

## Beyond Freedom Talks With Sri Nisargadatta Maharaj

Sri Nisargadatta Maharaj (1897-1981), a revered master of the Tantric Nath Lineage, is an inspiring example of an ordinary family man who attained complete realization of the Infinite. Living the absolute nonduality of Being in every moment, he taught that true freedom is a possibility open to everyone of us. These discourses are about Transcendence. The message is clear: Return to what you were before before your so-called birth. Be in that eternity, a state of wholeness. It is changeless reality from which all change has sprung. Maharaj's wisdom is truly partaking of the Gods, because it restores us to our original pristine and blissful condition, the rediscovery of our Source.

Nature helps us still the mind, feel connected, find calm and allows us to be more consciously present - these are simple things that many of us are searching for. In this little book, Theresa Dellbridge provides practices based on the elements, seasons; sun and moon that will help you to release the stress of everyday life. Many people in today's world feel ungrounded, adrift in an environment fraught with pressure but often devoid of meaning. Smart phones, social media and computers devour an increasing amount of our time, without offering true nourishment for the soul. Depression and a sensation of being lost are common, and people are turning in increasing numbers to nature for a sense of belonging, and to be calm. This book offers practices that if performed mindfully will help you to connect with nature. You will be introduced to the blessings of Sun, Moon, Animals and the Eight Seasonal festivals. Each chapter contains advice on how to draw close to nature with information, simple individual and group practices along with myth's and interesting facts to help you ground your practice. The Little Book of Nature Blessings encapsulates "everyday spirituality" requiring no set of beliefs, generating a feeling of self-awareness. Written in a user-friendly, entertaining and engaging manner with a simple message that will enable any reader to improve their life by connecting to the world around them.

Theoretical physics and foundations of physics have not made much progress in the last few decades. Whether we are talking about unifying general relativity and quantum field theory (quantum gravity), explaining so-called dark energy and dark matter (cosmology), or the interpretation and implications of quantum mechanics and relativity, there is no consensus in sight. In addition, both enterprises are deeply puzzled about various facets of time including above all, time as experienced. The authors argue that, across the board, this impasse is the result of the "dynamical universe paradigm," the idea that reality is fundamentally made up of physical entities that evolve in time from some initial state according to dynamical laws. Thus, in the dynamical universe, the initial conditions plus the dynamical laws explain everything else going exclusively forward in time. In cosmology, for example, the initial conditions reside in the Big Bang and the dynamical law is supplied by general relativity. Accordingly, the present state of the universe is explained exclusively by its past. This book offers a completely new paradigm (called Relational Blockworld), whereby the past, present and future co-determine each other via "adynamical global constraints," such as the least action principle. Accordingly, the future is just as important for explaining the present as is the past. Most of the book is devoted to showing how Relational Blockworld resolves many of the current conundrums of both theoretical physics and foundations of physics, including the mystery of time as experienced and how that experience relates to the block universe.

"I am most grateful for two things: that I was born in North Korea, and that I escaped from North Korea." - Yeonmi Park "One of the most harrowing stories I have ever heard - and one of the most inspiring." - The Bookseller "Park's remarkable and inspiring story shines a light on a country whose inhabitants live in misery beyond comprehension. Park's important memoir showcases the strength of the human spirit and one young woman's incredible determination to never be hungry again." —Publishers Weekly In In Order to Live, Yeonmi Park shines a light not just into the darkest corners of life in North Korea, describing the deprivation and deception she endured and which millions of North Korean people continue to endure to this day, but also onto her own most painful and difficult memories. She tells with bravery and dignity for the first time the story of how she and her mother were betrayed and sold into sexual slavery in China and forced to suffer terrible psychological and physical hardship before they finally made their way to Seoul, South Korea—and to freedom. Park confronts her past with a startling resilience. In spite of everything, she has never stopped being proud of where she is from, and never stopped striving for a better life. Indeed, today she is a human rights activist working determinedly to bring attention to the oppression taking place in her home country. Park's testimony is heartbreaking and unimaginable, but never without hope. This is the human spirit at its most indomitable.

Beyond Freedom - Talks with Sri Nisargadatta Maharaj

Why should mindfulness and meditation be taught at universities? What impact could the establishment of such programs have on students and on the education system itself? Andreas de Bruin showcases the remarkable results of the first ten years of the Munich Model »Mindfulness and Meditation in a University Context« - a program started in the year 2010 in which 2000 students have already participated. Through meditation-journal entries featured in the book, students describe the effects of mindfulness and meditation on their studies and in their daily lives. In addition to an overview of cutting-edge research into mindfulness and meditation, along with in-depth analyses and explanations of key terms, the book also contains numerous practical exercises with instructions.

