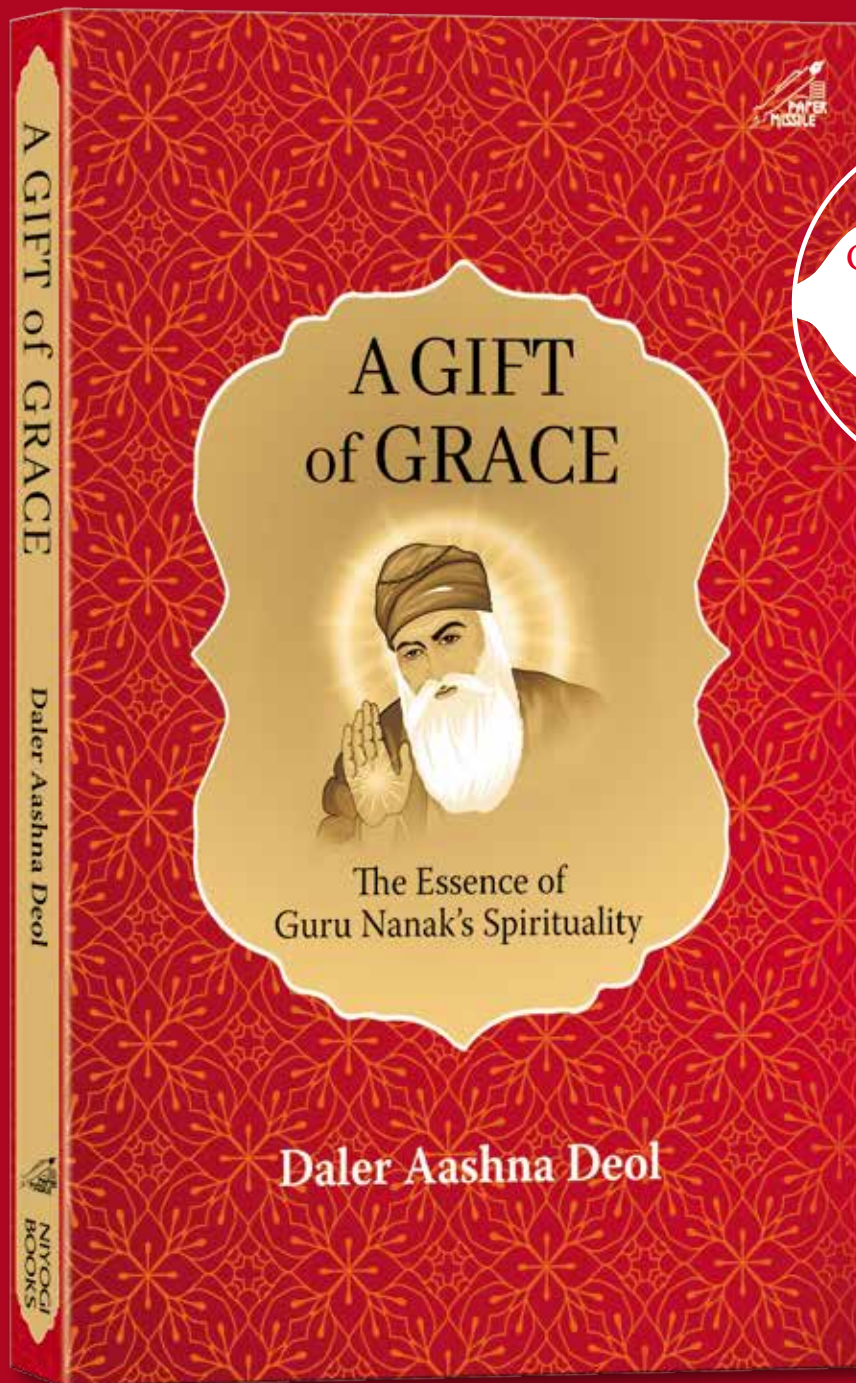


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A GIFT of GRACE

The Essence of
Guru Nanak's Spirituality

by
Daler Aashna Deol

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A *Gift of Grace* simplifies Guru Nanak's core spiritual message for the modern reader. Part I of the book enunciates the spiritual foundation of the guru's worldview and his cardinal religious beliefs about the nature of God. Topics include bridging different stages of the spiritual journey, leading a virtuous life, living in harmony with the natural world, and developing compassion and helping others. Japji Sahib, which is the seminal text and the axis of Guru Nanak's ecclesiastical legacy, is included in its entirety in Part II of the book. All meditations are presented in transliterated text, English translation, along with a brief commentary. Besides Japji Sahib, this book includes in Part III a representative selection of Guru Nanak's hymns.



Ms **Daler Aashna Deol** served as a lecturer in Political Science at the Delhi University for 13 years during which she published three books on political theory and comparative politics. After moving to the USA in 1983, she worked as an independent consultant, teaching Indian languages, culture, and politics to American foreign service officials and other agency staff. She co-authored *Japji: The Path of Devotional Meditation* with Surinder Deol, which was published in the USA in 1998. Her first collection of poems in Hindi titled *Rubru* came out in 2012. She has also translated *Tu Hi Tu*, a collection of selected poems by Maulana Rumi and Rabindranath Tagore, and *Masiha*, an adaptation of Khalil Gibran's classic *The Prophet*. She lives in Potomac, Maryland.

A Gift of Grace simplifies Guru Nanak's core spiritual message for the modern reader.

All meditations are presented as transliterated text, followed by its English translation, along with a brief commentary for ease of understanding.

The beauty and depth of the meaning, together with a lyrical depiction of the hymns based on different Indian ragas, remains intact in the translation.

Daler Aashna Deol's book is a work of formidable scholarship. It offers the most thorough overview of Guru Nanak's teachings to date. Well documented, forcefully argued, and lucidly written, it will be of great interest to those who would like to familiarize themselves intimately with Baba Ji's message of love and compassion in a world torn apart by hatred and extremism.

Karam Tej S. Sarao

**Professor and Head, Department of Buddhist Studies
Center for the Advanced Study of Buddhism, University of Delhi**