

Self-inquiry is the process and the goal
also. 'I am' is the goal and the final
reality. To hold to it with effort is self-
inquiry. When spontaneous and natural it is
realization.

Ramana Maharshi

Self Inquiry

Yogani



Self Inquiry:

Who am I? with comments Ramana Maharshi, 2015-11-16 Who am I is a seminal work of Ramana Maharshi. It is terse and deep. For many who are interested, some help is needed to understand what Ramana is teaching and in how to put it into practice. The author of this book writes from his experience of more than 25 years of practice and gives guidance based on this. This book is valuable for both those who are just starting their interest in Self inquiry and for those with a long standing practice.

Self-Inquiry - Dawn of the Witness and the End of Suffering (eBook) Yogani, 2007-12-20 Self Inquiry Dawn of the Witness and the End of Suffering provides practical methods for making use of abiding inner silence, the Witness cultivated in Deep Meditation, resulting in increased inner stability and happiness amidst the ups and downs of life. The practice of Self Inquiry also aids us in realizing the ultimate truth of existence, the Oneness that we are and the Unity of all that exists. With the dawn of the Witness, we develop an increasing ability to observe our thoughts as objects. As our sense of self shifts from our thoughts to the silent Witness, the grip of suffering is ended. Yogani is the author of two landmark books on the world's most effective spiritual practices: *Advanced Yoga Practices: Easy Lessons for Ecstatic Living*, a comprehensive user-friendly textbook, and *The Secrets of Wilder*, a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. Self Inquiry is the seventh book in the series, preceded by *Diet Shatkarmas* and *Amaroli Samyama Asanas Mudras and Bandhas Tantra Spinal Breathing Pranayama and Deep Meditation*.

The Self-Inquiry Process Linda Brierty, 2007-06-01 THE SELF INQUIRY PROCESS Using Powerful Questions to Awaken Awareness is not a theoretical information-oriented book; instead, it is experiential in nature. The reader will embark on a process of introspection to increase self-awareness and bring unconscious material into consciousness. Many people claim to have the answers; this book asks the questions. It introduces a unique framework with which to understand yourself and goes on to ask direct questions, some quite challenging, some provocative, others simple and to the point. The questions reveal the sources of suffering that can hinder our everyday experience. Other questions point the way to fulfillment and joy. Each question in the book can take you deeper into relationship with your own Self and closer to the Self-love that makes so many things possible, including loving others and the world.

ABOUT THE AUTHOR Linda Brierty LCSW is an integral psychotherapist and Reiki Master. She was trained by Diane Shainberg, Ph.D., noted psychoanalyst and Zen priest. Linda is the director of The Bodhi Tree Holistic Center in Manhattan. She also has a deep love for music and is a classically trained musician.

The Alpha and Omega of self-inquiry. P.V.S. SURYANARAYANA RAJU, 2012-05-21 Self inquiry is the process of uncovering the reality which is clouded by thoughts. We cannot investigate into the Self. Self is oneness and a unitary whole. The ignorant mind cannot investigate into the Self. It is enough if we set aside the ignorant mind so that Self is uncovered. Self inquiry is not a search for truth. The search for truth is merely a fulfillment of belief. Self inquiry is the process of understanding how thought works and the nature of the thinker. It explores what the thinker is and his thoughts.

