



## **I Am That, by Nisargadatta Maharaj**

The real does not die, the unreal never lived.

Once you know that death happens to the body and not to you, you just watch your body falling off like a discarded garment. The real you is timeless and beyond birth and death. The body will survive as long as it is needed. It is not important that it should live long.

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We are the creators and creatures of each other, causing and bearing each other's burden.

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I find that somehow, by shifting the focus of attention, I become the very thing I look at, and experience the kind of consciousness it has; I become the inner witness of the thing. I call this capacity of entering other focal points of consciousness, love; you may give it any name you like. Love says "I am everything". Wisdom says "I am nothing". Between the two, my life flows. Since at any point of time and space I can be both the subject and the object of experience, I express it by saying that I am both, and neither, and beyond both.

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Unless you make tremendous efforts, you will not be convinced that effort will take you nowhere. The self is so self-confident that unless it is totally discouraged it will not give up. Mere verbal conviction is not enough. Hard facts alone can show the absolute nothingness of the self-image.

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The world is like a sheet of paper on which something is typed. The reading and the meaning will vary with the reader, but the paper is the common factor, always present, rarely perceived. When the ribbon is removed, typing leaves no trace on the paper. So is my mind - the impressions keep on coming, but no trace is left.

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A quiet mind is all you need. All else will happen rightly, once your mind is quiet. As the sun on rising makes the world active, so does self-awareness affect changes in the mind. In the light of calm and steady self-awareness, inner energies wake up and work miracles without any effort on your part.

-- Nisargadatta Maharaj, in 'I Am That'

Sri Nisargadatta Maharaj (1897-1981) lived an ordinary life—running a small shop, marrying and raising a family in Bombay—until middle age. He was also illiterate. [more [1]]

Links:

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[1]

<http://www.lifepositive.com/Spirit/masters/nisargadatta/nisargadatta.html>

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