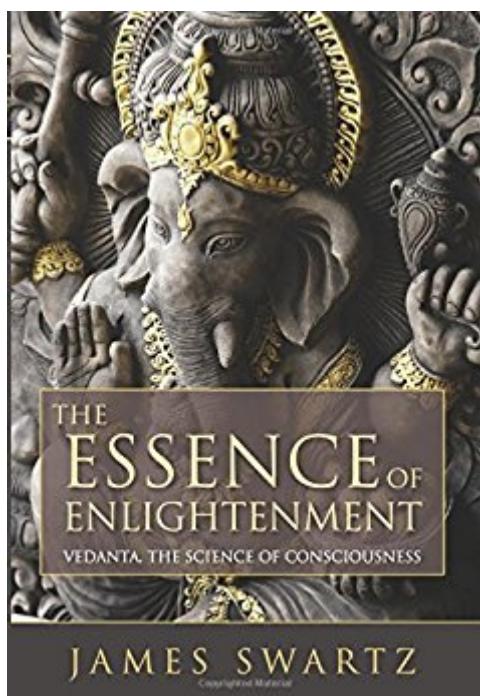


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# The Essence Of Enlightenment: Vedanta, The Science Of Consciousness



## **Synopsis**

â œExceptionally â ^reader friendlyâ ™ in organization and presentation,â The Essence of Enlightenmentâ is a thoroughly informed and informative study that will prove to be an enduringly popular addition to community and academic library Metaphysical Studies reference collections, as well as the personal studies of non-specialist general readers with an interest in Vedanta, the science of consciousness.â • â "Midwest Book Review

## **Book Information**

File Size: 965 KB

Print Length: 264 pages

Publisher: Sentient Publications (January 7, 2015)

Publication Date: August 9, 2015

Sold by:â Digital Services LLC

Language: English

ASIN: B013NMPJPC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #195,141 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 inâ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Theology #13 inâ Books > Religion & Spirituality > Hinduism > Theology #129 inâ Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Philosophy > Religious

## **Customer Reviews**

Spirituality is hopefully coming of age in the western world. James Swartz contribution in his previous books and now in his latest book: The Essence of Enlightenment, is a landmark and deserves to become a spiritual classic. But do we, our day generation of spiritual seekers, deserve it? Modern consumerism has increased the desire for instant solutions, quick fixes and immediate gratification. A growing tendency of superficiality has also affected the spiritual world turning it into a super marked of exotic experiences in search of the ultimate orgasmic liberation obtained in a weekend or at the feet at the next guru coming to town. For satsang junkies, bliss groupies an others trying to live in the now, James Swartz, no-nonsense, teaching of Vedanta is a cold and

unpleasant bucket of water. Also for serious seekers who have been on the path for years, living in ashrams, hanging out with gurus and reading all the books, this is a radical and provocative teaching as well. A fundamental insight is that enlightenment is not an experience, but should be based on knowledge. Here 95 percent of the spiritual world falls by the wayside. Even yoga with its promise of samadhi, liberation and ecstatic bliss, which I have believed in ever since I started yoga and read my Patanjali over 30 years ago, needs to be seriously adjusted according to the traditional teaching of Vedanta. Many in the guru business and spiritual pop stars who have built their empires, reputation and status based on their specialness, their exclusive experiences and their own personal teaching will not like this book. Neither will all their devoted followers. They will risk to be looking for something else to do.

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