The methodology of this survey is derived in large measure from the Universal Declaration of Human Rights, and these standards are applied to all countries and territories, irrespective of geographical location, ethnic or religious composition, or level of economic development.

On the philosophy of life and death, as interpreted by Nisargadatta Maharaj, 1897-1981.

What is helpful about reading these types of quotes is that the more you can realize that everything is an illusion the better you can ignore everything and turn inward. One of the most significant aspects to this collection of quotes by the Sages is that in addition to pointing out that everything is a dreamlike illusion, they also point out in many of their quotes that upon Self Realization everything disappears. They also state that realizing that the world, etc. is an illusion is essential for Self Realization. The type is Palatino 15 for crisp clear easy reading. This book contains all of the quotes in Chapter (Step) Two from the book The Seven Steps to Awakening. Everything is an Illusion is Book Five in the Self Realization Series. One purpose of the Self Realization Series is to put just one category of quotes into a small book that has the advantage of making it easier to focus, meditate on, grasp and have insight into just one subject at a time. That makes the approach simple, easier and less complicated. The idea is to stay focused on just one subject until you have received everything you need to receive from that one subject. Most people go on to the next subject without ever having learned to apply to their lives the subject they are studying now. The Self Realization series of books are portable practice manuals aimed at helping sincere seekers of Self Realization master one Key to Self Realization at a time. The six titles in the Self Realization Series are: 1. Self Awareness Practice Instructions. 2. The Desire for Liberation. 3. The False self. 4. Inspiration and Encouragement on the Path to Self Realization. 5. Everything is an Illusion. 6. How Not to Get Lost in Concepts.

Sri Nisargadatta Maharaj (1897-1981), a revered master of the Tantric Nath lineage, is an inspiring example of an ordinary family man who attained complete realization of the Infinite. His words carry a rare potency that can jolt the listener or reader into a profound sense of awareness, which at the same time signifies true freedom—the freedom from all fear and mental suffering. In this volume, Nisargadatta clearly demonstrates that logic and spirituality do not necessarily stand in opposition to one another. In a chapter after which this book has been titled, Nisargadatta relentlessly pursues a logical argument with the visitor to its very end.

“How can I carry on the responsibilities of life and still grow inwardly to find spiritual fulfilment?” When your yearning to know the purpose of life and the reality of God has you swimming against the tide, then the wisdom of one who has successfully crossed these waters is priceless. In this book Sri Chinmoy leads the way, with sound advice on how to integrate the highest spiritual aspirations into your daily life. Including essays, questions and answers, poetry and parables on: The spiritual journey; The human psyche and its inner workings; The transformation and perfection of the body; Reincarnation and spiritual evolution; Meditation; Using the soul’s will to conquer life’s problems; The relationship between the mind and physical illness; The purpose of pain and suffering; Overcoming fear of failure; Throwing away guilt; The psychic way to deal with the subconscious; and The Occult.

Inspired By Krishnamurti S Belief That Truth Is Found Through Living, The Book Of Life Presents 365 Timeless Daily Meditations, Developed Thematically Over Seven Days, Illuminating The Concepts Of Freedom, Personal Transformation, Living Fully Awake And Much More. For Everyone Who Has Come To Cherish The Wisdom Of This Extraordinary Spiritual Sage As Well As Anyone Discovering Krishnamurti For The First Time The Book Of Life Is A Profound Collection Of Insights To Treasure Everyday. The Story Of Mankind Is In You, The Vast Experience, The Deep-Rooted Fears, Anxieties, Sorrow, Pleasure And All The Beliefs That Man Has Accommodated Throughout The Millennia. You Are That Book. J. Krishnamurti

