

# Integral Books

## Insightful Books



INTEGRAL BOOKS

Anandashram. P.O.

Kanhangad, Kerala - 671 531, India.

P: 0467 - 2208886, E: [sri@integralbooks.com](mailto:sri@integralbooks.com)

# *About* INTEGRAL BOOKS

Modern life, despite all the amenities offered by scientific and technological progress, is in a crisis with existential uncertainty looming like the Damocles' sword. And humanity is swayed by an irresistible urge to know the in-depth facts of life, its meaning and fulfillment.

"Human beings through their technological skill may even roll up the sky like a piece of leather," says the Swethaswathara Upanishad, "still there will not be an end of sorrow for them without knowing the timeless Source within."

India's ancient seekers of the Reality behind life and universe explored the human mind and discovered that Source, the most in-depth Intelligence, Brahman, the supreme fact of everyone and everything. The Bhagavad-Gita reassures that even a little effort to be in attunement with that timeless Reality liberates one from great fear and leads to the freedom of perfection. The basic goal of all inquiry, scientific or spiritual, is this liberating knowledge.

Bridging the gap between scientific perspective and spiritual wisdom, our publications present an in-depth vision of India's spiritual heritage, which survived millennia because of its deep roots in Universality and Truth.



Arnold Toynbee, the renowned historian, was inspired to remark: "It is already becoming clear that the chapter which had a Western beginning will have to have an Indian ending if it is not to end in self-destruction of the human race."

With clarity and integrated presentation, the publications are invoking universal readers' interest. Presenting an evaluating view, Ms. Patricia Pompa, Blue Island, USA, writes: "I have read *Power in Temples*, which was purchased at the Vivekananda Centre, Chicago. I feel that it is important work that you are doing by seeking the truth and sifting out misunderstanding that has gathered through the ages."

Having an unbiased scientific temper, India's sages explored and revealed the laws of evolutionary expansion of human life through inner renewal. Presentation of the rationale of their life-transforming knowledge in updated terms is a need of the time, which can contribute to a positive paradigm shift in human thought, and Integral Books is dedicated to this cause.

"I can assure that I have enjoyed reading your books and I hope they will find wide circulation among our youths."

– *Swami Ranganathananda.*

"The simplicity, brevity and the straightforward presentation of the universal principles are the greatest asset of the books. They can be a bridge over a yawning gap in people's perception and understanding."

– *Ms Kathleen M. Daniel, Texas, U.S.A.*

Alphabet of Reality Series  
SIGNIFICANCE OF DIVINE FORMS



**SRI GANESHA**  
Srikant

## SRI GANESHA

SIGNIFICANCE OF DIVINE FORMS

This book is an inspiring exploration into the Ganesha theme. By integrating the ancient insights and the modern scientific perspective, it reveals how the mystifying and highly symbolic form of Lord Ganesha indicates the way and goal of human evolution. Besides explaining the ratio-

nale and symbolism of several legends in the *Puraana-s*, this well-illustrated book is a fund of illuminating information about the higher possibilities of life, presented with rational clarity.

According to Vedanta, the material universe was manifested from the primeval Intelligence-Energy vibration, referred to as Pranavam, (ॐ-Om). The intelligence aspect combining with the matter aspect emerged as consciousness, which eventually evolved to be the living beings finally reaching the human stage. The figure of Sri Ganesha, along with his rat mount, symbolizes the theme of this unfoldment of consciousness. The Ganesha theme is a signpost that shows mankind the way of directing the evolutionary energy to reinforce and realize the greater potentials.

The strange form of Ganesha represents the Divine Power that prompts the consciousness locked in earth to express its greater dimensions through living beings and equips the human being to transcend the obstacles in the material and spiritual dimensions and evolve to the Enlightenment of the unconditioned Reality.



