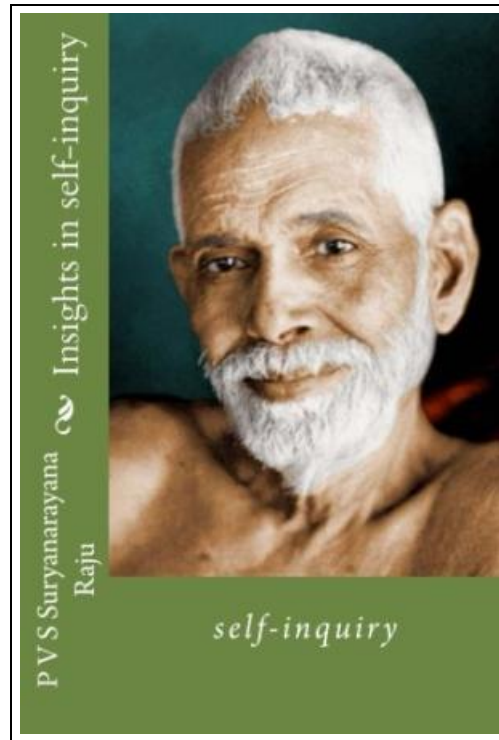


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Createspace, United States, 2011. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The need for self-inquiry in daily life. Everybody needs sleep for his survival.If a man does not have sleep adequately he wil go insane and his life will be in disorder.Similarly everybody needs meditation in 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 preseny world where majority humanity have no idea or time to do meditation. Meditation is to go beyond thought and establish ourselves in the being.But we cannot go beyond thought the mechanics of the working 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 if it is face 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. So thought subsides when activity of me subsides which is the result of 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 screen of thoughts, conclusions, prejudices. . Mind is simply a combination of all the thoughts, of all the clouds. Mind has no independent nature of its own. When all the thoughts are gone and the sky is clean and clear, you will see that everything that you have paid so much attention to is...



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