



## Know the Upanishads

By Ramanuj Prasad

V & S Publishers, New Delhi, India. Softcover. Book Condition: New. Like the proverbial fish that has heard a lot about the Great Ocean and spends an entire lifetime searching for it, not realising it has always been an inseparable part of the ocean, man spends his lifetime searching all around for God. All man has to do, in fact, is simply turn his gaze inwards to realise that God or the Self has always been an inseparable part of him. The Upanishads tell man that he is not a mere mortal, but a part of the Immortal One. This book shows you just how to go about uncovering the layers of ignorance and illusion to realise your true nature - the Self. This is the path to moksha or nirvana (liberation), which every seeker wishes to tread upon in order to break the cycle of birth and death. With pearls of wisdom from the Upanishads, the Vedas and the Bhagavad Gita, this book could transform your way of life forever, teaching you the true meaning of existence. Highlights: \*A detailed account about how many Upanishads are there (Isavasya Upanishad, Kathopanishad, Mandukya Upanishad etc.), and an overview of what they contain...



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