

# SELF KNOWLEDGE

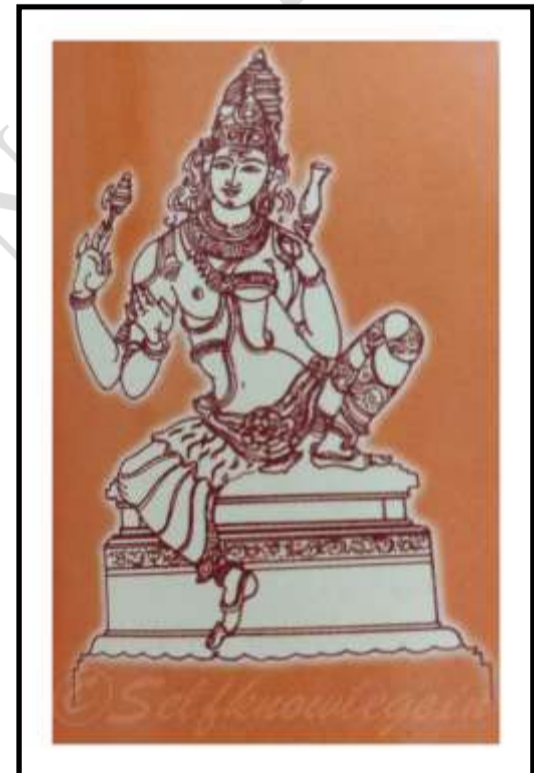
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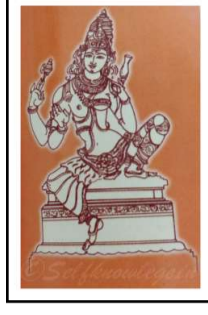
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## CONTENTS

1. PRAYER
2. THE NEW YEAR
3. IN CONVERSATION
4. SNIPPETS OF WISDOM
5. CHILDREN'S CORNER
6. SUBHASHITANI





वागर्थाविव संपृक्तौ वागर्थप्रतिपत्तये।

जगतः पितरौ वन्दे पार्वतीपरमेश्वरौ ॥ १-१

**In order to gain mastery in expressing the word and its meaning, I worship the Primeval Parents of the Universe, Parvati and Parameshvara, who are as inseparable as the word from the meaning.”**

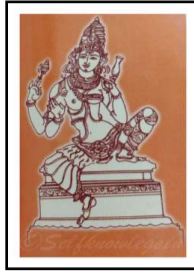
**- Raghuvamsam (Kalidasa)**

एवं निरन्तरकृता ब्रह्मैवास्मीति वासना।

हरत्यविद्याविक्षेपान्नोगानिव रसायनम् ॥37॥

**The impression “I am Brahman” thus created by constant practice destroys ignorance and the agitation caused by it, just as medicine or Rasayana destroys disease.**

**-Atmabodha**



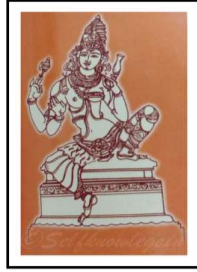
## THE NEW YEAR

SWAMI SUDDHANANDA

**What is so new about the New Year? The old continues. The ancient lingers. No new sun rises or no new earth spins other than yesterday's. If one says that yesterday's sun or Earth is not today's sun or Earth, then what is so special about today or this moment which is constantly changing or renewed?**

**I was waiting for something to happen in the middle of the night. There was a bright moon in the sky. Clouds were scattered around and the distant faint stars were peeping through them. The sea was silently roaring or snoring at a distance. The night was still and there was no sign of life for the longest stretch except for a vehicle or other zooming across the road once in a while.**

**Though there were one or two people around, the mind had embarked on its solitary journey to think about the concept of 'new'. Anything that can be part of a memory or thought can never remain ever fresh or new. Ordinary knowledge is nothing but a memory and that is why that can never be absolute, eternal. Self-knowledge is not a memory and is a being of eternal presence! No one can make a thought of it, a memory of it as it remains the content of every thought, every memory. When the mind looked for something new, or something fresh, it got itself lost in a newness or a freshness.**



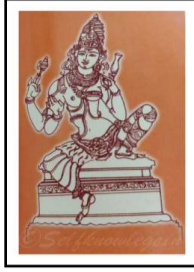
## THE NEW YEAR

SWAMI SUDDHANANDA

The eternally fresh has no continuity or discontinuity. It stretches from end to end. From the beginning to the beginning. Has no end. Has no beginning. Everything begins in that presence, but nothing begins it. Everything ends in it. Nothing survives it. All these dazzling riddles or thoughts, paradoxes and concepts are like the darkness in the presence of Light- they have no trace. Yet this Light of Presence is not intolerant to any presence. Nor does it woo the existence of anything.

