

Yoga Vasistha: VI.1 39-41:

The Lord is to be worshipped by one's own consciousness, not by external means.

This worship is supreme meditation--continuous and unbroken awareness of the indwelling presence, the inner light of Awareness.

While doing whatever one is doing, seeing, hearing, eating, moving, one should realize one's essential nature as Pure Conscious Awareness.

Worship is of the nature of perpetual meditation whether one is awake or asleep, walking or standing, through all ones thought and actions.

One should contemplate the supreme Lord who is seated in the heart and sees through your eyes...

This inner intelligences should be worshipped with whatever comes to you.

For this worship, one should abandon what is lost, and accept what is received without effort.

One worships the Intelligence which pervades the universe and oneself.

This Intelligence is without parts and also is the all: it is in the body and is omnipresent:

One who contemplates in this manner reaches the natural state of goodness:

This worship is performed day and night perpetually.

Praise the Lord in everything that happens, without effort. Praise the Lord in all enjoyments, eating, drinking, as well as illness, suffering, all of life activities: including dream and death

One should abandon all thoughts of separateness of I and world, and realize: "all this is indeed Brahman."

One should worship the Self, abandoning all distinctions between desirable and undesirable.

The Lord should be worshipped with joy, friendship, love and indifference.

That alone is worship performed in a state of equanimity like that of space: mind utterly still.

Remain in this state, O sage, experiencing everything as a child does.

Whatever you do, or refrain from doing, all is the Lord who is Pure Consciousness.

It is really Consciousness itself which is indicated by words such as "this world."

Even the concepts indicated by words about the world are also the pure Intelligence.

Oh what a mysterious wonder that Pure Consciousness somehow forgets itself and comes to experience a world as an individual

37: this entire creation is like a stage on which all these potencies of consciousness dance to the tune of time... it dances a dance drama known as the world-appearance. The lord who is the

infinite consciousness is the silent but alert witness of this cosmic dance. The Lord is non-different from the dancer and the dance.