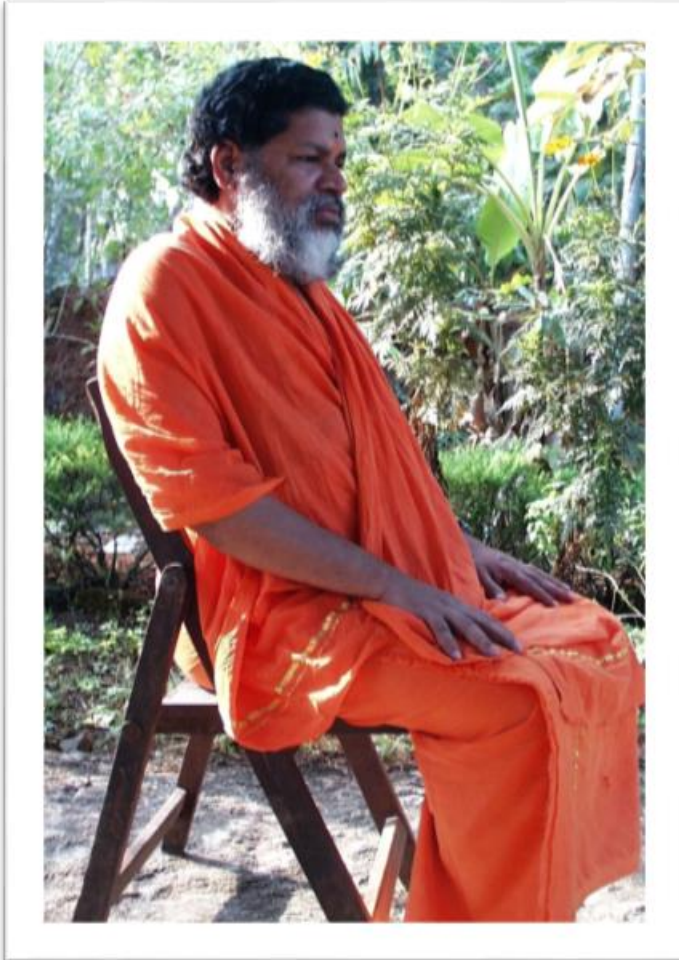


EGOLESSNESS

SWAMI BODHANANDA

1994



In Vedanta, 'ahamkara' means 'I am the doer' attitude. Instead of saying 'I am doing it' say 'He is functioning through me; I am only a pencil in the hands of the Lord; He is the great poet; Using me He is scribing the great poem of my life'. This should be your attitude, that you are not the doer, but an instrument, a vehicle through which the Lord expresses.

Ahamakara is the feeling of 'I am the doer'. Whatever you do you entertain such a feeling. You also feel that since you are the doer you should get the credit too. If you don't get the credit you become violent, you react and feel miserable.

One who does not feel that he is the doer, who feels that he has been given an opportunity to be used by the higher power--he is Anahamkara--one who is free from the doership notion. . .

(Selection from a lecture given by Swami Bodhananda in the year 1994)

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