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# The Seed Question - Koham? (Who Am I?)

*'Koham?', or 'Who am I?' is the question that carries the seed of transformation. Spiritual mysteries need to be looked into by all of us through our own efforts of contemplation and observation.*

## Insights

Spiritual mysteries, even in principle, cannot be solved, but can be dissolved.

The root cause of all our problems is avidya or ajñana or ignorance.

There are different qualities of knowledge and to be interested in real knowledge one has to acquire it through one's own observations and direct perception.

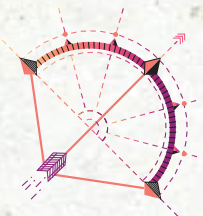
Unless the knowledge transforms the knower it is ignorance.

The possibility of questions carrying the energy for transformation is different from the current obsession with data. We get the taste of real knowledge when what we understand becomes a part of our very nature, our being.

'What am I?' is the question that carries the seed of transformation.

This is the question that sages in India have been contemplating for millennia.

'What am I?' or 'Who am I?' is a question that Socrates, the father of Western Philosophy based his life's work on.



The Journey Begins

Inner Search in the light of the Bhagavad Gita with Ravi Ravindra

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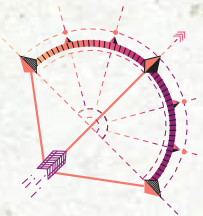
# Exploration

What is the real question of my life?  
E.g. How can I be more successful in the world?  
How can I be a better person?  
What is my purpose on this planet?'

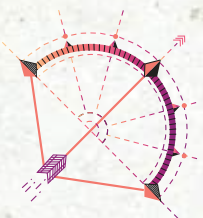
As you ask these questions, pay attention to what you feel in your body, your feelings and your breath. As you write your responses, make a note of these too.

# Glossary

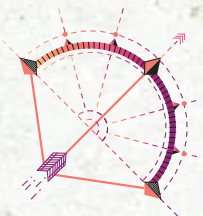
Word/Shloka	Meaning	Context
Rigveda	The oldest of the four Vedas and the oldest text in any Indo-European language; the oldest parts may date back to 3000 BCE	
Gāyatri Mantra	Om Bhur Bhuvah Swah Tat-savitur Vareṇyaṃ Bhargo Devasya Dhīmahī Dhīyo Yonaḥ Prachodayāt - An invocation from the Rigveda (3.62.10)	Let us bring our minds to dwell in the glory of the divine Truth, and may Truth inspire our reflections. -Ravi Ravindra
nāv jānāmi vedāmāsmi niṇyāḥ sánadhō mánasā carāmi - Rig Veda 1.164.37	I do not know what I am, whether I am the same as this cosmos, yet, burdened by my mind, I wander.	Attributed to the sage Dirghatamas in the Rigveda
Rishi	Seer	
Aham and Idam	Aham - I Idam - the whole cosmos	
Tad Ekam	That One	
Beej Prashna	The Seed Question	Koham? (Who am I?/What am I?)



Word/Shloka	Meaning	Context
Einstein	Considered by many to be the greatest scientist of the twentieth century, Albert Einstein (1879–1955) revolutionized scientific thought with new theories of space, time, mass, motion, and gravitation.	<a href="http://www.nasonline.org/member-directory/deceased-members/20001817.html">http://www.nasonline.org/member-directory/deceased-members/20001817.html</a>
Four Noble Truths	The essence of Buddha's teachings. The truth of suffering; the truth of the cause of suffering; the truth of the end of suffering; and the truth of the path that leads to the end of suffering.	
Bach	Johann Sebastian Bach (1685-1750) was a German composer, organist, harpsichordist, violist, and violinist of the Baroque Era.	
Dante	Dante Alighieri (1265 - 1321) was an Italian poet, prose writer, literary theorist, moral philosopher, and political thinker. He is best known for the monumental epic poem <i>La divina commedia (The Divine Comedy)</i> .	
Uday Shankar	Uday Shankar (1900 - 1977) was an eminent dancer and choreographer of India whose adaptation of Western theatrical techniques into traditional Hindu dance popularized the ancient art form in India, Europe, and the United States.	



Word/Shloka	Meaning	Context
Newton	Isaac Newton (1642–1727) is known for having formulated the theory of universal gravity in his Principia, the single most important work in the transformation of early modern natural philosophy into modern physical science.	
Satyam	Truth	
Ritam	Order ; the cosmic order	
Brihat	Vastness	
Jyotir	Light	
Amritam	Eternal Life	
Sri Aurobindo	A 20th-century Indian philosopher, yogi, guru, poet, and nationalist	<a href="https://www.sriurobindoashram.org/sriurobindo/">https://www.sriurobindoashram.org/sriurobindo/</a>
Krishnamurti	Jiddu Krishnamurti (1895 - 1986) is regarded as one of the greatest philosophical and spiritual figures of the twentieth century.	<a href="https://jkrishnamurti.org/">https://jkrishnamurti.org/</a> <a href="https://www.kfonline.org/introduction/">https://www.kfonline.org/introduction/</a>
Ramana Maharshi	Sage of Arunachala (Tiruvannamalai), India.	<a href="https://www.sriramana maharshi.org">https://www.sriramana maharshi.org</a>
Vivekananda	A Hindu monk and disciple of Ramakrishna Paramhansa	<a href="https://ramakrishna.org/vivekananda.html">https://ramakrishna.org/vivekananda.html</a>
Avidya/Ajñana	Ignorance	Avidya is seeing the transient as eternal, the impure as pure, dissatisfaction as pleasure, the non-Self as Self. -Patanjali's Yoga Sutras 2.4-5



Word/Shloka	Meaning	Context
Vidya/Jñana	Sacred knowledge or the knowledge of direct perception in which the seer and the seen, the knower and the known, the subject and the object do not remain separate from each other.	Also, called the Supreme Identity. J. Krishnamurti refers to it as 'the observer and the observed being the same'.
Bodhi	Perfect knowledge or wisdom; awakening, discernment	Has the same root as Buddha; bodhi is the knowledge by which a person becomes Buddha
Patanjali's Yoga Sutras	These are Patanjali's teachings of a psychological practice based on a spiritual vision. The sutras are practical instructions for yoga, the work required in order to be more and more related to the Real.	Maharishi Patanjali was a sage who is believed to have lived around the 2nd century B.C.

