



ईशोपनिषद्

Īśa Upaniṣad

(This whole universe is pervaded by supreme.)

By Dr. Suryanarayan Nanda
for Arya Samaj Greater Houston

Education
of girls

*

Revival of
Gurukul system

*

Upliftment of
downtroddens,
and untouchables

*

Śudhi Āndolan
(Movement of re-
conversion of converted
Hindus)

2019-02-24



Swāmī
Śradhānand

22 Feb. 1856

(Phalgun Krishna
trayodashi)

to

23 Dec. 1926

By Dr. Suryanarayan Nanda
for Arya Samaj Greater Houston

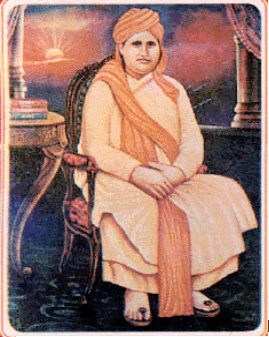


अन्धं तमः प्रविशन्ति येऽसम्भूतिमुपासते ।
ततो भूय इव ते तमो य उ सम्भूत्या ँ रताः ॥



Andhaṃ tamaḥ praviśanti ye'sambhūti-mupāsate,
Tato bhūya iva te tamo ya u sambhūtyāṃ ratāḥ.
Īśa Upaniṣad-12

Those who are devoted to the un-manifested nature, enter into blinding darkness. But those are devoted to the manifested nature enter the greater blinding darkness.



Difference of worshipping senses and ego



The sense organs have no direct link with status.

The desire to seek status does not belong to the sense organs, it pertains to ego - to "I am somebody."



Worshippers of Senses



- The worship of sense organs alone is **less subtle and complex.**
- The demands of the sense organs are very **few and limited.**
- They are **repetitive**, but they are not limitless.



Worshippers of ego



Ego is **limitless**.

- It does not require repetition; it requires more and **more**.
- However much you may fill it and satisfy it, it is never filled, it is never satisfied.
- It is **insatiable**, it cannot be satisfied.



Worshippers of ego



- Generally the ego-worshippers are against worshipping the sense organs.
- So called self-denying people go on supplementing their egos by sacrificing the physical comforts of their sense organs.

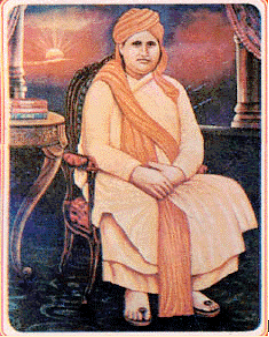


Difference of worshipping senses and ego.



Everyone has to search within himself, and a simple guideline to follow is that fulfilling the basic needs of the sense organs never creates worry in a person.

But no sooner does a man exceed his basic needs and make extravagant demands than worries begin.



Consider anxiety as your unit of measurement.



- **Necessities do not create anxieties at all.**
- The un-essential thing - without which we can carry on but are not willing to do so - is the cause of our cares and anxieties.
- So when the mind becomes worried, observe how you have been busy in satisfying demands which go beyond the needs of the sense organs.



Worshippers of ego



- The less the ego the deeper one lives.
- The bigger the ego the more petty and superficial life one lives, because ego does not allow one to go deep within.



**Ego gets its pleasure
from the eyes of others.**

**Ego can never be created without the presence
of the other - it depends on the other.**