

A DIALOGUE WITH RAM

Who am I

That's the question- find out

Am I the body

No

Is there a body

Of course there is a body here it is and it can be felt

But they say all is illusion

Yes but they don't mean it isn't happening

I don't understand

Be patient and look deeper

But where shall I look

It isn't a where it's a how

What do you mean

The looking is appreciation of being it is not gazing in any direction to find something

I don't understand

Be patient and look deeper

Are there thoughts

Of course, obviously, there are moods thoughts perceptions and actions that make up the content of the day

Are they my thoughts

Yes

Then what makes up this thing called my or me

Thoughts perceptions and actions

But who's are they

From the perspective of spirit they belong to no one from your perspective now they belong to you

I don't understand

Be patient and look deeper

Is there something personal called me

Yes, temporarily there is

What is it

We call it the I thought it is the assumption of personal separate identity, it is happening but it is only a concept

You mean it has no structure.

It has no substance, it is a thought but it is very powerful and prominent, it is called ego

Is that me

That is what you think of as me

So I am only a thought

Oh no, the sense me is only a thought you are of course more than that

That's frightening

I would say beautiful ,liberating and marvellous and by the way completely true

Who am I then

That's the question-find out

Who is the thinker

The sense of thinker is the I thought, there isn't really a thinker at all there is just thinking

But there must be, I am choosing what to think what to do

It is all thinking there is no thinker but there are different aspects of thinking. Reflection, repetition, will memory, calculation, intuition etc. None of these are dependent on a structure that is a thinker. The sense that they are is again the I thought.

So who knows the I thought

Now that is a fantastic question

Is it**Well is it****What should I now do?****Well****Thankyou my teacher**