



1. Who am I? :-

The body is separate and the soul is separate and the combination of both becomes a living creature (*jiivaatmaa*), a living soul (*jiivit aatmaa*). 'Living soul' means the sentient power that works with the body. In other words, neither the soul nor the body can work [separately]. This is compared to a car and its driver. For example, there is a car. If there is a driver in it, it will move. If there is no driver, the car won't move. It means that the soul... (A brother said: It is air.) It is not air. Earth, water, air, fire and sky, these five inert elements that form the body are different. Even when the soul leaves the body made of these five elements, the five elements remain in it. They are either burnt or buried in the earth. Those are inert elements but what is the soul that is different from the body? It is a very subtle point of light (*jyotirbindu*), an embodiment of the mind and intellect. It is described in the Gita as: '*anoraniyaansamanusmaret yah*' (Ch.8, *shloka* 9). It means, it is said to be minute than even an atom. It is an atom but it is luminous. That sentient atom in the form of the mind and intellect contains the *sanskaars*¹ of many births. The mind and intellect itself is called soul. It is also mentioned in a *ricaa* (verse) of the Vedas: '*manarev aatmaa*', meaning, the mind itself is called the soul. When a person leaves his body meaning when a soul leaves its body, it is not said that the soul has left but the mind and intellect remain. When everything [else] exists, but the power of the mind and intellect has left, it means the soul has left.

Actually, the other name for the power of the mind and intellect itself is soul. *Sanskaars* of the present birth and past births are recorded in the mind and intellect. The meaning of *sanskaar* is, the influence [on the soul] [or imprint] of good and bad deeds that are performed is called '*sanskaar*'. Suppose, a child is born in a butcher's family. [He has seen] the slaughtering of cows there since his childhood. On growing up, when that child is told that slaughtering cows is a serious sin, it will not sit in his intellect because his *sanskaars* [of killing cows] have become strong. In this way, *sanskaars* is the third thing. So, the soul is the combination of these three powers: the mind, intellect and *sanskaars*.

¹ A trait remaining in the soul as the result of deeds performed