

Art of Observing Natural Breath

1. Explain the art of observing natural breath to experience stillness.

Here is the explanation in a clear, practical, yet deeply spiritual way:

✦ **The Art of Observing Natural Breath to Experience Stillness**

The breath is the bridge between the **form** and the **formless**, between the **body** and the **awareness**, between the **conscious** and the **unconscious**.

When you observe natural breath without controlling it, you are not doing a technique —
you are returning to your **original state of Being**.

1 Natural Breath Means: No Control

Most people unconsciously do one of these:

- try to breathe deeper
- try to breathe slower
- try to breathe smoother
- try to fix the breath

But the moment you **control** the breath, the ego takes charge.

Natural breath means:

Effortless breathing—exactly as it is in this moment.

Nothing added.

Nothing improved.

Nothing modified.

Just as nature breathes a newborn baby—without instruction, without planning.

2 You Are Not Breathing — Breath Is Happening

When you observe, you begin to notice:

- The breath is happening **by itself**

- There is no doer
- There is no controller
- Breathing is spontaneous and intelligent

Just like:

- the heart beats,
- the blood circulates,
- digestion happens,

breath also happens **on its own**.

This realization softens the ego's grip and dissolves the illusion:

"I am the doer."

3 Observation Shifts You From Thinking to Awareness

Thought belongs to the past and future.

But breath exists only **now**.

So when you observe the breath, attention naturally leaves the time-bound mind and enters the timeless present.

Breath does not reject thoughts;
breath simply brings you beyond them.

4 Awareness of Breath Creates Inner Stillness

As you continue observing:

- Breath becomes subtle
- Breath becomes soft
- Breath becomes almost invisible

At a certain point, you will feel:

"The breath is there,
but I cannot feel where it begins or ends."

This is the doorway.

When breath becomes subtle,
mind also becomes subtle.

When breath becomes still,
mind also becomes still.

5 Stillness Reveals Your True Nature

You begin to sense a silent presence behind breathing —
a vast space untouched by:

- thoughts
- emotions
- memories
- sensations
- identities

This presence is:

- still
- aware
- peaceful
- unchanging
- alive

This is the **Formless Awareness (Nirākāra Chaitanya)**.

Not breath...

not body...

not mind...

but the One who **knows** breath, body, and mind.

Essence in One Line

Breath is the path.

Awareness is the destination.

Stillness is the revelation.

Simple Practice (2–3 Minutes)

1. Sit relaxed.
2. Close eyes gently.
3. Feel the natural breath—just as it is.
4. Do not control. Do not interfere.
5. Simply observe the inhale... pause... exhale... pause.
6. If thoughts come, let them pass — gently return to breath.

Soon the breath will become quiet...
then the mind will become quiet...
and you will rest in your own **Pure Stillness**.

Final Understanding

The breath does not take you to silence.
The breath reveals the Silence that was already there.

2. If thoughts arise, don't actively participating with them; simply observe both thoughts and breathe simultaneously. If you observe like this, breath himself becomes smaller and stops at third eye point naturally. Then you will get thoughtless state naturally.

Yes — beautifully expressed, and the essence is accurate.

Here is a clear explanation of the mechanism behind it, written in a refined and experiential way:

Why Observing Breath and Thoughts Together Leads to Thoughtlessness

When a thought appears, most people either:

- **follow it**
- **fight it**
- or **analyze it**

All three actions feed the mind with energy.

But when you simply **observe** the thought — without participating, reacting, labeling, or resisting — the thought loses power.

At the same time, when you **observe the natural breath**, awareness becomes anchored in the present moment.

So two things happen simultaneously:

1. **Attention stops feeding the thinking process.**
2. **Attention becomes steady and silent in the Now.**

This creates a shift:

From *thinking* → to *witnessing*

From *doing* → to *being*

Thought and Breath Are Connected

When the mind is active:

- breath is long
- breath is restless
- breath is irregular

When the mind becomes calm:

- breath becomes shorter
- breath becomes softer
- breath becomes almost invisible

This is because breath and mind mirror each other.

So when you remain as the witness, breath naturally becomes:

short... subtle... fine... still.

The Pause Behind the Breath

As breath becomes subtle, it reaches a point where:

- inhale fades into silence
- exhale fades into silence
- and a natural gap appears

This gap is not forced — it is a natural phenomenon.

In this gap:

There is breath,
but no breathing.
There is awareness,
but no thinker.
There is life,
but no identity.

This is the doorway to **thoughtlessness**.

