

# The Poetry Of My Soul

Daniel Band

2017-09-21

Source: <http://www.shiningworld.com/site/satsang/read/3450>

**Inquirer:** Daniel,

This question has been emerging for me, in stages.

I understand that I am Consciousness itself.

The question is, is it mine? I certainly relate to “it” as if it were. But there is something really cool at the same time, in considering that even consciousness is not “mine” in the true sense.

I ask because I realize that the *gunas* are not mine, hence desires, fears, thoughts, feelings, and aspirations are all *Ishvara (gunas)*. But if consciousness is not mine either, then what is left to belong to me?

**Daniel:** Consciousness is not mine. Consciousness is simply who I am.

There is no mine because there is only just me, non-dual consciousness. I am all there is.

The *gunas* are me, but I’m not the *gunas*. The *gunas* depend on me, awareness (made up of my essence) but I not on them. These apparent ropes that create apparent forms (*mithya*) never change my formless essence. The *gunas* only appear separate to me (awareness) when I shine through a subtle body (mind) that projects a subject-object relationship.

Coming from the *jivas* view point: Correct, the *gunas* are not mine, hence desires, fears, thoughts, feelings, and aspirations etc are all *Ish*.

But I’m not the *jiva*. Nor am I limited by *Ish*.

There is nothing that does not belong to me because there is nothing that is not me.

**Inquirer:** The poetry of my soul.