

IMPORTANCE OF “SELF REALISATION”

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What is Self Realization?

Self Realization is when you realize the answer to the question, ‘Who am I.’ It is when you realize that you are a Pure Soul and are separate from the body.

Self-Realization is a Functional Awareness of Soul, i.e. Soul-Recognition. Soul-recognition is the source of health and healing. Soul is each individual's manifest portion of unlimited divine love. It is maintained by the constant, unfathomable, unending outpouring of divine love that maintains creation and everything in it in perfect, beautiful, seamless harmony.

Self, the physical body is the means by which we perceive Soul, and thereby receive divine love, hence the importance of cleaning it and keeping it pure, for God alone. This purification implies the investigation and removal of the inner causes to not receive divine love that have been planted there by environmental inheritance.

People will lay their bodies on the line for their ideals, no matter how perverse those ideals may be. The last thing on their minds is the concept of laying down the struggle. They call it "giving up" and will "never" do it.

But peace is a requisite for health. A peaceful heart is the absolute requisite for a peaceful body. Without peace there can be no perception of love and it is the perception of love that heals the body, heart and mind. And where does this love come from? What is the means by which we can attain to it and perceive it and receive it? It is not outside of us, so we have to stop looking. It's only when we stop seeking that we can feel. As long as we are seeking we're still in our minds and projecting a time or a place when or where we will discover something.

Soul does not need healing. That would be like saying God needs healing. God does not need healing. God is the healer. It is from God that the energy of love, support and maintenance of the soul comes. So the Soul, created in God's image and supported completely in its capacity as the highest and most perfect manifestation of God's Self-Recognition, Love and Perfection, does not need healing. It has and is everything we need. But the self needs to discover the soul completely in order to rise to its fullest potential. And it does this by means of dissolving itself in the remembrance of God.

THE IMPORTANCE OF SELF-REALIZATION:

Self Realization not only helps one progress spiritually, but also helps one carry out worldly interactions with ease.

1. You experience endless bliss within; you will not experience any suffering. The bliss that you experience after Self Realization is the bliss of a state that is free of agitation-disturbance.
2. You can solve all the day-to-day problems with equanimity.
3. You will not be affected by any worries or miseries.
4. Neither the intent to hurt nor the lingering of annoyance will be present in the anger after Self Realization.
5. Fearlessness and independence arise in those who have attained the Self.
6. After Self Realization one becomes impartial. One is not partial to the mind, body and speech and that is why they can see their own mistakes.
7. After attaining Self Realization you obtain right vision through which you see the world as flawless.
8. This knowledge is exclusive and extraordinary. Just as the curd and the whey remain separate after the yogurt has been churned, so do the body and the Self, after Self Realization. The belief of 'I am the Pure Soul' will prevail in every circumstance.
9. Even if someone hurts you, the feeling of taking revenge does not remain after Self Realization.
10. Indifference towards worldly pain is the first experience of liberation. You experience it from the day after you attain Self Realization from a Self-Realized one. The second experience is when the burden of this body, of karma, breaks away. Then there is so much bliss that it is indescribable.

Essence of Self-realization:

Through the magic curtain of Maya (ignorance) we have forgotten our attainment with the ultimate Supreme Source. The moment we awaken to our immortal identity as sparks (Souls) of the Supreme Light (Universal Transcendent Spirit) we are freed from the shackles of fear - death, decay and suffering.

Core of all Religions:

Progressive expansion of self-identity ultimately leads to the realization that it was inseparably connected with all creation. It was the body-consciousness which was creating the illusion of an isolated, independent existence of one's own. In a nutshell, this is the vision of Self-Realization. This is the basic tenet of the super-science of spirituality, which constitutes the core of the various religious faiths and mystic paths all over the world.

The Natural Tendency of Self:

The real 'I' is beyond birth and death, does not feel hungry or thirsty, is free from misery and sense of self and possession and is simply a witness to all activities of the mind-body-ego-knot. All acquisition of knowledge or information in this world is subject to our personal experience. Therefore it is always subjective and relative to our physical body, till we become aware of our true identity. Then and only then we get clear vision about our roles as embodied spiritual

seekers. Therefore, awakened awareness of Self or Self-Realization is the supreme aim of human life.

End of all sorrows:

The man of awakened awareness knows that events happen as per Divine Will and not according to ego-centered individual likes and dislikes. On becoming aware of the immortal indwelling Soul, one does not get unduly influenced, agitated or disturbed by the ups and downs of life. Dualities of profit and loss, life and death, union and separation, respect and insult, attachment and aversion, etc produce very negligible reaction in a Soul-Conscious person. He takes these as routine, natural happenings of this ever-changing world. The enlightened person disinterestedly views the passing show of happenings like a detached spectator - neither elated by so-called pleasant events nor dejected by unpleasant ones. A Soul-Conscious person easily escapes from the stresses and strains, which keep on tormenting and disturbing the body-conscious persons and at times, under intense stress, driving them to take the extreme step of suicide.

Freedom from Bondages:

The discovery of the Indwelling Real Self makes a person realize that he is neither this body nor the mind-stuff both of which are only Soul's instruments. Realization of this truth frees man from the bondage of body and mind.

This fable would explain this phenomenon more explicitly: A monkey happens to come across a pitcher full of nuts. It puts its hand in the pitcher, grabs a fistful, but is unable to withdraw the filled fist because of the narrow mouth of the pitcher. The monkey starts crying in panic, believing that the pitcher is holding its hand. It is able to pull out the hand, the moment it realizes the truth and releases the nuts.

Likewise, man suffers because he clings to his carnal weaknesses like attachment, likes, dislikes, sex, anger, etc. The moment he exercises his conscious willpower to shake off these self-imposed addictions, he is instantly freed from the bondage of ignorance.

Communion with God:

The simple and natural method of communion with God is in knowing one's true immortal Self, appreciating dignity of human life, finding out the specific role of human species in the creation of God, and thereafter start functioning without any ego-centered motive as the Manager of His estate; whatever part of it has been entrusted to your care. There can be no more Soul- Satisfying art of living than this.

The underlying unity:

This world is an ocean of life and energy. The soul is progressively evolving in this medium and in this process taking what is necessary and discarding what is not. Nature is not unintelligent, inert or dead. Each particle of what we call physical matter is also instinct with intelligence and life. It is following universal laws. Each particle is being sustained, activated, and made to act intelligently within a particular paradigm in this Universal Field of life and energy.

All of us, like fish in water, are dependent for our activities and very survival on this ocean of life. Particles of universally pervasive intelligence and energy, cosmic consciousness and life, are activating infinite systems, forms and forces of this cosmos.