





# Your Highest Self

The Bhagavad Gita  
“The Song of the Lord”

**6:7** With a self-disciplined mind, you  
experience a state of constant serenity,  
  
correctly identifying with your highest Self  
(Atman)  
  
who remains unaffected in heat or cold,  
  
pleasure or pain,  
  
praise or blame.

**6:8** A true and steady yogi is utterly content  
with the wisdom of real knowing,

is not disturbed by anything,

has controlled and calmed the senses,

and looks with equal vision on a dirt clod,

a stone

or a nugget of gold.

**6:9** A person stands supreme who has equal regard for friends, companions,

enemies,

neutral arbiters,

hateful people,

relatives,

saints and sinners.

# Commentary

- Friends are friends, enemies are enemies.
- How is it possible to see sinner and saint the same?
- You must go beyond saintliness and sin, beyond friend and enemy.
- Something is common in them all.

- Everybody has a clean Self, the image of God.
- Each also is an expression of the same God.
- You can perceive that divine element pervading everywhere,

functioning through every mind and body.

- When you do that,  
you'll always recognize the Self  
that is common to everything and everybody.
- That means you go beyond the so-called sinner  
and saint.

- After all, what makes someone a sinner?
- It's not the higher Self that sins.
- It's the ego or the mind.
- *Manas, buddhi, ahamkara*, mind, intelligence and ego.
- They're one and the same, but at different levels.

- It's the mind that sins.
- If that same mind develops beautiful character,  
you call the person a saint.
- But the real Self is never affected.
- The Self is always pure.

- An example is a clear bulb or a colored bulb.
- If the bulb is colored, it gives a colored light.
- But you wouldn't say the electricity inside is also colored.

- The energy that runs through all bulbs is the same,

external variations are caused by

the bodies through which the energy passes.

- If it's a colored bulb, it sheds colored light.

- The same Self functioning through a clean mind shows a saint.
- If the mind has all lower tendencies, you call the person a sinner.

- The one who stands supreme is the one who looks beyond the mind-body element and sees the genuine or real spirit behind it all, even in the so-called sinner.

- The supreme person still loves that other one  
as the pure spirit,  
though in a way  
such a person is spoiling his or her own vehicle.

- Some people keep their cars clean.
- Some people never clean them at all.
- They were given beautiful instruments  
but didn't take care of them.
- Feel for them, help them, but do not dislike them,  
because they are the same as you.

- If your vision always sees  
the spiritual side of the person,  
you will be unaffected by all these external things.
- That's called *yoga drishti*,  
yogic vision.

- You just transcend all these superficial things.
- Look not at the vehicle,  
  
look not at the *prakriti*,  
  
but look at *Purusha* behind *prakriti* —  
  
the essence behind the changing forms in nature.



**Om, Shanti**