

## MANTRAS FROM KATHA UPANIṢHAD

सूर्यो यथा सर्वलोकस्य चक्षुर्न लिप्यते चाक्षुषैर्बाह्यदोषैः ।  
एकस्तथा सर्वभूतान्तरात्मा न लिप्यते लोकदुःखेन बाह्यः ॥११॥

SŪRYO YATHĀ SARVA-LOKASYA ĀKṢUR  
NA LIPYATE ĀKṢUṢAIR BĀHYA-DOṢAIḤ,  
EKAS TATHĀ SARVA-BHŪTĀNTAR-ĀTMĀ  
NA LIPYATE LOKA-DUḤKHENA BĀHYAḤ. 5.11

As the sun, which is the (real) eye of the whole world, is not tainted by the external defects of people's eyes, so the one Self within all beings is not affected by the suffering of the world, since it transcends all.

एको वशी सर्वभूतान्तरात्मा एकं रूपं बहुधा यः करोति ।  
तमात्मस्थं येऽनुपश्यन्ति धीरास्तेषां सुखं शाश्वतं नेतरेषाम् ॥१२॥

EKO VAŚĪ SARVA-BHŪTĀNTĀR-ĀTMĀ  
EKAṀ RŪPAṀ BAHUDHĀ YAḤ KAROTI,  
TAM ĀTMASTHAṀ YE 'NUPAŚYANTI DHĪRĀS  
TEṢĀṀ SUKHAṀ ŚĀŚVATAṀ NETAREṢĀM. 5.12

The one controller, the Self within all beings, which makes its one form into many – those wise ones who experience that as residing in their own heart, to them belongs eternal happiness and not to others.