

## **The Science of Upanishads - Part 3: Chandogya Upanishad**

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The name of the Upanishad is derived from the word *Chanda*, which means "poetic meter, prosody". It is a Sanskrit text embedded in the Chandogya Brahmana of the Sama Veda of Hinduism. It is one of the oldest Upanishads. The Chandogya Upanishad opens with the recommendation that "let a man meditate on Om (ॐ, Aum)". It calls the syllable Om as *udgitha* (उद्गीथ, song, chant), and asserts that the significance of the syllable is thus: the essence of all beings in earth, the essence of earth is water, the essence of water are the plants, the essence of plants is man, the essence of man is speech, the essence of speech is the Rig Veda, the essence of the Rig Veda is the Sama Veda, and the essence of Sama Veda is *udgitha*.

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