

## **The Science of Upanishads - Part 2: Brihadaranyaka Upanishad**

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**Brihadaranyaka Upanishad** is one of the oldest Upanishads, literally meaning “*Upanishad of the great forests*” and it centers around the fundamentals of the Atman, Soul or Self. The work consists of six chapters dealing with such comprehensive themes as the Vedic theories of the creation of the Universe to metaphysical, spiritual and psychological matters. It touches upon the internal meaning of almost every phase of human life. It emphasizes the fact that things are not what they outwardly appear, and that the Upanishad is a record of the unfolding of the mystery that lies behind physical phenomena.

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