

## **The Science of Upanishads - Part 7: Katha Upanishad** **(April 24-30\_2017)**

*Katha Upanishad*, also known as *Kathaka Upanishad*, is one of the most important, primary Upanishads, and is generally considered the 3rd most important of all Upanishads. It clearly explains the role of an accomplished Guru, the one who has already attained the Sidhi, in your own spiritual growth, comprehension and realization of Atman and Brahman. The Upanishad further dictates that The syllable OM (Aum) is nothing but Brahman. In addition, it presents a convincing argument that "All is One, Indivisible, Pure, Conscience."

The Katha Upanishad is the legendary story of a little boy, Nachiketa – the son of Sage Vajasravasa, who meets Yama (the deity of death). Their conversation evolves to a discussion of the nature of man, knowledge, Atman (Soul, Self) and moksha (liberation). The Upanishad consists of two chapters (*Adhyāyas*), each of which is further divided into three sections (*Vallis*).

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