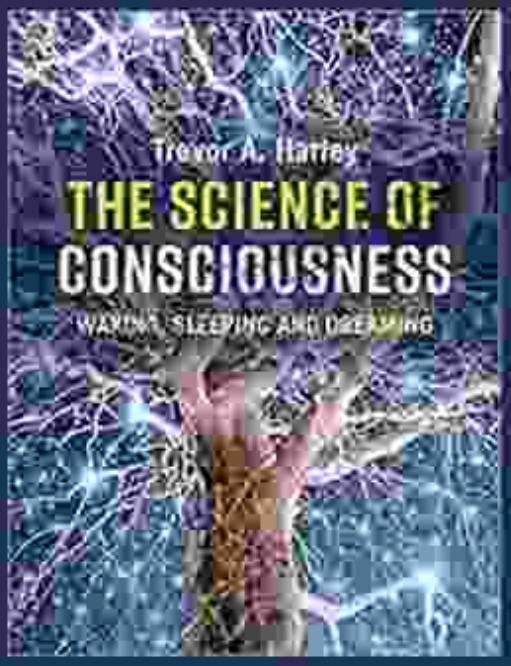


# Vedanta: The Science of Consciousness

Unveiling the Secrets of Mind, Self, and Reality

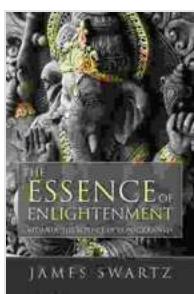


The book cover features a dense, colorful illustration of neural pathways and brain activity against a dark background. The title 'THE SCIENCE OF CONSCIOUSNESS' is prominently displayed in large, yellow, sans-serif letters. Below it, the subtitle 'WAKING, SLEEPING AND DREAMING' appears in smaller, white, sans-serif letters. The author's name, 'Trevor A. Harley', is at the top left.

A remarkable achievement that is underwritten by an encyclopaedic knowledge of the field. I can see this being the Gray's Anatomy of consciousness studies - a book that every philosophy and psychology student will treasure for years.

Karl Friston - University College London

Vedanta is an ancient Indian philosophy that offers a profound understanding of the true nature of consciousness, self, and reality. It is a system of knowledge that has been passed down through generations of enlightened masters, and its teachings have the power to transform our lives.



## The Essence of Enlightenment: Vedanta, The Science of Consciousness by Amythyst Raine

★★★★★ 4.6 out of 5

Language : English

File size : 668 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 264 pages



In this book, we will explore the key concepts of Vedanta, including:

- The nature of consciousness
- The relationship between mind and consciousness
- The true nature of the self
- The nature of reality
- The path to liberation

Through a combination of clear explanations, practical exercises, and inspiring stories, this book will guide you on a journey of self-discovery. You will learn how to quiet your mind, connect with your true self, and live a life of greater awareness, purpose, and fulfillment.

## **What others are saying about Vedanta: The Science of Consciousness**

"This book is a must-read for anyone who is interested in exploring the true nature of consciousness and reality. Vedanta offers a profound understanding of the world around us, and it has the power to transform our lives." - Deepak Chopra, author of The Seven Spiritual Laws of Success

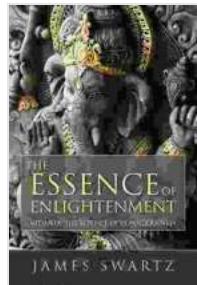
"Vedanta is a timeless wisdom that has the power to liberate us from suffering and lead us to a life of lasting happiness. This book is a clear and

concise to the key concepts of Vedanta, and it is a valuable resource for anyone who is seeking a deeper understanding of themselves and the world around them." - Sharon Salzberg, author of Real Happiness

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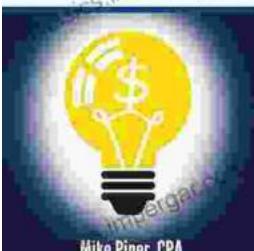
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