

अथ हैनमुद्दालक आरुणिः पप्रच्छ
याज्ञवल्क्येति होवाच

atha hainam uddālaka āruṇiḥ papraccha
yājñavalkyeti hovāca

Then Uddalaka, the son of Aruna, asked him.
O Yajnavalkya, he said...

मद्रेष्ववसाम पतञ्चलस्य काप्यस्य गृहेषु
यज्ञमधीयानास् तस्यासीद्भार्या गन्धर्वगृहीता ।

madreṣv avasāma patañcalasya kāpyasya gr̥heṣu
yajñam adhīyānās tasyāsīd bhāryā gandharva-
gr̥hītā

'In Madra we lived in the house of Patanchala
Kapya studying the scriptures on sacrifices.
His wife was possessed by a Gandharva.

तमपृच्छाम कोऽसीति ।
सोऽब्रवीत् कबन्ध आथर्वण इति ।

tam apr̥cchāma ko 'sīti
so 'bravīt kabandha ātharvaṇa iti

We asked him who he was.
He said, "Kabandha, the son of Atharvan".

सोऽब्रवीत्पतञ्चलं काप्यं याज्ञिकाँश्च

so 'bravīt patañcalaṃ kāpyaṃ yājñikāṃś ca

He said to Patanchala Kapya and those who
studied the scriptures on sacrifices ...

वेत्थ नु त्वं काप्य तत्सूत्रं येनायं च लोकः परश्च
लोकः सर्वाणि च भूतानि संदृब्धानि भवन्तीति ।

vettha nu tvaṃ kāpya tat sūtraṃ yenāyaṃ ca
lokaḥ paraś ca lokaḥ sarvāṇi ca bhūtāni
saṃdr̥bdhāni bhavantīti

"Kapyā, do you know that Sutra by which this
life, the next life, and all beings are held
together?"

सोऽब्रवीत्पतञ्चलः काप्यो
नाहं तद् भगवन् वेदेति ।
सोऽब्रवीत् पतञ्चलं काप्यं याज्ञिकाँश्चः

so 'bravīt patañcalaḥ kāpyo
nāhaṃ tad bhagavan vedeti
so 'bravīt patañcalaṃ kāpyaṃ yājñikāṃś ca

Patanchala Kapyā said, "I do not know it, sir".
The Gandharva said to him and the students ...

वेत्थ नु त्वं काप्य तमन्तर्यामिणं
य इमं च लोकं परं च लोकं सर्वाणि च
भूतानि योऽन्तरो यमयतीति ।

vettha nu tvaṃ kāpya tam antaryāmiṇaṃ
ya imaṃ ca lokaṃ paraṃ ca lokaṃ sarvāṇi ca
bhūtāni yo 'ntaro yamayatīti

"Kapyā, do you know that Internal Ruler who
controls this and the next life and all beings
from within?"

सोऽब्रवीत् पतञ्चलः काप्यो नाहं तं भगवन्वेदेति ।
सोऽब्रवीत् पतञ्चलं काप्यं याज्ञिकाँश्च

so 'bravīt patañcalaḥ kāpyo
nāhaṃ taṃ bhagavan vedeti
so 'bravīt patañcalaṃ kāpyaṃ yājñikāṃś ca

Patanchala Kapyā said, "I do not know Him, sir".
The Gandharva said to him and the students ...

यो वै तत् काप्य सूत्रं विद्यात्तं चान्तर्यामिणमिति

yo vai tat kāpya sūtram vidyāt taṃ
cāntaryāmiṇam iti

"He who knows that Sutra and that Internal Ruler
as above indeed ...

स ब्रह्मवित् स लोकवित् स देववित्
स वेदवित् स भूतवित् स आत्मवित्
स सर्वविदिति तेभ्योऽब्रवीत्

sa brahmavit sa lokavit sa devavit
sa vedavit sa ātmavit sa sarvavit
iti tebhyo 'bravīt

He knows Brahman, knows the worlds, knows
the gods, knows the Vedas, knows beings,
knows the self, and knows everything".
He explained it all to them.

