

## Self-enquiry

Looking into yourself is very simple. You will see the things that go on in your head, your thoughts and emotions; that is the constantly changing part. Do not fight your thoughts, do not try to be without thoughts, it is impossible and not useful. Just put yourself in the position of the observer and let the thoughts pass by. If you observe you will gradually perceive what is permanent. The permanent presence is the universal Source, the infinite consciousness that we all are sharing.

So, look at yourself, with your mind's eye. This is not meditation or any other spiritual practice. It is not a method, it is nothing more than doing what is natural, namely looking inside. It is simply giving attention to yourself, and being aware. Nobody can tell you how to do this, but you cannot do wrong. Meditation or any other form of being relaxed and silent can be a great help, but it is not necessary. Really you can look into yourself at any moment, during whatever action. Looking into yourself is seeing the reality of your nature.

The practice of self-enquiry will lead to redemption of the person, the dissolution of ego. You will realize that you are not what you think you are, that you are not the separated person you believed in. And as soon as you realize this you will see the truth of what you really are. And I can tell you it is a great feeling to be present, to be fully aware. You will feel free, awake, liberated from the lie of identification.

If you look into yourself, there will be accompanying thoughts. "It is hard, it will lead to nothing, why do I not see immediate results?" You will be tempted to pay attention to these thoughts. They will be distracting, even demotivating at some time. This is natural, do not worry about it. Just let it go on and look and see at the same time. You cannot do wrong, it is a natural thing. Gradually it will be easier to look into yourself, and light will shine in darkness. Darkness which is related to the notion that you are no more than your thoughts, your body, your desires, your fears.

The great thing about self-enquiry is that it gets easier gradually. It is self-enhancing. It is turning to your inner intelligence, it is very natural. You do not need to follow any spiritual practice, you do not need a guru or teacher.

You will realize that all the so-called life problems are not real. Problems are always connected to thoughts, and that is not you!

Intention to turn to inward attention is the only thing you need.

Self-enquiry can lead to different experiences, positive feelings followed by bad feelings. This is natural. The bad feelings are a side-effect of the gradual losing control by your mind. You will be like Houdini: untying your own knots. Do not let this demotivate you.

The purpose of your life is to see yourself.

As you really are.