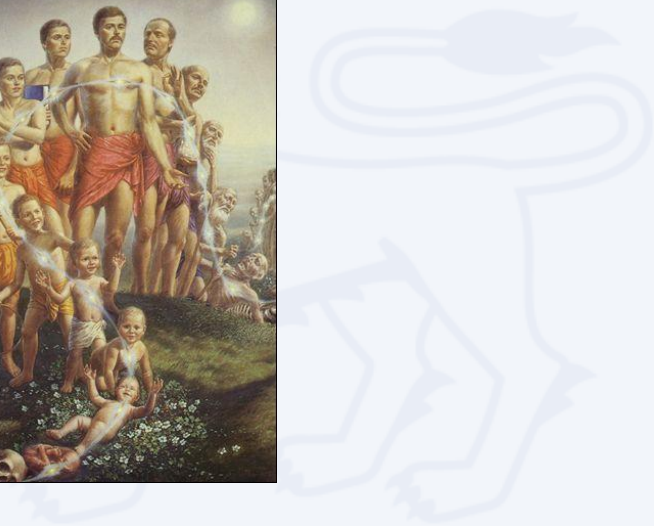


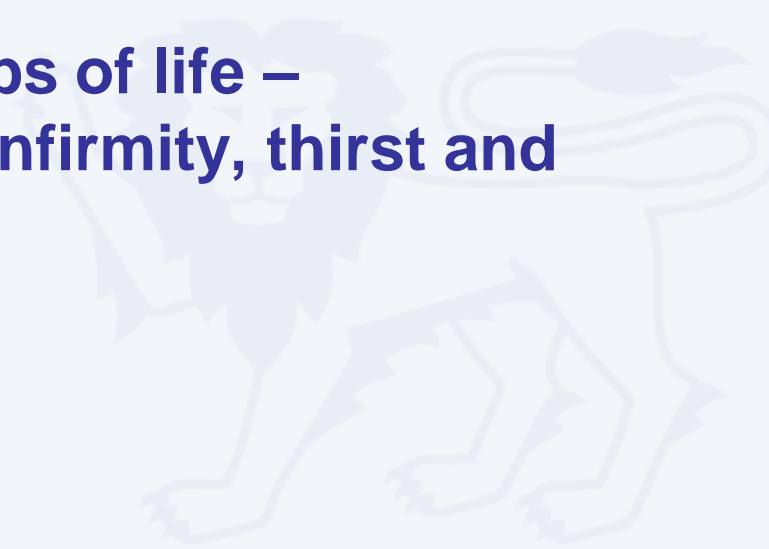


The Science of the Soul



WHO AM I?

- I am not this material body – composed of earth, water, air , fire and ether.
- I am not this subtle body – composed of mind, intelligence and ego
- I am not subject to the six whips of life – lamentation, illusion, hunger, infirmity, thirst and death.



WHO AM I?

➤ I am not prone to bodily transformation

1. The body takes its birth
2. The body grows
3. The body produces some effects
4. The body remains for some time
5. The body gradually dwindles
6. The body at last vanishes, death



WHO AM I?

2.16 of the Bhagavad Gita:

“Those who are seers of the truth have concluded that of the non-existent [the material body] there is no endurance and of the eternal [the soul] there is no change. This they have concluded by studying the nature of both.”



The Nature of the Soul

- The Bhagavad Gita explains the nature of the soul:

2.16 of the Bhagavad Gita:

“For the soul there is neither birth nor death at any time. He has not come into being, does not come into being, and will not come into being. He is unborn, eternal, ever-existing and primeval. He is not slain when the body is slain.”

The Nature of the Soul

➤ How “big” is the soul? :

Svetasvatara Upanishad:

“ When the upper point of hair is divided into one hundred parts and again each of such parts is further divided into one hundred parts, each part is the measurement of the dimension of the spirit soul.”

Can we prove the existence of the soul?

- **The story of the 4 wives**
- **The soul is our consciousness**

“At the time of death, all the wealth a person collects stays in the safe place where he was preserving it. The cows and goats that he had remain in their dwelling places. His wife accompanies him only up to the doorway. His friends and relatives come with him only up to the funeral ground. His body accompanies him only up to the funeral pyre. Only thing that assists him beyond is his soul and his dharma.”

Can we prove the existence of the soul?

- If we are the soul, free and unchanging, then why do we not feel the same?

2.13 of the Bhagavad Gita:

“As the embodied soul continuously passes, in this body, from boyhood to childhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change.”

Identity Crisis!

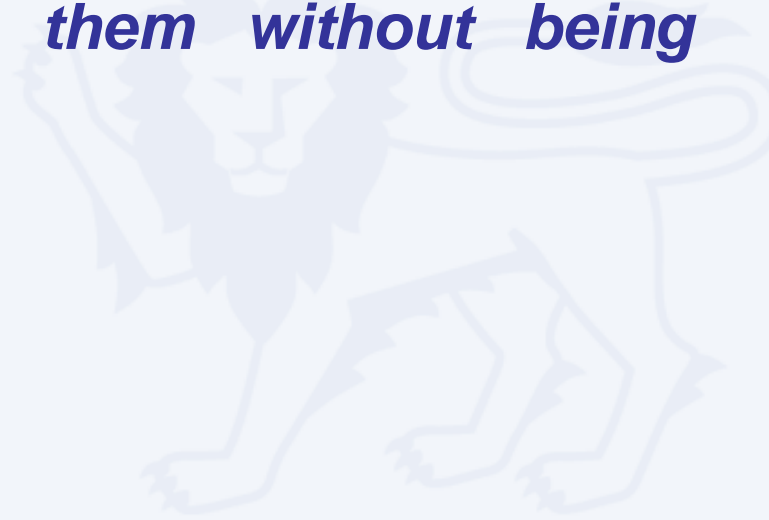
- **We think we are this body**
- **The actor and his role**
- **The fish out of water**
- **We identify with happiness and distress and all that is impermanent in this world**
- **Result: No peace, only agitation**
- **Solution?**



The art of tolerance

2.14 of the Bhagavad Gita:

“O son of Kunti, the nonpermanent appearance of happiness and distress, and their disappearance in due course, are like the appearance and disappearance of winter and summer seasons. They arise from sense perception, O scion of Bharata, and one must learn to tolerate them without being disturbed.”



