

the bhagavad gita by eknath easwaran

The Bhagavad Gita by Eknath Easwaran: A Timeless Guide to Life's Challenges

the bhagavad gita by eknath easwaran stands as one of the most approachable and inspiring translations of this ancient spiritual text. For anyone intrigued by Indian philosophy or seeking practical wisdom to navigate modern life, Easwaran's version offers a clear, profound, and deeply human perspective on the Gita's timeless messages. Unlike many translations that can feel dense or overly academic, Easwaran's work breathes life into the dialogue between Arjuna and Krishna, making the teachings accessible to readers from all walks of life.

If you're wondering what sets this edition apart and why it remains beloved by spiritual seekers, students, and casual readers alike, let's delve into the unique qualities of the Bhagavad Gita by Eknath Easwaran, its interpretations, and how it can be a transformative resource in today's fast-paced world.

Who Was Eknath Easwaran?

Before exploring his translation, it's helpful to understand the person behind the words. Eknath Easwaran was an Indian-born spiritual teacher and author who spent much of his life in the United States, introducing Western audiences to Indian scriptures with clarity and warmth. Known for his simple yet profound teaching style, Easwaran emphasized meditation and practical spirituality. His background in both Eastern and Western thought allowed him to bridge cultural gaps effectively.

Easwaran's translations and commentaries are not just linguistic exercises; they are heartfelt interpretations infused with lived experience and a deep understanding of spiritual practice. This makes his Bhagavad Gita much more than a text — it becomes a guidebook for personal transformation.

What Makes the Bhagavad Gita by Eknath Easwaran Unique?

Clear and Accessible Language

One of the biggest challenges with ancient texts like the Bhagavad Gita is the language barrier. Sanskrit verses, often poetic and symbolic, can feel intimidating. Easwaran's translation stands out because he renders Sanskrit concepts into everyday English without losing their spiritual depth. This approach helps readers connect with the Gita's teachings without getting bogged down by complicated terminology.

Practical Spiritual Wisdom for Modern Life

The Bhagavad Gita by Eknath Easwaran doesn't just explore abstract philosophy; it frames the teachings in ways that resonate with contemporary challenges. For example, the text discusses duty, selflessness, and inner peace — concepts that remain relevant whether you're facing workplace stress, personal dilemmas, or existential questions.

Easwaran emphasizes the practice of meditation and self-discipline as tools to embody the Gita's lessons. His commentary often points to practical steps readers can take to integrate these spiritual principles into daily routines.

Insightful Commentary and Context

Alongside the translation, Easwaran provides extensive commentary that explains the historical and cultural context of the Gita. This background enriches the reading experience by clarifying the symbolism and the philosophical underpinnings of the text. Rather than presenting the Bhagavad Gita as a static scripture, Easwaran invites readers to engage with it dynamically, encouraging reflection

and personal interpretation.

Key Themes in The Bhagavad Gita by Eknath Easwaran

Dharma and Duty

One of the central themes in the Bhagavad Gita is dharma — the moral and ethical duties one must uphold. Easwaran's version stresses the importance of performing one's duty without attachment to results, a concept known as Nishkama Karma. This teaching can be incredibly liberating in a world obsessed with outcomes and success metrics. By focusing on action itself rather than rewards or failures, readers learn to cultivate equanimity and peace.

Self-Realization and Inner Transformation

The dialogue between Krishna and Arjuna serves as a metaphor for the inner battle each person faces. Easwaran highlights the Gita's call to turn inward, discover the true self beyond ego and illusion, and live from that place of awareness. This process of self-realization is not merely philosophical but a practical journey toward freedom from fear, doubt, and suffering.

Paths of Yoga

The Bhagavad Gita elaborates on different yogic paths — Karma Yoga (path of action), Bhakti Yoga (path of devotion), Jnana Yoga (path of knowledge), and Raja Yoga (path of meditation). Easwaran's translation carefully explains these concepts, showing how they are not mutually exclusive but interconnected ways to achieve spiritual growth. His accessible style encourages readers to explore these paths according to their temperament and life circumstances.

