

s/Self-Inquiry

March 6, 2009

Today I would like to speak more on self-inquiry. We are introducing two inquiries: self-inquiry and Self-inquiry. The two are not the same. I will begin today by talking about self-inquiry.

“s”elf-inquiry is questioning the false “I” in order to recognize that it isn’t truth. It isn’t you. It is merely attachment to the mind. As self-inquiry makes the false “I” Self-evident, it is the decision of Self that breaks the attachment to mind and lays the current story to rest.

As self-inquiry is repeated over and over again, the attachment to mind is weakened just as the scratch of a razor blade weakens the strength of a rope. Eventually the razor blade works its way completely through the rope, and the attachment to mind is broken completely.

Some will also call this shining the light of awareness on an idea that is dark. When the light shines, it is darkness that disappears.

“S”elf-inquiry is different. Self-inquiry is a form of devotion where you incessantly seek the familiar, like seeking the familiar arms of the one you love. And you do not cease the seeking until you find her and are fully in her embrace assured that you can never lose her again. This is the purpose of Self-inquiry. It is seeking for the one you know.

Self-inquiry need not take a specific form. It is a desire . . . a devotion . . . that remains awake in you until the goal is satisfied. In fact, Self-inquiry has many forms and one seeker may use different forms at different turns along his path. But one thing is for certain and cannot be forgotten on the path of Self-inquiry. One must continually seek the true affection of his love, and he must not stop the seeking until he is certain it has been found.

Both self-inquiry and Self-inquiry lead in the same direction. The answer and destination are the same. You may use either or both. As your teacher, I will remind you to question the false attachment to mind and continually devote yourself to Self.

Comment from the Questioner: *I felt an inner prompt to pause from listening to the Inner Ramana and read from The Holy Spirit’s Interpretation of the New Testament, NTI John, Chapter 3, verses 1-9. As I read I saw that this excerpt clearly describes the answer to self-inquiry and it also describes the destination of Self-inquiry. Here is that excerpt:*

The Light is with man and the Light is in man, but the Light is not known by man unless he welcomes it. Each man welcomes the Light by his own choice and according to his own choice, but to know the Light fully, one must welcome it fully.

When a man welcomes the Light fully, he ceases to be a man, and he becomes the Light. For the Light is a presence that denies the existence of man; It knows only the Light. When a man becomes the Light, he is the Light, and he sings to all men of the Light, as he knows there is only Light.

This is what is meant by “to be born again.” The existence you seemed to have before is gone, as if it never was, and the new existence is all there is and all there ever could be. It is seen in all places, in all directions and in all men, because it is truly all that can be seen.¹

After reading this I asked the inner teacher, “Is there anything else you would teach today?”

Inner Teacher’s Response: Watch the mind for thoughts, which may be saying anything, but underneath the anything they say, they are truly saying, “I am thinking.” Question, “Who is the ‘I’ that thinks?” and you will discover the belief in an individual and separate “I.” That is the false “I,” which exists only in thought.