

# Know Thyself?

Svami Sadananda Dasa

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Over and over, it is emphasised that bhakti comes from Him when He is present in His avatara as Gauranga. Bhakti does not originate in the human mind and heart, etc., not even in the atma, whose shakti is so infinitesimal that he cannot even know himself.

This is so important because all attempts at introspection, all attempts at ‘knowing thyself’, are futile. Man’s ignorance of his true nature and the atma’s ignorance of himself are caused by Maya’s shakti, which entangles him in avidya (ignorance) and the world at the moment when the atma turns away from God and becomes averse to His seva.

To attain knowledge of oneself, first of all, the fundamental cause of the entanglement in ignorance must be removed, i.e. the turning away from God and His seva, and the turn towards seva, selfless service of God, is only caused by bhakti.

*(Svami Sadananda Dasa, commentary Caitanya-Bhagavata 2.19.1)*