

## TAT TWAM ASI

The Mahavakya 'Tat Twam Asi' means 'That you are'. Who are **you**? Are you the body or mind or name, or form, or senses, or intellect? On enquiry, it is seen that you are none of these; you are feelings. It is your feelings that give you birth, a name and form. Your birth is based on the feelings you have. Let us see how it works.

The feelings that arise in one from the time of birth till death become deep impressions in the mind. At the time of death, he takes these deep impressions with him and gets ready for his next birth. His body falls on earth and his feelings go into the space. The feelings pervade the space without form. They search for the right vessel, time, place and parents. According to the law of Karma, every action performed on earth has reflection, reaction and resound. Based on the result of action, his feelings search for the right vessel. Once the feelings find the body, time, place and parents, the Indweller enters and gives life. Thus the jeeva, who has died, is born again.

'That you are.' What is '**That**'? 'That' is God. Being neither male nor female, we use 'That' for God. Where is God? He is within you. When your feelings take form, He gives life to them. He is called the Indweller. He is within everyone and everything. If not for the Indweller, there is no life. Through Prana shakthi, He gives form to that which is in the formless state.

We should become one with That, the Indweller within. This is 'Tat Twam Asi'. How to attain this state? Our feelings should continuously center on the Indweller and function only around Him.

In the beginning, the Indweller is in the state of a witness. When one lives a life following the dictates of the mind, He watches as a witness. However, one day the jeeva awakens thinking 'what is the purpose of life? Is there any true meaning to it?'

The Indweller now comes to the aid of the awakening jeeva. He encourages him on the path of sadhana. At times, one faces obstacles on the path, becomes disheartened and prays for help. The Indweller comes to his rescue and supports him to continue sadhana. The jeeva earns grace and does more sadhana. He sacrifices the fruits saying, 'I am not the doer. You are the doer. You enjoy the results'.

Thus, ***when the jeeva totally surrenders his individuality, he attains the Maheswara state.*** In this state, you become That. This is the jeeva becoming Shiva. In other words, when feelings revolve around God only, we become 'That'.

This is 'That you are' or 'Tat Twam Asi' state.