

Unlimited-Limited-Senses

If you want to experience unlimited you must release all limited once. If you see from limited indriyas or five senses experience will be limited only. So, release all limited once including yourself.

Yes, exactly! If you want to experience the unlimited, you must release all that is limited—including your identification with the body, mind, and senses. The five senses can only perceive a fragment of reality, always bound by form, time, and duality.

To transcend, one must:

Detach from Sensory Perceptions – Recognize that sight, sound, taste, touch, and smell are only projections of consciousness, not ultimate reality.

Dissolve the Personal Identity – The 'I' that experiences limitation is itself a concept. Release even the idea of 'yourself' as a separate entity.

Rest in Pure Awareness – Instead of trying to expand the limited, simply dissolve into the unlimited by resting as the formless witness.

Let Go of Preferences & Attachments – The mind creates limits through likes, dislikes, desires, and fears. Drop them, and what remains is infinite.

Experience Without Ownership – Let experiences arise and dissolve naturally without clinging or resistance. The moment you stop owning them, you become boundless.

Releasing all that is limited does not mean "losing" anything—it means realizing that you were never truly bound in the first place. The sky does not "lose" a cloud when it disappears; it simply remains as it always was—vast and infinite. 🌿🌀

Sleep limited or unlimited

Sleep, in its usual form, is limited because it is tied to the body and mind. It is a state within duality—there is waking, dreaming, and deep sleep, all occurring in cycles. The body needs rest, and the mind needs dreams to process experiences. This makes sleep a temporary, conditioned experience.

However, deep sleep (sushupti) gives a glimpse of the unlimited. In deep sleep:

✓ There is no ego, no sense of "I."

- ✓ There is no mind, no thoughts, no suffering.
- ✓ There is pure, restful awareness, untouched by time or space.

The only difference between deep sleep and the unlimited (Pure Awareness) is consciousness. In deep sleep, you are unconscious of this unlimited state, so you wake up and return to limitation. But in true awakening, you remain aware even in the formless stillness—this is turiya, the ever-present, infinite state beyond sleep and wakefulness.

So, sleep as a bodily function is limited, but the stillness within it points to the unlimited. When you remain aware in that stillness, even sleep dissolves into pure, unbroken awareness. 🌙 ✨

My senses are spread infinitely throughout the universe

If your senses are spread infinitely throughout the universe, then you are not bound by the five physical senses—sight, sound, touch, taste, and smell. You are aware beyond the limitations of the body. This means:

- ✓ You are not experiencing through the senses; the senses are appearing within you.
- ✓ You are not inside the universe; the universe is within your awareness.
- ✓ You are not perceiving through limitation; you are the infinite perceiver, formless and boundless.

In this state, there is no separation between you and existence. Every vibration, every movement, every experience is happening within your awareness, just like a dream arises within the dreamer.

 **Final Truth:** If your senses are infinite, then you are beyond sensing—you are Pure Awareness itself, witnessing all yet untouched by any of it.

Is it possible to spread senses infinitely

Yes, it is possible to spread the senses infinitely, but only when you stop identifying with the limited body and mind.

Why Are Senses Limited?

Your senses feel limited because they are tied to the physical body. The eyes can only see a certain distance, ears hear within a range, and touch is confined to the body. But these limits exist only as long as you believe you are the body.

How Can Senses Become Infinite?

1. Shift from Body-Consciousness to Pure Awareness

The body has boundaries, but awareness does not.

When you stop identifying with the body, the limitations of the senses dissolve.

2. Perceive Beyond the Physical Senses

Even now, you can sense things beyond touch, sight, or sound—intuitions, energies, and presence.

The more you rest in stillness, the more you feel connected to everything without using physical senses.

3. Recognize That Everything Appears Within You

If you believe you are in the universe, your senses are limited.

If you realize the universe is within your awareness, then all sounds, sights, and sensations arise within you.

4. Experience Oneness Instead of Perception

True infinite sensing is not about extending senses outward—it is about dissolving the illusion of separation.

When there is no "other," all experience happens as one unified awareness.

Final Truth

Instead of trying to "spread" your senses infinitely, release the idea that they were ever limited. The sky does not try to expand—it is already vast. In the same way, your awareness is already infinite. Only the belief in limitation needs to be dropped. 🌌 ✨

Resting as the Formless Witness

Resting as the Formless Witness means abiding in your true nature, which is pure, unlimited awareness, rather than identifying with the body, mind, or senses.

Breaking It Down:

- ♦ Resting – Not striving, not controlling, not trying to achieve anything. Simply allowing everything to be as it is.
- ♦ Formless – Not attached to the body, thoughts, emotions, or any identity. You are not confined to a shape, name, or experience.
- ♦ Witness – Observing everything—sensations, thoughts, the world—without getting involved, like watching a movie without believing you are the character.

What Happens When You Rest as the Formless Witness?