तदहं वेद तच्चेत्त्वं याज्ञवल्क्य सूत्रमविद्वाँस्तं
चान्तर्यामिणं ब्रह्मगवीरुदजसे मूर्धा ते
विपतिष्यतीति

tad ahaṃ veda tac cet tvaṃ yājñavalkya sūtram
avidvāṃs taṃ cāntaryāmiṇaṃ brahma-gavīr
udajase mūrdhā te vipatiṣyati

I know it. If you, Yajnavalkya, do not know that
Sutra and that Internal Ruler, and still take away
the cows that belong only to the knowers of
Brahman, your head shall fall off'.

वेद वा अहं गौतम तत्सूत्रं तं चान्तर्यामिणमिति ।

veda vā ahaṃ gautama tat sūtram taṃ
cāntaryāmiṇam iti

'I know, O Gautama, that Sutra and that Internal
Ruler'.

यो वा इदं कश्चिद् ब्रूयाद् वेद वेदेति ।
यथा वेत्थ तथा ब्रूहीति ॥१॥

yo vā idaṃ kaśca brūyād veda vedeti
yathā vettha tathā brūhīti

'Anyone can say, "I know, I know". Tell us what
you know.'

स होवाच वायुर्वै गौतम तत्सूत्रम् वायुना वै गौतम
सूत्रेणायं च लोकः परश्च लोकः सर्वाणि च भूतानि
संदृब्धानि भवन्ति ।

sa hovaca vāyur vai gautama tat sūtram vāyunā
vai gautama sūtreṇāyaṃ ca lokaḥ paraś ca lokaḥ
sarvāṇi ca bhūtāni saṃdṛbdhāni bhavanti

He said, 'O Gautama, Vayu is that Sutra.
Through this Sutra or Vayu, this and the next life
and all beings are held together.'

तस्माद्वै गौतम पुरुषं प्रेतमाहुर्
व्यस्रंसिषतास्याङ्गानीति वायुना हि गौतम
सूत्रेण संदृब्धानि भवन्तीति

tasmād vai gautama puruṣaṃ pretam āhur
vyasraṃsiṣatāsy āṅgānīti vāyunā hi gautama
sūtreṇa saṃdṛbdhāni bhavantīti

Therefore, O Gautama, when a man dies, they say
that his limbs have been loosened, for they are
held together, by the Sutra or Vayu, O Gautama.'

एवमेवैतद् याज्ञवल्क्य अन्तर्यामिणं ब्रूहीति ॥२॥

evam evaitad yājñavalkya antaryāmiṇaṃ brūhīti

'Quite so, Yajnavalkya. Now describe the Internal
Ruler.'

यः पृथिव्यां तिष्ठन्पृथिव्या अन्तरो
यं पृथिवी न वेद यस्य पृथिवी शरीरं

yaḥ pṛthivyāṃ tiṣṭhan pṛthivyā antaro
yaṃ pṛthivī na veda yasya pṛthivī śarīraṃ

He who inhabits the earth, but is within it,
whom the earth does not know, whose body is
the earth ...

यः पृथिवीमन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥ ३ ॥

yaḥ pṛthivīm antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls the earth from within, is the
Internal Ruler, your own immortal self.

योऽप्सु तिष्ठन्नद्भ्योऽन्तरो यमापो न विदुः
यस्यापः शरीरम् योऽपोऽन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥ ४ ॥

yo 'psu tiṣṭhann adbhyo 'ntaro yam āpo na vidur
yasyāpaḥ śarīraṃ yo 'po 'ntaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits water, but is within it, whom
water does not know, whose body is water, and
who controls water from within, is the Internal
Ruler, your own immortal self.

योऽग्नौ तिष्ठन्नग्नेरन्तरो यमग्निर्न वेद
यस्याग्निः शरीरम् योऽग्निमन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥ ५ ॥

yo 'gnau tiṣṭhann agner antaro yam agnir na veda
yasyāgniḥ śarīraṃ yo 'gnim antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits fire, but is within it, whom fire
does not know, whose body is fire, and who
controls fire from within, is the Internal Ruler,
your own immortal self.

