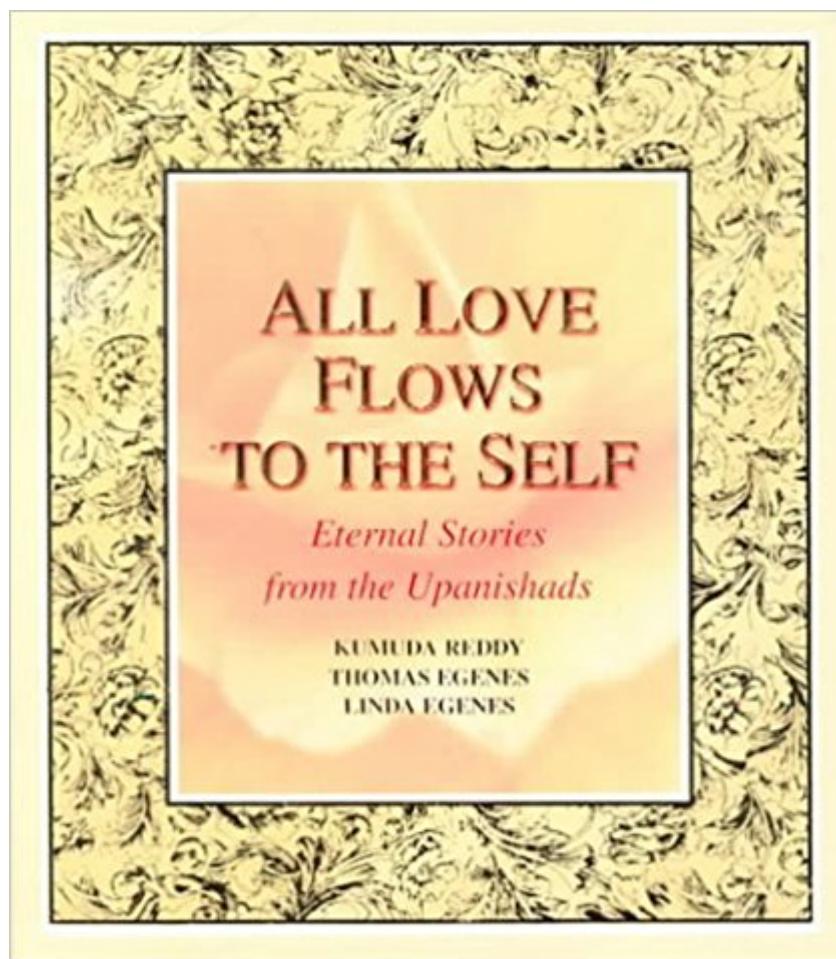


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# All Love Flows To The Self: Eternal Stories From The Upanishads



## **Synopsis**

The Upanishads include some of the most beloved and illuminating stories from the vast literature of India's Vedic tradition. Adapted from the original text, these twelve tales tell the story of enlightenment in simple, poetic language that will appeal to both adults and children. The Upanishads express the full glory of the inner Self. When one has realized the Self, everyone and everything becomes more near and dear, and one flows in universal love.

## **Book Information**

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## **Customer Reviews**

Kumuda Reddy, M.D. has been practicing medicine for nearly thirty years. She completed her training at Mt. Sinai Hospital in New York. She is a former member and anesthesiologist at Albany Medical College. Currently, Dr. Reddy practices in Bethesda, Maryland and in Falls Church, Virginia. She has developed a very informative website called AllHealthyFamily.com, dedicated to sharing the knowledge of the unlimited scope of Ayurvedic medicine. She is the author of a number of books on the Maharishi Vedic approach to health including: *Forever Healthy: An Introduction to Maharishi Ayur-veda*, *Golden Transition: Menopause Made Easy with Maharishi Vedic Medicine*, and *For a Blissful Baby: Healthy and Happy Pregnancy with Maharishi Vedic Medicine*. Along with writing and lecturing on the Maharishi Vedic approach to health, Dr. Reddy writes children's books based on traditional stories of India. Linda Egenes is a freelance writer who focuses on green and healthy living. She graduated with an M.A. in professional writing in 1986, and is a member of the Society of Children's Book Writers and Illustrators. She is the author or co-author of *Visits with the Amish: Impressions of the Plain Life*, *For a Blissful Baby: Happy and Healthy Pregnancy with Maharishi Vedic Medicine*, *Conquering Chronic Disease Through Maharishi Vedic Medicine*, and *All*

Love Flows to the Self. Linda also teaches writing workshops to the public and courses at Maharishi University of Management in Fairfield, Iowa. Thomas Egenes is a professor of Sanskrit at Maharishi University of Management. He is the author of Introduction to Sanskrit and other books.

This little volume is obviously a labor of love. It is a high quality example of the book-makers art, from cover to typeface. Of course the real star here is the stories, taken from the Upanishads and translated from the original Sanskrit by the authors. Thomas Egenes is a highly acclaimed Sanskrit scholar, and the author of the wonderfully clear and effective 'Introduction to Sanskrit' Parts one and two. I very much enjoyed reading this book, and have given it a permanent place in my living room as a book of special worth and note.

As I browsed my friend's bookshelf looking for an uplifting read on my birthday, this attractive volume of stories caught my eye. Knowing nothing about the Upanisheads, I devoured this book until reluctantly I put it down to go to the beach! Simple to follow and compelling, these stories of old written in the new draws one in to the nugget of wisdom held within each story. The nuggets resonated deep within my heart. I felt a new commitment to shift the focus of my life to one of "knowing the Self". "Those who know the Self have even minds. They reach their home." (p. 30) "The innermost self resides in the center of the heart like a flame without smoke..." "Upanishead 3.13.7: "There is a light which shines beyond the world, beyond everything, beyond all, beyond the highest heaven. This is the light which shines within your own heart." "If you know the real nature of the Self, you will never want anything. You will always be content." Imagine a life knowing this depth of contentment and peace. Imagine a world of Beings knowing the light which shines within. Read this fabulous book and mine the nuggets of wisdom to Know thy Self.

A friend recommended All Love Flows to the Self... Eternal Stories from the Upanishads. She and her teenage son were sharing some quality time reading one of the twelve stories every night, and they were enjoying both the story content and the feeling of settledness that resulted from reading uplifting, classic-style literature. The book jacket comments, "The timeless and universal wisdom expressed in these twelve stories reminds us of the natural flow of life towards its supreme goal." And a reviewer goes on to say, "The Upanishads are perhaps the greatest works of wisdom known to man." I was further enticed and purchased the book. Now, I read and reread a story and stop to savor a descriptive phrase, such as "...stars, scattered across the sky like a thousand sugar crystals." And I pause now and then and realize that these stories reflect some greater, spiritual

truth in my own life. All Love Flows to the Self takes the reader to a deeper, refreshing level. I also appreciate the color photos that accompany the stories, the Sanskrit phrases, and the glossary that really make this book complete.

All Love Flows to the Self was given to me almost 10 years ago and it is a sweet and beautiful book I come back to over and over. The stories are full of rich imagery, uplifting and very soothing. The stories are also quite lovely to read out loud to another or just to oneself :)

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