

Self-Inquiry "Who Am I?" (Session 8)

Discover Your Essential Nature of Happiness

"Who Am I?"

This is the most profound question in entire philosophy, and is the ultimate pursuit of human life. Why? Because this understanding/discovery leads to "Everlasting Uninterrupted Happiness."

As we clearly reflect, we will realize that all our actions are focused on gaining happiness. Earning money, getting education, getting married, getting divorce, scaling a mountain peak - are some of the common examples of such actions. However, as long as one is seeking happiness from the external world, the happiness will remain limited and transient - will come and go. One will continue to feel *"incomplete."*

Eastern philosophy asserts, the only way to gain everlasting happiness is to discover Your *"Essential Nature"*. And when You do so, you will discover Your true nature of changeless *"Contentment and Completeness - also known as Bliss."*

Discovering our Blissful nature is the topic of this presentation



Interfaith CommUNITY Spiritual Center (ONLINE)

Speaker: Arun Sehra

January 21, 2024; 1:00 - 2:30 PM (Phoenix)

This will be an interactive, online session which will be followed by Guided Meditation - to make us feel our limitless nature.

Zoom link- <https://us02web.zoom.us/j/4911407207> password 447226