

Awareness: My Inner Guru

by Jinendra Swami

*Would you like to take pilgrimage to Self ?
If yes
Then just walk with me as 'I '
holding the hands of my guru -- the Awareness
as we journey through the three worlds
waking world, dream world and sleep world*

*I go to sleep each night and dream
The process of dream reveals my waking reality
In dream I am aware
* Things just happen
* I do nothing consciously
* I do experience enjoyment and suffering
through my acts, emotions, and feelings*

*On awakening I am aware
I experience freedom from all my acts,
emotions and feelings in dream
I see the 'aimlessness' of everything
that happens in my dream
All my dream experiences
ceases to have any value to me
In dream, I may be a millionaire or a pauper
and experience accidents, or may even die at times
But on awakening I Realize
I am unharmed, and find myself the same
'That' which is aware in dream
is also the same 'that' is aware in waking
I am 'that' which is 'Witnessing'
all that happens in waking or dream
As we journey further
Let's see why the 'Witnesser' in sleep
has no significance for 'everything in waking life'?
I observe that the 'person' or the 'ego'
cease to exist (not present) in sleep
Is it not the silence of the 'ego'
that lets the 'Witnesser' take charge once more -?
May be that's why sleep is so blissful
that I don't mind losing my Identity of 'person'*

*Let's journey further
As I awake
The 'ego' once again takes charge
The 'person' with name, form, and its memory of joys
and sorrows makes me play silly games of life*

*But at night , merely by closing my eyes
I bring an end to this temporary 'person'*

*With clarity I See, that for the 'Witnesser'
My existence in dream state
has no significance in waking state
My existence in waking state
has no significance in sleep state
This 'Witnesser' remains
Free and unaffected in all three worlds
the waking world, dream world, and sleep world*

*In this journey I reach a point
When there is nothing to witness
Then the 'Witnesser' too dissolves
There is just this Self -- The Silence
This Silence is Pure Awareness -- the Atman*

*Now I live in 'Waking Meditation'
There is no difference in solitude or active life
In this state of Let-Go, the 'doer' itself is Silent
So Who is there to decide?
Now the 'Witnesser' is unaffected by any action
be it working, eating, sleeping, or doing nothing*

*Now I know
-- I experience my body because of ego (mind)
-- My mind is in my consciousness
-- The ever changing consciousness
is in the ever present Awareness
Awareness
in relationship with the World is the 'Witnesser'
Awareness when there is nothing to witness
is the constant, unchangeable, ever present 'Self'*

Is this the end of my pilgrimage to Self ?

*My journey has not ended but just begun
Trust your own 'Guru' and journey to your Self*

*'O sleeping man'
Awaken from your 'awakened sleep'
to discover your Reality -- the Truth!*