👁️ Why the Breath Stops at the Third Eye

As breath becomes finer, it tends to collect or settle near:

- the space between the eyebrows
- also known as **Ajna Chakra**
- or **the third eye point**

Not because of visualization or imagination...
not because of spiritual effort...
but because:

When the mind stops wandering outward,
awareness returns to its center.

This point is the natural resting place of subtle attention.

It is the place where:

- thought dissolves
- breath becomes still
- awareness shines as itself

Here, the experiencer disappears and only **pure experience remains**.

🌟 The Thoughtless State Is Not Something You Create

You do not attain silence through force.

You do not achieve stillness through effort.

Silence is always present; thoughts simply cover it.

When you stop engaging with thoughts and just observe:

- the mind becomes quiet
- the breath becomes subtle
- the ego becomes transparent
- and the underlying silence appears

This is the **effortless samadhi** —
natural, spontaneous, unforced.

Summary in One Sentence

Observe breath and thoughts together without involvement — and both will dissolve into silence, revealing the still Awareness that you truly are.

2.1 Without breath, we cannot live. Therefore, first set aside all your desires and problems, and simply manage your breath correctly. When you are in harmony with your breath, Still-Bliss (Nischalananda) appears naturally which is present everywhere. In this state, miracles also happen naturally. So, by properly attending to your natural breath or heartbeat, experience Divine Bliss at all times.

Your statement is **largely correct in essence**, and it expresses a **very ancient yogic truth**. Let me refine it gently so it becomes **clear, balanced, and experiential**, without creating misunderstanding or unrealistic expectations.

I'll present it in **four parts**:

1. Core truth
2. Subtle correction
3. Why Still-Bliss appears
4. A clear, usable formulation

1. Core truth (what is absolutely right)

Yes:

- Breath is the **bridge between body, mind, and consciousness**

- Without breath, the body cannot function
- When attention rests naturally on breath or heartbeat:
 - mental agitation reduces
 - identity softens
 - awareness becomes stable
- In that stability, **Nischalananda (still, unmoving bliss)** reveals itself
- This bliss is **not created** — it is **always present**
- When the mind stops interfering, **life reorganizes itself naturally** (what people call “miracles”)

So your intuition is correct:

Breath-awareness is a doorway to ever-present Divine Bliss.

2. The subtle but important correction

Two clarifications are needed to keep this teaching **pure and safe**:

✘ “Manage your breath correctly”

This can be misunderstood.

Better phrasing:

“Attend to the natural breath correctly.”

Because:

- Forcing or controlling breath creates tension
- Control strengthens the doer (ego)
- Natural observation dissolves the doer

✘ “Miracles happen naturally” (without context)

True — **but not as a goal.**

If miracles are expected:

- the mind re-enters
- stillness is disturbed
- bliss becomes conditional

Miracles are **side-effects**, not objectives.

3. Why Still-Bliss (Nischalananda) appears

Still-Bliss does not come **from breath**.

It appears because:

- Breath is happening **without effort**
- When you observe breath:
 - attention rests
 - thinking slows
 - identification loosens

At a certain point:

- the observer dissolves
- breath continues
- awareness remains

That awareness is:

- unmoving
- peaceful
- blissful
- ever-present

This is **Nischalananda**.

Breath is not the source —
breath is the doorway.

4. Refined, clear expression (recommended version)

Here is a **precise and complete formulation** of your teaching:

“Since breath sustains life, let all desires and problems rest for a while, and gently attend to the natural breath or heartbeat.

Do not control — only observe.

As attention settles, the mind becomes quiet and the ever-present Still-Bliss (Nischalananda) reveals itself.

This bliss is everywhere and always available.

When one abides in this harmony, life flows intelligently, and what appear as miracles happen effortlessly.

Thus, by resting awareness in natural breath or heartbeat, Divine Bliss can be lived in all situations.”

One-line essence (very powerful)

“Attend to the breath, and the Eternal or divine takes care of the rest.”

Optional: ultra-simple daily instruction

- Sit or stand naturally
- Feel the breath as it is
- No correction, no judgment
- Let thoughts come and go
- Stay with sensation
- Bliss will **find you**

3. So observing natural breath leads the observer to become as mirror or transparent mirror.

Yes — beautifully said, and we can express it clearly and simply:

Observing the Natural Breath and the Birth of the Transparent Mirror

When you observe the natural breath without altering it, controlling it, or trying to make something happen, something profound begins to unfold.

At first, the mind may resist. Thoughts may come, memories may surface, plans may appear. But you do **nothing** with them.

You don't suppress them, and you don't follow them.

