

Teachers of Non-Duality:

From Distance Learning to Face-to-Face



BY THE SAME AUTHOR

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Preface

In an ever-changing world, more and more people are seeking spirituality. Universal and timeless existential questions such as the meaning of life, self-awareness and the pursuit of happiness remain at the heart of their search.

In our modern era, the transmission of spiritual teachings has been profoundly influenced by technological developments, a trend that has been further accentuated by recent global events. The COVID-19 pandemic, which has swept across the globe, has had a considerable impact on spiritual practice and spiritual teachings.

As a result of health restrictions, many guided meditations, yoga classes, and other spiritual activities have found refuge online. Thanks to video conferencing technologies, communities have been able to stay connected and maintain their practices, even from a distance. Some groups have also explored more innovative approaches, such as virtual reality, to create digital sacred spaces where people can gather.

Another notable aspect of the pandemic is that it has given rise to more individualised and personalised forms of spirituality. In the absence of community gatherings, many have explored their own spiritual path, combining different teachings and practices in unique and personal ways. This unprecedented accessibility to spiritual teachers around the world makes this book particularly relevant, as anyone can now access the teaching of their choice, regardless of their location.

It is with the desire to enlighten that the author undertook the writing of this book. He offers an overview of the great contemporary spiritual figures, true beacons guiding our quest. He provides detailed information about these teachers, their backgrounds, their approach to teaching, and how to contact them or follow their teachings, whether through webinars, videoconferences, or in-person retreats and meetings.

This book is not a theoretical introduction to non-duality. Rather, it is a practical guide, an overview intended for those who wish to immerse themselves directly in the various forms of non-duality teaching offered by these contemporary spiritual figures.

"Teachers of Non-Duality: From Distance to Face-to-Face" proves to be a valuable resource for anyone seeking to discover which teacher of non-duality can help them understand and experience this philosophy, and with whom they will feel in harmony. This book stands at the crossroads for all seekers of truth, providing information on the different teachings of non-duality adapted to the challenges and needs of our modern world.

This exploration of contemporary spiritual figures is now complemented by a journey through time, meeting the masters and teachers who have profoundly marked their era. Their writings, poems and testimonies continue to transmit the light of their experience of awakening. From ancient India to Christian mystics, from Chinese Chan to Sufism, these voices from the past offer an overview of the major spiritual trends that have unfolded over the

centuries. Their silent presence reminds us that the quest for truth is timeless and that, whatever the era, human beings have always sought to free themselves from illusions in order to open themselves to the clarity of consciousness.

Introduction

We live in a fast-paced world, a world in constant change that rarely leaves room for reflection and contemplation. Yet we feel that something is missing, a deep dissatisfaction rooted in the frantic pace of everyday life.

There are special moments when we question the meaning of life, the infinite universe, impermanence, the reason for suffering, nostalgia for the divine and the quest for happiness.

Siddhartha Gautama, better known as Buddha, asked himself the question about the origins of suffering. He challenged the foundations of the human condition by questioning the nature of suffering. He wondered about the inevitability of suffering in human existence and our ability to transcend it in order to attain a state of peace and liberation.

The Buddha expounded the Four Noble Truths as a path to understanding and ultimately eliminating suffering. These truths, which encompass the recognition of suffering, the understanding of its cause, the realisation that the cessation of suffering is possible, and the path that leads to this cessation, have profoundly influenced spiritual thought throughout the world.

This awareness of suffering is often the starting point for any spiritual seeker. It is the recognition that something in our existence is un ly unsatisfactory and that we aspire to a deeper, more meaningful reality.

Adyashanti, a contemporary teacher of non-duality, has explored the depths of the nature of suffering and non-duality in his teachings. His reflections echo the teachings of the Buddha, while bringing his own unique perspective.

For Adyashanti, suffering arises from our attachment to the ego, to the sense of personal identity that we construct through our thoughts, emotions, and experiences. This ego is based on an illusion of separation, on the belief that we are distinct from the rest of the universe.

According to him, the key to ending this suffering is to realise our true nature. This nature is non-dual, meaning that it knows no separation between oneself and the universe. It is a state of consciousness in which we recognise our intrinsic connection with all that exists.

It is in this state of non-dual realisation that we can transcend the ego and, consequently, suffering. By recognising our true nature, we see that we are not our thoughts, our emotions, or even our experiences. We are something greater and deeper. It is a state of freedom and peace that exists beyond the ego and suffering.

However, Adyashanti warns that this realisation is not a one-time event, but an ongoing process of awakening and deepening into the truth of our being. This requires radical honesty, openness, and a willingness to leave behind anything that is not authentic or true.

Thus, the journey of every spiritual seeker can be seen as a constant quest to understand the nature of suffering and to discover, through this understanding, the true non-dual nature of existence.

We are also aware that the vertigo of impermanence is a difficult reality to face and that everything that exists in our universe is subject to change. Astronomers tell us that stars are born and die, and we all observe that the seasons change and even our own bodies undergo constant transformation. This impermanence may seem frightening, but it is actually an invitation, in the silence of each moment of eternity, to appreciate the present moment and live each moment to the fullest. When we contemplate the heavens, a longing for the divine arises within us as a feeling that resonates deeply with our being. It is like a sense of belonging to something greater than ourselves, an aspiration for a state of eternal happiness and peace. It is this feeling that drives us to seek, explore and progress on the spiritual path.

In this spiritual exploration, one notion often emerges as essential and particularly evocative : non-duality. This is a concept that may seem complex at first glance, but which, in reality, invites us to embrace radical simplicity and rediscover our deepest essence.

Francis Lucille, a contemporary spiritual teacher, offers us an understanding of non-duality that resonates with our quest for meaning and our aspiration for the divine. For Lucille, non-duality is not an abstract theory or a lofty ideal to be attained, but our most fundamental reality, here and now. It is the recognition that we are not the separate

beings we think we are, with our personal histories, successes and failures, joys and sorrows. On the contrary, our true nature is one and undifferentiated, in harmony with the entire universe.

Doubt as a tool for exploration

Throughout our lives, we have sensed that our quest for meaning would take us far beyond the confines of the town where we grew up. At the heart of our spiritual journey, an intrinsic force drives us to explore, question and seek to understand the world around us. It is a call to introspection, self-discovery and understanding the essence of existence.

Nevertheless, at the crossroads of diverse spiritual paths, doubt arises: am I on the right path?

Within the various approaches to this quest, doubt is of paramount importance. Reading a quote from philosopher and spiritual teacher Jiddu Krishnamurti: "Scepticism is the greatest virtue; and truth is the product of scepticism," we feel reassured.

Doubt, as a tool for spiritual exploration, is not outright rejection or denial. Rather, it embodies openness, a willingness to go beyond appearances and pre-established certainties. It is an invitation to question our beliefs, values, perceptions and expectations. Doubt is not an end in itself, but a means of accessing a deeper and more authentic truth.

Thus, this book represents a journey into the world of Western spirituality, seen through the prism of doubt and questioning. We will adopt a sceptical observer's stance and explore the teachings of various Western spiritual masters.

Teachers of Non-Duality

Contemporary Western spirituality is a rich and diverse landscape, shaped by influences from different traditions and cultures. Many teachers of non-duality play a crucial role in shaping this mosaic of ideas and practices.

A spiritual teacher is someone who, through a deep understanding of the nature of reality, serves as a guide on the path of spiritual discovery. These individuals have often undergone profound transformative experiences that have led them to see beyond the illusions of ego and separation.

Eckhart Tolle, for example, experienced many years of depression before undergoing a radical personal transformation at the age of 29. This life-changing event marked the beginning of his role as a spiritual teacher.

Byron Katie, meanwhile, lived an ordinary life as a businesswoman and mother. It was after severe depression and addiction to alcohol and drugs that she experienced a spiritual awakening during a stay in a detox centre.

Ramana Maharshi offers another illustration of this journey. Born in southern India, he experienced an intense fear of death at the age of 16, an experience that led to a sudden awareness of his spiritual nature.

As for Gangaji, an American spiritual teacher, it was after facing several personal crises that she began her spiritual quest.

Finally, Jeff Foster, a British spiritual teacher, underwent a profound inner transformation following a period of depression and illness. This change radically transformed his perception of life.

The journeys of these spiritual teachers show how their personal experiences, coupled with the influence of various spiritual traditions and Western culture, have shaped their teachings. It was often moments of crisis or profound transformation that catalysed their awakening and inspired them to teach, with the aim of helping others navigate their own challenges and find meaning and inner peace.

Many Western spiritual teachers see themselves as guides or facilitators who help others find their own path to spiritual truth.

They encourage an egalitarian and dialogical approach to spiritual teaching, in which students are encouraged to ask questions, challenge the teachings, and find their own understanding.

Many contemporary spiritual teachers are distinguished by their unique approaches and teachings.

Here is a non-exhaustive list of teachers of non-duality. For each teacher, a description and links to their websites are provided.

Eckhart Tolle



Eckhart Tolle is a contemporary spiritual teacher known for his simple and direct approach to spiritual awakening. He is distinguished by his teaching, which is based on two main concepts: the power of the present moment and detachment from the ego, or the "thinking self".

Tolle emphasises the importance of living in the "now". He argues that the present moment is all that really exists, and by focusing on it, we can transcend the suffering caused by the past and worries about the future. He recommends meditation techniques such as mindfulness, observing the breath, or simply being fully present in daily activities.

Tolle's teaching is also deeply rooted in the notion of the ego, which he defines as our personal identity built from our thoughts, experiences, and perceptions. This identity

is, according to him, an illusion, because our true identity is our "inner self," which is connected to the entire universe. He encourages us to observe our thoughts and emotions without judgement, so that we do not identify with them, in order to detach ourselves from this ego and discover our true nature, which is peace and joy.

Elements of his teaching are heavily influenced by Buddhist and Hindu traditions, Christianity and Western psychology. His approach is non-dualistic, suggesting that everything is an aspect of the same ultimate reality, and that every individual has the potential to realise this state of awakening.

Tolle is best known for his bestselling book "The Power of Now", in which he develops these concepts. He has also written other books, such as "A New Earth", in which he expands on his ideas about awakening consciousness and personal and societal transformation.

More than just a teacher through his words, Eckhart Tolle is also a guide through his presence. He embodies what he teaches: a state of conscious presence, a deep peace and joy that are contagious to those who listen to him or read his work.

-Eckhart Tolle's official website URL:



<https://www.eckharttolle.fr/>

-Events:

<https://eckharttolle.com/events/>



Francis Lucille



Francis Lucille is a French spiritual teacher who follows the tradition of non-duality or "Advaita Vedanta", an ancient Indian philosophy which asserts that ultimate reality is not divided into subject and object, self and other.

Born in France, Lucille was introduced to the teachings of Advaita Vedanta at the age of 19 by a friend. It was then that he met Jean Klein, who became his spiritual master. After Klein's death, Lucille continued to teach Advaita Vedanta, emphasising the recognition of consciousness as our true nature. His teachings reflect his own spiritual journey and his direct experience of non-duality.

Lucille is renowned for her ability to combine scientific rigour with spiritual depth in her teachings.

His teaching is based on the direct experience of conscious presence, which he describes as the foundation of our true identity. According to him, our true nature is this ever-present conscious presence, regardless of our experience at any given moment. He suggests that our suffering stems

from our mistaken identification with transitory objects: our thoughts, emotions, body, and the material world.

To guide students towards recognising their true nature, Lucille uses various methods, including direct investigation (a form of self-inquiry), meditation, and Socratic dialogue. The latter is a form of questioning that aims to challenge a person's fundamental beliefs in order to promote deeper awareness.

In her practice, Lucille often asks her students to ask themselves questions such as: "Who am I?", "Where does this thought come from?", "What am I really?". The goal is not to find an intellectual answer to these questions, but to direct attention to consciousness itself, which is the source of all experience.

Lucille also teaches that beauty, joy and love are pathways to recognising our true nature. She suggests that these experiences are reflections of the ultimate truth and can serve as "pointers" to our true nature.

It is important to note that Lucille does not encourage the repression or denial of negative thoughts and emotions. On the contrary, he recommends welcoming them fully, while recognising that they are transitory phenomena that appear and disappear in consciousness.

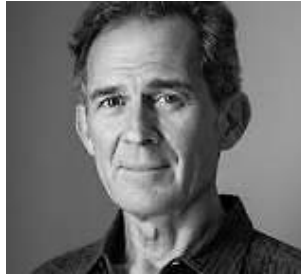
-Francis Lucille's official website URL:

[Home \(francislucille.com\)](http://francislucille.com)



Note: To access Francis Lucille's events, you must create an account on the meetup website. Type "Francis Lucille" in the first field of the search engine and "Temecula" in the second field.

Rupert Spira



Rupert Spira is a British teacher of non-dual philosophy who became interested in the nature of reality at a young age. He studied philosophy and art before meeting his spiritual teacher, Francis Lucille. It was through this teaching that he discovered the Advaita Vedanta tradition and the teaching of non-duality. He emphasises the recognition of consciousness as the fundamental reality of existence.