Without understanding this self isolation process which we commonly call the thinker or ego Merely caught to be in a dogma is not the uncovering beauty of Self which is life existence truth [The Four Requisites for Realization and Self-Inquiry](#) Nome,2021-10-04 This booklet contains an explanation of aspects of traditional Vedanta practice in the light of nondual Self Knowledge and Self inquiry The four requisites are discrimination detachment the six essentials and the desire for Liberation The six essentials are peacefulness self control renunciation or nondependence endurance or fortitude faith or conviction and profound concentrated formless meditation The original significance of them and the actual experience of them for those on the path of Knowledge are far reaching These requisites for Realization are to be understood meditated upon and practiced within the context of Nonduality for the purpose of Self Realization They can also be practiced at least to a certain extent by those who have as yet to ascertain that Nonduality is Truth that Realization consists of Self Knowledge and that the means which is Self inquiry must be in accord with or of the same nature as the end that is Self Realization Here an understanding of this on the part of the aspirant is assumed and the four requisites for Realization are taught with special relevance to Self inquiry the introspective determination of the true nature of one s own Self which is the Absolute Self [The Practice of self-inquiry](#). P.V.S. SURYANARAYANA RAJU,2012-02-09 Self inquiry does not demand any faith nor does it depend on any system of thought or belief It demands integrated awareness and right effort which dissolve self centred illusions limitations and thus bring about the revelation of blissful reality If you really want to help others you must discern your own limitation We must note that self inquiry is not a theology A man protecting himself constantly through such knowledge is obviously not a truth seeker When you want to find something new the mind must be quiet If the mind is crowded filled with the facts and borrowed knowledge they act as the impediment to the new The difficulty for most of us is that the mind i e thought has become so important so predominantly significant that it interferes constantly with anything that may be new with anything that may exist simultaneously with the known Thus borrowed knowledge and learning are impediments for those who would seek for those who would try to understand that which is beyond thought *Advanced Yoga Practices - The AYP Plus Lessons* Yogani, The AYP Plus Lessons eBook is offered as a resource for off line study covering nearly 1 000 lessons and additions on practices and experiences Until now this large amount of instructional content has only been available through the AYP Plus online service Full Scope Yoga consisting of eight limbs opens the doorway between our outer and inner reality leading us to Abiding Peace Unity and Joy in all aspects of life The Advanced Yoga Practices AYP Lessons provide detailed instructions on how to open the doorway of our nervous system aiding us in unfolding our full potential and destiny in this life Deep Meditation Spinal Breathing Pranayama and Yoga Asanas form the foundation of daily practice in a short routine compatible with modern life with extensive refinements and many additional practices provided in the lessons as experience in human spiritual transformation advances over time Prudent Self Pacing of practices for comfort and safety is a core teaching throughout the lessons The AYP Lessons began in 2003 as an online resource Over the years the teachings have

expanded to populate several websites more than 15 books and translations into more than a dozen languages The two original AYP Easy Lessons for Ecstatic Living books published in 2004 and 2010 cover nearly 500 lessons combined As the writings continued the AYP Plus online service was launched in 2015 eventually providing nearly 500 additions to the original lessons expanding and refining the teachings based on the questions and experiences of hundreds of practitioners Yogani is the author of ground breaking books on highly effective spiritual practices including the Advanced Yoga Practices lesson books the concise AYP Enlightenment Series books and The Secrets of Wilder spiritual adventure novel Over the years the AYP writings have been praised as one of the most comprehensive and accessible instructional resources on Full Scope Yoga See hundreds of testimonials in the back of the book With the publication of this large eBook the full teachings contained in the AYP Plus Lessons are being made available in book form for the first time

Self-Inquiry Suryanarayana Raju, MR P V S Suryanarayana Raju, 2012-02-18 Self inquiry is a direct approach to truth without involving thought All religions are thought based and so they perpetuate ignorance In self inquiry there is heightened awareness in form of witnessing conscious whose nature is to reflect the things as they really are This type of observation has its own action and the mind mind is transformed radically So let us do self inquiry and wean away from self activity which is bringing lot of problems to humanity The other methods are thought based and indirect Ramana Maharshi advised only self inquiry to the aspirants of truth He himself got self realized in just 20 minutes by doing self inquiry during death experience All these things are explained in this

Advanced Yoga Practices - Easy Lessons for Ecstatic Living, Vol. 2 , The Comprehensive Book on Suryanarayana Raju, Suryanarayana Raju, Dr, 2012-01-11 This book deals both with the need for self inquiry in daily life Everybody needs sleep for his survival If a man does not have sleep adequately he will go insane and his life will be in disorder Similarly everybody needs meditation in the waking state otherwise his mind and life will be in disorder This disorder is quite obvious both inside the mind and so outside in the present world where the majority of humanity has no understanding or time to do meditation Meditation is to go beyond thought and establish ourselves in being But we cannot go beyond thought with the mechanics of the workings of the me which is an isolating and destructive factor At present thought is dominating and directing our way of life Thought is a reaction of past memories and experiences and with these it faces the challenge in the present which is always new it encounters it partially which results in conflict So thought as our master of life brings disaster and ego is nothing but thought Thought subsides when the activity of the me subsides which is the result of the understanding born out of awareness watchfulness in a state of observation in which there is not a trace of condemnation or justification of what is being observed In that passive alertness we listen to the noise of the me with relaxed attention beyond the noise of words without intervening with the screen of thoughts conclusions and prejudices The search for truth is individual and is not possible in religious congregations It is possible in self inquiry where we go beyond thought and establish in being In that way we respond to the challenge of the present in a holistic way instead of getting lost in

