



# The Mandukya Upanishad

*being a Summary of Consciousness & Its Phases*

in relation to the article "[AUM!](#)" by William Q Judge (Theosophical author, 1851-1896)

The Mandukya is the shortest of the many *Upanishads*; here it is, in its entirety. *The Upanishads*, are the *Vedānta*, Sanskrit texts and the ancient esoteric interpretations of the *Vedas*. They contain the central concepts of Hinduism, some of their ideas also shared with Buddhism and Jainism, such as *Karma*, the *Dharmic* duties arising from it, the attaining of *Moksha-Nirvana* by right *Renunciation*, over a number of *Reincarnations*.

*"Know that you are the Ātman"* is the *Upanishads'* principal message.

The Mandukya considers *AUM* and the 3 states: Vaishvanara = **Jagrat** (waking)  
Taijasa = **Svapna** (dream)  
Pragna = **Sushupti** (dreamless, a high spiritual state)

1. *AUM* means Akshara, the Indestructible and Imperishable. It stands for the Supreme Reality. It is a symbol for what was, what is, and what shall be. *AUM* represents also what lies beyond past, present, and future. All *this* is nothing but *AUM*. All *that* is also nothing but *AUM*.
2. Brahman is all, and the Self is Brahman. This Self has four states of consciousness.
3. The first is called Vaishvanara, the waking state, in which one lives with all the senses turned outward, aware only of the external world.
4. Taijasa is the name of the second, the dreaming state in which, with the senses turned inward, one enacts the impressions of past deeds and present desires.
5. The third state is called Pragna, deep or dreamless sleep, in which one neither dreams nor desires. There is no mind in Pragna, there is no separateness; but the sleeper is not conscious of this. Let him become conscious in Pragna and it will open the door to the state of abiding joy, the Turiya state.
6. Pragna, all-powerful and all-knowing, dwells in the hearts of all as the ruler. Pragna is the source and end of all.
7. The fourth is the superconscious state called Turiya, neither inward nor outward, neither conscious nor unconscious, beyond the senses and the intellect. It is the stateless state, in which there is none other than Brahman – One, without a second. Brahman is the supreme goal of life. It is infinite peace and love. Realize Brahman!
8. Turiya is represented by *AUM*. Though indivisible, it has three sounds. Though the Self is indivisible, it has three states of manifesting consciousness.
9. *A* stands for Vaishvanara. Those who know this, through mastery of the senses, obtain the fruit of their desires and attain greatness.
10. *U* indicates Taijasa. Those who know this, by mastering even their dreams, become established in wisdom. In their family everyone leads the spiritual life and no-one is born who does not know Brahman.
11. *M* corresponds to Pragna. Those who know this, by stilling the mind, are unified with Brahman and, finding their true stature, they inspire everyone around them to grow.
12. The mantra *AUM* in its completeness is without aspects or sounds and stands for the supreme state of Turiya, the blissful Silence which is beyond birth and death, and without a second. Those who know *AUM* as the Self become the Self; truly, they become the Self.

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