

[The Science of Upanishads - Part 12: S\(h\)vetas\(h\)vatar Upanishad](#)

(June 5-June 11, 2017)

The **Svetasvatara (or Shvetashvatara) Upanishad**, named after the Rishi who wrote it, is a Principal Upanishad of Hinduism, embedded in the Yajurveda, and forms a foundational text of the philosophy of **Shaivism**, as well as the **Yoga and Vedanta schools of Hinduism**. The Svetasvatara Upanishad opens with metaphysical questions about the primal cause of all existence, its origin, its end, and what role, if any, time, nature, necessity, chance, and the spirit had as the primal cause. It then develops its answer, concluding that "the Universal Soul exists in every individual, it expresses itself in every creature, everything in the world is a projection of it, and that there is Oneness, a unity of souls in one and only Self". The text is notable for its discussion of the concept of personal god – Ishvara, and suggesting it to be a path to one's own Highest Self.

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