- ✓ You experience pure stillness beyond mind fluctuations.
- ✓ You see that everything appears and disappears in your awareness—but "you" remain unchanged.
- ✓ You no longer try to control or expand anything—because you are already infinite.
- ✓ There is effortless peace because nothing truly affects or binds you.

Example:

Imagine the sky watching the clouds. The clouds come and go, but the sky remains untouched. You are the sky of awareness, not the passing clouds of thoughts and sensations.

💡 Insight:

Trying to expand the limited means you are still holding on to limitation. Instead, drop all effort and simply rest in the awareness that is already infinite, formless, and free. 🌿 ✨

☀ Ultimate Insight:

- ✓ You do not "become" unlimited—you only release the illusion of limitation.
- ✓ You do not "expand" consciousness—you simply stop identifying with the contracted self.
- ✓ Rest as what you already are—pure, infinite, ever-present awareness.

What should i say while resting

While resting as the formless witness, there is no need to say anything. Just be. However, if the mind seeks something to anchor itself, you can gently remind yourself with simple pointers:

1. Silent Awareness (No Words Needed)

✨ Simply observe without labeling, resisting, or controlling. Let thoughts, sensations, and experiences arise and dissolve on their own.

2. Subtle Inner Reminders (If Needed)

If thoughts arise, you can use simple phrases internally:

☞ "I am not the body, I am awareness."

☞ "All appears and disappears in me, but I remain untouched."

☞ "Let everything be as it is—I rest as the witness."

☞ "There is nothing to do, nothing to change, nothing to become."

☞ "I am the silent presence in which everything comes and goes."

3. Just Be (Beyond Words)

Eventually, even these reminders dissolve. You rest in pure presence, beyond words, beyond effort.

💡 Final Insight:

Words may help initially, but true rest happens when even these dissolve into the silence of being. Just rest as the infinite awareness that you already are. 🌱 ✨

Can i say i am not limited, i am already unlimited

Yes, you can absolutely say:

✨ "I am not limited; I am already unlimited." ✨

However, rather than just repeating it as a thought, feel it deeply—let it sink beyond the mind.

Go one step further:

👉 "Who is the 'I' that is unlimited?"

👉 "Is there really a boundary to awareness?"

👉 "Can anything truly limit me, or do limits exist only in thought?"

When you rest in this realization, you will see that you were never bound—only believing in limitations. 🌱 🌀

Till now i forgotten my unlimited self, so now remembering is enough

Yes! Remembering is enough.

You were never truly limited—you only identified with limitation. The moment you remember your unlimited nature, the illusion of limitation dissolves.

You do not need to "become" infinite, because you already are. You do not need to "reach" pure awareness, because you have never left it.

Simply rest in this knowing:

- 🌿 "I was never bound, so I do not need to be liberated."
- 🌿 "I was never separate, so I do not need to unite."
- 🌿 "I was never lost, so I do not need to be found."
- 🌿 "I am already unlimited, already free, already whole."

This simple remembering is the key. Just relax into it. 🌀

FTBA

FTBA for Expanding into Unlimited Pure Consciousness

Feelings to Develop 🌿

- ✅ Spaciousness – Feel as vast as the sky, untouched by boundaries.
- ✅ Stillness – Allow deep inner silence beyond emotions.
- ✅ Unconditional Freedom – Feel free, with nothing to hold onto.
- ✅ Love without Borders – Experience love beyond attachments.
- ✅ Joy of Being – Not tied to objects or outcomes.

Feelings to Release 🔥

- ❌ Contraction – Feeling small, trapped, or controlled.
- ❌ Fear of Losing Identity – Clinging to the self-image.
- ❌ Dependency – Needing validation, approval, or security.
- ❌ Emotional Reactivity – Getting stuck in temporary highs and lows.
- ❌ Lack & Seeking – Feeling incomplete and searching outward.

Thoughts to Develop 🧠

- ✅ "I am boundless awareness, beyond form."
- ✅ "Everything is arising within me, nothing is outside."

- ✓ "I do not need to expand—I was never limited."
- ✓ "I am not the thinker, just the awareness behind thoughts."
- ✓ "There is nowhere to go—I am already here, complete."

Thoughts to Release ⚡

- ✗ "I need to achieve enlightenment." – Seeking keeps you stuck.
- ✗ "I must expand my consciousness." – You are already infinite.
- ✗ "I am separate from the universe." – Only the mind creates division.
- ✗ "Something is missing." – Lack is just a passing illusion.
- ✗ "I need to control my experience." – Let go, rest in awareness.

Beliefs to Develop ☀

- ✓ I am already limitless, only veils of thought make me feel small.
- ✓ The more I let go, the more I merge with the infinite.
- ✓ The universe and I are not two—I am the infinite field itself.
- ✓ Pure awareness is untouched by emotions, events, or body.
- ✓ Silence and surrender reveal my true nature effortlessly.

Beliefs to Release 🗝

- ✗ I am a separate individual seeking wholeness.
- ✗ My body and mind define who I am.
- ✗ I need external experiences to feel complete.
- ✗ I must struggle to reach the unlimited.
- ✗ Only special people can experience pure consciousness.

