

Pop Quiz & Fresh Cookies

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Source: <http://www.shiningworld.com/site/satsang/read/3294>

Greg: Murmurings from on my back on the living room floor.

I appreciate you [Doodleji!!](#)

One can perhaps understand how we have erroneously taken ourselves to be an “experiencing entity” because it “feels” as though the source of who we are (our perceiving center) is located in the body (ie. the pain is in my back, the taste is in my mouth, the thoughts are in my head, I breathe air into my lungs etc..).

When we use discrimination (ie. clearly see “all things” as objects) then our true identity may be known. Remember that “all things” means just that... ALL THINGS. There is literally NO THING that is not an object. If it is transient in any way (rises, falls, comes, goes, changes, ages etc..) then it is an object and as such, illusory.

So, upon further examination, “my” back, “my” pain, “my” taste, “my” mouth, “my” thoughts. “my” head, “my” breath and “my” lungs, are seen for the objects that they are (ie. “a” back, “some” pain, “a” taste, “a” mouth, “various” thoughts, “a” head, “a” breath, “a pair of” lungs etc.). And when EVERY THING is seen as an object, then all that is left is this omni-present field of awareness (me) in which (and to which) these illusory objects are manifested, illuminated and and observed.

Pop quiz:

Who am I?

1. Greg, the guy with a pain in his back and the taste of freshly made biscuits in his mouth. The guy who’s thinking of when he can start exercising again and who is grateful for taking a cleansing breath into his lungs

OR

2. limitless, changeless, unborn, non-dual, ordinary awareness

Answer?

Well.... you know.

Daniel: And I appreciate your appreciation, Gregji!

I'm sorry to hear of your *jivas* back-on-the-floor posture. But it delights me to receive your steady clarity of discrimination despite such a shite *jiva* experience. You're the real deal, a *ninja-jnani*.

Rest easy and hit me back once you're up for a few rounds of wrestling.

PS: I'm happy to hear that object-Greg at least gets to enjoy some freshly baked cookies.

Greg: My dad used to say, "if you don't like the weather... wait five minutes" ;) More wrestling forthcoming!!

I was also reminded of this comedian who was talking about how f_cked up it was to get old.. He said, "the other day I was walking behind my wife coming out of the shopping mall. I flipped her off behind her back and pulled a damn muscle in my neck"!! (I laughed so hard, I almost blew my liver out of one of my nostrils.. Apparently..) = O

Fresh biscuits are illusory and so they rise and fall like everything else... but it sure is nice when they rise ;)