



God without Religion: Questioning Centuries of Accepted Truths

By Sankara Saranam

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In a groundbreaking approach to today's tough spiritual and social dilemmas, *God Without Religion*, with a foreword by Arun Gandhi, offers an intelligent and compassionate bridge from dogmatic belief systems to progressive spirituality. Sankara Saranam shows why organized religion has long been the cause of humanity's worst wars and most acute suffering—then guides us beyond our divisive history into more expansive perceptions capable of creating a unified, peaceful future. Through a series of penetrating inquiries and practices, readers are invited to examine their beliefs, explore the nature of the divine, and develop personal knowledge of God.

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Editorial Review

Review

"A powerful book [that] could liberate the world of religious strife and lay a sound foundation for a global ethic." -- —*Ingrid Shafer, PhD*

Professor of Philosophy and Religion

University of Science and Arts of Oklahoma

"A spiritual masterpiece." -- —*Rev Dr Michael Ellner President, HEAL (Health Education AIDS Liaison-NYC) Co-author of Quantum Focus and winner of the IMDHA Pen and Quill Award*

"Beautifully articulated. . . . A work appropriate for anyone in search of spiritual meaning." -- —*Michael Shermer Publisher of Skeptic magazine; columnist with Scientific American; and author of Why People Believe Weird Things and The Science of Good and Evil*

"One of the most extraordinary books of our time . . ." -- —*Hank Wesselman, PhD Anthropologist and author of The Spiritwalker Trilogy and "The Journey to the Sacred Garden"*

"Perfect for anyone who is dissatisfied with organized religion in its many guises. . . . a well balanced, non-reactionary approach . . . Exceptional." -- *Jaye Beldo, freelance reviewer, July 2005*

"Saranam presents timeless techniques—meditation, affirmations, energy work, relaxation exercises and tips—to develop spirituality and bring God closer." -- *Ode Magazine, July 2005*

"This book's bold message is vital." ---*Larry Dossey, MD Author of Healing Beyond the Body and Reinventing Medicine*

From the Author

From the Preface

Religion never satisfied me, and often infuriated me. Though I was raised to be a Jew, I thought of myself first and foremost as a human being and never viewed myself as wiser, luckier, or happier because my parents were Jewish or I adhered to the accepted truths of their religious tradition. To my mind, I would be progressing spiritually only by understanding what was universally right and natural in life and how to live accordingly.

After years of attending Hebrew school, I rebelled against the dogma I was taught there. In college I focused on subjects requiring the use of logic that appealed to my scientific mind. However, I eventually found that while the material sciences could answer some questions concerning how the world worked, they could not prescribe an ethical way to live.

Searching further, I investigated mystical techniques. I began practicing sophisticated methods of sense

introversion. I implemented an *inner* science to address the concerns unresolved by my studies. Over the next decade, I came to realize God as a spiritually expansive substance extending throughout the cosmos—a much more universal presence than that proposed by many organized religions. God, I found, was everything, and being godlike meant identifying with, and not merely tolerating, more and more people. Understanding that the idea of God signified absolute unity, I concluded that anyone advocating unquestioning loyalty to a restrictive group such as a faith, ethnicity, or nation was in fact promoting the fall of humanity by advancing its division....

From the Inside Flap

Disillusioned with organized religion, some people escape into New Age movements and others retreat from their spiritual moorings altogether. A more satisfying and transformative option is to embark on a quest to discover God on your own. Using time-tested tools of spiritual investigation, it becomes possible to examine your present beliefs, explore the nature of God and sense of self, and ultimately expand your identity. *God Without Religion* introduces this age-old approach to spiritual inquiry for modern-day readers. Step by step, it offers a bridge between organized religion and mystical spirituality for anyone questioning traditional dogma or its legacy of divisiveness. It also assists in overcoming limitations and notions of exclusivity promoted by New Age movements. Included are seventeen universal techniques for developing personal knowledge of God and broadening your view of yourself, others, and all of life.

"The genuine seeker must utilize both the critical mind and the generous heart. *God Without Religion* honors both." —John J. McGraw Author of *Brain & Belief*

"A provocative challenge . . . to the smug assertions of those who would claim to know the truth." —Robert S. Alley Professor of Humanities, Emeritus University of Richmond

"This practical as well as theoretical volume encourages people to have direct, firsthand experience of the divine, unmediated by the trappings of organized religion." —Mary E. Hunt, PhD Codirector of WATER (Women's Alliance for Theology, Ethics and Ritual)

"Extraordinary, elegant, beautiful, informed, practical. . . . It is good medicine in a troubled world." —David Carson Coauthor of *Medicine Cards*

"*God Without Religion* offers, through exquisite prose and profound substance, a way out of religious shackles and abuse — a direct path to God." —Alon Ben-Meir, PhD Professor of International Relations The Center for Global Affairs, New York University

"This thoughtful and insightful book will help increase the spiritual literacy that is a necessary part of our true higher education. . . . I heartily recommend it." —Lama Surya Das Author of *Awakening the Buddha Within* and founder of the Dzogchen Meditation Center

"A treasure, a pearl of great price . . . a worthy companion on anyone's path." —Robert Ransom Odom Internationally published author, columnist, and spiritual teacher

"An inspiring, positive, wonderful book . . ." —Joseph Dispenza Author of *The Way of the Traveler* and *Live Better Longer*

"A breath of fresh air . . ." —Hal Zina Bennett, PhD Author of *Writing Spiritual Books*

Users Review

From reader reviews:

Alvaro Holloway:

In this 21st one hundred year, people become competitive in most way. By being competitive now, people have do something to make these individuals survives, being in the middle of often the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Sure, by reading a book your ability to survive increase then having chance to stay than other is high. In your case who want to start reading a book, we give you this kind of God without Religion: Questioning Centuries of Accepted Truths book as beginner and daily reading publication. Why, because this book is usually more than just a book.

Ryan Connors:

Reading can called imagination hangout, why? Because while you are reading a book mainly book entitled God without Religion: Questioning Centuries of Accepted Truths your mind will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely can become your mind friends. Imaging every word written in a e-book then become one form conclusion and explanation that maybe you never get ahead of. The God without Religion: Questioning Centuries of Accepted Truths giving you a different experience more than blown away your thoughts but also giving you useful details for your better life on this era. So now let us show you the relaxing pattern here is your body and mind are going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

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Judith Bowman:

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