



Pointers From Ramesh Balsekar

Gautam Sachdeva

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Gautam Sachdeva first visited the Advaita sage Ramesh Balsekar in February 2000, and has been attending his talks ever since. Over a period of eight years, he also found himself taking on the role of a publisher, working intimately with Ramesh in the process of publishing some of his books.

In May 2007, Gautam wrote an article in Life Positive, India's leading spiritual magazine, as a tribute to Ramesh on his 90th birthday. With the heartwarming response from readers to this article, and Ramesh's suggestion to make it into a booklet, he then put down what he considered the core of the teaching as presented by Ramesh - to seekers from all over the world - in his morning talks.

Most of Ramesh's books have been published from his original hand-written notes, or are transcripts of dialogues with seekers. This book is a summation of the core concepts in the "spoken word" of Ramesh, as if he were walking the seeker through his entire teaching in one morning talk.

This is what *Pointers from Ramesh Balsekar* is about - pointers to dealing with life's situations, its pleasures and pains, with equanimity and peace of mind - from one of the world's leading Advaita sages.

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