

Yes, But Who Are You Really?

This whole universal creation is bigger than anybody can fathom, and guess what? So are you.

In spite of the ultimately indefinable nature of the human soul, sages from spiritual traditions throughout the ages have worked hard to explore and discover what really lies inside themselves and the world around them. Although each religious tradition has its own culture-specific images and doctrines, several themes appear in many spiritual and theological theories.

One common element is a belief in an invisible, divine part of you that lives on in some way even after your body takes its last breath — a spark of God that lives within you, as you.

Spiritual Wisdom

Meditate on yourself, honor yourself, and worship yourself. God dwells within you as you.”

—Baba Muktananda

Don't Forget

**When you need to remember
how special you are**

If you ever start thinking that you're insignificant or unimportant, just stop for a moment and look at your physical body. What a miracle you are! Appreciate how the profound complexity of nature conspires to keep you alive — from the unceasing work of your heart and other organs to countless molecular functions and other energy transformational processes.

It simply isn't logical to conclude, upon contemplating these things, that you are anything less than exceptional — and somehow worth all the effort!