



## Commentary on Who Am I Self-Inquiry: Self-Inquiry

By MR P V S Suryanarayana Raju

Createspace, United States, 2012. Paperback. Book Condition: New. Large Print. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Humanity is in dark state of Self-ignorance. Ego is a product of this Self-ignorant dark state and the god, religion, poetry, art, painting it creates are all outcome of this darkness. The culture of human society, its education, family system, beliefs, dogmas all add to this metaphysical sleep and keeps the human in darkness causing lot of misery to him. Because ego state is a dark state we have to bring in light of awareness to know how the ego is working and causing suffering to humanity. For this self-inquiry is the direct method and this book deals with that study of self. self-inquiry demands psychological energy. But the energy is destroyed, is wasted when one is in conflict. So when there is the understanding of the whole process of conflict, there is the ending of conflict, there is abundance of energy. Then you can proceed, tearing down the house that you have built throughout the centuries and that has no meaning at all. You know, to destroy is to create. We must destroy the psychological, the unconscious and the conscious defenses, securities...



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