



# Non-dualism in Eckhart, Julian of Norwich and Traherne: A Theopoetic Reflection

*James Charlton*

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The words 'me,' 'mine,' 'you,' 'yours,' can mislead us into feeling separate from other people. This book is an exhilarating contribution to the spirituality of non-duality or non-separation. Meister Eckhart, Mother Julian of Norwich and Thomas Traherne are interpreted as 'theopoets' of the body/soul who share a moderate non-dualism. Their work is brought within the ambit of non-dual Hinduism. Specifically, their passion for unitive spiritual experience is linked to construals of both 'the Self' and 'Awakening', as enunciated by *Advaita Vedanta*.

Charlton draws on poetry, theology and philosophy to perceive fresh connections. A commonality of interest is proposed between the three Europeans and Ramana Maharshi. The concept of non-duality is basic to much of Asian religion. On the other hand, Christianity has usually ignored its own non-dual roots. This text contributes to a recovery, in the West, of the vital, unifying power of non-dual awareness and connectedness.

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