

# Discovering Sacred Texts The Guru Granth Sahib Paperback

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Everyday Spirituality  
Sikhism: A Very Short Introduction  
Hebrew Manuscripts  
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The Guru in You  
Experiencing the World's Religions  
Historical Dictionary of Sikhism  
The Pocket Guru

## The Sikh Religion

The mantra and kirtan (call-and-response devotional chants) of yoga practice sometimes get short shrift in the West because they aren't well understood. These chants are an integral part of most every Eastern spiritual practice because they are designed to provide access into the psyche while their underlying

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mythology helps us understand how our psychology affects daily life. Sacred Sound shares the myths behind the mantras, illuminating their meaning and putting their power and practicality within reach of every practitioner. Each mantra and kirtan includes the Sanskrit, the transliteration, and the translation. Clear retellings of the pertinent myths highlight modern-day applications so that readers discover their own personal connection to the practice. Alanna Kaivalya has refined her teaching over a decade with tens of thousands of diverse audience members. Her unique and popular approach to human connection and self-knowledge turns a time-tested tradition into a versatile and potent tool.

### **Theosophical Review**

With *Search Inside Yourself*, Chade-Meng Tan, one of Google's earliest engineers and personal growth pioneer, offers a proven method for enhancing mindfulness and emotional intelligence in life and work. Meng's job is to teach Google's best and brightest how to apply mindfulness techniques in the office and beyond; now, readers everywhere can get insider access to one of the most sought after classes in the country, a course in health, happiness and creativity that is improving the livelihood and productivity of those responsible for one of the most successful businesses in the world. With forewords by Daniel Goleman, author of the international bestseller *Emotional Intelligence*, and Jon Kabat-Zinn, renowned mindfulness expert and author of *Coming To Our Senses*, Meng's *Search Inside Yourself* is an invaluable

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guide to achieving your own best potential.

## **Everyday Spirituality**

### **Sikhism: A Very Short Introduction**

Frustrated with traditional approaches to spirituality? Feeling guilty about not following a regimented devotional practice? Wishing there were a way you could embrace God in your everyday life? This book offers a way forward. Rather than prescribe another attempt at daily devotional readings, written prayers and scheduled moments of quiet meditation, *Everyday Spirituality* expresses the truth that much of what we already do in life is, in fact, spiritual. · Walking· Cooking· Laughing· Sleeping· Moving· Spending· . This book is an accessible introduction to an ancient yet new way of thinking and being in the world. Rather than dividing spiritual life apart from daily life, *Everyday Spirituality* helps the reader realize that they do as connected to God, the sacred, the holy.

## **Hebrew Manuscripts**

Sri Guru Granth Sahib plays a very important part in the life of the Sikh Community. It is read regularly in Gurdwaras and occasionally in homes on happy or sad occasions. The reading of the whole Granth is called Akhand-paath (non stop recitation or reading). Selections for morning and evening prayers are taken from the Granth and read daily by Sikhs. The whole

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life of a Sikh revolves around this book. Despite being such an important book for the whole Sikh Community it is also true that the Granth is a closed book for many Sikhs born outside India, as well as for the majority of other people both Asians and Westerners, who simply cannot read the original Gurumukhi script of the Granth or understand its meaning.

### **Studying Hinduism in Practice**

A distinctive aspect of Hindu devotion is the veneration of a human guru, who is not only an exemplar and a teacher but is also understood to be an embodiment of the divine. Historically, the role of guru in the public domain has been exclusive to men. The new visibility of female gurus in India and the U.S. today, and indeed across the globe, has inspired this first-ever scholarly study of the origins, variety, and worldwide popularity of Hindu female gurus. In the Introduction, Karen Pechilis examines the historical emergence of Hindu female gurus with reference to the Hindu philosophy of the self, women spiritual exemplars as wives and saints, Tantric worship of the Goddess, and the internationalization of gurus in the U.S. in the twentieth century. Nine essays profile specific female gurus, presenting biographies of these remarkable women while highlighting overarching issues and themes concerning women's status as religious leaders; these themes are nuanced in the afterword to the volume. The essays explore how Hindu female gurus embody grace in both senses--as a feminine ideal and an attribute of the divine--and argue that their status as leaders is grounded in their

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negotiation of these two types of grace. This book provides biographical profiles of the following female gurus plus sensitive scholarly analysis of their spiritual paths: Ammachi, Anandamayi Ma, Gauri Ma, Gurumayi, Jayashri Ma, Karunamayi Ma, Ma Jaya Sati Bhagavati, Mother Meera, Shree Maa and Sita Devi.

