



## The Upanishads: A Classic of Indian Spirituality

By Eknath Easwaran

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Among the oldest of India's spiritual texts, the Upanishads are records of intensive question-and-answer sessions given by illumined sages to their students. Widely featured in philosophy courses, the Upanishads have puzzled and inspired wisdom seekers from Yeats to Schopenhauer. Eknath Easwaran makes this challenging text more accessible by selecting the passages most relevant to readers seeking timeless truths today.

His best-selling, accessible, highly readable translation and lively foreword place the teachings in a contemporary context for students and general readers alike.

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### Editorial Review

#### Amazon.com Review

Formerly a professor of Victorian literature, Eknath Easwaran discovered the treasures of wisdom in his own native India and began to pursue them with a passion. He has since studied them, practiced them, and moved to America to share them with the Western world. In his translation of *The Upanishads*, the font of Indian spirituality, Easwaran delights us with a readable rendition of one of the most difficult texts of all religious traditions. Each Upanishad is a lyrical statement about the deeper truths of mysticism, from the different levels of awareness to cultivations of love for God. There's one twist, though, for ultimately a devoted meditator realizes that God and the world are not separate from oneself. Then the ultimate goal becomes to reunite with the universal Self, achieving the infinite joy that accompanies such union. Easwaran recruited Michael Nagler to contribute notes to the translation and a lengthy afterword, which together with introductions to each Upanishad, guide us expertly through this strange and fruitful landscape. --*Brian Bruya*

#### Review

"No one in modern times is more qualified - no, make that 'as qualified' - to translate the epochal Classics of Indian Spirituality than Eknath Easwaran." --Huston Smith, author of *The Word's Religions*

#### Language Notes

Text: English (translation)

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#### Fabiola Gaylor:

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