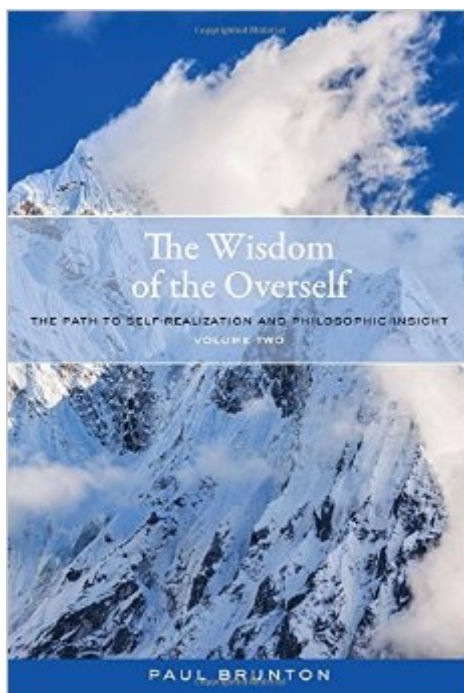


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# The Wisdom Of The Overself: The Path To Self-Realization And Philosophic Insight, Volume 2



## Synopsis

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.

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Foreword by the Paul Brunton Philosophic Foundation

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16. Some Fruits of Philosophy

Appendix: Additional Resources from The Notebooks of Paul Brunton, Compiled by the Paul Brunton Philosophic Foundation Editors

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## Customer Reviews

I am not a philosopher nor do I claim to know a great deal of this subject but I have begun my quest for spiritual and philosophical guidance about two years ago at the age of 19. I was raised a Christian but have recently read scriptures of all the major religions and even some that are not so major. I completely agree with the perennial philosophy that all religions underline the one universal truth, but I still sought more understanding of life and of our true selves. This book gave me that opportunity. It explains the most fascinating concept that I have ever heard, that I now believe, which is mentalism. I could not explain it so I will not try but it is almost unbelievable. The book explains mentalism and how the universe is mentally constructed by not only God (the World-Mind) but also ourselves. He explains many of life's questions like he knows for sure which made me a little skeptical but I can not say they are false without sufficient knowledge which I am searching for as we speak. This book is a must read for any philosophy student, mystic, or even contemporary Christian.

This book is one of the greatest works of the 20th century. As a person who was highly scientific and possessed a clear understanding of Einstein's Theory of Relativity and of Quantum Theory, the conventional ideas of God as presented in western and some eastern religions could not satisfy me. I had started to think that I would never really believe in an Intelligent God, just impersonal "intelligent nature". Until I read this book. Like Albert Einstein, I was bothered by the existence of the Cosmos itself: why it should be here at all. This book gave me the answer to my deepest and most troubling questions about God and the world. Now I understand clearly why the laws of the Universe are the way they are: Intricate and intelligent. After reading and truly assimilating the ideas in Paul Brunton's book, I now know why matter and energy has to be one entity as proven by Einstein's Relativity Theory. I also now understand why the Uncertainty Principle of Quantum Theory has to be the way it is. This book clearly shows how everything has to be an expression of One All-Encompassing Principle (God) that is inherently intelligent, but not God as the arbitrary creator in Geneses in the Bible. It shows how the cosmos is not a huge material thing, as formerly thought of

in nineteenth century Newtonian physics but is really a vast, dynamic, mental expression existing in a Cosmic Mind. I'm a scientifically minded person to whom God has become real and experience able, thanks to this book. If you have covered the prerequisites: some advances in meditation, and have intelligently questioned the nature of matter and reality, then you are ready to read this book. UPDATE: APRIL 29, 2013 Finally.....in kindle format.....I've waited years for this. Thank you!

Nothing I have read even came close to expounding and yes EXPLAINING the most profound mysteries of life-the true meaning and purpose of "EVIL". Why in a PERFECT world there must be suffering etc. Rare and exciting insights. A gold mine of spiritual thought.

Brunton explains the Overself as the meeting point of the Universal mind and the individual consciousness. Like a ray is to the Sun, the Individual consciousness is to the Overself...the infinite mind at the background of all that is. This book will bring Buddhism and Hinduism into your understanding like no other work. Profound, deep and full of understanding that can be used every day. It was a pleasing and very uplifting read.

Paul Brunton is an outstanding writer and philosopher. I have read and studied his work for many years. His *Wisdom of the Overself* and *the Hidden Teaching Beyond Yoga* have been on my top 10 book list, since I first read them. I have continued to study these two books over and over. PB clearly explains man's place in the universe and man's relationship with his true self. PB provides guidance in how you can gain not only an intuitive grasp of this relationship, but how you can intellectually grasp it as well. PB puts right action, spiritual devotion, and right thinking in perspective. He helps you clearly answer the question who am I, what am I, and why am I here, where am I going and how do I get there.

If you would wish to read an intense, well-written, insightful and powerful spiritual book, then this item is for you! I believe, after carefully reading, reflecting upon, and taking notes from this work and Paul Brunton's companion volume to this (*Hidden Teaching Beyond Yoga* - which should be read first), the spiritual student will be helped along his or her path to spiritual enlightenment. Irrespective of one's religious background or belief, if you have an open mind and heart, this book is worthwhile and can be deeply moving - in an enlightening way. I will admit that this may not be for everyone, I just wish that it was. Here is one of the powerful (to me) quotes from this book: (With regard to

humanity inherently aspiring to the Higher) "Here then lies the guarantee that every ego will one day turn its face toward the light and ultimately be saved and finally be redeemed."

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The Wisdom of the Overself: The Path to Self-Realization and Philosophic Insight, Volume 2 The Essence of Self-Realization: The Wisdom of Paramhansa Yogananda The Divine Romance - Collected Talks and Essays. Volume 2 (Self-Realization Fellowship) The Second Coming of Christ: The Resurrection of the Christ Within You (Self-Realization Fellowship) 2 Volume Set Seeking the Heart of Wisdom: The Path of Insight Meditation (Shambhala Classics) Satipatthana: The Direct Path to Realization The Aquarian Gospel of Jesus the Christ: The Philosophic and Practical Basis of the Religion of the Aquarian Age of the World and of the Church Universal Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Autobiography of a Yogi (Self-Realization Fellowship) The Yoga of Jesus: Understanding the Hidden Teachings of the Gospels (Self-Realization Fellowship) An Informal Talk By Paramahansa Yogananda - Collector's Series #10. In the Glory of the Spirit (Collector's (Self-Realization Fellowship)) Insight Dialogue: The Interpersonal Path to Freedom The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Iyanla Live!: Self-Value, Self-Worth, Self-Love Touching Enlightenment: Finding Realization in the Body The Bodhisattva Path of Wisdom and Compassion: The Profound Treasury of the Ocean of Dharma, Volume Two Warriors: Ravenpaw's Path #3: The Heart of a Warrior (Warriors Manga - Ravenpaw's Path) The Wisdom of No Escape and the Path of Loving-Kindness Meister Eckhart's Living Wisdom: Indestructible Joy and the Path of Letting Go

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