

2024 Muṇḍaka Upaniṣad 2.2.7 – 8

यः सर्वज्ञः सर्वविद्युस्यैष महिमा भुवि । दिव्ये ब्रह्मपुरे ह्येष
व्योमन्यात्मा प्रतिष्ठितः । मनोमयः प्राणशरीरनेता प्रतिष्ठितोऽन्ने
हृदयं सन्निधाय । तद्विज्ञानेन परिपश्यन्ति धीरा
आनन्दरूपममृतं यद्विभाति ॥२१२७॥

yaḥ sārvajñaḥ sarvavidyaśyaiṣa mahimā bhuvi

divyē brahmapūre hyeṣa vyomnyātmā pratiṣṭhitaḥ

manōmayāḥ prāṇaśarīraṇetā pratiṣṭhito'ṇne hṛdayaṃ sannidhāya

tadvijñānena paripāśyanti dhīrā ānandarūpamamṛtaṃ yadvibhāti. 2.2.7

That Self which is omniscient in general and all-knowing in detail and who has such glory in this world—that Self, which is of this kind—is seated in the space within the luminous city of Brahman.

It is conditioned by the mind, It is the carrier of the vital forces and the body, It is seated in food by placing the intellect (in the cavity of the heart). The discriminating ones realise, through their knowledge, the Self as existing in Its fullness on all sides—the Self that shines surpassingly as blissfulness and immortality. [Gambhīrānanda]

भिद्यते हृदयग्रन्थिश्चिद्यन्ते सर्वमंशयाः । क्षीयन्ते चास्य कर्माणि
तस्मिन्दृष्टे प्रावरे ॥२१२८॥

bhidyate hṛdayagranthiśchidyante sarvasaṃśayāḥ

kṣīyānte cāsyā karmāṇī tasmindrṣṭe parāvare 2.2.8

When that Self, which is both high and low, is realised, the knot of the heart gets untied, all doubts become solved, and all one's actions become dissipated. [Gambhīrānanda]