

# Self - Inquiry: "Who Am I?"

## Discover your Blissful Nature

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" or "Self-Inquiry" is the ultimate pursuit of human life - to Enlightenment - to Eternal Happiness.

After one has gained some mastery over one's mind, the Self Inquiry or "Who Am I?" begins as a two-step process: The first step involves examining the "false or shadow self" known as "ego" comprising "me and mine" (body-mind, and its relationship with the world). The next step is realizing that "false self is truly false". With realization a discovery happens - the real changeless **Self** "I-I-I-I," reveals Itself.



***Speaker: Arun Sehra***

***June 23, 2019; 1:00 - 2:30 PM***

***Interfaith CommUNITY Spiritual Center***  
***952 E. Baseline Rd, #102, Mesa AZ 85204***

**This interactive session is focused on the methodology or technique for Self Inquiry that can lead to Freedom**

**This session will be followed by Guided Meditation**