

Am I A Hindu The Hinduism Primer Ed Viswanathan

Eventually, you will entirely discover a other experience and triumph by spending more cash. yet when? do you acknowledge that you require to get those every needs later than having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to understand even more as regards the globe, experience, some places, afterward history, amusement, and a lot more?

It is your completely own epoch to sham reviewing habit. among guides you could enjoy now is **Am I A Hindu The Hinduism Primer Ed Viswanathan** below.

Windows Into the Infinite - Barbara Powell 1996

A timely book to understand and put into perspective the vast corpus of the Hindu religious literature which a typical Western reader otherwise finds so daunting that he/she gets discouraged and simply gives up. Besides being of enormous value to spiritual seekers, the book is ideally suited for study in a classroom environment.

Hinduism - Madhu Bazaz Wangu 2009

Discusses the history, beliefs, and traditions of Hinduism, dispelling misconceptions and providing understanding of the interconnection of religion and politics in India, the problems facing Hindu communities around the world and American movements in Hinduism.

All about Hinduism - Swami Sivananda 1977

A Hindu Theology of Liberation - Anantanand Rambachan 2014-11-07

Discusses Hindu Advaita Ved?nta as a philosophy of social justice for the modern world. This expansive and accessible work provides an introduction to the Hindu tradition of Advaita Ved?nta and brings it into discussion with contemporary concerns. Advaita, the non-dual school of Indian philosophy and spirituality associated with ?a?kara, is often seen as [?other-worldly,] regarding the world as an illusion. Anantanand Rambachan has played a central role in presenting a more authentic Advaita, one that reveals how Advaita is positive about the here and now.

The first part of the book presents the hermeneutics and spirituality of Advaita, using textual sources, classical commentary, and modern scholarship. The book's second section considers the implications of Advaita for ethical and social challenges: patriarchy, homophobia, ecological crisis, child abuse, and inequality. Rambachan establishes how Advaita's non-dual understanding of reality provides the ground for social activism and the values that advocate for justice, dignity, and the equality of human beings. [Rambachan has written an original, creative, and provocative book that will assure that Hinduism has a greater voice in the general arena of interreligious dialogue.] [Paul F. Knitter, Union Theological Seminary [This is an important contribution to the advancement of constructive work in Hindu theology, comparative theology, and the study of South Asian religious traditions. It has the potential to revolutionize how scholars view Hinduism generally, and Advaita Ved?nta in particular.] [Jeffery D. Long, Elizabethtown College Awakening to the Spirit Within: Eight Paths - Pamela Smith Allen, PhD 2003-09-12

The premise of Awakening to the Spirit Within is that all beings are connected by a spiritual energy which forms the essence of who they truly are. Eight paths, which facilitate an awakening to this essence, are explored: Native American Spirituality, Taoism, Hinduism, Buddhism, Kabbalah, Jesus and the Christ Within, Sufism, and The New Thought

Movement. Practice exercises and references are also included. This book highlights some of the unique gifts which various spiritual traditions have to offer our world. In addition, it explores the mystical threads of connection which underlie them. Like the title suggests, it also gives ways of listening to guidance from within. The author includes messages from her own inner guidance in an effort to illustrate how this may occur. Her openness provides more warmth and intimacy than is usually found in such a book. In these uncertain times, there has been an upsurge of interest in books related to spirituality, religion, and mysticism. People are looking for ways to heal, rather than destroy, our planet. That is why this book, and others like it, are so timely and important in moving us closer to our shared goal of creating a more peaceful and harmonious world.

Amazing Secrets of Hinduism - Demy (PB) - 1st - Vishvanat Ed 2019

The Everything Hinduism Book - Kenneth Schouler 2009-01-17

Yoga. Karma. Reincarnation. Most Americans are familiar with a few basic ideas of Hinduism, but are unfamiliar with the big picture. This beginner's guide covers the major Hindu thinkers and their philosophies as well as the dharma, the moral way of life that Hindus practice. In a straightforward style, the authors explain the philosophy, gods, texts, and traditions of the world's third-largest religion, including: the power of karma; Yoga as a path to God; the authority of the Vedas; the development of Jainism, Buddhism, and Sikhism; the legacy of Mohandas Gandhi; Hinduism in popular culture; and more. This guide is stimulating reading for westerners who want to learn the basics of this ancient and mystic religion.

