





The True Self

The Bhagavad Gita
"The Song of the Lord"

5:8-9 By identifying with the true Self,
you will be a sage
seeing clearly that it is not you
but the senses
that move among the sense objects.

5:8-9 (continued)

Even while seeing,

hearing,

touching,

and smelling —

you think: I am not the doer.

5:8-9 (continued)

Even while eating,

walking,

sleeping,

and breathing —

you think: I am not the doer.

5:8-9 (continued)

Even while speaking,

letting go,

holding on,

and opening and closing the eyes —

you think: I am not the doer.

Commentary

- This means that whatever happens through the body or even the mind, it's just the senses functioning through the sense organs.

- You know all these actions are happening,
but you're not affected by them.
- You realize that you are just the Knower.

- You're like a person sitting in the movie theater
of your body and mind,
watching the whole show.
- And not just things outside you.
- For the knowing, even your own body and mind
are somewhere outside.

- It's as if you're surrounded by a sort of cinerama
with not just one screen,
but screens all around,
and you're constantly watching.

- If everything goes smoothly,
if there are only nice heroes and heroines,
then you'll be looking for a villain to come.
- Why?
- For tempo changes and some suspense.
- Only then is the movie really well written.

- In the same way,
to make our lives more adventurous,
we have various scenes.
- We've been given a constantly moving show.
- It's best just to watch all that's happening.

- Unfortunately, even in a normal movie theater, people don't just watch.
- Very often we hear people weeping and blowing their noses because it's a sad scene.

- If we go to a football game,
we might even get kicked
by a person sitting nearby,
who forgot he was only witnessing the game.
- Instead, he began to take part
and started kicking everybody around him.

- That's exactly what's happening in our lives.
- We forget that we're just seeing a show.
- We forget that we're just witnessing.

- We start acting and joining in.
- It's better to always say, "I'm the witness."
- Then we won't get caught.

- That's the sign of a sage or total renunciate.
- If you are a total renunciate,

there may be many things happening to you,

and it may appear that you're thinking,

doing,

and talking.

- But to you, it isn't so.
- Just as others see you doing things,
you also see yourself doing.
- They're observing and so are you. ...



Om, Shanti