

The Nature of The Self

The Chandogya Upanishad tells us many things about the Nature of the Self:

1. All is Brahman, The Self, nothing is separate
2. All things come from Brahman and return to it
3. We, and all creatures, are in truth Brahman, who is Life itself
4. Tat Twam Asi "You are That"
5. We can recognise we are in essence Paramatman (Transcendental Self/Consciousness) rather than Jivatman (Individual Self/Consciousness or Psyche)
6. We cannot ultimately conceptualise the Self using the mind, which relies upon name and/or form
7. It is Peace and a joy that is not dependent upon anything external
8. It is hidden to our mind & senses yet exists everywhere, it is infinite
9. The Self, Brahman, can be experienced and known when the ego dies, i.e. when we do not primarily identify with the body/mind (and for this the most important thing is that we do not need things to be different, just the deepest desire of knowing 'God' or who we really are)
10. We cannot know what we truly are through intellectual knowledge
11. Things only appear separate due to the mind's perception, i.e. name & form
12. Ultimately, we can experience that there is only One, i.e. State of Pure Being
13. Brahman is eternal, whereas all we can know through mind & senses is transitory
14. When we die the body dies, but the eternal Self that we are does not die
15. Paramatman lives in the spiritual heart space, Hridayam
16. When we realise we are not the body/mind and primarily identify with the space of Pure Awareness or Pure Being we become Jivanmukti, a liberated being in this life.
17. Then we will have moved beyond suffering, from illness, desires etc. in this life. All desires will have been fulfilled and there is freedom from fear of death
18. When established in the Self, life will just flow through us...

Read Chandogya Upanishad Chapter III page 126

Read Chandogya Upanishad VI verses 1.1 to 16.3 (pages 131 to 139)

There are some very interesting metaphors used to convey wisdom such as:

Page 127 v14.3 "smaller than a grain of rice"

Page 132 v1.4 to 1.6 "by knowing one lump of clay"

Page 134 v9.1 "as bees suck nectar from many a flower"

Page 135 v10.1 "as the rivers flowing east and west"

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Notice if find any of the metaphors speak to you.

1. See which metaphor really speaks to you & could be used for contemplation?
2. Take one and see what it would feel like to believe this as truth
3. What state of consciousness would you need to state this as truth?
4. Simply stated what is it that they are all pointing towards?

Finally, see Shvetashvatara Upanishad chapter I page 159 to 162

From the Isha Upanishad:

Shanti Mantra

Om
Purnam adah Purnam idam
Purnat Purnam udachyate
Purnasya Purnam adaya
Purnam evavashishyate
Om Shanti Shanti Shanti

*“All this is full, all that is full
From fullness, fullness comes,
When fullness is taken from fullness, fullness still remains”*

There are many other excellent references in the Upanishads regarding the Nature of the Self, Brahman and it is a text which can be readily used for contemplation.