



Without a Mask: Discovering Your Authentic Self

Avikal Costantino

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Who is behind the mask that we have learnt to wear in order to survive and function in the world? Who are we really, behind familial and social conditioning? If we are free from fear and the preoccupations that in the name of survival justify adaptation? Is it possible to be spontaneous and authentic, or is it just an infantile desire to leave behind us along with our dreams? This book tackles these themes and offers understanding and techniques for recognising our authentic Self, helping us to realise that behind the personality mask there is a mysterious universe, an ocean of potentiality, and that that is our true nature. Then the phrase “know yourself” will no longer just be an indication of philosophers and mystics, but will offer us the concrete possibility to ask the right questions, those that enable us to lift the veil that hides our true face and find peace and fulfilment.

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