

# The Self is Whole and Complete

Arlindo Moraes

2017-06-12

Source: <http://www.shiningworld.com/site/satsang/read/3323>

Q: I hear teachers say that the Self is non-dual, free and empty and that objects are not real. My question is: why would I want to realize the Self if there is “nothing” there to be experienced?

A: First of all, the essential nature of awareness is permanence, fulness - the ever changeless present, self-conscious, limitless existence, which, by the way, is not “empty”, but “full” full of “Itself”