



Bitter Pills to Swallow: Self-Inquiry

By MR P V S Suryanarayana Raju Raju

Createspace, United States, 2013. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.At present we are conscious of ourselves as a set of adjuncts like body, mind, intellect with object knowing consciousness, in which our attention seemingly moves away from the self towards the object with seeming separation from the knowing subject and known object. All objects come into existence only when our attention is directed towards them. The act of directing our attention towards something which appears as other than ourselves is what we call thinking. In self-enquiry we withdraw our attention from thoughts and objects consciousness moves Self-wards because self is the base for appearance and disappearance of I thought i.e. mind. This natural positing of our attention in the self conscious being is self-enquiry. Self-Enquiry is holding on to awareness of being that we already are. When the mind strays you bring it back- that s all. Self-Enquiry is not through thought but paying attention to the source of it. There is no ego apart from the idea of I thought. The I thought arises from the self and depends upon the self for its...



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