

Book Review:

Excellent Practice Tool for the Seeker of Truth, April 21, 2017

By

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This review is from: Self-Realization Through *self* - Knowing: A New Hindu Enquiry into Dharma And Moksha (Kindle Edition)

Dr. Sankara Bhagavadpada has produced a scholarly and also, highly readable text “intended for the seeker of the True Reality of existence.” Those with a deep interest in Yoga, and those with a background in Advaita Vedanta or in the teachings of Sri Nisargadatta Maharaj, Sri Ramana Maharshi or Sri J. Krishnamurti, will find the study of the teachings in this book especially rewarding. The text features helpful definitions of terms for those less familiar with the ancient scriptures, along with many lovely illustrations that follow the themes of the teachings. The question and answer format that is featured throughout allows one to quietly ask similar questions and readily find thoughtful and scholarly answers. This means that when one studies this text, it is not only the intellect which is fed with information, but the entire Being participates in an active practice that is truly transformative. There is not the space in this short review to go into the details of Dr. Bhagavadpada’s teachings and many insights borne of his own deep spiritual practice. Suffice it to say that a seasoned seeker and beginner alike will have much to gain (and only bondage to lose) by studying “Self-Realization Through *self* - Knowing.”

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