

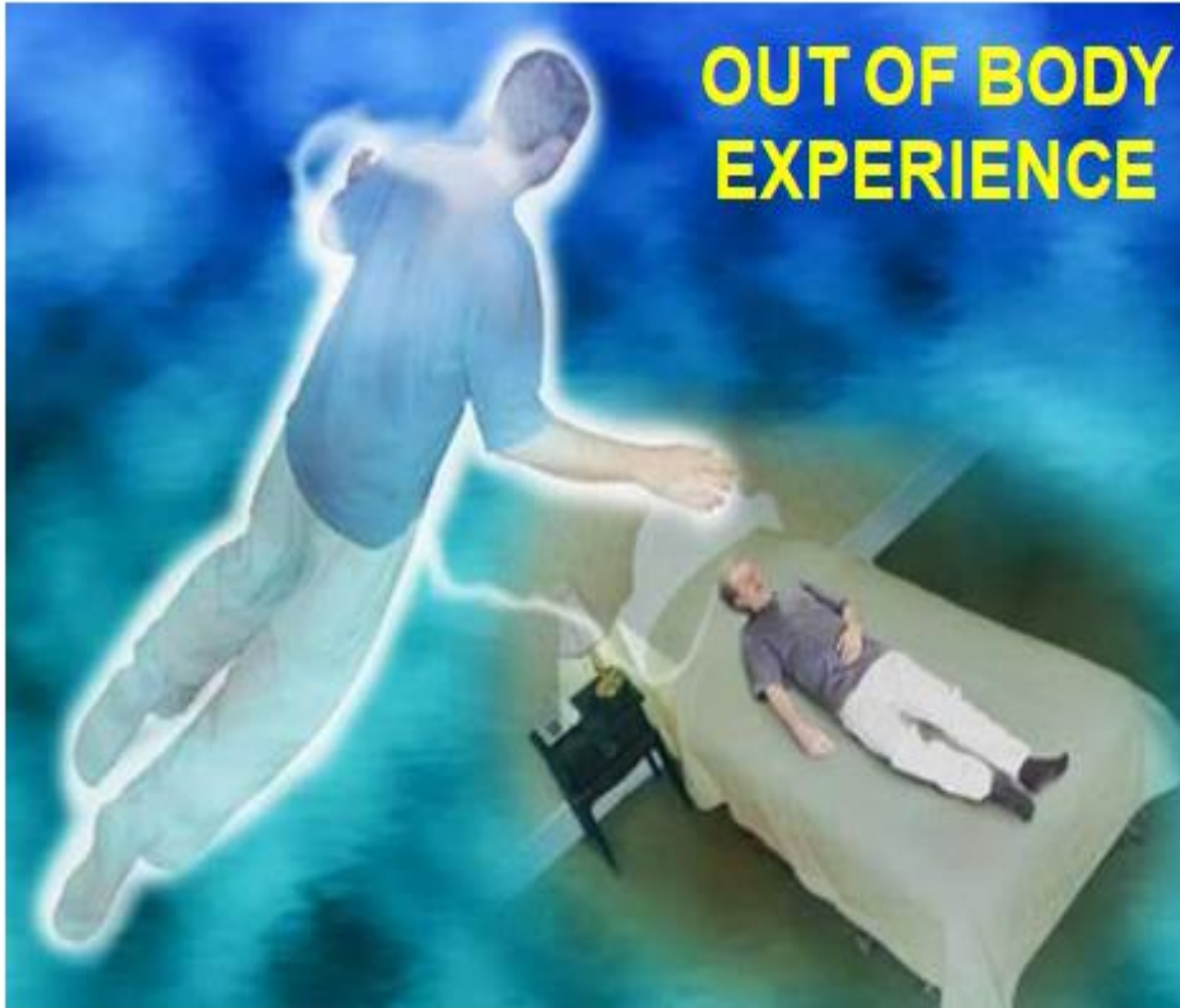
Who am I?