How to Get the Most Out of the Bhagavad Gita by Eknath Easwaran

Approach It as a Living Dialogue

Rather than reading the Bhagavad Gita by Eknath Easwaran like a textbook, try to engage with it as an ongoing conversation. Reflect on Arjuna's doubts and Krishna's answers, and consider how these apply to your own life. Easwaran's commentary supports this reflective reading by prompting questions rather than dictating absolute interpretations.

Practice Meditation and Mindfulness

Easwaran was a strong advocate of meditation, and his translation encourages readers to integrate meditation practice as a way to embody the Gita's teachings. Even simple meditation techniques can help internalize the messages of detachment, self-awareness, and calm amidst life's storms.

Revisit the Text Periodically

The Bhagavad Gita is layered with meaning, and Easwaran's version rewards multiple readings. Each time you return, you may discover new insights or feel more connected to certain verses. This cyclical engagement mirrors the spiritual journey itself — understanding deepens over time.

Impact and Legacy of Easwaran's Bhagavad Gita

Since its publication, the Bhagavad Gita by Eknath Easwaran has become a cornerstone for readers seeking spiritual guidance outside traditional religious frameworks. Its widespread appeal lies in its universal themes – grappling with moral dilemmas, finding purpose, and cultivating peace. Easwaran’s translation has been praised by scholars, spiritual teachers, and lay readers for its warmth and clarity.

Moreover, Easwaran’s work has inspired many to explore Indian philosophy and integrate its wisdom with Western thought, fostering cross-cultural understanding. His emphasis on meditation and practical spirituality continues to influence mindfulness movements worldwide.

Recommended Complementary Reads

If you find yourself drawn to Easwaran’s Bhagavad Gita, you might also appreciate his other works, such as his translation of the Upanishads or his book on meditation techniques. These texts expand on similar themes and provide practical tools for spiritual growth.

Final Thoughts on the Bhagavad Gita by Eknath Easwaran

Engaging with the Bhagavad Gita by Eknath Easwaran can be a deeply enriching experience, offering both intellectual clarity and heartfelt inspiration. Easwaran’s skillful translation and commentary invite readers into a sacred dialogue that transcends time and culture. Whether you approach it as a spiritual guide, philosophical treatise, or a manual for living wisely, this edition of the Bhagavad Gita has a unique ability to resonate with the challenges and aspirations of modern life.

For those seeking a fresh and approachable entry point into one of the world’s greatest spiritual classics, Easwaran’s Bhagavad Gita remains an invaluable companion. It reminds us that the ancient wisdom of Krishna’s counsel is not confined to a battlefield long ago but is alive and relevant in every moment we face our own inner battles.

Frequently Asked Questions

Who is Eknath Easwaran and what is his contribution to the Bhagavad Gita?

Eknath Easwaran was an Indian-born spiritual teacher and author who translated and provided a modern commentary on the Bhagavad Gita, making its teachings accessible to contemporary readers worldwide.

What is unique about Eknath Easwaran's translation of the Bhagavad Gita?

Easwaran's translation is known for its clear, poetic language and practical interpretation, emphasizing the spiritual wisdom of the Gita rather than just its philosophical concepts.

How does Eknath Easwaran interpret the core message of the Bhagavad Gita?

Easwaran interprets the core message as a guide to living a life of selfless action, inner peace, and spiritual awakening, focusing on the importance of duty and meditation.

What audience is Eknath Easwaran's Bhagavad Gita aimed at?

His translation is aimed at both Western and Eastern readers who seek a practical and accessible understanding of the Bhagavad Gita's spiritual teachings.

Does Eknath Easwaran include commentary along with the Bhagavad Gita text?

Yes, Easwaran provides insightful commentary and introductions that contextualize the verses and explain their relevance to modern life.

How does Eknath Easwaran's background influence his translation of the Bhagavad Gita?

