



Only That: The Life and Teaching of Sailor Bob Adamson

Kalyani Lawry

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Through John Wheeler and other influential teachers, and through his two books of dialogues, Sailor Bob Adamson has become a familiar name to those interested in non-dual spirituality. With assistance from friends and family, and from Bob himself, Kalyani Lawry has compiled an absorbing account of his life illustrated with photographs from Bob's personal collection.

The second part of *Only That* consists of dialogues which have an immediacy that is “closer than your breathing, nearer than your hands and feet” and a depth that reflects Bob's life experience while pointing clearly to the ultimate reality, “Thou art That”.

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