

Book Release by Swami Shuddhabodhananda Saraswati

ATMANUBHAVA is a compendium containing the nature, role, relevance and indispensability of the state wherein one is directly aware of the ever self-experiencing (anubhava-swarupa) Atma, the 'I' in its real nirupadhika nature free from all the erroneously superimposed (adhyast) upadhis – the embodiment at different levels of our personality. Atmanubhava, the direct experience of self-experiencing 'I' atma free from triputi (free from pramata, prameya and Pramana-vritti) reveals itself in total contrast with our 24x7 sopadhika (with upadhis) experience from womb to the tomb called calamitous Samsara.

Though the same Veda is the Pramana for both jnana and karma, the mode of gaining knowledge and its nature differs very much in both. This text has discussed this topic at length. The different pramanas necessary to gain atmajnana (Brahmavidya) are analysed with their roles and stages totally based on Vedanta Sampradaya beginning from Adi Guru whether we call him Sadashiva or Narayana.

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The printed copies are also available with Publishers Sri Visweswar Trust (Contact : info@turiyabodha.com), Pujya Swami Dayananda Ashram, Rishikesh and Arsha Vidya Gurukulam, Anaikatti, Coimbatore. - Report by Sudhakar Shanbhag

