

MĀṆḌŪKYA UPANIṢAD

by

Dr. Paul YF Loke



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Enathur, Kancheepuram - 631 561

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*'All the world's a stage,
And all the men and
women merely players'.*

As You Like It 2.7.

William Shakespeare

Contents

	Page.
Foreword	i
Acknowledgments	ii
1. Introduction	
2. Mantra 1.....	11
3. Mantra 2.....	15
4. Mantra 3.....	20
5. Mantra 4.....	25
6. Mantra 5.....	31
7. Mantra 6.....	38
8. Mantra 7.....	42
9. Mantra 8.....	55
10. Mantra 9.....	59
11. Mantra 10	63
12. Mantra 11	67
13. Mantra 12	71
14. Conclusion	75

Foreword

According to the tradition of *Advaita Vedanta*, when the essence of *Māṇḍukya Upaniṣad* one of the principal *Upaniṣads*, is thoroughly understood and internalised, the ever - effulgent *Ātman* which hitherto has been obscured due to one's preoccupation with the gross world, will be revealed. However, even the intellectual appraisal of the *Upaniṣad* is beyond the reach of most people because the teaching is encrypted in twelve pithy *slokas*. I am therefore very glad that Paul Loke of Singapore, who was a former student of SCSVM, has brought out this English commentary on the *Upaniṣad* in a style and manner which both the students of *Vedanta* and spiritual aspirants alike will find immensely useful. As long as I have known Paul, he has been a serious seeker of the highest truth. And it is this intense desire that has led him not only to eminent scholars of philosophy and religion, but also highly spiritually - evolved souls who live and breathe the teaching of 'unity in diversity'.

I would like take this opportunity to thank Paul for his good work and wish him all the very best in all his future research and writings.

Professor V.S. Vishupotty
Registrar
Sri Chandrasekharendra Saraswathi
Viswa Mahavidyalaya
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Tamil Nadu, India
8 February 2009

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This exposition of the *Māṇḍūkya Upaniṣad* is based mainly on the commentary by Sri Sankaracarya. Somehow I have developed a fascination and intense liking for the Upaniṣad since the early years of my spiritual journey. Through the years, the unseen hand of providence has lead me to study and imbibe the deeper significance of this text (as part of the *Māṇḍūkya Kārikā*) with several teachers. Amongst these torch-bearers of the Advaita tradition whom I am grateful to are Swami Paramarthananda, Sri Paniraj and the late Professor S.K. Ramachandra Rao. But it was at the feet of Sri Sri Muthayya of West Godavari in Andhra Pradesh that I left any lingering doubts and went beyond the letter of the *Upaniṣad*. My special thanks also goes to Professor V.S. Vishnupotty, Registrar, Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya, for bringing out this book as a publication of the University. Finally and most important, my humble pranams to His Holiness Jayendra Saraswati and his Holiness Sri Sankara Vijayendra Saraswati, both of whom have been very supportive and encouraging of my research and sadhana. And as with all my other writings, the completion of the *Māṇḍūkya Upaniṣad* would not have been possible without the love and sustenance of two very special persons whom this book is dedicated to; my wife, Elsie and my daughter, Sheryl.

Paul Y F Loke
Singapore
23 February 2009
Maha Sivarathri

