

## aitarEyOpanishat

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OM vAMmE manasi pratiShThitA manO mE vAci pratiShThitamAvirAvIrmA Edhi |  
vEdasya mE ANIsthAH shrutaM mE mA  
prahAsIranEnAdhItEnA&hOrAtrAMsaMdadhAmRyutaM vadiShyAmi |  
satyaM vadiShyAmi |  
tanmAmavatu |  
tadvaktAramavatu |  
avatumAmavatu vaktAraM ||  
OM shAMtiH shAMtiH shAMtiH ||

AtmA vA idamEka EvAgra AsIt |  
nAnyatkiMcana miShat |  
sa IkShata IOkAnnu sRujA iti || 1,1.1 ||

sa imAMIIOkAnasRujata |  
aMbho marIcIrmaramApO&dO&MbhaH parENa divam dyauH  
pratiShThA&MtarikShaM marIcayaH |  
pRuthivI marO yA adhastAttA ApaH || 1,1.2 ||

sa IkShatEmE nu IOkA IOkapAIAnnu sRujA iti |  
sO&dbhya Eva puruShaM samuddhRutyAmUrcchayat || 1,1.3 ||

tamabhyatapattasyAbhitaptasya mukhaM nirabhidyata yathA&MDam |  
mukhAdvAgvAcO&gnirnAsikE nirabhidyEtAM |  
nAsikAbhyAM prANaH |  
prANAdvAyurakShiNI nirabhidyEtAmakShIbhyAM  
cakShushcakShuSha AdityaH |  
karNau nirabhidyEtAM |  
karNAbhyAM shrOtraM |  
shrOtrAddishastvaM nirabhidyata |  
tvacO IOmAni |  
IOmabhya OShadhivanaspatayO |  
hRudayaM nirabhidyata |  
hRudayanmanO |  
manasashcaMdramA |  
nAbhirmirabhidyata |  
nAbhya apAnO&pAnAnmRutyuH |  
shishnaM nirabhidyata |  
shishnAdrEtO |  
rEtasa ApaH || 1,1.4 ||

**|| iti prathamO&dhyAyasya prathamaH KaMDaH ||**

tA EtA dEvataH sRuShTA asminmahatyarNavE prApatan |  
tamashanApipAsAbhyAmanvavArjat |  
tA EnamabruvannAyatanaM naH prajAnIhi |  
yasminpratiShThitA annamadAmEti || 1,2.1 ||

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tAbhyO gAmAnayattA abruvanna vai nO&yamalamiti |  
tAbhyO&shvamAnayattA abruvanna vai nO&yamalamiti || 1,2.2 ||

tAbhyaH puruShamAnayattA abruvansukRutaM batEti  
puruShO vAva sukRutaM |  
tA abravIdyathAyatanaM pravishatEti || 1,2.3 ||

agnirvAgbhUtvA mukhaM prAvishadvAyuH  
prANO bhUtvA nAsikE prAvishadAdityashcakShurbhUtvA&kShiNI  
prAvishAdishaH shrOtraM bhUtvA karNau  
prAvishannOShadhivanaspatayO IOmAni bhUtvA tvacaM  
prAvishaMshcaMdramA manO bhUtvA hRudayaM  
prAvishanmRutyurapAnO bhUtvA nAbhiM  
prAvishadApO rEtO bhUtvA shishnaM prAvishan || 1,2.4 ||

tamashanApipAsE abrUtAmavAbhyAmabhiprajAnIhIti |  
tE abravIdEtAsvEva vAM dEvatAsvAbhajAmyEtAsu bhAginyau karOmIti |  
tasmAdyasyai kasyai ca dEvatAyai havirgRuhyatE  
bhAginyAvEvAsyAmashanApipAsE bhavataH || 1,2.5 ||

**|| iti prathamO&dhyAyasya dvitIyaH KaMDaH ||**

sa IkShatEmE nu IOkAshca  
IOkapAlAshcAnnamEbhyaH sRujA iti || 1,3.1 ||

sO&pO&bhyatapattAbhyO&bhitaptAbhyO mUrtirajAyata |  
yA vai sA mUrtirajAyatAnnaM vai tat || 1,3.2 ||

tadEtatabhisRuShTaM parAMtyajighAMsattadvAcA&jighRukShattannAshaknOdvAcA grahItuM |  
sa yaddhainadvAcA&grahaiShyadabhivyAhRutya haivAnnamatrapasyat || 1,3.3 ||

tatprANEnAjighRukShattannAshaknOt prANEna grahItuM |  
sa yaddhainatprANEnAgrahaiShyadabhiprANya haivAnnamatrapasyat || 1,3.4 ||

taccakShuShAjighRukShattannAshaknOccakShuShA grahItuM |  
sa yaddhainaccakShuShA&grahaiShyat dRuShTvA haivAnnamatrapasyat || 1,3.5 ||

tacchrOtrENAjighRukShattannAshaknOcchrOtrENa grahItuM |  
sa yaddhainacchrOtrENAgrahaiShyacchrutvA haivAnnamatrapasyat || 1,3.6 ||

tattvacA&jighRukShattannAshaknOttvacA grahItuM |  
sa yaddhainattvacAgrahaiShyatspruShTvA haivAnnamatrapasyat || 1,3.7 ||

tanmanasA&jighRukShattannAshaknOnmanasA grahItuM |  
sa yaddhainanmanasAgrahaiShyaddhyAtvA haivAnnamatrapasyat || 1,3.8 ||

