

VEDIC SANSKRITI SCHOOL



GRADUATION DAY

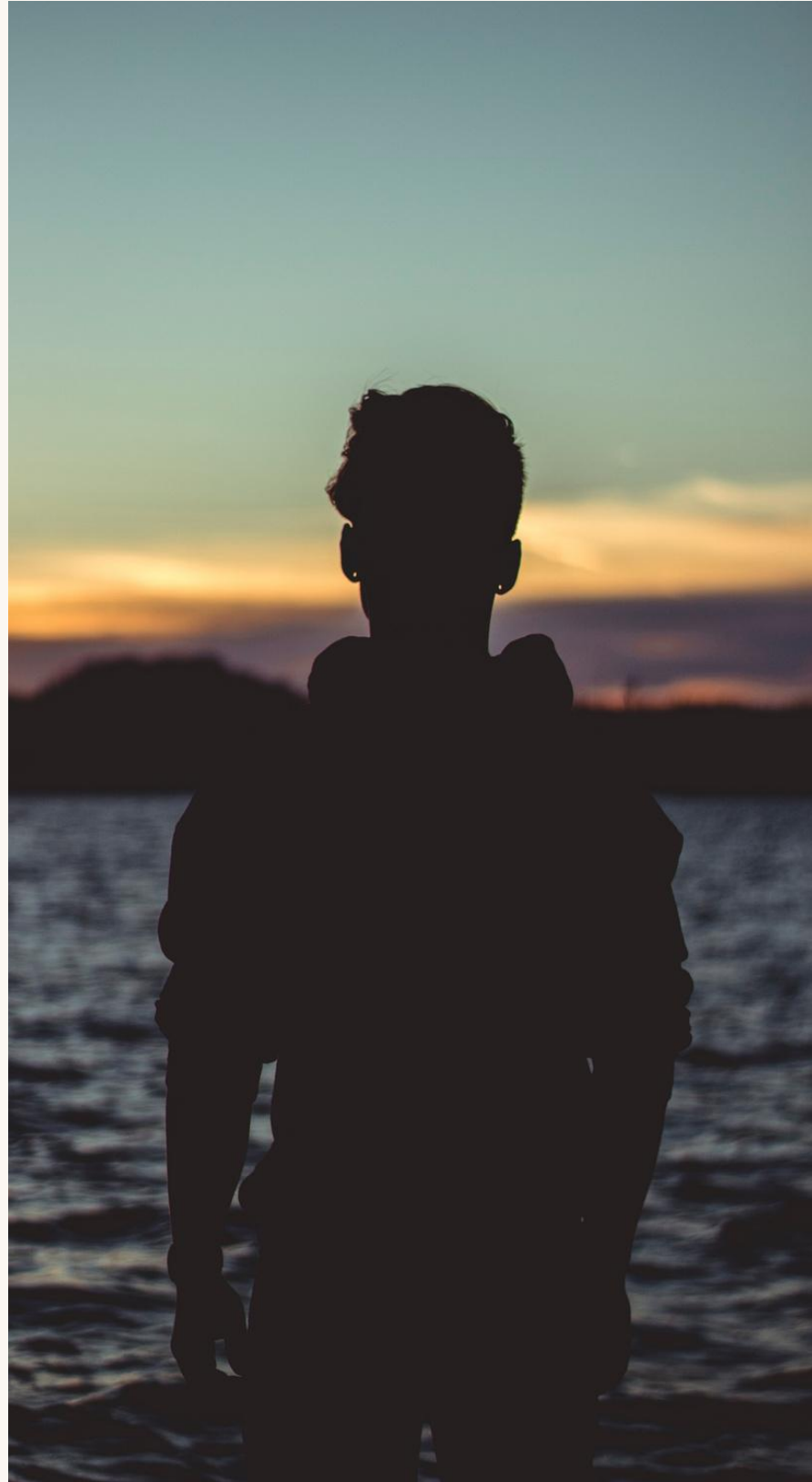
WHO AM I?