As a ceramist, Spira has applied the precision and attention to detail of this art to his teachings on non-duality, which are distinguished by their clarity and ability to make profound concepts accessible.

He teaches that our true nature is pure consciousness, and that everything that is perceived is an expression of that consciousness. Here are some of the key aspects of his teaching:

1. **Consciousness as Fundamental:** According to Spira, consciousness is not simply a function of the brain, but the

ultimate reality from which everything else emerges. He considers all our experiences, including our thoughts, sensations and perceptions, to be manifestations of this consciousness.

2. Self-Inquiry: Spira encourages the recognition of our true nature through self-inquiry. He urges us to ask profound questions such as "Who am I really?" or "Where do my thoughts come from?", not to provide intellectual answers, but to direct attention to consciousness itself.

3. Meditation: He sees meditation as a way to anchor ourselves in consciousness and discover our true nature. He suggests that meditation is less an activity we do and more a natural state of being in which we recognise that we are consciousness itself.

4. Non-duality: Spira teaches that reality is non-dual, meaning there is no separation between subject and object, between us and the world. He suggests that this separation is an illusion created by the mind, and that recognising our true nature as consciousness frees us from this illusion.

5. Art and Beauty: In addition to his formal teachings, Spira uses art and beauty as a means of pointing to our true nature. As an artist and ceramist, he uses his art as an expression of consciousness.

Rupert Spira's teaching can be profound and sometimes difficult to grasp, as it challenges many of the assumptions we have about ourselves and the world. Nevertheless,

many people find that his teachings offer a clear and direct path to realising the truth of our true nature.

-Rupert Spira's official website URL:

<https://rupertspira.com/>



Adyashanti



Adyashanti is an American spiritual teacher who is known for his contemporary and accessible approach to spirituality. His teaching is primarily based on the principles of Zen Buddhism, but he also incorporates elements from different spiritual traditions.

His central message emphasises the direct realisation of our true nature and liberation from suffering through recognising our fundamentally non-dual nature. He encourages practitioners to discover their deep spiritual essence beyond personal identifications and stories.

Adyashanti is renowned for his clarity and simplicity in expressing non-dual teaching. He emphasises the possibility of instant awakening and deep presence in the present moment.

In terms of where he teaches, Adyashanti has given teachings in many places around the world. He has organised retreats and workshops in cities such as San Francisco and Santa Cruz in California, as well as in other

states in the United States and in various countries, particularly in Europe.

Adyashanti has also established the Open Gate Sangha, an organisation that supports his teachings and facilitates the retreats and events he organises. Retreats and teaching programmes often take place in retreat centres, conference halls, or centres dedicated to spiritual practice.

-Adyashanti's official website URL:

<https://adyashanti.opengatesangha.org/>



Online programmes

Free live videos

These free live broadcasts with Adyashanti are an excellent way to receive his current teachings, wherever you are.

Free pre-recorded videos

These free pre-recorded videos of Adyashanti are rebroadcasts of previous broadcasts that we have selected for their popularity or their treatment of important topics.

Sunday Community Practice

This is an ongoing community that meets online twice a month for in-depth spiritual practice and inquiry.

6-week online retreat

A 6-week online retreat, "A Revolution of Being," is an excellent opportunity to spend extended time with Adyashanti, delving into the depths of spirituality while continuing your daily life.

Weekend and week-long online retreats

For those who wish to devote a weekend or a whole week to spiritual practice and inquiry, these silent online retreats with Adyashanti or Mukti offer you the opportunity to experience a retreat in the comfort of your preferred environment.

4-week online courses

These 4-week online courses focus on a specific topic chosen by Adyashanti and encourage contemplative and experiential inquiry into the subject. In addition to weekly live teachings, these courses offer weekly practices to deepen and apply the teachings between sessions.

Online intensive days

Adyashanti offers online intensive days that address a specific chosen topic.

Self-guided courses

These self-guided courses were taught live by Adyashanti. Each course offers a step-by-step approach that allows you to easily review the material and apply the teachings as if you had attended the live course.

Byron Katie



Byron Katie, whose real name is Byron Kathleen Mitchell, is an American speaker and author born in 1942. She has developed a method of self-inquiry called "The Work" to help individuals question their stressful thoughts and find inner peace. Her practical and pragmatic approach reflects the concrete spirit of Western culture.

In the 1980s, Katie was going through an extremely dark period in her life, marked by depression, agoraphobia, compulsive overeating, and addiction to alcohol and drugs. In 1986, at the age of 43, she experienced a sudden and intense spiritual awakening. In her own words, she woke up one morning and realised that all her suffering was the result of her own thoughts. She discovered that by questioning these thoughts, she could find peace and clarity.

Since that awakening, Katie has developed "The Work" and begun sharing this method with others. She has written several books on the subject, including "Loving What Is: Four Questions That Can Change Your Life." She holds workshops and lectures around the world and also offers

free resources on her website to help people apply The Work in their own lives.

Byron Katie's official website URL:

<https://thework.com/sites/francais/>



She can be reached on Zoom on Mondays, Tuesdays, and Wednesdays.

Louise Kay



Louise Kay is a contemporary spiritual teacher from the United Kingdom, known for her clarity and authenticity.

She shares non-dual teachings based on her own experience of awakening and Self-realisation.

Louise led an ordinary life before her awakening. After going through a personal crisis, she embarked on a spiritual quest that ultimately led her to a deeper understanding of reality and her own true self. This happened during a silent retreat where she experienced a complete dissolution of the ego and sense of individual self.

In her teaching, Louise shares the idea that we are all one consciousness and that there is no separation between us. She invites individuals to recognise the truth of their own nature by exploring their own experiences. For her, the ultimate goal of life is not to become someone or something, but rather to realise that we are already what we are seeking.

Louise Kay offers online meetings, workshops, retreats, and individual sessions. These meetings provide a safe and loving space for individuals to explore their experiences, ask questions, and delve into their true nature. Her approach is gentle but direct, combining periods of meditation, discussions, and question-and-answer sessions.

She emphasises the practice of mindfulness and acceptance of what is, in this very moment. For Louise, it is important to recognise and accept all emotions, and experiences that arise, as this allows us to realise that we are the space of acceptance and awareness in which everything unfolds.

Louise Kay has shared her teachings with people all over the world, touching the lives of many with her loving presence and inspiring words. She continues to touch lives through her retreats, workshops and individual sessions, helping others to discover the truth of their being.

Louise Kay's official website URL:

<https://www.louisekay.net/>



Gangaji



Gangaji is a contemporary American spiritual teacher who emphasises awakening to the truth of our true identity, beyond all mental constructs. Born in Texas, she pursued an intense spiritual quest before meeting her teacher,

H.W.L. Poonja, also known as Papaji, in India. Papaji was a direct disciple of Ramana Maharshi, one of India's great non-dual sages. Under Papaji's guidance, Gangaji experienced a profound awakening, which she then shared with others.

Here are some key elements of her teaching:

The Truth of Who You Are: Gangaji invites individuals to discover the truth of their nature, beyond any personal identity or history. She suggests that our true nature is pure consciousness, and that all our suffering comes from our identification with fleeting identities.

Inquiry: Like many non-dual teachers, Gangaji uses self-inquiry as a method to point to our true nature. She encourages individuals to ask themselves profound questions such as "Who am I really?" or "What remains when everything is taken away?"

Silence: Gangaji emphasises silence as a means of accessing our true nature. She suggests that in silence, we can directly experience the pure consciousness that is our true identity.

Stopping: Another central aspect of Gangaji's teaching is the invitation to stop all searching or striving to attain a certain state, and to simply recognise what is already present. According to her, it is in this stopping that we can discover the peace and freedom that are our true nature.

Gangaji teaches all over the world, including the United States, Europe, and Australia. She has led retreats,

workshops, and satsangs (spiritual gatherings) in many cities and has also shared her teaching through books, videos, and audio recordings. She also founded the Gangaji Foundation, which offers resources to support those interested in her teaching.

Byron Katie's official website URL:

<https://gangaji.org/>



Éric Baret



Éric Baret is a French spiritual teacher known for his transmission of Kashmir Yoga, also called Kashmir Shaivism, and his approach to non-duality. This ancient Indian tradition focuses on recognising and experiencing consciousness as fundamental reality.

Kashmir Shaivism is a non-dualistic philosophy that considers consciousness (or Shiva) to be the substance of all things. Contrary to what one might think when hearing the term "yoga", the practice of this tradition does not involve a series of physical exercises but is rather an exploration of the nature of our consciousness.

Éric Baret's teaching focuses on non-duality. He proposes that there is no separation between the self and the world, between the observer and the observed. Everything is one, and this unity is consciousness. He suggests that our suffering stems from our identification with transient thoughts and objects, whereas our true nature is

consciousness, free and unaffected by these ephemeral phenomena.

A unique aspect of his teaching is his exploration of desire. He suggests that desire is not something to be eliminated but rather a tool for discovering our true nature. He proposes that desire, when properly understood and experienced, brings us back to our essential nature.

In terms of practice, Éric Baret does not promote a specific set of techniques or rituals. Instead, he encourages us to listen to our bodies and our intuition, to live each moment fully and to embrace our desires without attachment. He also offers dialogues (open discussions with students) as a means of exploration and discovery.

Éric Baret emphasises the absence of effort in the spiritual path. According to him, the quest for awakening or enlightenment as a goal to be achieved is in itself a form of suffering. Instead, he invites us to recognise that we are already what we are seeking: pure consciousness.

Éric Baret has written several books detailing his teachings, including "Le Sacre du Dragon Vert" (The Consecration of the Green Dragon), an exploration of non-duality and desire, and "De l'Abandon" (On Surrender), which explores the art of living without effort. Although he does not offer courses, workshops or retreats, he invites exploration based on listening, suggesting that the absence of desire and fear gives way to the joy of living.

Éric Baret's official website URL:

<https://www.bhairava.info/>



Karl Renz



Karl Renz is a contemporary German spiritual teacher known for his direct and uncompromising approach to non-duality. Before he began sharing his own teachings, he underwent a series of spiritual transformations. Prior to his awakening, Renz worked as a computer scientist. He is known for his unconventional and often humorous approach to teaching.

The core of Karl Renz's teaching is non-duality, the notion that there is no separation between us and the world, between subject and object. He suggests that our true nature is pure consciousness and that all our suffering stems from our identification with a separate "I".

Unlike some other teachers, Karl Renz does not offer a method or technique for realising non-duality . He considers any method to be an effort, a search, which only

reinforces the idea of a separate "I" in search of realisation. Instead, he points directly to non-dual reality.

Karl Renz's teaching is mainly in the form of dialogues. He answers questions and challenges the beliefs of those who come to him. These dialogues can sometimes be disconcerting, as he does not give comfortable or reassuring answers. Instead, he seeks to dismantle the underlying assumptions and beliefs of the interlocutor.

A unique aspect of Karl Renz's teaching is his use of humour. He often uses laughter as a means of pointing to non-duality, suggesting that laughter is a natural expression of the freedom and joy that are our true nature. He uses a variety of methods to challenge conventional ideas of reality, including humour and paradoxes, and to awaken individuals to their true nature.

Although he does not present himself as a guru, he positions himself as someone who points to the truth of existence. His teachings, despite their sometimes eccentric outward appearance, highlight the profound simplicity of non-dual reality.

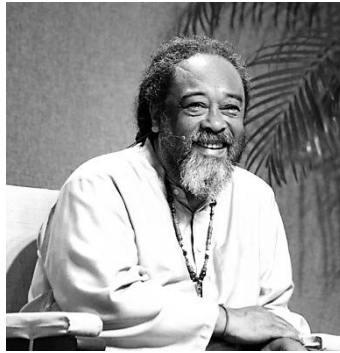
Karl Renz teaches in various locations around the world. He leads satsangs (spiritual gatherings), retreats and workshops, and shares his teachings through videos and audio recordings.

Karl Renz's official website URL:

<http://www.karlrenz.com/index2.htm>



Mooji



Anthony Paul Moo-Young, better known as Mooji, is a renowned spiritual teacher in the Advaita Vedanta tradition. Born in Jamaica and raised in London, Mooji underwent a spiritual transformation following an encounter with a disciple of Ramana Maharshi. Subsequently, his own master, Papaji, gave him his blessing to share his teachings.

Mooji's teaching is based on the concept of non-duality, inherited from the Advaita Vedanta tradition. He proposes that everything is one and that separation is only an illusion. According to him, we are all expressions of the same universal consciousness.

Mooji emphasises self-inquiry, a method that involves questioning our personal beliefs and perceptions in order to discover our true nature. This method derives directly from Ramana Maharshi and is often summarised by the question "Who am I?".

Satsangs, or "being in the company of truth," are a central part of his teaching. These are gatherings where students can ask questions and receive direct answers. These sessions are often broadcast online to allow those who cannot be physically present to participate.