Rabbi on the Ganges - Alan Brill 2019-10-31

Rabbi on the Ganges: A Jewish-Hindu Encounter is the first work to engage the new terrain of Hindu-Jewish religious encounter. The book offers understanding into points of contact between the two religions of Hinduism and Judaism. Providing an important comparative account, the work illuminates key ideas and practices within the traditions, surfacing commonalities between the jnana and Torah study, karmakanda and

Jewish ritual, and between the different Hindu philosophic schools and Jewish thought and mysticism, along with meditation and the life of prayer and Kabbalah and creating dialogue around ritual, mediation, worship, and dietary restrictions. The goal of the book is not only to unfold the content of these faith traditions but also to create a religious encounter marked by mutual and reciprocal understanding and openness.

The Hindu Way - Shashi Tharoor 2019

The Hindu Way: An Introduction to Hinduism, the new book by bestselling author Shashi Tharoor, whose last three books have sold over a quarter of a million copies in hardback, is the perfect introduction to one of the world's oldest, largest and most complex religions. Although there are hundreds of books on Hinduism, there are only a few which provide a lucid, accessible, yet deeply layered account of the religion's numerous belief systems, schools of thought, sects, tenets, scriptures, deities, rituals, customs, festivals and philosophies. This book is one of them.

A World of Faith - Carolyn Pogue 2007-05-21

This is a comprehensive book -- covering most of the world's main religions in a captivating and accessible way -- that invites and inspires teens to look beyond their own faith and to explore the universality of spirituality that is rooted in everyone. Interviews with young people are the basis of many of the chapters. Full-colour photos and comments allow teens to appreciate how the influences of different faith traditions affect other lives in a relevant way.

Everyday Hinduism - Joyce Burkhalter Flueckiger 2015-05-06

This innovative introductory textbook explores the central practices and beliefs of Hinduism through contemporary, everyday practice. Introduces and contextualizes the rituals, festivals and everyday lived experiences of Hinduism in text and images Includes data from the author's own extensive ethnographic fieldwork in central India (Chhattisgarh), the Deccan Plateau (Hyderabad), and South India (Tirupati) Features coverage of Hindu diasporas, including a study of the Hindu community in Atlanta, Georgia Each chapter includes case study examples of specific

topics related to the practice of Hinduism framed by introductory and contextual material

Angels - Knofel Staton 2005

Teaching Interreligious Encounters - Marc A. Pugliese 2017

At head of title: American Academy of Religion.

Maṇḍalas and Yantras in the Hindu Traditions - Gudrun Bühnemann 2021-11-15

The chapters in this book explore important aspects of maṇḍalas and yantras in the Smārta, Pāñcarātra, Śaiva and Śākta traditions through investigations by renowned specialists in the field. An essay on the vāstupuruṣamaṇḍala and its relationship to architecture is also included. With colour illustrations.

Am I a Hindu? - Edakkandiyil Viswanathan 1992-01

The question and answer format of this book provides an overview of the Hindu religion for those practicing the religion and those interested in learning about it

Applied Diplomacy - T.P. Sreenivasan 2014-12-23

Applied Diplomacy through the Prism of Mythology is a collection of the fine writings of former Ambassador T.P. Sreenivasan, curated from a bunch of riveting essays, commentaries and speeches delivered over the course of the last decade. The seven sections of the collection named after seven immortal sages contain seven essays each, establishing a link between diplomacy and mythology. The essays in each section bear the imprint of a legendary sage, whose qualities and exploits get reflected in the context and content of the writings. The sages come alive through them in a way perceptible to not only those who are steeped in diplomatic practice and mythology, but also to other interested readers. The essays throw light on a multiplicity of diplomatic issues that surfaced in the last decade in a manner, which only a seasoned diplomat, a deep thinker and a gifted writer could do. They are valuable to the future generations of readers, just as they were much appreciated when they first found expression.

