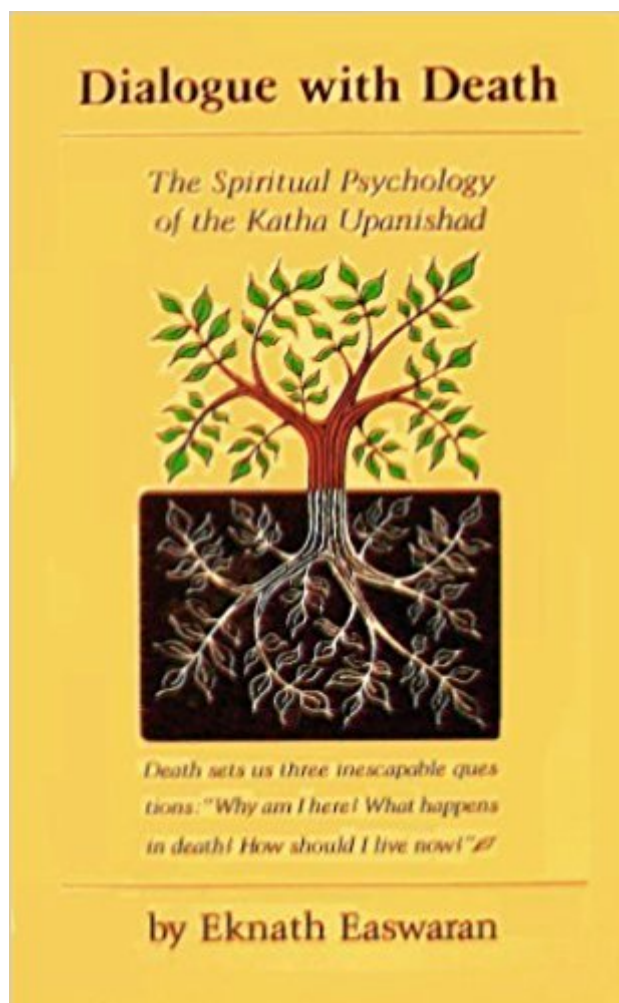


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# Dialogue With Death: The Spiritual Psychology Of The Katha Upanishad



## 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

Paperback: 276 pages

Publisher: Nilgiri Press; 1st edition (January 1981)

Language: English

ISBN-10: 0915132249

ISBN-13: 978-0915132249

Package Dimensions: 8.4 x 5 x 0.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,005,634 in Books (See Top 100 in Books) #52 in [Books > Religion & Spirituality > Hinduism > Sacred Writings > Upanishads](#)

## Customer Reviews

"A wise, helpful discussion of the makeup of the human person, distinguishing the ego and the true Self, the will and the desire, the two levels of mind and encouraging the development of the true personality. The author's own disciplined, compassionate and gentle spirit crowns his words with authenticity." -- Prairie "Comforting, reassuring, invigorating . . . Dialogue with Death is as much a book about the richness of life as it is about the end of living." -- The Los Angeles Times

Why am I here? Is there a purpose to my life? What happens when I die? These deep questions are addressed with clear wisdom, vivid images and memorable stories. 240 pages.

Excellent! This book is not about death but about life and living through the practice of meditation. Death is the life-long companion of life and is there as a constant reminder for us to live in the present, to evolve along our spiritual path and to rise beyond the need to worship material objects, thus allowing us to live our lives selflessly.

Excellent read. I was recommended this book after having a near death experience. I like the story withing the story about Nachiketa and Yama (Death). This book is not about death, but on how to

live life to its fullest. It has helped me process my experience and has taught me that what is important is living in the now.

I find this very spiritual and though provoking!

Excellent

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.

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.

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.

If you've pondered on the following quote from Malcolm Muggeridge "A Twentieth-Century Testimony": When I look back on my life nowadays, which I sometimes do, what strikes me most forcibly about it is that what seemed at the time most significant and seductive, seems now most futile and absurd. For instance, success in all of its various guises; being known and being praised; ostensible pleasures, like acquiring money or seducing women, or travelling, going to and fro in the world and up and down in it like Satan, explaining and experiencing whatever Vanity Fair has to offer. In retrospect, all these exercises in self-gratification seem pure fantasy, what Pascal called, 'licking the earth'."and you'd like to know what else is out there, give this book a try.. it can transform you! Best Wishes!!

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