

From Nisargadatta I Am That

Q: How can I aspire to such heights, small and limited as I am?

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. *Ch 65*

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. Stop imagining yourself being or doing this or that and the realization that you are the source and heart of all will dawn upon you. With this will come great love which is not choice or predilection, nor attachment, but a power which makes all things love-worthy and lovable. *ch.1*

The beingness in being, the awareness in consciousness, the interest in every experience -- that is not describable, yet perfectly accessible, for there is nothing else. *Ch 44*

It is your mind that has separated the world outside your skin from the world inside and put them in opposition. This created fear and hatred and all the miseries of living. *Ch 65*

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. **3**

From the awareness of the unreal to the awareness of your real nature, there is a chasm which you will easily cross, once you have mastered the art of pure awareness. *Ch. 99*

Love says: 'I am everything'. Wisdom says: 'I am nothing' Between the two my life flows. *Ch 57*

M: To act from desire and fear is bondage, to act from love is freedom. *Ch.94*