

Self - Inquiry "Who Am I?" (Session 6) Be Your Blissful Self

The Magic quest "Know Thyself", popularly attributed to Greek philosopher Socrates, has in fact been the experiential dictum of most Eastern philosophies. "Knowing (Realizing) the Self" is the ultimate pursuit of human life. It leads to the feeling of "Completeness and Eternal Happiness." Self-inquiry involves understanding what "Self is not" - the Self then reveals **ItSelf**.

Having already investigated the waking, dream and deep-sleep states, we will now investigate a set of coverings that we falsely believe as the "Self". Through such investigations, we will ultimately discover our True Nature, thereby gain freedom from all worries and insecurities.

The Five sheaths - Pancha-koshas



The Five Coverings

The Physical Body

The Energy Body

Mind and Emotions

The Wisdom Body

The Bliss Body

Speaker: Arun Sehra

January 23, 2022; 1:00 - 2:30 PM

Interfaith CommUNITY Spiritual Center

In these interactive, online sessions, we will continue to review various techniques for Self-Inquiry that can lead us to Ultimate Freedom
(Zoom:<https://us02web.zoom.us/j/4911407207?pwd=bFhieGVIZ2IUWFcxY0MxS>
WdaTEhadz09; meeting ID: 491 140 7207 password 447226)