



Essence of the Upanishads: A Key to Indian Spirituality (Wisdom of India)

By Eknath Easwaran



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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.



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Bibliography

- Sales Rank: #221971 in Books
- Brand: Brand: Nilgiri Press
- Published on: 2009-08-25
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 5.25" w x 1.00" l, .85 pounds
- Binding: Paperback
- 252 pages

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Editorial Review

Review

"It is impossible to get to the heart of these classics unless you live them, and he did live them. My admiration of the man and his works is boundless." --Huston Smith, author of "The World's Religions"

From the Author

"These old stories are our own, as relevant today as ever. Myth always involves the listener. We identify with its heroes; their crises mirror ours. Their stories remind us not only of what the scriptures mean but why they matter. Like the texts themselves, they seek a response in our own lives."

From the Back Cover

"Get up! Wake up! Seek the guidance of an illumined teacher and realize the Self. Sharp like a razor's edge, the sages say, is the path, difficult to traverse." - Katha Upanishad

Eknath Easwaran is the author of the best-selling translation of the ancient wisdom texts called the Upanishads. Here he shows how one powerful Upanishad, the Katha, embraces all the key ideas of Indian mysticism and presents them in the context of a mythic story we can all relate to - the story of a young hero who ventures into the land of death in search of immortality.

But the insights of the Katha, as with all the Upanishads, are scattered, hard to understand. Easwaran presents them systematically, and practically, as a way to explore deeper and deeper levels of personality. Taken this way, the Katha provides a comprehensive answer to the age-old question "Who am I?"

Users Review

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Tod Espitia:

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