

# KATHO UPANISHAD

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## Introduction

1. Vajasravas – father son – 10 years – Nachiketa.
2. 3 Boons asked by Son to Lord Yama :
  - a) Peace of Mind for his father.
  - b) Ritual to attain Svarga Loka, Virat Upasana to go to Brahma Loka.
  - c) Atma Vidya – Nitya Phalam.
3. Viveka, Vairagyam, Mumukshutvam, Sadhana Chatushtaya Sampatti revealed in story.

### Body

- 5 Sense organs (Draw body to world)
- One Mind
- Intellect
- Route
- Traveller

### Chariot

- 5 Horses (Draw chariot in world)
- One rein of Horses
- Driver – Decides route / Destination
- Sreya (Freedom)
- Preya (Bondage)
- Jivatma

## Chapter 1

### Valli 1 (29 Verses)

#### Story

### Valli 2 (25 Verses)

#### Atma definition – 5 points :

- Akarta, Abokta, Shat Vikara Rahita, Jagat Adhishtanam, Karma Phala Rahita.

#### Qualifications required :

- Sadachara – moral values.
- Sadhana Chatushtaya Sampatti

### Valli 3 (17 Verses)

#### Ratha Kalpana

#### Atma Svarupa

## Chapter 2

### Valli 1 (15 Verses)

- Body and Consciousness intimately connected, cannot be recognised independently, physically separated.

- Dream only with Waker
- Ring only with Gold
- Rope snake only with Rope

Need Adhishtanam, Nondual Nature

### Valli 2 (15 Verses)

### Valli 3 (18 Verses)

- Freedom from 5 Koshas, Nirguna
- Subtle being, never object
- Seeker of Knowledge, seeking is denial of sought.
- Verse 15.... Ashabdam....

I – III - 15

अशब्दमस्पर्शमरूपमव्ययं तथाऽरसं नित्यमगन्धवच्च यत् ।  
अनाद्यनन्तं महतः परं ध्रुवं निचाय्य तन्मृत्युमुखात् प्रमुच्यते ॥ १५ ॥

Asabdam asparsam arupam avyayam, tatha'rasam nityam agandhavat ca yat ;

Anadya-nantam mahatah param dhruvam, nicayya tan mrtyu mukhat pramucyate ॥ 15 ॥

**(15) He, who has realised that (Atman) which is without sound, without touch, without form, without decay, and also without taste, without smell, without beginning, without end, beyond the Mahat (great), eternal and unchanging, is freed from the jaws of death.**

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| Body                                  | Chariot                                |
|---------------------------------------|--|
| - 5 Sense organs (Draw body to world) | - 5 Horses (Draw chariot in world)     |
| - One Mind                            | - One rein of Horses                   |
| - Intellect                           | - Driver – Decides route / Destination |
| - Route                               | - Sreya (Freedom)<br>- Preya (Bondage) |
| - Traveller                           | - Jivatma                              |

## Chapter 1

### Valli 1 (20 Verses)

#### Story

### Valli 2 (25 Verses)

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### Valli 3 (18 Verses)

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## Chapter 2

### Valli 1 (20 Verses)

#### Atma Svarupam

1. Consciousness – in whose presence alone creation become evident.
2. Svatantram : Its not dependent for its existence on Body, but intimately connected.
  - Dreamer alone waker
  - Waker alone Consciousness Adhishtanam, non dual.

#### Sadhanam

- Shift identification to chetana Amsha by Drk Drishya Viveka
- I am different from all experienced objects – Body, Mind, world.
- **Error** : Instrument for transaction taken as subject - I.
- Anatma not intrinsic nature.
- I am eternal consciousness handling transactions in waking, dream and sakshi of sleep, death, pralaya.

#### Sadhana

#### Phalam

- Shoka Nivritti
- Kama Nivritti
- Baya Nivritti
- I am full and complete

- I am Avastatraya Sakshi – witness of time principle coming in Jagrat and going off in Sushupti – Desha Kala Sakshi Aham Asmi.
- I get Reflected in matter : Micro (Jiva), Macro (Ishvara) Because of Reflected Medium I get inferior / Superior Attributes. I am neither creator, created.
- Antarmukhatvam is Atma Jnanam.
- Bahir Mukhatvam is Jiva / Jagat/ Ishvara Jnanam

## Chapter 2

### Valli 2 (15 Verses)

#### Atma Svarupam

1. Atma has no form, Locus.

#### Example

|                       |  |
|-----------------------|--|
| <b>Agni</b>           | - No form, Shape, Locus.   |
| <b>Red Ball</b>       | - Form, Shape, Locus belongs to medium Ball                      |
| <b>Vayu</b>           | - All pervading recognised in the body as life giving principle. |
| <b>Surya Prakasha</b> | - Formless, All pervading<br>- Illumines the globe               |

2. Conciousness – Akarta, Abokta, Nirakara, Akhanda (Divisionless)

#### Benefit

- Jeevan Mukti and Videha Mukti.
- Ignorant Jiva identifies with Body – Mind complex and goes from Loka to Loka – Birth + Death

- Ashtanga yoga to purify mind
- Sraddha – faith in Guru

- Amrutatva Prapti
- Own up our nature as Conciousness.
- Conciousness expresses as freedom from sorrow, desire and mortality.

### Valli 3 (8 Verses)

#### Atma Svarupam

1. Atma – Jagat Karanam, matter is born in eternal conciousness.
- Creative power is called Maya Shakti at Macro level producing waking world in Jagrat.
  - Called Nidra Shakti at Vyashti level producing Dream world.
  - World – Ashvatta tree, rose from seed, became plant, tree, fruits.
  - Brahman – Seed – World from Conciousness – Chapter 15 Gita.

#### Sadhana

#### Benefit