

SPIRITUAL TEACHINGS of the AVATAR

Jeffrey Armstrong

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Ancient Wisdom for a New World

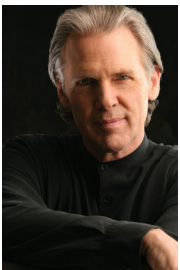
The word Avatar has been thrust into the global consciousness, raising the question what exactly does Avatar mean? To many, an avatar is what you call the digital representation of your physical self for video or computer games, but that meaning has only existed for the last two decades. Avatar as Armstrong describes it, has been in use for over 5,000 years by one of the most ancient cultures—India.

In *Spiritual Teachings of the Avatar* author Jeffrey Armstrong shares the hidden messages of the historical Avatars, which offer insights we can use today to sustain our planet and elevate our spiritual growth. Armstrong explains the ancient Indian wisdoms embodied in the word Avatar. These divine beings view the sacredness of all life and the soul of all beings as eternal—meant for freedom and made of divine essence.

Armstrong has studied Vedic knowledge for over forty years and has explored the depths of many of the greatest teachings of India. He is a westerner who has been selected by Hindu leaders throughout the world to act as a spokesperson for Hindu Dharma and culture.

Avatar is another piece of ancient Indian wisdom adopted by popular culture. Yoga, natural childbirth, vegetarianism, and organic gardening all have ancient Indian roots and are well established in the mainstream.

The book will include four-color illustrations of the ancient Hindu myths Armstrong uses to illuminate the teachings of the Avatar, giving readers a more complete experience and understanding of this complex wisdom.



Jeffrey Armstrong has studied Vedic philosophy and Indian culture for over forty years. He is the founder of the Vedic Academy of Science and Arts (VASA) and has shared his knowledge of ancient Indian wisdom to audiences around the globe. Jeffrey has degrees in psychology, English literature, history, and comparative religion and is an expert in the ancient Indian language of Sanskrit. He lives in Vancouver, British Columbia.

Suggested Topics of Discussion

The Hindu Avatar and James Cameron's Avatar: Jeffrey shares how understanding the historical Hindu Avatar enhances your experience of this blockbuster movie, and your understanding of our earth.

What Avatar can mean for the Earth: Jeffrey shows audiences how all beings on the Earth are interconnected and through this connection comes an appreciation of nature and all people.

The significance of the Avatar in everyday life: Jeffrey explains how the ancient teachings of the Avatar have already contributed to our society and how a further understanding can help us confront many of the issues we are facing today.

Suggested Questions

How can the idea of the Avatar be incorporated into other faiths?

What does Avatar have to do with today's society?

How did you become involved in the Vedic culture?

How does your book relate to the movie *Avatar*? Is it something James Cameron was aware of?

How do you incorporate the teachings of the Avatar into everyday life?

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