

method of gaining knowledge.

According to the upanishads there are 4 approaches to gain knowledge - often all four are employed in gaining true knowledge. The Upanishad are full of Mahavakya . The four selected mahavakya demonstrate the four approaches.

Lakshya- statement of definition

- Prajñānam Brahma: 'Consciousness is Brahman.'
- Aitareya Upanishad
- Rig Veda .
- Laksana vakya- Swarup definition

Updesh - instruction

- Tat Tvam Asi: 'That Thou Art.'- Four Mahavakyas
- Chandogya Upanishads
- Sama-Veda houses
- Upadesa vakya - instruction

Anubhav- Experience

- Aham Brahma Asmi: 'I am Brahman.'
- Brhadaranyaka Upanishad
- Yajurveda
- Anubhava vakya- statement of experience.

Anusandhan- Reasoning

- Ayam Atma Brahma : This proximate self (in me) is the same as that all pervasive Brahman.
- Mandukya Upanishad
- Atharvaveda.
- anusandhana vakya (statement of constant practice).

Namaste::

1. "Na" (न) means "not" or "no."
2. "Mama" (मम) means "my" or "mine."
3. "Te" (ते) means "you" or "yours."

So, when combined, "na mama te" would literally mean "not my yours" or "not mine, yours." This phrase is typically part of the longer word "namaste," which is a respectful greeting and salutation.

Namaste" is a greeting that implies a sense of respect and goodwill. It can be understood as acknowledging the divine or sacred essence within the other person and approaching them with an open heart and mind. It signifies a gesture of honor and reverence,.

The word “Brahman” in Sanskrit is formed using Sandhi rules, splitting it into its constituent parts:

“Brah” (ब्रह्) + “man” (मन्)

“Brah” signifies vastness, and “man” is a suffix used to indicate an entity associated with a quality. So, “Brahman” can be understood as “that which is vast” or “the ultimate reality that is expansive and all-encompassing.”

In Sanskrit, the suffix “man” (मन्) is commonly used to create nouns representing a person or agent related to a particular quality or action. It doesn’t carry an independent meaning but contributes to forming words describing individuals or entities in connection with the root word to which it’s attached.