## Views

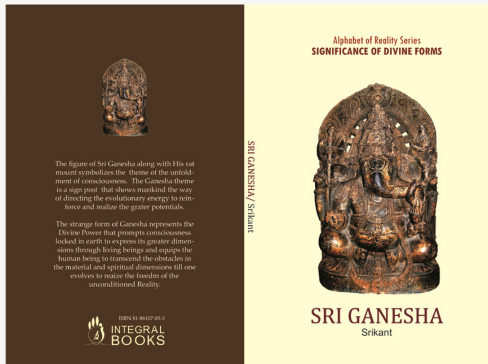
"I looked at the book, SRI GANESHA, from the view-point of Hindu parents in US who face the challenge of teaching their children about their faith. School and college textbooks and reference material routinely feed misinformation about Hinduism. For these parents, Integral Books has undertaken a very much needed and timely endeavour indeed. It is an admirable treatise full of vast amount of information presented in the larger concept of theory and universal tenets of Hinduism, so that it all makes a complete sense together – or as the young people would say, it all hangs together."

**- Dr. Ved Chaudhary, USA.**

"The author has dealt with the significance of the Divine Form from the scientific, historical and *upaasana* points of view. Parents and teachers will find the book extremely useful in explaining the scientific basis of worship of Brahman in various forms."

**- Yuva Bharathi, journal of Vivekananda Kendra, Kanyakumari.**

Demy 1/8; Pages 160, Price in India Rs.150; Foreign: US \$ 7.00 or equivalent (includes forwarding charges by air-mail).



# THE SELF

## A Biological Introduction to The BHAGAVAD-GITA

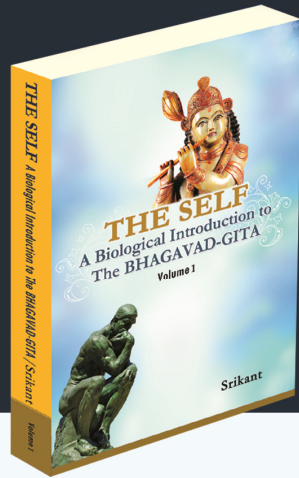
Volume 1

### *The Resplendent Wisdom*

The deepest studies of the phenomenon of Man and his destiny presented millenniums ago in the Bhagavad-Gita assume prime importance today when man stands at a bifurcation point of history, either to a headlong fall to total destruction or an evolutionary advancement to the freedom of a greater civilization. Sri Krishna, our Eternal Companion, our Self, invites us to sit in the chariot beside Arjuna. We hear the tumultuous sounds of drums, conches, the war cry, and as the chariot moves on, we slowly realize that we are being conveyed to an entirely different world, a world within us - of reassurance, inspiration and peace bequeathed by a profound knowledge about ourselves and our relation with the universe.

The book contains a modern assessment of the Bhagavad-Gita as a super biological text of human evolution, higher possibilities and Liberation. A book that unravels the mystery of existence, the Bhagavad-Gita is the beloved text of all who seek to unravel the mystery of existence. This volume covers the first six chapters up to *DhyanaYoga* – Self-realization through Meditation.

This elegant and illustrated volume of 346 pages is a study of the first six chapters, up to the *Dhyana-yoga*, the Yoga of Meditation. These chapters deal with the basic features of the whole perennial philosophy. There will be two more volumes of six chapters each, which amplify the basic teaching in the first volume. These volumes will be brought in the near future and the reader may contact us at [sri@integralbooks.com](mailto:sri@integralbooks.com).



## Views

"The quotation of Julian Huxley is profound and can be fulfilled if spiritual scientists emerge as a new class of investigators....The book is an excellent beginning and its results will ensue when it reaches the understanding of the millions of the masses."

- **Justice V.R. Krishna Iyer**, former Judge,  
Supreme Court, India.

"Srikant's *THE SELF: A Biological Introduction to the Bhagavad Gita* Volume 1 is a brilliant interpretation of Gita that digs deep into the Hindu philosophy to connect Gita to the understanding of the Self in the universe. I have never seen such a meticulous connection of Gita to the Self. It adds richly to Gita's message that I am sure will resonate all over the world for a very long time."

