

An Example of Self Actualization (Nididhyasan a)

*This is a
testimonial
from one of
ShiningWorld's
long time
inquirers who
checks in*

*occasionally
to see if he is
on the right
path. I cannot
find any faults.
The captions
are mine, the*

*statements
belong to the
inquirer. -*

James

Inquirer: I feel
it is time to

express how
firmly the
teaching has
assimilated.

I Am

Awareness

1. I live with
the clear
understanding
that I am the
ever-present
existence-

consciousness
, the basis of
all experience.

**No Difference
between Real**

**and the
Unreal**

2. The
changing
conditions of
life continue,

and the mind
sometimes
reacts, but this
does not
contradict the
knowledge of
the Self, since

I am not
located in the
mind or in
time.

**All Situations
are Unable to
Disturb Me.**

3. Whether
situations are
pleasant or

stressful, they
are known as
objects of
awareness
and therefore
do not affect
what I am.

From this
standpoint,
peace is not
something to
be produced
or maintained,
but the

recognition of
my own
nature.

**I Am Not a
Doer or an
Enjoyer**

4. Seeing,
hearing,
touching,
tasting,
feeling, and
thinking occur

without my
effort, in
accordance
with the
teaching of the
Bhagavad Gītā
that the Self is

a doer (*akartā*)
and an enjoyer
(*abhoktā*).

**Ignorance is
Unreal and**

Belongs to the Mind

5. If there
appears to be
ignorance, it is
no longer

taken to be
real; it is
understood as
belonging to
the mind and
not to the Self.

**I am
Unaffected by
Change**

6. Time is
recognized as
an object of

experience,
and therefore I
am not bound
by it.

**Non-dual
Experience is**

not a Special Vision

7. What is
appreciated in
people,
animals, and

nature is not a
special vision
but the
recognition
that the same
existence-
consciousness

is present in all
names and
forms.

Gratitude

8. I am grateful
for every
condition that
arises,
whether it is
quiet or
demanding,

because none
of it alters
what I am. The
aim of life was
the knowledge
of effortless
peace, and

this is
understood
now as my
own nature
rather than as
a state to be
achieved.

Clarity is Not Mine

9. Whatever
clarity there is
belongs to the

teaching and
the tradition,
not to me as
an individual.

**Freedom
Requires a**

Means of Knowledge

10. Without
Vedānta,
without you
Ramji,

Sundari, the
sangha and
satsang, the
sampradāya,
Swami
Chinmayananda,
Swami

Dayananda,
Swami
Tapovanam,
and all the
teachers in the
lineage, this
assimilation of

Self-
knowledge
would not
have been
possible for
someone living
in the West.

**On the
Vedanta Bus
You are As
Good as
Enlightened**

11. As you
have said,
once one is on
the Vedānta
path, one can
relax, because
the destination

is certain.

Even when
circumstances
are difficult,
the knowledge
remains
untouched.

Om Tat Sat.

Hari Om

Swami.