

# You Are Not the Story

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“You are not the story, nor are you ever affected by the story.

“The story – the life of *jiva* – is an object appearing in/to you. Regardless of its ‘story texture’ it never sticks to you, awareness. Understanding your freedom from the story (*mithya*) in return allows you to positively indulge in it without a sense of lack or fear, and thus storytime becomes a whole lot more fun.” ~ [Non-Doodle](#)



**Inquirer 1:** And a whole lot more fun is a whole lot more fun.

**Inquirer 2:** I am not my personal history, nor the story I have attached to it, nor the roles I have played, nor the results of my actions, nor the conclusions I have drawn about myself, nor the opinions or conclusions of others, nor the typer of this post...

Leaving of course, after the subtraction of *mithya*, the self, the subject that has always been the awareness in which all the stories appear, only to dissolve in the light of knowledge.

**Doodleji:** Perfect. But what if we add “though I’m not the story, the story is me.” In other words,

though the story depends on me, awareness, I simultaneously remain free of it from beginning to end. Now that assimilation is mad-subtly cool!

**Inquirer 2:** Perfect, yes. I see that but allow me to explain. As I contemplate the self and the subtle body in the light of what I have learned, I sense the dissolution of the ego/subtle body as a “thing.” It is an object perhaps but it also is not, in a sense, real to me. I see the thoughts appear and then there is silence between them. Which is more real, the silent awareness or the thoughts? In those moments there is nothing to “hold the ego-sense” together as if it were an entity. So I acknowledge it as an object in *mithya*, appearing in consciousness. But I get stuck perhaps having not yet made the leap to also acknowledge that *mithya* is also the self. I believe there is a learning that I am still assimilating, having to do with the inert nature of all objects. From there I understand no object has control over me, only an imaginary one that can be let go though. I think that’s as far as I’ve gotten so far.

**Doodleji:** Your understanding is most sound. Yes, the subtle body (mind) is just another object appearing to/in you. It’s an object because you, awareness, do not get affected by it. But it’s also not an object, because it (the mind) is nothing but you (your essence) in a particular form (i.e. mind). Exactly, *mithya* is an object appearing in you, limitless consciousness/awareness. The leap whereby you recognise all objects to be you whilst simultaneously enjoying your freedom from them all has begun right now. So damn cool, Rod!

**Inquirer 2:** How does one say thank you in Sanskrit?

**Doodeji:** “*Gracias*,” duh! ☺

**Inquirer 2:** Ha ha.

And yeah, I get what you were saying now! Mad-subtly cool indeed. It absolutely is what I have been working towards. Last week, I realized my separation from ego but then also that the ego is really more of a concept – an idea – than anything else, and I saw the unreality of it. But then I realized that means the ego never existed either in “my past” or in “my future,” which is altogether a mad-subtly cool concept as applied to the egoic self. Quite similar, yes?

**Doodleji:** Exactly. The ego is nothing but an idea – a thought – appearing in/to you, awareness. And what’s a thought? It’s just another self-projected object that you’ll always be free of.