

Dear James:

While Ramana Maharshi was in the caves, do you think he was differentiating what Atman is not, dis-identifying himself from what he is not/impressing upon his mind the innermost identity?

Or was he saying all this is Atman(I), I am all? From the questions I'm asking, can you sense where I'm stuck? I hope you don't mind my asking all these questions.

James: I'm here to answer questions.

Dis-identifying only works when you re-identify. You cannot leave your identity hanging in space. Either it is on the self or it is not the not self. Once you know the difference the only sadhana is keeping the mind on the self...which is one of Ramana's definitions of self inquiry...until the last doubt is removed. So to say "I am full" is to say "I am not the body/mind" because the body mind is incomplete. To say "I am not the body mind" is to say I am the awareness of the body mind, which is fullness. So it is the same. There are many words you can use to practice self knowledge.