imagination day dreaming and we relax totally in being with full awareness What is it that is to be investigated in self Inquiry We have to investigate whether there is such an entity as the thinker the me as noun apart from thought If we remove all thoughts from the thinker does an entity as thinker remain So thought is the thinker One part of the mind assumes the role of thinker and it feels it is separate from other thoughts Is the thinker separate from thought We have to investigate As the I am the body idea is the root of all thoughts we have to investigate whether identity with the body through I am the body idea is existential or not This is an important investigation Once we start investigating we bring awareness into the investigation and in the presence of awareness thought flow is reduced and finally comes to a standstill Then we develop the capacity to hold on to I am the body idea Pure I am the body idea is filled with pure awareness It is not an obstruction to the revelation of self knowledge We can hold on to pure I am the body idea in the interval between the transition of mind from one mode to another or in the interval between two thoughts Then investigation becomes a piece of cake because there is no clouding of consciousness by thoughts in that interval Till then we fall back into unawareness due to strong mental habits which are called tendencies even while doing self inquiry So uninterrupted Self awareness sada apamada is needed for self inquiry The practice of Self Enquiry The reason why the scriptures begin by teaching that the five sheaths are not I is that in order to practice Self Enquiry it is useful for an aspirant to understand intellectually that the I which is to be attended to is not the body or any other adjuncts which are now felt by him to be mixed with the feeling of I But since Bhagawan does not want us to fall a prey to the misunderstanding that pondering intellectually over the truth that five sheaths are not I is itself the method of negating the five sheaths He has carefully taught us the method of practicing Self Enquiry before revealing tous the revelation that the five sheaths are not I Self-Inquiry in Bhagavad Gita Suryanarayana Raju, MR P V S Suryanarayana Raju Raju, 2012-04-22 Self inquiry is concerned with the scientific inquiry into the source of the subjectivity Then the periphery will take care of itself The intelligence that is born out of self inquiry will manifest itself in the periphery and we learn the art of living without conflict in the periphery The Maha Bharat war and other wars in the human history are due lack understanding of source of subjectivity and leading only a sensual life If a leaf of a big tree is damaged the roots of the tree will not be affected but if the roots are diseased it will affect the entire tree including the leaves So if the mind is not healthy in a state of Self ignorance it affects the whole human life including the health of the body Bhagawad Gita is a scripture on human psychology and so it is relevant to the whole humanity irrespective of their conditioning Unless you understand the mechanics of workings of your own mind you cannot reach the state of no mind This understanding of working of your own mind is self inquiry The state of no mind happens as naturally as it should be So for people with psychological problems Gita is a better book than spiritual scriptures The pity of humanity is that they somehow adjust to the Self ignorant life and go on postponing to jump out of stream that is created by Self ignorant activity though they have an opportunity to jump out of it For them known devil is better than unknown angel Among all who participated in Maha

Bharata war it is only Arjuna who dared to jump out of this conflict creating Self ignorant activity Life is only for those who live it intensely like Arjuna and mental transformation is certainty for him Those who lead a peripheral life and run away from the conflicts presented to them cannot reach the divine Ramana Maharshi at a very tender age of 16 faced death fear and gone beyond it and settled in the ultimate reality once and forever Truth is only for such daring people it is not for cowards leading a casual sensate and vegetative life We are conscious beings but we never use our consciousness to resolve the life problems but we depend on beliefs dogma to face the present life situations We cannot run away from our own mind the false I will always follow us wherever we go An individual who is not courageous enough to be in the world cannot renounce anything at mental level A sannyasin is one who transcended the world through mental renunciation This chapter is called Arjuna Vishada yoga Yoga of despair Blessed are the people who experience despair for they find a way out of this Self ignorant life Despair is the process through which bliss can arise Despair marks the beginning of journey towards bliss But Arjuna s despair is not yet ripe because still he wants kingdom and show it to his relatives without killing them Buddha and Mahavira renounced their kingdom out of understanding that there no happiness to be gained with having a kingdom But Arjuna s case is different he still has hopes of being happy winning a kingdom and to enjoy with family members So through Bhagawad Gita lord Sri Krishna made his mind ripe enough to receive the truth and make him a wise man with Self knowledge After tasting Self knowledge Arjuna fought the war without any doer ship Action with doer ship makes our life miserable With Self knowledge we will learn the art of action without any doer ship Whatever the challenge we respond from awareness spontaneously unlike previously where we used to act withideation with a goal Bhagawad Gita is the only scripture which tells us how to act Action is life in relationship and how we act is very important in life For that purpose Bhagawad Gita is the best book In all 18 chapters of the books Lord Krishna points out the importance of having Self knowledge and the direct path to have the Self knowledge is self inquiry

