

## Satasloki – How should we spend the days?

SANE ARA'S SATA SLOLD VEASE II HOW SHOLD WE SPEND THE DATS T WHILE WALKING THE THAGINE YOU ARE A WOVE IN (THE OCEAN OF CONSCIOUSNESS (SELF) YOU ARE AUBRING SHOULDESS WITH BTHER WAVES - ALL AROUND TOU ONLY CONSCIONING YOU MIE WALKING IN CONSCIONED GAT

WHILE SITTING THINK YOU ARE ONE OF THE GEMS & all people we obta Gems & ONG STRING OF CONSCIOUSNESS GOES THROUGH ALL & HOLDS YOU ALL

WHILE SEEIN GAJELZS

ALL THESE OBJECTS ARE MYSELF IN CONSCIOUNESS

NHILE GOING TO SLEEP

IS ANAMAA (BLISS) - DROWN YOURSELF. IN THAT BLISS

## Sankara's Satasloki Verse 11

How should we spend the days?

<u>While walking:</u> Imagine you are a wave in the ocean of Consciousness (Self) – you are rubbing shoulders with other waves – all around you only consciousness – you are walking in Consciousness.

While sitting: Think you are one of the gems and all people are other gems and one string of Consciousness goes through all and holds you all.

<u>While seeing objects:</u> All these objects are myself in Consciousness.

While going to sleep: Feel all around you is Ananda (Bliss) – drown yourself in that Bliss.