In order for human being to have a clear and true understanding of oneself, it is very important to understand its science, that is, to research the science of self. Infinite, boundless, limitless powers in human beings are as brave and valiant as lions but consider themselves as cats. Human being is elevated creation of Supreme Being and being the child of Him is the inheritor of His immeasurable powers and infinite virtues, but he has forgotten. The true and clear understanding of the "I" is its own embodiment which brings about self-transformation. Self-transformation in this way is the basis of world-transformation. World-transformation is not possible without self-transformation. Have you ever think, "Who am I?" Is "I" just a physical body visible to these eyes? Only the physical body can be seen with the gross eyes. What is the reality of this physical body or external body?

The physical body is made up of bones and flesh, which means the physical body, is made up of 5 elements like earth, water, fire, air, and space. An X-ray of our body can only show a body made of bones. A CT (computed tomography) scan of our body and / or MRI (magnetic resonance imaging) can show the body made of flesh. Medical practitioners and specialists make extensive use of both methods to diagnose the disease. Due to the experiences of many human beings near death and outside the body, medical doctors and experts found out that there is an astral, incorporeal, spiritual, formless, invisible power as well as an invisible body inside a human being called a subtle body. This invisible or subtle body is called the light or aura body, which is similar to the gross body. Luminous body photo can also be taken. This aura photography was invented in 1939 by the Russian scientist Kirlian. It was followed by various researches. The aura-bodies were also photographed by scientists experimenting on various animals. Experiments were also carried out on human bodies in glass cabins but could not capture the human power in a closed space.

Who am I?

Scientists speculated that the microscopic body would be reborn in the same type of womb or species. Medical doctors and psychologists were



using hypnotic regression to find out about phobia. Dr. Brian Weiss, Medical doctor and Professor of Columbia and Yale University, after 1980, reviewed hypnotic regression over more than 2,000 humans and found reincarnation. Some other medical doctors as well as psychiatrists also came up with the research that human beings are born in their own species or womb. Humans have more sensations, feelings, and emotions than other animals, meaning that rebirth in different animals or species do not required to suffer the consequences of their actions. The logic of

Who am I?

reincarnation in different species is that man should not hurt or kill another human being or animal or creature. Seen in this way, human power is reborn as a human being, that is, take rebirth as a human being, which is like reforming our religious belief and rational.

Human solves many riddles in his life and receives rewards in the form of its fruits, but does not know the solution to a small riddle - who am I? So every human being keeps saying "I ... I" all day but if asked who is going to say this "I", he will say that I am "Amirchand" or "Anandilal", think in reality that is name of their body. Like "my hand, my foot, or my face" is called but not that "I am the hand, I am the foot, or I am the face". My body is called but do not say "I body". This name was also given by the parents and there are no qualities as per the name, like the name is "Amirchand (rich)" but actually poor, similarly the name is "Anandilal (joy)" but always remains serious, the virtue of happiness is very low.

Some say I am male or female, but in fact this is the gender of the body and the identity of the body. Some say that I am child, young or old, but in fact this is the identification according to the age of the body. Some say I am Indian, Canadian, American or European, but in reality this is the nationality of the body and the identity of the body. Some say I am Hindu, Muslim, Christian or Sikh, but in reality this is the religion of the body where body took birth and the identity of the body. Some say that I am Mahatma or Dharmatma, but in reality this is the identity of the body according to karma. Some say I am rich or poor, but in reality this is the identity of the body according to wealth. Some say I am a doctor or a scientist, but in reality this is a degree or occupation of the body and the identity of the body. Some say I am a player or a musician, but in reality this is the identity of the body according to its mastery.

Like my hand, my foot, or my face is called but not telling that I am the hand, I am the foot, or I am the face. My body is called but do not say I body. So who am I to say this? The body is mine, and the "I" is separate from the body. So who am I to say this? The word "human being" in the English language consists of two words; the word "human" is derived from the Latin word humus, meaning the physical body, described above. The

Who am I?

