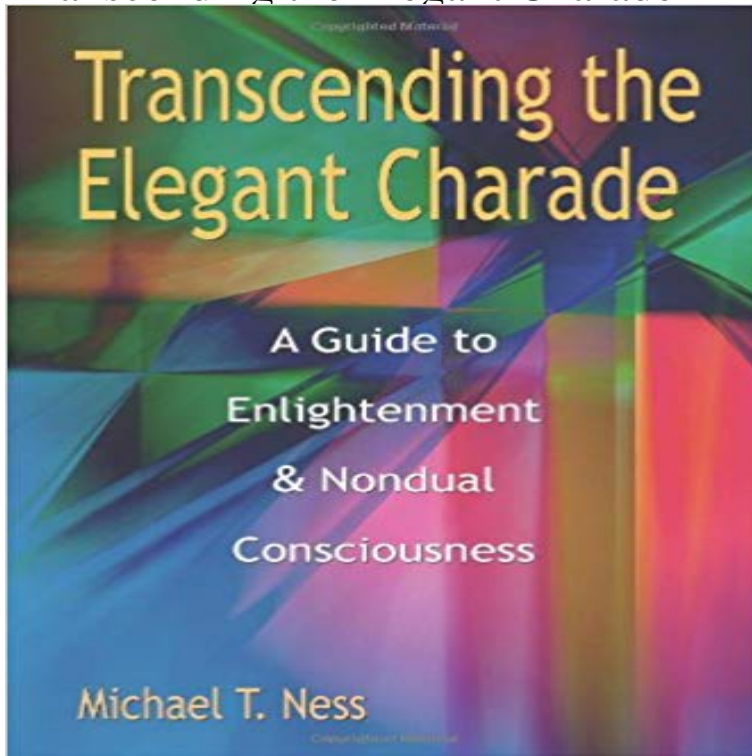


Transcending the Elegant Charade



Lasting happiness, peace, and abidance in nondual consciousness are your birthright and the innermost core of what you already are. -Michael T. Ness

If you are a spiritual seeker who is looking for a fresh, practical, and clearly written approach to support your pursuit of inner peace and happiness, then *The Elegant Charade* will send you directly to the place where you have always been. In this heartfelt book, Michael T. Ness demystifies many of the popular concepts and ideas regarding spiritual attainment and enlightenment. He also thoroughly examines the path of self-enquiry, shares his personal process and insights, and demonstrates how to easily incorporate this authentic way of living into your own life. But he doesn't stop there: he takes you on a direct route to the experience of nondual consciousness—your very nature.

Throughout *The Elegant Charade*, M. T. Ness points out how you can gain freedom from the self-imposed restrictions of the ego/mind and its constructs, which is the root cause of all unhappiness. He describes how you can realize this freedom step by step, with a practical and detailed explanation of the process of self-inquiry—a method that will help you:

- Understand the nature of your true reality and the way to abide in it.
- Transcend the world of the mind and become free from ongoing mental constraints.
- Achieve practical ways to integrate everyday life within the context of nondual consciousness.

Whatever your life circumstances have been, they were meant to be. Utilized correctly, and with the tool of self-enquiry in hand, all experiences are stepping stones to the highest plateau of totality. -From the Afterword

About the Author Michael T. Ness had a deep desire to realize his true nature, which led him on a twenty-year journey. An unexpected turning point in his life thrust him into this most intimate process very directly. After investigating

various paths to enlightenment, he found the method of self-enquiry to be the most direct.

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