



# The Vedanta Way to Peace and Happiness

*Swami Adiswarananda*

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**The Vedanta Way to Peace and Happiness** Swami Adiswarananda

**Discover how the crown jewel of Hindu teachings can enrich your life and spirituality.**

Guarded for centuries by saints and ascetics in the forests and mountains of India, the universal principles of Vedanta were deemed too precious to be understood by the masses until Swami Vivekananda first introduced them in the West at the end of the nineteenth century.

Today Vedanta's principles of self-awareness, self-knowledge and self-control are available for anyone who wants to enrich their life by following this ancient tradition. Fusing science, philosophy, meditation and contemplation, these timeless teachings encourage spiritual growth by inviting critical inquiry, encouraging honest doubt and providing realistic explanations of the mysteries of spiritual quest.

This comprehensive guide examines in detail the tenets of Vedanta, its relationship to other spiritual paths and its applications for your own spiritual journey, such as:

- Re-establishing Contact with the Ultimate Reality
- Acting in the Living Present
- Awakening Spiritual Consciousness
- Mastering the Restless Mind
- Grasping the Essentials
- Liberating the Soul
- And much more ...

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