

You Are *ParamaSukhadam*---The Greatest Ease

Christian Leebby

2017-07-11

Source: <http://www.shiningworld.com/site/satsang/read/3335>

Christian: You are *ParamaSukhadam* ... the Greatest Ease ...

Inquirer: What is *ParamaSukhadam*?

Christian: *Sukha* is ease, comfort, and *Parama* is highest, greatest.

You are the greatest ease because you are all that is, yet you never do a thing. All you do is BE, exist as you are, without limits or attributes ... so easy, never changing, always shining... You are the greatest ease, that which is always comfortable.

Inquirer: Beautiful concept, wish they taught it earlier in the curriculum but grateful to have it now. Thank you.

Christian: It's not a concept. It's you. Study this simple, obvious awareness that you are right now. It takes half a second cause it's totally obvious. This "aware" that you experience right now. Then do it again in a few minutes. Then again when you go to sleep. Then when you wake up.

This awareness that you obviously always are is the greatest ease, because it always IS (means You always Is).

As such, it is (you are) the only constant, this never changing "background" that you take for granted because you've always been aware.

That you, this awareness, always "IS" ... means you always shine ...can you "turn yourself off?" ... no, you can't.

You're like the sun.

... without ever doing a thing.

You are the greatest ease, the never changing knower, witness, of all things changing.

Vedanta student: Standing as the "shining background" slowly becomes second nature and then we realize it's our true nature. We find ourselves becoming more loving and able to feel the love that is the heart of our universe. This simple awareness-light is love itself and better than any spiritual or worldly experience because I'm eternally home here. Desire and fear are both no more as long as I take my stand as I am.