

The Science of Upanishads - Part 4: Ishavasya Upanishad

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The Ishavasya Upanishad, also called The Isha Upanishad (Devanagari: ईशोपनिषद्) is one of the shortest Upanishads, embedded as the final chapter (*adhyāya*) of the Shukla Yajurveda. It is a *Mukhya* (primary, principal) Upanishad, and is known in two recensions, called Kanva (VSK) and Madhyandina (VSM). It is a key scripture of the Vedanta sub-schools, and an influential Śruti to diverse schools of Hinduism. The name of the text derives from its incipit, *īśā vāsyam*, "enveloped by the Lord", or "hidden in the Lord (Self)". The text discusses the Atman (Soul, Self) theory of Hinduism, and is referenced by both Dvaita (dualism) and Advaita (non-dualism) sub-schools of Vedanta.

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