

Sloka 16 (Chapter 5)

**JNANENA TU TAD AJNANAM ESHAM NASHITAM ATMANAHA
TESHAAM ADITYAVAY AJNANAM PRAKASHAYATI TAT PARAM**

But to those whose ignorance is destroyed by the knowledge of the Atman, shining like the sun, reveals the supreme to them.

The journey of life is mixed with happiness and sorrow. It is common for all. But what brings happiness or sorrow differs markedly from individual to individual.

We give more importance to happiness and in that we almost forget the Lord who blessed us with the experience of happiness. Whereas when we are in sorrow, we start asking questions like "why"? "Why did I have to suffer"? "Why was God so cruel to me"? And similar questions crop up in our minds.

In the last sloka we understood that "Knowledge is covered by ignorance."

In this sloka we are given the means to clear the ignorance.

"Ignorance has to be cleared by the knowledge of the Atman" is the simplest answer from the Lord for all mankind irrespective of wealth, caste, sex, creed, religion etc.

Where is this "Atman"?

Some of my friends from the state of Kerala tell me of a beautiful tradition they follow in their region which brings out the awareness that "The Atman is within all of us."

On the day of their "New Year", the tradition is:

The members of household or friends ask the question:

"Do you want to see God"?

When the answer is affirmative, the individual is asked to close his eyes and is led into a room. Inside the room he is asked to open the eyes. He is made to sit on a chair facing a mirror.

As soon as he opens his eyes, he will see his own reflection.

This symbolises the fact the Lord is within you and opening your eye of knowledge you can see the Atman within.

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