## TABLE OF CONTENTS

Abbreviations	V
Preface	vi
Introduction	1
1. SELF-REALIZATION: AN ANALYSIS	25
1.1. Goal of Self-realization	25
1.2. Nature of Self-realization	40
1.3. Characteristics of Self-realization	60
2. REMOVAL OF IGNORANCE: THE COND	ITION\
FOR SELF-REALIZATION	75
2.1. Nature and Cause of Ignorance	75
2.2. Consequences of Ignorance	97
2.3. Characteristics of Ignorance	118
3. PATH TO SELF-REALIZATION	133
3.1. Nature and Methods of the Path	134
3.2. Stages of the Jnaana Path	143
3.3. Release: The End of the Path	179
4. A CRITIQUE	203
4.1. Negative Appraisal	203
4.2. Positive Appraisal	208
Conclusion	219
Bibliography	225
Appendix	231
Index	235