

MEDITATION

NON-VERBAL “I AM”

Meditation :

- Sit erect, mind alert.
- Eyes lightly closed
- Smile on lips
- Drop entire content of the mind.
- Drop notions, drop every word from the mind.
- Be wordless mind.
- Be the non-verbal I am, in the heart (Locus).
- Be the feeling I am, of sentence I am.
- “I am” – not perception, inferential, emotional, not a thought.
- As nonverbal I am, I am neither good or bad.
- As non-verbal I am, I am not Singaporean, Indian, American.
- As non verbal I am, pure sense of being, am I single, family person or neither.
- Don't to be distracted, drop all mental effort.
- Be the feeling I am, non verbal I am.
- Do I have a past or future as nonverbal I am.
- I am timeless, spaceless, Atma.
- As nonverbal I am, Am I male, female or neither.

- Enquire – Atma, do Vichara.
- As non verbal I am – Am I young, old, neither?
- I am, I is.
- In the non verbal depths of your own being is there a difference between I am and I is?
- I – Is
- Pot – Is
- Thought – Is
- I – Is
- Is there a difference in the sense of being.
- I – Is – Pot – Is.
- Ohm...
- Open the eyes.

• It is obvious that the inner being is the same as outer being.

- No difference between inner and outer except when you identify with body and become male or female.
- Indian, American, Young or old.
- Then you become inner and outer also.
- In absence of identification, in the depths of wordless being, there is no inner outer, its all one being.

- **That being is the Atma, Sat, Jagat Karanam.**
- **It is Svarupa, worldless.**

- No words in it, it is not a person.
- Nanyat Atosti Drashtru, Srotru.
- Don't see, hear anything in Atma.
- When you come out from the depths of the inner being and identify with a set of sense organs body – mind, then you stand as a seer divided from seen.

• **Are you the seer divided from the seen or are you the one undivided being?**

- There is no other seer, other than the seen, no hearer other than the heard, no knower other than the known.
- It is all one pure being – “I am” = Atma
 - = Only truth = Sat
 - = Tat Tvam Asi
 - = Mahavakya
- Arrive at it with an elaborate set of words.
- Arrive at bridge of Tat Tvam Asi.
- Enter into sound of silence and just be the pure being.
- There words are no more relevant.

- **Words have done their job.**
- **Taken you to the frontiers of knowingness.**
- Words have dropped behind.
- You take off from there and abide as the inner being.
- As long as you abide as the inner being, you are with self enquiry or Atma Vichara.
- **Moment you give up the inner being and contemplate upon anything of the world and assume it to be the other you are the other.**
- Now you are attached or averse to it.
- The same being has become a Samsari = Self forgetfulness
= Original sin
- There is no other sin.
- This is how you enquire about your self and abide in the self.
- This is the greatest spiritual Sadhana Atma Vichara.
- This is how Mahavakya can be appreciated.