



DR SHOBHA RAJU

# “Tat Twam Asi” (That You Are) ...But what is that?

“I don't believe anything which I can't see with my eyes” - says a “rational mind”. But most of the creation is unseen. The “Consciousness” (I couldn't find a better word. In Indian Philosophy it's called “Parabrahman”) cannot be seen by physical faculty, yet is very powerful.

Parabrahman is seen in the form of creation. It's original form is unseen. With an earnest quest, that is constant and honest, it could be perceived. All the ancient spiritual scientists, whom we call Rishis have perceived It. How do you know that they have perceived? If we study Upanishads like Ishavasyopanishat”, we understand the rationality and genuineness in their exposition of the Truth or Consciousness. They didn't sell the rights of their expositions to Amazon for bringing out a book or go to TV channels for promotion.

We realize that they gave the knowledge for the love of humanity at large. This should be the basic step to trust their words.



Two molecules of Hydrogen and one molecule of Oxygen make H<sub>2</sub>O, water. How do we know? We can conduct an experiment in the laboratory and find the physical laws to be true or not.

But how do we know the reality that there is Parabrahman?

There is a whole lot of science, procedures and tools that are prescribed in Upanishats. Practicing them step by step, with earnestness, sharpens our perception. Analysis of life and its truths which create “Vairagyam” (Detachment), should also be coupled with those practices. We start realizing and perceiving a subtle dimension of life, layer by layer. We realize that there is a non-physical dimension, which we couldn't realize till then.

When a CID squad investigates a case to find out the truth, they go by presumptive proofs and get the final truth. We should also be sensitive and alert to perceive the subtle experiences which give the presumptive proofs of existence of a non - physical dimension. This kind of subtle perception ultimately leads us to perceive Parabrahman.

It's a truth that is not physical and so cannot be physically per-



ceived. As we start practicing some discipline in food,

“Pranayama” (Breathing exercises), Yoga and take support of suitable spiritual sadhana like Mantra Japa, Puja, Abhishekam etcetera with earnestness, slowly mind gets sharpened and develops a faculty, - intuition. (These practices may not help if the motive of practicing them is a physical one and the mind is strongly rooted in physicality.)

With intuitive power, ultimately we can perceive Parabrahman perfectly. We'll realise that the Parabrahman is stretching from within us to Infinity. This makes us understand that we have connection with entire universe. There is no second thing. Entire Parabrahman is One. With this realization, Compassion becomes our nature. Or else it remains a conditional attribute.

Sri Raghunandanji (Founder, Planetary Society of India) had come to Annamayyapuram” (My work place name) a few years ago. Showing certain stars and planets in the sky, he said, “New galaxies

are still being found in the space”. Who creates them? With what they are created? I remembered a line from the song of Annamayya,

“గుదిగొన్న భ్రహ్మాండాల గుడ్లబెట్టే హంస”



(It's a Swan that's laying the eggs of galaxies). While describing Venkateswara as the Cosmic Vibratory Force, which is The source of everything, he says, “Behold! All

of you salute! There It is! The Consciousness is settled near “Koneru” (the holy water tank on Tirumala).

Logic is based on our experiences of past, could be happenings in life, our study, what we saw and heard etcetera. But intuition is original nature of our being, when mastered, shows things more clearly than our eyes. It's covered with attachments and negative passions. So mind cannot realize the existence of intuition and goes only by logic, which is very basic.

It is with this intuition saints could see non physical energies and beings also. They could see that there is an invisible vibrating force which they called “Parabrahmam” out of which everything emerged.

Let us sharpen our intuition, understand the subjects beyond physicality, finally see Parabrahman and realize that we are “that” (“Tat twam asi”). This realization is the only way to total relief from sorrow and uninterrupted bliss.

(Author is a well-known musician, Devotional singer, writer and composer.) 