

PAUL
BRUNTON



ESSENTIAL READINGS



SELECTED
AND EDITED
BY

JOSCELYN GODWIN
WITH PAUL CASH AND TIMOTHY SMITH

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Paul Brunton Ebential Readings:

Paul Brunton Paul Brunton, Joscelyn Godwin, Paul Cash, Timothy Smith, 1990 *The Wisdom of the Overself* Paul Brunton, 2015-05-26 Inspired by Paul Brunton's years spent with sages in Asia *The Wisdom of the Overself* and its companion volume *The Hidden Teaching Beyond Yoga* were written at the request of these remarkable teachers who recognized that Brunton had a significant role to play in the transmission of traditional wisdom to the West Here is a profound re-creation of these teachings brought to life and made accessible by Brunton's insights In print since the 1940s Brunton's works are considered to be among the most comprehensive clear and practical guides on the path to enlightenment Brunton unfolds the grand vision for human development by investigating consciousness as the source of all experience how to move from ego-centered life to the transcendent reality the interplay of karma free will and grace the nature of evil and suffering how to awaken intuition and penetrative insight the passage through death to rebirth and psychic experiences and mystic visions He also provides seven ultramystic exercises to open the door to higher consciousness including a healing meditation on the sun practices for transforming the future dream and sleep and a meditation on the timeless self These techniques lead to the deepest spiritual realizations to the true *Wisdom of the Overself* This new edition has been updated to incorporate Brunton's final revisions It includes a new foreword plus supplementary reading material selected from the author's archives by the Paul Brunton Philosophic Foundation Contents Foreword by the Paul Brunton Philosophic Foundation 1 Prefatory 2 The Meaning of Mentalism 3 The Birth of the Universe 4 Studies in Dreams 5 The Metaphysics of Sleep 6 The Secret of the I 7 The Scorpion of Death 8 The Immortal Overself 9 The Shadows of Evil and Suffering 10 The War and the World 11 The World Mind 12 The Unveiling of Reality 13 Initiation into Mystical Experience 14 The Yoga of the Discerning Mind 15 The Mystical Phenomena of Meditation 16 Some Fruits of Philosophy Appendix Additional Resources from The Notebooks of Paul Brunton Compiled by the Paul Brunton Philosophic Foundation Editors *Encyclopedia of Hinduism* Constance Jones, James D. Ryan, 2006 An illustrated A to Z reference containing more than 700 entries providing information on the theology people historical events institutions and movements related to Hinduism American Gurus Arthur Versluis, 2014 Versluis shows how the convergence of Asian religions and Western mysticism produce the contemporary phenomenon of spontaneously enlightened gurus in America **The Inner Reality** Paul Brunton, 2016-04-05 When actor Christopher Reeve was asked in a BBC interview which book he would want if stranded on a desert island he replied *The Inner Reality* by the philosopher Paul Brunton A provocative and compelling work *The Inner Reality* is an essential guide for spiritual seekers First published in the 1930s this remarkable book interweaves the teachings of two great religious figures Jesus and Krishna Identifying a common current running through both Christianity and Hinduism Paul Brunton argues that an inner reality or kingdom of heaven can be found within each of us Defining religion as simply the practice of binding oneself with divinity he encourages readers to embark on the quest for self-knowledge and spiritual communion through a commitment to the contemplative path With his

profound interpretations of the world's sacred texts from the Gospel of St John to the Bhagavad Gita Brunton bridges East and West to guide the reader into the living heart of these ancient traditions This new edition has been updated to incorporate the author's final revisions and includes a foreword by the Paul Brunton Philosophic Foundation

The Hidden Teaching Beyond Yoga Paul Brunton, 2015-05-05 Inspired by his time spent with wise sages in Asia in the 1930s Paul Brunton 1898 1981 wrote *The Hidden Teaching Beyond Yoga* and its companion volume *The Wisdom of the Overself* at the request of these remarkable teachers who recognized that he had a significant role to play in the transmission of Hindu Vedanta and Buddhism to the West Brunton's books are a profound re-creation of the teachings of those two philosophical schools of thought informed by the insights of deep meditation Clearly written without the specialized vocabulary found in those traditions the books speak directly to the contemporary spiritual seeker *The Hidden Teaching Beyond Yoga* is a step by step guide to actually experiencing the spiritual truth that reality is formed within our consciousness rather than outside us in the world of material things Brunton's expert analysis of perception grounded in science is designed to awaken us to our sacred foundation and to transform our personality into a mirror of that reality Brunton prepares us for this journey by describing the attitudes mental disciplines and character traits that are beneficial for success in this quest This new edition has been updated to incorporate the author's final revisions and includes an introduction by the Paul Brunton Philosophic Foundation

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