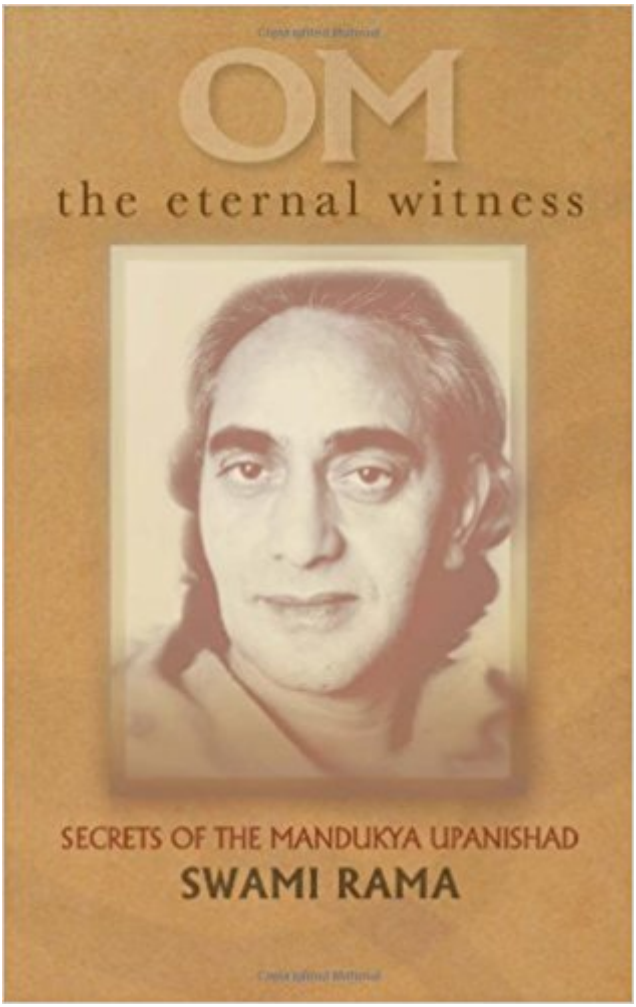
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Om The Eternal Witness: Secrets Of The Mandukya Upanishad



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Synopsis

The Upanishads are called shruti, revelations. Mandukya Upanishad, though the shortest of all Upanishads, is a revered, profound Upnaishad that teaches us about four states of consciousness: the waking, dreaming and sleeping states and Turiya, the fourth state, beyond the first three. In this Upanishad, there is a unique combination of psychology and profound philosophy, a clear exposition of the four states of consciousness.

Book Information

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Customer Reviews

Wonderful book and vivid exposition on the Mandukya Upanishad. OM and its presence in our lives. My first reading of Swami Rama.

I was in search of the book called " Enlightment without GOd" and came across this one. I did not read the other one, so cannot compare. BUt this is a publication of Swami Rama’s lecture without much editing. Hence there will be some instances where the reader will be thrown off. However, that is very minor compared to the depth, explanation and practical tips this book has to offer to the sincere meditator. Worth reading and understanding.

Great book!

On your above comments: I have both books. Enlightment Without God is an out-of-print book which refers to a "second volume" on p. 109. It is a concise commentary on the Mandukya

Upanishad with a general Yoga Nidra practicum. I don't know whether OM, The Eternal Witness is the referred-to second volume, but it does go into much greater depth on the Mandukya Upanishad, and has the same Yoga Nidra practicum with the 61-point exercise. It features the OM Kriya practice in Appendix C in great detail. Both books are favorites of mine and I find them inspirational. Yoga Nidra, BTW, is covered in great depth in Path of Fire and Light, Vol. II, Ch. 11, but I saw one comment saying that this appears to be missing from later publications of the book. Mine has a 1988 copyright date.

I changed my mind about this book. The original title for this book when it was previously published was Enlightenment Without God. That was the book that I thought this was when I reviewed it before I received it. That was a much more concise book. This current book is a rambling book. Uninteresting really. Find a copy of the other book and I would like to buy it from you.

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