

Book Review:

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

I have been a spiritual teacher guiding thousands of seekers in Latin America, US and Europe. In my personal spiritual journey, I have found that real seekers of truth are few in the West. Most people are looking for some kind of healing that could be provided in one or two sessions and that will not create too much change in their habits and lifestyle. But when you truly move to the spheres of *self*-knowledge and Moksha, the call often, demands a very profound and philosophical approach to life and calls for truly understanding, how all problems arise from the ‘I’ and the psychological *self* that doesn’t want to die by any means.

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Dr. Bhagavadpada’s book, is an extremely important one, that will bring light in all the dark areas - that many masters and teachers do not even attempt to enter in the West. With his deep clarity and his personal profound philosophical approach to life, you will be able to understand what the ancient texts have conveyed about the process of *self*-knowing and Self Realization.

It might not be a book for beginners but a treasure for those seekers that have been looking for a long time, to find the profound meaning behind the Teachings of Sri Ramana Maharishi and Sri Nisargadatta Maharaj in Self Realization and the original and unique teachings of J. Krishnamurti into true and honest *self*-Knowledge.

**-Ricardo Bravo; Spiritual Life Coach, Vedic Astrologer
and Researcher in the Religions & Spiritual Traditions.
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