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By Valerie J. Roebuck, Valerie J. Roebuck

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An 'Upanisad' is a teaching session with a guru, and these thirteen texts, the 'Principal Upanisads', form a series of philosophical discourses between teacher and student that question the inner meaning of the world. Composed from around the eighth century BCE, the *Upanisads* have been central to the development of Hinduism, and explore the central doctrines of rebirth, karma, overcoming death, and achieving detachment, equilibrium and spiritual bliss. Speaking to the reader in direct, unadorned prose or lucid verse, they embody humanity's perennial search for truth and knowledge.

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Editorial Review

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About the Author

Valerie Roebuck is a Buddhist, practicing and teaching meditation in the Samatha tradition. She is an honorary research fellow of the University of Manchester and author of **The Circle of Stars: An Introduction to Indian Astrology**.

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