

# First Separate, Then Merge

Ram (James Swartz)

2012-01-07

Source: <http://www.shiningworld.com/site/satsang/read/368>

**Carol:** Hi, Ram. Another spontaneous verse came out! It's just amazing.

It's becoming more obvious  
And more freeing and expansive  
That every thought and feeling and sensation  
Is simply pointing to me, awareness, the Self.

Every thought, feeling, and sensation is merely shimmering, fleeting evidence of  
me  
And has no meaning or substance of its own  
But simply points to its source, me, the Self.

The Self alone is.

The world is empty and transparent, not ever really being

But at the same time it is the Self, me, awareness.

Nothing is, without Self.

So everything points to the reality of Self alone. Everything in the world is sacred as evidence of Self, appearing as world.

First the subject and objects got really far apart, and then they merged. Still dancing around with a little *samsara* but it's not too bad. It's always about family! The most ingrained *vasanas*. They're weakening though. How can they survive when I know what I know? They can't.

I hope you are having fun in India! I love you!

**Ram:** Lovely poem, Carol! Yes, first you separate yourself from the objects, then when you understand who you are, they merge into you. It seems you have it sorted. Good for you!

~ Much love, Ram