniṣad*

The Necessity of Knowledge

Question from the *Kena-upaniṣad*

Significance of the Question

Why this Question?

Beyond the Assemblage

This the Student Seeks to Understand

Ātma-jijñāsā or Ātma-vicāra

Question from the *Muṇḍaka-upaniṣad*

Question from the *Chāndogya-upaniṣad*

Question from the *Praśna-upaniṣad*

Brahma-jijñāsā or Brahma-vicāra

**5. Viṣaya: Ātma-vicāra (Part I)**

Śreyas and Preyas

Jijñāsā-pūrṭi

Ātma-vicāra

Pāramārthika-svarūpa or Absolute Identity

Matter, Energy, Sentience and Consciousness

Turning the Mind's Attention to the Truth

Nature of Self-knowledge

Nature of Consciousness

**6. Viṣaya: Ātma-vicāra (Part II)**

Vyāvahārika-svarūpa

Māyā

Ātman and Jīva

Jīva-bhāva

Three States of Experience  
Waking State or Jāgrat-avasthā  
Dream State or Svapna-avasthā  
Deep Sleep State or Suṣupti-avasthā  
What Makes a Jīva Wake up from Sleep?  
The Three States and the Three Bodies

**7. Viṣaya: *Brahma-vicāra***

Brahma-jijñāsā  
Svarūpa-lakṣaṇa  
Brahman and Māyā  
Taṭastha-lakṣaṇa  
Purpose of Discussing Creation

**8. Viṣaya: *Creation***

The Process of Creation  
The Virāṭ-puruṣa  
Creation of the Vedas  
Dikṣā in the Vedas  
Yajñas and Lokas  
Duties and Other Beings  
Values and Virtues  
The Inner Sevenfold Ritual  
Conclusion

**9. Viṣaya: *Brahmātmaikya (Part 1)***

Dvaita and Advaita  
The Significance of 'Subtle' and Ātman  
Absolute Reality  
Brahman and Ātman are One  
Tat Tvam Asi  
Theme of Oneness

Mahāvākya  
Absolute Identity  
Brahma-vidyā – Questions  
Brahma-vidyā

**10. Viṣaya: Brahmātmaikya (Part II)**

Nature of Brahman  
Limitation or Finitude  
Significance of the Term 'Brahma'  
Location of Brahman  
Nature of the Knowledge of Brahman  
Result of the Knowledge of Brahman

**11. Viṣaya: Pañcakośa-viveka**

Pañcakośas  
The Ānanda-ātman  
Ahaṅkāra or Ego  
Brahma-vidyā is Upaniṣad  
Means for Realising the Self  
The Right Attitude for Śravaṇa and Manana

**12. Viṣaya: Śravaṇa, Manana and Nididhyāsana (Part I)**

Śravaṇa  
Doubts after Śravaṇa  
Manana or Reflection  
Manana in the *Taittirīya-upaniṣad*  
The Infinite Alone is Brahman  
Nididhyāsana

**13. Viṣaya: Śravaṇa, Manana and Nididhyāsana (Part II)**

The Practice of Meditation  
External Preparation  
Internal Preparation

Obstacles to Meditation

Key to Success

**14. Viṣaya: Meditation Aided by Om**

Om in the *Kāṭha-upaniṣad*

Om in the *Muṇḍaka-upaniṣad*

Om in the *Māṇḍūkya-upaniṣad*

The Four Quarters of Om

Practical Aspect of Om Meditation

Benefits of Chanting Om

Recapitulation of Meditation on OM

**15. Viṣaya: The Practice of Meditation**

Merging into the Self

The Process of Merging

Implication of Meditation

The Supreme State

**16. Viṣaya: The Mahāvākyas and the Chariot Metaphor**

Mahāvākyas

Interconnecting the Four Mahāvākyas

Consciousness or Prajñāna

The Chariot Metaphor

Building the Metaphor

From the Gross to the most Subtle

The Supreme State

Subtle Intellect versus Sharp Intellect

**17. Prayojana: The Result of Knowledge**

Self-realisation and Its Results

The Knots of the Heart are Cut Asunder

Purpose Served by Upaniṣad

All Doubts are Dispelled  
Freedom from the Bondage of Karmas

**18. Prayojana: The Vision of Oneness**

End of Delusion and Grief  
Superficial Solution for Sorrow  
The End of Ignorance  
The End of Fear  
End of Revulsion, Hatred and Dislike  
Attaining the Supreme  
The Experience of Bliss

**19. Sambandha: Bodhya-bodhaka-bhāva**

The Aprāpta Goal  
The Prāpta Goal  
Knowledge and Its Result  
Bodhya-bodhaka-sambandha  
What is Bondage?  
What is Liberation?  
Knowledge: The Means for Liberation  
Is it Fanaticism?  
Is Bhakti Not a Means for Mokṣa?  
What Does Knowledge Reveal?

**20. Prayojana: The Jīvanmukta and His Characteristics**

Jīvanmukti and Jīvanmukta  
Jīvanmukti – A Fact  
Bondage and Liberation  
Beyond Puṇya and Pāpa  
Jīvanmukta is Desireless  
Jīvanmukta is Satyasaṅkalpa

Behind the Jīvanmukta's Wish-fulfilling Abilities  
The Jīvanmukta's Expression of Bliss

### ***21. Prayojana: From Jīvanmukti to Videhamukti***

Qualities of a Jīvanmukta  
A Jīvanmukta Alone Attains Videhamukti  
Merging with the Infinitude  
The Sixteen Kalās  
Prāṇa, Pañca-mahābhūtas, Indriya, Manas, Annam and Vīryam  
Śraddhā  
Annam and Vīryam  
Tapas  
Mantra  
Karma  
Loka  
Nāma  
What is Mahāsamādhi?

### ***22. Self-realisation: Success and Failure***

Single-pointed Aspiration  
Self-effort, Grace of God and Guru  
Moral Strength  
Pramāda  
Tapas without Liṅga  
Who Does Not Realise the Ātman?  
Factors that Accelerate the Realisation of Ātman

### ***23. Śānti-mantras***

Ṛgveda-śāntimantra  
Sāmaveda-śāntimantra  
Atharvaveda-śāntimantra

**24. Conclusion**

Yajurveda-śāntimantra

Gratitude of the Disciple

Blessings of the Guru

Summary

Upanishad Course as Adhyātma-śāstra