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Today, transparency is a widely heralded value, and the U.S. Freedom of Information Act (FOIA) is often held up as one of the transparency movement’s canonical achievements. Yet while many view the law as a powerful tool for journalists, activists, and ordinary citizens to pursue the public good, FOIA is beset by massive backlogs, and corporations and the powerful have become adept at using it for their own interests. Close observers of laws like FOIA have begun to question whether these laws interfere with good governance, display a deleterious anti-public-sector bias, or are otherwise inadequate for the twenty-first century’s challenges. Troubling Transparency brings together leading scholars from different disciplines to analyze freedom of information policies in the United States and abroad—how they are working, how they are failing, and how they might be improved. Contributors investigate the creation of FOIA; its day-to-day uses and limitations for the news media and for corporate and citizen requesters; its impact on government agencies; its global influence; recent alternatives to the FOIA model raised by the emergence of “open data” and other approaches to transparency; and the theoretical underpinnings of FOIA and the right to know. In addition to examining the mixed legacy and effectiveness of FOIA, contributors debate how best to move forward to improve access to information and government functioning. Neither romanticizing FOIA nor downplaying its real and symbolic achievements, Troubling Transparency is a timely and comprehensive consideration of laws such as FOIA and the larger project of open government, with wide-ranging lessons for journalism, law, government, and civil society. This book presents the first systematic critical exploration of the philosophical and political thoughts of Mahatma Gandhi and Sri Aurobindo, both pioneers of modern Indian thought. Bringing together experts from across the world, the volume examines the thoughts, ideas, actions, lives and experiments of Mahatma Gandhi and Sri Aurobindo on themes such as radical politics and human agency; ideals of human unity; social practices and citizenship; horizons of sustainable development and climate change; inclusive freedom; conceptions of swaraj; interpretations of texts; Sri Aurobindo’s views on Indian culture; integral yoga; transformative leadership; Anthropocene and alternative planetary futures. The book discusses the contemporary legacies and works of the two influential thinkers. It offers insights into historical, philosophical, theoretical, literary and sociological questions that establish the need for transdisciplinary dialogues and the relevance of their visions towards future evolution. This book will be useful to scholars and researchers of political science, Indian political thought, comparative politics, philosophy, Indian philosophy, sociology, anthropology, modern Indian history, peace studies, cultural studies, religious studies and South Asian studies.

The Ultimate Medicine is not for those who like their spirituality watered down, but for serious students searching for awareness. Sri Nisargadatta Maharaj (1897-1981) lived and taught in a small apartment in the slums of Bombay. A realized master of the Tantric Nath lineage, he supported himself and his family by selling cheap goods in a small booth on the streets outside his tenement for many years. His life exemplified the concept of absolute nonduality of being. In this volume, Maharaj shares the highest truth of nonduality in his own unique way. His teaching style is abrupt, provocative, and immensely profound, cutting to the core and wasting little effort on inessentials. His terse but potent sayings are known for their ability to trigger shifts in consciousness, just by hearing or reading them. "The point is that man freed from his fetters is morality personified. Such a man therefore does not need any moralistic injunctions in order to live righteously. Free a man from his bondage and thereafter everything else will take care of itself. On the other hand, man in his unredeemed state cannot possibly live morally, no matter what moral teaching he is given. It is an intrinsic impossibility, for his very foundation is immorality. That is, he lives a lie, a basic contradiction: functioning in all his relationships as the separate entity he believes himself to be, whereas in reality no such separation exists. His every action therefore does violence to other 'selves' and other 'creatures,' which are only manifestations of the unitary consciousness. So Society had to invent some restraints in order to protect itself from its own worst excesses and thereby maintain some kind of status quo. The resulting arbitrary rules, which vary with place and time and therefore are purely relative, it calls 'morality,' and by upholding this man-invented 'idea' as the highest good—oftentimes sanctioned by religious 'revelation' and scriptures—society has provided man with one more excuse to disregard the quest for liberation or relegate it to a fairly low priority in his scheme of things."

The Nisargadatta Gita was first released on the internet in February 2008; since then it has been acclaimed worldwide as one of the best expositions of the teachings of Sri Nisargadatta Maharaj, and used as a meditation manual by many. The essence of the teaching has been expressed in a very clear and lucid style. The Nisargadatta Gita Gita has only one chapter 'I AM', which consists of 231 condensed



quotes of Sri Nisargadatta Maharaj along with a short commentary on each quote. These quotes have been prepared from a collection of 572 'I AM' quotes compiled from 10 main books (Beginning with 'I Am That') which cover almost all the recorded dialogues of Sri Nisargadatta Maharaj. This third edition is the first official printed version and has an appendix titled I Am That - A Realization, which is a tribute to the Guru by his disciple.

Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of Beyond the Power of Now, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions.

