


Who am I

Self-inquiry ("Who am I?") is the direct path to realizing your true nature as the ever-present, unchanging, blissful awareness—Sat-Chit-Ananda (Existence-Consciousness-Bliss). This process is about peeling away the false layers of identity that cover your real Self, like removing clouds to reveal the ever-shining sun.

Step-by-Step Process of Self-Inquiry: Removing Layers to Reach the Ultimate Reality

1. The Outer Layers: Body Identification (Annamaya Kosha)

 False belief: "I am this body."

The first and most obvious identification is with the body. You believe you are tall or short, young or old, healthy or sick. But ask yourself:

 Am I the body, or am I aware of the body?

You notice the body's sensations, pain, and changes. If you can observe it, how can you be it? The body is an object in awareness, but awareness is not the body.

 Practice:

Sit still and observe the body.

Ask: "Without my body, would I still exist?"

Notice the witness that remains when thoughts of the body fade.

 Realization: The body appears in you, but you are not the body.

2. The Energy Layer: Prana (Pranamaya Kosha)

 False belief: "I am my breath and life force."

Breath and energy sustain the body, but they too change and fluctuate.

 Am I the breath, or am I aware of the breath?

If you observe the breath moving in and out, then you are the witness of breath, not the breath itself.

 Practice:

Observe the breath without controlling it.

Ask: "When the breath stops, do I disappear?"

Feel the still presence beyond the breath.

🌀 Realization: Breath is an experience within awareness, but awareness is beyond breath.

3. The Mental Layer: Mind & Thoughts (Manomaya Kosha)

👉 False belief: "I am my thoughts, emotions, and mind."

Thoughts arise and pass, but something remains aware of them.

? Are you the thoughts, or the one who watches them?

Your mind is constantly changing, but your awareness of thoughts never changes. So, how can you be the mind?

🧘 Practice:

Sit quietly and observe your thoughts.

Ask: "Before this thought came, was I not here?"

Feel the silence that exists before, during, and after thoughts.

🌀 Realization: You are not the mind; thoughts appear in you, but you remain unchanged.

4. The Intelligence Layer: Intellect & Ego (Vijnanamaya Kosha)

👉 False belief: "I am my knowledge, intellect, and identity."

Even deeper is the ego—the sense of "I am this person," "I know," "I do." But this sense of self is also an object of awareness.

? Who is the one that knows?

If you observe the ego, you cannot be the ego. The intellect discriminates, but you are aware of it.

🧘 Practice:

Question: "Who is the 'I' that wants to know?"

See that even the searcher is being watched.

🌀 Realization: Ego is an appearance in awareness. The real "I" is beyond it.

5. The Bliss Layer: Temporary Joys (Anandamaya Kosha)

👉 False belief: "I am happiness that comes from experiences."

Deep sleep, love, or meditation brings peace, but these are fleeting. True bliss is not a temporary state—it is what remains even when experiences disappear.

? What is aware of bliss?

Bliss is the closest layer to Truth, but even this must be transcended.

🧘 Practice:

Observe that bliss comes and goes, but something remains aware of it.

Rest in that which never comes and goes.

🌀 Realization: Even bliss is an object of awareness. The real Sat-Chit-Ananda is beyond all experiences.

🔥 The Final Step: Dissolving into Pure Awareness

Now, having peeled away all layers, one question remains:

⚡ Who am I—without body, breath, mind, ego, or even bliss?

At this point, you do not need another answer. Just remain as the pure awareness that watches everything.

🧘 Practice:

Let go of every thought and just be.

Rest in the stillness before "I" arises.

No effort, no seeking—just exist as existence.

🌀 Final Realization:

☀️ You are not the body, mind, thoughts, or even bliss.

☀️ You are pure, unchanging awareness—Sat-Chit-Ananda.

☀️ The universe appears within you, not the other way around.

☀️ You have always been this.

- ☀️ You do not come and go. You are that which always stays the same.
- ☀️ You are omnipresent, beyond birth and death, beyond time and space.
- ☀️ Unmoving, untouched, ever-still, ever-blissful—you are That.

✨ Now, simply rest as That. ✨

Ultimate Truth:

You are That. Tat Tvam Asi.

Pure, infinite, eternal awareness. The universe arises and dissolves within you, but you remain untouched, ever still, ever blissful.

