



Self Awareness: meaning of the "self": motivate happiness to pursue you- (mind body and soul- meaning of life- food for thought-spiritual- personal growth- ... development- mental & spiritual growth)

Joshua Nsangi

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Self Awareness: meaning of the “self”

What is the meaning of the self? What does it mean to be self aware? That is to say; what does it mean to be aware of you? Using a monologue discussion; the author undertakes an interesting and successful reactionary discourse, one that has so far brought about the right way of questioning the meaning of life. Why pursue after happiness when you can rather get it to pursue you? The thinking anew, as a result of the ideologies brought to light by the author, is an aspect that is expected to grip the reader with contagious efficacy once all has been said and done. Is not learning something new, something reputed for harboring secrets within it, secrets of luring happiness towards you; is that not worth a look into? What is happiness? Although this book is not inclined to any particular religion, within it are many elements of spirituality, and the explanation of a world that, despite being in plain view, is greatly overlooked by our conditioned sub-conscious mind. One of the main reasons for me writing this book is to encourage as many of my fellow beautiful beings to do what we do on a daily basis in a more refined manner, which is, to think independently before considering external situations. The meaning of the self is something that this book can't point out to you, just because due to the tendency of overlooking the obvious, it no longer sticks out in life like a sore thumb. It isn't something that most people particularly know about, even though most people have strong suspicions and sentiments of the existence of a phenomenon that this book allows you to FOR SURE discover on your own terms

“If someone was asked to envision the mind; seeing as we use images to better understand processed thought, the first thing that automatically pops up is the anatomical picture of the brain. That’s actually very misleading because electrical impulses crossing through the synapses of neurons is to the brain, what consciousness is to the mind. So who then is the sole pilot behind the perpetuation and projection of one’s consciousness?”

II: Consciousness

The title to the second chapter is a dead giveaway of what one would expect to tread on whilst conversing with this segment of the book. What is consciousness? Such a wide topic cannot be gratified with a discussion that spans only a chapter, due to the sheer amount of research done on this domain of our beings inner workings; the workings of the mind. This part of the book plays the prolific role of attempting to illustrate to the reader of the distinct workings brought about by the respective different phenomena. The

differences between the soul, talked about in the first chapter, and the mind (both conscious and sub-conscious), which the second chapter takes charge of; are differences that are made visible in the often confused perception of them. This entity of energy that we are in possession of, the intellectual and willing atonements of our existence; is quite well exposed by the author who tries to demonstrate, just as is expected with the law of attraction; that we create our own world with the use of our minds.

IV: High Power

This title makes illusion to our true identity: we are high power beings. Every human being is highly ranked in the global ecological hierarchy of living entities, and this is so for a reason. With many discussions and examples, a similar rhetoric adopted throughout the book; High Power is a chapter that will motivate anyone reading it to not be held back any more by any of life's circumstances. The thoughts we create will result in our reality; the controlling of one's thoughts and actions is touched upon in this chapter; as is done throughout the book. Life's tribulations become trivial; once this chapter has been read and the ideologies imparted to the reader are adhered to. You realize how to go on and do anything you've ever wished of doing, and with great success while doing it too.

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