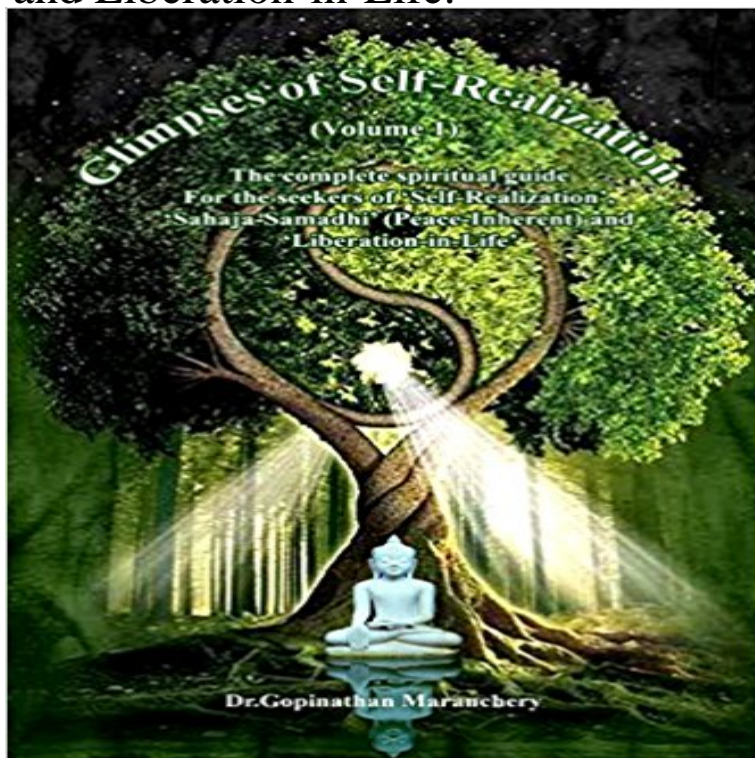


## Glimpses of Self-Realization - Volume 1: The complete spiritual guide for the seekers of Self-Realization, Sahaja Samaadhi (Peace-Inherent) and Liberation-in-Life.



When Buddha was asked why he left his vast kingdom, lovely wife and dear child, to lead an ascetic life, he replied like this. If, birth, growth, disease, old age and death were not there; if the sad demise of kith and kin, near and dear were not there; if everything in the world was not impermanent, I would not have left my palace at all. Lord BUDDHA'S statement is applicable for each and every one of us who aspire for Self-Realization, Peace-Inherent (Sahaja Samadhi) and Liberation-in-Life. BUDDHA went in search of the cause of human suffering and finally got enlightenment. Self-Realization or Spiritual Enlightenment is the only remedy for all the ills of human suffering. EGO creates the phenomenal world through the body, mind, intellect complex, the five sense organs (Eyes-Ears-Nose-Skin and Tongue), and the five primal elements (Ether-Air-Water-Fire and Earth). EGO is the root cause of all human suffering. If one can cast away EGO(Ahamkara) by Aathma -Vichaara or Self-Inquiry, it will disappear altogether, being non-existent, along with the phenomenal world. Without ever leaving our family, friends, kith and kin, we can very easily attain Buddha hood by simply paying attention to our own `SELF (I-CONSCIOUSNESS AATHMABRAHMA-or GOD) which is nothing but Truth-Being-Existence-Consciousness and Bliss). A true ascetic is not one who renounces his possessions, but one who renounces the possessor the ego. Ego perpetuates the mind, the mind creates matter through sense organs and by renouncing ego, the material world become spontaneously nonexistent. Then what remains is that eternal, omnipresent, omnipotent and transcendental reality of TRUTH-BEING-EXISTENCE-CONSCIOUSNESS and BLISS (GOD). The elusive ego disappears when there is Self-Inquiry

in the form of Who am I? . That will result in self knowledge or Buddha hood. Hence Self-Realization is the only means for transcending human suffering inflicted by the fleeting and transitory PHENOMENAL world. Let us start our voyage, through the fathomless ocean of consciousness, boarding the boat of Self-Realization, towards the pathless land of Sahaja Samadhi (Peace-Inherent)and Liberation-in-Life.

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