

Self - Inquiry "Who Am I?" (Part 4)

Be Your Blissful Self

The Magic quest "**Know Thyself**", popularly attributed to Greek philosopher Socrates, has in fact been the experiential dictum of most Eastern philosophies. "**Knowing the Knower**" is the ultimate pursuit of human life - it leads us to freedom from all insecurities, anxieties, fears - to Eternal Happiness.

The method of self-inquiry focuses on examining our simple day-to-day experiences at various levels. In this Part 4 of self-inquiry, we will focus on investigating a set of states that we all experience every day - waking, dream and deep sleep. **We will examine, who is the Experiencer? What makes us experience these states? Is the waking state "Real" - or, is it as unreal as the dream state?**



Speaker: Arun Sehra

Sunday, February 28, 2021; 1:00 - 2:30 PM

Interfaith CommUNITY Spiritual Center

**In this interactive, online session, we will continue to review various techniques for Self-Inquiry that can lead us to Ultimate Freedom
(Zoom link for joining the meeting: *****)**