

| <b>States/<br/>Matras→<br/>Versions↓</b>                           | <b>Amatra</b>   | <b>M</b>   | <b>U</b>   | <b>A</b>  |
|--|---|--|--|---|
| Terms used to describe each state in the <b>Mandukya Upanishad</b> | Atman/Brahman<br>naantaH prajnaH, na<br>bahiShprajnaH, na<br>ubhayataH prajnaH,<br>na pranjanaghanaH,<br>na prajnaH, na<br>aprajnaH,<br>adriShTam,<br>avyavahaaryam,<br>agraahyam,<br>alakshanam,<br>achintyam,<br>avyapadeshyam,<br>ekaatmapratyayasaar<br>am,<br>prapanchopashamam<br>, shaantam, shivam,<br>advaitam, AmaatraH | praajnaH<br>sushuptasthanaH<br>ekiibhuuta<br>pranjnaana ghanaH<br>aanandamayaH<br>aananadabhuk<br>sarveshvaraH,<br>sarvajnaH,<br>antaryaami,<br>sarvasaya yoniH,<br>prabhavaapyaya<br>bhuutaanam | taijasaH<br>svapnasthaanaH<br>antaH prajna<br>7-angah<br>19-mukha<br>pravivikta bhuk | vaishwanaraH<br>jagaritashtaanaH<br>bahishprajna<br>7-angah<br>19-mukha<br>stula bhuk |
| <b>Samashti:</b>   | Atman   | (Hiranyagarbha) <sup>3</sup>   | (Virat)  | Vaishvanara   |

1

SaptangaH (Seven limbed): Head, eyes, ears, mouth, nose (breath), heart and feet... as per the Mundaka Upanishad (Agnir mūrdhā, cakṣuṣhī candra-sūryau, diśah śrotre, vāk vivṛitāśca vedāḥ; vāyuh prānah, hṛdayam Viśvamasya, pādbyām pṛithivī; Eṣha sarva-bhūtāntarātmā.

<sup>2</sup> Ekonavimshati mukhaH (19 faculties): 5 sense organs, 5 action-organs, 5 vital airs and 4 mental faculties.

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| <b>Mandukya-Karika (Gaudapada)</b>               |                                       |  |  |  |
| <b>Vyashti: Mandukya-Karika (Gaudapada)</b>      | Atman                                 | Praajna  | Taijasa  | Vishva <sup>4</sup>  |
| <b>Samashti: Adi Shankara as per commentary.</b> | Atman/Brahman: Satchidananda Swaruupa | <b>Ishwara</b><br>• Unmanifest (Avyākṛita) Cause (Kaarana) | <b>Hiranyagarbha:</b><br>• Cosmic <u>Subtle</u> Person with 7 limbs.<br>• Observing the subtle (apanchikruta) objects or impressions<br>• Totality of the subtle content.<br>• Kaarya Brahman, Apara Brahman, First Jiva | <b>Vaishwanara, Virat-Purusha:</b><br>• Cosmic Person as per Purusha Sutka with seven limbs.<br>• One who is observing the physical world<br>• Brahman, enlivening the physical world.<br>• He who comprises (the gross bodies of) all living beings.<br>• Totality of the |

<sup>3</sup> The terms Hiranyagarbha and Virat are not directly used in Mandukya Upanishad or Gaudapada's Karika on it.

<sup>4</sup> Karika on the Mandukya Upanishad by Shri Gaudapada, verse 1 "bahīṣprajñō vibhurviśvo hyantaḥprajñastu taijasaḥ | ghanaprajñastathā prājña eka eva tridhā smṛtaḥ || 1||"

|   |                                       |  |  |  |
|---|---------------------------------------|--|--|--|
|   |                                       |  |  | gross universe   |
| <b>Vyashti: Adi Shankara as per commentary.</b> | Atman/Brahman: Satchidananda Swaruupa | <b>Praajna:</b> <ul style="list-style-type: none"> <li>• ‘Excellent knower’ because he enables knowing in other 2 states.</li> <li>• Single-mode mass of consciousness.</li> <li>• Blissful enjoyer</li> <li>• Ignorant of objects (vishayas)</li> <li>• Identical with Unmanifest Ishwara (Shankara Bhashya 1.4) since no difference between Adhidaiva and Adhyatmika can be made from Atman’s perspective, by removing the illusion of Maya</li> </ul> | <b>Taijasa:</b> <ul style="list-style-type: none"> <li>• Subtle body</li> <li>• Perceiving the subtle objects (impressions)</li> </ul> | <b>Vishva:</b> <ul style="list-style-type: none"> <li>• Individual’s gross body with 19 faculties.</li> <li>• Desiring physical objects.</li> <li>• Atman enlivening the physical body.</li> </ul> |
| <b>Samashti: Adi Shankara (as</b>               |                                       | <b>Hiranyagarbha:</b> <ul style="list-style-type: none"> <li>• Ishwara’s Qualified Awareness</li> </ul>  | <b>Virat:</b> <ul style="list-style-type: none"> <li>• Cosmic Energy</li> </ul>  | <b>Vaishva:</b> <ul style="list-style-type: none"> <li>• Cosmic Matter</li> </ul>  |

|  |  |   |   |   |
|--|--|---|---|---|
| <b>per Shri Swami)</b>                           |  |   |   |   |
| <b>Vyashti: Adi Shankara (as per Shri Swami)</b> |  | <b>Praajna:</b> <ul style="list-style-type: none"> <li>• Individual's Qualified Awareness</li> </ul>                        | <b>Tajasa:</b> <ul style="list-style-type: none"> <li>• Individual's Inert Energy</li> </ul>            | <b>Vaishva:</b> <ul style="list-style-type: none"> <li>• Individual's Gross Matter</li> </ul>   |
| <b>Samashti: Shri Ramanuja</b>                   |  | <b>Hiranyagarbha:</b> <ul style="list-style-type: none"> <li>• Narayana's Awareness Qualified with Goodness (1c)</li> </ul> | <b>Virat:</b> <ul style="list-style-type: none"> <li>• Narayana's Subtle Energetic Body (1b)</li> </ul> | <b>Vishva:</b> <ul style="list-style-type: none"> <li>• Universe (1a)</li> <li>• God's gross Body</li> <li>• matter, energy, souls</li> </ul> |
| <b>Vyashti: Shri Ramanuja</b>                    |  | <b>Praajna:</b> <ul style="list-style-type: none"> <li>• Awareness + qualities (2c)</li> </ul>                              | <b>Tajasa:</b> <ul style="list-style-type: none"> <li>• Energetic Subtle Body (2b)</li> </ul>           | <b>Vaishva:</b> <ul style="list-style-type: none"> <li>• Human gross body: Matter + Energy+ Awareness in nerves (2a)</li> </ul>               |