

Book Review:

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

When a former nuclear physicist, with an excellent command of the English language, spends more than 4 decades of his life in understanding the ‘self’ & ‘Atma’ and shares his ‘life time work’; what the world gets is, something equivalent to ‘instant & ready to digest’ wisdom; which is this wonderful book: ‘Self- Realization through *self*-Knowing’. This book is meant for ‘seekers’ of spirituality and equally for those ‘curious’ people who want to know what is ‘*self*’ and whether, indeed, there is a different way of living? The book is quite easy to follow, understand and contemplate. The logical approach of the Self-Realized master Sankara Bhagavadpada is very appealing & convincing equally to the seeker and the ordinary curious reader.

The author has done elaborate research, put his logical observations and insights into a simple language of ‘conversation’ between himself and Dr. Prema on the diverse topics. The questions on each topic, vastly cover all the possibilities, that might occur to any normal person. I initially thought that this work is only for serious seekers. It is not so. Even a novice who has some amount of interest in knowing ‘*self*’, will find this book to be an immense help, to tread in the path of knowledge and understanding. With his mastery on Vedic astrology knowledge, the author’s interpretations & comments linking Vedic astrology, makes the book very interesting. Throughout the work, the author invokes Advaita masters: Sri Adi Sankaracharya, Sri Nisargadatta Maharaj , Sri Ramana Maharishi and Sri J Krishnamurti. Getting into this book is like diving into an ocean of treasure.

The author, Dr. Sankara Bhagavadpada, is to be ‘experienced’. His innocence, genuineness, dedication, commitment, deep insights on Advaita philosophy and being an ocean of compassion – are beyond ordinary experience. I had the opportunity to experience the same during the Feb 2016 retreat in Le Pondy, near Pondicherry, South India. This book is a reproduction of the Feb 2016 retreat. It is helping me immensely to instantly get back to the path of ‘*self*-Knowing’ daily, whilst staying busy in our ‘materialistic life’. The biggest learning for me from the retreat and from the book, is the knowledge of the ‘*self*’ and understanding of the ‘*self*’. My realization is that with frequent watching, the *self* becomes calmer. Here is a Master, who doesn’t want any followers, doesn’t want any student/reader of his book to accept his findings. He is inviting us to discover the truth on our own and get into an explorative approach to this spiritual quest. I encourage everyone to experience the treasure hunt.

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