



Atma Vichara

Make use of the Pragmatic
Approach of Self-Inquiry!



madhukar
enlighten life

Self-Inquiry: A Guide to Self-Reflection

An introduction to the meaning of self-inquiry and its historical relevance in Eastern spirituality

Self-inquiry, called Atma Vichara in Sanskrit, is a millennia-old spiritual practice that is deeply rooted in Eastern spirituality. It has a long tradition in Hindu, Buddhist and Jain philosophies and is considered the most effective path to self-realization and spiritual enlightenment.

What is self-inquiry?

The practice of self-inquiry promises **direct awakening** and is therefore not a practice in the true sense of the word. Rather, it is a tool. Self-inquiry is often mistakenly recited like a mantra. This is not harmful - but it is not the point and does not lead to the goal of direct awakening. It is also not about conducting an investigation in itself, nor is it about psychological reflection, as is unfortunately often recommended by teachers, but it is about ending identification with thoughts and recognizing the Absolute. **Through self-inquiry, you can therefore release the limiting identification with the person and allow your true self, the inner truth, to shine.**

Why is it important to be introduced to Atma Vichara?

It is essential to be initiated by someone who has realized the Self. In the Eastern traditions, such a person is called a Satguru. Otherwise, the same misunderstandings can arise that seekers of truth have had for centuries, studying only the scriptures and considering the practice of Atma Vichara far too difficult. That was before Sri Ramana Maharshi could dispel them with his authentic experiences and guidance. A Satguru can provide guidance and support to apply the practice of Self-inquiry in an authentic and effective way. This is the only way to guarantee the result of direct awakening.



How do you practice self-inquiry?

To practice self-inquiry, use the question: "Who am I?" as a tool. This helps you to cut through the identification with the person and the body. I recommend that you regularly take time for yourself. Sit in a quiet and relaxed environment, close your eyes and focus your attention on your inner self. Ask yourself questions such as "Who am I?" and "What is my true nature?" The beliefs: "I am free" or "I am pure consciousness" can also be helpful. Let the answers shine inside without letting yourself be guided by mental concepts.

How can you let yourself be guided?

- [Download the free ebook "Oneness"](#): Madhukar offers a free ebook titled "Oneness" which contains valuable insights and guidance on self-inquiry. It is a valuable resource to deepen your practice and expand your understanding.
- [Videos on YouTube](#): Madhukar offers free videos on the YouTube platform in which he provides insights and guidance on the practice of self-inquiry.
- [This video on YouTube](#) is particularly recommended, as he guides someone to recognize the true self who says of himself: "I have been meditating for 30 years, have been to thousands of satsangs and have read all the books on the subject - why am I not awakened yet?"



How can you let yourself be guided?

- Attend a free satsang: A satsang is a gathering where spiritual seekers meet to meditate and listen to spiritual teachings together. Madhukar offers free online satsangs where you have the opportunity to ask questions and benefit from his presence. [Sign up for the newsletter](#) to find out about these events.
- [Participation in the online retreat](#): Madhukar and his team offer retreats online where you will be intensively introduced to the practice of self-foundation and have the opportunity to apply and practice it in your own home.
- [Participate in a retreat in the most beautiful places in the world](#): For a more intense experience, you can also participate in a local retreat where you will be personally guided by Madhukar and can practice together with others in a supportive environment. [You can find out the upcoming dates for the retreats here.](#)



Integration into everyday life

It is beneficial to sit in silence on a regular basis and to apply self-inquiry. Join us on Mondays for an hour or so to sit in silence - we call it [Madhukar Meditation Monday](#).



Another idea is to label small pieces of paper with inspiring questions such as "Who am I?" or "What is my true nature?" and place them in different places. These serve as a reminder and incentive to continuously apply self-inquiry in your life. Because this is not limited to the time when you are sitting in silence. You can do this on the bus or train, at work or on a walk - simply all the time. Keep a diary to record your findings and insights and reflect regularly on your experiences with self-inquiry.

This pdf belongs to the [blog post Atma Vichara](#)



Inspiration and support

Let the wisdom in the quotes from the masters inspire and encourage you to follow your own path to self-realization.

”

Buddha must be here now.
(Madhukar)

””

"Find out where the ego arises from and it will disappear." (HWL Poonja)

“

Those who follow the path of self-inquiry seek the Self within, while others who strive on the path of love, surrender to the guru, who manifests himself on the outside. But both is the same.
(Ramana Maharshi)



madhukar
enlighten life

”” The highest compassion is to be the self.
(Madhukar)

”” Before you try to judge or change the world,
find out who you are. (Madhukar)

““ ———
Don't think: "I am this body." Say to yourself: "I am pure consciousness."
You have to choose between these two. You have to decide from
where you want to live your life: from the ego or from consciousness.
(HWL Poonja)

”” Books can be inspiring, but don't guarantee
awakening. (Madhukar)

““ ———
If one remains silent without giving it up, egoism will completely destroy
the individual perception in the form of 'I am the body'. The great sages
and scriptures declare that this alone is liberation.
(Ramana Maharshi)

”” Call off the search.
(HWL Poonja)

”” To inquire the true nature of this consciousness and to remain one's
own Self is the way to understand one's own being through inquiry.
(Ramana Maharshi)



Atma Vichara

your guide to
ultimate happiness



madhukar
enlighten life