



The Splendor of Recognition: An Exploration of the Pratyabhijna-hridayam, a Text on the Ancient Science of the Soul

By Swami Shantananda, Peggy Bendet

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- Sales Rank: #68525 in Books
- Brand: Brand: Siddha Yoga Publications
- Published on: 2003-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .96" w x 6.00" l, 1.67 pounds
- Binding: Paperback
- 446 pages

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Editorial Review

From the Publisher

Swami Shantananda guides the reader through an exploration of the Pratyabhijna-hridayam, an eleventh-century Shaivite scripture that crystallizes in twenty brief statements the teachings on the process of "recognition": the illusion-dispelling awareness that the cosmos in all its variety (including the reader himself!) is a manifestation of God's own being. Swamiji writes, "For me, the most exciting aspect of Shaivism is precisely this: the power of our own awareness to create an extraordinary reality in every moment of our life."

Through lively analysis and vivid examples from his own spiritual journey, Swamiji gives readers the means of engaging with these exalted teachings directly. In the words of Professor Paul E. Muller-Ortega, "Swami Shantananda's commentary on the Pratyabhijna-hridayam signals a new moment in the evolution of the Western encounter with the esoteric traditions of medieval Shaivism, a moment in which many decades of dedicated practice combine with many years of careful and traditional study of a scripture to give rise to a quite beautiful result: a book that makes accessible to many what otherwise would remain inaccessible to most."

This book is unique in engaging both the analytical and the experiential, making an essential and abstruse text of Kashmir Shaivism--perhaps the most refined system of Indian philosophical thought--available to advanced seekers and students of yoga and meditation so that they can contemplate its wisdom and apply it in their daily lives.

About the Author

Swami Shantananda studied art history at the University of London and has been studying Kashmir Shaivism for thirty years. He teaches Siddha Yoga meditation courses and leads retreats around the world under the guidance of meditation master Gurumayi Chidvilasananda.

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