-**Dr.A. D. Amar, Ph.D.**, Professor of Management (Knowledge/Innovation, Operations & Strategy), Stillman School of Business, Seton Hall University, New Jersey, U.S.A.

## THE SELF

"You have done signal service by publishing this wonderful book for which seekers of Truth all over will be indebted to you."

*-Shri P. Parameswaran*, Director,  
Bharateeya Vichara Kendram and President  
of the Vivekananda Kendra, Kanyakumari.

"I have gone through the book on the Bhagavad-Gita with the delight of something new being discovered."

*- Shri Vishnu Narayanan Nambudiri*,  
eminent Malayalam poet.

"The very name A Biological Introduction to the Bhagavad-Gita aroused in me such curiosity that I started reading the book as soon as it came to my hand. It is one of those rare books that I have read. So valuable, so beautiful and so useful that any sincere seeker after Truth will get a lot from it for his or her spiritual upliftment."

*- Shri K.P.A. Rahim*,  
writer and social leader.

"Every sentence took me to deeper thinking.... I realize how defective our educational system is, as the higher facts of life are not considered biologically significant."

*- Dr. Jeevaanandan Bojappan*,  
Plastic Surgeon, Chennai.



Demy 1/8, Pages:348 Price: In India:  
Rs.280/- , Abroad: US\$ 12.00 or  
equivalent (includes forwarding  
charges by air-mail).

(English & Malayalam editions available)



# POWER IN TEMPLES

## A MODERN PERSPECTIVE

**There is a well-coordinated system** of knowledge behind the institution of temple and temple worship, which takes into account the subtle facts of the universe and man's relation with them. With a lucid presentation of the principles of this vital aspect of Indian culture, the book highlights the scientific facts in temple worship and dispels misconceptions. Having the reputation as the first book to present temple worship from a scientific viewpoint, this is a modern exploration into a great heritage that survived millennia. The book, which has passed through a few editions, inspires the devout, impresses the scientist and kindles rethinking in the materialist.

**Temple-worship, this practical application of spirituality evolved from the spiritual insights, is often degraded into exploitation and erroneous concepts because of the lack of awareness of its physical, psychological and spiritual rationale.**

The science of temple-worship, which forms an effective means for the conditioned human mind to be in communion with the Supreme Source can be better understood through a scientific perspective. It involves well-coordinated subtle principles, a knowledge which is the outcome of deepest inquiries into Reality.

Unexamined rejection, superstitious dogmas, misuse and exploitation of these vibrant centres of spiritual power are the result of inadequate knowledge of the science and rationale involved.

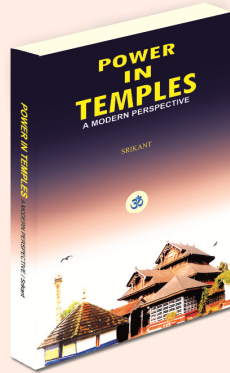
### *Views*

"The book has given me many insights into Indian culture and the relationship between science and religion."

**– Mr. Thomas R. Pickering, former U.S.  
Ambassador in India.**

"The book is an impassioned but vigorous plea for re-evaluating the meaning and importance of the Hindu heritage. Such a plea is vitally necessary today. The author, Srikant, deserves special compliments for making available these refreshing waters to soothe the souls of those sweating in the heat of materialistic concepts."

*-Swami Nithyabodhananda,  
former President,  
Vedanta Centre, Geneva*



"I convey my appreciation of your book which goes a long way in giving guidance and scientific explanations for many of our questions... I strongly recommend this book to all temple worshippers and temple administrators."

