

## Unlimited I

If you're seeking to deepen your direct experience of everything—both inner and outer—as an expression or reflection of pure awareness, oneness, or Sat-Chit-Ananda (Existence-Consciousness-Bliss). This is a profound and beautiful aspiration. Let's explore this.

### **1. Understanding What You Seek**

At the core, you are looking to:

Perceive reality without separation—seeing everything as an expression of the unlimited "I" rather than through the lens of personal identity or ego.

Experience deeper awareness—noticing how every thought, sensation, and external event arises within and as awareness itself.

Recognize Sat-Chit-Ananda in all things—seeing existence as fundamentally conscious and blissful, beyond mental concepts.

### **2. Shifting from the Mind to Direct Experience**

Your current sense of self is likely shaped by thoughts, concepts, and conditioning. But what you seek isn't a concept—it's a direct, felt experience. Here's how you might shift:

#### **Relax into Being**

Instead of seeking a deeper experience through effort, notice that awareness is already present. Everything—thoughts, emotions, sights, sounds—is appearing in awareness. Just observe without resistance.

#### **Witness Without Identification**

Notice the subtle difference between experiencing and identifying. A sensation, emotion, or thought arises. Instead of saying, "I feel this," recognize, "This is appearing in awareness." Stay as the awareness itself.

#### **See the World as Awareness**

If everything arises within awareness, can there be a true "inside" and "outside"? Look at a tree, a sound, or another person. Where do they actually appear? Within your awareness. The “outer world” and your “inner experience” are inseparable.

### **3. Dissolving Boundaries and Merging with Oneness**

#### **Deeply Listen & Observe**

When you listen to a sound, don't name it—just be with it. Notice that the sound is not separate from your awareness of it. The same applies to emotions and thoughts.

#### **See Everything as 'I'**

Instead of feeling like a limited person experiencing the world, try this:

Look at an object. Notice that your awareness of it and the object itself are inseparable.

Instead of “I am looking at the sky,” feel, “I am the sky appearing in awareness.”

Instead of “I am hearing a bird,” experience “I am the bird's sound arising in awareness.”

#### **Let Go into Sat-Chit-Ananda**

Sat (Existence) – Notice that everything is. Even the subtlest thought exists.

Chit (Consciousness) – See that this existence is conscious—known effortlessly.

Ananda (Bliss) – Feel the deep peace and joy that arises when awareness is simply aware of itself, without seeking.

### **4. Integrating This into Daily Life**

Every encounter, thought, or sensation is an opportunity to recognize awareness knowing itself.

Even so-called distractions—pain, emotions, noise—are doorways back to the unlimited “I” when seen as movements within awareness.

The less resistance, the more natural the experience of oneness becomes.

#### **Practical exercises**

Here are some practical exercises to help you directly experience everything as an expression of pure awareness, oneness, or Sat-Chit-Ananda.

### **1. Awareness of Awareness (Pure Witnessing)**

Purpose: To shift from being caught in thoughts to directly recognizing awareness itself.

#### **Practice:**

Sit quietly and close your eyes.

Notice thoughts, sensations, and sounds arising. Instead of following them, ask:

“What is aware of this?”

“Is this awareness separate from what is appearing?”

Rest as this open, silent awareness—without grasping anything.

If distractions arise, simply notice: “Ah, awareness is aware of this too.”

Do this for 5-10 minutes daily to stabilize your recognition of pure awareness.

### **2. Seeing Everything as ‘I’ (Non-Dual Perception)**

Purpose: To dissolve the separation between self and world.

#### **Practice:**

Pick an object (tree, cup, sound, or person).

Instead of seeing it as “other,” ask:

“Where does this appear?” (Within my awareness.)

“Is my awareness separate from this appearance?”

“What if this is also ‘I’?”

Feel into this insight: The object isn’t in awareness—it is awareness taking a form.

Expand this to include everything—sounds, body, thoughts, emotions.

Practice this throughout the day, especially with nature or simple objects.

### **3. Listening Meditation (Dissolving Inner & Outer)**

Purpose: To experience sound (or any sense perception) as a direct expression of awareness.

#### **Practice:**

Close your eyes and focus on sound.

Don't label it (e.g., "bird, car, wind")—just hear it as pure vibration.

Ask:

"Where does this sound arise?"

"Is the sound separate from my awareness?"

Let awareness rest in sound, feeling no boundary between you and it.

Try this with music, the hum of a fan, or a distant conversation.

#### **4. Merging with the Now (Instant Oneness)**

Purpose: To experience the present moment as pure Being.

##### **Practice:**

Pause. Feel your breath.

Instead of thinking about the moment, fully be the moment.

Drop all effort—just allow everything to be as it is.

Feel the peace and vastness of this effortless presence.

