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Body, Mind & Spirit

The Promise of Immortality: The True Teachings of the Bible and the Bhagavad Gita
J. Donald Walters
Crystal Clarity Publishers
978-1-56589-150-0
(January 25, 2003)

This book takes an authentic look at these ancient scriptures and the unknown parallels between them. The author tackles a multitude of beliefs and subjects and brings them to light with the clarifying wisdom of his guru, Paramhansa Yogananda. Walters is world renowned for his many books, tapes, and lectures on meditation, yoga, and spiritual training. He also has founded various spiritual communities based on his yogic philosophy and teachings.

The book is divided into four parts and twenty-six chapters. These sections thoroughly explore Biblical and Gita passages and their meaning for contemporary life. They touch on a wide array of topics such as spiritual masters, the Word of God, reincarnation, meditation, chakras, false teachers, common sense, and ego.

The Bhagavad Gita is actually a "brief episode from the longest epic in the world, the Mahabharata." It is similar to the Bible as it reflects man's struggle to attain or regain spiritual truths. The Gita is simply a conversation between Krishna (who is God) and a disciple (Arjuna). The Bible's *New Testament* similarly relates exchanges between Jesus Christ and his disciples. For example, a doctrine that comes from Christ: "I am the way, the truth, and the life: no man cometh to the Father, but by me," (John 14:6) is also expressed by Krishna: "To those who are ever attached to Me, and who worship Me with love, I impart discernment, by means of which they attain Me." (Chapter 10, stanza 10)

The author goes beyond drawing parallels between Christianity and Hinduism in an effort to revitalize the original teachings of Christ. The language will be familiar to students of New Age and Eastern philosophy but may need more pondering by traditional Christians. For example, Walters explains that the "'Word of God' is a vibratory manifestation of divine consciousness," and relates divine consciousness as the "light of men," or "In Him was life; and the life was the light of men." (John 1:4)

Walters is adamant that the most important thing in any spiritual practice is to actively

seek out personal, daily guidance through God, rather than blindly accepting religious dogma. The swiftest method to manifesting your own enlightened path is by meditating and attuning to God's illuminating presence. As Luke 17:21 says, "The Kingdom of God is within."

This book reveals eye-opening spiritual and practical truths that were not taught in traditional religious settings. If Promise of Immortality is consistently read, studied, and discussed, the ensuing knowledge will foster a vibrant and strong Christian faith.

Aimé Merizon