*-Dr. G.V. Raghu, former President,  
Atlanta Hindu Temple, U.S.A.*

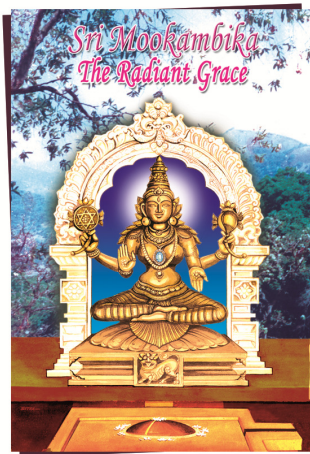
"The book by an author whose erudition is quite obvious and matched only by his abundant passion for Hindu thought encompasses a much wider canvas than the title would suggest. The author provides scintillating fare on the subtle nexus between the Creator, Cosmos and Man. The explanation of the interlocking symbolism is indeed very beautiful... written lucidly and rich in contents."

*-Lines from review, 'The Hindu'*

"The book is a logical analysis of the deeper significance of temples and how they assist in the evolution of human beings towards the higher stages of existence. ....The significance of temples is so well presented that everyone who visits a temple after reading the book will have new perceptions."

*-Lines from review, 'Indian Express'*

Demy 1/8; Pages 240; Price in India Rs.300.00; Foreign US \$ 12.00 or equivalent (includes forwarding charges by air-mail).



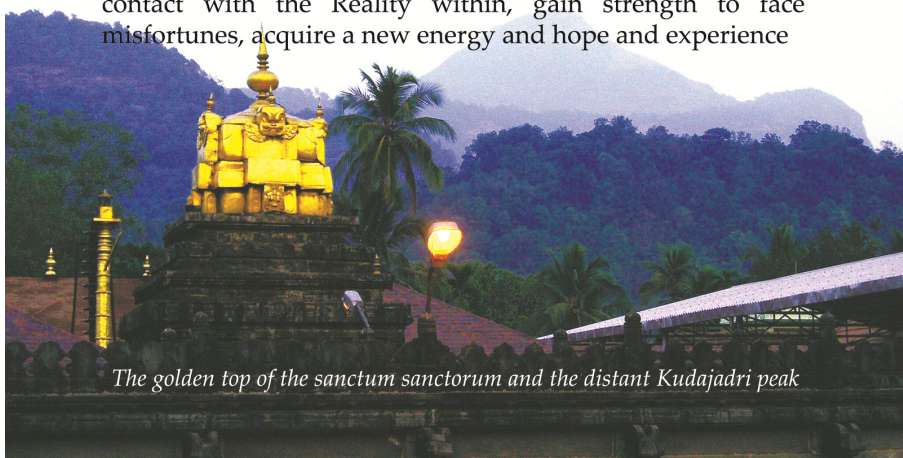
## *Sri Mookambika The Radiant Grace*

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From time immemorial, the temple of the Divine Mother, Sri Mookambika, in the valley of the Kudajadri peak of the mountain ranges of the Western Ghats, has been a perennial source of mighty spiritual energy, *Shakthi*, activating the dormant spiritual potentials in man in his evolutionary march towards fulfillment. The Divine Mother gives powerful stimulus to countless pilgrims in their quest for Blessedness, Perfection and Freedom.

The book lucidly presents the salient features of invoking the Mother Principle immanent in the Universe. It expounds some subtle aspects of the hoary spiritual wealth and wisdom of India, her immortal vision and message to the whole humanity.

Temples and spiritual centres function as divine dynamos and help activate the higher potential in man, bestowing peace and harmony to the earnest seekers. There they come in contact with the Reality within, gain strength to face misfortunes, acquire a new energy and hope and experience



*The golden top of the sanctum sanctorum and the distant Kudajadri peak*

miraculous turns in the course of life.

The renowned temple of Sri Mookambika is such a centre of spiritual power. Surrounded by the evergreen mountain ranges of the Western Ghats, the temple exerts an aesthetic and ennobling influence on thousands. Standing before the beautiful idol of the Divine Mother resplendent with spiritual grace, the devotee establishes contact with the Uncaused Cause of everything, of all forms and qualities.

## *Views*

“The author takes into account both the external and internal aspects of pilgrimage and guides the reader step by step.... This is a complete guide in the fullest sense of the term. To Mookambika pilgrims, this book is a must; for others here is a book from which they can know much about pilgrimage.”

