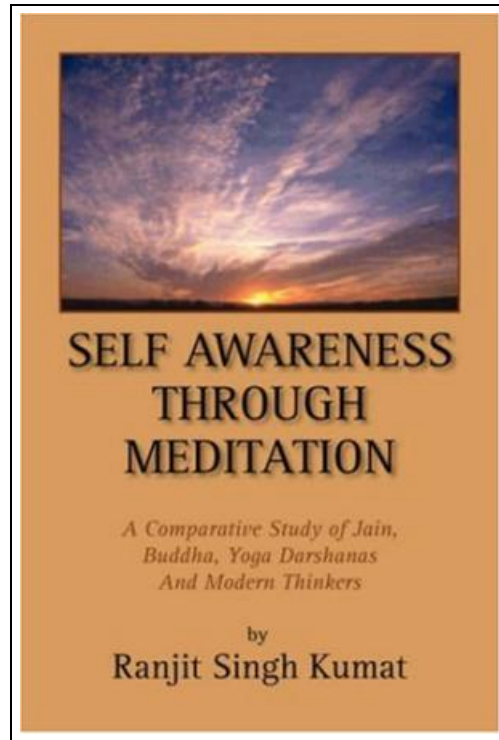


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Xlibris Corporation, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.SELF AWARENESS-ULTIMATE GOAL OF LIFE Ancient spiritual teachers and enlightened spirits have ordained that to know the self is the ultimate goal of one's life. Lord Mahavir said, One who knows one (self), knows everything else. One who is awake or aware of the self is the real saint (Muni) and the one who is not awake is not a saint (Amuni). Socrates and Jesus Christ also said, Know Thyself. This also means to know and to be aware of the self. Maharshi Patanjali of Yoga fame says, To be in oneself is Kaivalya , the highest gnana (wisdom). Lord Buddha said, To end the suffering, you set up yourself in constant awareness. Constant Awareness is enlightenment. Self-Knowledge- End of Conflict and Suffering According to J. Krishnamurti, one of the most enlightened souls of the twentieth century, self-awareness is the beginning and the end of life. Conflict and suffering exist as long as I do not understand myself. Therefore, understanding self is much more important than knowing how to overcome sorrow and conflict. Most of us are totally unaware of ourselves. We do not observe our own thoughts and feelings The more you know yourself, the more clarity there is. Self-Knowledge has no end. It is an endless river. IMPORTANCE OF PRESENT According to Nisargadatta Maharaj, present has the stamp of reality because I am always now, in the present and what is with me now shares in my reality. The past is in memory, the future in imagination. To know one's real self is bliss, to forget-is sorrow. The real is beyond the mind. Seeing the false as false is meditation. This must go on all the time. Exercise...

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