

Synopsis of the Penguin classic 'The Upanishads' translated and edited by U.K. scholar par excellence, Valerie J. Roebuck.

Thirteen Upanishads have been presented.

I - Isavasya Upanishad .

Essence : Purnamadam ----- Purnameva Vasisyate. Mathematics of the Unlimited : **Wholeness always prevails as WHOLE & HOLY.**

II – Brihadaranyaka Upanishad.

1. Only 'THAT' Existence is Reality as Swa-Ha (Dissolution of 'I'-ness).
2. Dama-Daana-Dayaa (Austerity/simplicity - Charity - Compassion).

III - Chhandogya Upanishad.

1. Story of Sage Uddaalak and his young son Swetketu — Thou art that, 'You' are nothing !
2. Jabala story.

IV - Taittiriya Upanishad.

Vowel Sound 'A-U-M' dissolving in 'Sound of Silence'!

V - Aitareya Upanishad.

Connection of Life at Brahma-Randhra or Fontanelle.

VI - Kausitaki Upanishad.

Third dimension: Joy of 'No-mind'. Not the corridor of opposites: Pleasure-Pain of the mind.

VII - Kena Upanishad.

'Knowing' following the fusion of 'knower' and the 'known'.

VIII - Katha Upanishad.

Learning the **Art of Living** from the **Lord of Death** (Yama).

IX – Swetasvatara Upanishad.

Essence is: Saamkhya Philosophy of Sage Kapilacharya or Swadhyay teachings of Kriya Yoga.

X - Mundaka Upanishad.

Essence is **Shaven head** — as a symbol of renunciation and of being ascetic.

XI - Prasna Upanishad.

Essence is to question (Prasna): who is the questioner — the 'I'-ness - leading to non-movement of 'I' — the psychological time, thus coming to an end.

XII - Maandukya Upanishad. Maanduka means 'frog'.

Essence is that thought must move in discontinuity like frog-jumps.

XIII - Maitri Upanishad.

Essence : 1) Buddha's main four teachings. 2) Be a lotus : not getting **wet** inspite of being in water. 3) Jagriti-Swapna-Susupta-Turya — four Human states of living.

Jai Valerie J. Roebuck