## **Omkara Upasana**

In the13th Class of Taitreya Upanishad, Swamiji discusses Omkara Upasana. This upasana is presented in the form of a chart. Please click on the link for a chart form of this Upasana.

omkara upasana

## Upasanas in Shikshavalli

Shishavalli of Taitreya Upanishad enumerates the following vedic upasanas:

- Samhitha Upasana
- Vyahirithi Upasana
- Hiranya Garbha Upasana
- Panktha Brahma Upasana

Please click on the link below for a chart reproduced from Swami Paramarthananda's book with minor additions based on Swamiji's classes.

Upasanas in Sikshavallie