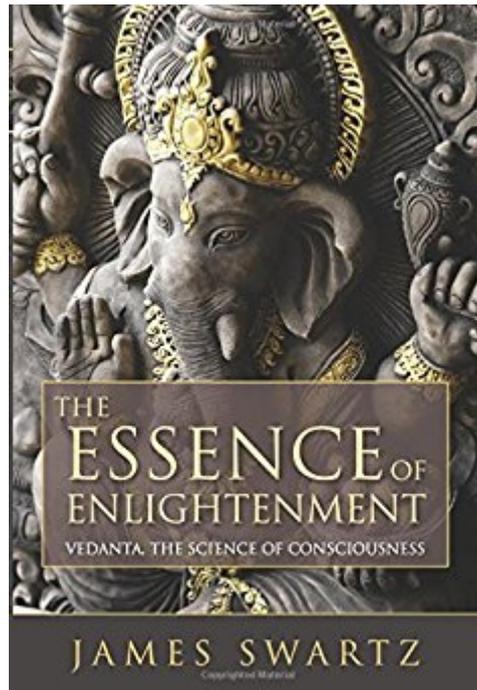


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# The Essence Of Enlightenment: Vedanta, The Science Of Consciousness



## Synopsis

“Exceptionally reader friendly”™ in organization and presentation, *The Essence of Enlightenment* 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. • “Midwest Book Review

## Book Information

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## 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 market of exotic experiences in search of the ultimate orgasmic liberation obtained in a weekend or at the feet of the next guru coming to town. For satsang junkies, bliss groupies and 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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