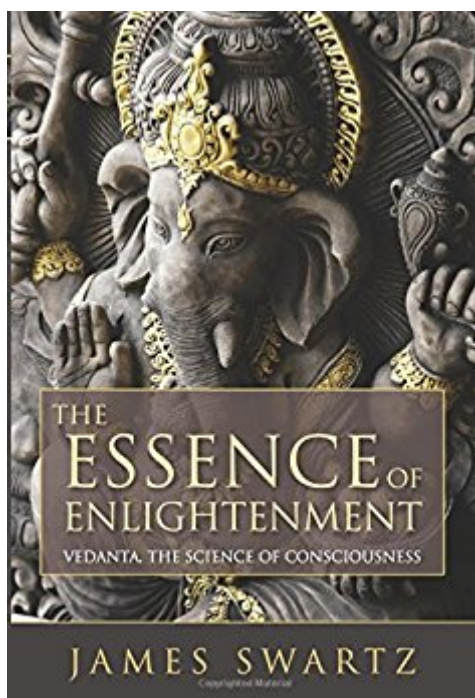


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# The Essence Of Enlightenment: Vedanta, The Science Of Consciousness



## 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

James Swartz' 2009 book How To Attain Enlightenment was the clearest most helpful work I had ever found on Vedanta but he has surpassed that with this book; fleshing out the details and adding further depth of understanding. A true gem of self-inquiry. I know of no better introduction and exposition of Vedanta except spending time with James in person.

A practical guide that reveals your self as it is - Awareness. Always present and always free, no matter where I turn I only find my self. Advaita Vedanta provides the knowledge that will set you

free.

Fabulous book. Finally a book that tells you how to recognize "awareness" and what to expect of it. Explains what gets in your way, why it does and how to deal with it. No fluff. Just substance.

James Swartz presents Advaita Vedānta teachings thoroughly and clearly without going into needless detail. He finds the right balance between staying true to the ancient teachings yet making them accessible to 21st century readers. I highly recommend this book to anyone searching for a comprehensive yet serviceable introduction to Advaita Vedānta. All that is needed to grasp the essence of this wisdom tradition is to be found in this book.

A very compelling introduction to Vedanta. Highly recommended. I learned a lot from the book and thoroughly enjoyed reading it. It definitely made me want to dig further into the study of Vedanta.

What a gem of a book!

This book has the essence of what's the true nature of human beings. I like that there are some pre qualifications to become enlightened or self actualized. Only people who are thirsty enough to know more and beyond!

Beautifully written and clear. If you have ever wondered who you really are, this is the book to read. Be patient; you may not understand it immediately. But keep at it, read it many times over, and the knowledge will become firm.

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