This major global history of the twentieth century is written by four prominent international historians for first-year undergraduate level and upward. Using their thematic and regional expertise, the authors cover events in Europe, Asia, the Middle East, Africa and the Americas from the last century and beyond. Among the areas this book covers are: the decline of European hegemony over the international order; the diffusion of power to the two superpowers; the rise of newly independent states in Asia and Africa; and, the course and consequences of the major global conflicts of the twentieth century. This second edition is thoroughly updated, and includes extended coverage of European integration, the rise of supra-governmental organizations, and the 'global War on Terror'.

What would happen if you were to allow everything to be exactly as it is? If you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? In the 14 years that he studied Zen, Adyashanti found that most seasoned meditators had used the practice as "an end instead of a means to an end." What he ultimately realized was that only when you let go of all techniques—even the concept of yourself as a meditator—will you open to the art of True Meditation, dwelling in the natural state. True Meditation invites you to join the growing number of seekers who have been touched by the wisdom of Adyashanti to learn: How to make the "effortless effort" that will vivify the present moment Meditative self-inquiry and "The Way of Subtraction": how to ask a spiritually powerful question—and determine the real answer "We've been taught that awakening is difficult," explains Adyashanti, "that to wake up from the illusion of separation takes years. But all it really takes is a willingness to look into the depths of your experience here and now." True Meditation gives you the opportunity to reclaim the original purpose of meditation—as a gateway to "the objectless freedom of being."

This rising sun is an invitation to see the Garden of Eden around us with open eyesand, with closed eyes, the Kingdom of Heaven within us here and now. The ancient mystics termed this enlightenment Sahaja Samadhi. As Oya Zen-Rama discovers, this profoundly peaceful state is a natural consequence of the stunning insight that, in reality, theres nothing happening! This collection of verse is an outpouring from the inner voice over a four-year period, from 2013 to 2016. It is a contemporary song and dance about an age-old mystery and a celebration of the journey towards enlightenment and life beyond enlightenment. An interesting, introspective collection of verse, there is something in each poem that relates to us all. The spontaneous poetry contained herein documents stunning spiritual realizations blow by blow. It offers a new testament to the aliveness of our non-dual reality and the freshness and fun of our inner voice. It is a guide to those walking the path of love and a light celebrating our true nature as we make a courageous leap into enlightened reality.

In dialogen met bezoekers deelt de Indiase wijze (1897-1981) zijn inzichten over het wezenlijke 'ik' van de mens en de weg naar zelfrealisatie mee.

Nisargadatta Maharaj is undoubtedly the Ultimate Alchemist and his non-dual teachings, the Ultimate Alchemy. This book is a live satsang with Satguru Sri Nisargadatta Maharaj, covering rare and unpublished conversations with Sri Nisargadatta Maharaj which have been transcribed by his 'evening' translator, Mohan Gaitonde, who had the privilege of being with him from 1979 to 1981. The flavor of these talks is heightened by the fact that Mr. Gaitonde, being well-versed with Marathi, the language Maharaj spoke, is able to convey all the subtle nuances of Maharaj's potent words of wisdom. The precious conversations in this book act as a divine catalyst for all those who are eager to leave the banks of miserable seeking and intellectual understanding, and realize the ever-flowing river of Understanding of Who You Are! If you have not yet transcended the shackles of read and heard knowledge, these intuitive utterances of Nisargadatta will surely help restore the Eternal Ease. In talk after talk, He reminds the readers about their forgotten Richness! Welcome to the final leap into Nisargadatta's quintessential teachings. If you are waiting for Everything but also ready for Nothing, this book is the perfect touchstone. Nothing is Everything is indeed Nisargadatta Maharaj's ultimate blessing for the ardent seekers. Book jacket.

The aim of this book is to study certain meditation methods followed not only by religious traditions or metaphysical movements that are still alive nowadays like Advaita Vedanta, Kabbalah (within the Jewish tradition), Christianity or Islam (particularly Sufism), but also practiced by other currents or schools that, even though already gone, significantly influenced the West. This is the case of Neoplatonism or Stoicism, whose influence was felt by ancient and medieval Christianity, or Greco-Egyptian Hermetism, which played an important role in the European cultural Renaissance from the 15th century on. A special consideration has been given to Christian tradition, introducing some of the most representative authors of recollection and their meditation methods. Este libro tiene por finalidad el estudio de ciertos métodos de meditación seguidos no solo por tradiciones religiosas o movimientos metafísicos que continúan vivos actualmente como el vedanta advaita, la cábala (en la tradición judía), el cristianismo o el islám (particularmente el sufismo), sino practicados también por otras corrientes o escuelas que, aunque ya desaparecidas, influyeron significativamente en Occidente. Es el caso del neoplatonismo o del estoicismo cuya influencia se dejó sentir en el cristianismo antiguo y medieval, o del hermetismo greco-egipcio que tuvo un papel destacado en el Renacimiento cultural europeo a partir del siglo XV. Especial consideración se ha dado a la tradición cristiana mostrando algunos de los autores más representativos del recogimiento y de su método de meditación.

