

## **I do not know**

A wise person knows that he does not know.

*“That [which is beyond every name and form] is comprehended only by the one with no comprehension of it: anyone comprehending knows it not. Unknown to the knowing, it is the unknowing known”*

## **Kena Upanishad**

The unattainable can only be attained by trying not to attain it.

Do not try to know what you are. You would catch only a shadow. Simply understand that you are this mirror, the abode of all things, and also peace and happiness.

Knowing what you are, what your ‘true nature’ is, is just a way of talking about a concept used in teaching. Talking in such a way gives rise to subject/object separation. Self-knowledge is not about an object, such as perception is. It is not like an image or a reflection. It is shining of the Sun.

I am awareness, without being aware of awareness. Only in space/time I can be aware of myself.

*In order to arrive at what you do not know*

*You must go by a way which is the way of ignorance.*

*In order to possess what you do not possess*

*You must go by the way of dispossession.*

*In order to arrive at what you are not*

*You must go through the way in which you are not.*

*And what you do not know is the only thing you know*

*And what you own is what you do not own*

*And where you are is where you are not.*

-T.S. Eliot