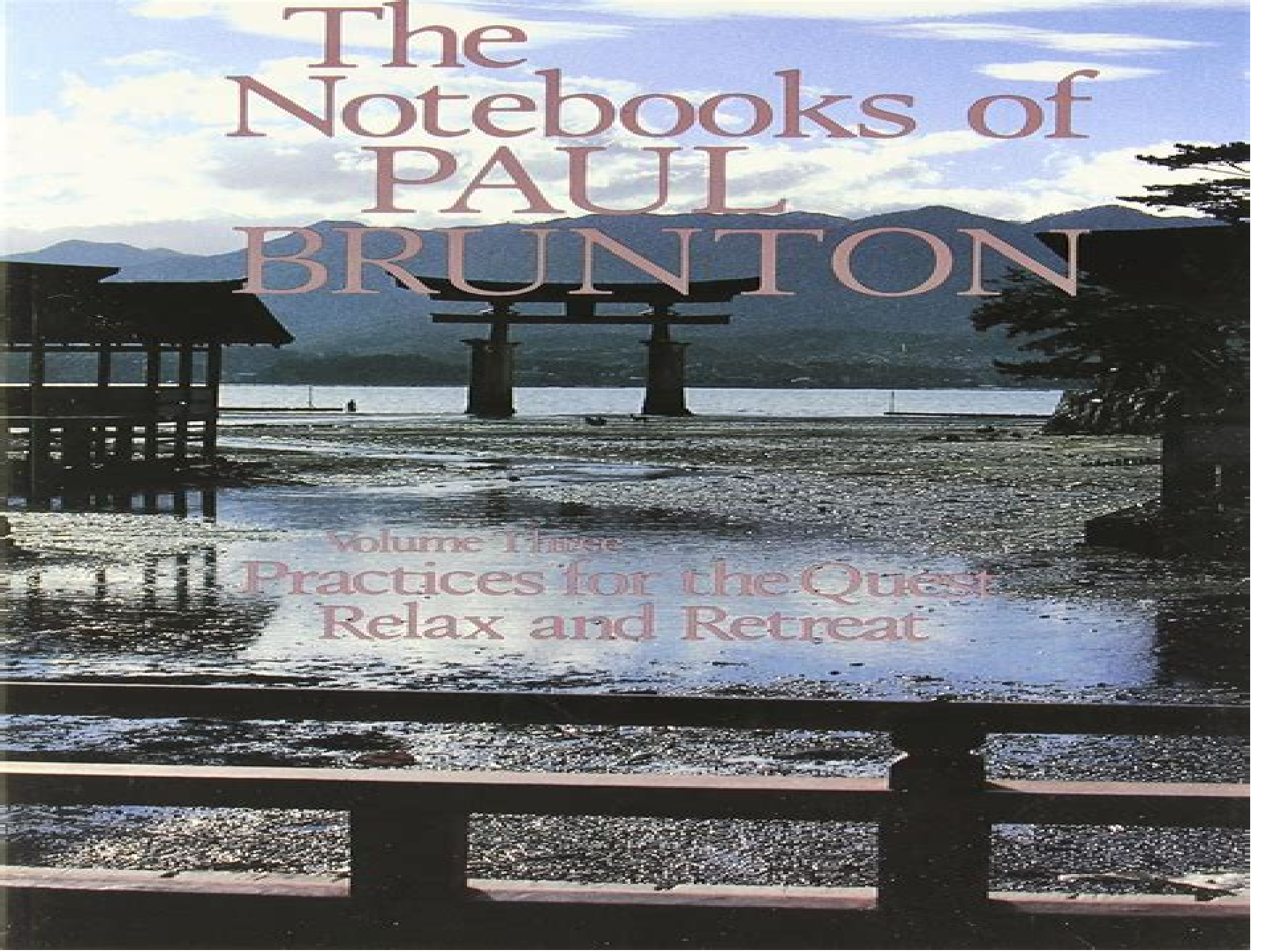




The Notebooks of PAUL BRUNTON

Volume I These
Practices for the Quest
Relax and Retreat

The Notebooks Of Paul Brunton Volume 3 Practices For The Quest Relax And Retreat

Paul Brunton



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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 The Notebooks of Paul Brunton: The sensitives Paul Brunton,1987

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 Contents Foreword by The Paul Brunton Philosophic Foundation 1 Beyond Yoga 2 The Ultimate Path 3 The Religious and Mystic Grades 4 The Hidden Philosophy of India 5 The Philosophical Discipline 6 The Worship of Words 7 The Search After Truth 8 The Revelation of Relativity 9 From Thing to Thought 10 The Secret of Space and Time 11 The Magic of the Mind 12 The Downfall of Materialism Epilogue The Philosophic Life Appendix 1 Some Misconceptions Cleared Up Appendix 2 Additional Resources from The Notebooks of Paul Brunton Compiled by the Paul Brunton Philosophic Foundation Editors The Notebooks of Paul Brunton: Advanced contemplation ; The peace within you Paul Brunton,1988 **The Notebooks of Paul Brunton: The religious urge. The reverential life** Paul Brunton,1988 **The Notebooks of Paul Brunton: Healing of the self** Paul Brunton,1984 *The Notebooks of Paul Brunton: Reflections on my life and writings* Paul Brunton,1987 *The Notebooks of Paul Brunton: Relativity, philosophy and mind* Paul Brunton,1988

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