



If It Could Happen To Buddha, Why Not You: Understanding the Ancient Secrets of Self Awareness

Dr. Vasant Joshi

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The Buddha never claimed to be anything other than an ordinary human being; he attributed his spiritual search and self-realisation to human effort, understanding and intelligence. But how many of us really take time out to reflect on our potential to usher fundamental changes in our lives and then more importantly, do something about it. This profoundly written book, interspersed with quotes from various masters like Osho, reminds us that the seed of consciousness is already sown - it is our responsibility to make ourselves fertile with practices like meditation to let our true being sprout. The path to follow is of awareness, discovery and transformation.

Appa deepo bhava - we are all born with the possibility of becoming a light unto ourselves

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