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The vedanta way to peace and happiness pdf

Discover how the crown jewel of Hindu teachings can enrich your life and spirituality. Guarded for centuries by saints and ascetics in the forests and mountains of India, the universal principles of Vedanta were deemed too precious to be understood by the masses until Swami Vivekananda first introduced them in the West at the end of the nineteenth century. Today Vedanta's principles of self-awareness, self-knowledge and self-control are available for anyone who wants to enrich their life by following this ancient tradition. Fusing science, philosophy, meditation and contemplation, these timeless teachings encourage spiritual growth by inviting critical inquiry, encouraging honest doubt and providing realistic explanations of the mysteries of spiritual quest. This comprehensive guide examines in detail the tenets of Vedanta, its relationship to other spiritual paths and its applications for your own spiritual journey, such as: Re-establishing Contact with the Ultimate Reality Acting in the Living Present Awakening Spiritual Consciousness Mastering the Restless Mind Grasping the Essentials Liberating the Soul And much more ... Showing 1-36 Start your review of The Vedanta Way to Peace and Happiness Rajesh Patel rated it it was amazing Sep 25, 2014 Dilip rated it it was amazing Apr 07, 2019 Mahesh rated it it was amazing Jun 21, 2011 Roodhar rated it really liked it Jan 27, 2015 Judith rated it it was amazing Oct 25, 2014 Jason Baldauf rated it it was amazing Aug 05, 2021 Asha rated it it was amazing Dec 27, 2012 Joseph rated it it was amazing Jul 07, 2012 Craig rated it really liked it May 14, 2014 Uma Vadali rated it it was amazing Mar 31, 2021 Rebeca rated it it was amazing Jun 27, 2014 Nicky rated it really liked it Sep 17, 2019 BookDB marked it as to-read Oct 16, 2016 Angela marked it as to-read Dec 27, 2013 Ayla marked it as to-read Aug 25, 2014 Mayank marked it as to-read Mar 13, 2015 Peytie marked it as to-read Aug 04, 2015 Ioana marked it as to-read May 31, 2017 Christie marked it as to-read Oct 25, 2019 Guillem marked it as to-read Mar 28, 2020 Srijan marked it as to-read Nov 09, 2020 Ashley marked it as to-read Feb 02, 2021 Cat Woods marked it as to-read Mar 09, 2021 This latest offering by Swami Adiswarananda, the current leader of the Ramakrishna-Vivekananda Center of New York, is a competent but didactic exposition of the Vedanta philosophy of Hinduism as practiced in India and the West. The compendium contains teachings handed down from the popular Raj-era reformer Swami Vivekananda, Sri Ramakrishna's successor, through several generations of leaders. As an introduction to Vedanta, this volume incorporates key precepts and sources, citing scripture (the Vedas, Upanishads and epics) and excerpting commentary from predecessors. This makes for a thorough but unwieldy exposition of already dense themes central to non-dualism: the problems of good and evil, determinism and free will; and concepts such as maya (ignorance and illusion), shruti (testimony of the scriptures) and gunas (modifications of matter). The glossary should help readers follow philosophical and technical terms. Novices may appreciate the book's pragmatic approach in discussing meditation, although some American readers will be put off by the insistence on a traditional guru. Because Vedanta shares much of its basic vocabulary with yoga and Buddhism, this book may appeal to practitioners of those philosophies as well as to Vedantists. Although Adiswarananda has a great deal to say about the nature and relevance of Brahma, the all-pervasive divinity, his turgid prose ensures that this section's appeal will remain confined to aspiring Vedantists. (Aug.) Swami Adiswarananda is the Minister and Leader of the Ramakrishna-Vivekananda Center of New York and author of *Meditation and Its Practices: A Definitive Guide to Techniques and Traditions of Meditation in Yoga and Vedanta*. In his excellent and succinct overview of the Vedanta way of Hinduism, he makes it clear that this path has much to offer contemporary men and women who are looking for peace and happiness in the midst of a world convulsed by fear, violence, speed, and anxiety. Vedanta, the final teaching of the Vedas, is based on a set of universal principles that are explored in the beginning of the book: ultimate reality, the human individual, the creation, sufferings of life, the validity of spiritual truth, human destiny, the values of life, existence, and harmony of faiths. The author states that this tradition has made three primary contributions to world religious thought: spiritual democracy which ensures freedom of worship, spiritual humanism which calls for serving all, and seeing the divine presence in every being. Human beings are fallen angels not civilized animals. Their innate nature is divine, and their primal urge is freedom of the soul. Good and evil are a pair of opposites which depend on each other. The goal of all prayer, meditation, and performance of rituals is the purification of the mind. The oneness of all leads to ethics and morality. The way a person demonstrates personal transformation is by a change in his or her character. In one of the most interesting sections, Swami Adiswarananda discusses the signs of a mature ego. Many in the West are familiar with the negative slant given to egotism by the Christian tradition where it is viewed as a blend of pride, selfishness, and