



## **We Are Never Alone, by Anandmurti Gurumaa**

We are never alone. Neither in the womb, nor after birth. The true Self is boundary-less; it is all-pervasive. In terms of existence there isn't any boundary, but at mind, body and speech levels we divide the existence into me, you and them. I have a relationship with body, senses, mind, intellect; these are so close, yet so far from the real-self. Entwined with one another and still separate. We cannot draw a line as to where the body ends and where the mind begins or mind ends and the Self begins. The mind is a subtle form of matter and the body is the gross form of mind. Mind and matter are not different from one another. A quantum physicist would say that matter and energy are not two different entities. The source of matter is energy alone and matter keeps moving between matter and energy. The mind is invisible but the body is visible. Hence our identification and association with the body is so deep that we tend to see ourselves as body alone. [...] The 'I' we are associated with, is the illusionary 'I'. The 'I' we know has more to do with mind or body but our real 'I' remains obscure. What an irony that the I doesn't know the 'I'! Knowing oneself is the first step towards making good rapport not only with one's own mind and body but also with the other. This other can be husband, wife, mother, father, brother or anyone. Once we have understood how our mind functions, and as we witness the rise and fall of emotions in mind, we are better equipped not to get carried away with these waves of mind. [...] Explore your inner core, your untapped energy source and rejoice in it. Love and respect your Self and everything will become an echo of the same vibes. Thank this body, this breath and life. Give thanks for every little joy which life brings to you and smile. And smile like you have never smiled before and delve deep within. Soak your Self in goodness of this moment and let every day begin with it and end with it. Soon you will love this new way of living. When you are strong, vibrant and energetic then you will begin to function as a magnet and you will attract all good people towards you. People enjoy the company of those who enjoy their own company. --Anandmurti Gurumaa