

**THE UPANISHADS;
VOL. I**

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The Upanishads; Vol. I by Swâmi Paramânanda

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TRANSLATED AND COMMENTATED

BY
SWĀMI PARAMĀNANDA

FROM THE ORIGINAL SANSKRIT TEXT

VOLUME I



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REVERENTLY DEDICATED TO ALL SEEKERS
OF TRUTH AND LOVERS OF WISDOM

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PREFACE

THE translator's idea of rendering the Upanishads into clear simple English, accessible to Occidental readers, had its origin in a visit paid to a Boston friend in 1909. The gentleman, then battling with a fatal malady, took from his library shelf a translation of the Upanishads and, opening it, expressed deep regret that the obscure and unfamiliar form shut from him what he felt to be profound and vital teaching.

The desire to unlock the closed doors of this ancient treasure house, awakened at that time, led to a series of classes on the Upanishads at The Vedânta Centre of Boston during its early days in St. Botolph Street. The translation and commentary then given were transcribed and, after studious revision, were published in the Centre's monthly magazine, "The Message of the East," in 1913 and 1914. Still further revision has brought it to its present form.