

Guideline to Self-inquiry

- The question “Who am I?” is the most fundamental question a conscious being can have.
- The answer you will give to this question, will define your experience in this phenomenal universe – it will define your role.
- Having chosen a role, you will have to taste the joys and sorrows of this role.
- Now, remember! Whatever role you will choose to have – good or bad, joyful or painful – will be nothing more than a temporary role. It will not be You, who have chosen that role.
- That role will be your identity – what you identify with. Whatever will be that identity, whatever it is that you believe you are, or that you should be, from the most gross to the most noble and saintly, it can not be you.
- For this, the quickest and most efficient way to reach to the Truth of your Self, is by simply stepping out from all identities. Denying all beliefs, you have about yourself. Denying all roles.
- We call this in the Vedas: “Neti – neti”, or “Not this – not this.”
- In other words, to reach to the Truth of what you are, simply deny all that you are not – deny all your roles.
- The way to step out of your roles is very simple – just remember:

“I am not a man – not a woman.

I am not a father, or mother.

Not a son, or daughter.

Not a brother or sister.

I am not old or young.

I don't belong to this or that country.

I don't belong to this or that religion.

I am not rich, nor poor.

I am not educated, nor illiterate.

I am not successful, nor a failure.

I am not a doctor, or lawyer, or manager, or worker, etc.

I don't have this duty, or that.

I don't have any desires or fears.

I don't have a past. I don't have a future.

I am free from duties, free from labels, free from time.”

- Continue in this manner, washing out any identity, any role you have adopted.
- Remember! You cannot identify with what you are! You can only identify with something other than you.
- Thus, leave behind all identities, all roles you have chosen or accepted.

And stay as the Self.