

**Review of *Children of Immortal Bliss*  
by Paul Hourihan / edited by Anna Hourihan**

**Review by Laura Ramirez** (Author of *Keepers of the Children: Native American Wisdom and Parenting.*)

Once in a great while, a book comes along that contains such essential concepts that it strikes a universal chord and reveals what is true and sacred. *Children of Immortal Bliss* is such a book. It explores the core tenets of Vedanta (one of the six schools of Hinduism) from a philosophical and practical standpoint. Since its concepts are at the heart of every religion's mystical roots, the reader will recognize ideas that he or she has heard before, but it's the way the author frames them that makes them so accessible.

Written by Paul Hourihan (and edited by his wife, Anna), the book was transcribed from lecture notes and tapes of dozens of courses that he delivered over a fifteen-year period. Hourihan, an avid scholar of the various spiritual traditions and great mystics such as Christ, Buddha and Ramakrishna and a traveler on the spiritual path himself, had intended to publish his work, but was stopped short by a degenerative illness. After his death, his wife continued his work, recasting his course materials into a book. She does so with a light and discerning touch because Hourihan's voice comes through with such clarity that one feels that he is there to guide one personally, like a wise teacher whose presence illuminates an ocean of self-insight.

*Children of Immortal Bliss* invites the reader to dip her toe into that ocean and wade in a little at a time, stripping off the garments of indoctrination as she feels comfortable, shedding the unnecessary distractions and diversions of modern life and finally, becoming one with that vast sea that contains everything and nothing. At no point in the book does Hourihan insist that one must renounce the world to claim one's spiritual inheritance, rather he advises that by paring down the non-essentials, one can live in the world, yet not be constrained by it. As such, this is a practical spirituality that makes the ancient wisdom of the Vedic sages practicable in modern times.

In the final chapter of the book, Hourihan emphasizes the universality of Vedanta and traces expressions of its ideas through great mystics from Plotinus to Lao Tzu, from Meister Eckhart to the Sufis. Of all the sections in the book, this is my favorite because Hourihan shows us how the truth has always been accessible for those of us who have *the eyes to see and the ears to hear*, but has been cloaked by our tendency to take things literally and our lack of understanding of the spirit of the times and the mystic's cultural milieu.

This is a book that has within it a clear call to spiritual seekers everywhere to take up the path and discover the truth of our existence. Amidst the plethora of books on spirituality, it is a rare and compelling find. *Children of Immortal Bliss* is a consummate companion for the journey within—a book to be treasured, dog-eared, read and re-read and is the perfect size to tuck into a purse or briefcase.