

You Can Leave Everything Else. But You Can't Leave You.

written by Bhaskarananda | March 18, 2026

In the **Bhagavad Gita**, Krishna tells **Arjuna**:

"This body is called the field, and the one who knows it is called the knower of the field."

– Bhagavad-Gītā 13.2

One line.

But it quietly breaks a lifelong assumption.

The Insight

You can observe your body.

You can observe your thoughts.

You can observe your emotions.

Even when your thoughts contradict each other...

you are the one noticing both sides.

Anything you can observe becomes an object to you.

And an object cannot be the subject.

The Shift

Right now, as you read this, thoughts are moving through your mind.

But something is aware of them.

That awareness isn't coming and going with each thought.

It stays.

The Real You

According to **Krishna**, that unchanging knower is the self.

Not the body.

Not the mind.

But the consciousness behind both. And once you see that clearly...

your entire life rearranges around a simple truth:

You can leave everything else.

But you can't leave you.