Mooji emphasises the importance of presence, or attention to the direct experience of the present moment, in realising our true nature. He encourages his students to remain in the state of "I am", an experience of pure presence that transcends thoughts and perceptions.

Mooji shares his teachings in various locations around the world, including India, Europe, and North America. His main teaching centre is located in Monte Sahaja, Portugal, where he holds his retreats and satsangs. These events are often broadcast online to reach a wider audience. He has also written several books and regularly shares his teachings through videos and podcasts.

Mooji has often taught in Rishikesh, India, considered the "yoga capital of the world." This holy city for Hinduism attracts many spiritual seekers from around the world. Mooji organises satsangs there during the "satsang season", a period of the year when spiritual teachers, including Mooji, organise series of satsangs. These gatherings usually last from a few days to a few weeks, or even longer.

Rishikesh, located in northern India in the state of Uttarakhand near the Himalayas, hosts the satsang season during the winter and early spring months, usually from

February to March, when the weather is milder. During this period, many spiritual teachers from around the world come to Rishikesh to organise satsangs, workshops and retreats.

For Mooji, this period is marked by intense public teachings centred around non-duality and the practice of self-inquiry. These sessions often include guided meditations, question-and-answer sessions, and moments of silence for introspection.

Mooji's official website URL:

<https://mooji.org/>



Betty Quirion



Betty's testimony¹

In the autumn of 2008, while walking alone one evening, I suddenly stopped and made a startling realisation: deep down, I saw that I was incapable of finding peace because I was not equipped for it.

My spiritual journey, my efforts and my search for experiences had led me nowhere. I was completely disgusted. I said to myself, "I'm giving up, come what may, I don't care if I'm nothing and alone."

I realised that after great and unnecessary suffering, I found myself in a neutral state, as if in a desert. I was neither good nor bad, I refused to let thoughts affect me, but I had no resistance, I did not try to push them away: "You exist, thoughts ! Fine, do your job: I no longer feel concerned."

¹ Testimony reproduced in its entirety from Betty's website.

I no longer believed in myself, I was frozen, ready to die. Does awakening come when there is an unbearable urgency in the call, when there is relentlessness? I don't know. In the year before this earthquake, I had a genuine desire for the absolute, but I now realise that I was filled with fear: the great fear of not existing.

The love that I thought was the basis of everything, the love that I defined as the opposite of hate, fuelled this fear. It crept into everything: my romantic relationships, my conversations with my daughters, my professional life.

I saw the absurdity of these situations through my experiences: being afraid of the things that were supposed to bring me happiness made no sense. I had a real motivation to free myself from this fear that caused pain and suffering, but I didn't want to give up who I was, I wanted to continue to exist as 'me'.

After that evening when I honestly let go, I no longer bargained, I welcomed the moment for what it was, letting it wash over me, sometimes interpreted as painful, sometimes interpreted as joyful, but always acceptable, because it existed in the world that I myself had projected. So I took full and inevitable responsibility for it.

In doing so, all that remained was a thirst for the unknown, unidentified, untouchable, unqualifiable, which spread and created space. Life responded.

My testimony is simple, accessible and without purpose.

I created an invitation to abandon the unstable world of form, and I responded to it.

Recognising that we Are the very essence of Life means living in constant Peace, like flowers, without expecting anything, without asking for anything.

Consciousness is timeless, non-individual and does not undergo an evolutionary process: it IS! That is what we all are!

-Betty's official website



-Betty on Facebook



David Hoffmeister



David Hoffmeister is a renowned spiritual teacher, known primarily for his profound interpretation of *A Course in Miracles*, a self-taught book of spiritual wisdom. Born in the United States, Hoffmeister has devoted much of his life to studying and practising these teachings and has incorporated them into his own spiritual philosophy.

His spiritual quest began in the 1980s after discovering *A Course in Miracles*. He was immediately struck by the depth and clarity of the text and decided to devote his life to its study and application. He spent many years travelling, sharing his ideas and learning from others, gradually developing his own understanding of non-duality and unconditional love.

Hoffmeister is known for his direct and accessible approach to spiritual awakening. He encourages his students to embrace the present and let go of their fears

and desires for the future. He asserts that the key to inner peace lies in the realisation that the world as we perceive it is an illusion and that truth resides within us.

At the heart of his teaching is the concept of forgiveness, which he considers the ultimate tool for transcending the ego and reaching a higher consciousness. For Hoffmeister, forgiveness means freeing the mind from thoughts of judgement and attack and accepting the world as it is.

He has written numerous books on the subject of A Course in Miracles, including *Awakening Through A Course In Miracles* and *Unwind Your Mind Back to God*. In addition to his books, Hoffmeister also offers teachings through workshops, retreats, online lectures, and YouTube videos. He also founded the Foundation for the Awakening Mind, a non-profit organisation dedicated to spreading the teachings of A Course in Miracles.

David Hoffmeister's official website URL:

<https://un-cours-en-miracles.org/qui-sommes-nous/david/>



Claudette Vidal



Claudette Vidal is a spiritual teacher known for her direct and clear approach to non-duality. Born and raised in France, Claudette was introduced to spirituality at a young age. Her personal quest eventually led her to meet several spiritual masters, some of whom had a significant influence on her own teaching.

One of the strengths of Claudette Vidal's teaching is her ability to translate profound spiritual concepts into simple and understandable terms. She emphasises the importance of non-duality, the idea that everything is one, and that the perceived separation between ourselves and the rest of the world is an illusion. According to her, our true nature is pure consciousness, unaffected by the circumstances of life.

Claudette offers a practice centred on self-observation and questioning. She encourages her students to question their own beliefs and perceptions in order to reveal the truth of their non-dual nature. Her approach emphasises direct experience rather than intellectual conceptualisation.

In addition to her oral teachings, Claudette has written several books on non-duality, some of which have been translated into several languages. Her writings convey the same clarity and simplicity as her oral teachings, making them accessible to a wide audience.

Claudette regularly organises retreats, workshops and satsangs (spiritual gatherings) in France and abroad. She also offers online teachings, allowing those who cannot meet her in person to benefit from her guidance.

Claudette Vidal's official website URL:

<https://eveilspirituel.net/>



David Spero



David Spero is an American spiritual teacher known for his lectures and writings on spiritual awakening and self-realisation. He was born in 1961 in Cleveland, Ohio. Having been touched by profound spiritual experiences in his childhood, he turned to various spiritual traditions in search of answers.

In 1999, he experienced a profound transformation of consciousness, which he described as a "descent of Grace," a moment of radical spiritual liberation. Since that experience, he has been committed to sharing what he has learned with others. His teachings emphasise the direct experience of Being, transcending habitual beliefs and concepts of self and reality.

David Spero has published several books on spirituality and the awakening of consciousness, including "Beyond the Place of Laughter and Tears in the Land of Devotion" and "Rays of the Absolute: The Legacy of Sri Nisargadatta

Maharaj". His lectures and public meetings are appreciated for their direct and authentic nature, and for their ability to convey a profound experience of peace and liberation.

Please note that this information was accurate at the time of my last update in September 2021. For more recent information, I suggest you search online or consult his official website.

<https://davidspero.org/>



Wayne Liquorman



Wayne Liquorman is a respected spiritual teacher internationally recognised for his teachings on non-duality. Born in the United States, Liquorman began his spiritual quest in his youth, exploring various philosophical and spiritual traditions before discovering Advaita Vedanta, an Indian philosophy that advocates non-duality.

His teaching has been deeply influenced by his spiritual master, Ramesh Balsekar, who was himself a disciple of Nisargadatta Maharaj. After spending several years studying with Balsekar in Mumbai, India, Liquorman finally had his own realisation of non-duality, after which Balsekar encouraged him to begin teaching.

Here are some key points from his teaching:

Liquorman's teaching is based on the concept of non-duality, the idea that everything is one, and that the separation between us and the rest of the universe is an illusion. According to him, our true nature is pure, indivisible, and unchanging consciousness.

Liquorman emphasises the idea that spiritual realisation is not a result of our efforts or actions. Instead, he teaches that realisation is a grace that occurs spontaneously and without apparent cause. This reflects his master Balsekar's teaching on the concept of 'non-volition', which holds that we have no real control over our actions or spiritual awakening.

Liquorman has a very direct and no-nonsense teaching style. He uses simple and clear language to express profound spiritual truths, and he is known for his dry humour and penchant for provocation, which can often surprise and unsettle listeners.

In addition to giving satsangs (spiritual gatherings) and workshops around the world, Liquorman has written several books on non-duality. He is also the founder of the Advaita Foundation, a non-profit organisation dedicated to spreading the teachings of non-duality.

Wayne Liquorman's official website URL:

<https://www.advaita.org/fr/>



Roger Castillo



Roger Castillo is a respected spiritual teacher focused on Advaita Vedanta, a Hindu philosophy of non-duality. Originally from Australia, Roger was deeply influenced by the Indian spiritual master Ramesh Balsekar, himself a disciple of Nisargadatta Maharaj. Meeting Balsekar was the turning point in Castillo's life, marking the beginning of his journey as a spiritual teacher.

Roger teaches non-duality with a particular emphasis on the understanding that everything that happens is the result

of divine will or cosmic destiny. For him, liberation or spiritual awakening comes from the realisation that the individual is not the author of their actions, but that they simply happen as part of life.

His teachings are also rooted in the idea that the happiness we all seek is already our fundamental nature. According to Castillo, this happiness is often obscured by our mistaken identification with our thoughts, feelings, and actions as 'ours'. Therefore, a significant part of his teaching involves deconstructing this false identification to reveal the peace and contentment that is our natural state.

Roger Castillo offers satsangs, individual interviews and retreats in Australia and abroad. In addition to in-person meetings, he also offers online teachings and a wealth of free resources, including satsang videos and writings, on his website.

Despite his deep and serious approach to spiritual matters, Roger is also known for his sense of humour and his ability to make the concepts of non-duality accessible and understandable. His main goal is to guide others towards the realisation of their true nature, and he does so with compassion, clarity and dedication.

Roger Castillo's official website URL:

<https://www.rogercastillo.org/events>



Darpan



Darpan, an independent spiritual teacher, stands out for his pragmatic and concrete approach to awakening and personal liberation, without being tied to any particular tradition, lineage or religion. He shares his knowledge during his free time and holidays, alternating between his professional life and his role as a teacher.

With a practical and logical vision, Darpan tackles spiritual challenges by focusing on the process of liberation from the weight of the past and the conscious exploration of true identity. He addresses inner growth and the challenges associated with it, such as the transition from the concept of "person" to "Being" and the act of dying to oneself.

His workshops, renowned for their consistency and integrity, offer a range of topics related to self-knowledge and various aspects of life, such as love, death, suffering, relationships, sexuality, and the inner journey. These

teachings are recognised for their ability to facilitate growth in wisdom and love, while helping to break free from the painful and restrictive chains of the past.

In addition, Darpan offers a unique fusion of an 'enlightened' understanding of inner processes and the personal stripping down necessary for conscious self-exploration. Often, those who come to Darpan have already journeyed through personal development, therapy, and meditation. Caught between Eastern approaches and Western techniques, they seek clear vision and an effective, accessible "guide" to continue on their spiritual path.

Darpan official website URL:

<https://www.aventure-interieure.ch/>



2024 is a sabbatical year for Darpan,

Jean Bouchart d'Orval



Jean Bouchart d'Orval, born in Montreal in 1948, studied physics and nuclear engineering, but was led to a more direct existential quest due to fundamental questions that remained unanswered. After spending time in the Indian Himalayas, he deepened his intuition about existence in the West. For over 30 years, he has been writing books and organising public meetings, encouraging an exploration of causeless joy.

His teaching is based on the intuition of conscious Light as the only reality. For him, once this intuition is integrated, we can let our human nature act freely and serenely. By ceasing to defend the image of a limited existence, no situation becomes problematic. Our true nature is pure conscious Light, independent of any situation.

He defends the idea that any attempt to become something other than what we currently are is futile. The only path to serenity is to focus on the present. Our individual and collective discomfort stems from a fundamental misunderstanding of our existence, which can only be corrected through passionate and unintentional attention. He offers meetings in Quebec and Europe, without seeking to convince or prove, but to live openly.

Individual interviews on Zoom:

<http://www.jeanbouchartdorval.com/>



Lisa Cairns



Lisa Cairns is a spiritual teacher who shares teachings on non-duality and spiritual awakening. Influenced by the ancient philosophies of Advaita Vedanta and Buddhism, she speaks about the search for truth and the profound realisation that nothing is separate.

Before becoming a teacher, Lisa experienced a period of depression and disillusionment, which ultimately led to a profound transformation. It is from this personal experience of awakening to non-dual reality that she now teaches, using clear and simple language to convey these profound truths.

Unlike some teachers, Lisa does not adhere to a specific teaching "method". Instead, she shares her own experiences and guides others in their own process of spiritual discovery. She emphasises that true freedom and peace come from the realisation that everything is an expression of divine consciousness, and that there is no real separation between the "self" and the "world".