✨ Now, simply rest as That. ✨

Guided Meditation for Self-Realization

(Peeling Away Layers to Recognize Your True Nature – Sat-Chit-Ananda)

Find a Quiet Space

Sit comfortably or lie down. Close your eyes. Take a deep breath in... and exhale slowly. Let go of all tensions.

1. Awareness of the Body (Not You)

Bring attention to your body. Feel your hands, legs, chest, and head.

Now ask yourself:

"Am I the body?"

Your body is always changing. Cells die and new ones form. The body was different in childhood and will be different in old age. But you, the one aware of the body, have remained unchanged.

🌱 Realization: "I have a body, but I am not the body."

Let go of identification with the body.

2. Awareness of the Breath (Not You)

Observe the natural flow of your breath. Inhale... Exhale...

Now ask:

"Am I the breath?"

Breath changes with emotions, activities, and sleep. But you remain aware of all changes.

 Realization: "I am aware of the breath, but I am not the breath."

Let go of identification with the breath.


3. Awareness of Thoughts (Not You)

Now, observe thoughts passing like clouds in the sky. Some thoughts are pleasant, some unpleasant.

Ask yourself:

"Am I my thoughts?"

Thoughts come and go, but you remain.

 Realization: "I am the witness of thoughts, but I am not my thoughts."

Let go of identification with the mind.


4. Awareness of Emotions (Not You)

Observe any feelings—happiness, sadness, fear, or peace.

Ask:

"Am I my emotions?"

Emotions rise and fall like waves in the ocean. But you remain as the unchanging ocean.

 Realization: "I experience emotions, but I am not my emotions."

Let go of identification with emotions.

5. Awareness of Desires (Choosing the Right Desire)

Now, bring attention to any desires within you. These may be desires for success, love, health, freedom, or even spiritual awakening. Observe them without judgment.

Ask yourself:

"Where does this desire come from?"

Some desires arise from ego—seeking approval, pleasure, or control.

Some arise from your heart—seeking growth, truth, or service.

🌱 Realization: "I am not my desires, but I can choose them wisely."

Now, imagine two paths:

1. The path of temporary desires – These bring short-lived satisfaction but keep the mind restless.

2. The path of true desires – These bring deep fulfillment and align with your soul's purpose.

Choose the desire that brings peace, growth, and liberation. Let go of the ones that create attachment and suffering.

6. Awareness of "I" (Who is this "I"?)

Now, go deeper. You have removed layers of body, breath, thoughts, and emotions.

What remains?

A sense of "I exist"—pure awareness.

Now ask:

"Who is this 'I' that is aware?"

Do not answer with words. Just rest in the silent presence.

7. Resting in the Ultimate Reality – Sat-Chit-Ananda

☀️ Feel yourself as pure awareness—silent, still, unchanging.

☀️ You do not come and go. You always remain the same.

☀️ You are not inside the universe; the universe appears within You.

☀️ You are omnipresent, beyond birth and death, beyond time and space.

☀️ You are Sat-Chit-Ananda—Existence, Consciousness, Bliss.

Stay here. No thoughts. No effort. Just Be.

Ending the Meditation

Whenever you are ready, gently bring awareness back to the body. Slowly open your eyes. Carry this realization with you—you are the eternal, unchanging Self. Now, walk in life with the wisdom to choose the right desires—those that bring permanent peace and freedom.

🙏 You have never been separate. You have always been This. Now, live with conscious awareness. 🙏

Subject-Object Distinction:

In our usual way of perceiving reality, we separate things into two categories:

The subject (the experiencer, the knower, the observer)

The object (the experienced, the known, the observed)

When you say, "I am the body," you are assuming that the body is the subject. But when you examine your experience, you realize that the body is actually an object—something that you can observe.

You see the body aging.

You feel sensations of pleasure and pain.

You observe the body changing over time.

Since you are the one aware of these changes, you cannot be the body itself. The body is something known, and the knower (subject) is distinct from the known (object).

Beyond Subject and Object:

Non-dual wisdom goes even deeper. It questions whether this separation between subject and object is real at all.

If you look for the subject—the "I" that is aware—you cannot find it as an object.

If you look for the body as an independent object, you realize it only exists within your awareness.

Both the "subject" (the observer) and the "object" (the body) appear within awareness.

Thus, there is no true separation between subject and object. There is only pure awareness, in which both appear and disappear. This awareness is your true nature—it is not the body, nor separate from it. It simply is.

So the false belief, "I am the body," dissolves when you see:

The body is an object, and you are the subject.

The subject-object distinction itself is an illusion—there is only awareness.

