



## Ten Upanishads of Four Vedas

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Upanishads are a record of human mind's earliest contemplative flights to the Unknown. Many of the anonymous seekers preceded great Masters and Prophets like Lao-Tzu, Confucius, Socrates, Zoroaster, Buddha, Mahavira, Abraham and Jesus, by at least a few centuries.

Upanishads are ahead of even modern times. Physicists' concept of Ultimate Reality has progressed from atoms to sub-atomic particles to vibrating strings; and search for a Theory of Everything continues. Upanishads declare that Ultimate Reality – or what we call "God" – is Pure and Absolute Consciousness. Space–time, matter–energy and life–mind are It's conditioned and relative manifestations. Human mind is a miniature Cosmic Mind. Everything in the universe is interconnected. Micro and macro-worlds have identical patterns. The universe is an embodiment of perfect harmony when viewed in its totality. Upanishads point to interplay of ego and Self as the root cause of evil and good. Every person has a unique ego, which makes him different from all others. However every person has one and the same Self, which makes him concerned for others. Ego helps progress, but it also gives rise to evils like selfishness, possessiveness and intolerance. These are balanced by enhancing our awareness of One Self in all. Knowledge of Self spurs peace. We need both progress and peace.

Upanishads use many captivating dialogues, stories and metaphors to bring out the relationship between man, God and world. Timeless truths are condensed in profound aphorisms. After a few glimpses of Upanishadic texts, their mere presence on a bookshelf inspires thoughts of wisdom.

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