### **LSD, My Problem Child**

Cutting across three areas of interest within New Religious Movements - insider perspectives, sociology of religion and the helping professions - this book explores insiders' experience of the Indian Guru-disciple Yogic tradition and is authored by a former member of that tradition. Highlighting the rich spiritual experience of devotees of Guru-disciple Yoga, and broadening the understanding of Guru-disciple Yoga Practice, this book also adds considerably to knowledge of conversion to New Religious Movements and to issues of affiliation and disengagement. Exploring participants' experience of attraction, affiliation and disengagement, these themes highlight individuals' personal experience of Guru-disciple Yoga Practice.

### **Entering the Mind of the Tracker**

This translation first appeared in a privately printed edition in 1904 (the translator remains anonymous). With an Introduction by Derek Matravers. When it was first published in 1781, *The Confessions* scandalised Europe with its emotional honesty and frank treatment of the author's sexual and intellectual

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development. Since then, it has had a more profound impact on European thought. Rousseau left posterity a model of the reflective life - the solitary, uncompromising individual, the enemy of servitude and habit and the selfish egoist who dedicates his life to a particular ideal. The Confessions recreates the world in which he progressed from incompetent engraver to grand success; his enthusiasm for experience, his love of nature, and his uncompromising character make him an ideal guide to eighteenth-century Europe, and he was the author of some of the most profound work ever written on the relation between the individual and the state.

### **The A to Z of Sikhism**

This book examines three closely related questions in the process of canon formation in the Sikh tradition: how the text of the Adi Granth came into being, the meaning of gurbani, and how the Adi Granth became the Guru Granth Sahib. The censure of scholarly research on the Adi Granth was closely related to the complex political situation of Punjab and brought the whole issue of academic freedom into sharper focus. This book addresses some of these issues from an academic perspective. The Adi Granth, the sacred scripture of the Sikhs, means 'first religious book' (from the word 'adi' which means 'first' and 'granth' which means 'religious book'). Sikhs normally refer to the Adi Granth as the Guru Granth Sahib to indicate a confession of faith in the scripture as Guru. The contents of the Adi Granth are commonly known as bani (utterance) or gurbani (the utterance of the

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Guru). The transcendental origin (or ontological status) of the hymns of the Adi Granth is termed *dhur ki bani* (utterance from the beginning). This particular understanding of revelation is based upon the doctrine of the *sabad*, or divine word, defined by Guru Nanak and the succeeding Gurus. This book also explores the revelation of the *bani* and its verbal expression, devotional music in the Sikh tradition, the role of the scripture in Sikh ceremonies, and the hymns of Guru Nanak and Guru Arjan.

### **An Introduction to Swaminarayan Hindu Theology**

The unifying theme in the life of Guru Gobind Singh was confrontation with the Mughals, which culminated in a struggle for political power. This fact is brought into sharp focus when we consider the Guru's life and legacy simultaneously in the contexts of the Mughal Empire, its feudatory states in the hills, and the Sikh movement. The creation of the Khalsa in 1699 as a political community with the aspiration to rule made conciliation or compromise with the Mughal state almost impossible. Their long struggle ended eventually in the declaration of Khalsa Raj in 1765. Using contemporary and near contemporary sources in Gurmukhi, Persian, and English, J.S. Grewal presents a comprehensive study of this era of Sikh history. The volume elaborates on the life and legacy of Guru Gobind Singh and explores the ideological background of the institution of the Khalsa and its larger political context. Grewal, however, emphasizes that the legacy of the Khalsa was also social and

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cultural. This authoritative volume on the tenth Guru is a significant addition to the field of Sikh studies.