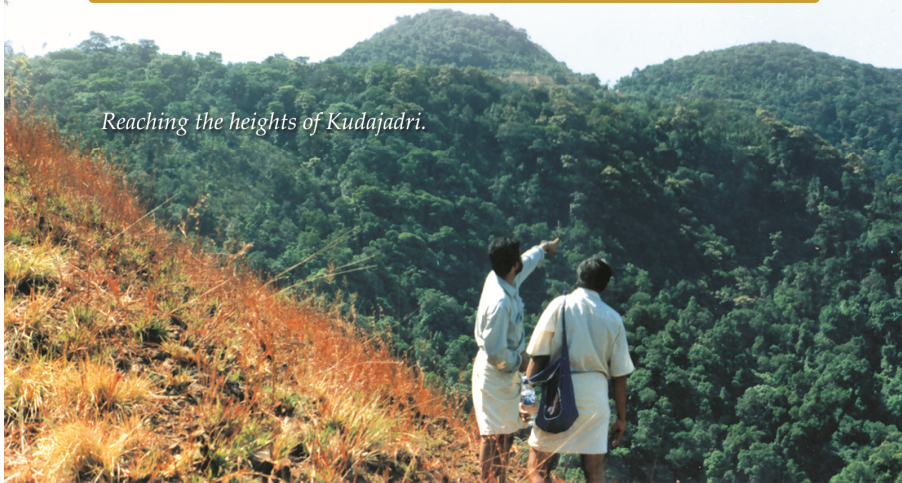
—From the review in *Vedantic Kesari*,  
Sri Ramakrishna Math.

“The language of the book is lucid and delightful, elevates the mind of the reader to spiritual heights.”

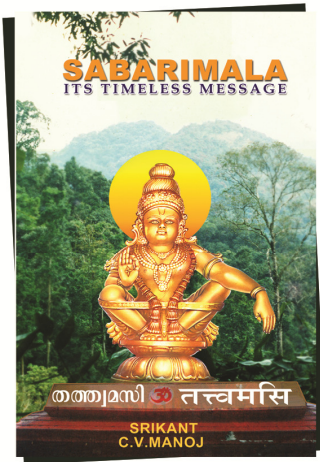
—From the review in *Thapovan Prasad*.

Crown 1/8 Pages: 96 Price: In India: Rs.100/- , Abroad: US \$ 7.00 or equivalent (includes forwarding charges by air-mail).

*Reaching the heights of Kudajadri.*







## SABARIMALA

### ITS TIMELESS MESSAGE

During the season of pilgrimage, millions move towards the shrine of Sabarimala, deep within the lush green tropical forests of the Sahya mountain ranges to worship Lord Ayyappa.

It is the universal spiritual vision transcending the religious limitations and an opportunity for a period of holistic spiritual disciplines to reinforce the body, mind

and Spirit that inspire them to take part in the unparalleled pilgrimage. The book is an exploration into the depths of the spiritual journey, which is a part of man's eternal quest to know his relation with the Supreme Reality.

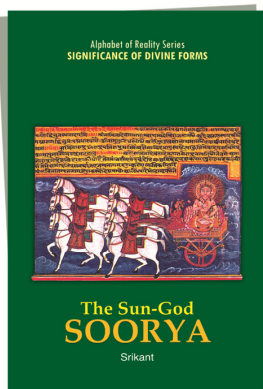
One of the basic urges in man is to seek the meaning of his own existence and that of the universe. He wants to know whether he and the universe are involved in far greater dimensions than he perceives, and in which he can find a deeper meaning in life and experience a greater freedom, transcending the moods of the world, apparently restricted by time, space and the human ego.

What attracts millions to this vibrant centre of Divine Power is neither the mythological stories nor the historical importance, but the very personal experience of spiritual solace, harmony and a greater vision of life, not conditioned by caste, religion or nationality.

