

Having reached this great Goal, rise above the false notion, ‘I am the body’, like an actor in a drama. When an actor plays the role of a king on the stage, he wears a crown on his head, a false beard and moustache, and orders everyone about. But when the make-up is removed, he emerges from backstage, free and relaxed. He is now his own self and not the king whose part he played on the stage.

Before he came on to the stage, he was Mr. so-and-so. After going away from the stage, when the make-up is removed, he is again himself, the Mr. so-and-so. On stage too, he was the same Mr. so-and-so, but with the make-up, he acted the part of the character he was to play in the drama. Similarly, Ātman, the Self, you are. But because of the ‘dress’ of the body, you identify with it and play the part of the stupid fool in the world and behave like one. And you act your part so beautifully that you forget your real nature. And then a Guru has to come and advise you, ‘You are not this.’ Now in true meditation, you undress yourself and come to live your original nature as the pure infinite Self.

