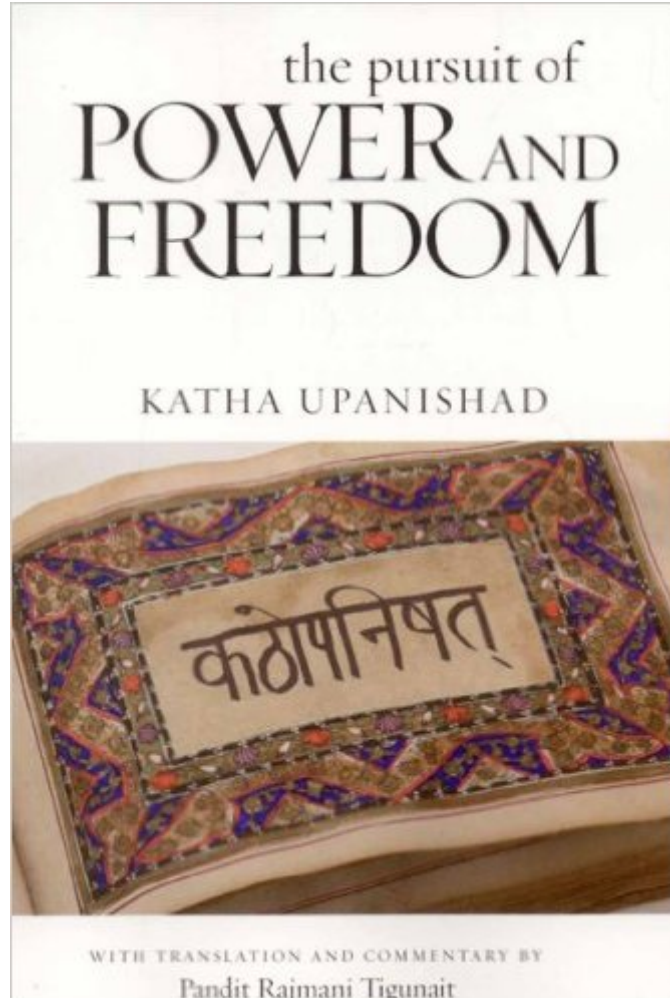


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# The Pursuit Of Power And Freedom: Katha Upanishad



## Synopsis

This is a new and contemporary translation of one of India's most revered texts - The Katha Upanishad. Tigunait delights us with an understandable version of one of the most difficult texts of all religious traditions. The story is of a young boy who compels the Lord of Death to reveal the secret of what happens after we die. Tigunait's commentary and translation make this text ideal for anyone looking for inner growth and enlightenment.

## Book Information

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## Customer Reviews

The Pursuit of Power and Freedom is a modern translation of the Katha Upanishad. On the surface this seems like an overly simple story about a young boy, Nachiketa, and his quest to seek wisdom from the lord of death. However, as you read further into the story you start to wonder what are the motives of each character, how do their motives and actions relate to my everyday life, what is the meaning of life? In The Pursuit of Power and Freedom, Tigunait provides extended commentary to help answer these question and provide the reader a clear sense of the knowledge contained in the Katha Upanishad. I highly recommend this book to anyone seeking a deeper understanding of life and what in life is truly valuable. I would also recommend that when you read this book you take the time to closely examine the story and characters.

Panditji writes a relevant book, bringing ancient teachings to modern times. Thank you Panditji, as always! Elaine & CJ (who took my first copy, so I had to get a new one!)

Pandit Rajmani Tigunait is the head of the Himalayan Institute. This small book is a wonderful introduction to Indian (yogic) sacred texts that tell a story about a young man and his teacher discussing life and death. The story and its protagonists were real people. But their conversation became a myth and one of the foundation of the teachings of yoga. Mr. Tigunait provides a lovely introduction to the book. His down to earth explanation of the deep meaning of the sacred text brings it to life and explains how one can relate to it in the modern world. It is written in a simple, beautiful language. I will definitely read more books published by the Himalayan Institute. As far as I am concerned, this is only a beginning of my self study pursuit and I am looking forward to learning more.

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