

## The Science of Upanishads - Part 20: Maitrayani Upanishad

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The **Maitrayani** (also known as **Maitri**) Upanishad is embedded in Yejurveda and is listed as #24 in the Muktika canon of 108 Upanishads. It deals with the division between the flesh and the spirit, desire and liberation, attachment and nonattachment. It describes the process by which the infinite and undefined (Brahman) takes on qualities and thus becomes the manifest universe (Maya). This infinite Brahman is the source of the intelligence of living beings, states the Upanishad, but the beings themselves do not know who it is that animates them, nor what it is by which they have their life.

Like many other Upanishads, the teaching is given in the form of a dialogue between master and students. Here, the master is Sakayanya, and he describes to his students the process (Yoga) by which they may regain their knowledge of their own nature.( Self, Soul, Atman,).

The Maitrayani Upanishad consists of seven *Prapathakas* (lessons). The first *Prapathaka* is introductory, the next three are structured in a question-answer style and discuss metaphysical questions relating to Atman, while the fifth to seventh *Prapathaka* are supplements.

[Please Read Here for More on Maitrayani Upanishad](#)