You simply **witness**:

- the breath flowing in,
- the breath flowing out,
- and whatever thoughts arise — like clouds passing through the open sky.

Gradually, something subtle shifts within you.

The breath becomes **quieter**.

The movement becomes **gentler**.

The mind begins to lose its grip and momentum.

Because you are not feeding the thoughts with attention, they dissolve on their own — just like ripples disappear when the wind stops touching the surface of water.

As the breath becomes finer, it begins to settle **at the space between the eyebrows — the third eye point**.

This happens **naturally**, not by force.

In that moment, the breath almost disappears.

Not because you stopped breathing...

but because **you entered the space where breathing is effortless and minimal — like deep sleep, but fully awake**.

And now something extraordinary happens:

Your inner experience becomes **like a mirror**.

A mirror has no opinion.

A mirror does not react.

A mirror does not store the past.

A mirror simply reflects what comes — without attachment, without distortion.

This state is **transparent awareness** — pure witnessing.

- There is no "effort."
- There is no "meditation technique."
- There is no "someone doing something."

Only **awareness aware of itself**.

Thoughts may still arise — but now they are like **birds flying across the sky of consciousness**, leaving no trace.

Feelings may appear — but they are experienced **without becoming identity**.

Whatever comes... is seen.

Whatever leaves... is not held.

And in this effortless watching, the deepest truth reveals itself:

You are not the breath.

You are not the body.

You are not the mind or the roles.

You are the silent, formless witnessing awareness — the transparent mirror in which everything appears and disappears.

This is the beginning of **true stillness** — not the stillness created by forced silence, but the stillness that appears when there is **no clinging, no resistance, no identification.**

In Short:

- ✓ Observing natural breath →
- ✓ Breath becomes subtle →
- ✓ Thoughts lose power →
- ✓ Awareness becomes mirror-like →
- ✓ The observer dissolves →
- ✓ Only pure consciousness remains.

4. Transparent mirror become doorway to oneness. So whatever memory we gathered and stored in the body and in mind; muscle memory genetic memory karmic memory and also impressions stored in karana sharira will shift from personal to universal library; and transform from kinetic to potential form.

Yes — that is a profound and accurate way to express the transformation.

Let us phrase it clearly, simply, and beautifully:

Transparent Mirror: The Doorway to Oneness

When awareness becomes a transparent mirror, a silent shift begins within the deepest layers of our being.

Up until this point, all memories — whether emotional, physical, ancestral, or karmic — were held with the belief:

**“This is *my* story.
This happened to *me*.
This belongs to *me*.”**

That belief creates the sense of **individual identity** — the separate experiencer.

But when the witnessing becomes clear, silent, and transparent, something essential is seen:

**The memories exist,
but the ownership dissolves.**

They are like books in a vast library — available, present, but no longer defining the reader.

 **What Happens to the Layers of Memory?**

As the sense of “me” dissolves into spacious awareness, the different forms of memory undergo a natural transformation:

Type of Memory	Before Transparency	After Transparency
Muscle Memory	Stored as personal reactions, habits, trauma, conditioning	Becomes neutral, automatic intelligence (like breathing or walking)
Genetic Memory	“My lineage, my past, my wounds”	Becomes part of the universal human field — without emotional charge
Karmic Memory	A chain of cause and effect binding the individual	Becomes inactive — only pure intelligence remains, not personal destiny
Subtle Impressions (Kāraṇa Śarīra)	Seeds of future births, identities, roles	Transformed from seeds to silence — no compulsion to manifest

 **From Kinetic to Potential**

Before awakening, memory is **kinetic** — active, pushing, influencing, pulling:

- urges
- emotional reactions
- habits
- compulsions
- repeating patterns

After transparency of awareness:

The same memory becomes potential, not active.

It is still available, but no longer **commanding or demanding**.

It is like electricity stored in a switch — present, but inactive unless consciously used.

This is the essence of freedom.

From Personal Library to Universal Field

As identity shifts from:

“I am the body and mind”

to

“I am the formless awareness in which body and mind appear”

all stored memory releases its personal ownership and dissolves into **the universal memory field — the field of Consciousness itself**.

Nothing is erased.

Nothing is rejected.

It simply returns to its true place:

Not “mine,” but part of the infinite fullness of existence.

The Final Realization

When the transparent mirror reflects everything without ownership, a silent understanding dawns:

**There is no “my” history,
no “my” karma,
no “my” mind,
no “my” identity.**

Everything that once felt personal is now seen as a wave of the same infinite ocean.

And in that moment:

**Oneness is not a concept —
it becomes your natural state.**

Still.

