

Book Review:

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

A serious seeker of truth can’t afford to miss this book.

Toughest teaching has been made very simple, like decoding. Though the works of great masters have often been straight and transparent, understanding them has never been simple. A seeker often goes through rigmarole, not understanding the crux of their teachings. The author has taken utmost care to do the threadbare analysis of subtle contents of the subject shared by the great masters and has presented them in an easily understandable form.

The entire book has been designed in a very ‘user-friendly’ format with bulletins and Question-Answer mode. So, we don’t feel tired of reading the contents. It also improves the clarity of perception. Many analogies are pictorially represented. Relevant Sutras are specially highlighted.

The greatest ‘wow factor’ which I find in this work is the way in which the author is beautifully connecting the teachings of Spiritual Master J. Krishnamurti with the traditional path of Advaita. It appears to me as if a tough jigsaw puzzle has been solved in the path of Advaita by properly placing Master J. Krishnamurti’s teaching in Advaita.

The mind has been a major troubling factor for the humanity. Calming and silencing the mind is next to impossible. Many futile techniques have been adapted resulting in utter failure and desperation. The approach the author adapts to handle this issue is amazing. In fact, those who are not interested in Self-Realization too can get greatly benefitted from this book if they seriously seek the peace of mind.

Personally, I got immensely benefited from this work in my spiritual journey. Started with the path of Bhakti more than a couple of decades back, I was constantly struggling to cross the barriers set by my own mind. Now that the right teaching has been implanted in me, my sadhana has been meaningful, in a perfectly straight path.

I am personally indebted to the author, as his teachings are purifying and intensifying my Bhakti and Jnana. Now it is slowly and steadily turning towards Nirguna Parabrahma Bhakti and staying in “I am-ness”. The teachings have given me a crystal clear perception that Bhakti and Jnana are one and the same in their original sense where the common hurdle is ‘I am body – consciousness’ or the sense of separate existence. I have no words to express my gratitude to the author because he opened my eyes to the teachings of my beloved Bhagavan Sri Ramana Maharishi.

The author prompts a seeker to take up a researcher’s attitude. This approach is not common. Also, he does not get into an authoritative ‘Guru-mode’. I had difficulty in accepting this initially. Once I started traveling boldly into this path, I now realize the power of this Self-propelling approach.

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