

I Am That *Do Your Part*

M: Meditation will help you to **find your bonds, loosen them, untie them and cast your moorings. When you are no longer attached to anything, you have done your share. The rest will be done for you.**

Q: By whom?

M: By the same power that brought you so far, that prompted your heart to desire truth and your mind to seek it. It is the same power that keeps you alive. You may call it Life or the Supreme.
Ch 16

Unless you make tremendous efforts, you will not be convinced that effort will take you nowhere. The self is so self confident, that unless it is totally discouraged, it will not give up. Mere verbal conviction is not enough. Hard facts alone can show the absolute nothingness of the self-image. Ch. 100

Nothing you do will change you, for you need no change. ... No effort can take you there, only the clarity of understanding. Trace your misunderstandings and abandon them, that is all. There is nothing to seek and find, for there is nothing lost. **Relax and watch the 'I am'. Reality is just behind it. Keep quiet, keep silent; it will emerge, or, rather, it will take you in. CH 99**

Q: is there no need of effort then?

M: When effort is needed, effort will appear. When effortlessness becomes essential, it will assert itself. You need not push life. **Just flow with it and give yourself completely to the task of the present moment, which is dying now to the now.** For living is dying. Without death life cannot be. I Am That Ch33

Give your real being a chance to shape your life. You will not regret it. I Am That ch33

There is no other way out of misery, which you have created for yourself through blind acceptance without investigation. Suffering is a call for enquiry, all pain needs investigation. Don't be too lazy to think. 45

Q: Yet I found my sadhana very difficult.

M: Your sadhana is to be. The doing happens. Just be watchful. **Where is the difficulty in remembering that you are? You are all the time.** Ch 51

M: Of course, there can be no causal connection between practice and wisdom. But the obstacles to wisdom are deeply affected by practice.

Q: What are the obstacles?

M: Wrong ideas and desires leading to wrong actions, causing dissipation and weakness of mind and body. The discovery and abandonment of the false remove what prevents the real entering the mind.

Use every opportunity to remind yourself that you are in bondage, that whatever happens to you is due to the fact of your bodily existence. Desire, fear, trouble, joy, they cannot appear unless you are there to appear to. Yet, whatever happens, points to your existence as a perceiving centre. Disregard the pointers and be aware of what they are pointing to. It is quite simple, but it needs be done. What matters is the persistence with which you keep on returning to yourself. I Am That... Ch 48

Q: I seem to have a clear idea of what needs be done, but I find myself getting tired and depressed and seeking human company and thus wasting time that should be given to solitude and meditation.

M: Do what you feel like doing. Don't bully yourself. Violence will make you hard and rigid. Do not fight with what you take to be obstacles on your way. Just be interested in them, watch them, observe, enquire. Let anything happen -- good or bad. But don't let yourself be submerged by what happens.

Q: To do what you tell me I must be ceaselessly aware.

M: To be aware is to be awake. Unaware means asleep. You are aware anyhow, you need not try to be. What you need is to be aware of being aware. Be aware deliberately and consciously, broaden and deepen the field of awareness. You are always conscious of the mind, but you are not aware of yourself as being conscious. Ch 48

Q: How do I get at it?

M: You need not get at it, for you are it. It will get at you, if you give it a chance. Let go your attachment to the unreal and the real will swiftly and smoothly step into its own. Ch 1

M: Realize yourself as the ocean of consciousness in which all happens. This is not difficult. A little of attentiveness, of close observation of oneself, and you will see that no event is outside your consciousness. I Am That... Ch. 65

Q: But what can I do here and now?

M: You can be aware of your being -- here and now.

Q: That is all?

M: That is all. There is nothing more to it.

All you need is to be aware of being, not as a verbal statement, but as an ever present fact. The awareness that you *are* will open your eyes to *what* you are. It is all very simple. First of all, establish a constant contact with yourself, be with yourself all the time. Into self-awareness all blessings will flow. ch98

I Am That *Change the Current*

Tara Brach quotes Nisargadatta:

Mind creates the abyss, the heart crosses it. --*I Am That* Ch2

Q: Without the world there is no place for love.

M: Quite so. All these attributes; being, consciousness, love and beauty are reflections of the real in the world. No real -- no reflection.

... Change the current of your desire from taking to giving. The passion for giving, for sharing, will naturally wash the idea of an external world out of your mind, and of giving as well. Only the pure radiance of love will remain, beyond giving and receiving.

Q: In love there must be duality, the lover and the beloved.