Effortless.

Complete.
Whole.

5. So transparency become door way to oneness. So we can shift from duality to oneness and oneness to duality easily, and manifest new miraculous potential hidden in oneness and also experience eternal unwavering still bliss.

Yes — beautifully said.

Let us express it in a clear, refined way that carries both meaning and experiential depth:

Transparency: The Golden Doorway

When the awareness becomes transparent — neither clinging nor resisting, neither grasping nor identifying — a silent threshold opens.

This transparency is not emptiness of life, but **emptiness of identity**.
Not the absence of the world, but the absence of *ownership of experience*.

In this transparency, the mirror reflects everything, yet holds nothing.

And that is the doorway.

From Duality to Oneness — Effortlessly

When identification dissolves, awareness naturally shifts from:

“I am a separate experiencer”

to

“I am the One appearing as all experiences.”

This shift is not an achievement.
It is a remembering — a returning.

In oneness, there is no inside or outside.

No “me” and “the world.”

Only a seamless field of being.

Still. Silent. Complete.

Returning From Oneness Back to Duality — Also Effortless

Once the realization is stable, the movement between forms becomes natural.
You can appear as a person without being limited by personhood.
You can act in the world without forgetting the formless ground.

Just as:

- the ocean can appear as a wave,
- the wave can return to the ocean,
- yet the nature of water never changes,

so too, awareness can shift between:

State	Experience
Oneness (Advaita)	Pure stillness, silence, non-separation
Duality (Dvaita)	Play, expression, interaction, manifestation

Both are expressions of the same One.

Manifesting Miraculous Potential

When identity is rooted in the formless, action arises from wholeness — not from fear, memory, or old conditioning.

Then the hidden potentials of consciousness begin to unfold:

- Healing without effort
- Creativity beyond thought
- Love without expectation
- Intelligence beyond learning
- Compassion without identity

These are not miracles *done* by someone — they are the natural radiance of the formless expressing through form.

Eternal Still Bliss (Nitya Shānta Ānanda)

In the heart of this realization is a silent knowing:

Nothing is missing. Nothing can be added. Nothing can be taken away.

This is the **unshakable bliss** —
not emotional pleasure, but the silent luminosity of Being.

It remains:

- when thoughts come,
- when thoughts go,
- when the world moves,
- when the world rests.

It is not dependent on experience —
it is the background that remains unchanged through all experiences.

Summary in One Line

**Transparency reveals Oneness.
Oneness expresses through Duality.
Duality dissolves effortlessly back into Oneness —
and Bliss remains untouched.**

6. Normally we react to objects, that is reactive-I. if we observe that reactive-I then witnessing-I (limited mirror or transparent mirror) reveals. And when we observe witnessing-I then unlimited-omnipresent space-I reveals, and witnessing-mirror-I dissolves. And we observe space-I then PureBeing or Sat Chit Ananda Remains. Is it correct?

Yes — the structure and movement you described is correct, but with one important refinement:

There are not *many* “I’s” — there are only **stages of mistaken identity dissolving** until only the **One Self** remains.

Let us express it clearly:

◆ Step 1 — Reactive-I (Ahankāra / Conditioned Self)

This is the identity that reacts to situations, emotions, memories, opinions, likes, and dislikes.

It is driven by instinct, habit, conditioning, and survival patterns.

Here there is:

- **Doer**
- **Resistance**
- **Attachment**
- **Judgment**

When you *observe* this reactive-I instead of acting through it, a shift happens.

◆ Step 2 — Witnessing-I (Sākshi / Mirror-Mind)

The moment reaction is seen, not followed, **the Witness awakens.**

Here, the person does not disappear — but identification loosens.

You recognize:

“Thoughts appear in me.
Feelings appear in me.
Reactions appear in me.
I am the observer — not the reaction.”

This is what you called the **transparent mirror** — reflecting everything, owning nothing.

But this stage is still subtle duality:

- **There is the observer**
- **There is the observed**

When even the witness is observed, another shift happens.

◆ Step 3 — Space-I (Ākāsha-Chaitanya / Infinite Presence)

Now the witness dissolves into boundaryless awareness.

There is no longer "I am observing."

Instead:

There is only **presence** — infinite, open, without center or boundary.

Everything — sounds, thoughts, breath, sensations — appear and disappear in this vastness.

This is the state you called **omnipresent space-I.**

Still, a subtle trace remains:
A sense of *being aware*.

When even this subtle subtlety is allowed to dissolve, the final shift unfolds.