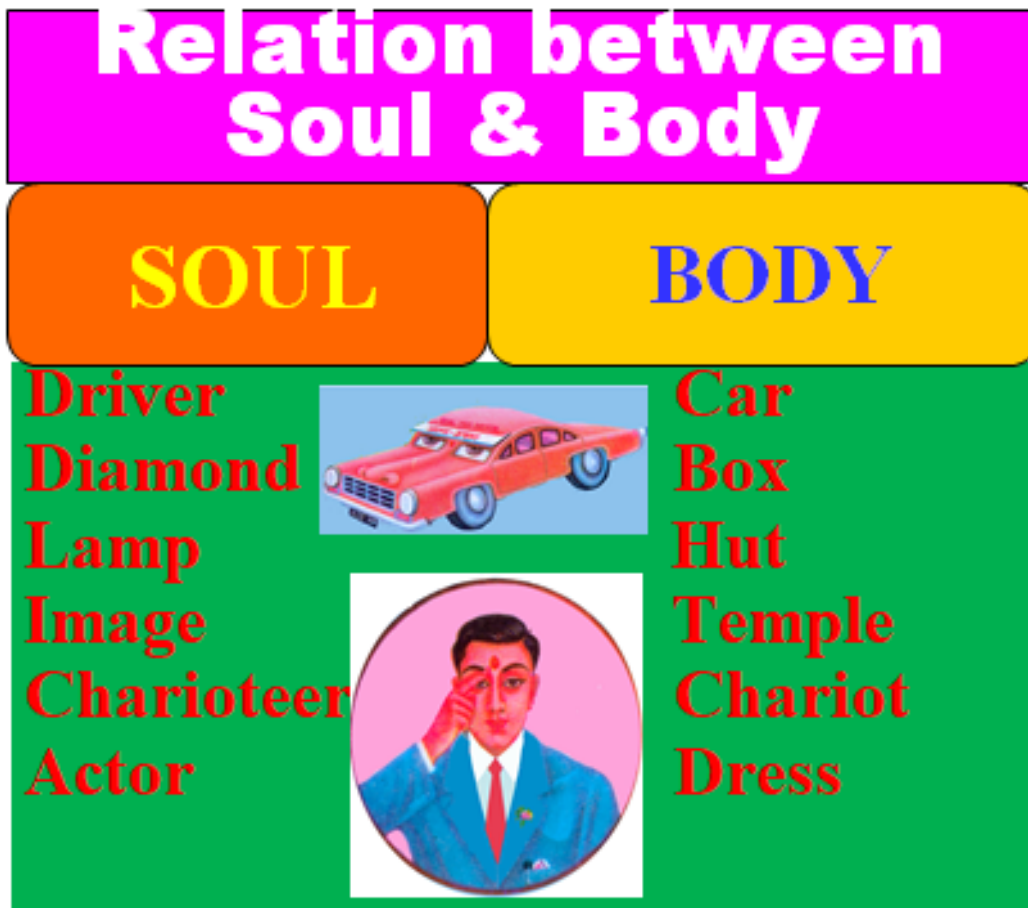
word "being" is an astral, intangible, spiritual, formless, invisible force within a human being, which is called soul in spiritual language and spirituality, means the study of the soul. This power is called by various names such as Atma, Soul, Spirit, Ruh, third eye of Knowledge, eye of Wisdom. In the language of science, it is called Consciousness, Power, or energy. Soul is the Source Of Unlimited Light, known as the beam of light. In Hinduism, the tilak placed between two eyebrows on the forehead is memorable as the Jyotirbindu (point of light) that is the soul. Some people believe that tilak is a sign of good fortune for a woman that her husband is living, but when a man goes to the temple for Dev-darshan (glimpse of deity), a man also apply a tilak dot on his forehead between two eyebrows, meaning that this place is the abode of Jyotirbindu Atma or soul.

