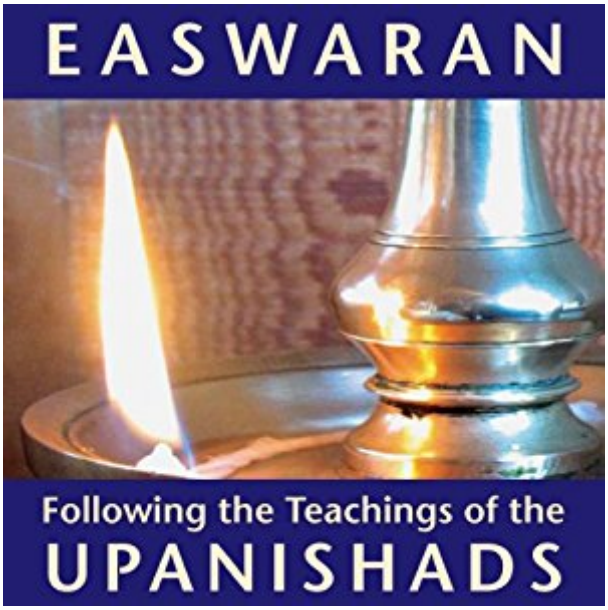
Ebook Directory
the best source of ebook

The book was found

Following The Teachings Of The Upanishads



PDF
Adobe
DOWNLOAD EBOOK

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 hoursÃ Â andÃ Â 58 minutes
Program Type: Audiobook
Version: Abridged
Publisher: Nilgiri Press
Audible.com Release Date: December 5, 2008
Language: English
ASIN: B001NDD8HK
Best Sellers Rank: #10 inÃ Â Books > Religion & Spirituality > Hinduism > Sacred Writings > Upanishads #175 inÃ Â Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #205 inÃ Â Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Mysticism

Download to continue reading...

UPANISHADS Made Easy to Understand: Principal Upanishads, Presented in an easy to read and Understand Modern English with gloss on all 511 verses of the nine major Upanishads. Following

the Teachings of the Upanishads The Thirteen Principal Upanishads Translated From the Sanskrit: With an Outline or the Philosophy of the Upanishads and an Annotated Bibliography (Classic Reprint) The Upanishads: A Selection from 108 Upanishads Why I reject Jehovah Witness teachings Checking out the basic history and teachings: From an Evangelical perspective The Episcopal Way: ChurchÃ¢â ¬â„¢s Teachings for a Changing World Series: Volume 1 (Church Teachings for Changing the World) The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha) ChÃƒÂ¶d: The Sacred Teachings on Severance: Essential Teachings of the Eight Practice Lineages of Tibet, Volume 14 (The Treasury of Precious Instructions) The Upanishads: A Classic of Indian Spirituality Essence of the Upanishads: A Key to Indian Spirituality Essence of the Upanishads: A Key to Indian Spirituality (Wisdom of India) The Upanishads: Breath of the Eternal The Upanishads The Upanishads: A New Translation by Vernon Katz and Thomas Egenes (Tarcher Cornerstone Editions) Wisdom of the Rishis: The Three Upanishads: Ishavasya, Kena & Mandukya The Upanishads: A New Translation The Upanishads (Penguin Classics) The Upanishads (Easwaran's Classics of Indian Spirituality) The Upanishads: Breath from the Eternal Eight Upanishads, with the Commentary of Sankaracarya, Vol. I

Contact Us

DMCA

Privacy

FAQ & Help