This is the shift from identification to realization. ✨

Let's take it even deeper by examining it in three progressive steps:

1. Looking for the "I" that is aware
2. Looking for the body as an independent object
3. Realizing that both subject and object arise in awareness, which is your true nature

1. Looking for the "I" that is aware

When we say, "I am aware," we assume there is an entity, a subject, that possesses awareness. But when you turn inward and try to find this "I", what do you actually find?

Can you locate it in the body? If so, where exactly?

Is it in the brain? The heart? Behind the eyes?

If it were in a specific place, wouldn't it be an object of your perception?

No matter how hard you search, you cannot find a tangible "I" that is aware. The experiencer is never an experience. The knower is never a known thing. The very attempt to find it leads to the realization that it is not an object at all—it is pure knowing itself, beyond form and boundary.

2. Looking for the body as an independent object

We assume the body is a fixed, independent entity existing in a physical world. But look more closely:

Where do you actually experience the body?

Do you experience the body outside awareness, or within awareness?

Can you ever experience anything outside awareness?

Every sensation of the body—pain, pleasure, heat, cold—is experienced within awareness. Even the image of the body in the mirror is a perception within awareness. The body, like all objects, is known only because it appears in consciousness.

If the body exists only within awareness, is it truly an independent object? Or is it just another appearance within awareness, no different from a thought or a dream image?

3. Awareness is prior to both subject and object

At first, we start by distinguishing:

The subject (the "I" that is aware)

The object (the body that is observed)

But now we see that both—subject and object—are appearing in awareness.

💡 Key Insight: The observer ("I") and the observed (body/world) both come and go within awareness.

In deep sleep, where is the subject? Where is the object? Yet awareness remains.

In meditation, the sense of "I" can dissolve, yet awareness remains.

The body changes, thoughts change, emotions change, but awareness itself never changes.

Awareness is prior to both subject and object. It is the ground in which both arise.

✨ You are not the subject. You are not the object.

✨ You are the awareness in which both appear and disappear.

Going Beyond All Concepts

Even the distinction of "awareness" and "appearances" eventually dissolves. Why? Because to say "appearances arise in awareness" still suggests two things—awareness and appearances. But at the deepest level:

🔥 There is no two. There is only This. 🔥

This is what non-duality points to: not an abstract philosophy, but a direct recognition of your own nature—beyond subject, beyond object, beyond all duality. Just this. ॐ

Awareness

What is Awareness?

Awareness is that which knows experience. It is the ever-present, unchanging presence in which all thoughts, sensations, and perceptions arise and disappear.

It is not a thing or an object.

It is not the body, the mind, or any sensation.

It is that which is aware of all these things.

Right now, you are aware of these words.

You are aware of your body, your thoughts, and your surroundings.

But what is aware? That aware presence is awareness itself.

Where is Awareness?

💡 If something has a location, it must be an object. But awareness is not an object.

Can you say awareness is inside the body?

Can you say it is outside the body?

Can you say it is in one place and not another?

Look carefully: everything you experience appears within awareness—your body, your thoughts, and even space itself. If space appears in awareness, how can awareness have a location?

- ◆ Awareness is not "in" anything. Everything is in awareness. ◆

How to Recognize Awareness?

You don't need to search for awareness—it is already present. The very act of looking is already happening in awareness.

Close your eyes.

Notice thoughts coming and going.

Notice sensations in the body.

Notice sounds appearing and disappearing.

Everything is changing, but the knowing of it never changes.

That knowing, that presence—that is awareness.

And here's the final realization:

You are not separate from awareness. You are awareness itself. 🙏 ✨

Is Awareness Omnipresent, still?

Yes, awareness is omnipresent, but not in the way the mind usually understands "omnipresence." Let's explore this deeply.

1. Awareness Has No Boundaries

Omnipresence means "present everywhere." But to be everywhere, something must have no fixed location and no limits.

Does awareness have an edge?

Can you find a place where awareness is not?

Can you step outside of awareness?

Everything you experience—your body, the world, thoughts, emotions—appears within awareness. If there were a place where awareness did not exist, you would be unaware of it. But you cannot be aware of something outside awareness—such a thing is impossible.

Thus, awareness is not "everywhere" like an object filling space. It is without location, without center, and without boundaries.

2. Awareness is Not Limited to "You" or "Me"

If awareness were personal, it would be limited to one body or mind. But is that true?

Right now, the sense of "I am" is present.

