Holy Geeta by Swami Chinmayananda

An individual who lives in the Awareness of this Knowledge, ever-conscious of the play of the Self at all levels of his personality --- physical, mental and intellectual --- such an individual, naturally, comes to experience himself as a Divine Witness, observing the very process of death that clips off layer by layer his self-chosen connections with

the not-Self!

WHAT HAPPENS TO ONE WHO LEAVES THE BODY IN THE AWARENESS OF THE SELF? LISTEN:

5. And whosoever, leaving the body, goes forth remembering Me alone, at the time of his death, he attains My being; there is no doubt about this.

Vyasa is never tired of emphasizing the cardinal philosophical idea in *Vedanta* that an individualised ego continues identifying with a given physical body only so long as it needs that particular instrument for eking out its desired quota of experiences. Once it is over, it 'kicks the bucket,' as it were, and walks off --- forgetting all its duties, its relationships and its vanities in that particular existence. At this moment of divorce from a given body it is logical to believe that its thoughts would be about the most predominant desire or aspiration in it --- either gathered in its past embodiments, or acquired in its present life. The techniques of meditation and devotion