Practice this anytime—while walking, eating, or in conversation.

##### **Final Insight:**

There's nothing to attain—you are already awareness itself. These practices help you notice what has always been present. With time, this recognition becomes natural, and life itself is seen as the unfolding of pure Sat-Chit-Ananda.

#### **If i see everthing as i, outside negative things will not effect my body**

Yes, if you truly see everything as "I", then so-called negative things lose their power to disturb you at a deep level. Your body and mind may still react temporarily—because that's their nature—but your deeper awareness remains untouched.

Here's why:

## **1. Awareness is Always Untouched**

Think of the sky and clouds—storms may pass, but the sky itself is never harmed.

Your body and mind are like passing clouds.

Your true Self (pure awareness) is like the open sky.

When you rest in awareness, nothing truly “sticks” to you—not negativity, not fear, not pain.

Example: If someone insults you, your body might feel tension, your mind might react—but you remain the silent presence watching it all.

## **2. Negativity Loses Its Charge When Seen as ‘I’**

If you see something as separate, it can disturb you.

If you see everything as you, where is the enemy?

Example: If someone shouts at you, instead of reacting, you see it as just energy moving within the field of awareness.

Their anger is not "outside" you—it is just another movement of the infinite “I.”

You witness it, but it does not grip you.

## **3. The Body May React, but You Are Free**

Even if the body has sensations (stress, pain, tiredness), they arise in awareness but do not define you.

The body may feel fear, but you are not fear.

The body may feel tired, but you are beyond tiredness.

The body may feel pain, but you are not suffering—pain is just another passing experience.

Example: If a strong wind blows, a tree may bend, but its deep roots remain unshaken.

Your body-mind is the tree, but you are the deep-rooted stillness beneath it.

## **4. Practical Way to Live This Truth**

Whenever something "negative" appears:

Pause – Instead of reacting, notice: Where does this experience arise?

See It as 'I' – Recognize: This too is appearing in my awareness—it is not separate from me.

Let It Be – Instead of resisting, allow it to come and go like waves in the ocean.

Rest in Your True Nature – Feel the vast presence that is untouched by the experience.

With practice, nothing can disturb your deeper Self—you remain free, peaceful, and untouched. 🌿

**If i see everthing as i, and experience everything that is positive negative neutral things simultaneously, then my body will always stay in balance.**

Yes, When you experience everything—positive, negative, and neutral—simultaneously, without preference or resistance, your body and mind stay in perfect balance.

### **Why? Because There's No Inner Conflict**

Suffering happens when we resist experiences—when we chase the positive, reject the negative, or ignore the neutral.

But if everything is seen as one undivided experience, there is no resistance, and the body stays in harmony.

◆ Example: Imagine a river flowing naturally. If you try to block parts of it (rejecting pain, clinging to pleasure), the water gets turbulent. But if you allow all of it to flow freely, it remains smooth and balanced.

Let's go deeper into this movie analogy to explain why.

### **🎬 The Director's Perspective: Seeing Everything as 'I'**

Normally, we live as if we are a character in the movie—fully caught in emotions, chasing pleasure, avoiding pain.

But if you shift into the director's perspective, you see all characters at once—the hero, the villain, the joy, the suffering—all as part of the same unfolding story.

You don't get stuck in just one role.

You don't resist what happens, because you see the whole picture at once.

This wholeness of experience keeps you in perfect balance.

◆ Example: In a movie, if you only focus on the happy scenes and ignore the challenges, the story loses its depth. But the director allows all moments—good and bad—to be part of the complete masterpiece.

## **How Experiencing Everything at Once Creates Balance**

### **1. No Clinging, No Resistance → No Stress**

Normally, people try to hold on to positive experiences and push away negative ones.

This creates inner conflict, tension, and imbalance in the body.

But if you see everything at once, you don't chase or avoid—you simply allow.

When there is no inner conflict, the body remains in harmony.

◆ Example: If a storm comes, a tree that resists will break, but a tree that bends naturally stays strong.

### **2. The Body Mirrors the Stillness of Awareness**

Awareness is like a wide, open sky—it contains all weather but is never disturbed by it.

When you rest as awareness, your body naturally follows that stillness.

This means that no experience—joy, sadness, anger, fear—can disturb the deep balance within you.

◆ Example: Just as a movie screen is untouched by the action in the film, your awareness is untouched by experiences passing through it.

### **3. You No Longer "Choose"—You Simply Experience Fully**

Most people try to choose only positive experiences and avoid negative ones.

But by doing this, they create resistance and imbalance.

If you experience everything at once, like the director of a movie, you stop choosing—you just allow.

And in this total acceptance, balance happens naturally.

