



## ***American Mystic: Bold New Memoir Profiles American Spiritual Hero; Inviting Readers to Embark on Life-Changing Journey of Awakening.***

*Originally from interviews with the late Arunachala Ramana and now published by the team at Revealing Light Productions, 'American Mystic: Memoirs of a Happy Man' is more than a book of Ramana's time as a larger-than-life maverick and mystic. It's an unforgettable journey into a life driven by the American Dream, and an extraordinary showcase of self-inquiry that challenges conventional thinking on all levels. Ramana transformed himself from a child born into the brunt of the Great Depression to a mystical hero in the United States and India. By absorbing his story, readers will also find themselves empowered to seek that 'awakening' they crave so badly.*

### **For Immediate Release**

**Gatineau, Quebec** – Arunachala Ramana wasn't a celebrity; he never signed an autograph and could easily walk down the street without being noticed. But during his long, eclectic and wholly-fulfilling life, Ramana reached the unthinkable – arriving at that enigmatic place of true spiritual awakening and inspiring thousands of others to do the same. In short, he was unsung American hero who achieved more than any A-lister could ever dream of.

Before his passing in 2010, Ramana told his life story in interviews with Saroja G. Poilblan, a compelling story now being brought to market by Daniel Tigner and his team at Canada's Revealing Light Productions. It's a cocktail of American social history and spiritual food-for-thought, ultimately affording readers an opportunity to discover the possibility of their own awakening.

#### Synopsis:

*American Mystic - Memoirs of a Happy Man is a mix of American social history and the spiritual journey told by A. Ramana, a larger-than-life Texan, as he looked back over his lifetime. Ramana was a big man in every way, a beautiful man, and a true mystic. His story is gripping, frankly told, providing a fascinating glimpse into American*

*culture and history beginning in the Great Depression and ending in the new millennium. It is a colorful story of the search for happiness through both the pursuit of the American Dream and of spiritual inquiry.*

*Spiritual biographies have the power to help people connect with their own quest to find out who they are - which is, after all, the raison d'être of the spiritual search - and, Ramana's story is particularly worth knowing in that regard. His struggles, adventures and inner search, culminated in his having a homecoming, an Awakening with a capital A. How many people can actually say that they have "found happiness?" Ramana did – and in these memoirs, he shares his journey and his thoughts about how this can happen for all of us.*

"Ramana takes us on a very deep and intimate journey through his life," explains Tigner. "It's a colorful story of determination to survive, the influence of Christian community churches, and the pursuit of the American Dream. Ramana divulges everything from his relationships with women and unconventional list of jobs (ranging from the FBI to serving in the Korean Army!) right through to what we feel is the most important facet of his life - intense self-inquiry and the rejection of earthly pursuits for a life of meditation and contemplation, ultimately arriving at 'awakening'."

Continuing, "It's amazing to see where Ramana took his life, considering he grew up in the gut-wrenching adversity thrown at his family by the Great Depression; who would think he'd go on to meet such figures such as J. Edgar Hoover and Napoleon Hill! Here at the publishing house we're a big believer that spiritual biographies have the power to guide people along their often-wavering spiritual path. Ramana's story is more than just a book, reading it is to enter into a powerful process, one that will motivate people and take them into a spiritual journey to self."

Readers and critics agree. For example, Stan Davis Jr. comments, "I tell people what I have told Ramana: There are three men in the world that I honor most; my father, Martin Luther King and Ramana. My father - growing up where we lived - did miraculous things to provide for us. Martin Luther King did a lot to give a greater degree of freedom to this body, as a black man. It was Ramana though that gave me the real freedom - the freedom that is beyond this body."

Jan Sundell adds, "Happy all the time - why not? Ramana showed me it really was possible to find ongoing and true happiness. I am forever grateful to him."

'American Mystic: Memoirs of a Happy Man', from Revealing Light Productions, is available now: <http://amzn.to/1QEODRs>.

For more information, visit the publisher's official website: <http://www.inquirybooks.com>.

### **About the Author:**

Ramana was an American Sage, born in El Paso, Texas on November 1st, 1929.

After his awakening A. Ramana created AHAM, the Association of Happiness for All Mankind, which offers a powerful and focused curriculum for personal awakening and transformation.

Ramana spoke on "Self-Inquiry" as being the most direct method of awakening consciousness and on how to use Self-Inquiry as a way to bring awareness to day-to-day questions and life challenges.

He had a deep connection to both Jesus and Ramana Maharshi and his commentaries on them distills the essence of their wisdom and paths to enlightenment.

Arunachala Ramana died in Tiruvannamalai , South India on February 15th, 2010.

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