The moon and the ripples of a river

3.7.11 of the Srimad Bhagavatam:

“As the moon reflected on water appears to the seer to tremble due to being associated with the quality of water, so the self associated with matter appears to be qualified as matter.”



The Ultimate way for us to realise who we are

3.7.12 of the Srimad Bhagavatam:

“But that misconception of self-identity can be diminished gradually by the mercy of the Personality of Godhead, Vasudeva, through the process of devotional service to the Lord in the mode of detachment.”



Devotional service satisfies the soul

3.7.14 of the Srimad Bhagavatam:

“Simply by chanting and hearing of the transcendental name, form etc of the Personality of Godhead, Sri Krsna, one can achieve cessation of unlimited miserable conditions. Therefore, what to speak of those who have attained attraction for serving the flavor of the dust of the Lord’s lotus feet?”

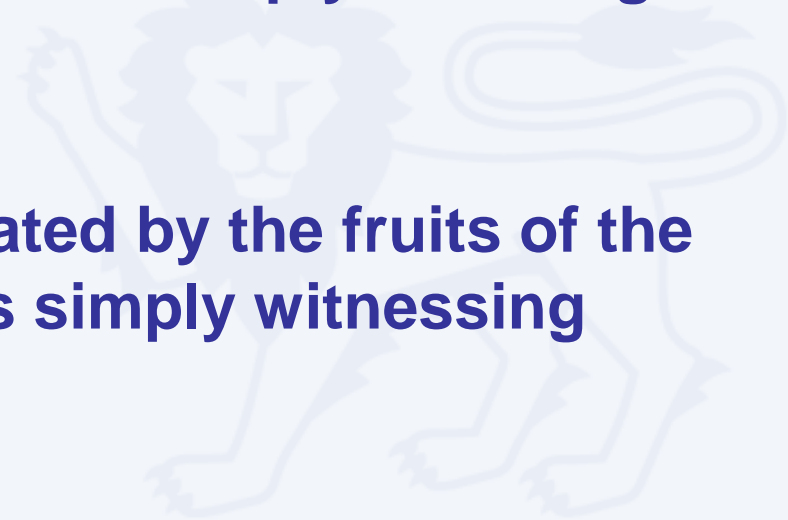
Episodes from Srimad Bhagavatam

- **Chitraketu Maharaj and his son**
- **The great king Suyajna and his wives**



The link between the soul and the Supersoul

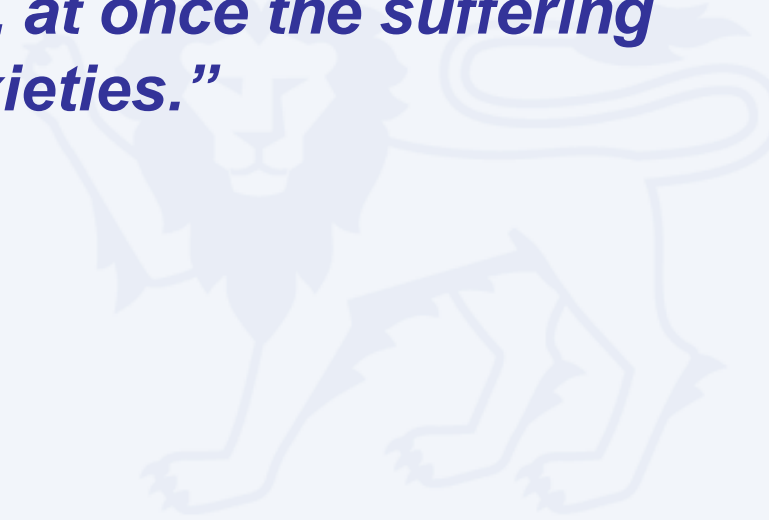
- **Soul : Atma**
- **Super soul : Param – atma**
- **Two birds sitting on the same tree – one bird eats the fruit of the tree and the other is simply watching his friend.**
- **Of the two birds, one is captivated by the fruits of the material tree, while the other is simply witnessing the activities of the bird.**



The link between the soul and the Supersoul

Mundaka Upanishad:

‘Although the 2 birds are in the same tree, the eating bird is fully engrossed with anxiety and moroseness as the enjoyer of the fruits of the tree. But if in some way or other he turns his face to his friend who is the Lord and know His glories, at once the suffering bird becomes free from all anxieties.’



Practical application of the science of the soul

- There is no need to lament for change in our material lives – it is normal in this material world.
- There is no need to lament for death and deterioration – accept it with faith that it must come to pass.
- Lose attachment for material happiness – it is temporary because it is bodily.
- Your actions today will mould your body tomorrow – spare your soul .

Conclusion

- **Reduce eating fruits of the tree! – Karma and reincarnation.**
- **Spend more time with activities that nourish the soul – devotional service.**
- **Be in this world and not of this world – the crocodile and the monkey.**
- **Krsna is not attracted to your beauty and bodily achievements; He is attracted to your service to Him**

QnA

Website: <http://sites.google.com/site/BgitaNUS>