

# **Mandukya Upanishad and Modern Psychology: A Qualitative Exploration of Consciousness, Self, and Well-Being**

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## **Abstract**

The Mandukya Upanishad, one of the shortest yet most profound Upanishads, presents a comprehensive model of consciousness through the exposition of four states—Jagrat (waking), Swapna (dreaming), Sushupti (deep sleep), and Turiya (transcendental consciousness). Modern psychology, particularly transpersonal psychology, consciousness studies, and contemplative psychology, has increasingly engaged with similar questions regarding the nature of self, awareness, and well-being. The present qualitative conceptual paper explores the psychological relevance of the Mandukya Upanishad by thematically analyzing its core ideas and interpreting them through contemporary psychological frameworks. Using qualitative textual analysis, key themes related to states of consciousness, ego transcendence, mental health, and self-realization were identified. The findings suggest strong conceptual convergence between the Mandukya Upanishad and modern psychological theories of consciousness, mindfulness, and optimal functioning. The paper argues that the Mandukya model provides a holistic and integrative framework for understanding the human psyche beyond pathological and mechanistic models, offering valuable insights for psychotherapy, well-being, and self-development.

**Keywords:** Mandukya Upanishad, consciousness, Turiya, qualitative study, transpersonal psychology, self

## **1. Introduction**

Psychology has long been concerned with understanding the nature of consciousness, the structure of the mind, and the experience of the self. While early psychological models were largely behavioristic and mechanistic, contemporary psychology has expanded to include phenomenological, humanistic, and transpersonal perspectives. Parallel to these developments, ancient Indian philosophical traditions have offered sophisticated explorations of consciousness for millennia. Among these, the Mandukya Upanishad

occupies a unique position due to its concise yet comprehensive exposition of the nature of consciousness and reality.

The Mandukya Upanishad conceptualises human experience through four states of consciousness: the waking state (Jagrat), the dreaming state (Swapna), the deep sleep state (Sushupti), and the fourth state, Turiya, which transcends and underlies the other three. Unlike Western psychological models that often prioritize waking consciousness, the Mandukya Upanishad treats all states as equally significant manifestations of consciousness. This holistic approach aligns closely with recent psychological interest in altered states of consciousness, mindfulness, and self-transcendence.

The present paper aims to qualitatively explore the Mandukya Upanishad from a psychological perspective, examining how its concepts can enrich contemporary understandings of the mind, self, and well-being. By integrating ancient wisdom with modern psychological theory, this study seeks to contribute to indigenous and integrative psychology literature.

## **Review of Literature**

### **Mandukya Upanishad and Consciousness**

The Mandukya Upanishad consists of only twelve verses but offers a complete metaphysical and psychological map of consciousness. Scholars such as Shankara emphasise that the Upanishad is not merely metaphysical but deeply experiential, guiding individuals toward direct realisation of the Self (Atman). The four states described are not sequential but coexist as dimensions of awareness.

### **States of Consciousness in Psychology**

Modern psychology recognizes multiple states of consciousness, including waking, dreaming, and deep sleep, as well as meditative and altered states. William James highlighted the plurality of consciousness, while contemporary researchers in neuroscience and transpersonal psychology explore non-ordinary states as essential to psychological well-being. Dream research, sleep studies, and mindfulness research echo the distinctions made in the Mandukya framework.

### **Self and Ego Transcendence**

Humanistic and transpersonal psychologists such as Maslow and Wilber emphasize self-transcendence as a higher stage of psychological development. The Mandukya concept of Turiya parallels these ideas, representing a state beyond ego, duality, and mental fluctuations. This convergence suggests the relevance of Upanishadic psychology to modern theories of optimal functioning and self-actualization.

### **Indigenous and Integrative Psychology**

Recent movements in psychology advocate the inclusion of indigenous knowledge systems to counterbalance Eurocentric models. Indian psychological concepts such as Atman, consciousness-based identity, and non-dual awareness provide culturally grounded yet universally applicable insights into mental health and well-being.

## 2. Methodology

### Research Design

The study adopts a qualitative, interpretative, and conceptual research design. Rather than empirical data collection from participants, the research relies on in-depth textual analysis of the Mandukya Upanishad and its classical commentaries, interpreted through psychological frameworks.

### Data Sources

Primary sources included the original Sanskrit text of the Mandukya Upanishad and authoritative English translations. Secondary sources comprised psychological texts on consciousness, transpersonal psychology, and indigenous psychology.

### Method of Analysis

Thematic analysis was employed to identify recurring psychological themes such as states of consciousness, self-identity, mental fluctuations, and transcendence. These themes were then mapped onto contemporary psychological constructs to explore conceptual convergence.

### Trustworthiness

Credibility was ensured through the use of well-established translations and commentaries. Reflexivity was maintained by acknowledging the interpretative nature of the analysis. Triangulation was achieved by integrating philosophical and psychological sources.

## 3. Results

The qualitative thematic analysis resulted in four core themes. These themes, along with their psychological interpretations and relevance, are summarised in Table 1.

**Table 1:** *Major Themes Identified from the Qualitative Analysis of the Mandukya Upanishad*

Theme	Description	Psychological Interpretation
Multiplicity of Consciousness	Human experience is not confined to waking awareness; dreaming and deep sleep are equally valid modes of psychological functioning.	Aligns with modern psychology's recognition of multiple states of consciousness, including sleep, dreams, and altered states, expanding the scope of mental life beyond waking cognition.
Witness Consciousness (Turiya)	Turiya represents a meta-awareness that observes mental states without identification or attachment.	Parallels mindfulness, metacognition, and decentering processes emphasized in contemplative and therapeutic approaches such as mindfulness-based interventions.

Ego and Mental Modifications	Jagrat and Swapna are characterized by ego-driven thoughts and perceptions, while Sushupti involves temporary suspension of ego activity.	Resonates with psychoanalytic and cognitive views of ego functioning, as well as transpersonal notions of ego dissolution during deep sleep and meditative states.
Well-Being through Integration	Psychological distress arises from over-identification with transient states; well-being emerges from recognizing the witnessing Self underlying all states.	Supports humanistic and transpersonal models of well-being that emphasize self-transcendence, integration, and stable awareness beyond fluctuating mental contents.

## 4. Discussion

The findings highlight striking parallels between the Mandukya Upanishad and modern psychological theories. The fourfold model of consciousness expands psychological understanding beyond waking cognition, supporting contemporary research on sleep, dreams, and meditative awareness. The concept of Turiya aligns with mindfulness-based therapies, which emphasise non-judgmental awareness and decentering from thoughts.

From a therapeutic perspective, the Mandukya framework encourages a shift from symptom-focused intervention to consciousness-based healing. Psychological suffering, viewed through this lens, stems from misidentification with impermanent mental states. Cultivating witness consciousness may enhance emotional regulation, resilience, and existential well-being. This integrative approach supports the development of culturally rooted psychologies that honour indigenous wisdom while maintaining scientific dialogue. However, the abstract nature of Turiya poses challenges for empirical validation, indicating the need for mixed-method research.

## 5. Conclusion

The Mandukya Upanishad offers a profound psychological model of consciousness that complements and extends contemporary psychological theories. Through a qualitative thematic analysis, this paper demonstrates that its concepts of multiple states of consciousness and transcendental awareness have significant implications for understanding the self and promoting well-being. Integrating Mandukya-based insights into psychology can foster a more holistic, inclusive, and consciousness-centred discipline.

Future research may empirically examine Mandukya-informed interventions in psychotherapy, mindfulness, and well-being studies, contributing to the growth of integrative and indigenous psychology.

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