

Awakening to Stillness

By A. Ramana

Once an initial spiritual awakening occurs for you, the next phase is simply moving into the state of quietude, which is just a matter of deepening your awakening to a deeper level of stillness. This requires you to “do” nothing more. There is no intentional action needed on your part, because this occurs naturally when one is truly or genuinely awake. The key point here is, being *truly awake*, since many who think or believe themselves to be awake are actually mistaken in this regard. The real experience of true Spiritual Awakening is when any and all identification with the body-mind, and with one’s personal history, and its story, are finally ended.

Being Spiritually Awake, means:

There is no more need or desire for additional spiritual knowledge, information, or experiences.

The body/mind is ever at peace, no matter what the circumstances.

The mind is fully alert, with no cares or concerns about past or future.

Thoughts may “come and go,” just as during meditation, but there is no identification with any of these.

There is full awareness of “what is,” without any judgment.

There is natural acceptance of all and everything just as it now is.

There is no desire that anything be different than it presently is.

There is true compassion for where others appear to be in consciousness, while maintaining simple detachment and/or non-identification with their current state, knowing that it will eventually change, and that all is perfect as it presently is.

It means:

Holding for others the knowledge that the highest good is now and always occurring for them, and seeing their life and affairs coming into perfect order and alignment, without trying to “fix” them or their condition.

Happiness is constant, or consistent, even in the most difficult circumstances and experiences.

You are ever free, at peace, and contented, regardless of circumstances or events.

Being Spiritually Awake in itself, does NOT mean the following: (although in some rare cases these could happen):

Having special “spiritual” experiences.

Abiding in a state of constant bliss, whatever that is supposed to mean.

Having special powers (called “*siddhis*”), or unique gifts, *i.e.*, mental telepathy; clairvoyance (seeing events at a distance); clairaudience (hearing events at a distance); levitation (ability to rise or float in the air); miraculous healing abilities; stopping your breathing; stopping your heart-beat; perfect eyesight without spectacles; ability to manifest objects; etc.).

Being omniscient or especially knowledgeable about all things.

Having *kundalini* (primordial cosmic energy) experiences.

Being considered as extra-special by everyone.

Having perfect health.

One or more of the above “gifts” could be demonstrated by one who *is* spiritually awake. However, there could also be someone with these abilities that is not fully awake, spiritually. Therefore, these experiences are not in themselves relevant to being spiritually awake. Neither is being spiritually awake in any way dependent on what is perceived by the five senses, or to anything the ego or body/mind holds to be true.

When there is *true* awakening, there is the absolute realization or certainty that “who or what you are” is Pure Awareness; that *everything* is consciousness, and that everyone and everything perceived by the physical senses *is this same One Consciousness*, and the only Reality. You “know,” without a doubt, that your mind with all its patterned or random thoughts, and the entire thinking process, with all your body-mind history and

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memories, *are in fact entirely meaningless*; because they are simply part of an imaginary story that only exists in or for the ego, or body-mind. Moreover, you are no longer interested in this story, which has kept you in an illusionary mind-world-trance for countless lifetimes, it being identification with time and space.

Enlightenment is a *total* disconnect from “my” personal story. Initially, there is simple, spiritual awakening – i.e., the realization that you are *not* the “person” or “entity” you have all along “thought” yourself to be. This means, *the “self” you THINK you are, is NOT the Self you REALLY are*. And then, once this awakening occurs, the body must finally and absolutely be released from all the identification and reactivity one has been holding that is connected to one’s “personal life story” (including all “past and inter-dimensional” lives).

As your full awakening process proceeds, the ego or body-mind will certainly continue attempts to seduce you back into the dream of time and space. Moreover, it will continue its attempt to remain in control until it is finally convinced otherwise by your steadfast practice of Self-Inquiry. *It must be convinced that you are no longer interested in its continued attempts at control*. Make no mistake about it; it is a fierce “battle of Armageddon” the mind wages as it fights to maintain control, using daily life experiences to trigger off old patterns of emotional reactivity. As these occur, they can be released by Inquiry, and by simply “seeing through” the ever arising emotions without further thinking about the story (or stories) that give them birth.

BE AWARE: any spiritual experience that *could* be a *permanent awakening* will remain just another experience “that happened” to you as a “person,” if the deepening process becomes shut down by again re-identifying with the mind. Re-identification with the mind’s chatter cancels any initial awakening, because *we cannot live in two realities at the same time*. Either we are *fully* awake with no further identification as a “person” with a personal story, or we continue believing the dream of time and space that is still playing itself out in the mind. A dream seems very real to those who are still asleep. For those who are “truly awake,” a dream is clearly just a dream with *no one concerned* about how the dream will play out. In True Awakening, all identification as a “person” or “entity” (the ego) is dissolved, never to interfere with pure “presence” again.

So if you have had an awakening experience that has revealed what awakened awareness is, why would you need to be reading spiritual books, attending more spiritual workshops, or looking for more spiritual experiences? It can only be because you are not yet fully or truly awake, because you have re-identified yourself as “a person seeking enlightenment” instead of remaining “clear or empty” so final enlightenment can occur in a natural, ongoing process that takes care of itself.

Sri Bhagavan Ramana has said, “Your head is already in the tigers mouth,” which means, now that you have been introduced to AHAM and its Pure Teaching, you have obviously already received the inner calling to awaken; and, it can occur at any time by staying with the teaching. Your mind does not determine when – your True Self awakens itself when the time is right. AHAM’s Pure Teaching and its Sponsorship Program is the closest thing to being a real certainty of success in this lifetime.

Simply know this: that once you are fully awake, whatever happens to the body-mind is OK because there is, in truth, no “person” or “entity” that wants things to be different. “Feeling good or not good” are equally acceptable. Emotions will come and go; thoughts will come and go; circumstances will come and go, and even illness can come and go. However... come what may... You (the One Self) are ever-present, fully Awake and Aware as these things happen, without giving them more than a passing thought.

Stillness of mind and heart is now and forever your present State of pure Presence, your Unconditioned Condition. *This is in fact the State of Pure Awakened Awareness!*

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