

Self Enquiry: On Being You. A Journey into Truth

By Michael Vincent

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In stripping away the flowery language, the sugar coating so to speak, the author is aware that he is presenting Self Enquiry as the challenging Practice it is designed to be, directly, "in the raw". But then this will take you to an important question: Who or what is being challenged? What is it within you that creates this resistance, doubt and fear? This is your first opportunity to go to the source, to step back from this anxiety and concern and see it for what it is: the many-layered mind with all its attachments continuing its game-playing in an effort to remain in control. In being prepared to swallow what seems to be a bitter pill you are taken directly to what matters: the path to Truth.

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Editorial Review

About the Author
Michael Vincent lives in Bridgwater, Somerset with his daughter Jennifer, where he pursues a combined programme of creative activity and meditation taught to others through retreats and Satsang.

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