



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

Richard Sylvester

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Non-Duality Questions, Non-Duality Answers is an organic, interactive exploration of non-duality—the understanding that in life there is no separation, only seamless Oneness. Structured around reader questions, this book invites you to participate in the argument for non-separation, inquire about the nature of the self and the experience of liberation, and understand how non-dual awareness can impact your life. With this work, spiritual seekers will gain clarity on what non-duality is—and what it isn't.

Since time immemorial, key questions about the nature of existence have nagged at our consciousness: *What am I? Why am I here? Is this really all there is?* And for years, non-duality author and humanistic psychologist Richard Sylvester received questions like these, along with deeply personal inquiries on non-duality and intimate spiritual experiences, from people seeking honest answers. Now those questions and responses are available to you.

You may have sought answers to these fundamental inquiries in religion, solitude, the company of family and friends, or conversations with gurus, priests, and philosophers. Even so, you may be living with lingering doubts about what you've been conditioned to believe, feeling "lost on the path" or otherwise frustrated with organized religion or the indirectness and prescriptiveness of spiritual teachings. With *Non-Duality Questions, Non-Duality Answers*, you'll find that self-inquiry can help you end the cycle of inadequacy and searching—that liberation through non-dual awareness *is* possible—and that no query is too strange or too grand for the discussion of life, non-separation, and enlightenment at hand.

Designed to answer questions as they arise, this book sheds spirituality and non-duality of its complex prescriptions. With a unique blend of patience, compassion, respect, provocation, and humor, Sylvester shows that we are all united in our worrying and striving, and gives you a glimpse of the Oneness that is so hard to describe but is so easily felt.

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