### **Hymns of the Sikh Gurus**

This book is a collection of 4 spiritual biographies written by Swami Satyananda Giri, eminent disciple of Swami Sriyukteshvar Giri. In this collection are the biographies of revered Yogiraj Shyama Charan Lahiri Mahasaya, as well as biographies of his disciples Yogacharya Shastri Mahasaya (Hansaswami Kebalananda) and Swami Sriyukteshvar Giriji Maharaj, as well as the biography of Paramahansa Yogananda entitled "Yogananda Sanga."

### **Discovering World Religions at 24 Frames Per Second**

Demonstrating the commonality of the world's religions and our common humanity, this rich and varied anthology of scripture offers a highly useful collection of religious quotations, passages, and excerpts from the holy texts, representing a new, holistic approach to the world's religions.

### **Lucifer**

Contrary to popular opinion, there is more to Sikhism than the distinctive dress. First of all, there is the emergence of Guru Nanak, the founder of Sikhism, and the long line of his successors. There are the precepts, many related to liberation through the divine name or nam. There is a particularly turbulent

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history in which the Sikhs have fought to affirm their beliefs and resist external domination that continues to this day. There is also, more recently, the dispersion from the Punjab throughout the rest of India and on to Europe and the Americas. With this emigration Sikhism has become considerably less exotic, but hardly better known to outsiders. This reference is an excellent place to learn more about the religion. It provides a chronology of events, a brief introduction that gives a general overview of the religion, and a dictionary with several hundred entries, which present the gurus and other leaders, trace the rather complex history, expound some of the precepts and concepts, describe many of the rites and rituals, and explain the meaning of numerous related expressions. All this, along with a bibliography, provides readers with an informative and accessible guide toward understanding Sikhism.

### **Jesus and the Lost Goddess**

### **Be Here Now**

### **A New New Testament**

Traditionally, university students have gained access to world religions by reading primary texts. *Discovering World Religions at 24 Frames Per Second* takes students beyond the written page, offering an exploration of the same religious traditions through the study of feature films. The many definitions of

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religion are examined along with its various components, including doctrine, myth, ethics, ritual, and symbol. Specific religious traditions, including Hinduism, Sikhism, Zoroastrianism, Buddhism, Confucianism, Daoism, popular religion, and Shinto are examined. Biographical sketches of directors whose films tend to focus on a particular religious tradition are also included, such as Zhang Yimou, Hayao Miyazaki, Deepa Mehta, and Akira Kurosawa. *Discovering World Religions at 24 Frames Per Second* is unique in the area of religion and film studies in that it isn't just a collection of essays. Instead it provides the introductory student with the necessary background information on the various religions before looking at how their ideas can be understood not through texts but through the cinematic medium. To keep the conversation fresh, most of the films used in the book were made within the last decade. Furthermore, examples range from popular, mainstream fare, such as *Star Wars* and the *Lord of the Rings* trilogy to lesser-known foreign films, such as *The Wooden Man's Bride* and *The Great Yokai War*. Several films with a 'cult-like' following are also discussed, including *Fight Club*, *Princess Mononoke*, *Spirited Away*, and *Jacob's Ladder*. This book is also unique in that instead of drawing upon the Judeo-Christian tradition, it draws from Eastern traditions.

### **The Mother of God**

### **History of Bhutan**

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This is the story of a Englishman who gave up a job in journalism to spend fourteen years with the controversial Indian mystic Osho, also known as Bhagwan Shree Rajneesh and frequently referred to as 'the sex guru'. His guru was always controversial with his teachings on sex and spirituality, rumours of orgies and because he owned ninety-three Rolls Royces. Early in 1976, Subhuti travelled to India to meet Rajneesh in his ashram in Pune, became initiated as his disciple and immediately began to have mystical experiences, which he attributed to the powerful energy field surrounding the guru. He stayed for six months, participating in the ashram's notorious Encounter Group and other therapies designed to release suppressed emotions and awaken sexual energy Subhuti would stay to live and work on his master's ashrams for fourteen years, first as his press officer in Pune, India, then as editor of the community's weekly newspaper when Bhagwan and his followers shifted to Oregon, USA, and built a whole new town on the massive Big Muddy Ranch. There Subhuti was a first-hand witness to the scandals and hullabaloo that accompanied the guru, including tales of broken bones in no-holds-barred therapy groups and Tantra groups that encouraged total sexual freedom, and the increasing hostility with the locals which would lead to Bhagwan's attempt to flee America, his arrest and imprisonment. . He was on the Oregon Ranch when Rajneesh's secretary, Ma Anand Sheela, plotted against rival cliques within the ashram as well as a range of murderous crimes against state and federal officials which feature in hit Netflix series Wild Wild Country. Yet, amidst it all, Subhuti could see the profound revolution in spirituality that Bhagwan

