

DR PAUL BRUNTON



A Message from Arunachala



PAUL BRUNTON

A MESSAGE FROM
ARUNACHALA

RIDER & COMPANY
London

CONTENTS

I THE HILL	11
II PREFATORY	22
III POLITICS	29
IV BUSINESS	37
V SOCIETY	45
VI WORLD CRISIS	52
VII RELIGION	61
VIII INTELLECT	73
IX MUSIC, MASK AND PEN	81
X SOLITUDE AND LEISURE	93
XI HAPPINESS	106
XII SUFFERING	114
XIII SELF AND OVERSELF	130
THE EPILOGUE	141

Dr. Brunton, whose works are best-sellers in a dozen languages, was born in London in 1898.

During a successful career in journalism, he developed an interest in comparative religion, mysticism and philosophy. He has travelled extensively in the Orient, living among yogis, mystics and holy men. He is one of the few students of India and the Orient with the ability to illuminate his understanding for the reader.

Arunachala Hill, in South India, has a high status in Hindu sacred tradition, and Tamil legends hold that it is far more ancient than the Himalayas, which are known to be of fairly recent origin. At the base of Arunachala (which is the Sanskrit for 'Red Mount' or 'Hill of Light') dwelt the last of the Maharishees of India.

This book results largely from Dr. Brunton's endeavours to give the Western world some inkling of the soul-consciousness that may be achieved by those who are prepared to follow *The Secret Path* outlined in the author's work of that name.

The first half of this present volume is critical and denunciatory of the shams and falsehoods of Western civilization. The second half is constructive in the best and most spiritual sense. It tells us how to contact the Overself or divine being that dwells in each one of us, and gives us a key to the world of spiritual reality.

The Works of Dr. Brunton

A Search in Secret India

The Secret Path

A Search in Secret Egypt

A Message from Arunachala

Hermit in the Himalayas

The Quest of the Overself

The Inner Reality

The Hidden Teaching Beyond Yoga

The Wisdom of the Overself

The Spiritual Crisis of Man

14s net

£0.70

IN UK ONLY

09 036442 7

Design by Ralph Mabey

Printed in Great Britain by
Fisher, Knight & Co Ltd,
Lattimore Road, St. Albans, Herts