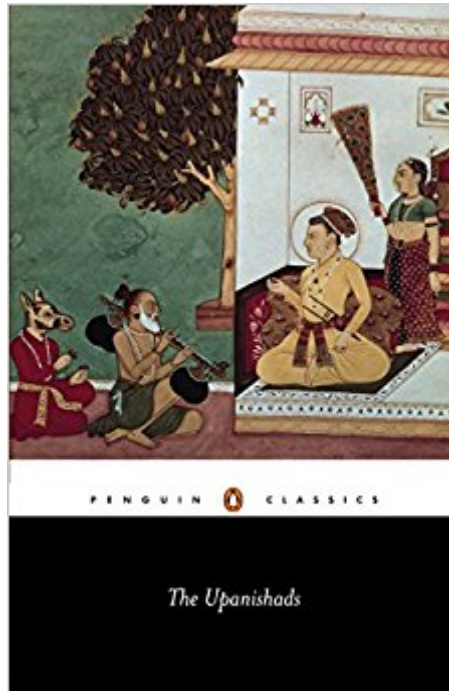


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# The Upanishads (Penguin Classics)



## Synopsis

The Upanishads, the earliest of which were composed in Sanskrit between 800 and 400 bce by sages and poets, form part of the Vedas - the sacred and ancient scriptures that are the basis of the Hindu religion. Each Upanishad, or lesson, takes up a theme ranging from the attainment of spiritual bliss to karma and rebirth, and collectively they are meditations on life, death and immortality. The essence of their teachings is that truth can be reached by faith rather than by thought, and that the spirit of God is within each of us - we need not fear death as we carry within us the promise of eternal life. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

## Book Information

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The poetic backbone of Hinduism, the millennia-old Upanishads transcend time. The selections offered here illuminate a path that is as "narrow as the edge of a razor" but pregnant with freedom and bliss. Through vivid metaphors and timeless prose, learn how the path of yoga leads beyond the treacherous web of karma to the final, blissful union of the personal soul, atman, with the

universal soul, Brahman.

Juan Mascaro was born in Majorca, and later studied modern and oriental languages, Sanskrit, Pali and English at Cambridge University. He died in 1987, and was lauded as a great translator of our time.

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