

Synopsis

This book has now been reissued as Essence of the Upanishads which is available new direct from The most profound questions of life and death are taken up in a commentary on the Katha Upanishad, in which a daring teenager, Nachiketa, seeks out the King of Death for his teacher.

Book Information

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Customer Reviews

I've read this book three times and am planning to read it again. It's a wonderful book that helps me focus on what's important in life and how I can make choices to live authentically and deliberately. Reading this book helped me to make the decision to quit smoking and live a more healthy lifestyle. I would recommend this book to anyone who's asking the question "What's it all about?".

Late Mr. Eknath Eswaran, adherent of spirituality from childhood, has wonderfully written about the a teenager's curiosity about life after death. The book gives numerous examples from modern day life. Drawing from his expertise in the English language literature, the author makes the subject very familiar to the present day readers. He has quoted from Shakespeare to Aldous Huxley and Mahatma Gandhi and shown the thought concensus common to all great philosophers. Though the contents originate from one of the most ancient of the Hindu scriptures, every contemporary human being will identify with the life's problems of the modern times given in the book and will be helped plenty in finding many solutions. There seems to be a little more stress given on the self sacrifice than other modalities of spirituality like sense control, breath control and meditation but overall the

book is very readable, language beautiful and when I read it I regretted the book was over.

One of the best books on Hinduism I have ever read. The book is about the conversations between a teenager, Nichiketa, and Yama - the God of Death : how Yama tempts the teenager with all the worldly riches just to test his sincerity and after being satisfied, unfolds the mystery of life and death to him.

I just finished this book, and I have learned to appreciate life more, not get mad as easily, be more compassionate and reasonable. I would suggest it to anyone, with any religious beliefs. It definitely helped me get more out of life...

Now reissued as *Essence of the Upanishads: A Key to Indian Spirituality (Wisdom of India)*.

Essence of the Upanishads is the revised edition of *Dialogue with Death*, with new series preface and introduction. Easwaran takes one of India's classic wisdom texts, the Katha Upanishad, and explains how it embraces all the key ideas of Indian spirituality within the context of a powerful mythic quest - the story of a young hero who ventures into the land of death in search of immortality. Illustrating the insights of the Katha through analogies and everyday examples, Easwaran shows how these ancient teachings help us gain a deeper understanding of our world and ourselves today.

For more than 50 years I have read extensively about eastern religion and thought and engaged in some of its practices. I have yet to find a presentation of such matters in a way that is more understandable to the western mind. It is more of a dialogue with life than with death. My childhood experiences were in a western religions, and my formal education was in the physical sciences and engineering.

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