

Anor Aniyam Mahato Mahiyam

**Atmasya Jantora Nihito Guhayam Tam Akrotah Pasyati Vita-Soko Dhatuh Prasadam Mahimanam
Atmanah**

Very gently, greater than the greatest, within each person we can observe the soul. Free of wishing all kinds when meditating, fully alert, one will see and feel the glory of the soul and become free of suffering.

Interesting links

[Gita chapter 2 verse 40](#)