योऽन्तरिक्षे तिष्ठन्नन्तरिक्षादन्तरो
यमन्तरिक्षं न वेद यस्यान्तरिक्षं शरीरं

yo 'ntarikṣe tiṣṭhann antarikṣād antaro
yam antarikṣam na veda yasyāntarikṣam śarīraṃ

He who inhabits the sky, but is within it, whom
the sky does not know, whose body is the sky ...

योऽन्तरिक्षमन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥ ६ ॥

yo 'ntarikṣam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls the sky from within,
is the Internal Ruler, your own immortal self.

यो वायौ तिष्ठन्वायोरन्तरो यं वायुर्न वेद
यस्य वायुः शरीरं यो वायुमन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥ ७ ॥

yo vāyau tiṣṭhan vāyor antaro yaṃ vāyur na veda
yasya vāyuḥ śarīraṃ yo vāyum antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits air, but is within it, whom
air does not know, whose body is air, and who
controls air from within, is the Internal Ruler,
your own immortal self.

यो दिवि तिष्ठन्दिवोऽन्तरो यं द्यौर्न वेद
यस्य द्यौः शरीरं यो दिवमन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥ ८ ॥

yo divi tiṣṭhan divo 'ntaro yaṃ dyaur na veda
yasya dyauḥ śarīraṃ yo divam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits heaven, but is within it, whom
heaven does not know, whose body is heaven,
and who controls heaven from within, is the
Internal Ruler, your own immortal self.

य आदित्ये तिष्ठन्नादित्यादन्तरो यमादित्यो न
वेद यस्याऽऽदित्यः शरीरम् य आदित्यमन्तरो
यमयति एष त आत्माऽन्तर्याम्यमृतः ॥९॥

ya āditye tiṣṭhann ādityād antaro yam ādityo na
veda yasyāḍḍityaḥ śarīraṃ ya ādityam antaro
yamayati eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the sun, but is within it, whom
the sun does not know, whose body is the sun,
and who controls the sun from within, is the
Internal Ruler, your own immortal self.

यो दिक्षु तिष्ठन्दिग्भ्योऽन्तरो यं दिशो न विदुर्
यस्य दिशः शरीरं यो दिशोऽन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥१०॥

yo dikṣu tiṣṭhan digbhyo 'ntaro yaṃ diśo na vidur
yasya diśaḥ śarīraṃ yo diśo 'ntaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the quarters, but is within it,
whom the quarters does not know, whose body is
the quarters, and who controls the quarters from
within, is the Internal Ruler, your own immortal
self.

यश्चन्द्रतारके तिष्ठँश्चान्द्रतारकादन्तरो
यं चन्द्रतारकं न वेद यस्य चन्द्रतारकं शरीरं

yaś candra-tārake tiṣṭhañś candra-tāra-kād antaro
yaṃ candra-tāra-kaṃ na veda yasya candra-
tāra-kaṃ śarīraṃ

He who inhabits the moon and stars, but is within
it, whom the moon and stars does not know,
whose body is the moon and stars ...

यश्चन्द्रतारकमन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥११॥

yaś candra-tāra-kam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls the moon and stars from
within, is the Internal Ruler, your own immortal
self.

य आकाशे तिष्ठन्नाकाशादन्तरो
यमाकाशो न वेद यस्याऽऽकाशः शरीरं

ya ākāśe tiṣṭhann ākāśād antaro
yam ākāśo na veda yasyākāśaḥ śarīraṃ

He who inhabits space, but is within it, whom
space does not know, whose body is space ...

य आकाशमन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृतः ॥१२॥

ya ākāśam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls space from within, is the
Internal Ruler, your own immortal self.

