

## **Book Review: Self-Realization through *self*-Knowing, by Sankara Bhagavadpada**

By [A. M.](#) on June 8, 2017

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For me, this work answered the fundamental question of who I truly am and why I am here. And how to be in that awareness. While I have read many other works that have answered this question in different ways, this book focuses on knowing our true nature and the path to Self-Realization. This work was a revelation to me and was difficult to digest at first, but was so fundamental that I could not deny it. Dr. Sankara has taken a stepwise approach to unravel this. This book is for sincere seekers. After being exposed to this knowledge, I feel that almost all realized masters, deep down, have been through this process, knowingly or unknowingly, one way or the other.

After going through this work, I have become more observant and started noticing profound messages by the realized masters were conveying the same essence, may be in slightly different flavours. I did not do that before. That truth has been profoundly explained here.

-Dr. Anand Murugaiah, Research Scientist, Iowa State, USA