

Book Review:

‘Self-Realization Through *self* - Knowing’, by Sankara Bhagavadpada

Self-realization through Self-Knowing....touches the innermost core of who we truly are.

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Self-Realization Through *self* - Knowing by Sankara Bhagavadpada is a text for yoga practitioners, spiritual seekers or any one from any religion or background will benefit tremendously even if one is not familiar with Sanskrit terminology. The author's own Self-Realization comes through as one reads this text. I picked certain chapters to read and re-read to understand the message Sankara Bhagavadpada wrote in such clear terms and that holds true of every single chapter. I was reading it like a book going from one chapter to another then I realized I need to pause and digest such wealth of knowledge and wisdom to understand the message deeply. All stages of a human life are explained from a deep spiritual realization and allows a reader to see oneself as a soul living in a human form and how to shed one's identification with the body consciousness and transform into our soul world through *self*-Knowing.

The author brilliantly portrayed the life of Self- Realized masters like Sri. Ramana Maharishi, Sri. J. Krishnamurti and Sri. Nisargadatta Maharaj.

- **Anita Rao, Yoga Shakti Studio, Tarpan Springs, FL, USA**
- **May 18th, 2017.**