

From I Am That

Q: Between the spirit and the body, is it love that provides the bridge?

M: What else? Mind creates the abyss, the heart crosses it. Ch 3

Q: Please tell me which road to self-realisation is the shortest.

M: No way is short or long, but some people are more in earnest and some are less. 16

Q: How am I to go about this finding out?

M: How do you go about finding anything? By keeping your mind and heart in it. Interest there must be and steady remembrance. To remember what needs to be remembered is the secret of success. You come to it through earnestness. 5

M: Meditation will help you to find your bonds, loosen them, untie them and cast your moorings. When you are no longer attached, 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. 17

Q: How am I to find that love?

M: What do you love now? The 'I am'. Give your heart and mind to it, think of nothing else. This, when effortless and natural, is the highest state. In it love itself is the lover and the beloved. 21

M: Also you must be eager to see. You need both clarity and earnestness for self-knowledge. You need maturity of heart and mind, which comes through earnest application in daily life of whatever little you have understood. There is no such thing as compromise in Yoga...

Q: And I shall come to it through mere attention?

M: Do not undervalue attention. It means interest and also love. To know, to do, to discover, or to create you must give your heart to it -- which means attention. All the blessings flow from it. 31

To want nothing and do nothing -- that is true creation! To watch the universe emerging and subsiding in one's heart is a wonder.

Don't be afraid, don't resist, don't delay. Be what you are. There is nothing to be afraid of. Trust and try. Experiment honestly. Give your real being a chance to shape your life. You will not regret. 33

Q: What exactly do you want me to do?

M: Give your heart and mind to brooding over the 'I am', what is it, how is it, what is its source, its life, its meaning. It is very much like digging a well. You reject all that is not water, till you reach the life-giving spring. 81

To act from desire and fear is bondage, to act from love is freedom. *ch.94*

Wisdom says "I am nothing." Love Says "I am Everything." Between these I live.