

Look always into “I Am”

Nisargadatta Maharaj

Realization of absolute being is here and now. It is not a process that takes time as such. Every breath you take should be looking ever more deeply into "I am", which is like a mantra beyond mere mantra. Every breath, every moment, you have your inmost doorway into the absolute being, absolute awareness, absolute joy and peace. Just keep going through your inner doorway of "I am" and you will find yourself more and more beyond time, effort and anxious struggle, more and more beyond all relative struggle, success or failure about anything whatsoever

Looking into "I am" in every breath is like using time to go beyond using time. It introduces the timeless into time, the breathless into breathing, the thoughtless into thought. It cannot possibly fail, for each pulse of this central inquiry into awareness of being is itself an ultimate success. That you would decide to do this central self-realization is central self-realization. All results of this will take care of themselves. Anything you cannot do will be done for you.