यस्तमसि तिष्ठँस्तमसोऽन्तरो
यं तमो न वेद यस्य तमः शरीरं

yas tamasi tiṣṭhaṃs tamaso 'ntaro
yaṃ tamo na veda yasya tamaḥ śarīraṃ

He who inhabits darkness, but is within it, whom
darkness does not know, whose body is
darkness ...

यस्तमोऽन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥१३॥

yas tamo 'ntaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls darkness from within, is the
Internal Ruler, your own immortal self.

यस्तेजसि तिष्ठस्तेजसोऽन्तरो
यं तेजो न वेद यस्य तेजः शरीरम्

yas tejasi tiṣṭhaṃs tejaso 'ntaro
yaṃ tejo na veda yasya tejaḥ śarīraṃ

He who inhabits light, but is within it, whom light
does not know, whose body is light ...

यस्तेजोऽन्तरो यमयति
एष त आत्मान्तर्याम्यमृत
इत्यधिदैवतम् अथाधिभूतम् ॥१४॥

yas tejo 'ntaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ
ity adhidaivatam athādhībhūtam

... and who controls light from within, is the
Internal Ruler, your own immortal self.
This much with reference to the gods.
Now with reference to the beings.

यः सर्वेषु भूतेषु तिष्ठन्सर्वेभ्यो भूतेभ्योऽन्तरो
यं सर्वाणि भूतानि न विदुर्
यस्य सर्वाणि भूतानि शरीरं

yaḥ sarveṣu bhūteṣu tiṣṭhan sarvebhyo
bhūtebhyo 'ntaro yaṃ sarvāṇi bhūtāni na vidur
yasya sarvāṇi bhūtāni śarīraṃ

He who inhabits all beings, but is within it, whom
no being knows, whose body is all beings ...

यः सर्वाणि भूतान्यन्तरो यमयति
एष त आत्माऽन्तर्याम्यमृत
इत्यधिभूतम् अथाध्यात्मम् ॥१५॥

yaḥ sarvāṇi bhūtāny antaro yamayati
eṣa ta ātmāntaryāmy amṛta
ity adhibhūtam athādhyātmam

... and who controls all beings from within,
is the Internal Ruler, your own immortal self.
This much with reference to the beings.
Now with reference to the body.

यः प्राणे तिष्ठन्प्राणादन्तरो यं प्राणो न वेद
यस्य प्राणः शरीरं यः प्राणमन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥१६॥

yaḥ prāṇe tiṣṭhan prāṇād antaro yaṃ prāṇo na
veda yasya prāṇaḥ śarīraṃ yaḥ prāṇam antaro
yamayati eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the prana, but is within it, whom
the prana does not know, whose body is the
prana, and who controls the prana from within, is
the Internal Ruler, your own immortal self.

यो वाचि तिष्ठन्वाचोऽन्तरो यं वाङ् वेद
यस्य वाक् शरीरं यो वाचमन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥१७॥

yo vāci tiṣṭhan vāco 'ntaro yaṃ vāñ na veda
yasya vāk śarīraṃ yo vācam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the organ of speech, but is
within it, whom the organ of speech does not
know, whose body is the organ of speech, and
who controls the organ of speech from within, is
the Internal Ruler, your own immortal self.

यश्चक्षुषि तिष्ठञ्चक्षुषोऽन्तरो यं चक्षुर्न वेद
यस्य चक्षुः शरीरं यश्चक्षुरन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥१८॥

yaś cakṣuṣi tiṣṭhañ cakṣuṣo 'ntaro yaṃ cakṣur
na veda yasya cakṣuḥ śarīraṃ yaś cakṣur antaro
yamayati eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the eye, but is within it, whom
the eye does not know, whose body is the eye,
and who controls the eye from within, is the
Internal Ruler, your own immortal self.

