



What Is Self?: A Study of the Spiritual Journey in Terms of Consciousness

Bernadette Roberts

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A renowned contemporary mystic, Bernadette Roberts takes us to the ultimate consciousness that transcends self and experience. The book includes fascinating chronicles of her own spiritual journey.

For many readers, this latest effort puts all her insights into clearer and sharper perspective. In this book, Ms. Roberts explains her concepts about ego, self, and the revelations of the contemplative life in a deeper and more mature fashion, as though her own journey has grown clearer with distance.

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