

# THE ART OF ATMA VICHARA

When you do anything what happens? You act, that action is either effort or effortless. When there is effort there is scrutiny, puzzlement and uncertainty; it feels hard. When it is effortless you hardly notice it, it just takes place and is enjoyed. To tackle something linear and logical is familiar to us as it is how we are taught but how do you tackle art? Art has another dimensional quality to it; it does not fit to linear rules.

I want to tell you that Atma Vichara is Art

To learn a musical instrument is tough because you can't make it happen straight away and because of that you either persist or you abandon the attempt in frustration. What is it that causes the abandonment? Some would say I just can't do it, others would say you give up simply because you are unable to apply the persistence of subtleties and effort that are required. Another reason is inhibition; a non-understood inability to be exposed and experimental. This can be translated as a fear of real openness; a fear of giving up the familiar controls. But of what value are they?

I want to tell you Atma Vichara is Art

So what does the artist need? Technique obviously, vision for sure but most importantly the motivation to express, the hunger to create and display and then the willingness to let go old controls and be shaped.

If "Who am I?" is merely a mental query you will remain the frustrated musician repeating your scales endlessly and dryly and you will almost certainly give up. If "Who am I?" is a deep penetrating eagerness to really know the answer, to really know it, then you are on a path of experimental exploration deep within and throughout your life, into the heart of your own essence.

"Who am I?" cannot be known in a linear way. Any results that come from that are more thinking. The result of "Who am I?" is not thinking, it is a recognition and acknowledgement of the fundamental effortless presence of being and the confidence and clarity that I am genuinely and truly that and the source from which that comes. This is absolutely beautiful for the artist, impossible to interpret for the non-artist and terrifying for the art critic.

I want to tell you Atma Vichara is Art

Physicists say that the smallest discernable bits of matter are impossible to categorise in a consistent way. They are either a particle or a wave and never permanently fixed as either. Atma Vichara is not a particle or a wave, it is a current and I do not observe that current from another place (that is the non-artist, the inhibited artist, holding on to the controls). I flow as and with that current then the dimensions of art that are non-discernable previously become the very nature of its expression.

Atma Vichara is art and you are an artist.

Who am I?

Who knows these thoughts?

From whence?

Om Namah Shivaya