

You Are Not Your Body – And Krishna Said It First

written by Bhaskarananda | February 8, 2026

**Your body can be broken. Burned. Buried. Forgotten.
You can't.**

The *Bhagavad Gītā* drops one of the boldest truths ever spoken—and it's been hiding in plain sight for thousands of years:

*“For the soul there is neither birth nor death at any time.
He has not come into being, does not come into being, and
will not come into being.*

He is unborn, eternal, ever-existing, and primeval.

He is not slain when the body is slain.”

– Bhagavad Gītā 2.20

Translation into modern language?

Nothing can destroy you. Period.

The soul is more subtle than atoms. Consciousness doesn't come *from* matter—the body moves because consciousness is already there.

Weapons can cut the body.

Fire can burn it.

Water can drown it.

Air can scatter it.

But none of these can touch the soul.

Think of your body like a glass jar and consciousness like light passing through it. Smash the jar—and the light doesn't even flinch. The container breaks. The presence remains.

Your awareness flows through every cell, every bone, every

breath. When the body shuts down, what ends is the hardware—not the power source.

The Gītā wasn't trying to sound poetic.
It was stating a fact of existence.

You were never temporary.
You were never fragile.
You were never just flesh.

Once you really get this, fear starts looking... **outdated**.