



Self-Inquiry - Dawn of the Witness and the End of Suffering (Paperback)

By Yogani

Ayp Publishing, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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 within, 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...



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