

**December 2021 Retreat at Anaikatti Ashram
Bṛhadāraṇyaka upaniṣad - by Swami Sakshatkrtananda Saraswati**

Swamiji first briefly pointed out the structure of the upanishad.

The madhukanda consisting first two chapters related to sravanam and hence called upadesa kanda where sarvatmatvam of atma is taught.

The muni kanda covered next two chapters which related to mananam and Yajnavalkya is the teacher and hence the name muni kanda. It is also therefore called upapatti kanda, upapatti means logic, reasoning.

Swamiji covered first four chapters which deal with brahmavidya. The last two deal with upasana and karma. Swamiji laid more emphasis on two important brahmanas that is Maitreyi brahmana of Madhulai Kanda and svayam Jyoti brahmana of muni Kanda. In svayam jyoti Brahmanam with the help of dream example atma is presented as of the nature of self effulgence.

Write-up by N. Avinashilingam.

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