

A TALE OF TWO BIRDS FROM MUNDAKA UPANISHAD



द्वा सुपर्णा सयुजा सखाया समानं वृक्षं परिषस्वजाते ।
तयोरन्यः पिप्पलं स्वाहृत्यनश्नन्नन्यो अभिचाकशीति ॥

— samskrit.com —

Two birds, inseparable companions, perch on the same tree,
one eats the fruit, the other looks on. The first bird is our
individual self feeding on the pleasures and pains of his deeds;
The other is the universal self, silently witnessing all.

— Mundaka Upanishad 1.1.1 —

दो पक्षी, अविभाज्य साथी, एक ही पेड़ पर आश्रय करते हैं,
एक फल खाता है, दूसरा केवल देखता है।
पहला पक्षी हमारा व्यक्तिगत स्वयं है जो अपने कर्म से सुखों और दुखों का भोग्य है;
और दूसरा सवातन स्वयं है, जो मौन रहकर साक्षित्वरूप से सब कुछ देख रहा है।

What Is Zen General Introduction From Upanishad

SJ Ball



What Is Zen General Introduction From Upanishad:

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https://thebrandexperience.com/public/scholarship/default.aspx/Top_Emotional_Healing.pdf

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