

## Book Review:

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

**Bhagavadpada’s own scholarly approach and deep spiritual practice is evident in this brilliant, illustrative work.**

Page | 1

As a novice to yoga practice, I originally purchased Dr. Sankara Bhagavadpada’s ‘Self-Realization through *self*-Knowing’ in preparation for an upcoming yoga retreat. Little did I know the wealth of knowledge and many “A-Ha Moments” I would gain as I worked through its rich chapters. Dr. Bhagavadpada’s own scholarly approach and deep spiritual practice is evident in this brilliant, illustrative work. It is chock full of the teachings of Self-realized masters inclusive of Sri J. Krishnamurti, Sri Nisargadatta Maharaj, and Sri Ramana Maharshi and I find myself constantly revisiting the chapters to embrace the *self*-knowing life principles found within its pages. In my own spiritual walk as a seeker, this book has helped me to begin to know my “*self*” as an architect in my own design. Whether just beginning your journey or well upon the path, regardless of religion or spiritual background, you will find the book to be life changer and treasure it for years to come!

**-Maggi Jackson, MBA, BA; Business Professional.**

**Christian, by Faith. Dt: May 18<sup>th</sup>, 2017.**