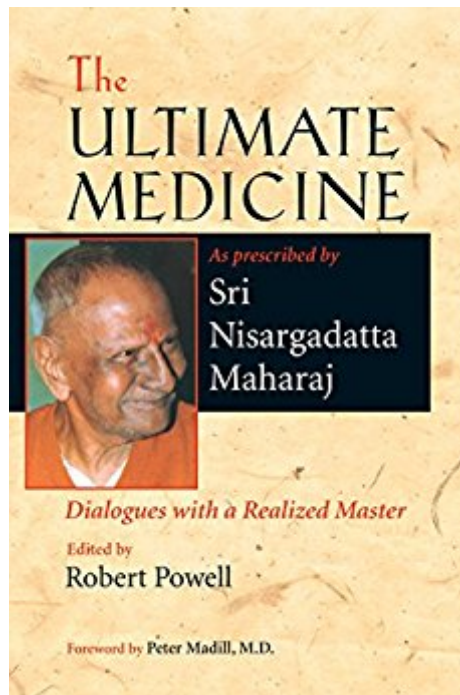


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# The Ultimate Medicine: Dialogues With A Realized Master



## Synopsis

The Ultimate Medicine is not for those who like their spirituality watered down, but for serious students searching for awareness. Sri Nisargadatta Maharaj (1897-1981) lived and taught in a small apartment in the slums of Bombay. A realized master of the Tantric Nath lineage, he supported himself and his family by selling cheap goods in a small booth on the streets outside his tenement for many years. His life exemplified the concept of absolute nonduality of being. In this volume, Maharaj shares the highest truth of nonduality in his own unique way. His teaching style is abrupt, provocative, and immensely profound, cutting to the core and wasting little effort on inessentials. His terse but potent sayings are known for their ability to trigger shifts in consciousness, just by hearing or reading them. "The point is that man freed from his fetters is morality personified. Such a man therefore does not need any moralistic injunctions in order to live righteously. Free a man from his bondage and thereafter everything else will take care of itself. On the other hand, man in his unredeemed state cannot possibly live morally, no matter what moral teaching he is given. It is an intrinsic impossibility, for his very foundation is immorality. That is, he lives a lie, a basic contradiction: functioning in all his relationships as the separate entity he believes himself to be, whereas in reality no such separation exists. His every action therefore does violence to other 'selves' and other 'creatures,' which are only manifestations of the unitary consciousness. So Society had to invent some restraints in order to protect itself from its own worst excesses and thereby maintain some kind of status quo. The resulting arbitrary rules, which vary with place and time and therefore are purely relative, it calls 'morality,' and by upholding this man-invented 'idea' as the highest goodâ "oftentimes sanctioned by religious 'revelation' and scripturesâ "society has provided man with one more excuse to disregard the quest for liberation or relegate it to a fairly low priority in his scheme of things." From the Trade Paperback edition.

## Book Information

File Size: 544 KB

Print Length: 225 pages

Publisher: North Atlantic Books; 1 edition (July 12, 2011)

Publication Date: July 12, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B004ZZKSD0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #454,575 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Theology #46 in Books >

Religion & Spirituality > Hinduism > Theology #231 in Books > Politics & Social Sciences >

Philosophy > Eastern > Indian

## Customer Reviews

For those that have read I am That-Nisargadatta Maharaj's main work, this book is an amazing compliment to his work. This book differs from I am That in one main way, Nisargadatta Maharaj is in his last years and is extremely direct and no nonsense. He responds to questions with cutting honesty. No handholding or sugarcoating. For instance he bluntly points out the many pitfalls of many popular spiritual concepts that separate you from the Self. In I am That, he was a bit softer in his responses, here because his body is old and weary-not to mention he's been teaching for decades at this point, he has little tolerance for getting into "kindergarten spirituality" as he terms it. Here, he goes for the very core of spiritual teachings. He doesn't say anything new from I am That, just poses things more directly and from a few new angles. I loved this book. It is well worth purchasing, especially if you are one who prefers very direct teachings. The core of the teaching is--You are not the body/mind. Stay with the I-am-ness and discard all concepts. Understand what consciousness/beingness is until you come to the realization of your true nature as the Unborn Reality. Some Quotes " Consider this beingness or consciousness as the supreme god"...."The beingness itself is the Guru"...."There is no birth, death it as all a concept, an illusion....You are that which observes the coming and going of consciousness....Stay put in beingness and all desire to be will melt away.

