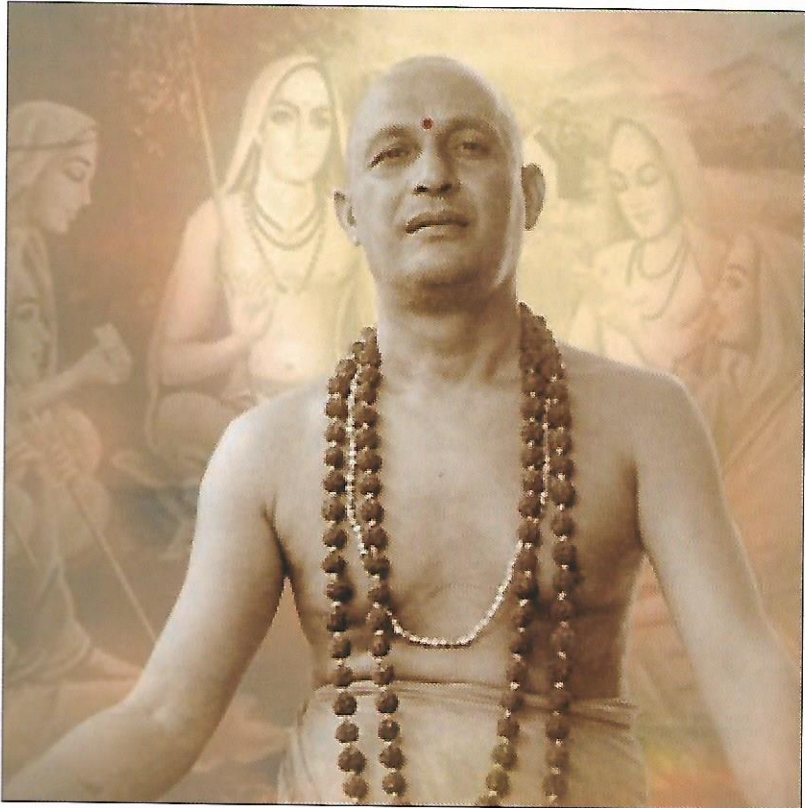


Nine Principal Upanishads

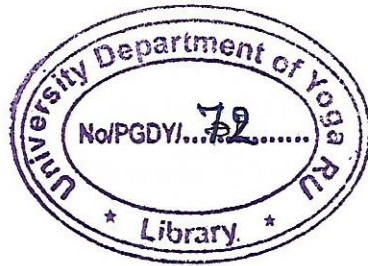
from the teachings of
Swami Satyananda Saraswati



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Nine Principal Upanishads



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With kind regards, ॐ and prem

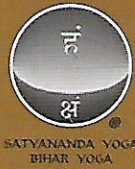
Sarani Niranjan

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The Nine Principal Upanishads are the culmination of vedic thought and contain the essence of the original vedantic teachings. They impart sublime truths about the nature and destiny of mankind revealed by great sages and seers during informal discussions with disciples and spiritual seekers. These upanishads describe the direct experience of transcendence which results in the unity of the individual with the highest consciousness. They also provide methods of meditation to realize the nature of Atman, the supreme soul, and to attain the immortal Brahman.

This text includes the original Sanskrit verses, transliteration and translations of the following nine major upanishads: Prashnopanishad, Kenopanishad, Mandukyopanishad, Mundakopanishad, Ishavasya Upanishad, Kathopanishad, Aitareya Upanishad, Shvetashvataropanishad and Taittiriya Upanishad.



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