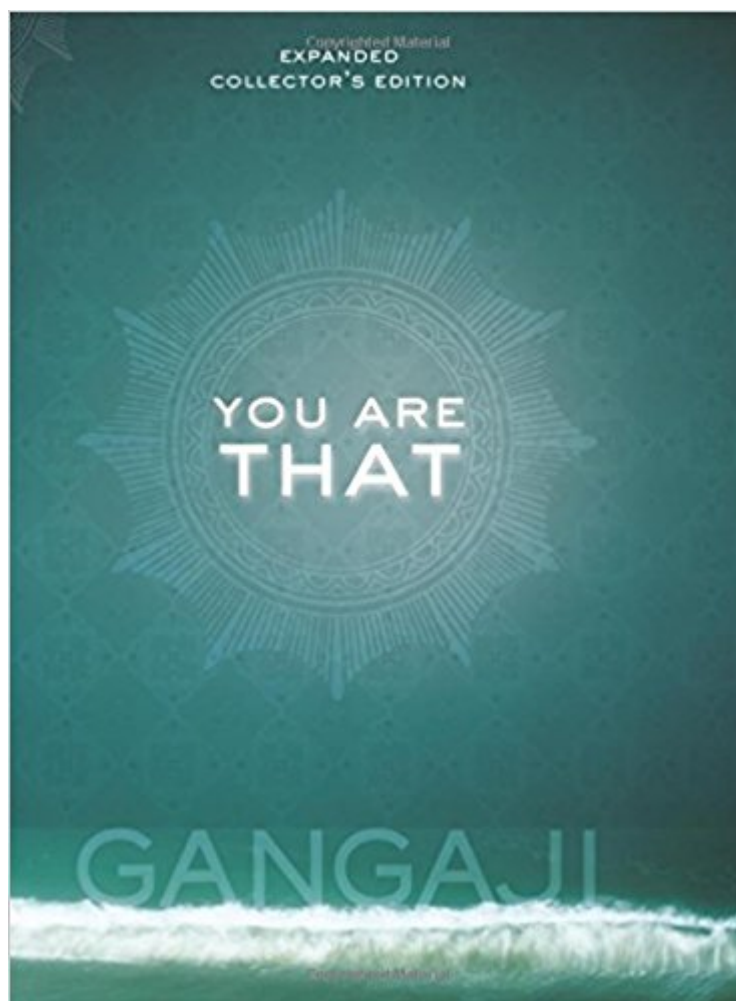


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You Are That



Synopsis

The lives of thousands of people have been influenced by Gangaji's teachings. *You Are That* is a collection of her classic offerings, first shared more than a decade ago and now updated to include both original volumes, a new introduction, rare photographs, and new insights. This exquisite special edition delves into natural inquiries about our existence, including the nature of mind, how to expose the core of suffering, and how to overcome the last obstacle of self-doubt. Eloquent and direct, Gangaji guides practitioners of all backgrounds through an examination into the self that often leads to unexpected glimpses of awakening. "This is a moment of reckoning," she teaches. "Do not take this moment casually or trivially. Recognize that for whatever reason, you are aware of the possibility of realizing the truth of yourself as limitless consciousness—*you are that!*"

Book Information

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Customer Reviews

Gangaji is an American-born spiritual teacher dedicated to sharing the path of freedom through simple and direct self-inquiry, as taught by the legendary sage Sri Ramana Maharshi of India. In 1990, Gangaji (then Antoinette Roberson Varner) entered this lineage through Sri H.W.L. Poonjaji. Since that time, she has traveled the world, holding gatherings and retreats with spiritual seekers of all faiths.

Gangaji is always very readable and is a beautiful guide on the journey. As with most books dealing with nonduality there is an expectation of a certain language usage, but the more you read of this "genre" the more it sinks beneath the need to understand on a conceptual level and the more it

penetrates to the deeper knowing. Be sure to read I Am That by Nisargadatta a classic.

This book doesn't seem to be a bestseller, but I perceive it to be a work of immense spiritual depth and shimmering truth. It's straight-forward, unabashed, quiet, potent, capable of touching great heights and great depths at the same time. In my experience, it literally shakes the stale and habitual patterns of mind loose from their moorings (with unexpected force), while simultaneously holding the reader in gentle grace and intimations of genuine possibility. I should probably add that it's not for the casual spiritual dabbler. You either want to consider having your reality turned upside down, or you want the past to remain in control. Nothing scarier than letting go of what you think you know...or more promising.

Great book to have on hand. I like to turn to a random page and read a few paragraphs before going to bed. Gangaji's simple reminders help ease me out of my racing mind and back into the flow of life.

No background provided to the ideas presented. Hinduism's concept of Atman.

I have been "soul searching" for years now and Gangaji beautifully explains what has been the problem with my searching. Not recognizing I Am That which I Am searching for. Wonderful book for anyone interested in discovering the truth of who they are.

This is one of Gangaji's best. I've sat with her in retreat on a couple of occasions and she delivers the truth like no other. I highly recommend this book. So much of my copy is highlighted it almost serves no purpose anymore because practically every sentence is highlighted.

An amazing read. Clearly articulates the path to liberation from conditioned thought and action. Deconstructs it all in a very accessible way --A life changer!

There are not enough stars in the universe for this book. Each of us has the creative power of That which created the stars in our universe. Gangaji will put you in touch with That.

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