



## The Innermost Urge

Everyone wants to exist forever, because intrinsically everyone is Existence Absolute. Everyone wants to increase the dimension of their knowledge more and more, because intrinsically they are Knowledge or Consciousness Absolute. Everyone wants to remove pain and experience increasing joy, because intrinsically they are Bliss Absolute.

The innermost identity of the individual is *Sat-Chit-Ananda*—Existence, Knowledge and Bliss Absolute—and that is why they continue to strive for enduring existence, limitless knowledge, and boundless bliss. However, until one realizes their identity as *Sat-Chit-Ananda*, they will continue to move from one embodiment to another.

*Sat-Chit-Ananda (Brahman)* is reflected in this world in varying degrees. The rocks and stones are unconscious, but they “exist.” The animate beings have both consciousness and bliss, which manifest in varying degrees. In enlightened Sages, these three are realized in their fullness.

*Rajas* and *tamas* obstruct the revelation of the Consciousness and Bliss aspects of *Brahman*. But *sattwa* reveals all the three aspects. Therefore, when the intellect is filled with *sattwa*, one realizes “I am *Brahman*.”

By Swami Jyotirmayananda