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Autore	Sharma Arvind
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Nota di contenuto	Front Matter -- Contents -- Preface -- Introduction -- Sleep in Advaita Vedānta: A Prologue -- Sleep in the Prasthānatraya (Upaniads, Brahmasūtra, Bhagavadgītā) -- Sleep in Māṅḍūkyaśāstra -- Sleep in Īkāra Advaita -- Sleep in Later Advaita -- Sleep in Modern Advaita -- Conclusion -- Notes -- Bibliography -- Term Index -- Subject Index
Sommario/riassunto	Indian philosophy bases itself on three states of consciousness: waking, dreaming, and deep sleep. Deep sleep, or susupti, plays an important role in Advaita Vedanta, the major philosophical school that advocates a doctrine of pure consciousness. Explaining and savoring this paradox, this book shows how the concept of deep sleep can be used in Advaita Vedanta to reveal a philosophical insight, validate an argument, illustrate a moral, or adorn a tale. Arvind Sharma explores why sleep is a phenomenon that philosophers should be interested in and examines it in classical Hindu religious texts, including the Upanisads, and in foundational, early, and modern Advaita Vedanta.