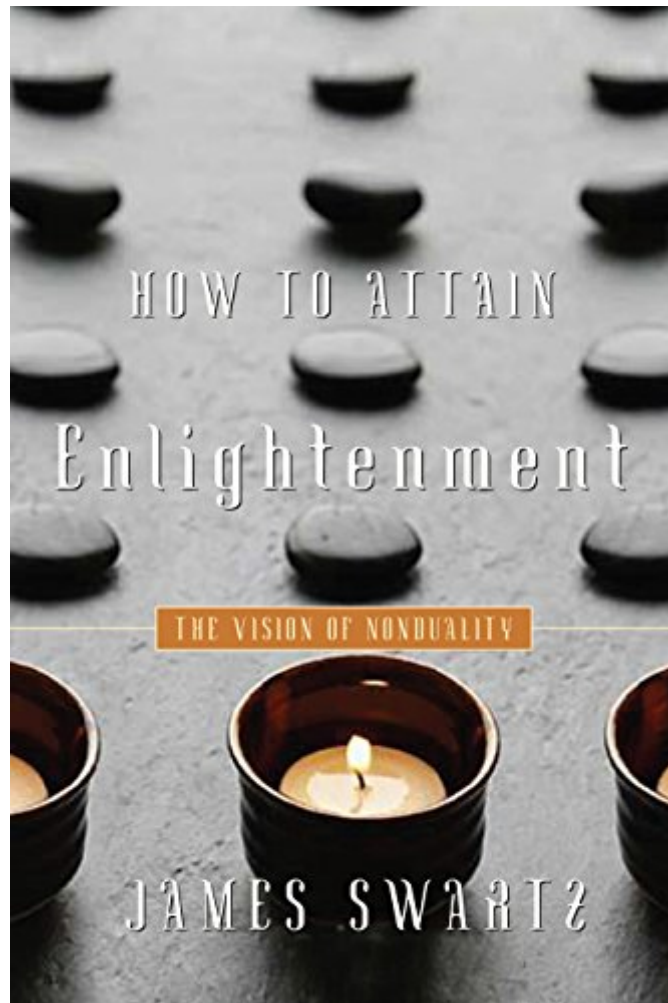


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# How To Attain Enlightenment: The Vision Of Non-Duality



## Synopsis

This complete guide to enlightenment presents the wisdom of the ancient science of self-inquiry, a time-tested means for achieving spiritual freedom. The author discusses the purpose of self-inquiry, the quest for lasting happiness, issues of identity and transcendence, the role of wisdom and action, and the subconscious obstacles to freedom. He convincingly refutes the popular view that enlightenment is a unique state of consciousness and debunks a host of other enlightenment myths. In his straightforward style he reveals proven methods for purifying the mind, and includes chapters on love, the science of energy transformation, and meditation. He takes the reader from the beginning to the end of the spiritual path, patiently unfolding the logic of self-inquiry.

## Book Information

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## Customer Reviews

A masterpiece of Vedanta literature. James is a true scholar and teacher of this amazing science of life & consciousness. I've studied numerous Vedanta books from the Shankara tradition. James is very true to that lineage but speaks directly to the western mind cutting through a lot of the New Age

experiential dribble and speaks directly about the non-dual reality that most humans fail to realize. The vision of enlightenment presented in this book is not some mystical mind altering experience. It is a fundamental challenge to the way human beings generally view themselves and others. It's goal is the total liberation of the self.

James Swartz is the best Vedanta teacher I have EVER come across. I am so grateful to God for bringing this book to me. I HIGHLY recommend this book if you are a fan of Rupert Spira and Maharshi; those teachers simply give you the WHAT, but James brilliantly gives you the HOW.

Without a doubt the finest book I've ever read on Non-duality. Advaita Vedanta is the highest teaching period. Eloquently expounded by James Swartz, can't recommend it highly enough!

The writer seems to put "religion and spirituality" into an undesirable category and says that his version of the truth is "scientific" and therefore credible. There are some things that I may agree with, but I found this book to contain too much pontification of the author's personal opinions, which I had to wade through in searching out essential truths. Were I to edit this book, I would reduce it by at least 60%. If you want a book that is densely packed with truth without all the fluff, try "Paths to Transcendence," by Reza Shah-Kazemi. My advice to readers is don't get too attached to personalities. It is better to read Shankara himself, the original Upanishads, the Bhagavad-Gita, and find the truth inside yourselves. That does not mean the author doesn't present Vedanta. I'm not saying that. But I had serious concerns about opinions. For example, the author says there is no value in helping others, and then gives the pull-yourself-up--by-your-own-bootstraps argument. That is a serious error. It may be that things don't matter when taking the perspective of the Absolute. But in the relative world we have been placed into, helping others is not only valuable, it is mandatory if we are to live consciously. That was one example. Many of these personal opinions could give seekers an excuse to live in a self-centered egocentric manner and at the same time call that enlightenment. This is a view which disconnects enlightenment from virtue. It doesn't pass muster to place "religion and spirituality" outside the realm of enlightenment. This isn't at all what Shankara was teaching. Also, awareness isn't the final word on enlightenment, but only one aspect of the enlightened consciousness, which is compassionate and caring of other beings. Enlightened consciousness is a "you first" perspective. It isn't a self-centered "me first" endeavor that indifferently watches others flounder.

Gives you the insight i've been always looking for, explains the mother of all holy scriptures 'Vedanta the way it should be in a simple, lucid & convincing way that you have no choice but to surrender yourself to it's teachings which has remained changeless with the passage of time.

First saw James on you tube was totally overwhelmed by his down to earth logic. He has a scholars knowledge of Vedanta his book is beyond believe. I have been reading eastern philosophy for 40 years. Reading all Allen Watts books, Robert Pirsig books, Franklin Merrill Wolff books, Martin Buber book I and Thou, Emanuel Kant, Carl Jung, many many more . All great scholars all great communicators of eastern wisdom. No one and I mean no one has bridged the gap between east and west like James Swartz . If you have a real heart for seeing through the matrix, study this book , become this book, I promise you will become one with that element inside you that is eternal. I had the privilege of spending three days with James in Princeton NJ this July 2013 and he is as down to earth and real as a high school buddy. Except for one thing, he is there and if you do not know what is meant by that this is one tool that will get you there. James has brought the soul of Vedanta into the heart of western man in our time. Im telling you folks this is the real deal if you want to get in touch with the eternal element alive in each one of us read this with your heart and mind. Im not fooling around with this, it is real. The mind can be the tool to touch the door to eternity use this book as that tool.

Just buy it. Read it. Think about it. This is the only thing you need and you already have it.

The cover art is in the Zen aesthetic style;however this book is direct methodology of Avaidā Vēdānta(the science of the Self recorded in the ancient Upanishades).This is a must read for the serious student because of the clarity it is able to provide.I personally think it would be life changing for anyone who took the time to read this book. The author has a rich source of his other writings on his website at 'shiningworld' as well as his interesting biography and time with guru while a young man.That website is where I started.It also provides a full chapter of this book,more of a sample than provides. James Swartz is in his 80s and has developed the teaching ability to provide clarity as he leads the reader.

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