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was creating, leaving a lasting impact on our ideas about society, religion, meditation and personal transformation. According to the author's understanding, it was the controversy itself, plus Bhagwan's refusal to tread the path of a spiritual saint, that became the stepping stone to a new vision of what it means to be a spiritual seeker.

### **World Scripture**

#### **Guru Nanak**

A social scientist recreates his search for expanded consciousness, through the psychedelia of LSD to the final calm and inner wisdom of Rajah Yoga

#### **The Graceful Guru**

This is a mother's account of her experience as a disciple of her own son - Andrew Cohen, a well-known American guru - and of her struggle to free herself from his control. What had been a close, affectionate relationship slowly becomes a nightmare of domination. The story begins quietly in India and unfolds with growing intensity as Andrew, his mother, and a few people who have gathered around him, travel to England, Holland, Israel, and finally the United States, but which time Andrew has attracted hundreds of devotees to his "meetings." The abuse of power, incessant fear, and the psychology of obsession are all explored here from an intimate perspective. Since brainwashing cults and their

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grandiose gurus are proliferating - in this country and all over the world - this book is not only a mother's lament, but also a finger pointing to the growing appeal everywhere of authoritarianism and absolutism.

### **Guru Sutra - The Guru Who Wont Keep Spiritual Secrets**

Training methods for tracking and wilderness observation woven into extraordinary real-life stories of intuitive animal-reading skills • Explains technical tracking methods and observational skills such as shadowing and envisioning through the innermost thoughts of an accomplished native tracker • Reveals how to track by expanding your awareness and consciousness to become one with the animal you are tracking • Shares stories of tracking Wolves, Bears, Deer, Cougars, and many other animals Stepping beyond the shape of a footprint and into the unseen story of the track, veteran wilderness guide Tamarack Song takes you inside the eyes and mind of an intuitive tracker, with intimate stories where Frogs show the way out of the woods, scat reveals life histories, and Bears demonstrate how to find missing people. Drawing from his years of surviving in the wild, apprenticing to native elders, and living with a family of wolves, Tamarack reveals how to achieve a level of perception like that of aboriginal trackers by becoming one with the animal you are tracking, whether Fox, Deer, Coyote, or Cougar. Sharing his innermost thoughts while following track and sign, the book's adventures merge technical tracking methods

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with skills such as shadowing and envisioning, while demonstrating animal-reading skills considered outside the human realm. The author explains how to expand your awareness--to learn from nature by becoming nature--and tap in to the intuitive tracking consciousness each of us has inherited from our Paleolithic ancestors. Through his stories from the trail, Tamarack shows the art of tracking not simply as a skill for hunters and naturalists but as a metaphor for conscious living. By exploring the intricacies of the natural world, we explore not only our connections to the world around us but also our internal landscapes. We learn to better express ourselves and listen, meet our needs, and help others. Intuitive tracking provides a path to finding ourselves, becoming one with all life, and restoring humanity's place in the Great Hoop of Life.

### **Wild Wild Guru**

Hinduism in Practice offers a unique understanding of the living tradition. Drawing on eye witness reports of Hinduism on the ground, the book provides a reflective context within which practices can be understood and appreciated.

### **A Collection of Biographies of 4 Kriya Yoga Gurus by Swami Satyananda Giri**

"Armed with wit, insight, and truly astonishing research, Falk utterly demolishes the notion of the enlightened guru who can lead devotees to nirvana.--John Horgan, author of "Rational Mysticism."

