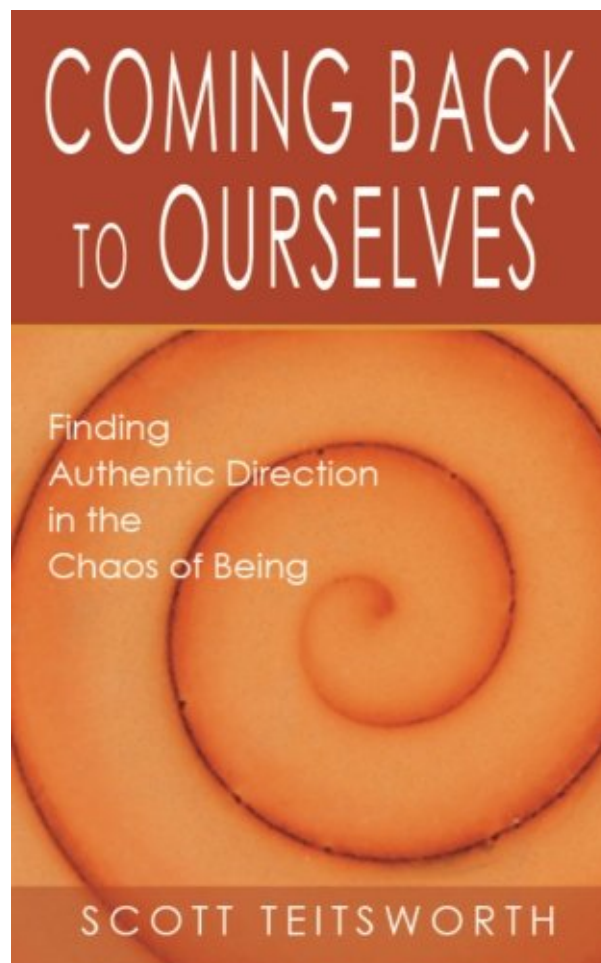


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About the Author

Scott Teitsworth is a lifelong student of Indian philosophy and modern science in the lineage of Narayana Guru, under the tutelage of Nitya Chaitanya Yati, a disciple of Nataraja Guru. An editor of books written by these gurus, he and his wife host the Portland, Oregon branch of the Narayana Gurukula, where they have taught classes on the Bhagavad Gita and Indian philosophy for over 30 years. His specialty is interpreting the ancient myths in terms of modern psychology and neuroscience.

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Our default setting has become to decide everything rationally and consciously. We don't know, or have forgotten, how to trust our higher aspirations and the authentic insight and wisdom of our "inner genius." Society extols our lower aspirations, such as competition, materialism, cold-heartedness and "every man for himself," but this is a recipe for mediocrity. Those who aspire to excellence need to find ways to discover their suppressed talents and bring them to life. When our potentials are not actualized we may experience fear, anxiety, addiction and depression, which can be messages to look in another direction. In this conversation, Scott points out that many of our desires are learned desires—pastimes, amusements and substitutes for what we truly want. "Our real craving is for our authentic being. Once we connect back to ourselves, that's the cure for everything." So where do we begin? How do we come back to our authentic selves and find our direction in the chaos of being? Is it even worth the effort? Coming Back to Ourselves is Scott Teitworth's refreshing and inspiring response to these vital questions.

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A guided journey to authenticity..

By Gayathri Narayanan

This is a gem that every spiritual seeker or just about anyone who is interested in the questions of life, the universe and everything should listen to. In this talk, Mr. Teitworth speaks very cogently to the dilemma we face as individuated beings. On the one hand we are directed by our innate instincts and desires to outward activity that takes us further and further away from our authentic selves and on the other we long for a place of rest and ease where we can fully be ourselves and express ourselves in a way that is meaningful for us and those around us. He uses his knowledge of Indian philosophy and western science to take the listener through the sources of this conundrum and a way out. I especially enjoyed listening to his personal anecdotes and stories of his interactions with his teacher, Guru Nitya Chaitanya Yati, and the life lessons he learned along

the way. I loved the honesty and clarity of this talk. Check it out!

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