



Oatmeal Smoothie Recipe

Padhraic Smyth



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the ideas of spiritual liberation with the concept of soul and brahman appear in vedic texts and upanishads such as in verse 4 4 6 of the brihadaranyaka upanishad the term nirvana in the soteriological sense of blown out extinguished state of liberation appears at many places in the vedas and even more in the post buddhist bhagavata purana however populist opinion does not give credit to either the vedas or the upanishads collins state

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