



# Vedantic Meditation: Lighting the Flame of Awareness

*David Frawley*



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As yoga gains popularity across the U.S., many people are becoming interested in its traditional Vedic roots. While Buddhist meditation is well represented on bookshelves, there has been little Vedantic philosophy written in lay terms until now. Author David Frawley guides readers through the challenges of cultivating awareness, calming the mind, and practicing meditation according to Vedanta and Hinduism. He examines how cultural knowledge systems in the West lead individuals to disillusionment, and speaks about how meditation can aid in understanding the true nature of one's thoughts, emotions, and perceptions. Frawley explores meditation support practices such as yoga, mantras, kundalini, and pranayama, as well as the role of gurus, and concludes with a short, more technical essay on self-inquiry.



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