

# A Numb Mind Is the Point

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**Kenny:** Ram, in one of your videos you hold up a sandal to inquire into the nature of perception and where it occurs. The conclusion: perception occurs in the mind. Then you pose the question: How far are you from your mind? To which the answer is: no distance.

The funny thing is, if you go as far as you can with this, it is easier to hold out the universe in this fashion than it is to consider the most intimate object, the body. The orientation of senses and their intimacy seems to cause confusion. BUT isn't it consistent to say the very means (awareness) by which I experience the world out there I experience the body?

**Ram:** Yes, indeed.

**Kenny:** So if the perception of the sandal occurs in the mind, the perception of something as grand as the universe should hold the same order in reality, wouldn't the perception of the body be the same?

**Ram:** Correct.

**Kenny:** There are the feeling senses to account for, but physically perceiving the body, I look at it as I would anything else or view it in the mirror. What's the difference? Actually, this points to the world being within awareness (at this point the brain goes numb). ☺

**Ram:** Got it in one, Kenny! A numb mind is the point. ☺ Even if the feeling senses are known by the mind, the mind is known by awareness, so everything is in awareness. I don't generally use the idea of the location of the universe, because it is too easy. It is the fundamental orientation of one's point of view brought on by identification with the body that is the root of the problem. If the body can be seen as an object, then everything known through the body is objectified. Even the idea that the mind is an object is easier for people to grasp than the idea that the body is an object. Really, all one needs is this simple analysis of experience (*drk-drksa viveka*) for self-realization.

All the best!!

~ Ram