The Essence of Suryanarayana Raju,MR P V S
Suryanarayana Raju Raju,2012-02-22 self inquiry is not an effort against the mind but rather a loving way of witnessing the mind which is the result of evolution and contains the whole experience of existence Your mind is not personal it represents the whole evolutionary process So self inquiry is an impersonal way of exploring the mind without any reference center Inquiring mind penetrates into itself aware of one s own psychological being with its urges compulsions frustrations desire to fulfill miseries strains anxieties struggles sorrows and other innumerable problems In self inquiry there must be constant and earnest awareness Man is astray The sin is not to be committed it has already been committed That is the meaning of the Christian parable that Adam committed the sin the first man Man is born astray that is the meaning of it we are already in sin The word sin is very very beautiful The original root from which it comes means missing the target Sin does not mean sin it simply means missing the target We have gone astray from the very beginning man is astray so there s nothing for you to do to go astray Wherever you are you are missing your goal your target You don t know who you are you don t know why you are

you don't know where you are headed and for what You just go on like driftwood wherever the winds carry you Remember this is the first realization I am astray which will make you come back to the path The moment Adam realized I have committed the sin he was returning back home The moment you realize that whatsoever you are and wherever you are you are wrong It is very difficult to realize it because the mind tries to protect to rationalize The mind belongs to the world It goes on protecting you not exactly you but your astray ness You will have to drop all protections all rationalizations Once you understand that you are astray you suddenly realize that you have nothing to save in this world the wealth the power the prestige nothing is of worth It is all rubbish And you are losing something tremendously valuable for rubbish you are selling yourself and purchasing toys you are destroying the possibility of creating a soul for nothing This is a basic realization the first breakthrough **Self-surveys by Teacher-training Schools** William Harvey Allen, Carroll Gardner Pearse, 1917

The Myth of Self-Enquiry Jan Kersschot, 2007-07-06 Probably you believe you are a person reading these very words right now Maybe you also see yourself as a spiritual seeker You've been to sacred places followed yoga or meditation maybe you've been involved in a group of seekers with similar interests Probably you've invested a lot in this search for the ultimate truth Maybe you feel you have been close to finding your true nature and still something is lacking What if this search leads you nowhere because the seeker who wants to achieve it is itself a concept Have you ever investigated the existence of the investigator you believe you are The seeker you believe yourself to be will not like this book Seekers do not want to learn that that their search for enlightenment is just a game of their ego They don't like to see that their spiritual enquiry is endless and that their goal of finding their true nature is a myth Jan Kersschot graduated in medicine from Antwerp University Belgium His lifelong quest for the ultimate truth was characterized by his interest in a wisdom which does not exclude anything or anyone Blending the core of Eastern wisdom with a contemporary Western lifestyle Jan shows in this collection of extraordinary dialogues how the popular myths about self inquiry and enlightenment can be unmasked He is the author of the books *Coming Home* *Nobody Home* and *This Is It* *Self-inquiry quotes*. P.V.S. SURYANARAYANA RAJU, 2012-02-10 These quotes in self inquiry are very useful for any serious truth seeker irrespective of his background conditioning belief faith religion to which he belongs self inquiry is a scientific inquiry into the working of self usually called the ego the ego its thoughts feelings etc self inquiry is beyond all religions in which there is no seeking no becoming no end to be gained In the silent observation of self inquiry in which there no choice or condemnation thought and feeling unfold themselves In this process we actualize the potential of the Self Atman In self inquiry we understand ourselves our impulses reactions the whole process of thinking conscious as well as unconscious Depending on somebody to tell what is in our mind prevents understanding of oneself Usually we take some shelter under an authority be it a guru scripture method which gives temporary sense of security but that is not understanding of total process of oneself Unless we uncover all the layers of mind self inquiry is incomplete **Self-Inquiry Is the Art of Unveiling the Self** Suryanarayana Raju, MR P V S Suryanarayana