Engaging with Hindus - Robin Thomson 2014-10-07

Issue 19 of Engage - daily Bible reading notes for teenagers. This issue looks at Nehemiah, Proverbs, 1 Chronicles and 2 & 3 John. There are also articles on science vs Christianity, church and heaven. Engage exists to help you plug into your Bible. Through Engage's pages we want to plunge into God's awesome word: discovering who God is and what He's like; seeing what God's done for us through Jesus; and exploring practical ways of living for Him. The Bible is packed with amazing stories and life-changing teaching. It's time to dive into the Bible and see God change our lives...

Hinduism - Mohan R. Pandey 2013-10

This concise book captures the essence of Hinduism and unravels the complexities of this five-thousand-year-old major world faith that evolved out of the collective wisdom and inspiration of great seers and sages. Hinduism, which does not proselytize but advocates unity and respect for all religions, is an unusually diverse faith and quite difficult to fully grasp. This book offers an overview of the Hindu beliefs, the teachings, the deities, the colorful rituals, the pilgrimages, the multiple scriptures, and the various Yogas on the paths to enlightenment. Pandey explores how the faith synthesized a wide spectrum of spiritual realizations, philosophical discourses, local beliefs, and customs of the time, with the timeless wisdom and the metaphysical views of the ancient sages. This engaging and thought-provoking book also examines the compatibility of Hindu visions of reality with modern scientific advancements. It offers an illuminating insight into the use of symbols and Hindus' ease with divergent spiritual outlooks and religious traditions. Pandey also explores the common thread that connects Hinduism with Buddhism and Christianity.

On Hinduism - Wendy Doniger 2014-03

On Hinduism is a penetrating analysis of many of the most crucial and contested issues in Hinduism, from the Vedas to the present day. In a series of 63 connected essays, it discusses Hindu concepts of polytheism, death, gender, art, contemporary puritanism, non-violence, and much more.

Amazing Secrets of the Bhagavad Gita - Ed Viswanathan 2016-11-01

Hindu God, Christian God - Francis Clooney 2010

This volume offers an in-depth study of key themes common to the Hindu and Christian religious traditions. It redefines how we think about Hinduism, comparative study, and Christian theology. This book offers a bold new look at how traditions encounter one another, and how good comparisons are to be made. Redefining theology as an interreligious, comparative, dialogical, and confessional practice open to all people, it invites not only Hindus and Christians, but also theologians from all religious traditions, to enter into conversation with one another.

Indra's Net - Rajiv Malhotra 2014-01-23

Originating in the Atharva Veda, the concept of Indra's Net is a powerful metaphor for interconnectedness. It was transmitted via Buddhism's Avatamsaka Sutra into Western thought, where it now resides at the heart of post-modern discourse. According to this metaphor, nothing ultimately exists separately by itself and all boundaries can be deconstructed. This book invokes Indra's Net to articulate the open architecture, unity and continuity of Hinduism. Seen from this perspective, Hinduism defies pigeonholing into the traditional, modern and post-modern categories by which the West defines itself; rather, it becomes evident that Hinduism has always spanned all three categories simultaneously and without contradiction. It is fashionable among intellectuals to assert that dharma traditions lacked any semblance of unity before the British period, and that the contours of contemporary Hinduism were bequeathed to us by our colonial masters. Such arguments routinely target Swami Vivekananda, a key interlocutor who shattered many deeply rooted prejudices against Indian civilization. They accuse him of having camouflaged various alleged 'contradictions' within traditional Hinduism, and charge him with having appropriated the principles of Western religion to 'manufacture' a coherent and unified worldview and set of practices known today as Hinduism. Indra's Net: Defending Hinduism's Philosophical Unity provides a foundation for theories that slander contemporary Hinduism as illegitimate, ascribing sinister motives to its existence, and characterizing its fabric as oppressive. Rajiv Malhotra offers a detailed, systematic rejoinder to such

