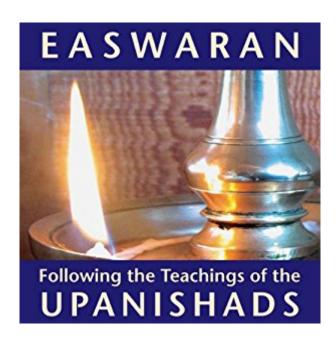
The book was found

Following The Teachings Of The Upanishads





Synopsis

The Upanishads are among the oldest of the Indian wisdom texts, the records of teaching sessions of illumined sages and their students, who were asking the fundamental questions of life.

Easwaran's translation of these classic texts has been highly acclaimed, and in these informal talks to close students he draws out the main themes of eleven Upanishads - themes such as strengthening willpower, mastering our senses, reducing self-will, developing lasting, loving relationships, exploring the deeper levels of consciousness, and overcoming the fear of death. He illustrates his typically penetrating insights with analogies, entertaining anecdotes, references to mystics and spiritual teachers from East and West. Easwaran explains that the Indian scriptures express one supreme, eternal law: if we live for others, in complete harmony with all life, in our homes, at work, and in our communities, we will find abiding happiness and fulfilment. To erase all selfishness from our hearts requires more courage and endurance, Easwaran says, than climbing the Himalayas - and he conveys vividly the joy and exhilaration of the spiritual life. Meditation and the repetition of the mantram (or mantra) are essential for those who choose to take on these challenges, and Easwaran refers to these disciplines frequently. Anyone who is new to these spiritual practices might find it helpful to listen first to Easwaran's talk Meditation.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 58 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Nilgiri Press

Audible.com Release Date: December 5, 2008

Language: English

ASIN: B001NDD8HK

Best Sellers Rank: #2 in Books > Religion & Spirituality > Hinduism > Sacred Writings >

Upanishads #24 in Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts >

Mysticism #32 in Books > Religion & Spirituality > Religious Studies > Philosophy

Download to continue reading...

Following the Teachings of the Upanishads Children's Books: THE LITTLE LEPRECHAUN WHO LOVED YELLOW! (Absolutely Delightful Bedtime Story/Picture Book About Following Your Heart, for Beginner Readers, ages 2-8) (Happy Children's Series) Story-Shaped Worship: Following

Patterns from the Bible and History Saving Jesus from the Church: How to Stop Worshiping Christ and Start Following Jesus Demystifying The Microchip PIC Microcontroller For Engineering Students: Following The KISS Principle Integrated Landscaping: Following Nature's Lead Diabetes: Reverse Diabetes Naturally - A Guide to Effectively Lower Your Blood Sugar Without Drugs by Following the Right Diet (Diabetes Cure for Diabetics Type 2) Reverse Diabetes Naturally: A Guide to Effectively Lower Your Blood Sugar Without Drugs by Following the Right Diet (Diabetes Cure for Diabetics Type 2) (Volume 1) Following Oil: Four Decades of Cycle-Testing Experiences and What They Foretell about U.S. Energy Independence Osteoporisis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Dysphagia Following Stroke (Clinical Dysphagia) Desert Diplomat: Inside Saudi Arabia Following 9/11 Rebirth: A Fable of Love, Forgiveness, and Following Your Heart Women of Will: Following the Feminine in Shakespeare's Plays The Ministry of Motherhood: Following Christ's Example in Reaching the Hearts of Our Children Following Muhammad: Rethinking Islam in the Contemporary World (Islamic Civilization and Muslim Networks) Shaman Pathways - Following the Deer Trods: A Practical Guide to Working with Elen of the Ways Fairycraft: Following The Path Of Fairy Witchcraft Boundless: What Global Expressions of Faith Teach Us about Following Jesus Being a Dog: Following the Dog Into a World of Smell

<u>Dmca</u>