



Practical Vedanta And The Science Of Values

Hindol Sengupta



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context **Being Hindu** Hindol Sengupta,2017-10-13 Winner of the 2018 Wilbur Award There are more than one billion Hindus in the world but for those who don t practice the faith very little seems to be understood about it Followers have not only built and sustained the world s largest democracy but have also sustained one of the greatest philosophical streams in the world for more than three thousand years So what makes a Hindu Why is so little heard from the real practitioners of the everyday faith Why does information never go beyond clich s **Being Hindu** is a practitioner s guide that takes the reader on a journey to very simply understand what the Hindu message is where it stands in the clash of civilizations between Islam and Christianity and why the Hindu way could yet be the path for plurality and progress in the twenty first century **The**

Vedanta Kesari ,2008

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IS SPIRITUALITY THE KEY TO LASTING PEACE AND JOY? BHUBAN

PANDEY,2023-09-01 According to spiritual masters e g sages seers yogis mystics etc whether we know or believe it or not we already are and will always be the only pure being or awareness there is which is eternal timeless infinite dimensionless indivisibly whole innately peaceful and absolutely fulfilled This claim implies that we are not individuals with mind body mechanisms Therefore it is our birthright to recognize our true nature as it is and naturally manifest that true nature in our daily lives to live a complete and fulfilled life with lasting peace and joy This guidebook is meant to help us recognize our true nature as it is A little over twelve years ago I began to be very interested in spirituality Since then every year I have been spending hundreds even thousands of hours on activities such as listening to YouTube discourses on spirituality conducting internet research on spiritual topics contemplating the knowledge understanding and insight I have gained and so on Writing books has been one of my spiritual practices with the purpose of sharing what I have been able to learn discover and intuit Are the physical objects that seem to exist in the external world real Are the subtle objects that we experience internally real What about the reality of our bodies and minds Do they have independent existences of their own What is the true nature of my being What am I What is it that is aware of or knows my experiences What is the continuous element in all my experiences What is it that cannot be removed from me How do I know that I exist What can I be certain of Why can t I have lasting peace and joy in life Is it possible to recognize my true nature What do eastern wisdom traditions such as Vedanta teach If you are looking for answers to any of the questions mentioned above then please consider reading this book which is based mainly on the teachings of Swami Vivekananda and Shri Ramana Maharshi the two greatest spiritual giants of modern times Topics include 1 Different Aspects of Spirituality 1 1 Meaning of Spirituality 1 2 Spirituality and Reality 1 3 Spirituality and Knowledge 1 4 Further Reading and Bibliographic References 2 Vedanta Philosophy 2 1 Upanishads and Vedanta 2 2

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