Raju Raju,2012-05-27 Majority of spiritual seekers feel that Self is something to be achieved It is a misconception Self is already the case but we are unable to feel its presence because it is clouded by thick clouds of conditioning born out of identity to the body family tradition beliefs dogmas nationality race caste creed profession gender etc Many feel that living a positive life means is to have more ambition greed arrogance accumulating more knowing always in a state of becoming which involves time Actually these are all the signs of mental disorder and living with them leads to a life of conflict contradiction sorrow despair and we are alienated from our own Self with such way of living So it is a negative way of living and humanity is unfortunately conditioned in that way Positive way of living involves a life of living in the present moment and act spontaneously In this way we act from pure conscious without intermediary distortion of the ego Life is action in relationship So how we act is very important in determining the way of life Because of Self ignorance we are acting from the ego the me which is the summation of experiences born out of incomplete action Me is limited and its action is limited leaving the residue of non understanding in the form of experiences They are stored in memory cells and thought arises from that center and we are acting from that center So we facing ever changing reality from a fixed dead past center When act like that such action is naturally incomplete and brings us sorrow which is quite obvious if we observe our life So there is a need to investigate into that urgently otherwise sorrow goes on accumulating So in self inquiry we go into the question why we are identifying with all these degenerating factors Identity and ego are possible in a state of non awareness of the activity of ego In self inquiry we do it with the light of awareness and gradually the thick clouds of condition first become thin and finally disappear When those clouds disappears we perceive Self effulgent Self So in self inquiry the veil over Self is removed and our mind is posited in Self and we live a positive life with love compassion [The Work Of Byron Katie](#) Edwardo Dornfeld,2021-06-28 Self inquiry also spelled self inquiry is the constant attention to the inner awareness of I or I am recommended by Ramana Maharshi as the most efficient and direct way of discovering the unreality of the I thought Ramana taught that the I thought will disappear and only I I or self awareness remains In this practical and straightforward book bestselling author Ernest Holm Svendsen takes you on a step by step journey to transform your thinking and end your stressful thoughts Tap into the age old process of self inquiry and learn how to master The Work of Byron Katie a profound tool for questioning your limiting and painful beliefs to find peace freedom and a deep connection with yourself Learn how to Use the powerful method of self inquiry known as The Work of Byron Katie to end your limiting and stressful thoughts Transform your relationships by turning your projections around Convert your negative and judgmental thinking into a tool for authentic inner peace Step into your true integrity **The Art of Living** P. V. S. Raju,Suryanarayana Raju,2013-02-22 Become more and more aware of the precariousness of life Learn how to live by being responsible As awareness increases mind is filled with awareness and you act from awareness When you act from awareness the action is complete without any hangover Then you will know what it is to be free even while acting Action with motive is binding because it is directed it is

incomplete because you act from the ego and incomplete action leaves a residue of experience which knocks your door for resolution God is an invention of man for his comfort just as religion is also an invention of man All religions keep you in ignorance because religion is created by thought You must negate all thought created things like god religion if you are serious to find the truth This negation comes out of diligent understanding but negation is not intellectual Then your mind is empty of beliefs dogma nationality caste creed race religion etc and has the capacity to comprehend that which is ultimate truth that can never be touched by thought Through negation of false you touch what is true so in search for truth diligent negation is the most positive act Belief dogma conformity imitation are the most negative acts possible Get rid of them first You are already the truth so you have to negate the ego smoke that is formed over the mirror of consciousness from many centuries during evolution In psychological inquiry never depend on anybody as authority be it a savior book scripture guru Death is knocking at your door it can happen at any time Life is momentary a soap bubble just a pin prick and it is gone forever How can you remain unaware Bring awareness to each act If you take life for granted and think you are going to live forever you remain unaware and vegetate *What Geography Ought to be* Petr Alekseevich Kropotkin (knîā'z'), 1885

Self-Inquiry Is the Art of Comprehending the Self Activity Suryanarayana Raju, MR P V S Suryanarayana Raju Raju, 2012-07-02 self knowing is not a method It is constant watchfulness of ego activity In the intensity of watchfulness we come to know the falsity of contents of mind and so in the intensity of watchfulness the contents evaporate Then the mind is empty This watchfulness is not against the mind but with watchfulness ego activity comes to a stand still and so we go beyond the ego and we penetrate the unknowable We cannot penetrate the unknowable with the known All methods belong to known and you cannot jump into unknown by clinging to known A mind that is empty of known has the capacity to jump into the unknowable Mind with contents is conditioned and so always in conflict Unless we see the falsity of conditioning mind is in conflict and split Split mind is a fragmentary mind and is never free of ego activity like greed anger sex etc Such fragmentary mind can never comprehend the truth Mind without any contents can comprehend the truth When there is freedom from background of conditioning there is intensification of life Life is a process of challenge and response and we respond adequately to challenge only when we are free of conditioning Till then action is incomplete and there is perennial conflict That is why JK insisted on emptying of contents of the mind

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