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SWADHYAYA: STUDY OF THE SELF

by Werner Metzger

From the beginning of their existence humans have asked for self-knowledge: “Who am I?” Till today scientists guess who or what the >I< is. “**MAN KNOW THY SELF**” was written at the temple in Delphi. We can be shure that at all times in mystical schools and secret circles the answer to this question was and is known what the >I< is. But is kept top secret from the everage people in order to avoid abuse. In many different books and scriptures the >I< is used in different ways according to the author’s perception, which could be his own or a borrowed one. The >I< is referred to as **GOD**, the Self or Soul. These statements originate from mystics or yogis who by themselves had realized **GOD**. Though we have often read about **GOD** being called “I am who I am”, or “I am“ or something like that, this term is not correct. Today we will work on what **GOD** is, how **GOD** makes Himself known to man and finally what is His identity. Some examples will help us to understand the **SELF**, the **SOUL** and where they are located in the body and finally we will try to equate **GOD** as the >I< or **THAT** or **IT**.

GOD IS EVERYTHING – the IT or THAT

First of all we have to make clear that **GOD** is not a person, neither male nor femail, but an entity or neutral, hence **IT**. **GOD** should also not be made equal to other divine beings who of course exist also. **GOD** is the first und foremost source of creation of everything that exists, namely gods, angels, humans, animals, plants, minerals, molecules, atoms, suns, planets, galaxies and what ever it may be. The Soul is an individual part of **GOD** and identical to **GOD** like a drop of water from the ocean is identical with the whole ocean. The human soul is located at the place of the heart a place from where a human being gets his identiy as a person. Therefore the **SOUL** is the place of **GOD**, the **SELF**, namely the >I<.

With one experiment we can show the fact that the Soul, the **SELF**, the >I< are located at the place of the heart and not in the head or elsewhere as often said by scientists and by spiritual teachers.

First example: The location of the Soul

Imagine two persons quarreling with fierce emotions in the court about their heritage. One of them shouts loudly while pointing with right hand to the middle of the chest at the heart’s level: ”Grandma’s piano belongs to me!” The other person shouts loudly: “That’s not true. She endowed the piano to me!” and points also with right hand to the middle of the chest at the level of the heart. – The location of the **SELF**, the >I< , is there. Nobody in a situation like that will point out to one’s knee or to one’s forehead.

Second example: GOD is not a person

GOD is neither man nor woman, neither male nor female but neutral, hence only >IT<. With the following example it can be proved that the even of the >I< is neither male nor female. For this imagine the following situation:

The daughter (son) comes home and rings the doorbell. Imagine this situation. Via doorphone the mother asks: "Who is it?" and the child simply replies: "**It is me.**" The mother recognizes the daughter by voice and answers: "Well, it's you" and presses the button for opening the door of the house or apartment.

What has happened in this situation?

The daughter has identified herself neutral by answering: "**I am it**", thus referring to the supreme >IT<. The mother recognized the daughter with >IT<, saying: "It's you." In both cases the SELF, the SOUL, the >I< have identified themselves with >IT<. (The son would have identified himself with >IT< in the same manner.)

As soon as it is not necessary for a person to identify himself / herself, because it is already known to others, it becomes neutral, only >IT<. As far as the Self is concerned the >I<, the Soul is neutral.

Third example: Without name a person is neutral – sexless.

Imagine the following situation: You have a visitor at a coffee-party and you show that person your photo of old days. The visitor does not recognize you in the photo.

Then you point your finger on the photo, saying: "That's Me." or "I am that."

Again the person identifies himself as >That<. >That< and >IT< are neutral terms.

How GOD identifies Itself

If in publications concerning GOD is written: "I am who I am" or "I am", then these are not terms for GOD but things said **about** HIM. The first term doesn't say anything, because the addressee of such a saying knows nothing by: "I am who I am". In the Holy Bible passages are mentioned where an 'angel' delivers a message to a person. When the addressed person asks: "Who are you", the 'angel' answers: "I am who I am." It does not reveal its identity. If GOD is termed by "I am" then it's a statement about HIM, namely that the >I< exists. A quite normal person could say: "I exist". **GOD has only one term: namely 'I'.**

To this I can tell an incident. It happened more than 30 years ago. In one of the SATSANG-Magazines I wanted to denominate GOD as "I am". Before printing and publishing I always used to ask whether everything that was written is ok. After that I had the following experience: Early morning - it was January 11th 1977 – I was lying in bed half asleep. All of a sudden I heard a strong, roaring sounding mail voice, telling me - which could not be heard outside myself – "**I am only I**". (in German: "ICH bin nur ICH")

Conclusion

SEVEN VERSES, Verse 3: "THAT (Almighty Power) is described sometimes clearly, sometimes not so clear, at various places. However, Vedas is the standard reference."

The Almighty Power, **GOD**, is everything – **IT**. If in esoteric literature for GOD is written:

"I am who I am" or "I am" then this from the grammatical point of view is not correct. **GOD is only >I<**. When a mystic or a yogi reaches the highest stage of consciousness then he has realized SWADHYAYA, namely only >I<. "**I am THAT**" or "**I am IT**" are his or her self-identification. Such a person knows that he or she is GOD in human form.

Knowledge of the Self is a request for all humans given by GOD in order to know HIM, the foremost source of all creation, since GOD resides as the Soul in each individual. Man finally should know what is his identity, who or what thinks, feels and acts within him / her. A person who has incarnated in the material world identifies usually with name, features, appearance, body, sex, birth, nationality, religion, etc., etc.. But these are all descriptions of external self and do not refer to the essential - the core of the being.

To identify oneself with external self is an illusion.

Since every human by its Soul is identical to GOD, there is a) no human being without GOD and b) must follow the following every day:

Be we carefully with our speech and behaviour.

1. Before blaming or telling bad things about somebody else we should think, that finally we are blaming or telling bad things about GOD, because HE resides in our neighbour too. **“Don´t judge so that ye be not judged.”**
2. We should not blame ourselves with bad sayings like: I am a fool or idiot or something like that. The word >I< stands for GOD and it is very bad to call GOD a fool or an idiot.
3. By means of the Soul we are all connected with each other.
4. **Since GOD is everywhere, everything is connected with all that exists.**
5. During meditation and Agnihotra and also at any time we should remember who we really are and should behave accordingly. Each and all, the whole society, will benefit from this, and the whole human community and the world will be filled with love. It is then a joy to live in such a world. --- ---

(English translation by Werner Metzger)

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If you want to know more please contact:
Kriya-Yoga-Schule Fivefold Path Inc., Institute for Vedic Sciences
D-78234 Engen, Friedhofstraße 4. Phone: + 49 (0) 7733-7654, FAX + 49 (0) 7733-98648;
Internet: www.Kriya-Yoga-Schule.de, e-mail: Metzger.Werner@t-online.de