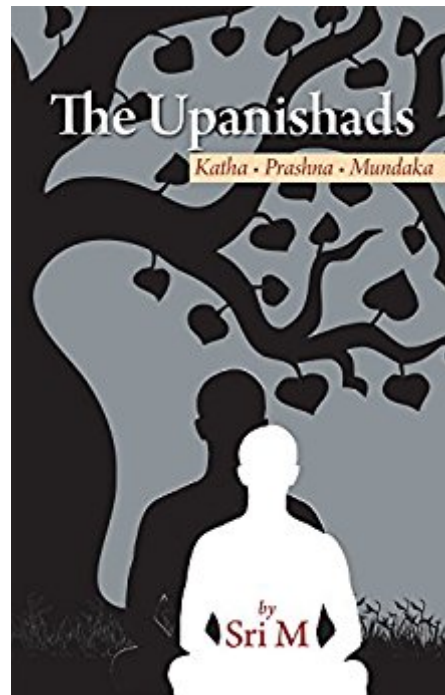




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The Upanishads: Katha - Prashna - Mundaka



Synopsis

About the Book Katha Kathopanishad comes from the Yajurveda. It is the story of Nachiketas, son of Vajashravas, discussing the important question of Death and immortality with Yama the Lord of Death. This ancient story, mentioned in various other scriptures, is discussed in the Kathopanishad in detail. Kathopanishad is one of the ten principal Upanishads. Prashna As the name indicates, it is an Upanishad that questions everything including the concept of the Guru and Disciple. A great rishi proclaims to his students that if they abide with him for sometime, at the end of that period he would teach them the Truth if he himself has understood it. Adi Shankara has written an excellent commentary on Prashna which is again one of the principal Upanishads. Mundaka The Mundaka Upanishad too is one of the principal Upanishads and derives its name from the shaven head of the renunciant. Therefore the central theme of the Upanishad is the Brahman, the Supreme Truth and the only Reality, and how to understand it. Paraa vidya or the science of Reality is discussed in contrast to Aparaa vidya, knowledge of this illusory, material world. The path to the Truth is described to be akin to walking on the razor's edge.

About the Author Sri M was born in Trivandrum, Kerala. At the age of nineteen and a half, attracted by a strange and irresistible urge to go to the Himalayas, he left home. At the Vyasa Cave, beyond the Himalayan shrine of Badrinath, he met his Master and lived with him for three and a half years, wandering freely, the length and breadth of the snow clad Himalayan region. What he learnt from his Master Maheshwarnath Babaji, transformed his consciousness totally. Back in the plains, he, as instructed by his Master, lived a normal life, working for a living, fulfilling his social commitments and at the same time preparing himself to teach all that he had learnt and experienced. At a signal from his Master he entered the teaching phase of his life. Today, he travels all over the world to share his experiences and knowledge. Equally at home in the religious teachings of most major religions, Sri M, born as Mumtaz Ali Khan, says "Go to the core. Theories are of no use."

• Sri M is married and has two children. During 2015-16 Sri M undertook the Walk of Hope, from Kanyakumari to Kashmir for 15 months covering a distance of 7500 kms, spreading the message of peace and harmony to restore the nation fit enough to be bequeathed to the future generations. He leads a simple life "teaching and heading the Satsang Foundation, a charitable concern promoting excellence in education. At present he lives in Madanapalle, Andhra Pradesh, three hours drive from Bangalore. For more information about Sri M, please visit: <http://www.satsang-foundation.org> For getting your print copy of the book, please visit: <http://magentapress.in>

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