

You Are the Track

Ram (James Swartz)

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Seeker: Hello, James.

I believe I have made some progress here, but you can be the judge.

I have discovered that I am making a distinction between an “outer and inner world,” i.e. my body-mind and the rest of “reality.” I realized last night this is a mistake, i.e. both my body and my mind are no different, no more important and not separate from all other objects in awareness. I have started to see the hardwired tendency to have an image of myself as a small separate person, which inherently denies the fact of non-dual reality. I believe I am starting to understand from experience that it is impossible for my body-mind to be separate from the rest of existence. When I look closely, I cannot find any separation between awareness and objects. And I cannot find any separation between each and every object. There is the appearance of separate objects, but they all exist in one unified field, awareness, me. How could it be otherwise?

My confusion was an apparent need to find “me” in this unified field, not realizing that I am not separate from the field. Actually, I am the field. At the same time, the entire field, with all its objects/experiences, is ultimately nothing more than inert matter, and thus cannot know me. Every object exists, and therefore comes from me and expresses the is-ness of me. But equally true, I am free from all objects/experience because I am not an object. I am the subject.

Am I on the right track here?

James: Not only on the right track, you are the track. Perfect!