

All Consciousness is Painful

- Nisargadatta Maharaj -

All consciousness as such is limited and painful, a thing of karma or causality in time and space, bobbing up and down like a little ship on the stormy ocean of life. At the root of consciousness is the endless drive of desire and fear, of pursuit and flight, which is the urge to get some experiences and avoid others. Beyond all this turmoil centered on pleasure and pain is the hidden but real bliss of true awareness of being as the self beyond consciousness and its problems.