Throughout the ages, great thinkers such as Plato, Aristotle, Epicurus, Aquinas, Descartes, Spinoza, Kant, Nietzsche, and many others have had incredibly useful things to say about overcoming the strife of everyday living and attaining happiness. Unfortunately contemporary approaches to psychology have made only limited use of this guidance. At last, here is an uplifting psychology that systematically applies the wisdom of the ages to attaining life pregnant with insight, meaning, value, and purpose. Guided by the vision of great minds, this book shows you how you can still feel secure and hopeful in a precarious, uncertain universe; face evil with life-affirming courage; build self-esteem, respect for others, and global reverence; become your own person; take control of your emotions and behavior; strengthen your willpower; confront moral problems creatively; build rapport and solidarity with others; and hone your practical decision-making skills. Unlike classical approaches to rational psychology that only scratch the surface of what's deeply wrong in your life, The New Rational Therapy gets to the core and offers you penetrating, philosophical antidotes for transcending your malaise, and for attaining an enduring, profound happiness

Krishnamurti is a leading spiritual teacher of our century. In *The First and Last Freedom* he cuts away symbols and false associations in the search for pure truth and perfect freedom. Through discussions on suffering, fear, gossip, sex and other topics, Krishnamurti's quest becomes the readers, an undertaking of tremendous significance.

This book is a compilation of unpublished talks with the contemporary Indian sage, Nisargadatta Maharaj. Recorded in the late 1970s and early 1980s, it represents some of the fundamental teachings of this important sage. All of the sayings point the reader back to the truth of one's true nature--one of undying peace and happiness. Many contemporary teachers, such as Lama Surya Das, Wayne Dyer, and Jack Kornfield, draw on the words of Nisargadatta for inspiration and clarification. These wisdom-teachings are combined with photos of Maharaj and some of the locations he lived in in Bombay and the surrounding area. This book is a spiritual journey back to the source of true and abiding peace and happiness. Nisargadatta Maharaj was a simple family man, and owner of a cigarette shop. The beauty of his teachings lie in their remarkable clarity and wisdom, which is borne of the highest realization and spiritual understanding.

*Tessellations : Patterns of Life and Death in the Company of a Master* is an unusual and fascinating account which interweaves memoir, biography, wisdom teaching and metaphysical philosophy to present a rare illustration of how an oral tradition of Knowledge can be transmitted in modern Britain under the guidance of an extraordinary Sage. This book is the first direct and personal account of over forty years under the direction of this inspiring authentic Teacher, who insisted on obscurity while he lived. As the text reveals, life around such an individual is never dull. Through anecdote and lively description, it embodies and brings to life some founding principles of spiritual teaching, removing some of the mystique and superstition which have encrusted traditional esoteric work. It also fills in the background to the author's *The Meditator's Guidebook* which is a classic of the meditation genre for its clear and profound approach to meditation from the same lineage of oral transmission and was originally published over 30 years ago. "A captivating, affectionate, and utterly factual account of the man who is the closest thing to a Master that I have ever met." – Richard Smoley, Author and Editor of *Quest Journal* "An invitation into thinking and feeling on a higher level, refined, real, with an internal tempo spacious and still." – Anne Egseth, Author and Integral Coach

This is a powerful companion volume to one of the most important spiritual texts of this generation, *I Am That* by Nisargadatta Maharaj. It both illuminates and elaborates upon the major understandings, confrontations, and contributions of this most remarkable sage. Utilizing his direct personal experience, interactions, commentaries, quotations, and the inquiry process, Dr. Wolinsky transports readers right into the room where they find themselves in the presence of this most extraordinary teacher.

