

A SHOT OF HOPE THE SPEAKING TREE

Know Your True Self To Guard Against Fear

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At this hour of the pandemic, the only choice we have is to handle situations with wisdom that can help us calm our nerves. Remember, it's the Divinity that has given expression to this physical dimension, and it knows whether this physical dimension will end or continue. We never manifested this body directly, hence we cannot be assured of how long it shall live. So, why not let it be in His hands. Why not let it be as He wishes it!

At this moment, we need to surrender with all our love, faith and devotion, and dedicate ourselves to our yogic practices. Only this will help us achieve a more stable mindset. For only a mind grounded firmly can give you higher wisdom and refine your intelligence to see things as they are. So, having faith in the Divine is the key.

Accept the reality and relish every moment of it. We keep trying to understand life, but now I will recommend understanding the concept of death as well. This is where the Bhagwad Gita comes to our rescue, wherein Krishn says explicitly that even when the body dies, we don't die. The word used in the Gita is Atman. The Atman doesn't die. You won't die, but you don't know that what is being referred to as your true Self is the Atman. You restrict your being to your body, and hence develop a deep attachment to the body. Inevitably, what follows is a deep attachment for loved ones and family.

Let's understand it this way. There are two planes – physical and non-physical. The physical plane refers to the body, and the non-physical plane can be attributed to our mind, to our senses of knowledge and action. Subtler than both is our true Self. So, we are the unseen, invisible, non-physical entity, manifested in this physical entity, our gross body.

Most of us are wellinformed about the physical body, but when it comes to our own true reality, we are totally oblivious and ignorant. Since we do not know our innate nature, we continue to be bothered and obsessed about this physical being, which is prone to change. This is what scares everybody. Death scares everybody. Only if you see the reality and understand it deeply, you will be able to remove the veil of darkness camouflaging the intellect to see the

things as they are. Then surely you won't be afraid, you won't be fearful, or scared.

Just imagine if our forefathers had not died and their children, grandchildren, everyone continued to live along, what a chaos there would be in the whole world? So, it is a circle. A being lives life, then goes, passing the heritage on to the offspring. Acceptance of life in its fullest form is encouraging and essential. But the word death scares people, although everybody knows in their heart that they will die one day. Yet, as we are ill-prepared and ill-informed about death, there is fear and confusion. We should begin to see how life occurs in a flow and enjoy each and every moment of it. Nothing else can prepare us better to survive the current pandemic than this liberating wisdom.



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