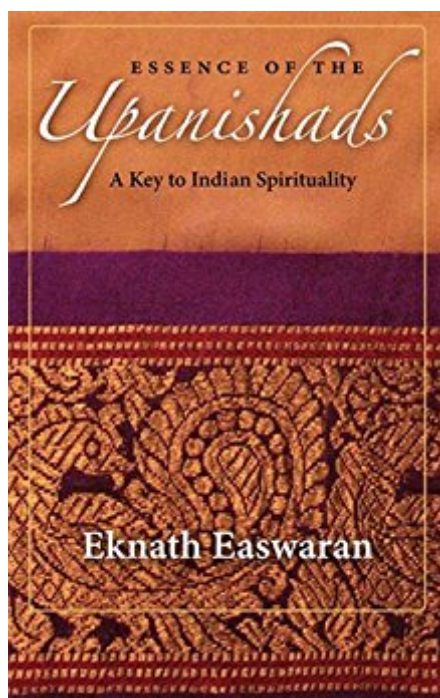


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# Essence Of The Upanishads: A Key To Indian Spirituality (Wisdom Of India)



## Synopsis

Through his interpretation of one important Upanishad, an ancient wisdom text, Eknath Easwaran shows how the timeless Indian tradition offers guidance on how to live today. Lyrical, dramatic, and inspiring, the Katha Upanishad presents the core ideas of Indian mysticism in a mythic story all can relate to – the adventure of a young hero, Nachiketa, who passes into the kingdom of Death in search of immortality. The King of Death tests his resolve, but the teenager stands firm, demanding answers to the age-old questions, "What is the purpose of life? What happens to me when I die?" Death emerges as the perfect spiritual guide – direct, uncompromising, and challenging. Easwaran's approach to the Katha is both practical and universal. He explains key Sanskrit terms like karma and prana, illustrating them through everyday anecdotes and entertaining analogies while placing Indian spirituality into the broader context of world mysticism.

## Book Information

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## Customer Reviews

loved this audio book i got alot of insight into myself and others from this book.the narrator has a good voice and the music is a nice addition to each chapter. bought another book by mr easwaran

and it is just as informative and interesting. if you like philosophy this is a good intro to indian teachings.

In all his books Eknath Easwaran is able to engage the reader in the most profound truths of our existence by making them accessible to our current era and applicable to our daily lives. As the title suggests, this volume distills and illuminates the universal meaning of what are the most penetrating spiritual texts created in any human civilisation - the Upanishads. Easwaran does this through a conversational commentary on a story told in the Katha Upanishad of a young man who confronts Death with the courage and uncompromised clarity of youth. This is not an academic treatise on an ancient Hindu text, or a contemporary discussion of spiritual concepts. This book, drawing upon the spiritual giants of all religious traditions, is a window on the the challenges and immense rewards of a life devoted to realizing the deepest meaning and fullest vision of what it is to be human from the perspective of a humble man who lived that life. Eknath Easwaran moved to he U.S. in 1959 from India as a Fullbright exchange scholar in English literature, and taught what may have been the first accredited meditation class in this country at the University of California at Berkeley.

This is the first Easwaran book I read and it truly is one of the greatest books I have encountered. No one else comes close to vivid and clear story telling in a spiritual book. This is truly a classic and Eknath Easwaran's legacy as a great spiritual teacher will live on for generations to come. Concepts for readers new to Indian mysticism are wonderfully brought to life by Easwaran and bridges modern psychology and ancient spirituality. This book, along with Easwaran's other two classics on Indian spirituality, is a must read for anyone wanting to explore and understand the spiritual life.

Easwaran books are always worth reading. They contain good translations [I am not equipped to say whether they are the most authentic] and wonderful introductions that inform novices and somewhat advanced readers about the essence and philosophical envelope of the translated text that is about to follow. It would hard to believe anyone, with even the slightest appropriate mindset, would not profit from reading this book. Finally, the book, like other is in the series, is very reasonably priced.

Eknath Eswaren has a wonderful grasp of his own Hindu tradition and also understands the teaching of the great mystics and saints from all the great religions. He expertly relates these values to contemporary life and sees the common thread that unites them. This book is also a practical and

encouraging guide to anyone who wants to make meditation part of their life.

Eknath Easwaran has a unique style of writing that makes even complex things very easy to understand. I wouldn't have read or understood the deep meaning of Upanishads or could appreciate it as much as I do now. It is strange that life which seems so complex, has a very simple purpose which this book so beautifully explains. I would recommend it to anybody who wants to take a dip into the spiritual world. To know more about the author, visit [...]

Easwaran is an awesome writer!

A very interesting book! Challenging to read but very worthwhile. Makes the Upanishads a lot easier to understand.

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