Being both a scholar and a spiritual practitioner, Easwaran combines academic rigor with experiential wisdom, resulting in a translation that is both accurate and deeply inspiring.

What spiritual practices does Eknath Easwaran highlight in his Bhagavad Gita translation?

He emphasizes meditation, selfless service, and devotion as key practices derived from the Gita that help individuals attain spiritual growth.

Why is Eknath Easwaran's Bhagavad Gita recommended for beginners?

Because of its straightforward language, practical insights, and relatable commentary, Easwaran's Bhagavad Gita serves as an excellent introduction for those new to the text.

Additional Resources

The Bhagavad Gita by Eknath Easwaran: A Profound Journey into Spiritual Wisdom

the bhagavad gita by eknath easwaran stands as a compelling and accessible translation and interpretation of one of the most influential spiritual texts in human history. Easwaran's version has garnered widespread acclaim for its clarity, depth, and contemporary relevance, making the ancient scripture approachable for modern readers across various backgrounds. This article examines the distinctive qualities of Easwaran's Bhagavad Gita, its interpretive lens, and its place within the broader landscape of Gita translations and commentaries.

In-depth Analysis of The Bhagavad Gita by Eknath Easwaran

Eknath Easwaran's rendition of the Bhagavad Gita is more than a straightforward translation; it is an immersive exploration that connects the timeless teachings of the Gita with practical life applications. Easwaran, a renowned spiritual teacher and translator, brings a unique perspective rooted in both deep scholarship and extensive meditation practice. His approach distinguishes itself by emphasizing the Gita's universal messages over sectarian interpretations, which resonates well with contemporary spiritual seekers.

Unlike translations that strictly adhere to Sanskrit or focus heavily on theological exegesis, Easwaran opts for a narrative style that prioritizes clarity and inspiration. This makes the text accessible to readers unfamiliar with Hindu philosophy or the original language. The book is structured to guide readers through the dialogue between Arjuna and Krishna with thoughtful introductions and explanations of key concepts such as dharma (duty), karma (action), and bhakti (devotion).

Translation Style and Interpretive Choices

One of the hallmarks of the bhagavad gita by eknath easwaran is its lucid and poetic translation. Easwaran employs contemporary English that retains the lyrical quality of the original verses without resorting to archaic language. This balance enhances readability while preserving the meditative depth of the text. His footnotes and commentary provide context for Sanskrit terms, philosophical ideas, and cultural references, which helps demystify complex passages.

Easwaran's interpretive choices often emphasize the practical and ethical dimensions of the Gita. For instance, his commentary on karma yoga highlights the importance of selfless action free from attachment to results. This aligns with Easwaran's broader teachings on meditation and mindful living, creating a cohesive framework that encourages readers to integrate the Gita's wisdom into daily life.

Comparison with Other Popular Translations

When compared to other well-known translations, such as those by Swami Prabhupada, Sarvepalli Radhakrishnan, or Christopher Isherwood, Easwaran's Bhagavad Gita is notably more accessible for Western audiences seeking a spiritual rather than purely academic or religious perspective. While Prabhupada's translation is deeply rooted in the Gaudiya Vaishnavism tradition and focuses on devotional aspects, Easwaran offers a more universal approach, suitable for readers from diverse spiritual or secular backgrounds.

Sarvepalli Radhakrishnan's translation, favored for its scholarly rigor, often appeals to readers interested in philosophical depth and historical context. In contrast, Easwaran's work is less technical but more practical and meditative, bridging the gap between intellectual understanding and experiential wisdom. Christopher Isherwood's translation, though poetic, tends to be more literary and less comprehensive in commentary, whereas Easwaran's edition provides extensive insights and guidance.