On this important day of our Graduation from Vedic Sanskriti School, I'm here to answer the omnipresent question: Who am I? The real question is do I know myself? Do I know who I am? Do I know where I come from? For us to answer these questions, we all have to dive into extreme depths of belief, faith, and education.

THE MIND IS A VERY COMPLEX
AND PERSONAL AREA. SPECIAL
ATTENTION HAS TO BE PAID
NOT TO PERCEPTION, BUT TO
POSSIBILITIES.





Who I am is limited not just to academic exploration, but also knowing myself. This class has been a journey for all of us to discover our true selves.



Before I go any further on this topic, let me share a quick story. A businessman goes to an airport. He rushes past the long boarding pass line and demands for his boarding pass. He yells, “Give me my boarding pass.” to the employee. She responds, “You need to wait in line like everyone else.” The man replies with his name and says, “DO YOU KNOW WHO I AM???”

QUESTION



The question that comes from this story is: Does the man even know who he is? Does our name represent our whole self? Does our appearance define who we are? Does our profession show anything about us? None of these things capture the whole person.

WHO AM I ?

Our name is simply a phonetic representation of ourselves. Our appearance is simply a surface level observation. Our profession is simply our way of living.



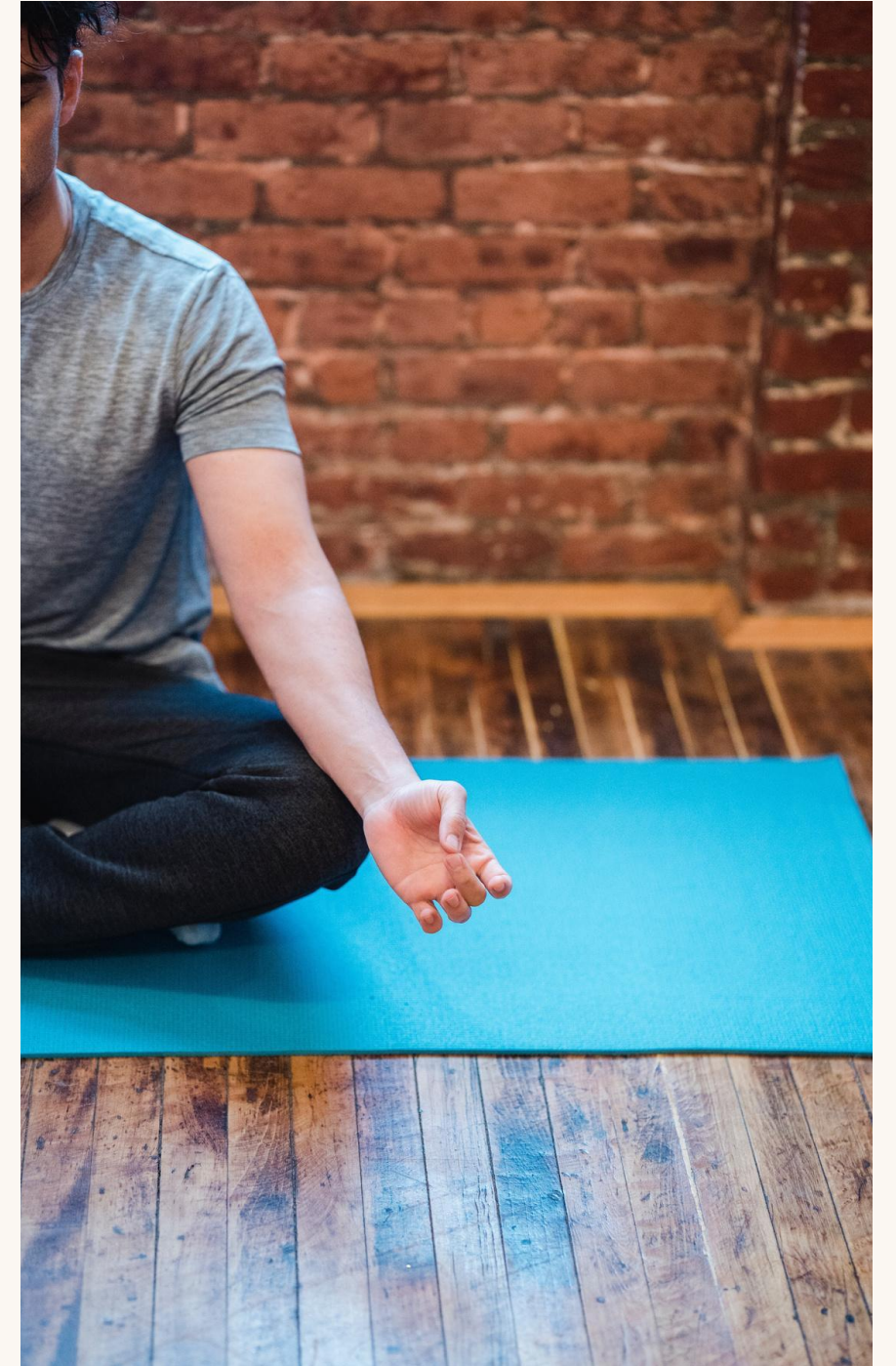


AM I THE BODY? IF I WERE TO CUT A LIMB OFF, AM I STILL NOT MYSELF? AM I MY MIND? IF I CHANGE MY MINDSET AND MY WAY OF LIFE, DO I CHANGE WHO I AM? THE ANSWER TO ALL THESE QUESTIONS IS NO.



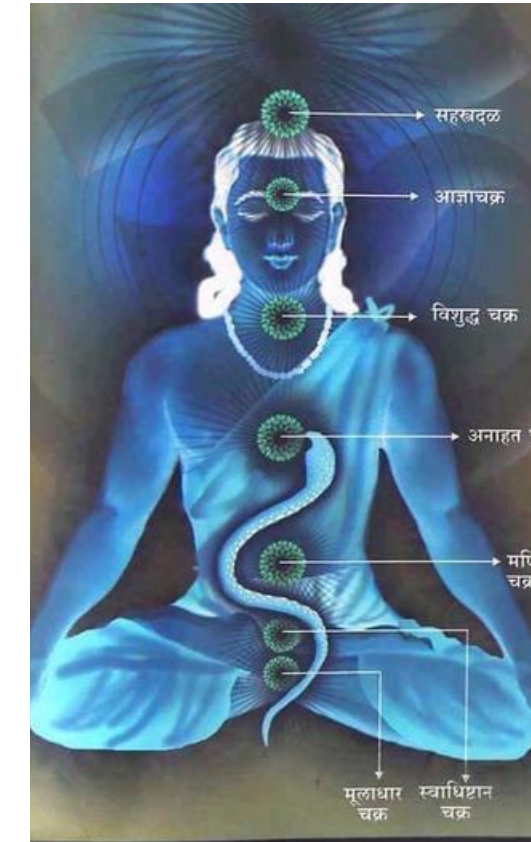
REALIZATION

The final question one might ask is am I my soul? This is the easiest way people answer this question, yes, I am my soul. If I am my soul, why do I feel pain when my body is hurt, and when my mind is hurt, why do I feel sorrow? The realization of the answer to this question comes when our soul departs from the body.



Our existence

Our consciousness is our identity. We are our existence and uniqueness. There is nobody exactly like me or you. This is the speciality of divine creation. We have to reach the realization that we are completely unique. This realization requires a constant need for awareness and detachment.



God is inside

An example of this issue is told by a simple story. After the creation of humans, God became very upset with them. Humans were doing whatever their heart desired. They constantly harassed God with questions. Someone told God to go live in the sea, there, humans will not come. Humans found their way to the sea, and continued to pursue God. God fled the mountains, and the humans quickly caught up to him. God took the ultimate decision to go inside the minds of humans. There, the humans didn't have to find God as he was inside their own minds.



Conclusion



If we really want to know ourselves, we have to travel within ourselves. The journey to this point is called Yoga. Yoga is the foundation that awakens the qualities of awareness and detachment. The Vedas and Upanishads guide us to the solution. We take this journey alone through prayer and yoga. Only you can answer the question, Who am I? Thank you for taking the time to listen, I wish you all the best on your journey to self awareness.

