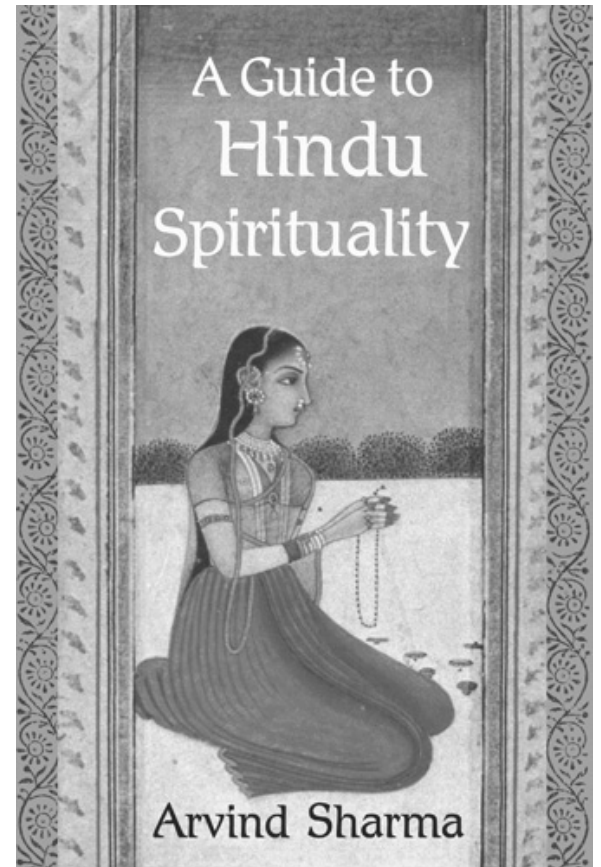


A Guide to Hindu Spirituality

Renowned scholar of Hinduism, Arvind Sharma, presents a concise and highly accessible introduction to Hindu spirituality, focusing particularly on the views of the school of Non-Dualism.

His absorbing study begins with an outline of the major schools of Hinduism; it then investigates key philosophical topics such as whether the ultimate nature of reality is monistic, dualistic, or materialistic, and whether there are states of consciousness beyond the everyday waking consciousness.



Additional Publication Information

A Guide to Hindu Spirituality contains:

- ❖ Chapters on such topics as: “What Is Hindu Spirituality?”
- ❖ “An Introduction to Hindu Spirituality,” and
- ❖ “How Might I Benefit From Hindu Spirituality?”
- ❖ A useful Appendix explaining the basic doctrines of *Advaita Vedanta*; and
- ❖ 35 black-and-white illustrations.

The publication date is September 30, 2006, the book is priced at \$17.95, and has approximately 136 pages.

World Wisdom



About the Author Arvind Sharma



Arvind Sharma was born in Varanasi, India. He earned a B.A. in History, Economics, and Sanskrit from Allahabad University in 1958 and continued his interests in economics at Syracuse University, earning an M.A. in 1970. Pursuing a life-long interest in comparative religion, Dr. Sharma gained an M.T.S. in 1974 and then a Ph.D. in Sanskrit and Indian Studies from Harvard University in 1978.

He succeeded Wilfred Cantwell Smith to the Birks Chair of Comparative Religion at McGill University in Montreal, Canada and was the first Infinity Foundation Visiting Professor of Indic Studies at Harvard University.

He has published over fifty books and five hundred articles in the fields of comparative religion, Hinduism, Indian philosophy and ethics, and the role of women in religion. Often cited as an authority on Hinduism, amongst his most noteworthy publications are, *Our Religions: The Seven World Religions Introduced by Preeminent Scholars from Each Tradition* (1994), and *The Study of Hinduism* (2003).

An excerpt from this book

“It should be made clear at the outset that one does not have to be a Hindu to avail oneself of Hindu spirituality. Perhaps it is worth pointing out here that Hinduism actually discourages conversion from one religion to another. It does so not because it has some special gifts it will not share with non-Hindus, but because for it every religion is an occasion for universal hope. So one answer to the question: Who is a Hindu? given within Hinduism is: A Hindu is like anyone else, only more so.

“Then, does one need a guru? This raises the question: who is a guru? We normally tend to associate a guru with a person. This is taking too narrow a view according to some. Anything which sets one off on the spiritual path could qualify as a guru: an event, a conversation, even a book.

“... So there are no preconditions for embarking on Hindu spirituality.”

