

Reading for June 9, 2024

**Reading Adapted from:**

***I AM THAT***  
*Talks with*  
**Sri Nisargadatta Maharaj\***

*The Sense of "I am"*

Did you not wake up upon being called? And on waking up, was it not the sense "I am" that came first to your awareness?

Some seed consciousness must exist even during sleep. On waking up the experience runs: "I am-the-body-in the world." It is a single idea of having a body in a world.

Can there be the sense of "I am" without being somebody or other?"

Is it not important to you to know whether you are a mere body or something else? Or maybe nothing at all?

Don't you see that all of your problems are your body's problems: food, clothing, shelter, family, name, fame, security, survival. All of these lose their meaning the moment you realize that you may not be a mere body.

Even to say that you are not the body is not quite true. In a way you are all of the bodies, hearts, and minds and much more. Go deeply into the sense of "I am" and you will find this, which is that which you have forgotten.

How do you find something that you have forgotten? You keep it in your mind until you recall it. The sense of being, of "I am," is the first to emerge. Just watch it quietly. When the mind stays in the "I am" without moving, you enter a state that cannot be verbalized, but *can* be experienced.

All that you need to do to experience the "I am" is to try and try again. The sense that "I am" is always with you.

However, you have attached all kinds of things to it: body, feelings, thoughts, ideas, possessions, etc. All of these self-identifications are misleading. Because of them, you take yourself to be what you are not.

You may ask, if I am not these things, "What am I?"

Just as each flower has its own color, but all colors are caused by the same light, so do many experiencers, or individual beings, appear in the undivided and indivisible awareness. Each is separate in memory, yet identical in essence.

This essence is the root, the foundation, the timeless and spaceless possibility of all experience.

This is what you *are*, and you will know this if you give it a chance. Let go of your attachment to the unreal and the real will step swiftly into its own.

Stop imagining yourself being 'this' or doing 'that.'

When you stop imaging yourself as the separate being that is being this or doing that, you will realize that you *are* the source and the heart of all.

This Truth simply will dawn upon you. With this realization will come great love.

This love is not choice. It is not predilection. It is not attachment.

This love is the power that makes all things love-worthy and lovable. This is the power of "I am."

\*Pronunciation:

Sri Nisargatta Maharaj

Shree Niz-ar-ga-DA-ta Maha-RAJ

PS -- You can find pronunciation audios on the internet