Key Features of The Bhagavad Gita by Eknath Easwaran

- **Clear and poetic translation:** Easwaran's use of contemporary English enhances comprehension without sacrificing the original's spiritual tone.
- **Comprehensive commentary:** Detailed explanations accompany each chapter, illuminating difficult concepts and Sanskrit terminology.
- **Practical application focus:** The text encourages readers to apply Gita's teachings on duty, meditation, and detachment in everyday life.
- **Universal spiritual perspective:** Easwaran avoids sectarian bias, making the Gita accessible to readers of all faiths and backgrounds.

- **Integration with meditation practice:** Easwaran's background in meditation informs his interpretation, offering a holistic spiritual approach.

Pros and Cons of Easwaran's Bhagavad Gita

1. Pros:

- Highly readable and engaging for modern audiences.
- Insightful commentary that clarifies the philosophical and ethical teachings.
- Emphasis on practical spirituality and meditation.
- Inclusive and non-dogmatic, suitable for diverse readers.

2. Cons:

- Less detailed in traditional theological interpretations compared to some classical commentaries.
- May not satisfy readers looking for strictly academic or Sanskrit-based analysis.
- Some purists might prefer a more literal translation over Easwaran's interpretive style.

The Impact and Reception of Easwaran's Bhagavad Gita

Since its publication, the bhagavad gita by eknath easwaran has been widely praised by spiritual teachers, scholars, and general readers alike. It has become a recommended text in many meditation centers and yoga schools due to its emphasis on integrating spiritual wisdom with daily living. The translation has played a significant role in introducing the Gita to Western audiences, particularly those seeking a practical guide to inner peace and ethical action.

Easwaran's work also contributes to the ongoing global conversation about the relevance of ancient scriptures in the 21st century. By framing the Gita's teachings in a universal context, he invites a broader audience to explore its messages on selflessness, devotion, and the nature of the self. This has helped bridge cultural and religious divides, reinforcing the Gita's position as a timeless spiritual classic.

In academic circles, Easwaran's translation is often cited as a valuable resource for comparative religion studies and spiritual literature courses, appreciated for its clarity and accessibility. While some critics advocate for versions with more rigorous philological fidelity, the consensus acknowledges that Easwaran's Bhagavad Gita excels in making the text alive and relevant.

The bhagavad gita by eknath easwaran ultimately serves not only as a translation but as a spiritual companion, guiding readers through the ethical dilemmas and existential questions posed in the epic dialogue. It invites a reflective journey inward, encouraging engagement with the text not just as literature but as a living source of wisdom.

[The Bhagavad Gita By Eknath Easwaran](#)

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the bhagavad gita by eknath easwaran: The Bhagavad Gita Eknath Easwaran, 2010-06-29

The Bhagavad Gita: one of three new editions of the books in Eknath Easwaran's Classics of Indian Spirituality series On this path, effort never goes to waste, and there is no failure. Even a little effort towards spiritual awareness will protect...

the bhagavad gita by eknath easwaran: The Bhagavad Gita Eknath Easwaran, 2007 The Bhagavad Gita, "The Song of the Lord," is the best known and most read of all the Indian scriptures, featured on college reading lists, quoted in yoga magazines, found in all good libraries and bookstores, and recognized as part of the wisdom literature of all time. Easwaran held the Gita to be India's greatest gift to the world, and he found in it his most profound source of inspiration. He started teaching classes on the Gita in Berkeley in the sixties, and continued to bring his unfailing enthusiasm to a wide audience throughout his life. Readers have always appreciated the authenticity of his translation, which regularly tops the bestseller list of its genre and has consistently been the bestselling book for Nilgiri Press. The Gita opens, dramatically, on a battlefield. Prince Arjuna, a great warrior and a man of principle, is about to face the treacherous relatives who have deprived his elder brother of his crown. Just as the battle is about to begin, however, Arjuna collapses in his chariot, his bow falling to his side, unable to face the inevitable slaughter ahead of him. Arjuna's struggle is profoundly modern. He has lost his way on the battlefield of life, and turns to a higher, spiritual power to find the path once again. About to go into the fight of his life, he asks direct, uncompromising questions of his spiritual guide, Sri Krishna. Acting as Arjuna's friend and charioteer, Krishna is in reality the Lord himself. In seven hundred verses of sublime instruction, Krishna talks of living and dying, of loving and working, of the nature of the soul and the paths we can take to realize our true Self, our true stature. For, as Easwaran points out, the Gita is not what it seems - it's not a dialogue between two mythical figures at the dawn of Indian time. "The battlefield is a perfect backdrop, but the Gita's subject is the war within, the struggle for self-mastery that every human being must wage" to live a life that is meaningful, fulfilling, worthwhile. Arjuna represents each of us, every person of action and principle today. Krishna is not an external deity "but the spark of divinity that lies at the core of the human personality." And this is no external dialogue, but one that takes place within us as we struggle, like Arjuna, to do what is right. Easwaran's genius is to show us that the Gita is not just a text that is interesting historically and culturally - it's a practical manual, a book of choices, that offers guidance for whatever challenges we face. It places human destiny entirely in human hands. The range of paths the Gita describes for spiritual realization - of action, wisdom, devotion, and meditation - is broad enough to appeal to all our different personalities. Great figures like Gandhi turned to the Gita again and again, and so can we.

