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Ramesh Balsekar

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Ramesh Balsekar : The One In The Mirror: See What You Truly Are! before purchasing it in order to gage whether or not it would be worth my time, and all praised The One In The Mirror: See What You Truly Are!:

3 of 3 people found the following review helpful. The One In The "True" Mirror - See What You Truly Are!By Angelika LinkeI would call it "The One In the "True" Mirror - See What You Truly Are!" because of the NON-reversed True Mirror where you CAN see What you truly are! Most people just don't know about the True Mirror...I love how Ramesh Balsekar points to our true Essence, our Source with sometimes just a single sentence, or a few short paragraphs, each quote complete in itself. I love his 'practical' aspect of his spiritual teaching we can apply in our daily lives. I have his book by my bed side and open it up randomly frequently to be reminded again and again that everything happens by cosmic law and I am not the doer of actions, that all happenings could not have happened unless they were ordained by the Source. Yes, "If God came to me in my dreams and asked me what I wanted most in life, I would ask for a state of mind in which I would not have to ask for anything: peace of mind... contentment." Ramesh S. Balsekar came to me in my dreams...0 of 1 people found the following review helpful. emptyBy g.This is return item. No base, void of substance, its all statements nothing back up their finds. Do not purchase!1 of 1 people found the following review helpful. If you like spirituality you will enjoy itBy TimWell worth the time to read. Illuminating insights.

Ramesh Balsekar's teaching is simple to grasp. He shows us the way to peace and harmony in daily living, while facing life from moment to moment. Accepting the words of the Buddha that "Events happen, deeds are done, but there is no individual doer of any deed," is a gateway to this peace. All actions are happenings which could not have happened unless they were ordained by the Source, which some identify as God. In this book, Balsekar gives the essence of his teaching in short, simple passages that everyone can understand. Subjects covered range from "Free Will" to "Meditation". The book is a collection of individual quotes, some just a single sentence and others a few paragraphs long. Each quote, a sparkling jewel through which the teaching shines forth, is complete in itself. Ramesh Balsekar's focus is on the 'practical' aspect of spirituality. Something to be lived each day of our lives, and not pursued as a lofty ideal. He draws the essence of his teaching from the Indian philosophy of Advaita (non-duality) which affirms that there is only "One Source". This book reflects the core concepts of the Advaita philosophy, placed in today's context by Balsekar, for the benefit of the reader.

About the Author Balsekar is known and loved by seekers from around the world as an eloquent Master of Advaita.

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