

Shanta-Ananda – The Bliss of Silence

Atmana Atmanam Udharet

THEY HAVE VERY TRANSCATED TIDE YONDINGS AL 311AHIO Fute sole a Se I DENTIFIED WITH BRAHMAN A TELAN also means -MIND So We have to know ATMAN is mand when ATHAN. the should very himsole 377 ATMANAM a the E go about Sail JIVA) ATMAN (ATMANA i the mind MIND IS NON-EXISTING ENTITY IT CAN ONCY TAKE US DOWNLY/1803 BECAUSE THOUGHTS Good as bed but lead to better, and a but

They have very loosely translated. The wordings are, Mind (Atmanam) one should uplift it by mind (Atmana)

Atman means the Pure Soul or Self identified with Brahman

Atman also means = mind

So we have to know which Atman is meant when you say Atman.

One should raise himself i.e. Atmanam is the ego bound soul (Jiva) by Atman (Atmana) i.e. the mind.

Mind is non-existing entity. It can only take us downwards. Because thoughts good or bad both lead to action, good or bad

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So here the PURE MIND which is GOD N the PORE SELF is mened. Concurrent on the Pur Self N ATMAN MEDITATE ON THAT & REMAIN AS I AM THE IMMUTABLE ROCIC LINCE SELF ADOPT ANY METHOD TO INVOLVE SELF AS A SADKANA TO Such Self. BY SATMANAME ONESCLE. MOMARET = is to be uplifted. to reap the fruits of each another birth and so on – a chain.

So here the Pure Mind which is God or the Pure Self is meant. Concentrate on the Pure Self or Atman, Meditate on That. Remain as I am the Immutable Rock Like Self.

Adopt any method to involve Self as a sadhana to reach Self.

Atmana = By Pure Mind i.e. Self

Atmanam = Oneself

Udharet = is to be uplifted