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## Self-Realization in the Light of the Upaniṣads

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**Abstract:** The Upaniṣads, the culminating portions of the Vedas, offer a profound and timeless exploration of *ātma-vidyā*—the knowledge of the Self. In these texts, self-realization is not merely an intellectual pursuit but a transformative inner awakening that reveals the essential unity of the individual self (*ātman*) with the ultimate reality (*Brahman*). This abstract examines the Upaniṣadic conception of self-realization as a process of uncovering one's true nature, which is inherently pure, infinite, and blissful. The Upaniṣads emphasize that ignorance (*avidyā*) veils this truth, leading individuals to identify with the transient body, mind, and sensory world. Through disciplined inquiry, meditation, ethical living, and the guidance of a realized teacher, the seeker gradually transcends these limitations. Self-realization is the dissolution of the false ego and the direct experiential recognition of this unity. The Upaniṣads describe this realization as the highest human attainment, bringing freedom from fear, sorrow, and the cycle of birth and death. Unlike external forms of knowledge, this realization is inwardly attained and ultimately ineffable, grasped through intuitive insight rather than through sensory perception or logical reasoning alone. In the light of the Upaniṣads, self-realization emerges as both the goal and fulfillment of human existence—a state of liberation (*mokṣa*) characterized by peace, wisdom, and abiding inner freedom. This exploration underscores the enduring relevance of Upaniṣadic teachings in guiding individuals toward a deeper understanding of consciousness and the ultimate unity of all life.

**Keywords:** Upaniṣads, Soul, Ātman, Spiritual, Value, Education.

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### 1. Introduction