

## Non-Duality Questions, Non-Duality Answers: Exploring Spirituality and Existence in the Modern World

**Richard Sylvester**

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What if, instead of struggling and straining to realize oneness, or working hard to become “totally present,” there was a much easier way? Humanistic psychologist and nonduality expert Richard Sylvester suggests that there is: we can just forget the struggle and relax. In order to do that, we have to let go of the stories we tell ourselves.

Calling nonduality “the great destroyer of stories,” he writes, “You can have stories about meaning and purpose and endeavor or you can have presence, the simplicity of leaves rustling in the breeze. You cannot have both,” adding that keeping our stories will cause us to miss the joy that comes with being present in the now, making our moments into shadows drained of life energy.

A response to the huge numbers of questions on nonduality and spiritual experiences he received over a ten-year period, Sylvester’s book covers topics that include karma and liberation, angels, anxiety, gurus, gratitude, meditation, paths and practices, quantum physics, predestination, relationships, reincarnation, suffering, the witness, unconditional love, and many more.

Compassionate, provocative, and even humorous, Sylvester’s answers to the fundamental questions that often leave spiritual seekers frustrated provide clarity on what nonduality is and what it isn’t; they paint a compelling picture of what a life lived in nondual awareness could be like, and offer confirmation that liberation through nondual awareness is within reach.

KRISTINE MORRIS (Fall 2016)

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