

The Science of Upanishads - Part 6: Mundaka Upanishad

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The Mundaka Upanishad (मुण्डक उपनिषद्) is an ancient Sanskrit Vedic text, embedded inside Atharva Veda. It is a Mukhya (primary) Upanishad, and is among the most widely translated Upanishads. It is a poetic verse style Upanishad, with 64 verses, written in the form of mantras. However, these mantras are not used in rituals, rather they are used for teaching and meditation on spiritual knowledge.

This *Upanishad* contains three *Mundakams* (parts), each with two sections. The first Mundakam defines the science of "Higher Knowledge" and "Lower Knowledge". The second Mundakam describes the nature of the Brahman, the Self, the relation between the empirical world and the Brahman, and the path to know Brahman. The third Mundakam expands the ideas in the second Mundakam and then asserts that the state of knowing Brahman is one of freedom, fearlessness, complete liberation, self-sufficiency and bliss.