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By James Swartz



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The counterintuitive, radical message of Vedanta, the ancient science of self-inquiry, is that reality is non-dual consciousness. What this means and how it benefits people in their quest for freedom from limitation is the subject of this inspirational book.

In an accessible style, James Swartz's new book develops teachings introduced in his popular first one, *How to Attain Enlightenment*, covering topics such as values and the enlightened person, dharma and the essence of enlightenment, and the relationship between consciousness, the individual, and the total. Demystifying enlightenment, Swartz makes Vedanta understandable to all.



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Editorial Review

About the Author

James Swartz attended Lawrence University and the University of California before finding his niche in the world of business, where he had great success. But in 1967 he experienced a major epiphany that turned him away from that life and he traveled to India on a spiritual journey, searching for the path to enlightenment. There he met the famous Indian sage Swami Chinmayananda, whose teachings set him free. James now teaches Vedanta through worldwide seminars and his website, shiningworld.com.

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