views, and articulates the multidimensional, holographic understanding of reality that grounds Hindu dharma. He also argues that Vivekananda's creative interpretations of Hindu dharma informed and influenced many Western intellectual movements of the post-modern era. Indeed, as he cites with many insightful examples, appropriations from Hinduism have provided a foundation for cutting-edge discoveries in several fields, including cognitive science and neuroscience.

Hindu Nationalism - Christophe Jaffrelot 2009-01-10

Hindu nationalism came to world attention in 1998, when the Hindu nationalist Bharatiya Janata Party (BJP) won national elections in India. Although the BJP was defeated nationally in 2004, it continues to govern large Indian states, and the movement it represents remains a major force in the world's largest democracy. This book presents the thought of the founding fathers and key intellectual leaders of Hindu nationalism from the time of the British Raj, through the independence period, to the present. Spanning more than 130 years of Indian history and including the writings of both famous and unknown ideologues, this reader reveals how the "Hindutva" movement approaches key issues of Indian politics. Covering such important topics as secularism, religious conversion, relations with Muslims, education, and Hindu identity in the growing diaspora, this reader will be indispensable for anyone wishing to understand contemporary Indian politics, society, culture, or history.

The World on our Doorstep - Dewi Hughes 2016

"Written to equip and inspire mission and engagement with other faiths ... the book mixes practical examples with pastoral advice for working alongside people becoming Christians from other faith backgrounds"-- Publisher.

The Penguin Book of Hindu Names - Maneka Gandhi 1993

The Product Of Several Years Of Research, The Penguin Book Of Hindu Names Is A Comprehensive Compilation Of Hindu Names In Current Use. The Meaning Of Each Of The Approximately 20,000 Names In The Volume Is Extensively Discussed And Information On Sources And Usage Is Also Provided. The Book Is Cross-Referenced To Make It Easier To Use. The Aim Of The Work Is Twofold: To Serve As A Practical Guide For

Parents Choosing A Name For Their Offspring; And To Provide A Precise And In-Depth Sourcebook For Scholars, Pandits And Lay Readers Who Like To Know What Familiar (And Not So Familiar) Hindu Names Actually Mean.

Encyclopedia of Hinduism: Hi-Ka - India Heritage Research Foundation 2013

Significant Others - Monte Cox 2017-09-12

A generation ago, most Americans had little or no contact with Muslims, Hindus, Buddhists, or any other adherents of non-Christian religions. Now our culture is much more pluralistic. In addition to these "others," many Westerners, disenchanted with Christianity, are more inclined than they were a generation ago to dabble in new spiritual alternatives that were not as readily available here before. Many Christians feel intimidated by these changes. Many Christians don't know how to engage their newest non-Christian neighbors in conversation, partly because they feel ignorant about the religions practiced by others. Significant Others seeks to fill this knowledge gap so readers will become more acquainted with the religious backgrounds of devout non-Christians they are meeting, as well as with the growing number of American people who claim no religious affiliation at all. Each chapter outlines the major world religions according to their significant founders or leading figures, significant beliefs and practices, significant sects and developments, and significant points of contact and points of contrast with Christian faith.

