

Jnanasara means the essence of Knowledge. That knowledge is about who I am. . . my Higher Self.

The student of knowledge has realized that permanent happiness is not in the World. He serves the world as a SERVANT of the LORD.

The student realizes that the world is an APPEARANCE, AND God is the SUBSTRATUM (the underlying layer or substance). The Lord is in everything. He is the Life Principle. We call it God, Om, (Super) Consciousness, the universe, etc.

“God Alone was. From Him emerged the whole Universe”

The student knows there is NO – DUALITY (Me and God). He knows he is ONE with everyone and everything and that ONE Consciousness expresses through all.

This verse answers the questions:

How does the STUDENT work and functions among the world?  
How do the MASTERS work or function in the world?

The student does not do anything or enjoy anything. The student is not a Slave to his Mind or Senses. He has developed self-mastery.

He realizes he God is the Supreme Spirit; the Supreme Self.

God alone is Everything & Everyone but thru our ignorance (un-knowing) we think ourselves to be Separate from God.

Self-Realization (or God-Realization) is:

- Knowing who I am; knowing my identity is that Supreme Consciousness.
- The Supreme Consciousness alone is EVERYTHING . . . operating thru me.
- God alone is Everything and Everybody.
- That higher state we reach is called WISDOM or SELF-REALIZATION.

When does the student become realized? [6:07min]

- Thru the Student's own understanding
- The Guru's grace
- Proof from the Scriptures

Five things (sheathes) that condition us or five things we identify with. These things cause us to be deluded or cause confusion:

1. Food – the gross body is made up of food.
2. Physiological Sheathes – functions of Respiration, circulation, digestion, etc
3. Mind or Mental
4. Intellectual
5. Vasanas (bliss sheathe)

[11:09] One could get dependent on his Physical needs: Physiological, Mental, Intellectual, Emotional, by creating conditions or sheathes:

1. One identifies with the body: 'I am short'. Healthy/un-healthy' Old/Young. Heavy/Slim
2. One who identifies with Physiological: I have weak knees. Bad digestion. Bad \_\_\_\_  
One gets CONDITIONED and AFFECTED by them. These conditions are further AFFIRMED by the Person saying them. The subconscious mind sees them as Mantras.
3. We conditions ourselves on the Mental level: 'I am so stressed, emotional, sentimental, etc, becomes that (emotional, stressed, etc)
4. Intellectual level, we condition ourselves with "mantras" like: I can't chant, memorize, give talks . . . I can't study, etc.

One could be overcome these sheathes by declaring, "I am that Pure Spirit who at this moment is functioning as thru these 5-sheathes." I take care of them and I watch and observe them as a witness, and not a part of them/

The wise person can overcome things not going well & dismiss the stress & emotion caused by the conditions or sheathes.

The student or wise person is Self-Reliant. He doesn't need someone else's patronage:

'What [little] the Lord has given me I am happy & content.

#### Two Conditionings [14:32]

1. Total Consciousness – working thru the entire Universe (ishwara)
2. That total Consciousness operating through the individual (jeeva). The person caught up with the jeeva things he is the limited individual. Because of that one suffers. Has limited abilities. Experiences limited success.

Realize that the Divinity in you is the same Divinity in masters like Jesus, and every other person in the planet. When you realize that, one develops that ability to be more successful.

[15:22] Ancient Scriptures outline what is Good and what is Pleasant.

Cato Upanishads teaches that one has to make choices. The average person wants what is pleasant, fun & pleasurable.

The wise person wants what is good. Out of habit we choose the path of least resistance and choose what is fun & pleasurable.

We ignore what is GOOD for us: good books healthy diet and exercise.

When you make more GOOD choices (as opposed to PLEASANT choices) your path or journey will lead towards the GOOD.

[17:25] Ancient scripture needs to be interpreted by a teacher or guru. The teacher has already realized the truth. He has nothing to gain as a teacher. But out of love and compassion he teaches so that others can reach that same level.

### **The Teachings become your own when**

- You apply the Knowledge you have learned
- Develop some degree of Detachment
- Use masters as Role Models & Emulate them

One must not be dependent on the World for Happiness, because worldly objects and things only bring you temporary joy.

Develop some Purity of Mind.

Develop virtues like Love, Compassion, Kindness, Sharing, etc.

The lives of great men are all reminders that we too can make our lives sublime.

([Sublime philosophy](#) is that quality of greatness, whether physical, moral, intellectual, metaphysical, aesthetic, spiritual or artistic. The term especially refers to greatness beyond all possibility of calculation, measurement or imitation)

[20:12] Understanding of this truth comes in gradients. As in peeling an onion, slowly you will come to understand that you already have it.

[20:48] A Wise Person has nothing to do in this world. The Wise Man has discovered the Inner Bliss. Therefore, has no compulsion to act. The Wise Person who has everything may act out of Spontaneous Love, Compassion, and Sharing.

The average person does things to obtain some joy or do things to avoid sorrow:

- ◆ He works in the world because he is compelled and pressured to work.
- ◆ 'By doing this, I will be happy'
- ◆ 'By doing this my boss won't get angry'
- ◆ 'If I do this I will be complete'

The Average Person works to feel Complete;

The Wise Person IS COMPLETE and Perfect. He shares his Compassion with others.

### **A Picture of the Man of Wisdom**

- ♣ The Man of Wisdom has all the physiological equipment but he is not attached to them.
- ♣ He Has no Fear of Death
- ♣ He is Self-Sufficient; he is the Master of his World.

The Wise Person believes he is the pre Blissful Self:

‘I am not the doer; I am not the Enjoyer. Whatever is being done is done by the Body.  
The body enjoys the fruits of my labors, but the Wise Man believes he is the pure  
Blissful Self’

[25:04] Q&A:

We cannot illumine the whole World, but we can make a difference in our community.  
The people you influence will, in turn, influence others.