

## Who Am I?

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Every human being lives life in accordance with their own values and belief systems, in a manner which provides them with happiness. Life is ever-changing, by the year, the month, the week, the day, the hour, the second! Regardless of whatever one achieves in life or aspires to achieve, a stage will arise where every individual questions their very existence. Often we question ourselves to find out exactly who we are. I have questioned myself on numerous occasions as to exactly what is the purpose of my life and existence. If I look at myself from a physical perspective, I have five senses, these being the senses of hearing, touch, sight, taste, and smell. I am not any of these five senses. I possess the ability of speech, locomotion, grasping, excretion, and procreation. I am none of these organs or bodily functions, although they are a part of my life. If I look at myself from an internal perspective, at aspects such as values, morals or even my own personality, I find that these are not the essence because they are ever-changing. For example, my personality is constantly evolving and taking new forms. Therefore if I am none of the aforementioned aspects that continue to change, in order to understand who I truly am, I need to search deep within myself to find that one thing which is constant. After a great amount of introspection, I have concluded that the one element that will always stay the same is my soul. In reality I, like all human beings, am a soul, residing within a body. This is my true form and this is who I am.

This soul is part of the 'super soul' which is God. Therefore within each and every one of us, God exists. I am not this body, which in reality is merely an illusion of my thought. My true being, my true existence lies not in the falsehood of my materialistic body or any of my worldly surrounding, rather in my internal soul. The purpose and reality of my life is to join my soul with this 'supersoul' God. This body is merely a vehicle upon the path to achieving this state of being. Just like one cannot fly around the world to reach a specified destination, I cannot achieve this merging of my soul with God without this body. However, just like the plane in which I fly to arrive at my destination is not me nor does it belong to me, I am not this body nor is it my property. Human life is a journey from the initial departure of birth to the concluding destination of death. To paint a picture of this viewpoint, if I am travelling on a train from Montreal to Toronto, the seat in which I sit to depart and arrive at my destination is not in reality my property; rather it is being used by me to travel. Once my journey has concluded that seat has no relevance to me. The same is the case with the human journey of life. All through life, man claims that this house is 'his', this family is 'his', and this piece of land is 'his'. But herein lies the real illusion. Human beings spend their life collecting materialistic wealth but what they do not realise is that these worldly riches do not go with them when they leave the world. Therefore I cannot give meaning or importance to myself in terms of what I own or have, because they are not mine and they definitely are not me. My true wealth is this soul; i.e. my true being, my true existence and my true wealth.

Therefore, upon understanding that I am this soul and this body is a vehicle to aid in travelling through this journey of life, I must endeavour to travel this path using this vehicle to arrive at my final destination, whereby I will merge with this 'supersoul'. Thus, this world is a mere illusion and completely false. The only reality is this God, a part of which I am; i.e. this soul. Therefore as I am just travelling along this journey, I must realise that I am a visitor in this kingdom of God, and that like all visitors a time will come when it is time to conclude this journey and return home, by merging my soul with this

'supersoul'. I am to enjoy this journey and all its associated materialism but I am not to forget that it is all false and only for my use along this path and throughout this journey, it is not in its true essence the reality of me or my existence. Taking this reality to its deepest point, I am a part of the bigger picture, a part of God. Just like a droplet of water being placed into the ocean becomes part of that ocean and cannot be distinguished from the ocean, my soul is a droplet which must immerse within this ocean of God and become a part of this ocean; i.e. become a part of God. The truth is all human beings are a part of this almighty force, this almighty God. Although we may all seem different from different backgrounds, cultures, beliefs and ways of life, we all have this same force within us, and our purpose of life is exactly the same; to merge our true self with this truth that is God.

To provide an understanding of this concept in the form of an example, we can look at human beings as pots with water in them. These pots of water are all different, different shapes and sizes, and on a full moon night if they are placed outside they will reflect within them the moon, but there is not a separate moon in every pot, rather the one moon just reflects in each pot. Similarly, we as humans symbolise these pots of water. Although we may look and act differently, the truth is we all are the same with this one God imbibed and reflecting in each and every one of us, just like the one moon reflecting in every pot. If this pot is eradicated, the moon will still be there, and in the same way, even after our death, our soul which is God will still exist. To further highlight this point, we can take for example a glass and observe the space in between it. Now if we break that glass, the pieces will shatter, however that space will still remain the same. The physical glass is like the human body, it is capable of being destroyed. However, the space within the glass is intangible and like the soul, it will always remain. It is indestructible. To realise that we are in fact a part of God, is for human beings a difficult concept to understand. We are so consumed with "us" as an individual, as a person, as a body, that we fail to realise that God is what surrounds us, what is in "us", and ultimately that we are all a part of God.

To conclude, in order to realise who I am, I need to realise the true meaning of my life. I believe the reality and true purpose of my life, is to unite my soul with the super soul, this being God. This can only be achieved through deriving a status of mind where I am able to see God in everyone and in everything, and to feel God's presence around me and in me at all times. We become very attached to our physical being, to this body, but sometimes fail to realise that when we die, this body will be demolished. Thus we must realise we are not this body or any of its associated materialism. The only thing which lives on is my soul, my true being. This is who I am!