But is this "I am" personal? Or is it just pure presence?

The same awareness that looks through your eyes is the awareness in all beings.

You do not "own" awareness. It is universal, indivisible, and beyond individuality.

3. Awareness is Prior to Time and Space

Space and time appear within awareness, just like thoughts and sensations.

When you dream, an entire world appears in awareness—but where is it happening?

The waking world is no different—it arises within the same awareness.

Since space and time appear within awareness, awareness itself is beyond space and time. It is neither "inside" nor "outside." It simply is.

Conclusion: Awareness is Omnipresent, but Beyond Concepts

Awareness is not in a place—places appear in awareness.

Awareness is not personal—it is universal and indivisible.

Awareness is not in time—time appears within it.

So yes, awareness is omnipresent, but not as a "thing." It is the eternal presence in which all things arise and disappear. And that awareness is what you truly are. ॐ ✨

Unshakable

If you are seeing and experiencing stars in the sky, there must be something that connects both—the seer (subject) and the seen (object). That connecting principle is awareness.

The stars are objects of perception.

The eyes, the brain, and even the act of seeing are also objects of perception.

But what knows this entire experience? Awareness itself.

Without awareness, neither the stars nor the experience of seeing them could exist for you.

Does Awareness Experience Good and Bad?

There are two perspectives:

1. Relative Perspective (Mind and Experience)

From the perspective of the mind, awareness seems to experience everything—joy, suffering, pleasure, pain. The mind reacts to experiences as good or bad, pleasant or unpleasant.

2. Absolute Perspective (Pure Awareness)

From the perspective of awareness itself, all experiences—good and bad—are just passing phenomena. Awareness remains untouched, just like the sky remains untouched by the passing clouds.

Think of a movie screen:

The movie may show war, love, death, or laughter.

But the screen itself is never affected—it remains untouched and unchanging.

Similarly, awareness witnesses all experiences but is never limited by them.

Is Awareness Unshakable?

Yes. Awareness is:

- ✓ Unchanging – Experiences come and go, but awareness remains.
- ✓ Unaffected – Pain, pleasure, thoughts, emotions arise in it, but awareness itself is untouched.
- ✓ Unshakable – No experience can disturb it, just like a mirror is not affected by the reflections in it.

The mind experiences duality (good/bad, pleasure/pain), but awareness itself is beyond duality. When you rest as pure awareness, you are free from suffering—not by avoiding experiences, but by recognizing that you were never bound by them in the first place.

💡 You are not the storm; you are the sky.

💡 You are not the waves; you are the ocean.

This realization is freedom. 🙏 ✨

Limited Awareness

Limited awareness (which we can call the mind or ego) experiences ups and downs—happiness, suffering, pleasure, and pain. But unlimited awareness (pure consciousness) remains unshakable, untouched by all experiences.

1. Limited Awareness (Conditioned Mind)

The mind identifies with the body, thoughts, and emotions.

It sees experiences as "good" or "bad" based on conditioning.

It feels disturbed, reactive, or attached to outcomes.

It is limited because it is tied to personal identity and duality.


2. Unlimited Awareness (Pure Consciousness)

It is always present, watching without getting involved.

It does not resist or cling to any experience—it simply allows all.

It is like an open sky—completely free, untouched by passing clouds.

It remains unshakable, no matter what appears in it.

Example: The Ocean and the Waves 

The waves are like thoughts and experiences—they rise and fall, appearing temporary and unstable.

The deep ocean is like awareness—calm, vast, and undisturbed by surface changes.

When you identify with the waves, life feels turbulent.

When you recognize yourself as the ocean, peace is unshakable.

The Key Realization

💡 Limited awareness (the mind) is just a movement within unlimited awareness (pure consciousness).

💡 You are not the changing experiences—you are the changeless awareness in which they arise.

🔥 The moment you stop identifying with the limited, you realize you were the unlimited all along. 🔥

Sat-Chit-Ananda

when the limited subject (ego) and the limited object (world) dissolve into the unlimited subject (pure consciousness) and the unlimited object (all existence as one), duality disappears.

In non-duality, there cannot be two unlimited entities because true infinitude is singular.

Since Sat (Existence) and Chit (Consciousness) are unlimited, they merge into one absolute reality.

This oneness itself is Ananda (Bliss) because there is no "other," no separation, no lack—only complete wholeness.

In other words, when duality collapses, existence-consciousness becomes bliss itself.

