

Self and Personal Style

When totally free from outer contacts a man
finds happiness in himself,

He is fully trained in God's discipline
and reaches unending bliss.

Bhagavad Gita 5: 21

That which is the finest essence—this whole
world has that as its soul. That is Reality.

That is the Self. That art thou.

Chandogya Upanishad 6.8: 7

Bright but hidden, the Self dwells in the
heart.

Everything that moves, breathes, opens,
and closes

Lives in the Self. He is the source of
love

And may be known through love but
not through thought.

He is the goal of life. Attain this goal!

The shining Self dwells hidden in the
heart.

Everything in the cosmos, great and
small,

Lives in the Self. He is the source of
life,

Truth beyond the transience of this
world.

He is the goal of life. Attain this goal!

Mundaka Upanishad 2.2: 1-2

Who denies God, denies himself. Who
affirms God, affirms himself.

Taittiriya Upanishad, II.6.i

This body is mortal, always gripped by
death, but within it dwells the immortal Self.

This Self, when associated in our
consciousness with the body, is subject to
pleasure and pain; and so long as this
association continues, freedom from
pleasure and pain can no man find.

Chandogya Upanishad 8.12: 1

This vast universe is a wheel, the wheel of
Brahman. Upon it are all creatures that are
subject to birth, death, and rebirth. Round
and round it turns, and never stops. As long
as the individual self thinks it is separate
from the Lord, it revolves upon the wheel in
bondage to the laws of birth, death, and
rebirth.

Svetasvatara Upanishad 1: 6

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