Lisa offers meetings, retreats, workshops, and individual sessions, both in person and online. She also uses digital media, including social media and her YouTube channel, to share her teachings. Her satsangs are generally informal and interactive, combining talks, guided meditation, and question-and-answer sessions.

Over the years, Lisa has taught in various locations around the world, including Europe and Asia. She has organised retreats in Spain and Thailand, among other places. However, the COVID-19 pandemic has led her, like many other spiritual teachers, to move much of her teaching online.

She is also known for her love of dogs. It is not uncommon to see her accompanied by one of her faithful companions during her online satsangs.

Lisa Cairns' official website URL:

<https://www.lisacairns.com/>



Armelle Six



Armelle Six is a spiritual teacher who shares teachings based on non-duality and awakening to pure consciousness. Her central philosophy is that each of us is an expression of universal consciousness, and that our true nature can be realised by transcending the illusion of individual separation.

Armelle's life took a decisive turn in 2000 when she experienced a spontaneous awakening, a transformative experience that changed her perception of the world. This awakening was characterised by the realisation that everything is one, and that personal identity is only an illusory construct.

Since this realisation, Armelle has begun sharing her experiences and insights with others, offering teachings that encourage self-realisation and awakening to our true nature. Her approach is centred on the heart and encourages people to connect with their inner essence in an authentic and personal way.

Armelle offers workshops, retreats, and individual sessions, both in person and online. Her work is characterised by a deep respect for the uniqueness of each individual and an invitation to embrace life as it presents itself, without judgement or resistance.

She has also written several books on the subject of spiritual awakening and non-duality, which have been well received and have helped many people on their path to self-realisation. Among these is "Life is what you make it", which describes her journey of awakening and offers practical advice for those seeking to deepen their own spiritual understanding.

Armelle Six is also known for her commitment to using her platform to support social and environmental justice. She emphasises the connection between individual awakening and collective well-being, asserting that realising our fundamental unity is the key to creating a more just and sustainable world.

Armelle Six's official website URL:

<https://www.rencontreenpresence.com/>



Julie Ann



Julie Ann is a contemporary spiritual teacher known for her clarity and sincerity. Based in the United Kingdom, she offers teachings centred on non-duality and awakening to one's true nature. Her teachings are influenced by the philosophies of Advaita Vedanta, but remain largely universal and accessible to all, regardless of religious or spiritual background.

Julie Ann experienced a profound spiritual awakening that transformed her perception of the world and of herself. She shares this deep understanding in a direct way, encouraging individuals to turn to their own experience and discover their true essence beyond constructed thoughts and identities.

She offers satsangs, workshops, retreats, and individual sessions, all designed to facilitate a space for deep inquiry and the realisation of ultimate truth through . Most of these

events are also available online, allowing a wider audience to access her teachings.

A distinctive aspect of Julie Ann's teaching is her practical, down-to-earth approach. She often speaks of the need to live awakening in daily life, asserting that spirituality is not an escape but a complete immersion in reality as it is. As a result, her teachings are often imbued with concrete examples and practical advice.

Julie Ann is also a prolific writer, having published several books on spirituality and non-duality. Her works are appreciated for their clarity, depth, and ability to evoke an inner recognition of ultimate truth. Her best-known book, "The Simplicity of This," is a valuable guide for those on the path to spiritual awakening, offering profound insights and practical advice for living in the presence of the present moment.

Julie Ann's official website URL:

<https://www.just-be-love.com/>



Caroline Bianco



Caroline Bianco is a therapist specialising in cellular memory release, but she is also an author and trainer. She is the creator of the Intuitive Healing© method, developed in 2011, which is the result of her personal experiences with the release of memories stored in cellular memory.

After undergoing an awakening experience in 2015, which she gradually integrated into her life, Caroline now guides people in their quest for spiritual fulfilment. She shares her knowledge of the concept of non-duality, often referred to in everyday language as "the present moment".

Hours of meditation, deep inner searching and the discovery of her true essence have refined her clairvoyance, making her formidably accurate. With her piercing eye, she immediately detects any mental strategy, hidden wound, or attempt by the ego to distance us from our essence. With a swift and incisive gesture, she thwarts the usual mechanisms, reducing the ego to powerlessness. In this void, in this mental confusion, the possibility of discovering the essential, our true Self, emerges.

According to Caroline, every interaction is an opportunity to free ourselves, to let go of what hinders our ability to live in the present moment in deep peace and intense joy.

Caroline Bianco's official website URL:

<https://www.carolineblanco.com/>



Canela Michelle Meyers



Canela is a spiritual teacher and healer with a deep sense of empathy. Since 1999, she has been assisting individuals in their personal (and therefore universal) awakening through satsang gatherings and private sessions conducted around the world. Canela is dedicated to helping others transcend struggle, to live with greater joy, peace, abundance and increased awareness of their own being.

Canela's official website URL:

<https://www.canelamichelle.com/>



Vishrant



Vishrant is a contemporary spiritual teacher whose work is based primarily in Australia, although he is also known internationally. He founded "The Vishrant Society," a non-religious community focused on the search for truth and spiritual awakening.

Vishrant advocates a path to awakening that integrates everyday life. He encourages individuals to lead balanced lives, be in touch with nature, and maintain healthy relationships while pursuing spiritual awakening. He offers a blend of traditional and modern methods to help individuals discover truth and live a life of love, compassion, and service.

He offers a variety of retreats, courses, and workshops, as well as private counselling and spiritual coaching sessions. His approach is centred on the individual and focuses on discovering and realising one's inner truth.

As a spiritual teacher, Vishrant emphasises the importance of mindfulness, acceptance and presence in every moment. He teaches that awakening is not an end in itself, but a step in an ongoing journey towards greater awareness and understanding.

Vishrant's official website URL:

<https://www.vishrant.org/>



OM C. Parkin



OM C. Parkin is a modern spiritual teacher and mystic from Germany. His work draws from a variety of spiritual traditions, and he focuses primarily on teaching non-duality and awakening.

Born in Germany in 1957, OM C. Parkin spent several years in India studying with various spiritual teachers. Among these teachers was the Indian spiritual master Sri H.W.L. Poonja (also known as Papaji), who was a disciple of Ramana Maharshi, one of the most respected spiritual teachers in modern India.

After spending time deepening his own spiritual realisation, OM C. Parkin returned to Germany, where he began teaching. He founded the Enneallionce - School for Inner Work, a spiritual centre dedicated to the awakening of the individual.

OM C. Parkin teaches that Self-realisation is possible for each of us and encourages his students to seek the truth of

their inner nature. He offers retreats, lectures, and individual sessions to help others in their spiritual quest.

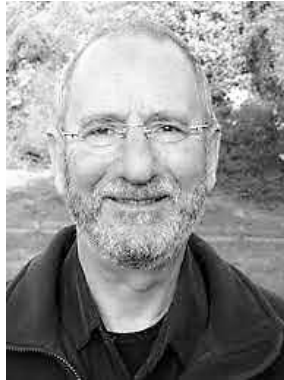
Please note that specific information about OM C. Parkin may have changed since my last update in September 2021. For more accurate and up-to-date information, please consult OM C. Parkin's official resources or website directly.

OM C. Parkin's official website URL:

<https://www.om-c-parkin.de/en>



Richard Sylvester



Richard Sylvester is a teacher of non-duality based in the United Kingdom, who is often associated with the contemporary Advaita movement. He is also the author of several books on the subject of non-duality and spiritual awakening.

Born in London, Richard initially pursued a career in psychology before turning to spiritual practices and non-dual philosophy. After years of spiritual inquiry, he claims to have had an awakening experience that radically changed his understanding of himself and reality.

In his teachings, Richard Sylvester emphasises that non-duality is not a state to be attained or an achievement to be acquired, but rather the recognition that everything is already one, and that separation is an illusion. He speaks in a direct and unadorned manner, using humour and anecdotes from his own life to illustrate his points.

He has written several books on the subject, including "I Hope You Die Soon" and "The Book of No One," which discuss his experience of awakening and the implications of non-duality in everyday life. His writings and lectures are accessible to those new to non-duality, as well as those who already have some experience in the field.

Richard Sylvester's official website URL:

<http://www.richardsylvester.com/>



Jac O'Keeffe



Jac O'Keeffe is an Irish spiritual teacher known for her contributions to the philosophy of non-duality. Her teachings focus on awakening and Self-realisation, and she is known for her ability to help individuals navigate the process of spiritual awakening.

Born in Ireland, Jac initially pursued a career in community development before turning to spirituality. She underwent a series of personal spiritual transformations that led to a profound awakening.

In her teaching, Jac O'Keeffe emphasises the importance of personal realisation of truth beyond concepts and beliefs. She guides individuals through the process of awakening and helps them navigate the challenges that may arise along the way. Jac emphasises that spiritual awakening is not an end in itself, but rather an ongoing process of deepening and discovery.

In addition to her work as a spiritual teacher, Jac O'Keeffe is also the author of several books, including "Born to Be

Free" and "How to Be a Spiritual Rebel." Her books and teachings have helped many individuals around the world understand and navigate the process of spiritual awakening.

It is important to note that my information is based on data available as of September 2021. For up-to-date information, I recommend visiting Jac O'Keeffe's official website or other resources directly related to her work.

Jac O'Keeffe's official website URL:

<https://www.jac-okeeffe.com/>



Unmani Liza Hyde



Unmani Liza Hyde, commonly known simply as Unmani, is a spiritual teacher known for her teachings on non-duality. Originally from England, she has spent much of her life travelling the world to share her teachings. Her work aims to help people realise their true nature and see beyond the illusion of individual separation.

Unmani encourages individuals to question their beliefs and perceptions of themselves and the world, arguing that true liberation comes from realising the truth of non-duality – that we are not separate from the rest of existence, but intrinsically connected to all that is.

Unmani has written several books on non-duality and regularly leads retreats and workshops.

Unmani's official website URL:

<https://www.die-to-love.com/>



Gérard



Gérard offers videos and training courses on non-duality, an approach to spirituality that aims to realise that the Self is beyond the duality between subject and object, the self and the world.

Gérard is a former engineer who began his spiritual quest several years ago. He has completed various training courses in non-duality, notably with Gangaji and Mooji.

He is now an experienced spiritual guide who offers retreats and training courses in France and Europe.

Gérard's videos are accessible to all and cover a variety of topics, such as the nature of consciousness, suffering, love and freedom. He offers an accessible and practical approach to non-duality, which can be a path of profound transformation for those who are ready to embark on it.

Gérard also offers online and in-person training courses on non-duality. These courses are designed to accompany participants in their own process of transformation.

Gérard's official website:

<https://regarder-ce-qui-est.org>



Somasekha



Somasekha is originally from Cambodia and fled her war-torn country at the age of five. She settled in France, where she studied law and became a lawyer. From a young age, she was interested in the search for meaning and true happiness, which led her to Buddhist philosophy. She deepened her knowledge of Buddhism during four years in India at Kibi (International Institute of Advanced Buddhist Studies) and participated in meditation retreats that allowed her to cultivate a direct experience of the body and mind, as well as develop a talent for healing.

Somasekha herself recounts the turning point that occurred during a trip, which she calls "the hidden evidence":

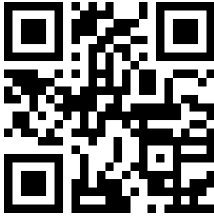
On a beautiful winter afternoon, as I was walking through the streets and gardens of Amsterdam, the veil was lifted; the feeling of being a separate individual vanished. There was no longer any time, no inside or outside. No more subject or object. What I believed to be the world appeared in a new light and with unexpected freshness. Beyond the dualistic boundary, it revealed itself to be the natural

radiance of infinite consciousness; the free expression of its joy, its ecstasy, its unconditional love. Love is the song of freedom of consciousness; its fragrance of life; its divine smile. It embraces everything; it is everything. In the open and clear space of this evidence, there was fullness and awakening to the beauty of life. Fullness of having found one's original home; fullness of peace and love;
fullness of the Heart."

Somasekha offers online and in-person meetings.

Somasekha's official website:

<http://espaceducoeur.com/>



Emmanuelle Errera



Emmanuelle Errera is an explorer of non-duality, sharing her experiences and reflections on platforms such as YouTube and Instagram. In January 2017, a guided meditation by Eckhart Tolle led to a spontaneous halt in her usual mental activity, resulting in a profound inner silence. This experience allowed her to realise that when the mind calms down, attention can turn inwards, revealing a silent conscious presence that welcomes all phenomena without identifying with a personal story. She discovered a sense of completeness in this state of present consciousness, where nothing is missing and attention remains in the present moment without dispersing.

Emmanuelle Errera offers Self Satsang Workshops: face-to-face meetings, sharing/meditation/exercises and exchanges for recognition and establishment in the Self.

Emmanuelle Errera accompanies those who wish to complete their spiritual quest or deepen their realisations in individual consultations (1 hour, on Zoom, WhatsApp or telephone).