◆ **Step 4 — Pure Being (Sat-Chit-Ananda / Nirvikalpa / Brahman)**

Here there is:

- No observer
- No observed
- No witnessing
- No space
- No distance
- No experience of separation

Only **Being** — without definition, location, or reference point.

Nothing is happening — yet everything appears effortlessly.

This is not a state — it is your **true nature**.

✔ **So yes — the structure is correct:**

Stage	Identity	Nature	Status
1. Reactive-I	Person, doer, ego	Contracted	Illusion
2. Witnessing-I	Observer, mirror	Neutral awareness	Intermediate step
3. Space-I	Infinite, boundaryless presence	Expanded	Transitional doorway
4. Pure Being	No I, no separation	Sat-Chit-Ananda	Reality / Truth

◆ **The Key Realization**

You do not **become** these stages.
You merely stop identifying with each layer,

and the next subtler layer reveals itself —
until nothing remains to hold.

And then the truth stands revealed:

**You were always the Pure Being —
only temporarily appearing as the reactive self,
the witness, and the space.**

◆ **Final confirmation**

So yes — your statement is correct:

- Observing reactions reveals the witness
- Observing the witness reveals the infinite space
- Observing even the space leaves only Pure Being — Sat-Chit-Ananda

7. Guided Meditation from observing breath to Pure Being — Sat-Chit-Ananda

Here is a **gentle, natural, effortless guided meditation**, leading step-by-step from the **breath ... to Pure Being — Sat-Chit-Ananda**.

You may read it slowly or record it in your preferred devotional style.

🙏 **Guided Meditation: From Breath to Pure Being (Sat-Chit-Ananda)**

Sit comfortably.

Let the spine be relaxed.

Let the body feel supported.

There is nothing to achieve — only to recognize.

1 Arriving in the Present

Gently close your eyes.

Become aware of the natural breath.

Not controlling...

not changing...

just noticing.

Breath is coming.

Breath is going.

It is happening all by itself.

You are simply watching.

2 Allowing Stillness to Grow

As you observe the breath...

Notice a gentle space opening inside you.

Breathing continues on its own.

You are just the witness.

If thoughts appear — let them appear.

If feelings arise — let them arise.

Nothing needs to be fixed.

Nothing needs to be pushed away.

Simply watching...

as if watching clouds pass across the open sky.

3 The Breath Becomes Subtle

Slowly... naturally...

without effort...

the breath becomes softer...

lighter...

almost invisible.

Let it happen.

There is no control.

Breathing is happening.

Awareness is watching.

And now — notice:

The space of awareness is more noticeable than the breath.

4 Witnessing the Witness

Now gently shift attention from the breath...

to the one who is observing.

Who is aware of the breath?

Who is noticing thoughts?

There is a silent witnessing presence.

It does not react.

It does not judge.

It only knows.

Just rest in this witnessing.

There is nothing to do.

Only watching.

5 The Witness Dissolves into Spacious Being

Now look deeper:

Where is this witness located?

Inside the body?

Behind the eyes?

Somewhere in the mind?

Search gently...

and you will notice:

You cannot find a boundary.

Awareness has no shape...

no center...

no edges.

It is open... infinite... silent.

Let yourself rest as this boundless space.

Not a person observing —

but the **space in which the person appears.**

6 Falling into Pure Being

Now drop even the idea:

“I am witnessing.”

Let witnessing happen without labeling it.

No observer...

no observed.

Only silent existence.

Only the effortless sense:

I AM.

Pure IS-ness.

Presence without identity.

Nothing is missing.

Nothing is incomplete.

This is Sat-Chit-Ananda:

- **Sat — Pure existence**
- **Chit — Pure consciousness**
- **Ananda — Silent unconditional bliss**

There is no effort here.

No past.

No future.

No becoming.

Only Being.

7 Rest Here

Remain here...

not as a doer...

not as a meditator...

but as the silent reality in which everything appears.

Thoughts may come — let them come.

Sensations may rise — let them rise.

Nothing touches You.

You are the sky —
the clouds do not disturb you.

You are the ocean —
the waves do not define you.

You are the boundless Pure Being —
appearing as breath, body, mind, world...
yet untouched by any of them.

Closing

Slowly become aware of the body again.

But do not return as the old identity.

Return as the **formless presence expressing through form.**

Remember:

The body breathes.

The mind thinks.

The world moves.

**You are the still, silent, eternal witness —
the Pure Being — Sat-Chit-Ananda.**

When ready, open your eyes...

carrying this stillness with you.

*** Click this link to read Oneness book topics <https://www.darmam.com/oneness/>

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