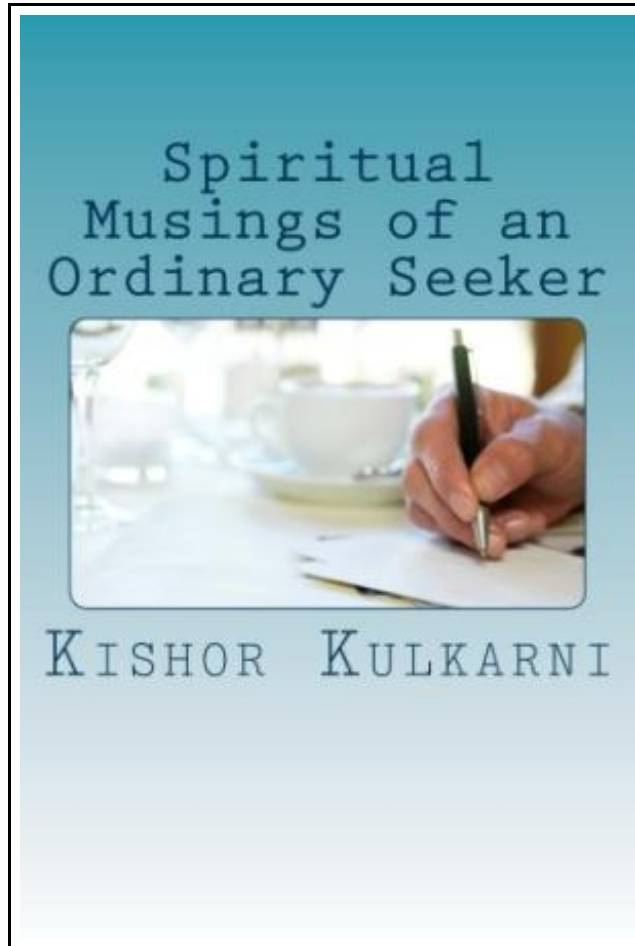


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Reviews

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(Dr. Haylee Grimes PhD)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Spirituality is distinct from religion. Religion is a collective concept designed to ensure peaceful co-existence of the community as a whole. Religion, thus, is very much focused on the life in the physical world with only a peripheral regard to after-life, basically as a carrot/stick to control individual behaviour. Spirituality, on the contrary, is an individual pursuit, an inward journey towards self discovery or self-realization. It is a recognition of the impermanence and unimportance of the physical world and a recognition of the real and the eternal phenomenon that is before and after the physical creation, the spirit. It, therefore, goes without saying that spiritual pursuit has nothing to do with organised religions as they exist today. The ultimate aim of spiritual pursuit is liberation from the repeated cycles of birth and death and it cannot be achieved until one truly believes that one has had enough of this physical world founded on duality. Spiritual pursuit consists of a fundamental transformation of the seeker s attitude towards life in this world. It entails gradual and progressive reduction of one s interest in the physical world so that the mental space so vacated can be taken over by the spirit. This book presents the various facets of the above core philosophy. It advocates a spiritual pursuit which is practical as regards its adoption by an ordinary seeker who may still be a common householder. It puts across the typical Indian traditional non-dual spiritual philosophy. It starts with the non-dual theory of creation and explains the author s understanding of the concept of god too in that context. The other key concepts that are explained in the book are as...



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