

## THE 3 RECIPES FOR DIRECT SELF- REALIZATION :

There are three recipes for deep, direct Self-Awakening, Self-Realization: 1) Awareness without thought, 2) unknowingness, and 3) timelessness.

### AWARENESS WITHOUT THOUGHT: I AM AWARENESS WITHOUT THOUGHT

The real reason that keeps us away from real awakening is thoughts...even thoughts about God-Realization or Self-Realization. If you are identified with thoughts, any thoughts, even the noblest thoughts, it means you are not free.

For now, just understand that “Mind” is nothing but thoughts and memories. Thoughts feed memories and vice-versa, and both make up the Mind. So if you want to be free of Mind, first be free of thoughts. Eventually, that will also free you from memories because they are totally nurtured by thoughts. Memories, especially painful memories, keep us identified with this body-mind mechanism. So to be free from memories, we need to first be free from thoughts.

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What are thoughts? Thoughts are all the labels, conditionings, preferences, idiosyncrasies, judgments, opinions, defenses, images, etc. that make up our personal “story.” We all become our story---one big story that is kept alive through a continuous, habitual stream of thoughts.

We eventually become so identified with our thoughts that we begin to manufacture our lives around them. We begin to follow and believe our interpretation of the thoughts. But that interpretation is unstable and ever-changing because it depends upon the situation we are often placed in.

There are, however, very rare occasions of “No Mind.” We see or feel something fresh---like having a new experience in meditation, or like seeing a beautiful portrait or mountain valley. At those times, the Mind cannot find any interpretation for it because it is not recorded in the “memory dictionary” or “memory file.”

So the bigger question then is, “Can we live with ourselves and with each other in such rare newness and beauty without the interference of the Mind and

its thoughts? Can we live with our families, friends, trees, and animals in this way?”

This is a critically important question because in such newness, we can be free from memory. Having memory means having vasanas (habitual patterns that create sorrow and agitation), and having vasanas means having an expectation and hope for the repetition of something pleasant that creates agitation when not fulfilled or quenched.

So the question remains, “Is it possible for us to live without memories, knowing that memories give rise to thoughts, and vice-versa?”

The answer is an emphatic, “YES!” If we can follow "being Aware without the interference of thoughts," we can

eventually be free from building up memories---the source of our sorrow.

AWARENESS breaks the continuity of thoughts. Being Aware in the waking state means keeping total alertness and vigilance, without the interference of thoughts or words. It also means being very attentive to what is happening around us, without translating it into words or language.

By doing so, we can keep the Mind at bay, and simply enjoy the experience of what the moment brings us. That means watching and looking in a deeply interested manner, but without bringing the Mind into play. That means bringing the five senses into play...like deeply seeing, hearing, smelling, touching, and tasting...but without the need to repeat the experience of the moment, or the need to label or translate it into words.

## SIMPLY LIVING THE MOMENT TOTALLY AND FULLY!

Sri Ramana Maharshi said, "Be still."  
When someone asked him how to do  
so, Sri Ramana replied, "To be still is to  
be without thoughts... 'to know', BUT not  
think, is the word."

Remember, our vasanas are built upon  
the memories that have left impressions  
and imprints within our subconscious  
Mind. So if we want to be free from  
sorrow and suffering---which means  
freeing ourselves from the painful  
imprints of the memory files---we must  
begin today to be in a thoughtless state.  
That means we must first stop creating  
more memory impressions. Then we  
must engage in burning out old residual  
memories. That burning out of old  
residual memories is done through the

sitting meditations and the BURNING aspect of ISIP.

To practice all this in your waking state will require a highly alert mind that is ever-watchful of the flow of thoughts. Eventually, as you keep watching the thoughts, you will easily be able to stop them at will. This will require some skill, but it will be worth every effort.

**Freedom from thought is the beginning of being free from suffering. Remember this!**

It is also important to be Aware in sitting meditation. Be Aware of thoughts as they arise and fall. Watch the thoughts and be aware of them, and then you can discover and know the “gap” between two thoughts. In that GAP, lies your freedom. With practice, you will eventually be free from the domination

of thoughts, labels, conditionings, and lastly . . . memories.

**BOTH OF THESE PRACTICES WILL REQUIRE DISCIPLINE.**

Keep the container of yourself empty. Then you will be able to slip into the timelessness where thought does not interfere.

**UNKNOWINGNESS: I AM UNKNOWN**

“I am Unknown” means that you have to deeply realize and feel that the enemy is not just the thoughts, but also what you consider as KNOWN..

For one simple example, suppose you have an impression about someone who interacts with you daily, and you carry that impression in your memory. Your

thoughts are centered on that impression, and an image of it is also created. Now suppose it is proved someday that what you think about that person is not true, or only partially true. That fact would leave you with a conflicted and confused state of mind. You would not be able to have the same faith in your judgment. The “known” has been proven untrue!

That is why I suggest that you get to "know the Unknown." Become comfortable with such unknowingness. You can never really completely trust the known and the familiar because they are NOT faithful to you. The known will always deceive you. It will play with you for some time, gain your trust, and then deceive you. Reflect back over your life, roll the mental cameras back, and you will clearly see how the known has deceived all your trust and expectations.

REMEMBER, WE COME FROM THE UNKNOWN!

We are born from the Unknown, spend most of our lives not knowing what is going to happen to us, and finally disappear into death---the Big Unknown. The Unknown, therefore, is our constant, true friend and well-wisher.

Robert Adams used to recommend, “Be good for nothing.” When you deeply realize you are a “good-for-nothing,” you come closer to the reality that you are the Unknown. The known is a treacherous friend; the Unknown is a true friend.

TIMELESSNESS: I AM NEITHER THE PAST, NOR THE PRESENT, NOR THE FUTURE

The past is dead and gone. Dwelling on it is a waste of vital energy.

The present does not exist. Before we even realize it, each “present” moment has already slipped into the past. So it too is dead and gone.

The future is imaginary. It will always be coming later. So it too is unreal.

This “timelessness” pushes us into the Unknown...away from the territory of the known. There is NO known position to take.

**SO EVERYTIME YOU FIND  
YOURSELF HOLDING ANY POSITION,  
REMINDE YOURSELF OF THESE 3  
RECIPES: AWARENESS WITHOUT  
THOUGHT, UNKNOWINGNESS, AND  
TIMELESSNESS**

When we begin to live more and more in the thoughtless state, and in the Unknown, we will not feel the need to burn much because there will not be much to burn. We will not be adding much to our already existing "memory files". The thoughtless state of Bliss and Peace will replace burning.

Of course, this does not mean you have to remain without thoughts all the time. NO! Thoughts will still be there. But by practicing silencing the thoughts (in both waking and sitting meditation), and thereby dissolving new and old memory files, you will eventually be able to identify with the Substratum of the thoughts and memories (the Mind). And when that happens, the Mind will sink into the Source, and the real SELF will then effortlessly emerge on its own.

That is why I call this practice the "Direct  
NO MIND Self-Inquiry Method".