

You Are That! Satsang With Gangaji, Volume 1

By Gangaji

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What you are searching for is who you already are. This is Gangaji's essential message. Edited from live interactions around the globe, this book is a comprehensive offering of Gangaji's teachings. Topics include the nature of mind and thoughts, meditation, relationships, and facing the fear of death.

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Editorial Review

From the Publisher
Gangaji is an American-born teacher and author. She travels the world, speaking to people from all walks of life, responding to the deepest spiritual questions of our time. Gangaji's books and tapes celebrate the end of the search. They are a joyous welcoming home that lend support for living one's life as a clear and conscious reflection of the truth of one's being.

From the Author
"You are already free. You are pure, uninterrupted consciousness. Somehow in the play of yourself, of consciousness itself, there has been a veiling of the inherent truth of freedom. Consciousness somehow hides from itself and pretends it is lost. In a certain moment in the play, there arises the desire to end the game of hiding and begin being eternally found. The desire to be found is the desire to awaken in the dream.

There is a particular mindset that is an enormous obstacle to realizing the truth of who one is. That mindset states that realization is either something that happened to someone else in the past, or something that may happen for you sometime in the future. If you give up both past and future as separate from right now, you see what is possible in this moment."

About the Author
Born in Texas in 1942, Gangaji grew up in Mississippi. After graduating from the University of Mississippi in 1964, she married and had a daughter. In 1972, she moved to San Francisco where she began exploring deeper levels of her being.

In her personal search for truth, Gangaji pursued a spiritual path. She took Bodhisattva vows, practiced Zen and Vipassana meditation, helped run a Tibetan Buddhist Meditation Center, and had a career as an acupuncturist in the San Francisco Bay Area.

Despite her successes, Gangaji continued to experience a deep and persistent longing for fulfillment. She prayed for a final, true teacher. This prayer was answered in 1990 when she met Sri Poonjaji, a disciple of Sri Ramana Maharshi, on the banks of the holy river Ganga in India. In this meeting with her teacher, whom she lovingly calls Papaji, the true fulfillment she had sought throughout her life was revealed.

Today, Gangaji offers Sri Ramana Maharshi and Sri Poonjaji's radical invitation to stop the search for fulfillment and enlightenment and to fully recognize the truth of one's being, which is already completely whole, totally free, and permanently at peace.

Each year Gangaji travels the world, speaking to thousands of people from all walks of life. A teacher, mother, and grandmother, she is the author of, You Are THAT! Satsang with Gangaji, Volumes I & II; Who Are You? The Path of Self-Inquiry; and Freedom & Resolve: The Living Edge of Surrender.

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