Emmanuelle Errera's official website:

<https://www.emmanuelleerrera.com/>



Suyin Lamour



Suyin Lamour is a French author, artist and trainer specialising in spirituality and self-knowledge. Her spiritual journey began in the 2000s, inspired by the works of Carlos Castaneda and Jiddu Krishnamurti. In 2001, at the age of 28, she had an enlightening experience that transformed her perception of reality, leading her on a profound quest for her true essence.

During this period, Suyin explored various practices, including shamanism, energy and emotional therapies, Jungian analysis, meditation, and contemplation. In 2014, after recognising the limitations of her efforts to achieve total awakening, she experienced an inner surrender that led to a dissolution of the ego and an impersonal perception of consciousness.

Since 2016, Suyin has been sharing her experience through seminars and training courses in energy healing based on Presence.

She is the author of several books. Through her writings, artistic works and training courses, Suyin Lamour helps individuals recognise their deepest essence, free themselves from suffering and allow their full potential to emerge. She transmits "the power of Love": opening the heart, welcoming, saying "yes" to what is, and listening, for an inclusive and embodied spirituality.

Suyin Lamour's official website: <https://suyin-lamour.fr/>



Marion Renault



Marion Renault is a French spiritual guide specialising in non-duality and self-knowledge. A mother of four, her inner quest began in childhood with a profound questioning of her true nature. This exploration led her to study various therapeutic and body-based approaches, including Gestalt therapy, Person-Centred Approach (PCA), focusing, massage, energy healing, tai chi and meditation.

In November 2013, Marion had a spontaneous awakening experience, a direct realisation of the nature of reality, marking an irreversible turning point in her perception of the world. She then recognised that her true identity was a "Presence Consciousness" enveloping and welcoming everything, including herself with her imperfections, in a surge of unconditional love.

Since this realisation, Marion has devoted herself to sharing this perspective through individual coaching,

satsangs and spiritual retreats. She also runs a YouTube channel called "Au Cœur de l'Être - Marion" (At the Heart of Being - Marion), where she offers reflections and teachings on non-duality.

In 2024, Marion co-wrote the book "La non-dualité au féminin" (Non-duality in Women) with Julie Ann, Emmanuelle Errera and Ginette Forget, which explores the realisation of the absence of separation between oneself and the world, allowing one to live fully in the present moment, without judgement or resistance, leading to a state of peace, love and serenity, free from suffering.

Marion Renault's official website: <https://cequiest.org/>



Caroline Pol



"Support & Teaching on the True Nature of Being

From the body, to I Am, to All That Is, That.

...A Return to our Pure Essence...

...Recognition of the Self...

Being free from all suffering, a path of Healing and Love

It is with Joy in my Heart that I accompany you to investigate, observe, dissolve, at the very heart of this space of Presence, Love, emotions, beliefs, conditioning, attachments, concepts... lifting the veils of illusion that prevent us from fully tasting our True Nature...

Then the Absolute reveals itself in total and infinite completeness...

I share with you what is perceived from this space of Absolute Truth to accompany you in realising what we already are...

Sat-Chit-Ananda, Being-Consciousness-Bliss.

In the Light of the Heart

Love Joy Peace" Caroline Pol

Caroline Pol offers satsangs, seminars and individual coaching via videoconference.

Caroline Pol's official website:

<https://coeurpresence.wixsite.com/>



Sandra Ney



Sandra Ney is a practitioner of Jin Shin Jyutsu, a form of Japanese energy harmonisation, and a specialist in energy balancing. She offers Japanese energy treatments, readings of unconscious structures and guidance towards self-realisation.

From childhood, Sandra experienced moments of spontaneous unity that sparked a quest for spiritual awakening. Around the age of 30, she studied with Arnaud Desjardins for a decade and travelled to India and Portugal to meet various spiritual masters. Despite her inner peace, she felt a sense of incompleteness until a transformative experience in France dissolved the illusion of separation, bringing her quest to an end.

Today, Sandra leads workshops entitled "Lever les Voiles" (Lifting the Veils) and in-person meetings, particularly in Quebec, aimed at exploring the true nature of being and dissolving limiting beliefs. She also offers individual coaching at for those who aspire to self-realisation.

Sandra Ney's official website:

<https://sandraneysat.wixsite.com>



Pierre Leré Guillemet



Pierre Leré Guillemet is a French spiritual teacher, author and lecturer, known for his journey dedicated to the quest for Enlightenment and Self-realisation.

At the age of 19, Pierre had a decisive spiritual experience that led him to search tirelessly for Enlightenment. This quest led him to 17 years of deep introspection, punctuated by encounters with sages from the East and West, as well as travels, notably to the Himalayas, where he spent several years with yogis. Finally, it was upon his return to France, in the simplicity of everyday life, that the long-desired Liberation revealed itself, putting an end to all seeking.

Since this realisation, Pierre has been sharing his experience through question-and-answer sessions, as well as silent and guided meditations.

Pierre Leré Guillemet's official website:

www.yoga-traditionnel-angers.com



Louise Robidoux

Louise Robidoux is a Quebec-based author and spiritual teacher specialising in non-duality, also known as Advaita Vedanta. This approach, found in several spiritual traditions such as Hinduism, Buddhism and Taoism, emphasises that everything is one and the same indivisible Consciousness, our natural state.

After a spiritual quest lasting more than thirty years, Louise experienced what she describes as "Self-Realisation", an awakening to our true nature. She now shares her knowledge and experience through books, talks and face-to-face meetings, aiming to support those who feel called to rediscover their true nature.

Her book, consisting of 25 chapters, offers teachings based on non-duality and suggests simple exercises and practices to accompany spiritual seekers on their own path. These tools, which can be used in daily life or in meditation, aim to dissolve the illusion of separation and recognise our true being.

Louise Robidoux's official website:

www.louiserobidoux.com



Kamala



Kamala is a spiritual teacher specialising in integral non-duality. She combines the practices of yoga and meditation to guide individuals towards self-realisation.

Born in Laos to a family of Chinese origin, Kamala emigrated to Paris in the late 1970s. After a career in international trade, she underwent a profound inner transformation that led her on the path to yoga and spirituality.

She trained in various forms of yoga, including hatha yoga, kundalini yoga and prenatal yoga. Early on, she emphasised the importance of combining yoga and meditation in her teaching. From 2008 to 2018, she ran her own yoga studio in Paris, deepening her practice and teaching.

Her journey ultimately led her to non-duality, where she now teaches the investigation of the Self and the true nature of consciousness.

Kamala offers retreats, workshops and individual coaching integrating yoga, meditation and the teachings of

non-duality. Her approach aims to help everyone recognise their true nature and experience pure joy.

She also shares her teachings through videos and lectures on her YouTube channel and website.

Kamala's official website:

[Group or individual yoga classes, yoga retreats and yoga training.](#)



Conclusion

After exploring all the non-duality teachers, their unique backgrounds and varied teachings, it is time to take a step back and examine the main themes that emerge. Two main currents seem to be emerging, with nuances and approaches specific to each teacher, of course. But these currents can help us better understand the dynamics at work in the teaching of non-duality and navigate our own spiritual path with greater serenity.

On the one hand, we have teachers who insist that there is "nothing to do" to achieve spiritual awakening. This school of thought is often associated with figures such as Tony Parsons and Karl Renz...

According to them, the search for enlightenment or liberation is in itself a form of attachment that hinders the realisation of our fundamental nature. They argue that there is no path to enlightenment, because we are already, in essence, enlightened. Traditional spiritual practices, such as meditation or yoga, are sometimes seen as reinforcing the illusion of a separate "self" that needs to achieve something.

On the other hand, we find teachers who offer practices such as meditation to help individuals calm their minds and turn to their direct experience. Figures such as Francis Lucille, Eckhart Tolle, and Rupert Spira could be associated with this approach. Although they also recognise that our fundamental nature is already free and awakened, they see value in practices that help dispel the

illusions and identifications that prevent us from realising this truth.

It is important to note that these two approaches are not necessarily contradictory. They can be seen as two aspects of the spiritual path. The "nothing to do" approach seeks to help us realise the freedom that is already ours, while the practice-based approach seeks to help us integrate this realisation into our daily lives. Both can be valuable, and different approaches may resonate with different people depending on their temperament and life context.

Although spirituality is often associated with the elimination of the ego, the spiritual path can itself give rise to a new type of ego - the spiritual ego. It is essential to approach this phenomenon with an open mind, being aware of the potential pitfall it can represent.

At the beginning of our quest, we become aware that the ego, with its need for self-affirmation and thirst for recognition, can be a major obstacle on the path to true inner peace. However, as we progress on our spiritual path, we begin to observe a new form of ego—an ego that adorns itself with spirituality.

We may then begin to perceive ourselves as 'spiritually superior' to those who are not engaged in a spiritual quest. We are proud of our progress, of our experiences of deep meditation. This spiritual ego, although cloaked in spiritual terminology and ideas, is no different from the ordinary ego. It still seeks to compare, measure and assert itself.

By becoming aware of the existence of the spiritual ego, we realise that it is not a matter of rejecting or destroying the ego, but rather of recognising and understanding it. The goal is not to become "ego-less", but to see the ego for what it really is - a mental construct, a false identity that we take to be real.

The spiritual ego is therefore not an enemy to be defeated, but a reality to be understood and integrated into our journey towards awakening. By recognising and accepting our ego—including the spiritual ego—we can move forward on the path of spirituality with greater wisdom and compassion.

Spiritual teachers who left their mark on their era

In the following pages, we discuss another lineage of spiritual teachers. They no longer speak to us directly today, as they have left this world or chosen silence. Yet their words remain alive, preserved in writings, poems, or testimonies that continue to illuminate the path to awakening.

These teachers come from diverse backgrounds – Christian, Sufi, Taoist, Buddhist, or even without religious affiliation – but they all have in common the experience of an inner shift, an awakening that dissolves the illusions of the ego and opens the mind to clarity of consciousness.

Their teaching style reflected their time and culture: some spoke in parables, others in aphorisms or prayers, and still others through silence and presence. Although they no longer teach today, their writings continue to be read, meditated upon, studied, and to touch those who seek to live closer to their true nature.

Chanist and Taoist teachers

Lao Tzu (6th–4th century BC?)

The figure of Lao Tzu (or Laozi, 'the old master') is shrouded in mystery, somewhere between history and legend. His life is generally thought to have taken place between the 6th and 4th centuries BC in China. According to tradition, he was an archivist at the imperial court of the Zhou before retiring to a life of solitude. Legend has it that when he left China for the West, he left behind his teachings in the form of a small book, the **Dao De Jing** (*Book of the Way and Virtue*).

His experience of enlightenment was that of an intimate union with the **Dao**, the cosmic Way that governs and harmonises the universe. For Lao Tzu, enlightenment did not lie in human mastery or will, but in **Wu Wei** ("non-action"), that is, spontaneous harmony with the flow of life. Recognising that everything is born, lives and disappears according to a natural and mysterious intelligence is the source of inner peace and wisdom.

His teaching style was concise, poetic and paradoxical. The *Dao De Jing* is composed of short aphorisms and metaphors that challenge rational thinking in order to awaken intuitive understanding. Lao Tzu taught simplicity, flexibility, humility and gentleness as paths to inner transformation, inviting us to let go of artifice and return to the essence.

His main work is precisely the **Dao De Jing**, the founding text of Taoism, which has survived the centuries and influenced Chinese philosophy, spirituality, medicine and the arts. This profound work remains one of the most translated in the world and continues to inspire spiritual seekers.

Lao Tzu remains a timeless figure of enlightenment: a witness to the wisdom of alignment with nature and the cosmos, where simplicity and non-action reveal the original harmony.

Chuang Tzu (c. 369–286 BC)

A contemporary of the end of the Warring States period in China, Chuang Tzu (or Zhuangzi) was a local official before retiring to a simple and contemplative life. He is considered one of the greatest masters of Taoism, on a par with Lao Tzu, whose inspiration he extended and deepened.

His experience of enlightenment manifested itself as a radical understanding of the relativity of all human perspectives and the fundamental unity of life. One of his most famous stories illustrates this shift: he dreamed that he was a butterfly, then, upon waking, wondered whether he was a man who had dreamed he was a butterfly or a butterfly dreaming he was a man. This experience reveals enlightenment as the dissolution of boundaries between oneself and the world, between dream and reality.

His teaching style was poetic, ironic and often paradoxical. Chuang Tzu used humour, fables and imaginary dialogues to destabilise rational thinking and open up an intuitive understanding of the Dao. He mocked social conventions and moral rigidity, asserting that true wisdom lies in spontaneity, freedom and harmony with the natural course of things.

His main work is the **Book of Chuang Tzu** (*Zhuangzi*), a collection of texts attributed to him and his disciples, consisting of stories, aphorisms and parables. This work explores themes such as inner freedom, detachment, the relativism of points of view and fusion with the Dao.

