

Bridging the gulf between the nascent world of J. Krishnamurti's *self*-Knowing and the ancient world of Self-Realization.

In our modern world, Self-Realization is far better known than *self*-Knowing. Two renowned Advaitic masters of the last century, Sri Ramana Maharshi and Sri Nisargadatta Maharaj, had created worldwide awareness of this ancient Advaitic tradition going back thousands of years, all the way to Adi Sankaracharya and the Upanishadic sages. Other Hindu and non-Hindu masters of the last and present century have also attracted greater attention to Advaita. By contrast, *self*-Knowing has been the lesser known as it has, by and large, remained nestled within the writings of the master, Sri J. Krishnamurti. As the worlds of *self*-Knowing and Self-Realization are on the face of it unconnected, the question arises as to how these worlds are related to each other.

Thus, starting with the principles of *self*-Knowing laid down by J. Krishnamurti, the author systematically unfolds a meditative process that is free of the contamination by the *self*. Starting with fundamentals such as *self* and *what is*, and going on to the ensuing theme of 'the identification, observation and understanding of the *self*,' he arrives at 'the calming and silencing of the *self*'. It is here that the illusory nature of the *self* begins to shine. Without supportive meditations and intense selfless interest, one cannot come even this far. Deviating unambiguously, at a certain point, from J. Krishnamurti's line of exposition, the author invokes 'the impossible to ignore' *Atma*, and in this way leads us to the Advaitic climax of *Tat Tvam Asi*. In essence, he convinces us that *self*-Knowing is not only absolutely necessary but also that, without *self*-Knowing, the entire world of Self-Realization may be poised on shaky ground.

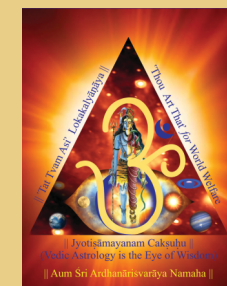
This work is intended for serious seekers who have an inclination to enquire and learn. The contents are drawn from the teachings the author gave at an International seven-day residential retreat in 2016. They also constitute the textual material for an on-line course in Self-Realization through *self*-Knowing. Each of its seven chapters throbs with the vitality of a bold new enquiry, which takes the form of questions and answers.

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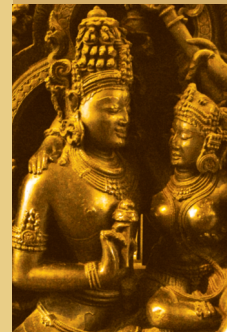
Based on the teachings at the 'Tat Tvam Asi' International Retreat
in India – February 2016

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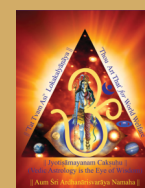

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Self-Realization through
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Self-Realization through *self*-Knowing



A New Hindu Enquiry into *Dharma* and *Moksha*
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