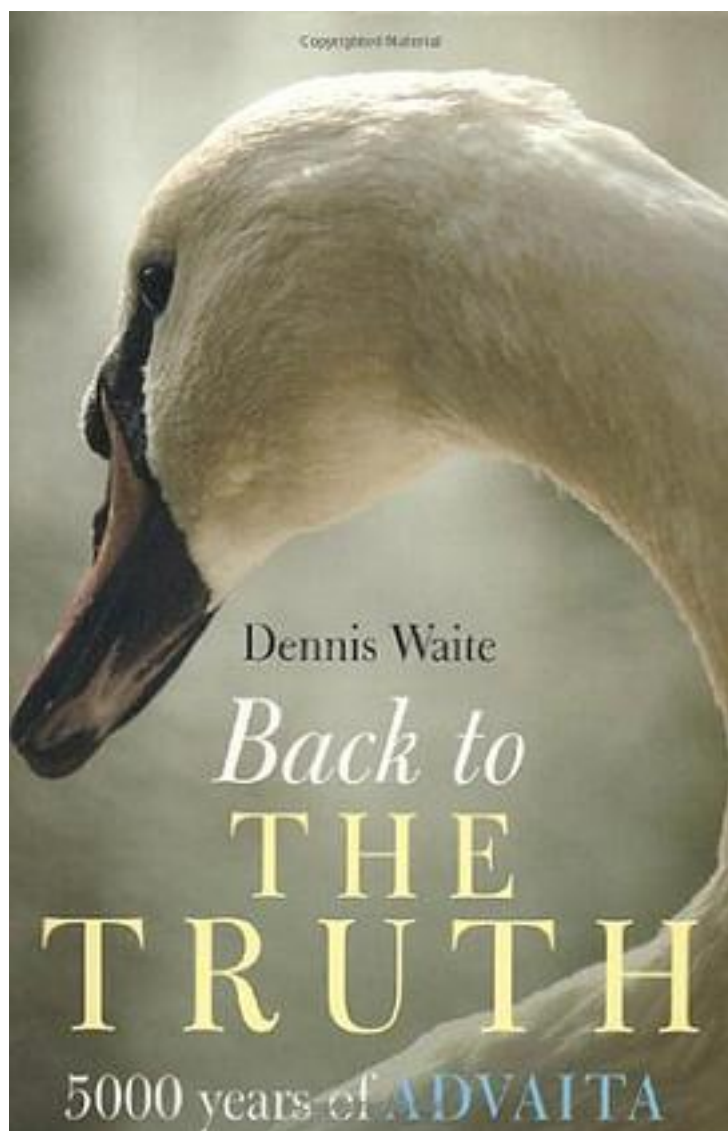


Back to the Truth



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Advaita is a spiritual philosophy based on the Upanishads, older than most other religious systems we know about but also the most logical and scientific in its approach. The literal meaning is "Not two". There is only one truth - but, it has to be said, there are many teachers. So how is a "seeker" to choose between them? This book is a systematic treatment of Advaita which demystifies it, differentiating between approaches and teachers, enabling you to decide which approach is most suitable for you. It compares the scriptures of traditional Advaita with the words of contemporary sages and neo-Advaita. Should we ignore the mind? Is the world real? Is there anything we can do to become "enlightened"? These questions and many more are addressed, with explanations given in their own words from those who discovered the truth. This is a massively comprehensive, definitive work.

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