

These quotes are taken from Jagad Guru Siddhaswarupananda Paramahansa's (Chris Butler) books & teachings. Jagad Guru Chris Butler is the founder of the Identity Institute, an educational organization, and the Science of Identity Foundation. The quotes are copyrighted by the Science of Identity Foundation.

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If you wrongly identify yourself with your body—your senses—you will erroneously conclude that you can achieve happiness through material sense gratification.

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If you know you're not the body, then you will probably have deeper, more spiritual goals in life. This will make you see the desires of your senses as something to control, not succumb to. Because you'll see your material desires as distinct from your true desires, you'll make an attempt to curb your material desires so they don't get in your way.

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Each body has a multitude of different labels and characteristics. This in itself isn't bad; just like it is not bad for people to wear different-colored clothes. What is bad is that due to identifying the body as the self, we wrongly consider the person to be the labels that are on his body.

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