## **Yearning to Belong**

Since its inception over two hundred years ago, Swaminarayan Hinduism has flourished into a transnational movement described as one of the fastest growing Hindu groups in the world. Despite being one of the largest and most visible Hindu traditions both in India and the West, surprisingly little is known about what the Swaminarayan fellowship believes. An Introduction to Swaminarayan Hindu Theology provides a comprehensive doctrinal account of the Swaminarayan tradition's belief system, drawing on its rich corpus of theological literature, including the teachings of Swaminarayan himself and classical commentaries on canonical Vedāntic texts. Part I delineates the sources and tools of Swaminarayan Hindu theology, while Part II systematically expounds upon its distinctive five eternal entities - Parabrahman, Akṣarabrahman, māyā, īśvara and jīva - and mukti (spiritual liberation). In presenting these key themes theologically and lucidly, Swami Paramtattvadas makes the Swaminarayan Hindu belief system intelligible to scholars, students and serious readers.

## **The Guru Granth Sahib**

Why Were the Teachings of the Original Christians Brutally Suppressed by the Roman Church? • Because they portray Jesus and Mary Magdalene as mythic figures based on the Pagan Godman and Goddess • Because they show that the gospel story is a spiritual allegory encapsulating a profound philosophy that

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leads to mythical enlightenment • Because they have the power to turn the world inside out and transform life into an exploration of consciousness Drawing on modern scholarship, the authors of the international bestseller The Jesus Mysteries decode the secret teachings of the original Christians for the first time in almost two millennia and theorize about who the original Christians really were and what they actually taught. In addition, the book explores the many myths of Jesus and the Goddess and unlocks the lost secret teachings of Christian mysticism, which promise happiness and immortality to those who attain the state of Gnosis, or enlightenment. This daring and controversial book recovers the ancient wisdom of the original Christians and demonstrates its relevance to us today. From the Trade Paperback edition.

### **Guru Gobind Singh (1666-1708)**

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSDs path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmanns trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmanns powerful conclusion that mystical experience may be our planets best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the

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mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmann's problem child, his vision of its true potential is more relevant, and more needed, than ever.

### **Search Inside Yourself**

Sikhism traces its beginnings to Guru Nanak, who was born in 1469 and died in 1538 or 1539. With the life of Guru Nanak the account of the Sikh faith begins, all Sikhs acknowledging him as their founder. Sikhism has long been a little-understood religion and until recently they resided almost exclusively in northwest India. Today the total number of Sikhs is approximately twenty million worldwide. About a million live outside India, constituting a significant minority in the United Kingdom, Canada, and the United States. Many of them are highly visible, particularly the men, who wear beards and turbans, and they naturally attract attention in their new countries of domicile. This third edition of Historical Dictionary of Sikhism covers its history through a chronology, an introductory essay, and an extensive bibliography. The dictionary section has over 1000 cross-referenced entries on key persons, organizations, the principles, precepts and practices of the religion as well as the history, culture and social arrangements. This book is an excellent access point for students, researchers, and anyone wanting to know more about Sikhism.

## **The Golden Haggadah**

The vision of Guru Nanak, the fifteenth-century founder of the Sikh faith, celebrated the oneness of the Divine that both dwells within and transcends the endless diversity of life. Guru Nanak's immaculate vision inspired the rich and inclusive philosophy of Sikhism, which is reflected in this exquisite and highly acclaimed translation of poems from the religion's most sacred texts: the Guru Granth Sahib, the principal sacred text of the Sikh religion, which consists of poems and hymns by Guru Nanak, his successors and Hindu and Islamic saints; and the Dasam Granth, a collection of devotional verses composed by the tenth Sikh Guru. Poetry from these highly revered texts is heard daily and at rites of passage and celebration in Sikh homes and gurdwaras, carrying forward the Sikh belief in the oneness and equality of all humanity.

