



Atmana Atmanam Udharet

THEY HAVE VERY LOOSELY TRANSLATED

THE WORDINGS ARE

MIND (~~ATMANAM~~) one should uplift it ~~up~~ By MIND (ATMANA)

ATMAN means the PURE SOUL or Self
I 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

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

to reap the fruits of each another birth
+ to 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. BY

ATMANA = PURE MIND or Self

ATMANAM = ONESELF

UDHARET = 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