

## Self and Personal Style

When totally free from outer contacts a man  
finds happiness in himself,  
He is fully trained in God's discipline and  
reaches unending bliss.  
Bhagavad Gita 5: 21

That which is the finest essence—this whole  
world has that as its soul. That is Reality.  
That is the Self. That art thou.  
Chandogya Upanishad 6.8: 7

Bright but hidden, the Self dwells in the  
heart.  
Everything that moves, breathes, opens, and  
closes  
Lives in the Self. He is the source of love  
And may be known through love but not  
through thought.  
He is the goal of life. Attain this goal! The  
shining Self dwells hidden in the heart.  
Everything in the cosmos, great and small,  
Lives in the Self. He is the source of  
life,  
Truth beyond the transience of this  
world.  
He is the goal of life. Attain this goal!  
Mundaka Upanishad 2.2: 1-2

Who denies God, denies himself. Who  
affirms God, affirms himself.  
Taittiriya Upanishad, II.6.i

This body is mortal, always gripped by  
death, but within it dwells the immortal  
Self.

This Self, when associated in our  
consciousness with the body, is subject  
to pleasure and pain; and so long as this  
association continues, freedom from  
pleasure and pain can no man find.  
Chandogya Upanishad 8.12: 1

This vast universe is a wheel, the wheel of  
Brahman. Upon it are all creatures that  
are subject to birth, death, and rebirth.  
Round and round it turns, and never  
stops.

As long as the individual self thinks it is  
separate from the Lord, it revolves upon  
the wheel in bondage to the laws of  
birth, death, and rebirth.  
Svetasvatara Upanishad 1: 6

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