



**Self Awareness: Meaning of the "Self": Motivate
Happiness to Pursue You - (Mind body and soul-
what is the meaning of life- how to be happy-
Spirituality)**

Joshua Nsangi

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Self Awareness: meaning of the “self”

What is the meaning of the self? What does it mean to be self aware? That is to say; what does it mean to be aware of you? Using a monologue discussion; the author undertakes an interesting and successful reactionary discourse, one that has so far brought about the right way of questioning the meaning of life.

Why pursue after happiness when you can rather get it to pursue you?

The thinking anew, as a result of the ideologies brought to light by the author, is an aspect that is expected to grip the reader with contagious efficacy once all has been said and done. Is not learning something new, something with the potential of luring in your needed version of happiness towards you; is that not worth a look into? Although this book is not inclined to any particular religion, within it are many elements of spirituality, and the explanation of a world that, despite being in plain view, is greatly overlooked by our conditioned sub-conscious mind. One of the main reasons for me writing this book is to encourage as many of my fellow beautiful beings to do what we do on a daily basis in a more refined manner, which is, to think independently before considering external situations. The meaning of the self is something that this book can't point out to you, just because due to the tendency of overlooking the obvious, it no longer sticks out in life like a sore thumb. It isn't something that most people particularly know about, even though most people have strong suspicions and sentiments of the existence of a phenomenon that this book allows you to for sure discover on your own terms.

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If someone was asked to envision the mind; seeing as we use images to better understand processed thought, the first thing that automatically pops up is the anatomical picture of the brain. That's actually very misleading because electrical impulses crossing through the synapses of neurons is to the brain, what consciousness is to the mind. So who then is the sole pilot behind the perpetuation and projection of one's consciousness?

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