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Upanishad Vahini

Stream of the Upanishads
DEAR READER!

Bhagawan Sri Sathya Sai Baba has come among humanity and is providing spiritual sustenance and guidance, in order to re-establish truth, justice, peace, and love as the mainspring of individual, social, and national life. He is using ancient and modern instruments for this great task, Sanathana Dharma and science. His writings, discourses, and conversations, which correct, communicate, and convince, are full of statements and commentaries on the discoveries of physical and metaphysical sciences.

This book, which gives in English His articles (first published in Telugu in the Sanathana Sarathi) on the Ten Upanishads (invaluable textbooks on spiritual discipline and on the glorious fruit of spiritual adventure) will reveal to you the vast limitless mercy that impels Him to save us from trivialities and prompts Him to guide us along, until we reach the Goal of Life.

Making us tread the path discovered by the sages of the past, inducing us to revere their light and their message, illumining in us the flame of knowledge, which dispels delusion — that is what Bhagawan, with His Supreme Love, does for us in this book.

Let us read it with care, recapitulate it with earnestness in the silence of our hearts, and practise it with humility and faith in every turn of thought, in every tilt of tongue, and in every digit of deed.

N. KASTURI Prasanthi Nilayam, 21 April 1968
Preface for this Ebook Edition

The first English edition of the *Upanishad Vahini* was translated by N. Kasturi from the Telugu version of the same written by Bhagavan Sri Sathya Sai Baba and published serially in the Telugu *Sanathana Sarathi*. This English edition improves on the previous one in several ways. Grammatical errors and typos have been corrected, and some sentences have been rewritten to smooth and clarify the presentation—of course, without disturbing the original meaning. Some long paragraphs have been split in two or more paragraphs where it made sense and provided easier reading. Numbered subtitles or sections make it easier to find one’s way in the book.

Sanskrit words have been replaced by their English equivalents, to make the *Upanishad Vahini* more accessible to readers who do not know Sanskrit. However, where appropriate, the Sanskrit has been retained (in parentheses, following the English). Many Sanskrit words have no exact English equivalent, and retaining the Sanskrit keeps the edition accurate.

Some Sanskrit compounds have been hyphenated between their constituent words to aid those who like to analyze the meanings of the individual words. Several Sanskrit words have made their way into the English language and can be found in most dictionaries—e.g. *dharma*, *guru*, *yoga*, and *moksha*. These words have generally been used without translation, although their meanings appear in the glossary at the end of the book.

Besides definitions of Sanskrit words used in the *Upanishad Vahini*, the glossary contains descriptions of the people and places mentioned.

Finally, this ebook edition allows you, the reader, to choose the point size and font that suits you. Make use of that feature! Also, this ebook has links to the glossary. Click on most Sanskrit words, people, and places and you will be taken to the page in the glossary where that word, person, or place is defined. Your reading application should have a “back” button that will allow you to return to where you were reading.

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