

## 2020 Kāṭha Upaniṣad 1.2.20-22

अ॒णो॒रणी॑या॒न्म॒ह॒तो॒ म॒ही॑या॒ना॒त्मा॒ऽस्य॑ ज॒न्तो॒र्नि॒हि॒तो॑ गु॒हा॒याम् ।  
तम॑क्र॒तुः प॒श्य॒ति वी॒तशो॒को धा॒तुप्र॑सा॒दान्म॒हि॒मान॑मा॒त्मनः॑ ॥१॥  
२।२०॥

aṅor aṅīyān mahato mahīyān ātmā'sya jantornihito guhāyām  
tam ākratuḥ paśyati vītaśoko dhātuprasādān mahimānām ātmanaḥ 1.2.20

The Self that is subtler than the subtle and greater than the great, is lodged in the heart of (every) creature. A desireless one sees that glory of the Self through the serenity of the organs, and (thereby becomes) free from sorrow. 20 [Gambhīrānanda]

The Self is lesser than the least, greater than the greatest. It lives in all hearts. When senses are at rest, free from desire, one finds That and mounts beyond sorrow. [Yeats]

The Self, smaller than small, greater than great, is hidden in the heart of that creature. One who is free from desires and free from grief, sees the majesty of the Self by the grace of the Creator. [Muller]

आ॒सी॒नो॒ दूरं॑ व्र॒ज॒ति श॒यानो॑ या॒ति॒ सर्व॑तः ।  
क॒स्तं म॑दा॒म॒दं दे॒वं म॑द॒न्यो॑ ज्ञा॒तुम॑र्ह॒ति ॥१॥२॥२१॥

āsīno dūraṃ vrajati śayāno yāti sarvataḥ  
kaṣṭaṃ madāmaḍaṃ devaṃ madanyo jñātum arhāti 1.2.21

While sitting, It travels far away; while sleeping, It goes everywhere. Who but I can know that Deity who is both joyful and joyless? [Gambhīrānanda]

Though sitting, It travels ; though sleeping is every- where. Who but I Death can understand that God is beyond joy and sorrow. [Yeats]

Though sitting still, that God walks far; though lying down, goes everywhere. Who, save myself, is able to know that God who rejoices and rejoices not?' [Muller]

अशरीरं शरीरेष्वनवस्थेष्ववस्थितम् ।

महान्तं विभुमात्मानं मत्वा धीरो न शोचति ॥१।२।२२॥

aśarīraṁ śarīreṣv anavastheṣvavasthītam

mahāntaṁ vibhūma ātmānaṁ matvā dhīro na śocāti 1.2.22

Having meditated on the Self, as bodiless in the midst of bodies, as permanent in the midst of the impermanent, and as great and pervasive, the wise one does not grieve. 22 [Gambhīrānanda]

Who knows the Self, bodiless among the embodied, unchanging among the changing, prevalent everywhere, goes beyond sorrow. [Yeats]

The wise who knows the Self as bodiless within the bodies, as unchanging among changing things, as great and omnipresent, does never grieve. [Muller]