YOUR SACRED SELF
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Dr Wayne W Dyer, a professor of counseling psychology and one of America’s foremost teachers of transformational wisdom, has authored 20 books on behavioural sciences. He regularly appears on TV & radio and delivers lectures across the country to groups numbering in the thousands.

His book ‘Your Sacred Self’ is a compact guide to reform reader’s behaviour for his personal growth and to make him useful member of society. The argument in the book revolves around Immanuel Kant’s quotation “The greatest human quest is to know what one must do in order to become a human being.” The author tries to resolve the issue between the spirit and the ego. If the former triumphs, we discover our sacred self; and in case of the latter’s victory, we shall remain slave to our mortal body, and shall never see the light of spiritual freedom.

It reminds us that the highest worship of God is service to mankind through which we can realize our sacred self. The author presents various tips to control egocentric behaviour and enumerates the losses resulting from moral turpitude. This book indulges in a dialogue on universal ethical values culminating into a synthesis that it is possible to shed one’s egoistic self and still enjoy a happy, successful life. The overall conclusions of the author are astonishingly very close to Islamic teachings on spiritual, ethical and moral values.