

EXPLORING THE INNER SELF



The inner self is as distinct
from the outer self as
heaven is from earth.

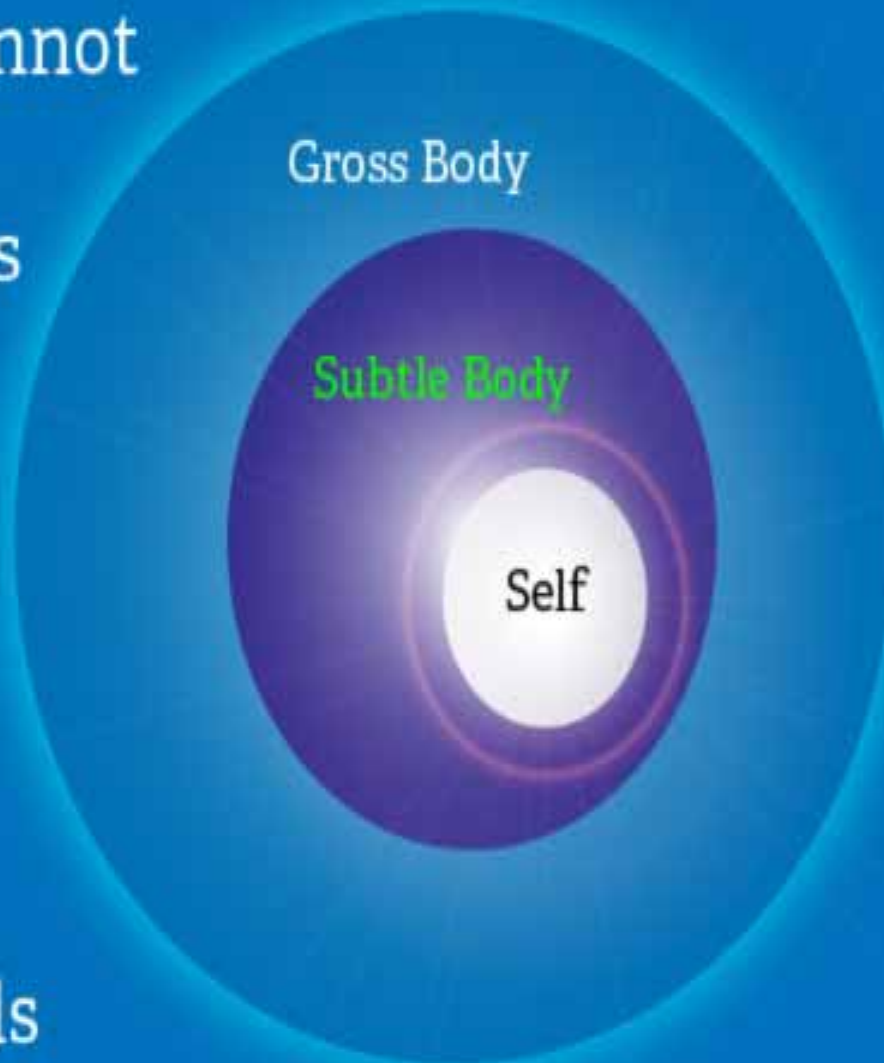
Emanuel Swedenborg



Atman - The Self

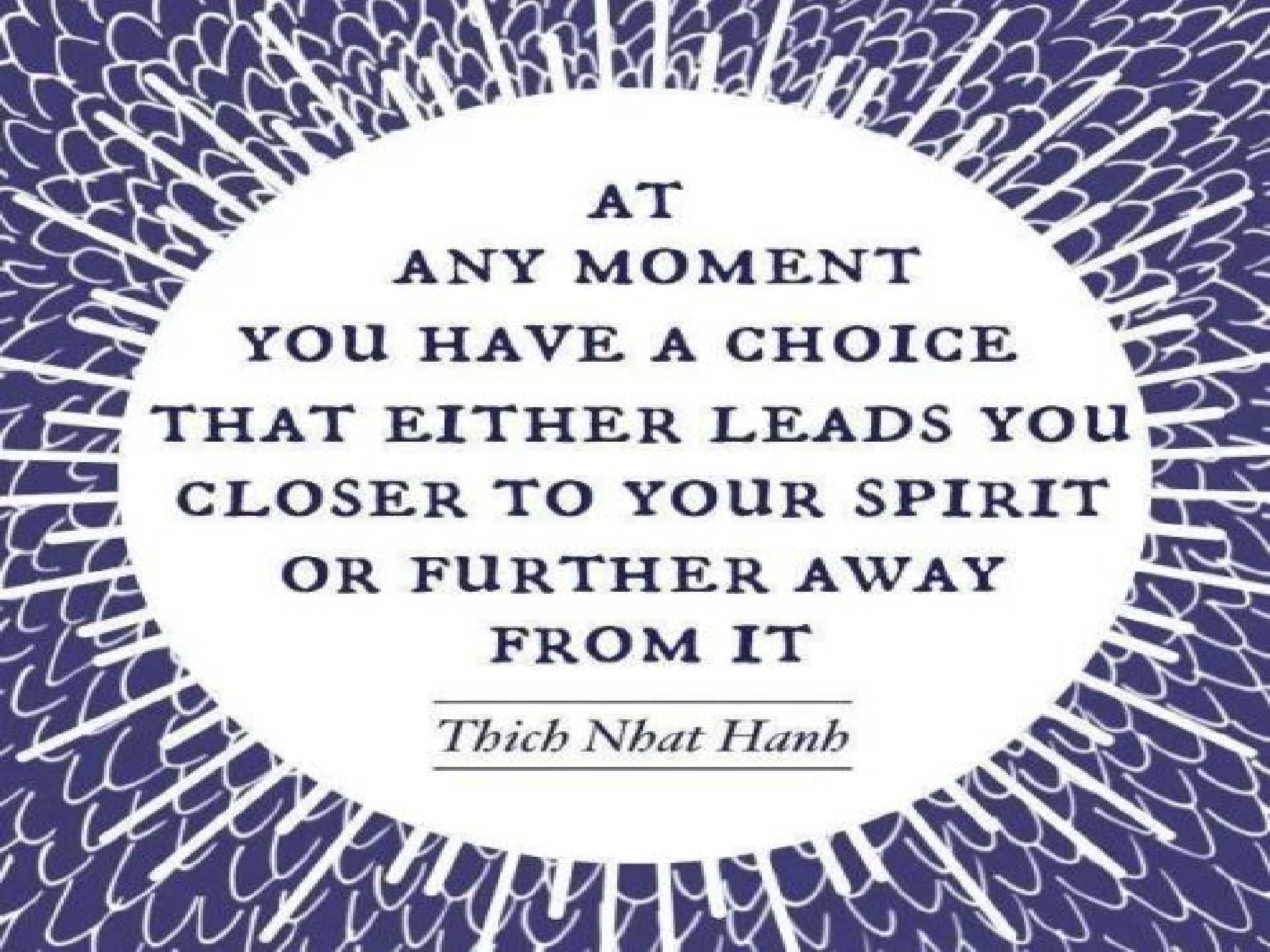
The Self cannot
Be grasped
With senses
But which
Grasps
With the
Senses

Free Souls
Bound Souls
Embodied



Living Being

The Self is
Eternal
Indestructible
Infinite
Invisible
Transcendental
Blissful
Uncreated
Independent
Pure
Witness
Enjoyer



**AT
ANY MOMENT
YOU HAVE A CHOICE
THAT EITHER LEADS YOU
CLOSER TO YOUR SPIRIT
OR FURTHER AWAY
FROM IT**

Thich Nhat Hanh