M: In love there is not the one even, how can there be two? Love is the refusal to separate, to make distinctions. Ch 72

M: Look, my thumb touches my forefinger. Both touch and are touched. When my attention; is on the thumb, the thumb is the feeler and the forefinger -- the self. Shift the focus of attention and the relationship is reversed. I find that somehow, by shifting the focus of attention, I become the very thing I look at and experience the kind of consciousness it has; I become the inner witness of the thing. I call this capacity of entering other focal points of consciousness -- love; you may give it any name you like. Love says: 'I am everything'. Wisdom says: 'I am nothing' Between the two my life flows. Ch 57

... You need not bring your dream to a definite conclusion, or make it noble, or happy, or beautiful; all you need is to realise that you are dreaming. *I Am That*... Ch 55

Only something as vast and deep as your real self can make you truly and lastingly happy. ... It is a matter of actual experience that the self has being independent of mind and body. It is being -- awareness -- bliss. *Awareness of being is bliss.* *I Am That* Ch 46

The pleasure *to be* is the simplest form of self-love, which later grows into love of the self. ... Be like that infant, instead of trying to be this or that, be happy to be. *I Am That*... Ch 47

Nothing can make you happier than you are. All search for happiness is misery and leads to more misery. The only happiness worth the name is the natural happiness of conscious being. *I Am That*... ch 66

ACCEPTANCE: non-resistance// [Eckhart Tolle]

When you say “yes” to the “isness” of life, when you accept this moment as it is, you can feel a sense of spaciousness within you that is deeply peaceful. P.67 *Stillness Speaks*

When you say “yes” to what is, you become aligned with the power and intelligence of Life itself. Only then can you become an agent for positive change in the world. P.43 ET

Surrender, one could say, is the inner transition from resistance to acceptance, from “no” to “yes.”

When you surrender, your sense of self shifts from being identified with a reaction or mental judgment to being the space around the reaction or judgment. It is a shift from identification with form—the thought or the emotion—to being and recognizing yourself as that which has no form—spacious awareness. P.73 *Stillness Speaks*

-- Eckhart Tolle. The Power of Now:

True salvation is to know yourself as an inseparable part of the timeless and formless One Life from which all that exists derives its being. True salvation is a state of freedom — from fear, from suffering, from a perceived state of lack and insufficiency and therefore from all wanting, needing, grasping, and clinging. It is freedom from compulsive thinking, from negativity, and above all from past and future as a psychological need.

Your mind is telling you that you cannot get there from here. Something needs to happen, or you need to become this or that before you can be free and fulfilled. It is saying, in fact, that you need time — that you need to find, sort out, do, achieve, acquire, become, or understand something before you can be free or complete. You see time as the means to salvation, whereas in truth it is the greatest obstacle to salvation. You think that you can't get there from where and who you are at this moment because you are not yet complete or good enough, but the truth is that here and now is the only point from where you *can* get there.

You “get” there by realizing that you are there already. You find God the moment you realize that you don't need to seek God. So there is no only way to salvation: Any condition can be used, but no particular condition is needed. However, there is only one point of access: the Now. There can be no salvation away from this moment. You are lonely and without a partner? Enter the Now from there. You are in a relationship? Enter the Now from there.

There is nothing you can ever do or attain that will get you closer to salvation than it is at this moment. This may be hard to grasp for a mind accustomed to thinking that everything worthwhile is in the future. Nor can anything that you ever did or that was done to you in the past prevent you from saying yes to what is and taking your attention deeply into the Now. You cannot do this in the future. You do it now or not at all.

Tao Te Ching: [translated Stephen Mitchell]

9: Do your work, then step back.
The only path to serenity

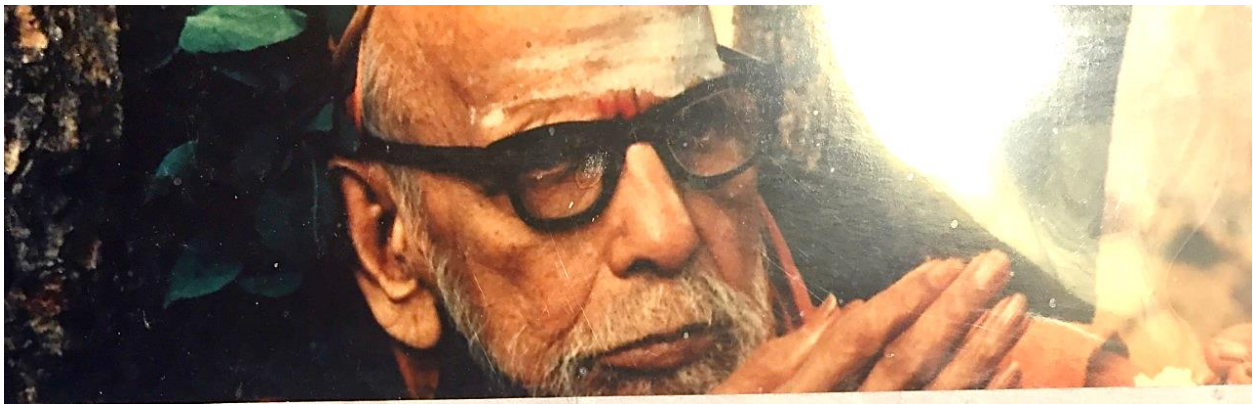
37

The Tao never does anything,
Yet through it all things are done.

Wei Wu Wei [the author...]

Why are you unhappy?
Because 99.9 per cent
Of everything you think,
And of everything you do,
Is for yourself -
And there isn't one.

Ramana Maharshi, PadmaSambhava, Huang Po and Shen Hui, teach that
a. there is no separate entity which could have effective volition (will), that
b. an apparent act of volition when aligned with the inevitable is free response and,
c. when in discord with the inevitable, useless unproductive activity.
When we know that, then at last we are at peace and are glad.



Every person you encounter is God in disguise; God is hiding within each person. When you remove the filters of your mind, God is right there in front of you.