



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

Ek Nath 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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