



# The Upanishads

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## **The Upanishads** Swami Paramananda

The Upanishads are sometimes referred to as Vedanta, variously interpreted to mean either the "last chapters, parts of the Veda" or "the object, the highest purpose of the Veda". The concepts of Brahman (Ultimate Reality) and Atman (Soul, Self) are central ideas in all the Upanishads, and "Know your Atman" their thematic focus. The Upanishads are the foundation of Hindu philosophical thought and its diverse traditions. Of the Vedic corpus, they alone are widely known, and the central ideas of the Upanishads are at the spiritual core of Hindus.



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