

A MENTOR RELIGIOUS CLASSIC

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THE WISDOM OF THE HINDU MYSTICS

The Upanishads

BREATH OF THE ETERNAL

*The Principal Texts Selected and
Translated from the Original
Sanskrit by Swami Prabhavananda
and Frederick Manchester*



Union With God

The Upanishads, ancient accounts of mystical revelations, have been the inspiration behind all systems of Hindu religion and remain the primary source of spiritual guidance for millions of believers today.

Constituting the most impressive portions of the Vedas, India's oldest and most important scriptures, these holy writings are said to be divine revelations received by saints and seers who lived hundreds of years before the birth of Christ. Neither dogma nor theology, these meditations concern direct, overwhelming religious experience in the midst of life, and record insights into eternal truths. They are unified by their common search for the true nature of Reality, and in the course of this search afford glimpses into supreme states of the soul.

Swami Prabhavananda, distinguished interpreter of Hinduism to the West and co-author of a widely read translation of the *Bhagavad-Gita*, has collaborated with Dr. Frederick Manchester in this English version of the twelve principal Upanishads—an eloquent rendering which captures the sense, beauty, and spirit of the original. These sacred documents have influenced Greek philosophy, Judaism, and early Christianity, and have been praised by great Western thinkers like Goethe, Schopenhauer, and Emerson. They bring a vital message for modern man.

THIS TRANSLATION OF THE UPANISHADS WAS FIRST
PUBLISHED IN HARDCOVER FORM BY THE
VEDANTA PRESS

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The Upanishads



Embodying the wisdom of ancient mystics, The Upanishads form the core of India's most sacred scriptures and constitute the highest authority for Hindu believers everywhere.



Brilliantly translated, these meditations offer the world today profound insights into the spiritual truths underlying all great religions.

