

THE HEART OF THE PRACTICE: BE

Q: So far I have been following you. Now what am I expected to do?

M: **There is nothing to do. Just BE.** No climbing mountains and sitting in caves. I do not even say: “be yourself,” since you do not know yourself. Just be. *Ch. 69*

Be like that infant, instead of trying to be this or that, be happy to be. Ch 47

Q: How can I just be? Changes are inevitable.

M: Changes are inevitable in the changeful, but you are not subject to them.

You are the changeless background, against which changes are perceived.
ch. 69

Q: It is hard work, you know

M: The self is near and the way to it is easy. All you need do is do nothing.

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. *Ch51*

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*

M: 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.** *Ch 46*

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*

Love says: 'I am everything'. Wisdom says: 'I am nothing' Between the two my life flows. Since at any point of time and space I can be both the subject and the object of experience, I express it by saying that I am both, and neither, and beyond both. *Ch 57*