

Getting IT, Completely

By A. Ramana

Start Here... Stay Here. This Very Presence *is* IT.

There's nothing to reach... nothing to add... nothing to get... and no one to get it.

There is just THIS... One Pure Beingness appearing as everything... and as you...

IT is You... You are IT... and IT is IT.

– Above and some of the below is quoted (paraphrased) “From SELF to SELF” by Leo Hartong

AHAM's Teaching does not point to “your” awareness, but to the One Awareness Itself in which the idea of “you” and everything else appears... it is not to “your” beingness, but to That One True Beingness which appears *as* you... and as everything else.

There is only the One Awareness *appearing as everything*... only Oneness appearing as diversity. All apparent phenomena – regardless of their type, kind, or nature – are all appearances with no independent existence on their own. They are in fact nothing but temporal patterns in the continual, apparent flow of life. It is apparent only, for it appears only in the mind, only in the waking and dream states, and not in dreamless sleep, says Bhagavan Sri Ramana Maharshi.

Don't get caught up in the phenomena, the flickering patterns appearing on the single screen of Awareness. Keep your attention on the screen, rather than the ever-changing images that are only appearances on it. What is being pointed to here is the mirror of infinite Awareness, rather than the multiple reflections ever-appearing in it; they come and go, but not this One Awareness.

Of course, you cannot get rid of the mirror's images, nor can they be grasped or held on to. They are both present and not present – at the same time; furthermore, their presence or absence does not in any way affect the mirror's surface; that is, they are not permanently etched on it. Any and all memory of apparent events and experiences is the function of the mind.

All phenomena, appearing in time and space, are as real or unreal as any other appearance. Just “get it,” that it is ALL ONLY APPEARANCES in the One Awareness, including the seeming individual “person” (your believed “self”) that's caught-up, enthralled, or fascinated by it all.

Body-mind identification is the real and common problem, though not usually seen due to the collective and long held habit of taking it – and living in time and space – to be Real, or the Self.

Seeing and making the distinction between the self-image (the ego and body-mind), and this One pure Awareness – as the truth and basis of Being – is the direct way of Liberation, and the end of all suffering.

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