the bhagavad gita by eknath easwaran: Bhagavad Gita , 2004 The Bhagavad Gita (Song of the Lord) is considered the most influential of all the Hindu scriptures and is one of the greatest spiritual classics of the world. Comprised of eighteen chapters taken from the great Sanskrit epic Mahabharata, the Gita presents a conversation that takes place on a battlefield just as two groups of relatives are about to wage war against one another. Facing the forces of greed, anger, and hatred, the warrior-prince Arjuna loses heart and refuses to fight his own kin. His friend and charioteer, Lord Krishna, who represents the Divine within, tells him: Your very nature will drive you to fight. In the ensuing dialogue, Krishna teaches Arjuna, and all of us, how we can face bravely the unavoidable challenges and conflicts of life--and win the greatest of all battles, against the tumultuous emotions within our own hearts. Eknath Easwaran's eloquent translation and Diana Morrison's chapter introductions, which summarize major religious concepts, make this edition especially accessible for modern readers of any religion.

the bhagavad gita by eknath easwaran: The Bhagavad Gita , 2000-04-25 The Bhagavad Gita is the most famous poem in all of Hindu literature and part of the Mahabharata, the ancient Indian epic masterpiece. The Gita (in Sanskrit, Song of the Lord) consists of a dialogue between Lord Krishna and Prince Arjuna on the morning of a climactic battle. Krishna provides Arjuna with

the spiritual means to understand his own nature so that he can take action and prevail. However, the larger canvas painted in the poem is that of the moral universe of Hinduism. As translator Eknath Easwaran, one of the world's premier teachers of meditation and spirituality, notes The Gita does not present a system of philosophy. It offers something to every seeker after God, of whatever temperament, by whatever path. The reason for this universal appeal is that it is basically practical: it is a handbook for self-realization and a guide to action.

the bhagavad gita by eknath easwaran: Essence of the Bhagavad Gita Eknath Easwaran, 2011-12-13 In this companion to his best-selling translation of the Bhagavad Gita, Easwaran explores the essential themes of this much-loved Indian scripture. Placing the Gita in a modern context, Easwaran shows how this classic text sheds light on the nature of reality, the illusion of separateness, the search for identity, and the meaning of yoga. The key message of the Gita is how to resolve our conflicts and live in harmony with the deep unity of life, through the principles of yoga and the practice of meditation. Easwaran grew up in the Hindu tradition and learned Sanskrit from an early age. A foremost translator and interpreter of the Gita, he taught classes on it for forty years, while living out the principles of the Gita in the midst of a busy family and community life. In the Gita, Sri Krishna, the Lord, doesn't tell the warrior prince Arjuna what to do: he shows Arjuna his choices and then leaves it to Arjuna to decide. Easwaran, too, shows us clearly how these teachings still apply to us - and how, like Arjuna, we must take courage and act wisely if we want our world to thrive.

