

The practice of Atma Vichara -3

I am this?

Practice

Sit quietly, relax and become still.
Let your attitude become open and surrendered.

Perception is running there are sensations and experience coming and going through the senses. What is it that knows all this, what constitutes I?

Imagine seeing ceasing- do I cease

Imagine hearing ceasing-do I cease

Imagine smelling ceasing-do I cease

Imagine tasting ceasing-do I cease

Imagine planning ceasing-do I cease

Imagine memory ceasing-do I cease

Imagine feeling ceasing- do I cease

Imagine ideas ceasing –do I cease

Imagine all body sensation ceasing-do I cease

Imagine the thinker ceasing-do I cease

I do not cease
I am this

Commentary

In any moment perception is operating vibrantly bringing experience through the senses whatever this experience is it is changing against a changeless background. This background is immediate constant intimate and full. It is the very power of existence, the sense I am. Whether there is content or whether there is not this essential and all pervading radiance of being is and is untouched by event. I am that.