



I Am That

Nisargadatta Maharaj

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Collecting Nisargadatta Maharaj's speeches on the Advaita Vedanta, I Am That explores the human existence and our association with the body. Believing that the body is all limits the consciousness and it is only when we move beyond and look at the Atman that we are able to realize ourselves for who we are. Realization that we are, that we truly "are" is pivotal in Advaita philosophy, freeing us from self-doubt and weakness. Nisargadatta Maharaj's teachings and messages permeate within this book, translated by Maurice Frydman from the original Marathi.

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