

There is Neither 'I', Nor 'Other Than I', There Is Only ... by A. Ramana

"Finding happiness and being happy is not seeking happiness. A happy person need not, nor does not seek happiness. He is already happy, or is in happiness. So, what or where is the need or motivation to seek? When you seek pleasure (or experiences you believe will bring you pleasure, or avoid or cushion pain) then obviously you are coming from a present basis of suffering - discomfort, upset, unpleasantness or threat to your well-being. You are not happy, but rather you are seeking happiness. On realizing the true Self-nature, which always, already is happiness, you end your search for happiness."

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"To know anything, without knowing the knowing Self, is to know nothing.

"Non-Self' knowledge does not exist, for there is no true knowledge in the non-Self. The mind does not know; it is

only recorded memory data of the past, used as a pretension that this data is real Knowledge. Nor does the ego know. It calls up the mind's memory data of the past and presents it to the self as being real knowledge. In the manner of a computer, the ego and mind's data are merely records, not true knowledge, only the relationship of current events to old records or other data of the past.

"The mind is a marvelous mechanism of memory data, being a total record of the past, the sensory thought patterns stored in the cells of the brain. But, a record of thought patterns does not know. The concept filled mind can only produce its system of beliefs, its recorded data to represent knowledge. And, not only is the representation not true knowledge, it veils and conceals the Truth. It is only information without self-conscious intelligence.

"Only Self-consciousness or the intelligence of Self-existence can know. Therefore, only the Self knows; not books, the ego, the mind and its recorded data, or anything 'other.' Only consciousness knows, and Consciousness is the Self. Only the Self knows.

"Truth comes out of nothing (no-thing-ness), or pure Being.. This no-thing-ness is not a 'void' but is the pure light and energy of Intelligence itself, Consciousness itself, which is unchanging, eternal, infinite and total Existence. This pure Consciousness-Existence is the fullness of Pure Being (the Self) and is Pure Knowing.

"Truth is Pure Knowing, and this Pure Knowing (like is said above) comes out of the clear space of nothing. To further explain, the dictionary defines 'nothing' as 'not a thing,' meaning a 'thing' that is not any thing as we are accustomed to things or would define as a thing. This 'no thing' exists nowhere. The dictionary defines 'nowhere' as 'not any place,' meaning a 'place' that is not any place as we are accustomed to places, or would define as a 'place,' and thus is everywhere. So, Pure Knowing comes out of nothing, which is nowhere, and which means that everything known comes out of no thing. Being nowhere, it is thus everywhere, meaning Pure Knowing is inclusive of everything.

"That which is everything and everywhere is the Source. Source is God, it is Self. Since I am the source of everything in my life, I must be God, the Self. And, since I am the Self and the Self is God. This means my own I AM is God. So, God abides in me, as Me, the Self. This is like the wave is the ocean and the ocean is the wave. The radical Realization and Understanding of this is the Highest Truth. It was Jesus who said, 'You will know the Truth, and the Truth will make you free.' This conscious understanding frees me from the conflict and confusion of ordinary daily life, and in this understanding or Pure Knowing, I awaken to the eternal Reality, the Truth, my very Self-existence, which is present happiness and joy."

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"Truth can be realized only subjectively. It cannot be known in any objective sense. Yet, actually, Truth is prior to both objectivity and subjectivity. Truth is what is left when all objectivity and subjectivity, all non-Truth, is removed. Concepts, beliefs, definitions and opinions are all non-Truth. They are the past. Truth is now.

"Truth abides in and as eternity. All descriptions, beliefs and definitions are in the dimension of time. Truth is prior to time, prior to mind or thought. Descriptions, beliefs and definitions are all thoughts or concepts in the mind, which is in time. Therefore, what I believe, or know about, is not the Truth.

"Truth is one; descriptions, beliefs and definitions are many. Truth is Source. Out of Source (Truth) all seeming truth arises, moves and returns; but Truth is not affected. Truth can neither be added to nor subtracted from. That which can be added to or subtracted from is not Truth, for Truth doesn't change.

"Truth is Reality. Reality does not change. That which changes is not Truth or Reality. Truth is being responsible.

Being responsible is being with whatever is occurring (whatever is at hand) and owning it as your own. It is the willingness to realize and know that you are the Source, the Cause of everything that occurs on the screen of your awareness."

[This remaining portion or passage quoted from Ramana's book is written in FIRST PERSON. It is written as an affirmation to yourself, by yourself, about the Self - i.e., the Self you really are is speaking to your mind. Read these words as your own words to yourself!]

"Nothing that I am aware of occurs outside of 'my' consciousness. The truth is, I am consciousness. Therefore, everything that occurs is occurring out of me, or out of my perception of it. This is the Truth. As consciousness, I am the source and cause of everything that I am conscious of occurring in my perceived world, which includes myself. In Truth, I am even the cause and source of what appears to happen to someone else, since it is also occurring in my world as I perceive it.

"There is no objective reality to the world outside of, or independent of, my consciousness of it. Since all I am aware of occurring in my world is occurring in my consciousness, and since Consciousness is the Self, or I, then I am the source and cause of everything, whether it is occurring or not occurring in my space.

"It is the 'I'-thought or ego that gives rise to all that is occurring in my space as it appears to be. But the 'I'-thought or ego cannot arise apart from the Self, which is its Source and Cause. Therefore, I am the source and cause of all that appears in my space, including that which occurs to others. But this does not mean that I am to be blamed for everything negative that occurs in my space to others; nor am I to be appreciated and congratulated for everything positive that occurs in my space to others. What is occurring is just what's occurring - as it's occurring. And it is occurring in my world; but only as I see it occurring.

"When I fully realize this, it is the Truth that sets me free from the circumstances of life. 'You will know the truth and the truth will make you free.' (John 8:32) This realization may not include removal or change of the events of life themselves, but now their effect on me is changed. They no longer upset, pain or hinder me as they may have in the past. Instead they become merely events to be lived out, lived through or understood; and to be replaced in time by other events in the ordinary, everyday process of life."

(Pages 128-129)



