



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

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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Foreword by the Paul Brunton Philosophic Foundation

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Appendix: Additional Resources from The Notebooks of Paul Brunton, Compiled by the Paul Brunton Philosophic Foundation Editors

From the Trade Paperback edition.

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