## **Sacred Sound**

The lives of thousands of people have been influenced by Gangaji's teachings. *You Are That* is a collection of her classic offerings, first shared more than a decade ago and now updated to include both original volumes, a new introduction, rare photographs, and new insights. This exquisite special edition delves into natural inquiries about our existence, including the nature of mind, how to expose the core of suffering, and how to overcome the last obstacle of self-doubt. Eloquent and direct, Gangaji guides practitioners of all backgrounds through an examination into the self

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that often leads to unexpected glimpses of awakening. "This is a moment of reckoning," she teaches. "Do not take this moment casually or trivially. Recognize that for whatever reason, you are aware of the possibility of realizing the truth of yourself as limitless consciousness—you are that!"

### **Stripping the Gurus**

#### **New Testament**

"If you really want to make a change in your life, gain health in body and mind, read Cameron's book. He's improved my life and I hope you allow him to improve yours." —NBC's Maria Menounos, author of *The EveryGirl's Guide to Life* "The Guru in You will gently guide you to a more conscious and meaningful life. [Cameron] will teach you how to lead a nourishing life by making wellness part of the superstar you truly are." —Kris Carr, author of *Crazy Sexy Cancer Survivor* International supermodel turned Ayurvedic yogi, Cameron Alborzian, offers an inspirational guide to unlocking the secret power of health and healing that exists within all of us—a handbook for accessing *The Guru in You*.

### **Sri Guru Granth Sahib Discovered**

#### **Contributions of Guru Nanak**

The Sanskrit word "Guru" means teacher or guide. To

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the Pandavas, “Guru” meant a man by the name of Dronacharya. To Eklavya, “Guru” meant a clay statue. Yet both of these are examples of a Guru-Disciple relationship. There are many applications of the concept of Guru. Guru Sutra explains the relationship between the Shishya (the Disciple) and a SiddhGuru (the Spiritual teacher). How can you identify the Guru in your life? And how can you as a disciple maximize the learning from your Guru? Find all the answers in the Guru Sutra.

### **You Are That**

The Sikh religion has a following of over 20 million people worldwide. However, events such as the verbal and physical attacks on Sikhs just after September 11, where Sikhs were being mistaken for Muslims, suggest that the Sikh faith still remains mysterious to many. This Very Short Introduction introduces newcomers to the meaning of the Sikh religious tradition, its teachings, practices, rituals and festivals. Eleanor Nesbitt highlights and contextualizes the key threads in the history of Sikhism, from the first Gurus to martyrdom, militarization, and the increasingly significant diaspora. Examining gender, caste, and the changes that are currently underway in the faith, Nesbitt considers contemporary Sikh identities and their role in our world. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis,

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perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

### **The Guru Granth Sahib**

A significant contribution to the understanding of Sikhism by young and old alike. This is one of a series of books on 'Indic' values, edited by Dr. Julius Lipner, former Head of the Department of Religion, Cambridge University, England."

### **The Guru in You**

A founding member of the Jesus Seminar presents a new edition of the New Testament that includes ten more recently discovered texts, selected by a council of scholars and spiritual leaders, along with the classic books.

### **Experiencing the World's Religions**

From Dr. Siri Sat Nam, a licensed therapist who stars on Viceland's *The Therapist*, *The Pocket Guru* offers emotional centeredness and mental peace. Using Dr. Siri's calming style, the book presents readers with 108 topics to focus on—including commitment, forgiveness, intimacy, and love—and mantras to help them find personal growth and fulfillment. Packed with wisdom on discovering spiritual harmony, meditative practices targeting 11 different aspects of self, and a simple format that invites readers to dip in and out or read the book from start to finish, this is a rich source for deepening self-awareness.

## **Historical Dictionary of Sikhism**

### **The Pocket Guru**

"Highlighting the vibrant interplay between work and image, Tahan traces the development of Sephardi and Ashkenazi scripts, as well as the increased use of images, such as micrographic motifs, created out of minute script. By close analysis of individual folios, Tahan shows how scribes emphasized sacred words and phrases, enhancing and adorning the script. Illustrates with over 145 colour examples - some shown here for the first time - Hewbrew Manuscripts will appeal to all art lovers."--BOOK JACKET.

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