

# The Nature of Self

In this video, I'll explain the meditative view on what the true nature of self is. Much of our suffering or paralysis in life comes from a belief of who we are. By discovering the true nature of ourselves, we can free ourselves of negative self-thoughts. So much of what holds us back from trying is the belief that we are incapable – understanding our true self helps us shatter those negative self-beliefs.

## Glossary

Brahman

## Meditation Videos



P17 – Shanmukhi Mudra