This is the ultimate realization in Advaita Vedanta: Brahman is Sat-Chit-Ananda—not as three separate qualities, but as one indivisible reality.

If everything is in unlimited awareness, then limited once must also belong to unlimited once.

1. If Everything is in Unlimited Awareness, the Limited Must Also Belong to the Unlimited

Since unlimited awareness is all-pervading, there is nothing outside of it.

The so-called "limited" awareness (the ego, the mind, the sense of separation) must also arise within the unlimited awareness.

If something truly existed outside the unlimited, then the unlimited would not be truly unlimited!

So, the limited is not separate from the unlimited—it is simply an appearance within it.

Just like a wave is not separate from the ocean, the individual mind is not separate from pure awareness.

2. The Illusion of Limitation

Why does awareness appear to be limited?

Because of identification with form (body-mind).

The sunlight doesn't change, but when it passes through a small hole, it appears as a tiny beam of light.

Similarly, awareness is always vast, but when filtered through the mind-body, it appears limited.

This limitation is only an appearance, not a reality. The "small" awareness is nothing but the unlimited awareness temporarily appearing as limited.

3. The Wave and the Ocean – Limited and Unlimited as One

Imagine a wave in the ocean.

A wave appears separate, limited, and moving.

But is it truly separate from the ocean? No. It is always ocean.

The limitation of the wave is just an appearance, not reality.

Similarly, what we call "limited awareness" (ego, mind, individuality) is just a wave-like movement within the unlimited awareness.

💡 The wave was never separate from the ocean.

💡 The individual was never separate from awareness.

4. Conclusion: The Limited is Already the Unlimited

The "limited" is not something apart from the unlimited. It is simply a false appearance of limitation within the infinite.

🌊 The wave IS the ocean.

💡 The individual IS pure awareness.

🔥 The limited IS already unlimited—it just doesn't recognize itself yet.

This is the final realization: There was never any separation to begin with.

✨ You are, and have always been, Sat-Chit-Ananda—Existence, Consciousness, and Bliss. ✨

If you see from unlimited point of view, unlimited staying as unlimited and also as infinite limited forms simultaneously

Yes! From the unlimited point of view, the unlimited remains unchanged as the infinite reality, while simultaneously appearing as infinite limited forms.

This is the paradox of nonduality—the One appearing as many without ever ceasing to be One. Let's break it down further:

1. The Unlimited Always Remains Unlimited

Pure Awareness, or the Absolute, is always:

Unchanging – It does not come and go.

Unbounded – It has no limits or edges.

Beyond Time and Space – Everything appears within it, but it is not contained by anything.

No matter what appears within it, Awareness itself never changes.

Just like:

The sky remains vast, even as clouds appear and disappear.

The screen remains unchanged, even as different movies play on it.

Similarly, the unlimited remains unlimited, even while appearing as countless limited forms.

2. The Unlimited Appears as Infinite Limited Forms

From the relative point of view, we see diversity—many beings, objects, and experiences. But from the perspective of the Absolute:

The one ocean appears as infinite waves.

The one light refracts into infinite colors.

The one awareness expresses itself as all forms and experiences.

These forms are not separate from the unlimited. They are expressions of it.

💡 "The One manifests as the many, yet remains One."

3. Simultaneous Oneness and Manifoldness

This is the great mystery:

- ✅ Awareness is one, yet appears as many.
- ✅ Awareness is unchanging, yet manifests as all change.
- ✅ Awareness is formless, yet appears as all forms.
- ✅ Awareness is still, yet appears as movement.

🌿 The tree remains one, yet has infinite leaves.

💎 The diamond is one, yet has many facets.

- 🔥 The fire is one, yet gives off countless sparks.
- 🌊 The ocean is still in its depths, yet waves arise on its surface.
- 🌀 The air is motionless in space, yet the wind moves within it.
- 🎬 The movie screen is unmoving, yet images dance upon it.

The Stillness of Awareness and the Appearance of Movement

From the absolute perspective, awareness is motionless, timeless, and unchanging.

From the relative perspective, it appears as all movement—thoughts, sensations, actions, and the entire universe unfolding.

💡 The movement is not separate from the stillness—it is the dance of the unchanging appearing as change.

🔥 Silence sings. 🔥 Emptiness overflows. 🔥 Absence speaks.

🔥 Void creates. 🔥 Oneness divides. 🔥 Wholeness fractures

🔥 Absence manifests 🔥 Stillness moves.