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tacchishnEnAjighRukShattannAshaknOcchishnEna grahItuM |  
sa yaddhainacchishnEnAgrahaiShyadvisRujya haivAnnamatrapasyat || 1,3.9 ||

tadapAnEnAjighRukShattadAvayat |  
saiShO&nnasya grahO yadvAyurannAyurvA ESha yadvAyuH || 1,3.10 ||

sa IkShata kathaM nvidaM madRutE syAditi |  
sa IkShata katarENa prapadyA iti |  
sa IkShata yadi vAcA&bhivyAhRutaM yadi prANEnAbhiprANitaM yadi cakShuShA dRuShTaM yadi  
shrOtrENa shrutaM yadi tvacA spRuShTaM yadi manasA dhyAtaM yadyapAnEnAbhyapAnitaM yadi  
shishnEna visRuShTamatha kO&hamiti || 1,3.11 ||

sa EtamEva sImAnaM vidAryaitayA dvArA prApadyata |  
saiShA vidRutirnAmadvAstadEtannAndanam |  
tasya traya AvasathAstrayaH svapnA  
ayamAvasathO&yamAvasathO&yamAvasatha iti || 1,3.12 ||

sa jAtO bhUtAnyabhivyaikhyatkimihAnyam vAvadiShaditi |  
sa EtamEva puruShaM brahma tatamamapashyadidamarshamitI || 1,3.13 ||

tasmAdidaMdrO nAmEdaMdrO ha vai nAma |  
tamidaMdram saMtamiMdram ityAcakShatE parOkShENa |  
parOkShapriyA iva hi dEvAH |  
parOkShapriyA iva hi dEvAH || 1,3.14 ||

**|| iti prathamO&dhyAyasya tRutIyaH KaMDaH ||**

**|| ityaitarEyE prathamO&dhyAyaH ||**

**apakrAmaMtu garbhiNyaH ||**

puruShE ha vA ayamAditO garbhO bhavati |  
yadEtadrEtastadEtatsarvEbhyO&MgEbhyastEjaH saMbhUtamAtmanyEvA&&tmAnaM bibharti |  
tadyadA striyAM siMcatyathainajjanayati tadasya prathamaM janma || 2.1 ||

tatstriyA AtmabhUyaM gacchati yathA svamaMgaM tathA |  
tasmAdEnAM na hinasti |  
sAsyaitam AtmAnam atra gataM bhAvayati || 2.2 ||

sA bhAvayitrI bhAvayitavyA bhavati |  
taM strI garbhaM bibharti |  
sO&gra Eva kumAraM janmanO&grE&dhi bhAvayati |  
sa yatkumAraM janmanO&grE&dhi bhAvayatyAtmAnamEva tadbhAvayatyEShAM IOkAnAM  
saMtatyA EvaM saMtata hImE IOkAstadasya dvitIyaM janma || 2.3 ||

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sO&syAyamAtmA puNyEbhyaH karmEbhyaH pratidhIyatE |  
athAsyAyamitara AtmA kRutakRutyO vayOgataH praiti |  
sa itaH prayannEva punarjAyatE tadasya tRutIyaM janma || 2.4 ||

**taduktamRuShiNA ||**

garbhE nu sannanvEShAmavEdamahaM dEvAnAM janimAni vishvA |  
shataM mA pura AyasIarakShannadhaH shyEnO javasA niradIyamiti |  
garbha EvaitacchayAnO vAmadEva EvamuvAca || 2.5 ||

sa EvaM vidvAnasmAccharIrabhEdAdUrdhva utkramyAmuShminsvargE  
IOkE sarvAnkAmAnAptvA&mRutaH samabhavatsamabhavat || 2.6 ||

**|| iti dvitIyO&dhyAyasya prathamaH KaMDaH ||**

**|| ityaitarEyE dvitIyO&dhyAyaH ||**

hariH OM |  
kO&yamAtmEti vayamupAsmahE |  
kataraH sa AtmA yEna vA rUpaM pashyati yEna vA shabdaM shRuNOti  
yEna vA gaMdhAnAjighrati yEna vA vAcAM vyAkarOti  
yEna vA svAdu cAsvAdu ca vijAnAti || 3.1 ||

yadEtaddhRudayaM manashcaitat |  
saMj~jAnamAj~jAnaM vij~jAnaM praj~jAnaM mEdhA dRuShTirdhRutirmatirmanIShA  
jUtIH smRutiH saMkalpaH kraturasuH kAmO vasha iti |  
sarvANyEvaitAni praj~jAnasya nAmadhEyAni bhavaMti || 3.2 ||

ESha brahmESha iMdra ESha prajApatirEtE sarvE dEvA |  
imAni ca paMca mahAbhUtAni pRuthivI vAyurAkAsha ApO jyOtIMShItyEtAnImAni ca  
kShudramishrANi va bIjAnItarANi cEtarANi cAMDajAni ca jArujAni ca  
svEdajAni cOdbhijjAni cAshvA gAvaH puruShA hastinO yatkiMcEdam  
prANi jaMgamaM ca patatri ca yacca sthAvaram |  
sarvaM tatpraj~jAnEtram |  
praj~jAnE pratiShThitam |  
praj~jAnEtrO IOkaH |  
praj~jA pratiShThA |  
praj~jAnaM brahma || 3.3 ||

sa EtEna praj~jEnA&&tmanA&smAlIOkAdutkramyAmuShminsvargE IOkE  
sarvAnkAmAnAptvAmRutaH samabhavat samabhavat || 3.4 ||

**|| iti tRutIyO&dhyAyasya prathamaH KaMDaH ||**

**|| ityaitarEyE tRutIyO&dhyAyaH ||**

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prahAsIranEnAdhItEnA&hOrAtrAMsaMdadhAmRyutaM vadiShyAmi |  
satyaM vadiShyAmi |  
tanmAmavatu |  
tadvaktAramavatu |  
avatu mAmavatu vaktAramavatu vaktAram ||

OM shAMtiH shAMtiH shAMtiH ||