

## Prayers from the *Upanishads*



These verses are compiled to be used as a memorial prayer/ Requiem Service for departed loved ones. As you read each verse, imagine or visualize your loved one and speak directly to her or him. Pause between verses and speak from your heart.\*

*Oh, Thou Who givest sustenance to the whole Universe, from Whom everything proceeds, to Whom everything returns.*

*May the Most High protect us.*

*May the Most High bestow upon us the fruits of the divine knowledge of Self.*

*May all that we study reveal the truth within us.*

*May we cherish no ill feelings toward each other.*

*OM Peace, Peace, Peace.*

*From Wholeness emerges Wholeness,  
When Wholeness emerges from Wholeness,  
Wholeness still remains.*

### Verse One

*This whole existence  
is indwelt by the Lord.  
Whatsoever exists  
belongs to Him.  
Renounce and enjoy it.  
Do not desire the  
wealth of anyone else.*

### Verse Two

*If a man's renunciation is continuous  
during all of his life,  
even if he desires to live a hundred years,  
he will not be trapped in karma.  
Renunciation brings freedom from karma.  
This is his sacred duty.  
The world is in darkness.*

## Verse Three

*The slayer of the Self eventually  
falls into gloomy darkness, where demons live.*

## Verse Four

*The Self never moves  
but is very swift for the mind.  
The senses cannot reach Him.  
He is beyond their comprehension.  
Remaining still and unmoved,  
He causes action  
in all those  
that exist.*

## Verse Five

*The Self seems to move, yet does not move at all.  
One thinks He is far, yet He is the closest.  
He is within all that exists.  
Yet He is not limited in all that exists.*

## Verse Six

*Whoever sees the Self in all beings  
and all beings in the Self,  
he is the one who has perception  
and therefore does not hate anyone.*

## Verse Seven

*When a man knows that all beings,  
in their essence, are the sparks  
of the Supreme Self,  
he sees the unity in all,  
and becomes free from illusion and anxiety.*



## Verse Eight

*The Self is all pervading, radiant,  
transcendental,  
invulnerable, pure.  
The evil cannot approach Him.  
He is the fountain of all wisdom.  
He is the One Who is in constant becoming.  
He is the One Who sees.  
He is Self-existence.  
He is the Source of the Law in every manifested being.*

## Verse Nine

*Those who devote their lives only to rituals,  
hoping that rituals will save them,  
enter into a gloomy darkness.  
And those who only study the scriptures,  
but do not apply them,  
enter into greater darkness.*

## Verse Ten

*Those great Sages  
Who revealed to us the nature of Self  
told us that the mere observation of rituals  
and the mere study of the scriptures  
lead us into darkness.*

## Verse Eleven

*Whoever knows both rituals and scriptures  
and strives to the knowledge of the Self  
attains immortality.*



## Verse Twelve

*Those who worship only matter,  
and want to be in matter,  
are in darkness.  
Those who worship the Impersonal Absolute One  
face their own ignorance.*

## Verse Thirteen

*They say when one worships the Unmanifested One,  
he attains different results than  
the one who worships the manifested world.*

## Verse Fourteen

*Whoever knows both the unmanifested Cause and  
the manifested Creation,  
he alone attains immortality  
by destroying his ignorance about the Self.*

## Verse Fifteen

*The door of the truth is covered by a  
golden disk.  
Open it, O pilgrim,  
in order to see your Self  
in the pure truth.*

## Verse Sixteen

*O Thou Who sustains the whole universe,  
the only One, the Almighty Power,  
the only Sun,  
withdraw Your Rays, so that I see  
Your most Blessed Face,  
and in Thee I behold  
my True Self.*



## Verse Seventeen

*Let this body be burned to ashes  
after my last breath has returned  
into the ocean of prana.  
O Lord, Who is the recorder of all sacrifices,  
remember all that I have done for the  
One Self, for You. OM.*

## Verse Eighteen

*Guide us, O Fire, my Lord,  
to the right path,  
so that we all reach You.  
You know all our deeds.  
Please remove all hindrances and numerous vices  
on our path.  
We give You our word of obedience.*



*More radiant than the sun,  
Purer than the snow,  
Subtler than the ether  
Is the Self  
The Spirit within my heart.  
I am that Self.  
That Self am I.*




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\*These prayers are taken from *Teachings of Great Ones*, Chapters on the *Upanishads* (Introduction, Kata, and Isha Upanishads) by Torkom Saraydarian. See, Ch's 10-11-12.



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