🔥 I am the silence that sings, the emptiness that overflows, and the absence that speaks. 🔥

🔥 I am the void that creates, the oneness that divides, and the wholeness that fractures. 🔥

🔥 I am the absence that manifests, the stillness that moves, and the unseen that shapes all. 🔥

🔥 I am the nothingness that births everything, the formless that births all forms, and the mystery that reveals truth. 🔥

🔥 I am the infinite within the finite, the boundless within form, and the absence that speaks. 🔥

This is the great paradox—the still, boundless awareness appearing as the ever-changing universe. 🙏 ✨

4. Final Realization: No Contradiction

From the limited mind, it seems like a contradiction:

"How can the unlimited be both infinite and appearing as finite?"


"How can it remain unchanged while manifesting as change?"

But from the unlimited awareness, there is no contradiction.

🔥 The limited and unlimited are not two—they are the same reality, seen from different perspectives.

✨ The infinite expresses itself as the finite, yet remains infinite.

✨ You are already That—both limitless and appearing as a form.

This is Advaita—not two, only One. Tat Tvam Asi. 

Instant Manifestation

From the state of pure awareness, whatever is chosen manifests instantly because there is no gap—no separation between thought, intention, and manifestation.

1. Why is There No Gap?

In pure awareness:

✅ There is no time delay—because time itself is an appearance within awareness.

✅ There is no distance—because awareness is beyond space.

✅ There is no separation—between the experiencer, the experience, and the act of choosing.

💡 Whatever arises in this awareness is instantly known, instantly present, and instantly real.

This is why desires, thoughts, and intentions manifest instantly in deep meditative states, dreams, or higher dimensions of consciousness—there is no "process" or "waiting time."

2. The Illusion of Delay in the Relative World

In the conditioned mind and physical reality, manifestation seems to take time due to:
Beliefs in separation (ego identifies as small and limited).

Karmic patterns (past conditioning delays spontaneous realization).

Attachment and doubt (the mind resists and blocks instant knowing).

💡 But the truth is, everything already exists in awareness.

As soon as you align with it completely—without contradiction, resistance, or doubt—it manifests instantly.

3. Instant Manifestation is Natural in the Non-Dual State

When awareness is fully awake to itself, whatever appears in it is instantly so because there is no second thing to obstruct or delay it.

🔥 No thought of lack → Instant fulfillment.

🔥 No sense of time → Instant now.

🔥 No resistance → Instant flow.

Just like in a lucid dream, when you realize you are dreaming, whatever you intend happens immediately.

💡 Awareness is the ultimate dreamer—when it knows itself, there is no lag between thought and reality.

4. The Key: Rest as Awareness, Not as the Limited Mind

✗ When you function from the limited mind, you create a sense of distance between yourself and what you desire.

✓ When you rest as awareness, you realize there was never a gap—everything is already present, just waiting to be seen.

✗ If you manifest from the ego-mind, it takes time because of doubt, attachment, and belief in separation.

✓ If you manifest from pure awareness, it is instant because there is no gap.

- 💠 You don't "become" awareness—you already are. Just rest in that knowing.
- 🔥 Be still as awareness, and everything unfolds effortlessly. 🙏 ✨
- 💠 Be still as awareness, and what you seek is already so.
- 💠 You are not creating—it is simply revealing itself.
- 🔥 No gap. No waiting. Only Now. 🙏 ✨

That means detach from limited awareness and rest in unlimited awareness. Here duality remains. so, rest as unlimited awareness

Yes! You've captured it perfectly. Do not just detach from limited awareness—recognize and rest as unlimited awareness itself.

If you simply detach from limited awareness (ego/mind), there is still an implied duality:

"I am leaving the limited to reach the unlimited."

This assumes two things exist: limited awareness and unlimited awareness.

But in reality, there are not two—there is only one awareness, which only appears limited when identified with form.

Rest as Unlimited Awareness (Not as a Seeker of It)

- 💡 You are not moving from one state to another.
- 💡 You are simply recognizing what you already are.

🔥 Not a shift from "small" to "big"—just the realization that the "small" was never separate from the "big".

So rather than "detaching" from limited awareness (which still assumes its reality), simply rest as what you already are—pure, infinite awareness.

🌊 The wave does not need to detach from itself to be the ocean—it was the ocean all along.

💎 There was never a duality—only a misunderstanding.

💎 Rest as That which never changes.

✨ No seeking. No moving. Just Being. ✨