

ADVAITA VEDANTA

NONDUALITY AND SPIRITUAL
AWAKENING



BY TRADITIONALBODYWORK.COM

Table of Contents

Preface	4
Introduction	6
Hinduism India's Spiritual Tradition.....	7
What Is Vedanta?	9
Advaita Vedanta Non-Dual Vedanta	11
Advaita and Jnana Yoga Path of Knowledge	15
Neo-Advaita and Instant Awakening.....	17
Exploring Advaita Vedanta	20
Atman and Brahman	21
Neti Neti and Radical Negation.....	24
Advaita and Phenomenological Views.....	26
Sadhana The Spiritual Pursuit	31
Sat-Chit-Ananda Existence, Consciousness, Bliss	32
Satsang Meetings with the Self-Realized	34
Tat Tvam Asi You Are That	36
Turiya The Fourth State of Consciousness	39
Ishvara and Saguna Brahman	42
Role of the Advaita Guru	43
How to Find an Advaita Guru	46
Advaita and Tantra Two Ways, One Goal	48
Sakshi All Is Witness-Consciousness	52
Avidya and Vidya Ignorance and Knowledge.....	54
Does One Need a Guru?	56
The Jnani According to Advaita	58
Maya The Veil of Illusion	61
Karma in Advaita	63
Vyakti, Vyakta, and Avyakta	65
Purusha and Prakriti.....	66
The Absolute as the Uncaused Cause	68
Three Gunas Sattva, Rajas, and Tamas.....	70
Mantras in Advaita Vedanta	74
Mahavakyas The Great Contemplations.....	76
Supplement	79
Nondualism Unity amid Diversity	80
Adi Shankara The Godfather of Advaita	82
Dvaita Vedanta Dualism	84

Bhakti Yoga Path of Devotion.....	86
Karma Yoga Path of Selfless Work.....	87
Raja Yoga Path of Meditation.....	88
Classification of Yoga Paths.....	90
Brahmacharya, Celibacy, and Spirituality	93
Sri Nisargadatta Maharaj I Am That.....	95
Ramana Maharshi Self-Inquiry	98
Ramesh Balsekar The Final Concept	100
Gradual and Sudden Enlightenment.....	102
Samadhi, Kaivalya, Moksha, and Nirvana	104
Appendix.....	106