

# A Nice Birthday Gift

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Source: <http://www.shiningworld.com/site/satsang/read/3160>

**James:** Hi, James.

Today is my birthday, and I want to give my best friend a gift. He walks twice a day, and I want to give him something for him to say silently in himself when he goes on his walks that I think will help him with his practice. He is a devoted Vedanta student like I am, but his *vasanas* are quite binding, so his identification with his *jiva* is great, and thus the suffering that comes from his thoughts is also great.

*Isvara* put this thought in my head yesterday, and below is how it goes.

1. I want to remember that I am Awareness and I want to know what it means to be Awareness. To know what it means to be Awareness is to know that I am untouched by experience.
2. I pray to *Isvara* to give me the ability to notice as quickly as possible my fascination with *samsara*.
3. I pray to *Isvara* to give me the willpower to let go of the story out there that I am so fascinated with and to look inward towards Awareness for my well-being.

If you can think of a better daily *mantra*, please share it with me. I also welcome your comments on my *mantras*.

**James:** Good *mantras*! Here's one inspired by your list:

3. May I always take into account the fact that life is a zero-sum game when I am contemplating fulfilling a desire born of loneliness.

~ Love, James