

Who am I? - Self Realisation

If someone asks you a question "Who are you?" What shall be your answer? You will say I am Either your name or your profession. I say **my** name, **my** designation, **my** profession. Hence, all these are 'mine', they are not 'me'. Then Who am I? I need to understand. This is the baseline for everything else.

There is a divine energy within this body that sustains the body, the one who lives, takes decisions and does actions using the body. That energy is a tiny point of divine light residing at the very center of the forehead. This light represents the virtues and powers of that soul. One can experience soul consciousness with regular practice of rajyoga meditation.

Human life is invaluable. We can shape our future by our decisions and deeds. We have intellect to differentiate the right and wrongs. God has said to us - '*Realise the Self first*'. Without that, everything is baseless. So let's begin the first chapter of this godly knowledge.

Life exists as a result of a union of Soul and body. When a soul enters the mother's womb, the process of creation of body starts. This process includes the creation of the brain, heart and sense organs. Such as the sanskar of the soul, such would be the creation of its body (features). The organs of body are controlled by the soul through the faculty of 'brain'. Soul is not a physical light but a light of conscious energy, the fundamental being who can experience. I am the one who experiences this life through this body made of 5 elements (soil, water, fire, air and space)

Seat of the Soul

Soul is located in the part of the brain called the hypothalamus. Sitting on this seat, I the Soul can control the nervous system and, through it, various organs in the body. Just as a driver controls a car through its control mechanisms while sitting in the driver's seat, the soul uses the brain to control the body. The brain is the machine by means of which the soul thinks, remembers, receives and sends messages to physical organs through the nerves. Apart from physical sensations, the soul experiences pleasure, pain, happiness and sorrow through the brain.

Nature of the Soul

Soul have no gender. It is a tiny, metaphysical, conscious point of spiritual light filled with powers and virtues. The number of souls is finite and all souls are unique and eternal: is never created and can not be destroyed by any means. We only change the body as the body gets weak or old or due to an unnatural incident. Invisible to the physical eye, we exist as a fundamental truth, the creator of feelings that we ourself feel. We can experience our presence through meditation, as simple as looking inside us, and the reality as a detached observer.

The intrinsic nature of the soul is of peace, love, truth, bliss and purity. We only can desire that we once had. All powers origins from Purity of Soul. When we became impure, we lost our inner unlimited powers. Soul is unlimited, all happiness is on the basis of purity of soul. We could only see the body with this eyes. Soul is only felt. Yet there are many those who had visions of the Soul or of God as light. This is all true and is revealed in Murli also.

Faculties (properties) of the Soul

It is very subtle to understand about the properties of the tiniest Soul, but it is the very fundamental nature. While the Soul is a point of light, we can think and reflect; we can experience pleasure and pain; can decide to make efforts, either good or bad. The **soul has three intrinsic faculties** – mind, intellect and impressions.

The first property of Soul is called **Mind**. Yes, not this mind (brain), but the mind of Soul. Through the mind, we perform actions. This first property is most commonly used in our life - while doing every Karma (action). Mind gives us suitable suggestions which are for the welfare of body for example.

Now a higher property of Soul, through which we *decide* and *differentiate*. '*We shape our Life with our taken decisions*'. There is a unique role of **Intellect**. It is said that the intellect is hidden, but is higher than the mind. When we want to decide between few options or judge the right and wrong, the intellect is used. Then the mind orders the organs to bring the outcome in practical action. This is the procedure. Hearing this, you would say, it is almost instant that I think and I do it, but there lies the third faculty that plays its part.

"Mind is a machine that can think everything of the world, from which the Intellect chooses what is Right and What is wrong to do. Intellect is the judge. As without the mind, the Soul cannot think, without the Intellect we cannot differentiate right and wrong."

Third faculty is very different than the others. **Sanskaar** or Sanskaras (**Impressions** of past Karma) are registered deeply within the Soul. This property is highest and thus sits deep hidden. When we decide anything through our mind and Intellect, an impression is created. Impression of our response to the situation, etc. Now the second time the same situation or question comes to the Intellect, then mind suggests the response that was given in such situation before. Hence these impressions are a facility to remember the past and repeat, just to make life easier and faster to response the life situations. God says in Murli: 'Your sanskaras were of Purity, Peace, love and Bliss. Now they have turned into opposite.' So in all our sanskaras are the root cause of what we do. We are now emerging divine virtues. Through RajYoga (connecting intellect with God) our own intellect becomes divine like of the Supreme Soul (God).

Body Consciousness – the root cause of sorrow

A person is in body conscious when the Soul identifies itself with the physical body i.e. when the thinking, feeling, actions and behaviors are with the awareness of being a body or its related professions. Being in body conscious is the root cause of all the evils in the world because the vices of lust begins upon looking others as a body. Anger is another big enemy of wisdom. Peace is source of wisdom. Hence God says - become Soul conscious and bring it in your awareness.

Soul Consciousness – the key to a blissful life

When we are in the state of awareness that "I am a Soul, a conscious point of light", then our powers are unlimited, as the soul is not limited to anything. In other words, the person thinks, feels, acts, responses, etc with the awareness that he (soul is referred) is the master of the body. We realise that we already have within everything we need. When in soul-consciousness, the original qualities of a soul (peace, purity, love, bliss) naturally emerge.

Our main website – www.brahma-kumaris.com & bkgoogle.com (search engine)

This is Day 2 of the 7 days course of RajaYog.