

## MESSAGE 81

Paris, December 11, 2005

### What is Awareness ?

1. Awareness is the movement of Actuality. It is not the manoeuvre of abstractions and ascriptions.
2. Awareness pertains to the real thing, not to the thought and the theory about the thing.
3. Awareness is concerned with the fact, not with the fancy and fallacy camouflaging the fact.
4. Awareness belongs to «what is», not to «what should be».
5. Awareness leads to freedom and emptiness, not to fragmentation of the experience-structure.
6. Be aware of your neurosis!
7. Rise to the awareness of your (mind's) conflicts, confusion and chaos; not run into concepts, conclusion and concoction.
8. Be awake to your awareness, don't remain asleep in your ambition.
9. Awareness is intelligence, assertion is merely intellectual.
10. Be aware of your guilt & gullibility, of your greed and god, of your glorification and gratification.
11. Don't carry the burden of your belief-systems, symbols, images, motives, taboos, prejudices, superstitions, pretensions; just be aware of them.
12. Be aware of your pursuits for power, possessions, position, prominence ; don't seduce yourself by paradoxes and prayers.
13. Find out if the consciousness can be aware of itself without splitting itself into two – 'me' and 'my consciousness'.
14. Be aware that although you have a unique body, you are not an individual! You are the whole humanity! There is diversity but no division.
15. Be aware of the self-hypnotic techniques being sold in the spiritual market as meditation and thus be available to the sacred movement of spontaneous meditation.
16. Awareness is the only morality which wakes you up to the immorality of the power of money, to the insistence on worldliness that industrialism has brought about and to the idiocy of ideologies. And out of such an awareness comes an extraordinary sense of immensity which no President, no Prime Minister, no Pope, no Paramahansa is aware of!
17. Awareness makes the following miracles in the Psyche:
  - *Breaks the bifurcation between the observer and the observed.*

- *Sees the actual without abstraction.*
- *Comprehends without the ladder of concepts and conclusions.*
- *Demolishes the darkness of duality.*
- *Flashing of freedom from fragmentations in the field of consciousness begins.*
- *Knows without getting into the trap of Knower and the Knowledge (Vedanta process).*
- *Overthrows the obscurity of opposites.*
- *Rejects reaction or re-iteration for adequate response to resurrect.*
- *Sees without the separative process in the consciousness.*
- *Surrenders without subservience.*
- *Thinks outside the corridor of the Thinker (past) and the Thought (future).*
- *Understands without undertaking.*
- *Views without vanity.*
- *Watches without words.*
- *Meditates without the meditator.*
- *Ego is held in abeyance for the emptiness to speak.*

**DON'T ABSCOND, BE AWARE ! «BHAAGO NAHI, JAAGO !»**

(An utterance from Lahiri Mahashaya)

**JAI AWARENESS ! AWARENESS IS THE SUPREME GURU !**

**Epilogue 1:** Guru Nanak's Mantra on Awareness.

**Ekamkar Satnam Karta purukh Nirbhayo Nirwaer Akal murat Ajuni Saebhang Guru prasad**

**Ekamkar** : 'It' is the same divinity without division despite diversity.

**Satnam** : 'It' is the truth – vast and existential.

**Karta purukh**: 'It' is the Energy and Intelligence. (**Prakriti** & **Purush** of Gita and **Chiti-Shakti** of Patanjali).

**Nirbhayo** : 'It' has nothing to do with fears or apprehensions of the embodied consciousness.

**Nirwaer** : 'It' is beyond all conflicts of opposites and enmity.

**Akal murat** : 'It' transcends all limitation in time and space.

**Ajuni** : 'It' has no beginning (and therefore no end too).

**Saebhang** : 'It' is revealed naturally by itself.

**Guru prasad** : 'It' is the ultimate grace of the Guru Process.

**Epilogue 2:** Meaning of the word «**GURU**».

**GU** : from Gupta, that is, camouflaged, covered, darkness. **RU** : from Rudra, that is, fire, light.

**So, GURU implies the process of dispelling darkness.**

**AWARENESS IS THE SUPREME GURU ! JAI GURU !**