Discovering the self: An enquiry into spiritual seekers journeys towards self-realisation

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Abstract
This thesis explores the notion that a spiritual search for meaning can lead to the discovery of one’s true nature, known in the Eastern tradition as Realisation of the Self. The necessity of a teacher to assist the seeker on this spiritual journey is also investigated. Three questions in particular are raised that will facilitate the analysis of this journey of discovery: 1) Is the longing for a sense of completeness, Beingness, awakened by a particular experience or is it in fact inherent in each human being? 2) Do spiritual seekers need to go out into the world to find meaning before the possibility of another reality is discovered in oneself? 3) The concept of a spiritual teacher to guide one towards Self-Realisation is integrated in the Eastern spiritual tradition but is it possible to discover one’s true Self without such outside assistance? The methodology adopted is Moustakas’ (1990) Heuristic Research Method because it emphasises the necessity of dedicated participation on the part of the researcher and offers the opportunity to engage in a personal process of enquiry. In heuristics there exists a distinct connection between a perceived outside reality and that which is within oneself in “reflective thought, feeling and awareness” (Moustakas, 1990:12). This entails that the use of the heart as well as the intellect is encouraged. This method of research is particularly suitable as the issues discussed in this thesis are of a deeply personal nature. In order to come to an understanding of the search for meaning of Self-Realisation, I compare the spiritual journeys of the contemporary mystics Irina Tweedie and Bede Griffiths with the search for my true Self. All three of us come from a Western cultural paradigm but have found the need to encompass Eastern spiritual traditions in our lives. This thesis therefore contains references to literature and scriptures from the West as well as the East and does not adhere to any particular religious belief. Douglass and Moustakas warn that “[The heuristic method] defies the shackles of convention and tradition” (Douglass & Moustakas, 1985:44) and by embracing this mode of research the thesis has become a process of discovery in itself.

Recommended Citation
As humans, self inquiry is our most intimate activity. It can be, at times, the most lonely of journeys. In sudden revelations, reality unfolds itself offering both treasure and, just as importantly, the recognition of trash – patterns of behavior and thought that can obscure the re-discovery of our original face, or true nature. We, at Stillness Speaks, encourage you to delve deeply on your journey. We hope that this resource nurtures your ability to experience glimpses, deepen and clarify them and, ultimately, to abide while doing everything you can to help others suffer less. As to the teachers we list, some are friends, others are living and dead icons. Some we know only in passing. A Journey Towards Self-discovery By: Gabrielle Revelo

Behind all the endeavors of Siddhartha are prompts that steer him to a different path. Thus, he experiences many different faces of the world throughout his journey of discovering the truth within himself. In attaining truth, it is essential for Siddhartha to discover the unity of the world. One cannot find the reality in ones being if the world itself is disintegrated; a vital parcel of self-discovery is unity of the world. It is in the unity of the physical world where Siddhartha discovers the key concept of finding truth in his own personal practitioners on their journey towards nondual Self-realization? FinalThesis_3x THE SUFI JOURNEY TOWARDS NONDUAL SELF-REALIZATION LAUREN JULIA BONI Honours 261 Pages 2010-822 KB 4 Downloads. a realization, which culminates in an experience of nondual Self-realization. Transpersonal journey towa self journey towards self-realization y towards realization. 66 Pages 2016-1.86 MB 2 Downloads. (1987). Due the horrors of slavery “Sethe's murder of Beloved is transformed onto what... Proof of Heaven: A Neurosurgeon's Journey into the Afterlife. 179 Pages 2017-1.22 MB 23,651 Downloads. Proof_of_Heaven_-_Eben_Alexander.pdf Proof of Heaven Proof of Heaven