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In it, Sri. Nisargadatta Maharaj guides those seeking the ultimate understanding of Advaita through the understanding of an external world with its miseries, such as body and mind, and explains the way to realisation through inner understanding and renunciation of these. He maintains that the quest for truth is an internal one, i.e. within the self. He opposes the notion that "knowledge is being of the self" and states that "knowledge is being of the world". "The self is not knowable, and the world is not knowable. Knowledge is being of the world, and being of the world is knowledge." Inner Understanding or Prajna is the ultimate truth. In other words, when one is neither externally nor internally experiencing, the Self or Atman or Purusha is experiencing, because "one does not experience in one's self". Sri. Nisargadatta Maharaj explains that the seeker must renounce the world to attain the Self or Atman, and that those who do not see the truth, that the world is unreal and that the seeker, the Atman, is not, are not practising sannyasa. "What is Sannyasa? Sannyasa is to abandon worldly life. To be a Sannyasin is to be

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ready to renounce the world. How does the world become unreal? By first being aware that the world is unreal. For all a Bahujana's (mundane) activities are the unreal. How can they be for the Self? For the Self is only the Knower. A Bodhisattva is a person who has renounced the world. Renunciation of the world is the renunciation of one's ego or Atman. To renounce one's ego is not to give up one's body but to give up one's ego-sense. One who has this sense of ego is the ego. The Bodhisattva's task is to attain perfect renunciation of ego, so that he is ready to give up the body." The mind is the knower Advaita Vedanta states that the mind is the ego. Mind is the knower. 'M' stands for mind. "M" means the Mind, or ego. The Self is not the ego. "E" means self. The ego is not the self. "O" means only. "O" is the true nature. "U" is the unreal. "D" 82157476af

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