will to power. In the Vedanta way, the mature ego is described as "integrated, purposeful, self-controlled, neither aggressive nor defensive, realistic as opposed to pessimistic or optimistic, temperate in everything and free from dependency." Mature living can be achieved through the spiritual practice of dispassion, which is something akin to the Buddhist practice of equanimity. The author describes it as the middle road in everything. In the following paragraph, we see the cumulative results of the Vedanta way: "If you want happiness, reduce your dependencies. If you want joy, reduce your desires. If you want peace, reduce your ego. If you want security, keep the instincts of sex and palate under control. If you hope for the best, be prepared for the worst. Face the fact that there is no life without suffering. Face the problems by overcoming them. Face the challenges of life by falling back on the changeless. Face death by knowing the deathless in yourself; face the uncertainties of life by making them a part of your life. Face the past by acting on the living present. Face the nightmares by waking up. Face the sufferings by developing immunity against them." Another beauty of this path is the respect given to the elderly who are seen as truth tellers because they are not caught up in proving themselves or wielding power over others. Swami Adiswarananda notes that a person in this stage of life is more integrated, whole, and self-satisfied. The old have no fear of death since they know that the cessation of life has no power to wipe out the soul. The old also are able to travel lightly since they have learned the value of no attachments. The Vedanta Way to Peace and Happiness contains usable wisdom and helpful practices from a rich Indian spiritual tradition. © 1996-2014, Amazon.com, Inc. or its affiliates Swami Adiswarananda This practical volume examines many of the common obstacles to spiritual fulfillment-such as questions about human suffering, death, doubt of God's existence and many others. Using language that is accessible to people of all faiths and back-grounds, this book introduces you to the time-tested teachings of Vedanta-potential divinity of the soul, unity of all existence, oneness with the Divine, and harmony of religions-to overcome the problems of life. Hardcover \$24.99 Swami Adiswarananda Introduction Vedanta is the wisdom of the Vedic sages. For thousands of years it has inspired people to find solutions to the problems of life and thus reach the highest fulfillment. As a philosophy of living, Vedanta has been tested and verified in the lives of countless seekers, saints, and prophets of India. The Vedanta way is decisive and its practices are based upon science and reason. For centuries the Vedanta philosophy was kept carefully guarded by saints and ascetics living in forests and mountains, and never made public. They thought that the teachings would be diluted and misunderstood by the masses, who were prone to believe not in truth but in myths and miracles. In matters of spirituality and religion, truth is often sacrificed to fiction and make-believe. A rational and realistic approach is rare. Religious texts are filled with eulogy, exaggeration, doubtful myths and loving legends. The average person regards scriptures as infallible, forgetting that the scriptures are in fact remembered words and experiences written down by human beings. Swami Vivekananda was the first to bring the teachings of Vedanta from the forest to the general public. He thought that because of the developments of science the time had come to deliver the message of Vedanta to all. According to the Swami, the teachings of Vedanta are worth nothing if they are not problem-solving. They are useless unless they enrich our lives and lead us to peace and happiness. Vedanta reminds us that the course of life is mysterious. It is plagued by ceaseless changes and uncertainties. Pain, suffering, illness, old age and death are harsh realities that cannot be ignored or avoided. Vedanta maintains that problems and solutions go together, one cannot exist without the other. If nature presents a problem, it also points toward a solution. In suggesting solutions Vedanta does not deal with the occult or miraculous and does not cater to fads, whims or pious imaginations. According to Vedanta, our happiness depends upon peace of mind, peace of mind on self-control, and self-control on awareness of our true Self. The present book does not compromise the orthodox views of Vedanta. It deals with such subjects as life and its meaning, mastering the restless mind, the spiritual quest, the practice of meditation, the controversy between faith and reason, and facing the problems of life. Vedanta assures us that we are not living in the final days of our destiny, that every problem has a solution, and that the human soul is not a prisoner of karma or sin. The merciless and inexorable laws of life can be countered and overcome. The book presents both the facts and fictions of human life and assures us that, regardless of background, culture, training, or religious belief, all can follow the Vedanta way to resolve the problems of life and reach the supreme goal. Competent editors have gone through this book, and I am grateful to them for their valuable contributions. It is my fervent hope that this book will be of help to the readers in their quest for peace, happiness, and spiritual fulfillment.

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