

2013 Bṛhadāraṇyaka Upaniṣad 4.4.20 - 21

एकधैवानुद्रष्टव्यमेतदप्रमयं ध्रुवम् ।

विरजः पर आकाशादज् आत्मा महान्ध्रुवः ॥४॥४॥२०॥

ekadhaiṅvān udraṣṭavyam etaḍ apramayam dhruvam

virajaḥ para ākāśād aja ātmā mahān dhruvaḥ 4.4.20

It should be realised in one form only, (for) It is unknowable and eternal. The Self is taintless, beyond the (subtle) ether, birthless, infinite and constant. [Mādhavānanda]

तमेव धीरो विज्ञाय प्रज्ञां कुर्वीत ब्राह्मणः ।

नानुध्यायाद्बहुब्दान्वाचो विग्लापनं हि तदिति ॥२१॥

taṁ eva dhīro vijñāya prajñāṁ kurvīta brāhmaṇaḥ

nānudhyāyād bahūñchabdān vāco viglāpanaṁ hi tad iti 21

The intelligent aspirant after Brahman, knowing about this alone, should attain intuitive knowledge. One should not think of too many words, for it is particularly fatiguing to the organ of speech. [Mādhavānanda]

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देवद्विजगुरुप्राज्ञ पूजनं शौचमार्जवम् ।

ब्रह्मचर्यमहिंसा च शारीरं तप उच्यते ॥१७॥१४॥

devadvijaguruprājña pūjanam śaucamārjavam

brahmacaryam ahiṃsā ca śārīraṃ tapa ucyate 17.14

Worshipping the Gods, the twice-born, teachers and the wise - purity, straightforwardness, continence, and abstinence from injury are termed the bodily austerity. [Sastry]

Worship of God and the Master; respect for the preacher and the philosopher; purity, rectitude, continence and harmlessness – all this is physical austerity. [Purohit]

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।

स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥१७॥१५॥

anudvegakaram vākyaṃ satyaṃ priyahitaṃ ca yat

svādhyāyābhyasanam caiva vāṅmayam tapa ucyate 17.15

The speech which causes no excitement and is true, as also pleasant and beneficial, and also the practice of sacred recitation, are said to form the austerity of speech. [Sastry]

Speech that hurts no one, that is true, is pleasant to listen to and beneficial, and the constant study of the scriptures – this is austerity in speech. [Purohit]

मनःप्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ।

भावसंशुद्धिरित्येतत् तपो मानसमुच्यते ॥१७।१६॥

manahprasādaḥ saumyatvaṃ maunam ātmavinigrahaḥ  
bhāvasaṃśuddhir ity etat tapo mānasam ucyate 17.16

Serenity of mind, good-heartedness, silence, self-control,  
purity of nature, - this is called the mental austerity. [Sastry]

Serenity, kindness, silence, self-control and purity – this is austerity of mind. [Purohit]

श्रद्धया परया तप्तं तपस्तत्रिविधं नरैः।

अफलाकाङ्क्षिभिर्युक्तैः सात्त्विकं परिचक्षते ॥१७।१७॥

śraddhayā parayā taptam tapas tat trividham naraiḥ  
aphalākāṅkṣibhir yuktaiḥ sāttvikam paricakṣate 17.17

This threefold austerity, practised by the devout with utmost faith,  
desiring no fruit, they call Sattvic. [Sastry]

These threefold austerities performed with faith, and without thought of reward, may truly be  
accounted Pure. [Purohit]