

**Self Realization** is the intuitive understanding of 'Self'. It is a journey of self-exploration through awareness & recognition of individual potentials.

## 10 stages of Self Realization

Stage 1

Self - inquiry



Stage 2

Self - discovery



Stage 3

Self - awareness



Stage 4

Self - acceptance



Stage 5

Self - empowerment



Stage 6

Self - love



Stage 7

Self - respect



Stage 8

Self - transformation



Stage 9

Self - mastery



Stage 10

Self-realization



# Ways To Self Realization

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