यः श्रोत्रे तिष्ठञ्छ्रोत्रादन्तरो यं श्रोत्रं न वेद
यस्य श्रोत्रं शरीरं यः श्रोत्रमन्तरो यमयति
स एष त आत्मान्तर्याम्यमृतः ॥१९॥

yaḥ śrotre tiṣṭhañ chrotrād antaro yaṃ śrotraṃ
na veda yasya śrotraṃ śarīraṃ yaḥ śrotram
antaro yamayati eṣa ta ātmāntaryāmy amṛtaḥ
॥

He who inhabits the ear, but is within it, whom
the ear does not know, whose body is the ear,
and who controls the ear from within, is the
Internal Ruler, your own immortal self.

यो मनसि तिष्ठन्मनसोऽन्तरो यं मनो न वेद
यस्य मनः शरीरम् यो मनोऽन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥ २० ॥

yo manasi tiṣṭhan manaso 'ntaro yaṃ mano na
veda yasya manaḥ śarīraṃ yo mano 'ntaro
yamayati eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the mind but is within it, whom
the mind does not know, whose body is the mind,
and who controls the mind from within, is the
Internal Ruler, your own immortal self.

यस्त्वचि तिष्ठँस्त्वचोऽन्तरो यं त्वङ्ग वेद
यस्य त्वक् शरीरम् यस्त्वचमन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥ २१ ॥

yas tvaci tiṣṭhaṃs tvaco 'ntaro yaṃ tvañ na veda
yasya tvak śarīraṃ yas tvacam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

He who inhabits the skin, but is within it, whom
the skin does not know, whose body is the skin,
and who controls the skin from within, is the
Internal Ruler, your own immortal self.

यो विज्ञाने तिष्ठन्विज्ञानादन्तरो यँ विज्ञानं न वेद
यस्य विज्ञानं शरीरं

yo vijñāne tiṣṭhan vijñānād antaro
yaṃ vijñānaṃ na veda
yasya vijñānaṃ śarīraṃ

He who inhabits the intellect, but is within it,
whom the intellect does not know, whose body is
the intellect ...

यो विज्ञानमन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः ॥ २२ ॥

yo vijñānam antaro yamayati
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls the intellect from within,
is the Internal Ruler, your own immortal self.

यो रेतसि तिष्ठन् रेतसोऽन्तरो
यँ रेतो न वेद यस्य रेतः शरीरम्

yo retasi tiṣṭhaṃ retaso 'ntaro
yaṃ reto na veda yasya retaḥ śarīraṃ

He who inhabits the organ of generation, but is within it, whom the organ of generation does not know, whose body is the organ of generation ...

यो रेतोऽन्तरो यमयति
एष त आत्मान्तर्याम्यमृतः

śarīraṃ yo reto 'ntaro yamayaty
eṣa ta ātmāntaryāmy amṛtaḥ

... and who controls the organ of generation from within, is the Internal Ruler, your own immortal self.

अदृष्टो द्रष्टाऽश्रुतः श्रोताऽमतो मन्ताऽविज्ञतो
विज्ञाता

adr̥ṣṭo draṣṭā 'śrutaḥ śrotā 'mato mantā 'vijñato
vijñātā

He is never seen, but is the Witness; He is never heard, but is the Hearer; He is never thought, but is the Thinker; He is never known, but is the Knower.

नान्योऽतोऽस्ति द्रष्टा नान्योऽतोऽस्ति श्रोता
नान्योऽतोऽस्ति मन्ता नान्योऽतोऽस्ति विज्ञाता
एष त आत्मान्तर्याम्यमृतः

nānyo 'to 'sti draṣṭā nānyo 'to 'sti śrotā
nānyo 'to 'sti mantā nānyo 'to 'sti vijñātā
eṣa ta ātmāntaryāmy amṛtaḥ

There is no other witness but Him, no other hearer but Him, no other thinker but Him, no other knower but Him. He is the Internal Ruler, your own immortal self.

अतोऽन्यदार्तं
ततो ह्युद्दालक आरुणिरुपरराम ॥ २३ ॥

ato 'nyad ārtam
tato hoddālaka āruṇir upararāma

Everything else but Him is mortal.'
Thereafter, Uddalaka, the son of Aruna,
kept silent.