

# Self ~ Svaroopaa ~ Your Divine Essence

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“The One you are looking for is beyond all thought.  
He is experienced when thought ceases.  
That is God, where the mind cannot reach,  
Where speech cannot reach,  
Where the intellect cannot reach...  
Where the mind becomes completely still,  
Then God reveals Himself with all His Love.” ~ Muktananda

“The Self is *ananda*, Bliss, and it can be understood only after we attain That. This Bliss, *ananda*, is far greater than the bliss that arises from seeing a beautiful form, hearing a melodious sound, tasting delicious food, or experiencing the softness of touch. The pleasures born of the senses depend on the senses and if the objects of pleasure disappear, the [pleasure] also disappears. But the Bliss of the Self does not depend on any external factor. It is completely independent; it arises, unconditioned, from within...” ~ Muktananda

“If you were to see yourself through meditation you would find that you are worthy of great honor. If you were to see yourself as you really are, you would realize that you are neither man nor woman; you don't belong to any religion or race or case or creed. You are really and truly the most fascinating, beautiful light of God. The highest Truth exists within your heart.” ~ Muktananda

“Within every human being there is a divine effulgence... After you have seen it, you become steady and tranquil. Our outward beauty and our spiritual beauty derive from this. Because of this light we are able to love one another. There is so much love in this light.” ~ Muktananda

“The light of consciousness has become you and is being you right now. It is your own power of insight, the flash of creativity, the burst of joy that fuels your laughter or tears. This inner fire is the source of love; it is your own deepest knowing; it is an expansive fullness of inner beingness...” Swami Nirmalananda

“Honor your Self.  
Meditate on your Self.  
Worship your Self.  
Your God dwells within you as you...  
See God in each other.” ~ Muktananda