

Ramana from Be As You Are

Q: In this life beset with limitations can I ever realize the bliss of the Self?

Ramana: That bliss of the Self is always with you, and you will find it for yourself, if you would seek it earnestly.

If you would deny the ego and dissolve its hold it by ignoring it, you would be free. otherwise it will impose limitations on you and throw you into a vain struggle to transcend them. To be the Self that you really are is the only means to realize the bliss that is ever yours.

Q: What is this awareness and how can one obtain and cultivate it ?

A: You are awareness. Awareness is another name for you. Since you are awareness there is no need to attain or cultivate it. All that you have to do is to give up being aware of other things, that is of the not - Self. If one gives up being aware of them then pure awareness alone remains, and that is the Self. 216

The best definition is 'I am that I am' . 225

'Be the Self'. At one stage you will laugh at yourself for trying to discover the Self which is so self - evident. So, what can we say to this question? 233

Seeing is only being. The state of Self - realization, as we call it, is not attaining something new or reaching some goal which is far away, but simply being that which you always are and which you always have been . All that is needed is that you give up your view of the not - true as true. All of us are regarding as real that which is not real. 230