



## Self Abidance: third abridged edition

*Srimati Margaret Coble, Dr. Meernaidoo T. Somanah*

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# **Self Abidance: third abridged edition**

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I am honored and privileged to express my sincere appreciation for the sublime contents of: Self Abidance written by an Enlightened Soul Srimati Margaret Coble. The sublime ideas embodied in this book have been made possible thanks to her present selfless deeds in the field of Yoga; besides her previous spiritual karmas are manifesting themselves to lead men, woman and children towards inner greatness. Many people have seen the Inner Light through her teachings. This book deals with Self-Analysis, the power, the deep meditation, the Divine Light, the Universal Love, the Bliss that pervades the souls of human beings, the height of inner perfection and the flood-gate of spirituality in practical action. Intellect fades away before the power of Spirit through which the possibility of Super-Consciousness is perfectly revealed. From the spiritual point of view all the Chapters of this book converge towards one focal point - the highest acme of Self-realization through Meditation and Self-inquiry. In Self Abidance it is marvelously elucidated that contemplation upon the Flawless Infinite is the quickest and surest way of attaining Bliss and perennial happiness. One should not seek the shadows, oblivious of the Reality. I wholeheartedly endorse and recommend Self Abidance to everybody inasmuch as it will render Divine service to the present generation as also to posterity. - Dr. Meernaidoo T. Somanah, Ph.D.

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**Patsy Locke:**

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