# **SELF REALIZATION BOOK**



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Self-realization is an expression used in Western psychology, philosophy, and spirituality; and in Indian religions. In the Western understanding it is the "fulfillment by oneself of the possibilities of one's character or personality." In the Indian understanding, self-realization is liberating knowledge of the true Self, either as the permanent undying Atman, or as the absence (sunyata) of

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# Self Realization Fellowship Wikipedia

Self-Realization Fellowship (SRF) is a worldwide spiritual organization founded by Paramahansa Yogananda in 1920 and legally incorporated as a non-profit religious organization in 1935, to serve as Yogananda s instrument for the preservation and worldwide dissemination of his writings and teachings, including Kriya Yoga.

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