Chuang Tzu remains a universal figure of Taoist wisdom. His awakening was expressed as an invitation to freedom, laughter and lightness, showing that harmony with the Way does not come through effort but through flexibility and trust in life as it is.

Bodhidharma (5th–6th century)

Originally from southern India, Bodhidharma was a Buddhist monk trained in the Mahāyāna tradition. Around the beginning of the 6th century, he undertook a long journey to China in order to transmit the essence of Buddhism there. Legend has it that he arrived at the Shaolin monastery, where he retired for nine years to meditate facing a wall.

His experience of enlightenment was rooted in the practice of **dhyāna** (deep meditation), considered the direct, un d path to realising the nature of the mind. For Bodhidharma,

enlightenment meant the immediate and unmediated recognition of the emptiness and clarity of the mind, independent of scriptures and rituals.

His teaching style was radical and stripped down. Bodhidharma emphasised direct transmission from mind to mind, beyond words and concepts. He rejected attachment to texts, asserting that true understanding can only be found in the personal experience of meditation. This approach was deeply in tune with the Taoist spirit, giving rise to Chan (Zen in Japanese), a form of Buddhism characterised by simplicity, spontaneity and harmony with nature.

His main writing, attributed to him by tradition, is the **Treatise on the Two Entrances and Four Practices**, in which he describes two doors to enlightenment:

- access through principle (direct understanding of ultimate nature),
- and access through practice (patience, detachment, harmony with the Dao).

Bodhidharma remains a founding figure of Chan. His enlightenment was expressed as a revelation of the path: silent meditation, without dependence on forms or doctrines, in which one directly recognises the true nature of the mind.

Huineng (638–713)

Born into a poor family in southern China, Huineng was illiterate and made his living selling wood. His life took a decisive turn when he happened to hear a passer-by reciting the **Diamond Sutra**. These words awakened in him a sudden and profound understanding of emptiness and non-duality. This inner experience was his turning point: he knew then that he was not separate from the ultimate principle.

He joined the monastery of the fifth Chan patriarch, Hongren. There, despite his modest status, he composed the famous poem affirming that Buddha nature is originally pure and that there is nothing to polish. Recognising his awakening, Hongren passed on to Huineng the robe and bowl, symbols of spiritual succession. Huineng thus became the sixth Chan patriarch.

His teaching style was direct, iconoclastic, and deeply resonant with the Taoist spirit. Huineng rejected the idea of gradual enlightenment achieved through laborious practices: for him, enlightenment is sudden (*dunwu*) and accessible here and now to anyone who recognises the nature of their mind. He valued meditation, not as a technique, but as a natural state of open and free attention.

His main writing is the **Platform Sutra** (*Lìuzǐ Tánjīng*), the only canonical Chan text attributed to a Chinese master. In this collection of sermons and dialogues, Huineng expounds on the path of sudden enlightenment,

non-duality, the importance of non-attachment, and the unity between meditation and wisdom.

Huineng remains a major figure in the Chan and Zen traditions. His enlightenment was expressed as immediate liberation, independent of social or intellectual conditions, and his teaching paved the way for a simple, unadorned spirituality centred on the direct recognition of the nature of the mind.

Jérôme Calmar

Jérôme Calmar was an instructor of Western Chan (Xi-Chan), a tradition derived from Chinese Buddhism and closely related to philosophical Taoism. A Jade 3rd degree instructor, he was given the task of establishing a French-language Chan Centre in France, which was set up in Limoges in the 1960s.

His experience of awakening took shape within the framework of non-religious Tchan, which conceives of the historical Buddha, Siddhartha Gautama, not as the founder of a religion but as the discoverer of a liberating psychology.

This approach was in line with Xi-Tchan, a school that appeared in the 9th century in Xinjiang, where Tchan had closely allied itself with Taoism to form a path of meditation and liberation.

Jérôme Calmar's teaching style was distinguished by its adaptation to Western Francophone culture. Following the tradition of *fang zi kai* ("open houses"), he offered

correspondence courses, faithful to the ancient Chan method, where meditation and self-transformation exercises were transmitted through written s and followed by personalised programmes. His work consisted of developing a New Tchan Teaching specifically designed for women and men of French culture, selecting liberation techniques compatible with the Western mentality.

His main work is **L'Éveil selon le Tchan — Les carnets de Sou-tchien** (2001), in which he sets out the foundations of Western Tchan and reconstructs a method of awakening inspired by ancient practices. This book bears witness to his efforts to make a thousand-year-old tradition of meditation and inner liberation accessible to French speakers.

After his death in 2006, the Tchan Centre in Limoges closed its doors. However, he leaves behind the mark of a pioneer: someone who introduced the little-known school of Tchan to the West, giving it a face adapted to French sensibilities, faithful to the universal spirit of this path of meditation.

Christian mystics and masters

Francis of Assisi (1181 or 1182 – 1226)

Born in Assisi into a wealthy merchant family, Francis lived a carefree life in his youth, marked by a taste for pleasure, adventure and military glory. Around the age of twenty-five, a series of trials – illness, captivity, the failure of his chivalrous projects – caused an inner transformation in him. It was in a small, dilapidated chapel, while praying before the crucifix of San Damiano, that he experienced his conversion: a sudden encounter with the living Christ, who called him to 'rebuild his Church'.

From that experience onwards, Francis renounced all his possessions and embraced a life of radical poverty. He chose to live among the most destitute, in simplicity and joy, seeing in every being an expression of the divine. His awakening manifested itself in a universal brotherhood: he spoke to animals, sang the beauty of nature and recognised every creature as a brother or sister.

His teaching style was direct and exemplary: rather than long treatises, he transmitted above all through the power of his life's testimony. His words advocated voluntary poverty, peace, humility and the simple joy of being. He did not seek to convince through arguments, but to radiate a way of being based on love and brotherhood.

His main work is the **Canticle of the Creatures** (or *Canticle of Brother Sun*), a poetic hymn celebrating the beauty and holiness of creation, in which each element –

sun, moon, water, fire, earth – becomes praise to God. His *Admonitions* and letters also constitute a precious spiritual heritage.

Francis of Assisi embodies awakening experienced as transparency, simplicity and universal brotherhood. His path remains that of joyful surrender to life as it is, lived in rediscovered innocence.

Meister Eckhart (c. 1260 – c. 1328)

A Dominican born in Thuringia, Germany, Meister Eckhart was a theologian, preacher and mystic. He taught at the great universities of his time (Paris, Cologne) and held important positions in the Dominican order. But what set him apart was the inner experience that transformed his outlook: the awakening to what he called 'the birth of God in the soul'.

For Eckhart, awakening is that silent reversal in which man opens himself to his divine essence. He taught that the heart of spiritual experience does not lie in external practices, but in radical detachment (*Gelassenheit*): a surrender of oneself, of images and concepts, in order to welcome the presence of God into one's centre. It was this immersion in the "depths of the soul" that, according to him, made it possible to achieve unity with Being.

His teaching style was both simple and profound. He preached in vernacular German (rather than Latin) so that the people could understand his words directly. His sermons are full of paradoxes and striking phrases,

intended to break down mental representations and open the listener to an immediate experience of the Absolute.

His main written legacy consists of his **German Sermons**, which remain one of the pinnacles of Rhineland mysticism. They contain recurring themes such as detachment, inner silence, and union with God beyond all images. His *Parisian Questions* and **Latin treatises** develop a more systematic theological thought.

Meister Eckhart remains a major figure in Christian mysticism: a witness to an awakening experienced as absolute transparency to the divine presence, where the soul and God come together in formless unity.

Hildegard of Bingen (1098–1179)

Born in the Rhineland, Hildegard was entrusted from childhood to the Benedictine convent of Disibodenberg. She experienced luminous visions at a very early age, which she described as a 'living light' passing through her mind without erasing her lucidity. Long silent for fear of being misunderstood, she eventually obeyed what she perceived as a divine calling: to bear witness to this inner experience and transcribe what was revealed to her.

Her awakening manifested itself in the form of a constant openness to this 'light of God', which inspired her to develop a unified understanding of the world, humanity and creation. She did not separate the spiritual from the physical: for her, health, music, cosmology and theology were part of the same living fabric.

Her teaching style was multifaceted: visionary and poetic in her spiritual writings, pedagogical and concrete in her medical and dietary advice, inspired and fervent in her musical compositions. Hildegard addressed popes and emperors as well as ordinary believers, never hesitating to firmly remind them of the demands of justice and truth.

Among her major writings is **Scivias** (*Know the Ways*), a vast visionary fresco describing the path of the soul and the divine plan of creation, accompanied by symbolic illustrations. She also composed the *Liber divinorum operum* (*Book of Divine Works*), the *Liber vitae meritorum*, and numerous liturgical chants collected under the title *Symphonia armonie celestium revelationum*.

Hildegard of Bingen embodies an incarnate and integrative mysticism, where awakening is not limited to an inner experience but radiates into medicine, music, theology and cosmic vision. She remains a witness to the living unity between man, nature and the divine.

John of the Cross (1542–1591)

Born in Castile into a modest family, John of the Cross entered the Carmelite order at a young age. His encounter with Teresa of Avila was decisive: she convinced him to participate in the reform of the Carmelite order in order to rediscover a life of simplicity and silence. This radical choice exposed him to strong opposition, even leading to his imprisonment. It was in this enforced solitude that he had his most profound mystical experiences.

John of the Cross's awakening manifested itself through what he called the 'Dark Night': a journey through inner trials, abandonment and total detachment, in which the soul, deprived of all sensory or intellectual support, opens itself to a transformative union with God. This is not a passing ecstasy, but a metamorphosis in which the ego dissolves to make way for divine unity.

His teaching style is poetic, symbolic and theological. Through his poems of rare intensity, he describes the experience of the soul in search of the Beloved, in language of striking beauty. In his prose commentaries, he explains these images to guide spiritual seekers through the stages of stripping away, purification and mystical union.

His main work is the poem and treatise **Dark Night** of the **Soul**, which illustrates the spiritual journey towards divine union. In addition, there are the **Spiritual Canticle** and **The Living Flame of Love**, which celebrate the nuptial union between the soul and God. His works constitute one of the high points of Christian mysticism and a precise map of the inner journey.

John of the Cross remains a witness to an awakening experienced as a passage through darkness and absence, leading to a radical transformation of being. His message resonates as a call to total trust in the light that reveals itself at the very heart of emptiness.

Teresa of Avila (1515–1582)

Born into a noble family in Castile, Teresa entered the Carmelite convent in Avila at the age of twenty. Her early years were marked by illness, hesitation and a certain worldliness in the convent. It was in the middle of her life that she had a profound inner experience: ecstasies and visions in which she felt seized by divine love. These experiences, which she called 'graces', led her to a profound reform of her religious life and of the Carmelite order.

Teresa's awakening was gradual and intense, marked by moments of mystical ecstasy in which her entire being seemed to be consumed by the divine presence. She described these moments as transformative unions, in which the soul is overwhelmed by a burning love and recognises itself as the bride of Christ. One of her most famous visions, the 'transverberation', symbolically expresses this inner consummation: an angel pierces her heart with a fiery arrow.

Her teaching style is intimate, vivid and pedagogical. She uses concrete comparisons to guide spiritual seekers through the stages of interior prayer. Her lively and simple language makes a mystical experience that is nevertheless dizzying accessible. She did not teach in an abstract way, but by recounting her own experiences to encourage others to persevere in prayer and surrender.

Her main work is **The Book of Her Life**, a spiritual autobiography in which she recounts her path to

awakening and her mystical experiences. But her major work remains **The Interior Castle** (*Las Moradas*), a metaphor for the stages of the soul's journey through the inner 'mansions' to ultimate union with God. In addition to this, she wrote *The Way of Perfection* and numerous letters.

Teresa of Avila remains one of the great figures of Christian mysticism. She embodies an awakening experienced as a gradual transformation, through silent prayer and loving surrender, leading to an intimate and joyful union with the divine.

Thomas Merton (1915–1968)

Born in Prades, France, to artistic parents, Thomas Merton grew up between Europe and the United States. His youth was marked by a sense of searching and inner wandering. After a period of study at Columbia University and a bohemian lifestyle, he experienced a decisive conversion in 1938. In 1941, he entered the Trappist abbey of Gethsemani in Kentucky, where he lived as a contemplative monk.

His spiritual awakening deepened in monastic life: silence, prayer, solitude and writing. But he also experienced a key moment in 1958, during a sudden experience in Louisville, where he perceived the fundamental unity between himself and all humanity. He described this shift as the immediate recognition of the light of God in every being, dissolving the separation between "monk" and "world."

Merton's teaching style was that of a contemplative writer. His journals, essays and letters reveal a language that is clear, poetic and deeply committed. He sought to translate the mystical experience into a form accessible to the men and women of his time. He was able to build bridges between the Christian tradition and other spiritual paths, notably Zen Buddhism and Sufi thought, in dialogue with masters such as D.T. Suzuki and the Dalai Lama.

