



FACULTY OF DISCRIMINATION

The lower and higher Self

Bhagavad Gita, Chapter VI, verse 6

Extract from 6/2/07 Satsang

Om Shri Paramatmane Namaha

Bhagavad Gita, Chapter VI, verse 6

'One's own self is the friend of the soul by whom the lower self (consisting of the mind, senses and body) has been conquered; even so the very self of him who has not conquered his lower self behaves antagonistically like an enemy'

In our own existence we have two selves. One is the lower self and the other is the higher Self. As long as the lower self (consisting of the mind, senses and body) rules over one's life, one is one's own enemy. But when the lower self is ruled by the higher Self, then one becomes one's own friend. What is the higher Self? It is the Divine element - the soul or Spirit. There are differences in these words but you can take it like all as your own Self. Self is different from your mind, your senses and your body. From the practical point of view, for guidance, you can take your higher Self to be the faculty of discrimination.

What is discrimination? Discrimination is that faculty in us which goes on telling us what is right and what is wrong. This is the higher Self. The faculty of discrimination is not really the higher Self but it is connected with the higher Self, and it will take you to the higher Self. Just like the sun, for example, where the sun is the higher Self and a ray from the sun is discrimination. If you go on following the ray of discrimination, you reach and Realise the sun of the higher Self. If you go on following your discrimination, that inner prompting, that inner indication, which tells you what is right and what is wrong, you will realise your own Self and you will find God.

Today I am giving you a direct clue. You cannot say that he goes on talking and does not give us any practical advice! It is here! Like this! If one goes on following the inner prompting or indication which tells one to go towards what is right and give up what is wrong, one will realise God. There is no doubt about it. This is the path, because this faculty of discrimination comes directly from God. This faculty of discrimination appears to be a product of intellect but it is not a product of intellect. It flows through the intellect but it is not from the intellect. It is from God. It is from your Self - the Spirit. God, Self and Spirit are the same. Self is the bounded Spirit - limited, individualised.

So this faculty of discrimination which tells you in every situation what is right and what is wrong does not come from your mind or intellect but it comes from the Divine. If one goes on following it, one will find the Divine. Therefore the Lord says: "*one's own self is the friend of the soul by whom the lower self has been conquered*"

How can one conquer the lower self consisting of mind, senses and body? It can be done by following the faculty of discrimination (*vivek*). An inner urge for what is wrong arises

because of one's old habits: "Let me have some wine now. The weather is miserable and there is no harm in having just a drop!"

But something inside one tells one that drinking is bad. Often one had a bad experience and one should not indulge in it. But the lower self tells one that one can drink at least a little. Some people say that perhaps in small quantities it can also improve one's health. Some people say it and it is just an opinion. You may be tired after a long day, and fancy having a drink. The faculty of discrimination again tells you that even a little is bad. Why should you take the drink? But then the old habits motivate you although you know what happens after that. You degrade yourself and you become an enemy to yourself when the lower self conquers the higher Self. And if somehow you manage to defeat the lower self, the desire inside, by following your discrimination then you will have a different feeling inside - a feeling of achievement. Next day it will perhaps be even better.

It is a characteristic of the human mind that it finds it easy to repeat an old habit. But, if it tries to do something which it is not used to doing, it finds difficulty in doing the new thing. Old habits persist! One is forced to go towards the same bad habit, repeating it again and again, and then repenting. But this very characteristic of finding ease and happiness in repeating an old habit turns out to be joy-giving when a new good habit is formed because the mind repeats it easily. In the beginning there is definitively a tough battle. But once you have conquered it a little you will be able to conquer it on a larger scale. Then one day you will be the monarch of your own life. You will be walking on this planet Earth as if the whole world belonged to you, because you have conquered your lower self. Then even billionaires, prime ministers and presidents will not be anything compared to your own Self! You will feel carefree as well as strong. You will have a sense of fulfilment and security that give human life its real meaning and dignity. The strength already exists within you even now but it is clouded over by the lower self - the desires, the old habits.

The Lord says that you should break this chain of your slavery to the lower self, and you alone can break it. You can be your own enemy or you can be your own friend.

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