



Self-Knowledge: The King of Secrets

Ted Schmidt

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Vedanta, the oldest enlightenment tradition in the world, states that there is a clear answer to the question of who we are and a solution to the underlying feeling of insecurity that compromises our happiness.

But this solution is not merely intellectual. Rather than an accumulation of information, it is an insight gained through direct analysis that fundamentally alters our perception of reality and changes our experience of life.

Author Ted Schmidt invites you to journey through the process of Vedantic self-inquiry and see for yourself what it reveals regarding the essential question of who you are.

Probing and provocative, *Self-Knowledge* takes us to a place of deep inner inquiry and spiritual peace. The tools in this book will empower you to reclaim with full confidence and unshakeable conviction the peace and happiness that is your essential nature as whole, complete, limitless awareness.

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