

## What to Read First

Dear James

Thank you for this light of knowledge which is slowly penetrating my grey matter of my brain, hopefully I am slowly waking up, from what seems a very deep slumber!

Can you please recommend which scriptures I can start with, as I am a beginner. I see there are quite a few on your website and I have already started reading *Ashtavakra Gita*, which I felt drawn to and one of the Upanishads..where should I begin? Which is the scripture that you mentioned that will reveal to me the truth of who I am?

James: All the Vedanta texts reveal it with a certain methodology. I can't recall if you said whether or not you read my book, *How to Attain Enlightenment* but by your question I don't think you have. If you didn't, get it and read it slowly and carefully first. Since you are new to this, it may be slow going but it is written in very clear English and contains the essence of Vedanta. Take your time with it and try to sign on to the logic as it unfolds. I suggest you start with the *Bhagavad Gita* on my website. It has no commentaries but it will give you a good idea of the big picture. The *Astravakra Gita* is fine but it is for very advanced people and has no methodology apart from the practice of standing in awareness as awareness. I also recommend that you get the 16 volume DVD series on Self Inquiry which parallels the book. It is cheap and content rich.

Kirby: Is there also a scripture or teaching which can explain to me the dynamics or relationship between pure consciousness and the manifest world?

James: I suggest you read my book. The complete teaching is there. Most Vedantic scriptures deal with this topic. I suggest *Atma Bodh*. It is only my website as a free download. Hit the books button on the home page and you will find it on the publications page listed as Self Knowledge. This describes the method of discrimination. But before you read it download *Tattva Bodh*. The link is on the same page. It is called Knowledge of Truth. It will familiarize you with the terminology and the basic concepts. So do it first, then *Atma Bodh*, then *Bhagavad Gita*. But the best is my book and the basic set of videos because it unfolds the big picture. Once you have got that much knowledge, it will be a lot easier to enter into the source texts.

All the best,

James