

What is Self Awareness: Looking Beyond the Law of Attraction

Vipin Gupta

Independently Published (2021)

ISBN #

Reviewed by Susan Violante for Reader Views (07-2021)

5*- A map to understand the process of creating your desired reality... there is no such thing as coincidence.

“What is Self Awareness” by Vipin Gupta is Book 7 of the author’s ‘VIPIN Project’ series. Although each book is a continuation of the conversation presented in the previous book, each book is written as a standalone, and thus the reader does not need to read the series chronologically. I genuinely enjoyed reading book 7, even though I have always struggled to understand the ‘Law of attraction’ principle and am not sure I understand it better after reading “What is Self Awareness.” However, I did have a few enlightening moments in this topic as I read through.

Vipin explores the principles and relationship of cause and effect with self-awareness in this book. As he does with all books of the series, he includes a summary of previous books before going deeper into his study. I have read most of the previous ones, so this time I tried something different and read the last chapter before beginning to read the book as a whole. I am glad I did this because it helped me grasp the ideas faster than before. In my experience I realized that there is no such thing as coincidence, everything that happens is cause and effect. Every choice and decision we make will originate an universe, a reality in my present.

By reading “What is Self Awareness” I learned that each choice I make will not also affect who I am and what my universe will be after that choice was made. It has also transformed someone else’s universe prior to mine and could affect another person who, in turn, will transform what I created.

I also learned that when I meditate (which I do every day), and I come out with answers to day-to-day issues and dilemmas; I have, in fact, been connecting to a global soul family (known and unknown who by me, have helped me reach the answers I was seeking.

Finally, I did find a better understanding of the Law of Attraction through Vipin’s map to understand the process of creating your desired reality, by understanding that self-awareness is not limited to ourselves as existing souls and biological beings but also as creators.

“What is Self Awareness” by Vipin Gupta is a Five Star enlightening read that will help the audience to understand the meaning of self-awareness and how it relates to our consciousness and our view of our reality and ourselves. A MUST READ!