Seen in this way, the soul is immortal, eternal, and indestructible and our body is the costume of the soul. The soul enters in five-month-old body of baby in the mother's womb, and then the mother can feel the movement in the womb. After birth, the body goes through various stages like child, youth, adult, old etc. and finally leaves the body and regains a new body as a child. According to Shakespeare, we are all playing our part through the body on the stage of this world play. We have forgotten our own introduction, the introduction of God and the beginning, middle and end of the cycle of creation while playing our role.

As stated above we are the astral, incorporeal, spiritual, formless, invisible power Jyotirbindu Atma (point of light soul), which is immortal, eternal, and indestructible. In scientific parlance it is called consciousness, which resides between the pituitary and hypothalamus glands inside the brain. If an intersection is made from the middle of the top of the head and from the middle of the face, then that place comes exactly to this place of the brain where the soul resides. This is the place on face where tilak is applied between two eyebrows on the forehead. The soul has complete control over the body in the same way that the driver has complete control over the engine of the vehicle as well as manages the vehicle while sitting in the front seat. The soul perceives the five senses such as seeing through the eyes, hearing through the ears, smelling through the nose, tasting through

Who am I?

the mouth or tongue and experiencing touch through the skin. In this role Soul (Atma) is the king of the five senses, which is called Rathi or charioteer of the chariot (body) with five horses that is five senses. Today's man has become a slave to the mind through senses and eats unhealthy things which are also detrimental to his health. Just as a mobile phone is useless if it does not have a SIM card, so if a human body does not have a soul, the body is immediately cremated or buried. The SIM card of the soul means the powers of the soul such as S stands for Sanskara means character, I stand for Intellect and M stands for Mind.



The relationship between soul and body can be clearly illustrated by some of the examples given in the picture. As mentioned above, the soul operates and controls the bodily vehicle as the driver. Without the soul driver this bodily vehicle has no significance or utility. The body is like a box of soul which is diamond, and the value of a diamond is always more than a box naturally. A box of diamond has no value without diamond. The soul

Who am I?

is the lamp of the bodily palace, which adorns the palace even in the darkness of any kind. The body is the temple of the soul idol, and the temple becomes invaluable only with the idol. A temple without idols is not a temple. The soul plays its character wonderfully by wearing the costumes of a different body. Just as the same actor plays different roles in the play wearing different costumes, the soul also plays different roles on this world by assuming different bodies. The body is the chariot of the soul, i.e. the soul is the charioteer, so when one leaves the body or dies, the chariot is without charioteer (a-rathi). In short I am an astral, incorporeal, eternal, spiritual, formless, invisible force called the soul in spiritual language.

We can also do yoga or meditation on this. We have two bodies. One is physical body that can be seen and touched. The second body is made up of light which cannot be seen or even touched as there is no physical existence. This physical body is mine but I am not the body. We say my hand, my foot, my body but never say I hand, I foot or I body. We are recognized through body. The name is given to the body by parents or relatives who vanish once body is dead. Male or female is gender of body or sex but we are not body. Age is also of the body. Religion is also of the body because the religion of the family (Hinduism, Islam, Buddhism, Christianity, Sikhism, etc.) body carries. Citizenship of the country also belongs to the body where the body is born. Wealth is characterized by a rich or poor applies to body. The body acquires a degree in education. So all discrimination or wall or limitations are based on the body but we are not the body. We are human being meaning humus means body and being means astral, incorporeal, spiritual, formless, invisible power. Point of light (Jyotirbindu) is that which is eternal, immortal, and indestructible. The soul is known as Ruh, Soul (source of unique light) and in scientific language the third eye of wisdom, consciousness, energy, power. The soul is thus the source of consciousness or power, which moves the body, which sits in the center of the brain and controls the body. The soul is depicted above the body as a dot (tilak) between two eyes on the forehead. The soul is the king of the physical senses of the body means seeing through the eyes, hearing through the ears, smelling through the nose, tasting through the mouth and touching through the skin. The soul is master of the body.