



Advaita Vedanta

Advaita Vedanta philosophy teaches that our individual soul is actually completely one with Brahman (God). There is none else. God peers out through all eyes. Your true self is none other than God, for in reality there is naught but the Divine. To realize ones true self is to realize this Cosmic Awareness.

"Vedas" literally means "knowledge" in Sanskrit, but more specifically refers to the great body of Hindu scriptures and commentaries. "Vedanta" means the "end" or "goal" of the Vedas. "Advaita" means "non-dual". So, "Advaita Vedanta" can be translated at the "non-dual end of knowledge", the unity that arises when the conceptual mind is quiet. Advaita Vedanta teaches that our essential unity with the Divine can be realized in this very life - Cosmic Consciousness, the ultimate peak experience.

Jnana Yoga, the "yoga of wisdom" is a yogic system based on Advaita Vedanta. The Jnana yogi (or yogini) reminds him (or her) self "Neti neti", which translates "not this, not this", meaning that whatever concept arises is seen as not being ultimate reality. The Ultimate is beyond any conceptual formulation. Whatever we think is true is always lacking, and always falls short of the mark. The Jnana yogic formula, "Tat tvam asi", translated as "That thou art", is a reminder that whatever one perceives as external is in reality not separate from one's own true Self. There is no "outside". For a Jnana yogi (or yogini) the point is not just believing in this vast Unity, but in actually realizing that "Brahmaivedam sarvam" ("Verily, all the universe is God").



Adi Shankara

The most famous proponent of Advaita Vedanta was Adi Shankara (788 CE - 820 CE). Interestingly, his critics accused him of teaching Buddhism in disguise. But this accusation could be made of any advocate of perennial philosophy. As mentioned earlier, Buddhism has been accused of being Advaita Vedanta in disguise. From our

perspective, we can see that both are manifestations of perennial philosophy, and not particularly in disguise! Today, Deepok Chopra is perhaps the most well known advocate of Advaita Vedanta philosophy in the West.

Further reading on Advaita Vedanta

[Wikipedia's entry on Advaita Vedanta](#)

Sri Aurobindo: [Teachings and Method of Sadhana](#)

Ramana Maharshi: [The teachings of a great jnana yogi](#)

Swami Adiswarananda: [Hinduism](#)

[The Gangaji Foundation](#)

[On Advaita Vedanta, from Haryana Online](#)

[Nice short piece on Jnana Yoga, from *Yoga World*](#)

Swami Sivananda: [Jnana Yoga](#)

[Interesting Essay on Jnana Yoga](#)

Advaita Vedanta Videos

Swami Jnaneshvara Bharati:

[Nondualism \(Advaita\) in Vedanta and Yoga Meditation](#)

Gangaji: (A contemporary Western jnana yogini & Advaita Vedanta practitioner.)

[My Core Message](#)

[Simply Stop Looking](#)

[Love and Gratitude](#)

[Silence](#)

Deepok Chopra:

[Introduction to Meditation](#)

[The Higher Self](#)

Advaita Vedanta meets Vajrayana Buddhism:

[Buddha and God – Deepok Chopra & Robert Thurman](#)