

Self - Realization: The Supreme Worship

Ananyaas Chint hayant ho Maam Ye Janaah Paryupaasat he

Theshaam Nit hya Abhiyukt haanaam Yogakshemam Vahaamyaham

Bhagavad Gita 9:22

(Thinking of Me as non- different from them, To those supreme devotees, For the purpose of always being in union with Me, whatever physically or spiritually is needed to acquire, whatever is needed to maintain this state, I personally take the responsibility of acquiring and maintaining them.)

This is the Lord's promise. How is such worship to be done? The following illustrates.

Who am I?

This body and mind? I existed in deep sleep. I existed in dream. I exist now, awake. I don't know of any body or mind existing in deep sleep. So I am not the body and mind.

So too, I am not the person or thing near me because that too didn't occur in sleep, while I did. In fact everything that I see with the eight senses (eye, ear, skin, nose, tongue, speech, mind and work) did not occur in deep sleep. Thus all these are definitely not real but the delusion called Maya. These are all nothing but a dream. Those are unreal, untruth or Asat. I AMSAT.

Do you notice that in a dream there are two 'you's? One, the dreamer you with your eyes closed and Two, the principal character you of your dreams performing various actions within the dream.

So too, there are two I's. The one associated with this mind and body, now proven unreal is the first I called Ahankara, which is just as unreal.

The other I, called I-I or Aham- Aham is real. The entire universe is a dream and I am the dreamer, the sole reality. The universe, being a dream has no relevance, no sentience. It is Achid. I AM CHID.

I am infinite, far beyond actions, miseries and sorrows. I am beyond birth and death. The universe is miserable or Ananandam. I AMANANDAM.

I am Sat Chid Anandam. Aham Brahmasmi.

Whenever any thought arises, the enquiry or Vichara 'to whom does this thought arose?' must eventually result in this truth. This is Self Realization. This is Moksha.

Effortless abidance in such state is called Sahaja Samadhi. That is the most Supreme Worship.

Om Sri Sai Venkateshaya Namah