



## **The Same Self Is in All of Us, by Eknath Easwaran**

The same spark of divinityâ€“this same Selfâ€“is enshrined in every creature. My real Self is not different from yours nor anyone elseâ€™s. If we want to live in the joy that increases with time, if we want to live in true freedom independent of circumstances, then we must strive to realize that even if there are four people in our family or forty at our place of work, there is only one Self.

This realization enables us to learn to conduct ourselves with respect to everyone around us, even if they provoke us or dislike us or say unkind things about us. And that increasing respect will make us more and more secure. It will enable us gradually to win everybodyâ€™s respect, even those who disagree with us or seem disagreeable.

Most of us can treat others with respect under certain circumstancesâ€“at the right time, with the right people, in a certain place. When those circumstances are absent, we usually move away.

Yet

when we respond according to how the other person behaves, changing whenever she changes, and she is behaving in this same way, how can we

expect anything but insecurity on both sides? There is nothing solid to build on.

Instead, we can learn to respond always to the Self withinâ€“focusing not on the other personâ€™s ups and downs, likes and dislikes, but always on what is changeless in each of us. Then others grow to trust us. They know they can count on usâ€“and that makes us more secure too.

We can try to remember this always: the same Self that makes us worthy

of respect and love is present equally in everyone around us. It is one of the surest ways I know of to make our latent divinity a reality in daily life.