

QUOTES FROM THE UPANISHADS

The Self, the self-existent One, pierced the openings of the senses outward; therefore, a man looks out and not in. But a certain wise man, in search of immortality, turned his gaze inward and saw the Self.

-- *Katha Upanishad II, 1, 1*

Now what people call "sacrifice" is really the disciplined life of a student of sacred knowledge, for only by leading such a life does one who is a knower find the Brahman world. Now what people call "the sacrificial offering" is also really the disciplined life of a student of sacred knowledge, for only after sacrificing with the disciplined life of a student of sacred knowledge does a man find the Self.

-- *Chandogya Upanishad VIII, 5, 1*

THE FOUR MAHAVAKYAS

I am Brahman: *Aham Brahmasmi*

From the *Mundaka Upanishad*

That thou art: *Tat tvam asi*

From the *Chandogya Upanishad*

Truly, this whole world is Brahman: *Sarvam kalvidam brahma*

From the *Brihadaranyaka Upanishad*

Truly, the Brahman is this Atman: *Sa va ayam atma brahma*

From the *Chandogya Upanishad*

VOCABULARY

- Brahma:** the Hindu god associated with creation
brahmin: a member of the priestly caste in Vedic & Hindu society
brahman: from a Sanskrit root that means "to grow"
the power that made the *yajna* effective
the matrix or ground of all being
- atman:** the Sanskrit word for "self"
upanishad: literally "to sit near"
guru: teacher