

Two Selves

Ram (James Swartz)

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Cathy: Hi, Ram. I went for a walk this morning which I had dedicated to the self, and as I was walking, I saw how judgmental I was of everybody that was walking past. But then it dawned on me that the "I" that saw and the "I" that was being judgmental were not the same "I"! I was then able to go back to the "sense of I," knowing that all I really need to do is remember that the "ego" will do what the ego will do and that there is nothing I can or need do about that. All I can really do is recognise the ego, remember that it is not the "real" me and use it as a reminder to go back to the "real I." And of course when I put my attention there, I will see and act in the world differently. I hope this is right!

Thank you, Ram.

Ram: Another gold star, Cathy! Very good. This is all you need to know. Discriminate the true I from the apparent "I." Problem solved. There is a beautiful verse in the *Upanishad* that points out this distinction:

Two birds sitting in a tree
One eats the sweet fruit
The other looks on.