



PATH TO TRUTH AND SELF-REALIZATION

-Sanila

All the Spiritual Teachings given by our Great Seers and Sages were intended only to benefit human beings and fulfill their spiritual needs. These Spiritual needs are two-fold: The temporary attainment of materialistic status conducive to progress and joy; and the eternal attainment of liberation or omniscient illumination with God in His divine Abode. A person's ideals and subconscious beliefs that lead him into character development, ethics, and idealism, also lead him into the experience of mental disarray.

A person is always experiencing some emotion at any time, since when the present emotion fades away so another emotion will take its place and be felt by him / her. No single emotional response can be permanent. Many people orientate on feeling responses to the world: an abundance of good feelings, and emotional satisfaction, become the criteria for a successful life. However, emotions present problems for the ego. When emotions become intense, they neutralize intellectual concerns. When feeling is united with mind, it generates emotion. Emotion is the activity of feeling directed into a mental concept. The feeling energizes a conceptual response to a stimulus.

There is a constant oscillation between positive and negative feelings.

Emotions are constantly changing, in part because feelings change, and in part due to the constant stream of ideas that flow in the unconscious mind. The difference between the flow of ideas at the conscious and subconscious levels is mainly related to the issue of change. The conscious flow is easy to change, especially when we are in social company, but the subconscious flow seems to have a life of its own and is highly resistant to conscious attempts to change it. In social company or if we are idealistic we can give preference to our conscious ideas, and hence control our conscious emotional response. But on our own, without the influence of idealism, the subconscious mind usually exerts priority in emotional response. If the conscious mind is not dominant, that is, if we do not value what we are doing at any particular moment, then the subconscious mind is dominant (and so we may become subject to uncontrollable moods). How do we develop the right emotions and change the subconscious flow of thoughts?

Lord *Krishna* has enumerated qualities in the *Bhagvad Gi:tha* which provides a beautiful explanation of the highest philosophic Truth and Self-realization. These qualities can be developed and In the 13th Chapter of the *Bhagvad Gi:tha*, Lord *Krishna* explains the position of *Jna:na* and *Jna:ni* in response to the question posed by *Arjuna* about



'Kshe:thra' and 'Kshe:thrajna' – Body and the Knower of the Body.

Before we begin to attempt to explain and discuss the qualities of *Jna:na* that Lord *Krishna* taught *Arjuna*, let us list all of them as our Revered Teacher has. The chart can be accessed at the following link www.chinnajeeyar.org for a daily evaluation of self which will help us gauge our strengths and build on our weaknesses.

Ama:nithvam - Absence of self-glorification, Humility, Dispassion

Adambhithvam Unpretentiousness

Ahimsa Non-injury to any other being by word, thought or deed

Ksha:nthi Forbearance or tolerance

A:rjavam Rectitude or Uprightness

A:cha:ryo:pa:sanam Surrenderance and Service to Guru

Soucham - Purity – internal and external

Sthairyam - Steadiness

A:thmavinigraha - Self-control

Indriya:rdhe:shu Vaira:gyam: not much attached to the objects gratifying the senses.

Anahanka:raha - Absence of false ego.

Janma mruthyu jara:vyadhi dukkha

do:sha:nudarsanam Perception of the sorrow and sufferings of birth, death, old age and disease.

Asakthi - Non attachment

Puthra da:ra gruha:dishu anabhishwanga - Freedom from entanglement with children, spouse, home and other possessions

Ishta:nishto:pa paththishu nithyancha samachithvam Even mindedness amid pleasant and unpleasant events

Mayi:cha:nanya yo:ge:na bhakthihi avyabhicha:rini: -Constant and unalloyed / unswerving devotion to Lord *Krishna*

Vivikthade:sa se:vithwam - Resorting to solitude

Arathihi janasamsadi - Detachment from the materialistic mass of people

Adhya:thmajna:na nithyathvam - Accepting the importance of self and God realization always.

Thathvajna:na:rttha chinthanam Philosophical search for the Absolute Truth

In the next few issues, each of the above Divine qualities that a man should possess will be detailed. A serious attempt will be made to elucidate and expound on the means (the qualities listed above) for mastering and reaching a state of equanimity thereby repressing internal conflict and attaining peace of mind.

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