



The Wisdom of the Overself: The Path to Self-Realization and Philosophic Insight, Volume 2

By Paul Brunton

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Inspired by Paul Brunton's years spent with sages in Asia, *The Wisdom of the Overself* and its companion volume *The Hidden Teaching Beyond Yoga* were written at the request of these remarkable teachers, who recognized that Brunton had a significant role to play in the transmission of traditional wisdom to the West. Here is a profound re-creation of these teachings, brought to life and made accessible by Brunton's insights. In print since the 1940s, Brunton's works are considered to be among the most comprehensive, clear, and practical guides on the path to enlightenment.

Brunton unfolds the grand vision for human development by investigating consciousness as the source of all experience; how to move from ego-centered life to the transcendent reality; the interplay of karma, free will, and grace; the nature of evil and suffering; how to awaken intuition and penetrative insight; the passage through death to rebirth; and psychic experiences and mystic visions. He also provides seven ultramystic exercises to open the door to higher consciousness, including a healing meditation on the sun; practices for transforming the future, dream, and sleep; and a meditation on the timeless self. These techniques lead to the deepest spiritual realizations—to the true "Wisdom of the Overself."

This new edition has been updated to incorporate Brunton's final revisions. It includes a new foreword plus supplementary reading material selected from the author's archives by the Paul Brunton Philosophic Foundation.

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Compiled by the Paul Brunton Philosophic Foundation Editors

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Editorial Review

Review

"[Paul Brunton is] a person of rare intelligence ... thoroughly alive, and whole in the most significant, 'holy' sense of the word."

—*Yoga Journal*

About the Author

PAUL BRUNTON (1898-1981) is one of the twentieth century's most brilliant spiritual writers. Generally recognized as having introduced yoga and meditation to the West, he was the most popular and authoritative source of information on Eastern philosophies, gurus, and meditation systems from the mid-'30s to the '60s. His books have sold over two million copies in 17 languages. In 1954, he withdrew from public life and continued writing the material that was posthumously published as *The Notebooks of Paul Brunton*--a truly East-West spiritual philosophy. Written with the passion of an authentic pioneer and the thoughtfulness of a seasoned practitioner, his work is re-emerging as a beacon for all contemporary seekers.

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