This book is a collection of some of the later question and answer sessions between Sri Nisargadatta and visitors from around the world. After finishing 'I Am That' I read this book. There is a noticeable difference between the words of Nisargadatta in the two books. 'I Am That' is unquestionably the better of the books, and the pinnacle of Maharaj's teachings. During His earlier days, Maharaj was eager to teach, and would continually answer beginners questions. In this book, which collects talks during which He was ill and close to death (the body's death), he stated that he

no longer desired to teach, and was a little intolerant of beginners unfamiliar with the basics of his teachings. So this book deals with some of Nisargadatta's more advanced teachings. Maharaj in this book talks about the necessity of understanding your own incarnation, and what you were before the body was born. He talks about the interdependence of the vital breath and consciousness, stating that both consciousness and the sense of 'I-Am-Ness' are dependent on the body. This book gave me a better understanding of the principle method taught by Sri Nisargadatta, which is holding onto the sense of 'I Am.' He taught that this method will lead to the realization that you are not the body, but consciousness. However, He also said that this isn't the Ultimate, and that even the association with consciousness has to be given up eventually. If I understand correctly, realizing that you are consciousness is Brahman, and when this is realized you become the totality of manifestation. But the Ultimate, Parabrahman, is the witness of the Brahman and the full and final enlightenment. All of this is elucidated in 'The Ultimate Medicine.' So, while not the monumental work that 'I Am That' is, this book is still very worth reading, especially if you want to go deeper, and read some of the more advanced teachings by this great Master, Sri Nisargadatta Maharaj.

A must have for any earnest seeker. Rarely do we have opportunities to be guided by a genuine teacher of Hindu philosophy in such a deft manner. If you are looking for instructions on meditation for the highest purpose you will find it here. A no-nonsense practical book that hits the nail on the head.

Unlike the first book produced on Nisargadatta, "I AM THAT" which was stripped bare of all religious trappings, the discussions recorded in "The Ultimate Medicine" between Nisargadatta and his visitors have many more references to Hindu terminology and concepts. I would therefore recommend that anyone new to Nisargadatta's teachings begin with "I AM THAT". Something I found very interesting in this book were the discussions that centered around one understanding one's birth, which is not really discussed in "I AM THAT". Nisargadatta says several times that a will be clear when one can, understand, experientially, (through meditation), how this consciousness came about, how birth came about. The book was written shortly before Nisargadatta died from cancer, and he was suffering from the illness at during these recordings. His comments concerning this illness are also something to ponder over. This is really a unique and important book, and anyone who seeks enlightenment through \*knowledge\* should look at this and Nisargadatta's other books. You won't find these ideas more clearly expressed anywhere else. Nisargadatta was a unique teacher, and we're fortunate indeed to have his teachings available in book form like this.

There was hesitation about ordering this book as some of the reviews appeared to indicate the book was a rehash of 'I AM THAT'. This book is a culmination, or refinement, of Nisargadatta's teaching. The discourses are longer than most of his past books, so one gets a little more of his thought process in getting the points across. Recorded late in his life, the discourses on the vital life force were of interest. The refinement of rest in I AM to rest in the vital life force brought new life to his teaching. The epilogue to the book states; "The sum and substance of my teaching is this: Don't be dishonest to your vital breath; worship that only, abide in that only, accept it as yourself. And when you worship in this manner, it can lead you anywhere, to any heights- this is the quintessence of my talks." To fully understand the quote, read the book, it tells you all about the life force. Time now for a reread.

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