Sanatana Dharma - Narayanan Komerath 2015-05-01

How should Hinduism be introduced appropriately, to a modern global audience? Driven by this question, this book presents Sanatana Dharma at an introductory level for a broad contemporary audience, in over 280 pages and 300 references. The chosen framework is based on the Vedic concept of Upanishad, going from an easily accessible introduction to exploring the classics and the research. Each chapter concludes with a summary explanation modeled after 'VedAnta'. The core values are explained, seeking to be inclusive while avoiding pitfalls. The evolution

and organization of the literature base are considered, with a simple, rational flow from the deepest Vedic concepts to visible, vibrant modern practice. The logical progression to Bhakti shows how the scriptures led to the glorious contributions in technology, architecture, literature and fine arts. The diverse schools of thought, their Acharyas, and the different lines of worship are explained. This leads to the movements for reunification and revival. Difficult issues are considered from a modern commonsense perspective, showing the concurrence of Vedic scripture and modern Constitutional law. Comparisons with other religions are avoided. A discussion on science and human advancement shows how Sanatana Dharma is strengthened in relevance as technology and knowledge advance. The final two chapters present the authors' opinions on some contemporary issues, concluding with several examples of prayers taught to children.

Many Many Many Gods of Hinduism - Swami Achuthananda 2013-07-02
Religion is the opium of the people, said Karl Marx many centuries ago. For more than a billion people living in India and abroad, Hinduism is the religion and a way of life. In this multi-award winning book, Swami Achuthananda cracks open the opium poppy pods, analyzes the causes for euphoria, and comes away with a deeper understanding of the people and their religion. *** Winner 2014 Next Generation Indie Book Awards (Religious Non-fiction) *** This is a comprehensive book on Hinduism. It tells you why Hindus do the things they do - and don't. Written in a casual style, the book guides you through the fundamentals of the religion. It then goes further and debunks a number of long-standing myths, some of them coming from the academia (of all places). While most books shy away from contentious issues, this book plunges headlong by taking on controversies, like the Aryan Invasion Theory, idol worship, RISA scholarship and many more. In fact one-third of the book is just on controversies that you rarely find in any other literature. Other Awards: *** Finalist - 2014 Pacific Book Awards (Religion) *** *** Bronze - 2014 IPPY Award - (Religion) ***

Hinduism Made Easy - Shalu Sharma 2015-04-20

If you ever wanted to learn about the concepts and fundamentals of

Hinduism then this is the book for you. Even though the Hindu religion is the oldest religion in the world, there are many misconceptions that laypeople have about it. Some people don't understand the mystical chants and mantra traditions where they keep repeating "Aum" over and over again. But you have to understand the religion to truly appreciate where these acts and traditions come from. There is a 4000 year history to Hinduism that many people outside of India don't even know about. On top of that, Hinduism has evolved a lot over the years with both oral and ancient stories involving the laws of Hinduism. These stories were often told by sages who passed down their knowledge of the religion to their disciples. Eventually there was a compilation of ancient Sanskrit texts where Hindus could study the ethical and moral code that they needed to live by. However, Hindus for thousands of years have been changing traditions and teaching new philosophies about the religion that help motivate modern day people to become followers. Furthermore, they encourage them to take up Hindu derived practices, like yoga and meditation, in order to help them feel better in their lives. You don't have to be looking to convert to Hinduism to appreciate this book. It is not a book that is going to try to change you or convince you that Hinduism is the one true religion to believe in. This book simply goes over all the important aspects and traditions of the religion, as they are broken down into chapters. That way you can understand the Hindu concepts of God, prayer, meditation, animal sacrifices and reincarnation. These are the key points that people often misinterpret because they see movies or television shows that misrepresent the real Hindu religion. If you are a westerner then this probably means you. The only way you are really going to learn the truth about Hinduism is to either go to India and visit a Hindu school or read through this entire book with an objective mind. If you are thinking about becoming a Hindu then it has to be your choice alone. You first need to study the Vedic scriptures and seek religious guidance from an elder Hindu. This book will simply awaken you to the religious customs of Hinduism and get you familiar with what you are in for. The great part about Hinduism is that you don't need to have a religious affiliation with it in order to learn from its teachings and