Demy 1/8, Pages: 160. Price: In India: Rs.150/- , Abroad: US\$ 12.00 or equivalent (includes forwarding charges by air-mail).

*The top of the temple Gopuram with the inscription of the Vedic dictum, Tat Tvam Asi – Essentially You are that very Supreme Reality.*





# SUN-GOD SOORYA

## Significance of Divine Forms

Worship of the Sun-God has been a universal phenomenon. In India, Sun-worship inspired a relentless philosophical quest that probed into the deeper realities of Nature. From it emerged the life-evolving practices of physical and spiritual culture such as *Soorya-namaskaara*, *Sooryopaasana*, etc., which assume much relevance today in bestowing harmony to the tension-ridden modern life.

“Not only foreigners but also many Indians are often puzzled about several Gods mentioned in Hinduism. After having explained the significance of Sri Ganesha and His form, the author has written all about the Sun-God....Several facts provided in the book, in simple manner after intense research makes it authoritative and a work of permanent reference.”

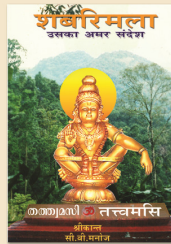
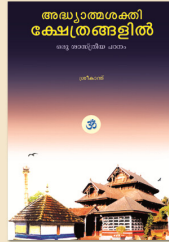
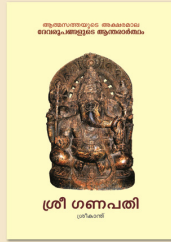
—from review in *‘The Hindu’*

Demy 1/8, Price: In India: Rs.100/- , Abroad: US\$ 7.00 or equivalent (includes forwarding charges by air-mail).

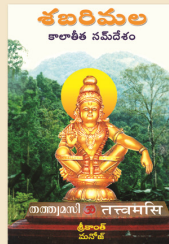
### ***About the Author***

The author of these books, K.B.Nair, who writes in his penname Srikant, has been inspired by a quest for the deeper facts of life since his early age. He persevered in the quest maintaining a rational character to inquiry integrating the scientific temper imbibed from his academic background of biological sciences with his inborn interest in the exploration of the spiritual dimensions of life. Wedded to an experimental life of study and yogic contemplation, he is gaining the affirmative experience that the human brain is equipped and pliable to achieve by undoing its conditioning knots an evolutionary breakthrough to the faculties and possibilities of the higher dimensions of consciousness and freedom.

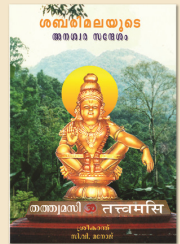
Translation of  
the books by  
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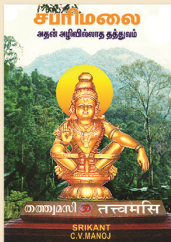
Hindi



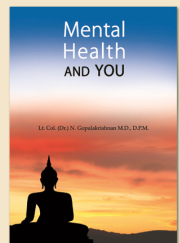
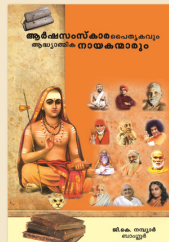
Tulugu



Malayalam



Tamil



Humanity is seeking a philosophy of life satisfying to the intellect and that helps realize the greater possibilities of life. In this context India's spiritual vision has a unique relevance having survived millenniums because of its deep roots in Truth and Universality.

Trained in scientific and technological education, the modern generation would like to get information about the rationale of spiritual concepts and their practical application. Through a modern intellectual reassessment and highlighting the scientific temper of the ancient insights, the publications delve deep into the various aspects of India's spiritual heritage. They present the profound significance of the symbolic stories and spiritual principles integrating them with scientific world-view, which is gradually veering towards the ancient wisdom. This research and publishing mission brings to light with a new orientation the treasures of ancient spiritual quest.

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For further details, please contact:



Anandashram. P.O., Kanhangad, Kerala - 671 531, India.,

P: +91 0467 - 2208886

E: [sri@integralbooks.com](mailto:sri@integralbooks.com)

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