the bhagavad gita by eknath easwaran: The Bhagavad Gita for Daily Living: Chapters 1 through 6 Easwaran Eknath, 1975 India's timeless and practical scripture presented as a manual for everyday use.

the bhagavad gita by eknath easwaran: Summary of Eknath Easwaran's The Bhagavad Gita Milkyway Media, 2021-05-14 Buy now to get the key takeaways from Eknath Easwaran's The Bhagavad Gita. Sample Key Takeaways: 1) The Bhagavad Gita serves as a personal guide. It offers questions and answers on how to successfully survive in a world full of obstacles and change. It is a map for life. 2) The central subject of the Bhagavad Gita is not the external war, but the war within. It tackles the fight for self-mastery that is present within every person, a battle that must be fought if one wishes to triumph at life.

the bhagavad gita by eknath easwaran: A More Ardent Fire Eknath Easwaran, In a verse-by-verse reading of a chapter on devotion from the well-known Indian scripture, the Bhagavad Gita, Easwaran offers practical wisdom, stories, and insights to guide us through the challenges of everyday love. Our deepest need is to love completely, universally, without reservation - in other words, to become love itself. This book is Easwaran's commentary on Chapter 12 of the Bhagavad Gita, and is taken from Like a Thousand Suns (The Bhagavad Gita for Daily Living Volume 2, chapter 7-12), with a new introduction from Easwaran.

the bhagavad gita by eknath easwaran: The Bhagavad Gita (With Dvd) Eknath Easwaran, 2009-01-01 Includes DVD Talks on The Bhagavad Gita Watch Eknath Easwaran - warm, lively, inspiring - discuss timeless messages from The Bhagavad Gita. The Bhagavad Gita, The Song of the Lord, is the best known of all the Indian scriptures, and Eknath Easwaran's reliable, readable version has consistently been the bestselling translation. Easwaran's introduction places the Gita in its historical setting and brings out the universality and timelessness of its teachings. Chapter introductions give clear explanations of key concepts, and notes and a glossary explain Sanskrit terms. The Bhagavad Gita opens, dramatically, on a battlefield, as the warrior Arjuna turns in anguish to his spiritual guide, Sri Krishna, for answers to the fundamental questions of life. But, as Easwaran points out, the Gita is not what it seems it's not a dialogue between two mythical figures at the dawn of Indian history. The battlefield is a perfect backdrop, but the Gita's subject is the war within, the struggle for self-mastery that every human being must wage to live a life that is meaningful, fulfilling, and worthwhile.

the bhagavad gita by eknath easwaran: The Mantle of the Mystic Eknath Easwaran, Selections from Easwaran's published works highlight key episodes in his life. These episodes

contributed to the unfolding of his natural genius for teaching and – much more important – of the inner spirit that was struggling for expression. The book is an inspiration to spiritual aspirants following the eightfold path of passage meditation.

the bhagavad gita by eknath easwaran: The Bhagavad Gita for Daily Living, Volume 1