participate in its traditions. Hinduism is all about establishing a spiritual connection with your soul and the universe. For some Hindus, they don't even reach this point for an entire lifetime. That is why they continuously reach for the Sanskrit texts and practice their meditations. The chapters in this book: Chapter 1 Introduction to Hinduism Chapter 2 Hindu Philosophy Chapter 3 Concept of Maya in Hinduism Chapter 4 What is Karma? Chapter 5 Soul (Aatma) in Hinduism Chapter 6 Reincarnation in Hinduism Chapter 7 Brahman - The Supreme Being Chapter 8 Why Hindus Worship Idols? Chapter 9 Mantras in the Hindu Religion Chapter 10 Practice of Yoga in Hinduism Chapter 11 Vegetarianism in the Hindu Religion Chapter 12 The Caste System in the Hindu Religion Chapter 13 Popular Hindu Gods and Goddesses Chapter 14 Symbolism of Arms in Hindu Gods and Goddesses Chapter 15 Hindu Swastika Chapter 16 The Aum Chapter 17 Holy books of the Hindus Chapter 18 The Mahabharata Chapter 19 Bhagavad Gita Chapter 20 The Ramayana Chapter 21 River Ganges in the Hindu religion Chapter 22 The cow in Hindu religion Chapter 23 Major Hindu Festivals Chapter 24 Important Hindu Holy places to visit in India Chapter 25 Tips for visiting a Hindu temple Chapter 26 Conclusion

Non-Western Educational Traditions - Timothy G. Reagan 2004-09-22
This text provides a brief yet comprehensive overview of a number of non-Western approaches to educational thought and practice. Its premise is that understanding the ways that other people educate their children--as well as what counts for them as "education"--may help us think more clearly about some of our own assumptions and values, and to become more open to alternative viewpoints about important educational matters. The value of this informative, mind-opening text for preservice and in-service teacher education courses is enhanced by "Questions for Discussion and Reflection" and "Recommended Further Readings" included in each chapter. New in the Third Edition: *Chapter 2, "Conceptualizing Culture: 'I, We, and The Other,'" is new to this edition. It is a response to feedback about the problems inherent in our general discourse about "culture," and in addition provides an example of a culture that is near to us but nevertheless alien--the culture of the Deaf-

World. *Chapter 9-which deals with Islam and traditional Muslim education-has been substantially revised. *The subtitle of the Third Edition has been changed to Indigenous Approaches to Educational Thought and Practice, reflecting not so much a change in the emphases found in the book, but rather, a recognition of the growing scholarly interest in indigenous peoples, their languages, cultures, and histories. *Various points throughout the text have been expanded and clarified, and chapters have been updated as needed.

Am I a Hindu - Ed Viswanathan 1993

Describes the history, beliefs, and practices of Hinduism, as well as such topics as women's role, epic tales, music, mathematics, science, and Hinduism and Christianity.

Am I A Hindu - Ed Viswanathan 2011

Being Hindu - Hindol Sengupta 2017-10-05

Told from the frank and refreshing perspective of a practicing Hindu, this book analyses the importance of Hinduism as the secular, plural middle path in the battle between Islam and Christianity that is playing out across the globe. Being Hindu presents a faith of peace, liberation, and understanding in an increasingly violent world.

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 clichés? 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.

Hinduism For Dummies - Amrutur V. Srinivasan 2011-06-15

Your hands-on guide to one of the world's major religions The dominant religion of India, "Hinduism" refers to a widevariety of religious traditions and philosophies that have developed over thousands of years. Today, the United States is home to approximately one million Hindus. If you've heard of this ancient religion and are looking for a reference that explains the intricacies of the customs, practices, and teachings of this ancient spiritual system, Hinduism For Dummies is for you! Provides a thorough introduction to this earliest and popular world belief system Information on the rites, rituals, deities, and teachings associated with the practice of Hinduism Explores the history and teachings of the Vedas, Brahmans, and Upanishads Offers insight into the modern daily practice of Hinduism around the world Continuing the Dummies tradition of making the world's religions engaging and accessible to everyone, Hinduism For Dummies is your hands-on, friendly guide to this fascinating religion.

