

# Actionless Awareness

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**Seeker:** Hi, Ram. Your top-of-the-class student here!! (Just joking!!) Another question for you. When you say “actionless” awareness, could you expand? In this life we are always in action, so do you mean: not to initiate things, rather respond to things? Don't go looking for things, but when they present themselves deal with them? Could you give me a couple of examples so as to get an idea?

**Ram:** Darn, now you need to sit in the corner with the dunce cap. From the sublime to the ridiculous. I'm sorry. Awareness is not under your control. It is the field in which action takes place. It is the “space” out of which the thoughts and feelings that motivate action arise. It is completely impersonal. You, awareness, are never in action. You are not a doer. The mind and the body, which you are confusing with awareness, impelled by the *vasanas*, act. They cannot act on their own, because they are inert. They have no life at all. They move because they are an infinite, circumferenceless field of awareness. Awareness has no limits and is non-dual. It cannot act if it wants to, because there is nothing other than it to cause it to act or to act upon it. When you think you are doing something, you are not actually doing anything. It is like sitting in a train at the station looking out the window and thinking that you are moving forward when the train next to you is leaving the station. You seem to be moving but you are not. When you identify with the body, you seem to be an actor. Everyone, except self-realized people, think they are the body. This is why the text make such a big fuss. They all say YOU ARE NOT THE BODY! Awareness is like a witness. It is the part of you that just looks on and makes what is happening within you and without you known. It does not comment on what is going on. It just shines and in its light things are known.

~ Love, Ram