



# **Ways to Self Realization: A Modern Evaluation of Occultism & Spiritual Paths**

*By Mouni Sadhu*

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### **Editorial Review**

#### **About the Author**

Mouni Sadhu is the mystical name taken by Dymitr Sudoski, a noted Occultist and Mystic of the first half of the Twentieth Century. The word "mouni" means silent and "sadhu" refers to a wandering holy man. The author has tried many paths on the route to self-realization, and is uniquely qualified to relate the truths in this book. Steeped in the Hermetic schools which abounded at the turn of the 19th century, then embracing the teachings of Sri Ramana Maharshi and Vichara-yet never forgetting his Catholic faith-Mouni Sadhu successfully advances our mental synthesis and leads us to the door of True Self. Mouni's writing was based not only on rigorous study of the texts of his day, but on personal experience and diligent practice.

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