Night disappeared. Stars disappeared along with the moon and the clouds. Rather it is better to say the mind which was recognising the presence of the bright moon and the sky without, disappeared. The world did not assert itself. The Presence did not reveal itself to anybody.

There was/is that stillness, that Awareness, which has remained so from timeless time. Ordinarily somebody attributes newness to a 'new' experience of an object – be it a person, situation or any external thing in the form of a thought within. That is our 'new' experience, the reference of which is not available in the file of the mind or is forgotten for a while. That way, the end of the year, the end of a relationship, the end of an experience brings something new. But the so - called new has become old from the moment of its arrival. The newness, the freshness continues but nothing ever remains new or fresh.

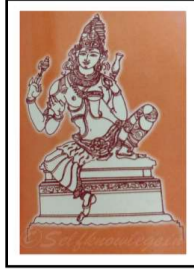


## THE NEW YEAR

SWAMI SUDDHANANDA

Yet the idea of a new year, a new relationship, a new situation etc. seems to thrill the man. The excitement brings happiness as well as disasters. Year after year, day after day, men after men or women after women, people have dreamt about the exciting beginnings which shall be never ending. But the end has its seed in the very beginning, and everybody gets disillusioned sooner or later. Those who are tired, frustrated or disillusioned no longer join the party, yet the party is not less crowded for that. Millions enter the fray as even millions exit or are forced to exit.

We have perceived the growth of a tree. Hundreds of leaves have fallen. We see the growth. Rarely we notice the absence of a generation of leaves that may number in tens or lakhs. We are like the leaves in a growing tree of creation. From one standpoint it looks like ever-growing and physically we are part of that growth for few years, yet from another standpoint of reality, nothing ever grows. Everything is constant. Absolute IS! There is no sense of continuity or discontinuity. Beauty, Freshness, Newness 'is' but the new, the fresh and the beautiful constantly become old and dilapidated. The beauty remains inherent in the old too and therefore the vision of the individual transforms the perception.



## THE NEW YEAR

### SWAMI SUDDHANANDA

If ever, at any time, man comes in touch with the eternity, his own 'Being', life shall remain ever fresh, time shall be ever new and the perception shall have the extraordinary touch of a perception less awareness!

That is the newness nobody can escape or that is the truth of everybody. One knows and the other does not. One is aware, the other is not. To be awakened is to 'be' there where nobody has even 'reached' or 'runaway' from! Be that!

-OM-

## IN CONVERSATION

**Student :** Should one have a basic understanding in life?

**Swamiji:** If a man is a success he has nowhere to move on. If he is a failure, he is too exhausted to try again. A man with determination willing to solve his problems shall find the solution in himself through the teacher, scripture, and his own thinking. What the modern man needs is a change of direction and not a change of pursuit. Dedicated search in any direction will unfold the unknown, unseen landscapes and result in sharpening the mind. No one can afford to stop at the level of gaining an excellent mind. That should be applied to know Oneself as the Ultimate Reality , Immortal , Infinite and Absolute Freedom.



### SNIPPETS OF WISDOM

**All have experiences but only a few assimilate them. Why look for an insight which will make everyone free since the insight is not something, but the man himself, his true nature? The unfoldment of opportunities in life has divine dispensation but the responsibility to make use of them lies in the man.**

### CHILDREN'S CORNER

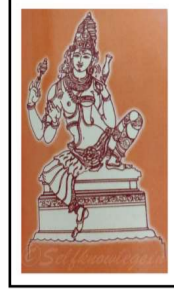
**Chuang Tzu and his friend were walking along a river bank and stopped for a moment to gaze at the water.**

**Chuang Tzu exclaimed, "Look at those fish, how they're enjoying themselves!"**

**"How would you know? You aren't a fish to know if they're having a good time!" snorted the friend.**

**"You aren't me either," said Chuang Tzu. "So how would you know that I don't know the fish are having fun?"**

**Others' perceptions are as valid as yours. Think about that before jumping to conclusions!**



SUBHASHITANI

विद्या ददाति विनयं विनयाद्याति पात्रताम् ।  
पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततःसुखम् ॥

- हितोपदेश

**Knowledge gives humility. From humility comes the ability to perform activities well. From the ability to perform activities well, one earns wealth. From wealth comes the ability to follow Dharma, from which comes happiness.**