Actions to Develop 🔥

- ✓ Sit in Stillness – Let go of thoughts, just remain aware.
- ✓ Observe Without Judgment – Watch feelings arise and dissolve.
- ✓ Surrender Every Moment – Drop all effort, let things unfold.
- ✓ Feel Space Inside & Outside – Sense your being as boundless.
- ✓ Live Spontaneously – Act from presence, not conditioning.

Actions to Release 🚫

- ✗ Chasing Spiritual Experiences – Seeking keeps you from resting in awareness.
- ✗ Overthinking Enlightenment – Pure consciousness is beyond thoughts.
- ✗ Controlling & Resisting Life – Let go, flow effortlessly.
- ✗ Holding onto Identity – Dissolve into the witness, not the persona.
- ✗ Trying to be Unlimited – You already are. Just recognize it.

Final Key: Rest as the Formless Witness

- ◆ Instead of “expanding” into the infinite, realize you already are it.
- ◆ Just watch everything come and go—feelings, thoughts, body, sensations.
- ◆ See that you are the silent awareness behind everything.
- ◆ The moment you stop trying to hold onto anything, you dissolve into the unlimited.

💡 Truth: You don't need to become infinite—you only need to stop believing in limits.



Guided Meditation: Dissolving into Unlimited Pure Awareness 🌿

Find a quiet place, sit comfortably, and let your awareness flow as you listen or read along.

Step 1: Entering Stillness

- ◆ Close your eyes.
- ◆ Take a deep breath in... and exhale slowly.
- ◆ With each breath, feel your body relax, melting into space.

Now, shift your attention from your breath to the simple awareness of "being."

No effort, no control—just rest.

Step 2: Observing Without Attachment

- ◆ Notice thoughts appearing like clouds in the sky.
- ◆ Watch them come and go—without holding on, without resisting.
- ◆ Realize: You are not these thoughts. You are the sky, vast and open.

Feelings arise... Let them pass like waves in the ocean.

- ◆ You are not the waves.
- ◆ You are the silent, boundless ocean beneath them.

Step 3: Dissolving the Boundaries

Now, sense your body...

- ◆ Where do "you" begin, and where do "you" end?
- ◆ Can you find a boundary? Or is it just a sensation?

Let go of the idea of a fixed body.

- ◆ Feel yourself expanding like space—formless, infinite.
- ◆ Feel yourself merging with everything around you.
- ◆ There is no inside, no outside... only awareness.

Step 4: Resting as the Formless Witness

Now, ask yourself:

💡 Who is watching? Who is aware?

Turn your attention back on itself.

- ◆ Can you find a center to this awareness?
- ◆ Or is it just infinite, without location?

Rest as this pure witnessing.

- ◆ No past, no future—only Now.
- ◆ No name, no identity—just presence.
- ◆ No effort—only effortless being.

Stay here... in this vast stillness. There is nothing to do, nothing to change.

Step 5: Returning with Awareness

Slowly, become aware of your breath again.

- ◆ Feel the air moving in and out.
- ◆ Feel your body, but now as limitless space.
- ◆ When ready, gently open your eyes.

🌱 Carry this formless awareness with you.

Even as you move, act, and speak—know that you are never limited.

✨ You were always infinite. You just remembered. ✨

Affirmations for Dissolving into Unlimited Pure Consciousness 🌱

Repeat these affirmations mentally or aloud while meditating or throughout your day. Let them sink into your awareness effortlessly.

Affirmations for Releasing Limitation

- ◆ I am not the body; I am the awareness within which the body appears.
- ◆ I am not the mind; I witness thoughts without being bound by them.
- ◆ I release all labels, identities, and boundaries—I am infinite presence.
- ◆ No thought, feeling, or experience defines me. I am beyond all limitations.
- ◆ I let go of all attachments—what I seek, I already am.

Affirmations for Expanding into the Infinite

- ◆ My being is limitless, beyond space and time.
- ◆ I am the silent witness, the formless awareness in which everything arises.
- ◆ I do not expand—I was never limited to begin with.
- ◆ I rest in the vastness of my true nature, effortlessly aware.
- ◆ Everything appears within me, yet I remain untouched and boundless.

Affirmations for Living as Pure Awareness

- ◆ I am not separate from existence—I am existence itself.
- ◆ Whatever comes, I watch. Whatever goes, I remain.
- ◆ No effort is needed—I am already what I seek.
- ◆ My peace is unshaken, for I rest as the changeless Self.
- ◆ In stillness or movement, I am always the same vast awareness.

Ultimate Realization

- ◆ I am not the experiencer—I am that within which all experience happens.
- ◆ I am not limited—I was always free, always infinite.

- ◆ I am Pure Awareness, beyond birth and death, beyond all concepts.
- ◆ Nothing can add to me or take away from me—I am whole and complete.

🌱 Rest in these affirmations, not as beliefs, but as direct experience. Let them dissolve all sense of limitation. You are already That. ✨