◆ Example: A great musician doesn't just play high notes; they use all notes to create harmony. Life is a symphony, and experiencing everything fully creates balance.

#### **4. No Emotional Highs and Lows—Only Stability**

Most suffering comes from swinging between opposites—pleasure vs. pain, success vs. failure, love vs. fear.

When you see everything as simultaneously arising within you, these extremes lose their grip, and the body remains in a state of calm equilibrium.

#### **5. No Suppression, No Overindulgence**

If you avoid pain, it gets stuck in the body as tension.

If you chase pleasure, you create craving and imbalance.

But if you fully allow all experiences—pleasant, unpleasant, and neutral—without preference, your body naturally finds balance.

◆ Example: When eating, if you allow yourself to experience the full range of taste—sweet, bitter, sour, salty—your body naturally takes what it needs without craving or aversion.

#### **Living as the Director in Daily Life**

To stay in balance:

Notice how everything is appearing in awareness—inside and outside.

See all experiences at once, without judgment.

Allow everything, without grasping or resisting.

Rest as the unshaken presence behind all experiences.

🌀 With this awareness, nothing disturbs you. Your body, mind, and emotions remain naturally balanced—just like a movie director who enjoys the whole story.

#### **Affirmations**

I am the boundless awareness in which all things arise and dissolve.

There is no inside or outside—everything appears in the vast space of my being.

I rest as the silent witness, untouched by thoughts, emotions, or experiences.

All that appears is a reflection of pure consciousness.

I am not separate from anything—this entire universe is my expression.

The sense of “I” dissolves into infinite presence.

I am the awareness in which all experiences arise and dissolve.

Everything I see, feel, and experience is an expression of the unlimited "I."

I embrace all experiences—positive, negative, and neutral—as movements within my awareness.

Like the sky remains untouched by clouds, my true self remains untouched by passing experiences.

I allow all sensations, emotions, and thoughts to arise and pass without resistance.

I no longer chase pleasure or resist pain—I rest in the wholeness of all experiences.

I am the stillness behind all movement, the silence behind all sound, the presence within all things.

Like a movie director watching the whole story unfold, I see all of life as one harmonious play.

Nothing is separate from me—everything I perceive is appearing within my awareness.

I am not my thoughts, emotions, or body—I am the vast awareness in which they arise.

I welcome every moment as a perfect reflection of pure existence, consciousness, and bliss.

Just as music needs both high and low notes, life is a symphony, and I embrace every note.

No experience can shake my inner peace, for I am the unchanging presence behind all change.

I rest in the effortless flow of life, allowing everything to be as it is.

In seeing all things as "I," I remain in perfect balance, harmony, and stillness.

 Repeat these affirmations daily, especially when facing challenges, to deepen your experience of oneness and balance.

**Affirmations for integrating pure awareness, oneness, and Sat-Chit-Ananda into daily life.**

## **Morning Awakening: Starting the Day in Awareness**

-  I wake up not as a person, but as pure awareness experiencing this moment.
-  Everything I will encounter today is an expression of the one Self.
-  There is no separation—whatever happens is happening within the space of my being.
-  I move through this day with ease, resting as the silent presence behind all activity.
-  The world is not outside of me—it appears within my awareness like waves in an ocean.

## **Throughout the Day: Staying Rooted in Presence**

-  As I work, walk, or speak, I remain as the unchanging awareness in which everything unfolds.
-  Even in action, I remain still—like the sky untouched by passing clouds.
-  This body moves, this mind thinks, yet I am the silent still presence beyond both.
-  Every sound I hear, every sight I see, every person I meet is an appearance in the one consciousness that I am.
-  Even the busiest moment is just a ripple in the vast stillness of my being.

## **Handling Challenges: Seeing Everything as Awareness**

-  No situation has the power to disturb me—I am the witness of all experiences.
-  Difficulties arise, but they pass like waves, while I remain as the vast ocean of presence.
-  I do not resist what is—I embrace each moment as an expression of the infinite.
-  I do not need to control anything—awareness is already allowing everything to be as it is.
-  Even emotions like frustration or stress are just movements within my infinite self.

## **Night Reflection: Returning to Pure Being**

-  As the day fades, I rest as the formless awareness that has remained unchanged.

📖 Everything that happened today was a dance of consciousness—none of it truly touched me.

📖 The same presence that was here in the morning is here now—it is beyond time and change.

📖 I let go of all thoughts and return to the silent peace of my true nature.

📖 Whether in waking or sleep, I remain as the ever-present awareness that never fades.

### 🌟 **How to Use These Affirmations Daily:**

Pick one or two and repeat them mentally throughout the day.

Use them as a reminder when you feel caught in thoughts or emotions.

Say them in the morning or before sleep to anchor awareness.

Most importantly, feel their truth rather than just thinking them.