The Myths and Gods of India - Alain Danielou 2017-01-01

Religions and the Cruel Return of Gods - Ezat Mossallanejad 2012

The South Asian Religious Diaspora in Britain, Canada, and the United States - Harold Coward 2012-02-01

Explores religious experience in the South Asian immigrant communities of Britain, Canada, and the United States. This book explores the experience of religious communities that have migrated from South Asia (India, Pakistan, and Bangladesh) to live in Britain, Canada, and the United States, three countries sharing a common language (English) and an interwoven history. The work introduces the migration history of Hindus, Muslims, and Sikhs along with the cultural nuances of these traditions. The contributors discuss the various communities' experiences that grow out of or are related to religion. The book shows how traditions are reformed or reinvented and how they are passed on, both through the family and through institutions. Issues related to public policy and minority status are also addressed. While the main focus is on the Hindu, Muslim, and Sikh communities, specific sections also cover

South Asian Christians, the Zoroastrian diaspora, and new religious movements in the West led by South Asians. The book strikes a balance between stories and statistics in order to emphasize the narrative of the immigrants' experience. [Contributors include: Roger Ballard, Judith Coney, Harold Coward, Diana L. Eck, Yvonne Yazbeck Haddad, John R. Hinnells, Kim Knott, Gurinder Singh Mann, Sheila McDonough, Jørgen S. Nielsen, Joseph T. O'Connell, and Raymond Brady Williams.] Harold Coward is Director at the Centre for Studies in Religion and Society at the University of Victoria, British Columbia, and coeditor of *Visions of a New Earth*, with Daniel C. Maguire, also from SUNY Press. John R. Hinnells is Research Professor of Comparative Religion at the University of Derby, England, and author of *Zoroastrians in Britain*. Raymond Brady Williams, LaFollette Distinguished Professor in the Humanities at Wabash College in Indiana, is the author of *Religions of Immigrants from India and Pakistan: New Threads in the American Tapestry*.

Embracing the Best of East and West - Geeta Rao 2018-11-23

Interested in meditations that immediately bring peace of mind and relief from stress and anxiety? Would you like lasting forgiveness for yourself or others? Discover within this book methods of spiritual alchemy to heal yourself of past anger, pain and unforgiveness and ways to transform all that negative energy into love. Just like in Quantum Physics where there are many possible states of existence, so also can you internally shift from a state of fear to one of love. You will discover how inside this book! The author, a highly sensitive person and empath, had experiences from growing up that left 'holes in her being', so to speak. Right from her 20s,

due to intense inner emotional and mental turmoil, she was filled with a burning desire to find lasting inner peace and forgiveness. This book contains methods that work from 11 years of her search for, and practice of, inner healing techniques. These have left her carefree and glowing from the inside-out! These methods are especially powerful if you find words to be healing and transforming. Just as one can utilize the Akashic Records for healing, one can use the techniques contained within for healing as well. The author has had the experience of all of these healing modalities and speaks from experience. This is a guidebook to spiritual healing methods based on the principle of oneness, that there is only one of us. You will discover: How to apply an ancient Hawai'ian forgiveness method called Ho'oponopono to forgive yourself or others. New Age meditations for lasting inner peace. These are non-denominational in nature, so they fit into the context of any religion you might be practicing (or not). Affirmations and methods such as Cutting the Ties that Bind to heal yourself of difficult and painful relationships. Along with New Age practices, the book also seamlessly discusses Hinduism and its practices as well as Hindu deities. It clearly explains the essence of the various philosophies behind Hinduism. It focuses on Advaita, the non-dualistic philosophy of the East which finds parallels with *A Course in Miracles* in the West and discusses the meaning and purpose of life according to Advaita or non-duality. Bonus: There is also a charming description of life in a real ancient orthodox Hindu village, in which the author's mother grew up. It still exists today, and such villages are exceedingly rare to find even in India these days. You will be transported to another time and era! Buy this book to experience more peace, love and happiness today!