

YOU ARE ALREADY SELF-REALISED DO NOTHING

If I am already the Self then this is it and there is nothing to do. That is indeed the assertion of some teachings. Well, tell me honestly, do you find that acceptable? Does it satisfy? If the answer is yes then I am happy for you and wish you well but it is more likely that the answer is no, it does not satisfy. So what can be done? I am already what I seek. There can be no doubt at all that the assertion is correct but it doesn't seem like it. That is because the set of characteristics that displays as the seeker; as me, is continuing to run and to claim personal identity. Through the incisive power of Atma Vichara that set of characteristics is revealed as nothing more than thought and not substantial. This is a priceless gem of self-knowledge that undermines the cloud of illusion that is otherwise dominating every moment and encounter. In the past that gem would have been secret and only shared amongst an elite. The gem is now open to the world, to anybody but can it be seen? Even now, in this openness, it is only the few who can see it because only they (and you) are hearing it. The felt phenomena of a personal and separate, self-contained individual is thought only, concept only; it is a notion.

Now, if there is nothing to do then this notion; which is the burden of the ego, remains and life continues to be driven by common hopes and fears. From the absolute standpoint this does not matter as it is indeed all the Self but it is the Self in ignorance and confinement - the continuation of limitation, attachment and fear of death.

The guru current says there is something to do. That something is the attainment of clarity, the emergence of clear seeing that in its sparkle and freshness dissolves the solidity of the ego identity, the ending of me and mine into the play of this.

Some teachings assert that there is nothing you can do to bring this about. They are wrong. The reason they say it is because of the recognition there is no-one there to do anything, no-one to whom awakening can occur. This is an unnecessary conundrum, a tautology of language that confuses people; it is trying to be too clever.

There is something to do; there is something that can be done: it is sadhana. It is not necessary to argue who does it, it takes place. Perception looks into its own nature and functioning and insight grows.

I am indeed already the Self, already what I seek but that was not understood or known, hence separation, doubt and suffering. The wind of truth blows fanned by the grace of cosmic intelligence. And clairvoyance (clear seeing) erodes that concept of entrapment, the prison of the ego.

What is it that brings this wind? What are the variants of pressure that cause it to move? It is sadhana.

No doubt, in this world of infinite wonder models of sadhana both ancient and modern all play their part. But the essential criteria is to enquire within - Atma Vidhi; to investigate, to probe and dive into the very essence of the common functioning of perception, assumption and mental habit. To not do this results in the continuation of conditioned ignorance. To do it results in the adventure and exhilaration of self-recognition - freedom and oneness. This is what, in the end, you want and what evolution needs. Of course it is all happening by itself and doing is part of that happening and doing is fuelled by the causation of each moment or impaired by the inertia of each moment. In the causation of this moment I assert that there is something to do. That something is sadhana and that sadhana is the direct and persistent personal inner encounter with the 3 mystic keys:

- Who am I?
- Who knows these thoughts?
- From where has this I thought arisen?

The revelation and conclusion is that this is what this life is for - engage.