

Thoughts Separate from Awareness?

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Shankar: Dear Ram, it looks like in my daily meditation practice that the witness and mind are separate from each other. It looks like the thoughts are overlayed on consciousness/witness.

Ram: They are apparently separate, Shankar. Where else are the thoughts going to come from but awareness, the non-witnessing witness? There is only awareness.

Shankar: But if the witness is only awareness, why is there a duality between the two? How does the mind arise from consciousness?

Ram: *Maya* is a power in awareness that causes it to appear as thoughts that seem to be separate from it.