Eknath Easwaran, 2020-11-10 A comprehensive manual for living a spiritual life, based on a verse-by-verse commentary on India's timeless scripture – from the author of its best-selling translation. This ebook includes all three volumes in this series. The Bhagavad Gita is set on the battlefield of an apocalyptic war between good and evil. Faced with a dire moral dilemma, the warrior prince Arjuna turns in anguish to his spiritual guide, Sri Krishna, for answers to the fundamental questions of life. Easwaran points out that Arjuna's crisis is acutely modern. The Gita's battlefield is the struggle for self-mastery that every human being must wage. Arjuna represents each of us, and Sri Krishna is the Lord, instructing us in eighteen chapters of lofty wisdom as we face the social, environmental, and global challenges that threaten our world today. Easwaran is a spiritual teacher and author of deep insight and warmth. His verse-by-verse commentary interprets the Gita's teachings for modern readers, explaining the Sanskrit concepts and philosophy and applying them with practicality, wisdom, and humor to every aspect of our work, our relationships, and our lives. With everyday anecdotes, stories, and examples, he shows that the changes we long to see in the world start with the transformation of our own consciousness. The practical exercises recommended by Easwaran to achieve transformation are part of a spiritual program he developed for his own life. They are accessible to people from all backgrounds and cultures. Urging us to adopt a higher image of the human being, he assures us that peace and unity are within reach. Each volume of this series covers six chapters of the Gita. Each may be read on its own, but all three volumes together form an in-depth, verse-by-verse explanation of this ancient scripture and its relevance today. Included are instructions in Easwaran's universal eight-point program of passage meditation. Volume 1: The first six chapters of the Gita explore the concept of the innermost Self and source of wisdom in each of us. Easwaran explains how we can begin to transform ourselves, even as householders engaged in busy lives. Volume 2: The next six chapters of the Gita go beyond the individual Self to explore the Supreme Reality underlying all creation. Easwaran builds a bridge across the seeming divide between scientific knowledge and spiritual wisdom, and explains how the concept of the unity of life can help us in all our relationships. Volume 3: The final six chapters put forth an urgent appeal for us to begin to see that all of us are one – to make the connection between the Self within and the Reality underlying all creation. Global in scope, the emphasis is on what we can do to make a difference to heal our environment and establish peace in the world. Easwaran's commentary is for all students of the Gita, whatever their background, and for anyone who is trying to find a path to wisdom, love, and kindness in themselves and our troubled world. Written as an authoritative, accessible guide to a much-loved scripture, it is a handbook for finding peace and clarity within. This second edition incorporates revisions made across all three volumes following the author's final instructions.

the bhagavad gita by eknath easwaran: Essence of the Upanishads

Eknath Easwaran, 2010-10-19 Essence of the Upanishads - A Key to Indian Spirituality (Revised edition of Dialogue with Death, with new series preface and introduction - 19 new pages from transcripts of Easwaran's talks) Easwaran shows how the Katha Upanishad can help us understand our lives today 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.

the bhagavad gita by eknath easwaran: How to Meditate

Eknath Easwaran, Would you like better concentration, more vitality and creativity, more patience and inner strength? Daily meditation can help you develop these qualities. Easwaran taught meditation for over forty years, and his instructions are practical and clear. He shows you how to choose a spiritual text, or passage,

from the world's great traditions that embodies your highest ideals. With regular practice, meditation becomes your lifeline, taking you to the source of wisdom deep within and guiding you through all the challenges of daily life. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. His class at the University of California, Berkeley was the first accredited course on meditation at any Western university. He is the author of the best-selling translation in English of the Bhagavad Gita, India's best-known scripture. This short ebook is the first chapter Meditation on a Passage from the book Passage Meditation - A Complete Spiritual Practice by Eknath Easwaran.

the bhagavad gita by eknath easwaran: Original Goodness Eknath Easwaran, 1996
Patience, mercy, peacemaking, simplicity, humility. When we cultivate these qualities our life will become immensely rich. Beneath all our layers of ignorance, we can uncover our essential nature: our Original Goodness. According to the Perennial Philosophy found in all religions, this divine essence can be realized, and is the supreme goal in life. This unbroken awareness of the presence of God in all creatures is the mark of the mystic. For one who grasps these principles with an open heart, life takes fire with purpose.

the bhagavad gita by eknath easwaran: The Compassionate Universe Eknath Easwaran, 2010-10-19 Here, Easwaran describes his search for a way of life that combines inner fulfillment, respect for nature, and effective participation in the world. Then he presents the fruit of that search: a comprehensive program of trusteeship of ourselves and the earth. This is environmentalism as a great adventure, filled with the challenges and rewards of inner growth. "As trustees," he writes, "we discover that each of us is a unique and essential member of a compassionate universe."

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