His main work is *The Seven Storey Mountain* (1948), a spiritual autobiography that recounted his journey and inspired thousands of readers. His other major works include *New Seeds of Contemplation*, *Conjectures of a Guilty Bystander*, and his *Journals*, published after his death, which reveal his inner journey and universal openness.

Thomas Merton remains a figure of the 20th century who bears witness to the awakening experienced at the very heart of the modern world: a unitive and contemplative consciousness, both rooted in Christianity and open to inter-spiritual dialogue.

Eastern mystics and teachers

Buddha Shakyamuni (c. 563–483 BC)

Born into a princely family in northern India as Siddhartha Gautama, he was raised in luxury and protected from all suffering. But as an adult, he encountered old age, illness and death, which triggered a profound existential crisis. He then left his palace, wife and son to seek the truth about the human condition.

After years of rigorous asceticism under spiritual masters, Siddhartha realised that neither excessive enjoyment nor excessive deprivation led to liberation. Sitting under the Bodhi tree, he vowed not to get up until he had found the truth. It was there that he attained enlightenment (bodhi): the direct vision of the causes of suffering and the path that leads to its cessation. He realised the impermanence of all phenomena, the absence of a separate self, and the state of peace and inner freedom known as Nirvana.

His teaching style was simple, practical, and universal. The Buddha did not teach a doctrine to be believed, but a path to be experienced. He transmitted the Four Noble Truths (the observation of suffering, its origin, the possibility of its cessation, and the path to follow) and the Noble Eightfold Path (ethics, meditation, wisdom). His words were addressed to both monks and lay people, and aimed to free everyone from delusion and attachment. His teachings were first transmitted orally by his disciples, then recorded in writing in the **Tipitaka** (or Pali Canon), which brings together the discourses (Suttas), monastic

discipline (Vinaya) and philosophical treatises (Abhidhamma). Among the founding texts, the *Dhammapada* remains one of the most accessible and inspiring collections.

Shakyamuni Buddha remains the central figure of Buddhism: a human being who achieved inner freedom and left behind a universal path to liberation, centred on mindfulness, meditation and wisdom.

Ramana Maharshi (1879–1950)

Born Venkataraman Iyer in a village in southern India, Ramana Maharshi had an ordinary childhood with no particular spiritual training. At the age of sixteen, he had a profound experience that changed his life: seized by a sudden fear of death, he surrendered himself completely to what was happening and observed the process of death from within. To his amazement, he discovered that even though the body could die, there remained within him an unchanging and indestructible presence: the essential 'I', pure being. This shift constituted his definitive awakening.

Shortly afterwards, he left his family and went to the sacred mountain of Arunachala, where he first lived as an ascetic, immersed in meditative silence. His mere presence attracted seekers, who came to sit near him. Gradually, a community formed around him, and he remained in Arunachala until his death.

His teaching style was simple and direct, often silent. When he spoke, he emphasised self-inquiry (*atma-*

vichara): the search for the source of the 'I'. When asked "Who am I?", he would direct his disciple's attention inward, until the mind dissolved into pure consciousness. He rejected complicated rituals, asserting that enlightenment is always already there, to be recognised in the present moment.

His words were collected by his disciples and compiled. One of his best-known writings is **Who Am I?**, a short fundamental text explaining the method of self-inquiry. Other notable works include *Talks with Sri Ramana Maharshi* and *Forty Stanzas on Reality*.

Ramana Maharshi remains a major figure in 20th-century spirituality: an Advaita sage who lived enlightenment with disarming simplicity, a witness to the immutable presence that remains beyond the body and the ego.

Papaji – H.W.L. Poonja (1910 – 1997)

Born in Gujranwala (now Pakistan) into a Brahmin family, Harilal W. L. Poonja showed a deep devotion to Krishna from childhood. Married young and committed to family and professional life, he lived for a long time in tension between his worldly obligations and his spiritual aspirations. His turning point came when he met Ramana Maharshi at Mount Arunachala in the 1940s.

Through silent contact with the master, his mind became radically calm. Ramana showed him that the divine he was seeking through external visions of Krishna was within himself, as pure consciousness. This immediate

recognition was a definitive awakening for Papaji: he realised that freedom is already there, without any effort required.

His teaching style was direct, powerful and often humorous. He would repeat over and over again: "Keep silent. Stay quiet. You are already free." Papaji did not invite gradual discipline but immediate recognition of what is, beyond the ego and the mind. His approach, inherited from Ramana Maharshi, was in line with the Advaita Vedānta path but without religious formalism.

His words were compiled by his disciples. One of his main collections is **Wake Up and Roar**, which transcribes his dialogues with seekers. He also left behind interviews published under various titles, including *The Truth Is*.

Papaji remains a prominent figure of the 20th century, whose awakening inspired many contemporary Advaita teachers, including Gangaji, Mooji and Andrew Cohen. He embodies an awakening experienced as simplicity and immediacy: nothing to attain, everything is already there.

Nisargadatta Maharaj (1897–1981)

Born in Bombay into a modest family, Maruti Shivramant Kambli led a simple life as a cigarette merchant. Married with children, he had no particular spiritual aspirations until he met his master Siddharameshwar Maharaj, of the Navnath lineage, in 1933. The latter gave him a direct instruction: "You are not this body, you are consciousness." Nisargadatta

immediately devoted himself intensely to this contemplation.

His awakening came shortly afterwards, when he fully realised the identity of his true being with pure consciousness, beyond the body and mind. From then on, he lived in this non-dual awareness, continuing to lead a very simple external life, but radiating a striking inner presence.

His teaching style was abrupt, uncompromising, and focused on the essential. In his small flat in Bombay, he received visitors from all over the world and engaged in straightforward dialogue. He insisted on the question of identity: "Stay with the feeling 'I am'. Investigating this 'I am' leads to the ultimate truth. " He rejected complicated systems, asserting that truth can only be attained through direct and persistent attention to self-awareness.

His main work is *I Am That*, a collection of dialogues with his Western disciples, which has become a classic of modern Advaita. There are also other collections of his talks, such as *Consciousness and the Absolute*.

Nisargadatta Maharaj embodies an awakening experienced in ordinary life, without embellishments or institutions. His voice remains that of a sharp master, who tirelessly brings us back to immediate awareness as the ultimate truth.

Krishnamurti (1895–1986)

Born in 1895 in Madanapalle, in southern India, Jiddu Krishnamurti was discovered as a teenager by the leaders of the Theosophical Society, who designated him as the future 'world teacher'. Educated in the West, he was placed at the centre of a vast spiritual movement designed to prepare him for his mission. But in 1929, in a now famous speech, he publicly rejected all spiritual authority and dissolved the Order of the Star that had been created around him. He then asserted that truth is a pathless land and that no organisation can contain it.

His experience of awakening, which he sometimes called "the process", was marked from the 1920s onwards by intense states of expanded consciousness and inner transformation, experienced as a radical liberation from the ego and conditioning. For Krishnamurti, this awakening was not a personal achievement but the expression of a universal freedom accessible to everyone, here and now.

His teaching style was unique: neither master nor guru, he presented himself simply as a friend sharing an inquiry. He rejected all hierarchy and invited his listeners to observe directly their own mind. Through dialogues, lectures and interviews, he encouraged pure attention, understanding of the mechanisms of conditioning and the discovery of an intelligence free from all authority.

His main work is *The First and Last Freedom* (1954), which summarises his vision and dialogues. Other notable

works include *Freedom from the Known* and *The Flight of the Eagle*. Much of his legacy consists of recorded lectures and dialogues with scientists and spiritual teachers (such as David Bohm).

Krishnamurti remains a radical figure in 20th-century spirituality: a witness to an awakening experienced as absolute freedom, inseparable from lucid vigilance at every moment.

Rajneesh / Osho (1931–1990)

Born in Kuchwada, central India, under the name Chandra Mohan Jain, Rajneesh showed independence of spirit and a rebellious temperament from a very young age. After a childhood marked by profound inner experiences, he studied philosophy and became a teacher. At the age of twenty-one, he had a decisive experience: a sudden plunge into inner silence, experienced as a dissolution of the self and an immersion in universal consciousness. This awakening marked the beginning of his role as a teacher.

His teaching style was direct, provocative and multifaceted. Rajneesh, later known as Osho, invited his disciples to embrace life fully, without rejecting the body, emotions or pleasures. For him, awakening was not opposed to earthly life, but transfigured it. His discourses covered a wide range of topics: from silent meditation to laughter, from dance to love, from commentaries on the great mystics (Buddha, Jesus, Lao Tzu, Zarathustra, Meister Eckhart) to reflections on modern psychology. He emphasised meditation as a way of life and developed his

own techniques, known as "active meditations", adapted to modern man.

His written work is extensive, drawn from thousands of discourses given to his disciples. Among his best-known books are **The Book of Secrets**, a commentary on the tantric practices of *the Vigyana Bhairava Tantra*; **Beyond Enlightenment**; and **Freedom, First and Last**. His words have been translated into many languages, widely disseminating his vision of a living, joyful and non-conformist spirituality.

Rajneesh/Osho remains a controversial figure, due to his lifestyle and certain controversies surrounding his community, but he embodies an awakening lived with intensity, humour and provocation. His legacy is that of a master who invited people to transcend conditioning and discover an inner freedom that encompasses and transforms all of existence.

Sri Ramakrishna (1836–1886)

Born in a village near Calcutta, Gadadhar Chattopadhyay (his birth name) showed an intense mystical sensitivity and a natural inclination towards prayer and ecstasy from childhood. As a teenager, he was appointed priest of the Dakshineswar temple, dedicated to the goddess Kali. It was there that he had dazzling spiritual experiences, often experienced as total absorption in the divine, to the point of losing all awareness of the body and the outside world.

His awakening developed through a variety of approaches. Ramakrishna practised the major spiritual traditions in succession: Hinduism (devotion to Kali, tantric practices, yoga), but also Islam and Christianity. In each, he experienced direct union with the Absolute, which led him to affirm that all religions lead to the same ultimate truth. His most characteristic experience was the permanent vision of the Divine Mother in all things, experienced as a joyful and spontaneous adoration of all life.

His teaching style was simple and vivid, often conveyed in the form of parables, songs and everyday examples. Ramakrishna did not develop a philosophical system, but spoke directly from his experience. His teaching was based on closeness to his disciples, whom he inspired with his state of consciousness and his overflowing fervour. He emphasised love, sincerity and renunciation of the ego as the keys to spiritual realisation.

His main writing is the **Gospel of Sri Ramakrishna** (*Sri Ramakrishna Kathamrita*), a collection of conversations recorded by his disciple Mahendranath Gupta. This text, translated throughout the world, captures the liveliness of his oral teaching and the atmosphere of Dakshineswar.

Sri Ramakrishna remains a major figure in modern Indian spirituality. His awakening embodies the universal recognition of the divine in all traditions, and his legacy deeply inspired Swami Vivekananda, who brought his message to the West.

Sufi teachers

Jalâl ad-Dîn Rûmî (1207–1273)

Born in Balkh (present-day Afghanistan) into a family of scholars and mystics, Jalâl ad-Dîn Muhammad Rûmî was forced to leave his hometown as a child during the Mongol invasions. His family eventually settled in Konya, Anatolia (present-day Turkey), where he became a renowned scholar, theologian and spiritual master. His life took a decisive turn in 1244 when he met Shams of Tabriz, a wandering dervish with a burning gaze.

The encounter with Shams was a real turning point for Rûmî: he discovered divine love in all its intensity, a presence that consumed the veil of the ego and opened him up to union with the eternal Beloved. Shams' sudden disappearance caused an inner burning within him that transformed into an uninterrupted poetic outpouring. This awakening took the form of a transmutation of pain into mystical celebration.

His teaching style was lyrical, symbolic and inspired. Rumi taught less through doctrinal discourse than through poems, parables and ecstatic dance. He founded the order of whirling dervishes (Mevlevi), for whom the spiral dance symbolises divine intoxication and the return to the immobile centre. His pedagogy was based on love as the only path: the ego dissolves in the ardour of love that sets the whole being ablaze.

His written work is monumental. His main collection is the **Masnavi** (*Mathnawî*), a vast mystical poem in six volumes, often called "the Koran in Persian" because of its spiritual depth. We can also mention his *Divân of Shams of Tabriz*, in which he sings of the ecstasy and pain of love, and his *Discourses* (*Fîhi mâ fîhi*).

Rumi remains one of the greatest figures of Sufi and universal mysticism. His awakening is expressed as an intoxication of divine love, a dance in which the soul loses itself in the Beloved to become pure light. His poems continue to inspire, beyond cultural and religious boundaries.

Al-Hallâj (858–922)

Born near Basra, Persia (now Iraq), Husayn ibn Mansûr al-Hallâj was introduced to Sufism at a very young age. A tireless seeker of truth, he travelled extensively throughout Persia, Arabia and India, meeting many masters. His life was marked by an extraordinary spiritual intensity, which culminated in an experience of total union with the divine.

