



# Upanishads For The Modern World: 1

*G.K. Pillai*

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## **Upanishads For The Modern World: 1** G.K. Pillai

In this book, Dr. Pillai relates the vision of the Upanishads to the spiritual needs of the 21st century. The stories of the Upanishads are retold to make them intelligible to the modern world. The outcome is a rational worldview that reveals the undeniable presence of an interactive energy in all forms of life.

The Upanishads contain the essence of existential wisdom conceived by oriental mystics about 3,000 years ago. They lead us to the logical inference that the spark of universal energy embedded in us motivates all our worldly deeds and even inspires the spiritual quest to unravel the unknown. The Upanishads give us clear-cut answers to all ultimate questions that science fails to elucidate.

The author suggests that the Upanishads can mitigate excessive violence, unfounded fears, and chronic anxieties that torment the modern mind. The book contains the latest scientific ideas on the mind and it offers effective spiritual solutions to remove undesirable aggressive tendencies. The existential wisdom explained here can hopefully create a compassionate mindset that we sadly miss in the egocentric era of information technology.

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