

Title: Discover Your Self  
Type: Non-fiction  
Category: Spiritual/ Self-help/ Philosophy  
Author: Dr. Vipin B. Gupta  
Length: 55,000 Words (approx.); 13 Figures

### **PURPOSE & AUDIENCE:**

Written for common people, this book attempts to establish why the sufferings of modern man are ever increasing regardless of the developments science and technology are bringing in. It discloses that why it is necessary for us to know about our "Self" and, how this Self-realization alleviates the fear and stress.

In this book, where several new thoughts have been presented elaborately, the time-tested eternal concepts of restoring the peace and pleasure are given new flavor.

This book is addressed to those who are in the search of peace and pleasure and to those who want to know why are they born, what will happen after death and what should they do to make their stay on this planet most meaningful.

The quest for peace and pleasure of mankind is not new, therefore, neither is this book. There are several books written in past and current times. However, the old books do not go well with the modern minds and the current ones do not take to the destination. This book presents the synergism of two. Having written by an author who is a scientist and professor by occupation, hence equipped with the ability of discovering and making understood; this book is able to penetrate deep into modern minds. At the same time, unlike the other current books, this book does not stop at good and bad but goes beyond of the two, taking the reader to the real destination.

In this book, the same mystic wine, that great philosophers, saints and incarnations have drunk, is presented in a brand new bottle. It has been made easy to digest, with the fire the humanity is burning in. It is an assemblage of the time tested Old Testament and Modern Thoughts.

### **CHAPTER OUTLINES:**

The book has been primarily divided in four parts. These parts are arranged in the same order, in which the realization proceeds. The first part deals with the concepts of birth and death. It discusses the mechanism, reason and significance of the death and birth and answers questions related with the origin, rebirth and the birth-death cycle. It is written to create an interest about the metaphysical things in the modern scientific minds. This quenches some curiosity, and prepares the reader for accepting without bothering much for the evidences and scientific background. Many of the finer things stay beyond the science and logic.

The second part of the book deals with the worldly progressiveness. It deals with the things, we consider most important in our life. It deals with the things that eat away our most of the life's time. It deals with the aspects that do not let us think about our 'Self' and take us astray. In this section, an attempt is made to establish the insignificance and the fallacy of these mundane aspects. Attachment with the worldly things is the biggest resistance in the path of self-realization. This part of the book raises the issues and concerns that induce a detachment from the mundane aspects, hence enabling the progress on the path of discovering the Self.

The third part of the book deals with the Psyche, the Human Mind. In fact, the 'Mind' is a kind of turbulence. It does not let us rest and relax in the peace. It does not allow us to settle. It keeps us pushing and pulling from here to there. This part of the book focuses on various properties of the 'Mind'. It reveals that how the vision can affect the view. If the vision is clean

and free from defects, the view automatically becomes beautiful. It discloses that how boredom, fear and pressure keep on surrounding the mood, and making us a host of sorrows. Ordinarily, we think that our 'Mind' is the core of ourselves. It is not true. 'Mind' is not our core, it is a turbulence in us. This part of the book is designed to understand the 'Mind' and differentiate the 'Self' from the 'Mind'. In the process towards the self-realization, it is important to distinguish between the 'self' and 'non-self'.

The fourth and final part of this book is designed to help the reader vault towards the self-realization. As a matter of fact, nothing other than our own self can bring the self-realization. We are not the subject of our mind or intellect. We are so big and the mind and intellect so small that we cannot become the subject of the mind or intellect. Perhaps, our mind and intellect, and whatever else exists in this world, are the subjects of us. There is nothing other than our own self, which would discover to our self. Only oneself can discover to one's self. Seeing to one by oneself is not possible, the observation requires two things, the observer and the object. Here, it is only one. We are the observer as well as the object. That is why, seeing to the self is not possible. Eye sees the whole world, but it cannot see to itself. Perhaps, it is possible to realize the 'Self'. We can discover to our 'Self', and when all the covers are gone, the realization takes place. Removal of the covers is required. Our purification is required. It is required to identify the coverings, and to remove them off. The only thing that helps in this cleaning is our conscience. Our conscience lets us differentiate between the 'non-self' and the 'self'. Once differentiated, the conscience does the cleaning too, by removing off the coverings of the 'non-self'. This fourth and final part of the book discusses the concepts that activate the conscience. Activation of the conscience is the only thing in this matter, which could be induced, the rest happens by itself.

---

## **TABLE OF CONTENTS:**

	<b>Preface</b>
	<b>Part I: Origin</b>
1.	Death
2.	Birth
	<b>Part II: Development</b>
3.	Education
4.	Work: Why so Much?
5.	Drawbacks of Development
6.	Success in the World
	<b>Part III: Human Mind</b>
7.	Scales
8.	Boredom-Fear-Pressure
9.	I am Sad
	<b>Part IV: Towards Enlightenment</b>
10.	Time
11.	Sine Wave
12.	Tripod of Life
13.	Means and Goals
14.	Disconcert
15.	Peace
16.	Only You Can Give it to You