Mundaka Upanishad Part III, I, v1 & 2

The Two Modes of Knowing

*“Like two golden birds perched on the selfsame tree,*

*Intimate friends, the ego and the Self*

*Dwell in the same body. The former eats*

*The sweet and sour fruits of the tree of life*

*While the latter looks on in detachment.*

*As long as we think we are the ego,*

*We feel attached and fall into sorrow.*

*But realize you are the Self, the Lord*

*Of life, and you will be freed from sorrow.*

*When you realize you are the Self,*

*Supreme source of light, supreme source of love,*

*You transcend the duality of life*

*And enter the unitive state.*

*(Easwaran, Eknath 2007 2nd edition, The Upanishads, Nilgiri Press: CA )*