If we live in the Western world we are said to be free. But are we? To what degree are we bound by our thoughts and emotions? What fuses us to habitual patterns of thinking and behaving? Are we ever really free of conditioning? *Freedom Beyond Conditioning: East–West* researches the complex world of emotional life. It looks at the multifaceted relationships between body and mind; and the body-mind fusion that is emotion. Using empirical data, this book investigates the correlations between emotional life and mental freedom: analysing the experiential nature of a conditioned existence, while answering some difficult philosophical questions. *Freedom Beyond Conditioning* presents an interesting anthology of some of the world's most critical thinkers. It suggests that freedom is defined through its etymological links to friendship and justice, revealing the quintessential paradox of "responsible freedom". This book blends the subtleties of Eastern theories of energy, and their relationship to freedom, with the Western world's science-based approach to mind and body. Ultimately, *Freedom Beyond Conditioning* synthesises a healthy expression of emotional energy with the achievement of balance and wellbeing, and offers it as a true representation of freedom, one that is revealed through the paradoxical freedom of restraint.

'The material contained in this volume was originally presented in the form of talks to students, teachers and parents in India, but its keen penetration and lucid simplicity will be deeply meaningful to thoughtful people everywhere, of all ages, and in every walk of life. Krishnamurti examines with characteristic objectivity and insight the expressions of what we are pleased to call our culture, our education, religion, politics and tradition; and he throws much light on such basic emotions as ambition, greed and envy, the desire for security and the lust for power – all of which he shows to be deteriorating factors in human society.' From the Editor's Note 'Krishnamurti's observations and explorations of modern man's estate are penetrating and profound, yet given with a disarming simplicity and directness. To listen to him or to read his thoughts is to face oneself and the world with an astonishing morning freshness.' Anne Marrow Lindbergh

"An extraordinary book. This dignified, just and unbearable account of the dark heart of Sri Lanka needs to be read by everyone." — Roma Tearne, author of *Mosquito* The tropical island of Sri Lanka is a paradise for tourists, but in 2009 it became a hell for its Tamil minority, as decades of civil war between the Tamil Tiger guerrillas and the government reached its bloody climax. Caught in the crossfire were hundreds of thousands of schoolchildren, doctors, farmers, fishermen, nuns, and other civilians. And the government ensured through a strict media blackout that the world was unaware of their suffering. Now, a UN enquiry has called for war crimes investigation, and Frances Harrison, a BBC correspondent for Sri Lanka during the conflict, recounts those crimes for the first time in sobering, shattering detail. This collection of eleven original essays interrogates the concept of freedom and recenters our understanding of the process of emancipation. Who defined freedom, and what did freedom mean to nineteenth-century African Americans, both during and after slavery? Did freedom just mean the absence of constraint and a widening of personal choice, or did it extend to the ballot box, to education, to equality of opportunity? In examining such questions, rather than defining every aspect of postemancipation life as a new form of freedom, these essays develop the work of scholars who are looking at how belonging to an empowered government or community defines the outcome of emancipation. Some essays in this collection disrupt the traditional story and time-frame of emancipation. Others offer trenchant renderings of emancipation, with new interpretations of the language and politics of democracy. Still others sidestep academic conventions to speak personally about the politics of emancipation historiography, reconsidering how historians have used source material for understanding subjects such as violence and the suffering of refugee women and children. Together the essays show that the question of freedom—its contested meanings, its social relations, and its beneficiaries—remains central to understanding the complex historical process known as emancipation. Contributors: Justin Behrend, Gregory P.

Downs, Jim Downs, Carole Emberton, Eric Foner, Thavolia Glymph, Chandra Manning, Kate Masur, Richard Newman, James Oakes, Susan O'Donovan, Hannah Rosen, Brenda E. Stevenson. Experience afresh, the true essence of his teaching Recently, some long-forgotten tapes of Nisargadatta Maharaj's talks were unearthed from the archives of S. K. Mullarpattan, Maharaj's interpreter for the longest time. These tapes contained recordings of some of Maharaj's talks with seekers, held during the last two years of his life. They capture afresh the essence and flavour of the teachings of this world-renowned Master of Advaita - the Hindu philosophy of Non-duality. These dialogues find a new relevance for our times. For, in one of these talks, Maharaj made a special reference to his earlier book I Am That and said, "That book and whatever was expounded at that time was only relevant for that period. I am speaking differently today. As a matter of fact, this should also have been recorded and published as it is in greater detail, and is emphasizing different aspects." More than 25 years later, that wish of Nisargadatta Maharaj is being fulfilled with the publication of these talks in Beyond Freedom. This is a book all devotees of Maharaj will want to read with ardent fervour and enthusiasm.

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