



Only That: The Life and Teaching of Sailor Bob Adamson

By 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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Editorial Review

Review

“Sailor Bob's capacity to point to our natural state as free, open, and inherently liberated is unique for its directness and spontaneity. His dialogues are refreshingly informal and totally free of any pretense or self-serving agenda. His life story demonstrates the invincible power of non-dual awareness to liberate all forms of fixation, addiction, and rigidity.”

—**Peter Fenner, PhD**, founder and director of education at Timeless Wisdom

“Sailor Bob Adamson pointed out very directly that I was not the limited person I had assumed myself to be. To this day, I marvel at the clarity, effectiveness, and thoroughness of Bob's pointers. I am deeply touched by the great kindness and warmth of heart he shares with those who seek his guidance. Following the advice of his teacher Nisargadatta Maharaj, Bob has genuinely helped many former seekers by putting them beyond the need of any further help. His impact on the world of non-dual spirituality has been immense and continues to grow.”

—**John Wheeler**, author of *Awakening to the Natural State*

About the Author

Kalyani Lawry lives in Melbourne, Australia, and first met Sailor Bob Adamson in 1974 and again in India in 1976. In reconnecting with him in 2006, the remnants of a sense of separation dissipated. Following Bob's encouragement, she began to pass on the same message that Nisargadatta Maharaj had passed on to him. As a counselor and mentor known for the warmth of her work, Kalyani offers private conversations on non-duality. Her most recent book is *A Sprinkling of Jewels*.

Users Review

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