



SELF AWARENESS PRACTICE INSTRUCTIONS

*Ramana Maharshi, Nisargadatta Maharaj, Vasistha, Sankara, Annamalai Swami, Muruganar, Sadhu Om,
Anonymous Awareness*

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The most direct and rapid means to Self Realization goes by various names including: Self Inquiry, Self Abidance, Self Attention, Self Awareness, Abiding as Awareness, Awareness of Awareness, Awareness Aware of Itself, Awareness Watching Awareness. The purpose of the Self Awareness Practice is to live in the eternal bliss that is your true Self. This book has all new Palatino 15 type for crisp clear easy reading. The quotes in Chapter One are the same as the quotes in Chapter (Step) Seven from the book The Seven Steps to Awakening. Chapters Two and Three are essentially the same as Chapters Seven and Eight from the book The Most Direct Means to Eternal Bliss. Self Awareness Practice Instructions is Book One in a series of six books called the Self Realization Series. One purpose of the Self Realization Series is to put just one category of quotes into a small book that has the advantage of making it easier to focus, meditate on, grasp, and have insight into just one subject at a time. That makes the approach simple, easier and less complicated. The idea is to stay focused on just one subject until you have received everything you need to receive from that one subject. Most people go on to the next subject without ever having learned to apply to their lives the subject they are studying now. The Self Realization series of books are practice manuals aimed at helping sincere seekers of Self Realization master one Key to Self Realization at a time. The six books in the Self Realization Series are: 1. Self Awareness Practice Instructions. 2. The Desire for Liberation. 3. The False self. 4. Inspiration and Encouragement on the Path to Self Realization. 5. Everything is an Illusion. 6. How Not to Get Lost in Concepts.

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