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A scholastic approach to enrich human potential

It takes immense courage and dedication to ensue a topic/project like this. Becoming an armchair critic of advancing technology is far easier than sitting and working out a plan of bringing India's ancient and spiritual intelligence on the same palette. I have been regular with this mega-series of 12 books project VIPIN. The present book is more like a second phase of canvassing the complex and commendable processes of nature which ultimately define and decide a human's true potential. To begin with, I would like to appreciate the way the author chose to give a quick review of his previous 6 books which have sequentially investigated the key challenges of human life- social, human, ecological, economic, national and psychological. While the first 6 books dealt with the law of attraction, this book will prove to be the first step in multiplying our potential. Self-awareness is a rave these days. Everyone talks about it, however, if anyone could give a complete and concise answer to its significance in our overall growth, it would be Dr Vipin Gupta.

What Is Self Awareness begins with the critical analysis of why and how self-awareness is a must. As the book states; looking beyond the law of attraction paves the initial path of Self Awareness. The science of everything is not the theory of everything. We can expand our full potential when we stop believing and depending on the divinity of an extrinsic entity. While discussing the self-awareness of our reality, the author points out how essential it is for the ecosystem to act as a conscious entity. Compared to the previous books in the series, the language used and the narrative flow is far more compelling. There prevails an open challenge and somewhat blatant accusation that the present scientific fraternity is falsifying human abilities. The Author appeals for a holistic approach to advancing science and urges to bring cultural wisdom and metaphysics to the same table. The chapter imparts a beautiful take on self-awareness about our ancestry and sentience as well. Though I do not like to leak out anything from the book as such but there are a couple of statements that kept me engaged for a while. Like:

When one makes universal well-being the path to personal well-being, one mobilizes the entire universe to do the same.

The sources of one's depression include supernormal expectations, misplaced efforts and a false sense of reality.

Aren't these statements hard-hitting to the illusionary world of science we are dwelling in? On the same note, the author doesn't deny the scientific paradigm. Rather his efforts to amalgamate science with divinity is constantly visible.

The second chapter details the self-awareness of the causative reality. The takeaway in this book is the opening brief for which the editor is to be credited. If anyone wants to dig into the spiritual aspect of the biology of human life; this book is the final destination. It is curiously delineative while describing the self-awareness of the meiosis process of cell division.

The self is the conscious system and is thoroughly described in the section of 'Awareness of the Self as the Cause'. The chapter further depicts the significance of awareness of the goal and the goalkeeper. The consecutive chapter introduces our awareness of the sequential reality. There is an explicit elaboration of the metaphysics of knowing the science of creation. As one turns the pages, there is a constant source of retrospection of our beliefs. I enjoyed the citation of the COVID19 pandemic in chalking out the necessity for NOT localizing our behaviours through institutionally mediated theory effect. The book proceeds with the consequential reality and to be precise, it talks more about the Almighty creator. Not letting any spoiler slip in, however, you will be amazed to learn the analogy about thyroid health in deciphering self-awareness.

Payoff: Lucid language and thoroughly researched. This whole project remains an enlightening effort to unleash many hidden and overlooked aspects of our ancient wisdom. When the world is running behind quick guides, this complete project is offered as a superlative guide to all the management gurus in a way never imagined.

Hitch: The book doesn't stand singular. One must read the previous books to grab this one.

Overall, this book is another attempt to showcase India's ancient wisdom and untangle the perplexing scientific concern.

Book Title: What Is Self Awareness

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Rating: 4/5