

Awareness of Being

Nisargadatta Maharaj

Aareness of being, knowing of Self, is not like an objective knowledge, not an acquisition within the limits of consciousness. You cannot have awareness of being by searching outside yourself for it somewhere. It is not anywhere in space or time. Objective knowledge in consciousness, mind or brain, on any level, is but a cognitive pattern, a mental habit.

All objective knowledge revolves around deep desires and fears based on repeated pleasures and pains. Being oneself, on the other hand, is completely beyond all motivation, all casual karmic behavior and concern. You cannot be yourself for some reason or cause. You do not need a reason or cause to be yourself. You are yourself, period.