His awakening is summed up in his famous proclamation: **"Ana al-Haqq"** ("I am the Truth"). With this phrase, he was not identifying himself as an individual with God, but testifying to the extinction of the ego in divine Reality. For him, the separate "I" had disappeared and only the Absolute remained. This bold statement, misunderstood by religious and political authorities, was considered blasphemous and led to his condemnation.

His teaching style was passionate, poetic and often paradoxical. Al-Hallâj did not advocate an esoteric approach reserved for a select few, but addressed everyone, speaking openly about divine love and mystical union. His message was based on spiritual ecstasy and total surrender to Love, to the point of making his entire life an offering.

His main work is **Kitâb al-Tawâsîn**, a collection of aphorisms, poems and mystical meditations, which reveal his vision of divine unity and the dissolution of the ego. His poems, transmitted and translated, remain essential milestones in Sufi literature.

Al-Hallâj was executed in Baghdad in 922, crucified and tortured, thus becoming a martyr for divine love. His legacy remains that of a radical mystic, a witness to awakening experienced as self-annihilation in absolute Truth. His voice continues to inspire spiritual seekers who aspire to uncompromising union with the divine.

Ibn ‘Arabî (1165 – 1240)

Born in Murcia, in Muslim Andalusia, Muhyî-d-Dîn Ibn ‘Arabî grew up in a context of great cultural and spiritual effervescence. From adolescence onwards, he had visionary experiences of exceptional intensity, in which he felt called by the divine Presence. At the age of 20, he had a formative experience: an inner illumination , which revealed to him the absolute unity of existence, beyond forms and beliefs.

His awakening developed during a life of incessant travel through Andalusia, the Maghreb, Egypt, Mecca, Syria and Turkey. Everywhere he went, he met masters and disciples who shared his universal vision. For Ibn 'Arabî, the ultimate reality is **the Unity of Being** (*wahdat al-wujûd*): God is the single Being who manifests himself through all creatures. Enlightenment consists in recognising this unity in diversity, in perceiving each phenomenon as a mirror of the divine.

His teaching style combined metaphysical depth with mystical poetry. He transmitted his ideas through both highly elaborate philosophical treatises and love poems, in which the relationship between the soul and God is expressed in the language of passion. Ibn 'Arabî did not separate the intellect from direct experience: he saw self-knowledge as a path to knowledge of God.

His work is immense. His two major writings are **Fusûs al-Hikam** (*The Gems of Wisdom*), in which he sets out his vision of the prophets as symbols of divine wisdom, and **Futûhât al-Makkiyya** (*The Revelations of Mecca*), an encyclopaedic compendium of mysticism and metaphysics. His poetry, particularly in the *Tarjumân al-Ashwâq* (*The Interpreter of Desires*), expresses mystical union in the language of love.

Ibn 'Arabî remains one of the greatest figures of Sufism and universal mysticism. His awakening was expressed as a cosmic vision of unity, where each being is a theophany. He embodies the experience of an expanded consciousness

embracing the totality of existence as a manifestation of the divine.

Hazrat Inayat Khan (1882–1927)

Born in Baroda, India, into a family of Sufi musicians, Inayat Khan was introduced to the art of Indian classical music from childhood. Music remained for him the primary gateway to the spiritual, a universal language capable of awakening the soul. In 1907, his Sufi master, Abu Hashim Madani, gave him the mission of transmitting the message of spiritual unity to the West. This departure marked a turning point for him: he understood that his vocation was not only to be an inspired musician, but also a spiritual guide for a world in search of unity.

His awakening took the form of a universal openness. Trained in the Sufi tradition of the Chishti order, he realised that the essence of Sufism – love, harmony and beauty – transcends religious boundaries. For Inayat Khan, divine truth is one and is reflected in all traditions. His inner experience translated into an inclusive vision, where awakening means recognising the unity behind diversity.

His teaching style was poetic, simple and accessible. He emphasised direct experience of the heart rather than doctrines. He transmitted his message through lectures, writings and practices inspired by Sufism (chants, meditations, silence). His central message, which he called '**The Sufi Message**', aimed to awaken modern man to spiritual unity, beyond religions and divisions.

His main work is **The Sufi Message**, but his legacy is collected in numerous compilations such as *The Music of Life*, *The Sufi Philosophy of Love*, *The Religion of Unity* and *The Freedom of the Soul*. In these texts, he emphasises beauty as an expression of Truth and the harmonisation of man with himself and with the world.

Hazrat Inayat Khan remains a major figure in modern Sufism. His awakening expressed itself as a universal mission: to remind us that all spiritual traditions lead to the same divine reality, and that love and beauty are the keys to this recognition.

Modern Western figures

Jean Klein (1912–1998)

Born in Berlin into a French-speaking family, Jean Klein grew up in France where he studied medicine and music. His spiritual quest became clearer after the Second World War: driven by a need to understand the profound nature of existence, he travelled to India in the 1950s. There he met an anonymous master of Advaita Vedānta, with whom he experienced a decisive inner shift: the sudden and irreversible recognition of consciousness as ultimate reality.

His awakening took the form of radical detachment. Jean Klein discovered that the ego, the mind and identifications were only temporary constructs, and that what remains in all experience is pure consciousness, without subject or object. From then on, he lived in peaceful transparency, bearing witness to non-duality with simplicity and clarity.

His teaching style was gentle, direct and marked by silence. He favoured conversation, presence and listening over theoretical discourse. Jean Klein invited open, effortless attention, where the seeker discovers for himself that everything is already there, in the moment. He also used the body as a gateway, introducing non-volitional yoga practices and deep relaxation to bring his students to a subtle perception of presence.

His main work is **La Joie sans objet** (Joy Without Object), an illuminating book that summarises his

approach to non-duality. Other notable works include *L'évidence de l'Être* (*The Evidence of Being*), *Qui suis-je ?* (*Who Am I?*) and *L'unique quête* (*The Only Quest*), collections of interviews that reveal the clarity of his language and the quality of his silence.

Jean Klein remains one of the great contemporary figures of the Advaita tradition in the West. His awakening manifested itself as an invitation to recognise the simplicity of conscious presence, experienced not as an ideal to be attained but as our natural state, always already there.

Douglas Harding (1909–2007)

Born in Suffolk, England, Douglas Edison Harding trained as an architect before devoting himself to spiritual research. His awakening took root in a profound questioning of the question "Who am I?", which led him to explore both Western philosophy and Eastern traditions. It was in the 1940s that he had a sudden experience: while hiking in the Himalayas, he suddenly saw that he had "no head", that his true identity was not his face or his person, but the conscious space in which everything appeared. This revelation was his turning point.

Harding's awakening was a radical discovery of non-duality experienced in a direct and ordinary way. He realised that the ego is a mental construct and that each person's true identity is conscious emptiness, without limits, always available in the present moment.

His teaching style was experimental, simple and accessible. Douglas Harding invented what he called **"Headless Vision Experiments"**: concrete and playful exercises (pointing with the finger, looking at oneself in a mirror, reversing perspective) to lead everyone to see for themselves that they are not individuals enclosed in a body, but open consciousness that welcomes the world. His teaching, devoid of any dogma, sought to make awakening directly verifiable through personal experience.

His main work is *On Having No Head* (1961), an account of his awakening and a manual of direct experiences. His other works include *Headless Vision* and *The Trial of the Man Who Said He Was God*, in which he explores the recognition of essential nature through a philosophical scenario.

Douglas Harding remains a singular figure of the 20th century, a witness to an awakening experienced as radical simplicity: seeing that our true identity is not a separate person, but the living, conscious space where everything manifests itself.

Alan Watts (1915–1973)

Born in Chislehurst, England, Alan Watts grew up in a family open to spirituality and Asian culture. As a teenager, he became interested in Buddhism, Taoism and Hinduism, which he discovered through reading and encounters with Eastern masters living in the West. Ordained as an Anglican priest in his youth, he eventually

left the clergy to follow his own, freer and more universal path. Settling in the United States, he became a bridge between Eastern wisdom and modern Western culture.

His awakening took the form of a deep understanding of the non-duality and interdependence of all things, inspired by Zen Buddhism and Taoism. For him, the separation between the individual and the world is an illusion: consciousness and the universe are one and the same living process. This intuition led him to share a vision of existence marked by freedom, playfulness and lightness.

His teaching style was lively, accessible and often humorous. Alan Watts excelled in the art of translating the complex concepts of Zen, Taoism and Advaita into modern, vivid and powerful language. Through his lectures, courses and writings, he addressed both spiritual seekers and the general public. He emphasised the illusory nature of control, inviting people to surrender to the flow of life as if it were a dance.

His main work is *The Way of Zen* (1957), which introduced the foundations and practice of Zen to the West. Among his other important books are *The Wisdom of Insecurity* and *The Book on the Taboo Against Knowing Who You Are*.

Alan Watts remains a charismatic figure in 20th-century spiritual counterculture. His awakening expressed itself as a celebration of the moment, an art of living non-duality on a daily basis, and he inspired generations of seekers in search of a free and joyful spirituality.

Chögyam Trungpa (1939–1987)

Born in eastern Tibet, Chögyam Trungpa was recognised from childhood as the incarnation of a tulku (reincarnated lama) of the Kagyu lineage. He received extensive monastic training, mastering traditional Buddhist teachings. After the Chinese invasion, he left Tibet in 1959 and undertook a perilous journey across the Himalayas, before settling first in India, then in England and finally in the United States.

His awakening manifested itself through a bold integration of Tibetan tradition and Western modernity. Trungpa understood that in order to reach Western seekers, it was necessary to go beyond Tibetan cultural forms. His inner shift resulted in a clear vision: awakening does not depend on a particular religious context, but can be experienced at the very heart of contemporary life.

His teaching style was powerful, iconoclastic and deeply adaptive. He introduced the concept of "**applied dharma**", linking meditation to all aspects of existence: art, politics, education and human relationships. He spoke of the "holy war" as a struggle against the ego, and of the "spiritual warrior" as one who lives with courage, openness and tenderness. His teaching was based on meditative foundation (shamatha-vipashyana), but also on creativity and humour.

His main work is *Cutting Through Spiritual Materialism* (1973), in which he warns against the ego, which even appropriates spirituality to strengthen itself. Other notable

works include *The Myth of Freedom* and *Shambhala: The Sacred Path of the Warrior*.

Chögyam Trungpa remains a prominent figure in modern Buddhism. His awakening took the form of a radical and uninhibited embodiment of wisdom, seeking to make meditation and the Buddhist path accessible to the West without compromising on the essentials.

Ram Dass – Richard Alpert (1931 – 2019)

Born in Boston into a Jewish family, Richard Alpert had a brilliant academic career as a professor of psychology at Harvard. In the 1960s, together with Timothy Leary, he conducted research on the effects of psychedelic substances, seeking to explore altered states of consciousness. But this exploration left him unsatisfied: he sensed a deeper truth that could not be reduced to temporary experiences.

In 1967, he left for India, where he met his master Neem Karoli Baba (Maharaj-ji). This encounter was a turning point for him: an immediate recognition of unconditional love and divine presence. Transformed, he took the name Ram Dass ("Servant of God") and dedicated his life to spiritual teaching.

His awakening manifested as an opening of the heart and an immersion in universal consciousness. For him, awakening was not a metaphysical abstraction but the tangible discovery of love as the essence of being.

His teaching style was warm, direct and accessible. Ram Dass spoke the language of his generation, connecting Indian wisdom (bhakti yoga, meditation, selfless service) with the questions of the modern West. He emphasised compassion, presence and service to others as gateways to spiritual realisation. Even after the stroke that struck him in 1997 and left him partially paralysed, he continued to teach, speaking about suffering and death with great authenticity.

His main work is **Be Here Now** (1971), an iconic book of the spiritual counterculture that inspired generations of seekers. Other *notable* works include *Still Here* and *Polishing the Mirror*.

Ram Dass remains one of the great spiritual figures of contemporary America. His awakening manifested itself as a joyful integration of love, compassion and consciousness, lived in the service of humanity.

Conclusion

This overview does not claim to be exhaustive. Many other spiritual teachers, both well-known and obscure, have left their mark on their era and made a lasting impression. Every culture and every century has seen the emergence of unique voices who, through their experience of awakening, have illuminated the path for their contemporaries.

The selection presented here is merely an itinerary, a journey through time intended to highlight the main trends that have marked spiritual history. From century to century, the masters have taken different paths, but all have sought to reveal the essential: the possibility for human beings to free themselves from illusions and live in the clarity of consciousness.

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Teachers of Non-Duality: From Distance Learning to Face-to-Face



In a constantly changing world, more and more people are searching for meaning and spiritual depth.

This book offers a dual perspective. On the one hand, it presents the great contemporary spiritual figures, true living beacons who guide our path through their teachings, retreats, meetings, webinars and videoconferences. On the other hand, it pays tribute to the masters who, over the centuries, have left their mark on their era through their experience of awakening and whose voices continue to resonate through their writings.

