

## **Book Review**

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

“Watching becomes a part of my life”

I am highly indebted to the author for taking me through the novel path of Self-realization through *self*-knowing and hence the quotation: “Watching becomes a part of my life”, is appropriate. The author has taken lot of pains to provide us with simple mechanism of Questions and Answers and by using metaphors from Upanishads / Bhagavad Gita, pertinent slokas, and quotes from great Advaitic masters, the understanding has been made very simple and easier.

I was able to understand the small “s”(*self*) after attending the retreat during 2016 and the real assimilation of teachings started while reading the book (2<sup>nd</sup> retreat) which paved the way for better living.

This book gives immense clarity on two selves operating in us unconsciously and without any awareness. Seekers of different spiritual paths will be highly benefitted by this book.

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