

The Science of Upanishads - Part 10: Taittiriya Upanishad

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Taittiriya Upanishad emphasizes the importance of knowing the Brahman. It says, "He who knows Brahman which is Reality, Knowledge, and Infinity hidden in the cave of the heart and in the highest of skies —he, being one with the omniscient Brahman, enjoys simultaneously all desires." He who knows the Bliss of Brahman, whence all words together with the mind turn away, unable to reach it—he never fears. The true nature of the mind cannot be known either by words or by the mind itself. The mind which seeks to know the mind is only a mental state (vritti). Hence the mind remains unknown to the mind. The mind is, in essence, one with the Cosmic Mind, or Hiranyagarbha (the first manifestation of Saguna Brahman), who is the highest manifestation of Brahman in the relative world. That is why it is said that he who contemplates the sheath of the mind as Brahman has nothing to be afraid of; he attains the World of Hiranyagarbha.

"He who knows Brahman which is Reality, Knowledge, and Infinity hidden in the cave of the heart and in the highest akasa —he, being one with the omniscient Brahman, enjoys simultaneously all desires."

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