



On the Path of Spirituality

By T.N. Dhar

Mittal Publications, New Delhi, 2006. N.A. Condition: New. xvi+171pp This volume is an account of the fascinating journey that the author has undertaken on the path of spirituality. It encompasses the practical experiences, the lessons learnt from the study of spiritual literature and the profound truth culled out from his interaction with noble and holy men and knowledgeable thinkers and scholars. It is an invitation to the readers to share these experiences and enjoy by undertaking this spiritual journey. It is an endeavour to know the unknowable, describe the indescribable, and explain the unexplainable. It narrates in different degrees conversations with the self and the divine, the tools of awareness and the ways and means of perceiving the truth. It also attempts to divulge the secret of overcoming the pain and suffering and the ways of seeking bliss and perfection. It shows the manner of transforming our lives from animality to divinity by adopting the path of spirituality. There are two additional chapters, one describing the effects of Hindu concept of monism on the poetry of some prominent Muslim poets of the Kashmiri language and the other bringing forth the intrinsic spirituality in the compositions of Ghalib, the great Urdu...



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