



## The Upanishads (Penguin Classics)

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*The Upanishads*, the earliest of which were composed in Sanskrit between 800 and 400 bce by sages and poets, form part of the *Vedas* - the sacred and ancient scriptures that are the basis of the Hindu religion. Each Upanishad, or lesson, takes up a theme ranging from the attainment of spiritual bliss to karma and rebirth, and collectively they are meditations on life, death and immortality. The essence of their teachings is that truth can be reached by faith rather than by thought, and that the spirit of God is within each of us - we need not fear death as we carry within us the promise of eternal life.

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The poetic backbone of Hinduism, the millennia-old *Upanishads* transcend time. The selections offered here illuminate a path that is as "narrow as the edge of a razor" but pregnant with freedom and bliss. Through vivid metaphors and timeless prose, learn how the path of yoga leads beyond the treacherous web of karma to the final, blissful union of the personal soul, atman, with the universal soul, Brahman.

### **About the Author**

**Juan Mascaro** was born in Majorca, and later studied modern and oriental languages, Sanskrit, Pali and English at Cambridge University. He died in 1987, and was lauded as a great translator of our time.

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