



The Awakening

Sameer Ram , Samer

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The Awakening Details

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Sameer Ram says

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The Awakening by Sameer Ram is about bringing about transformation within individuals. All the instructions to form the technique for effecting this, as the author mentions, were received the form of dreams. The technique is divided into three distinct phases – Cleansing, Internal Transformation, and External Transformation. After a good discussion about cleansing, Sameer deals with the internal transformation techniques in its secular as well as yogic versions, acquainting us with the salient features of each. This is followed by another thorough dissertation on the practice of external transformation. Consistency is mentioned as a desirable requirement to achieve success. Frequent changes to one's stated intention must be avoided, as different signals go to the universe and to your own mind, which will end in chaos.

The Awakening by Sameer Ram is about a complex subject. Frequently posed questions in this connection - how the techniques outlined work, what is the logic to it, or, is there scientific evidence to support the techniques? - are answered in this book. The modus operandi to be adopted for practicing this, in each of the three phases, is described quite clearly and succinctly. The welcome changes that can be expected in one's life by following these steps are also laid out. However, along with the procedures or steps to be taken for each phase, a suitable method could be added to check one's progress, which would have added to the value of this book, enabling one to maintain the progress being achieved.
