

Some musings about “Self/Atman”

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Where should your “Self-identity” lie?

- Socio/Economic/Cultural level (Group/Social Level)
- Biological Level (Body/Nature Level)
- Psychological Level (Mind/Psyche Level)
- Intellectual Level (Brain/Intellect Level)
- Consciousness Level (Atman/Bodha Level)

Some Virtues of “Self-ishness”

- Animals (Vanara)
 - Self Preservation - Keeping mind, body and spirit together
 - Self Propagation - Keeping the biological lineage alive
- Man (Nara)
 - Self Awareness - Understanding who am I?
 - Self Actualization - Fulfilling the human potential at a Socio/Economic level
- Ultimate Goal (Narayana)
 - Self Realization - Merging with the Existence/Absolute

Q&A

- If any!