



Who am I?

The Habit:

We define ourselves by temporary roles, shifting moods, and an ageing body.

The Paradox:

Yet, through childhood, youth, and old age, the fundamental sense of 'I am' remains unchanged.

The Inquiry:

What is the one non-variable expression in a universe of constant change?

The Noun Illusion

The Incidental Costumes

You habitually identify as objects of knowledge—a body (matter), a mind (instrument), or a role (the doer/enjoyer or *kartā/bhoktā*).

These are relational costumes born of *ahaṅkāra* (the ego).



The Subjective Reality

You are the Knower (*pramātā*). You are the dynamic principle of awareness.

You are not a static "thing" in existence; you are the subjective presence witnessing all things.



The Method of Negation: Neti, Neti

Ring 1: The Three States

You are not the waker, dreamer, or sleeper. You pass through these states. The one who witnesses all three cannot be any of them.

Ring 2: The Body

A bundle of elements. It is the medium of transaction, not the user.

The Core

The principle different from the body-mind complex. The 'Not This' leaves only the indestructible Witness.

Ring 3: The Mind

An instrument of thought and emotion. It is an object known to you.





The Untouched Screen

The Metaphor

The Sākṣī (Witness).

The Mechanism

Just as a cinema screen remains unburnt by a projected fire, you are the transcendental screen of awareness.

The Reality

The movie of life—with all the roles of the waker, the body, and the mind—is projected onto you. You lend consciousness to the ego, but as the original source, you remain actionless and entirely unaffected.

“Deep sleep is not the absence of experience; it is the experience of absence.”



1. The Resolution

The mind and body resolve into their seed form. The duality of the waking world vanishes.

2. The Object (*Abhāva-vṛtti*)

What remains is a homogeneous mass of potentiality. You experience the positive absence of the world and the limited 'me'.

3. The Proof

You wake up and declare, “I slept soundly and knew nothing.” Memory requires an experiencer. You (*Prajña*) were present as the continuous, conscious witness of that peaceful void.

The Light in the Room

Self-Luminous (Svayaṃ-prakāśa):
The lamp does not need another light to be seen. It reveals itself.

3



1

The Revealer:
The lamp illuminates all the objects in the room, making them known.

2

The Independence:
The lamp reveals the objects but never becomes them, nor is it altered by their shape or colour.

4

The Insight:
You are the self-luminous revealer. You know everything, but there is no one who can know you. You are ever the experiencer, never the experienced.

What Remains? Tat Tvam Asi



Having negated all that you are not, what remains is the self-evident, ever-shining substratum of all experience. Vedānta does not make you limitless; it simply removes the superimposed limitations of the body-mind complex. When the costumes of the individual (*jīva*) and the total are removed, the limitless consciousness that you always were remains.

I am Brahman (*aham brahmāsmi*)

The Trinity of One Reality



The Core Principle: Sat, Chit, and Ānanda are not parts, properties, or products of Brahman. They are the single, indivisible essence viewed through the prism of human understanding.

SAT: Pure Existence

CHIT: Pure Consciousness

ĀNANDA: Pure Bliss

(The following three slides explore each facet).

SAT: Pure Existence

Definition: Existence as a noun, not an adjective. It is the fundamental "IS-ness" that lends being to all things.

Non-negatable: The world of names and forms can be negated, but the existence in which they appear cannot.

Your Direct Experience: Known intimately as the undeniable feeling of "I AM."

Key Traits: Eternal (Nityam) and All-Pervading (Vyāpaka). It was never born and will never die.

CHIT: Pure Consciousness

Definition: The light of awareness that makes all knowing possible. The non-doing Witness of the mind's activities.

The Revealer: It reveals all thoughts, feelings, perceptions, and even their absence.

Your Direct Experience: Known intimately as the immediate certainty of "I AM AWARE."

Key Traits: Actionless (Akartā) and Self-Revealing (Svayaṃ-prakāśa). It requires no other light to shine.



ĀNANDA: Pure Bliss

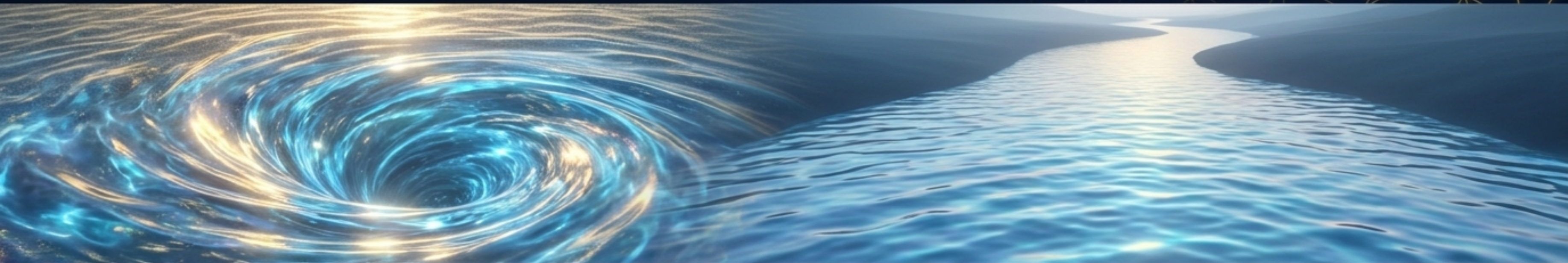
Definition: Not a passing emotional pleasure, but absolute fullness (pūrṇatvam), limitlessness, and the complete absence of lack.

The Wetness of Water: Just as wetness cannot be separated from water, fullness cannot be separated from your essential nature. A wave seeking wetness is comical; you, seeking happiness, are that happiness itself.

The Obstruction: It is never absent, only temporarily obstructed by the mind's agitations, attachments, and aversions.



The Whirlpool in the River



	The Whirlpool (Jīva / The Individual)	The River (Brahman / The Source)
The Entity	Temporary form, body, personality, and mind	The one, non-dual flowing substance (Water / <i>Sat-Chit</i>)
The Nature	Temporary, dynamic name and form (<i>nāma-rūpa</i>)	Eternal substance
The State	Agitated, spinning, and vulnerable to dissolution	Actionless, still, and entirely unaffected (<i>nirvikārah</i>)
The Insight	The whirlpool fears its end until it discriminates (<i>viveka</i>) and realises: “There is no whirlpool separate from the water. I am the water.”	

Om Written in Flesh



The Fractal Vortex: The whirlpool is a pattern of motion viewable on all scales—from a spiralling galaxy to the helical “twist-and-suck” vortex of the human heart.

The Microcosm: The human form is the universe in miniature. The formless Consciousness (*nirguṇa Brahman*) uses the conditioning medium of matter to appear as the individual.

The Reality: The body is a living yantra, “Om written in flesh.” But you are not the written script; you are the silent, non-vortical space in which the helical dance of the heart and the spin of the mind take place.

Living the Truth

The Source of Peace

You stop seeking permanent security from temporary world events. You recognise yourself as the only source of permanent peace.

The Unaffected Presence

You give life to the mind and body, but you are never stained or damaged by the events that happen to them.

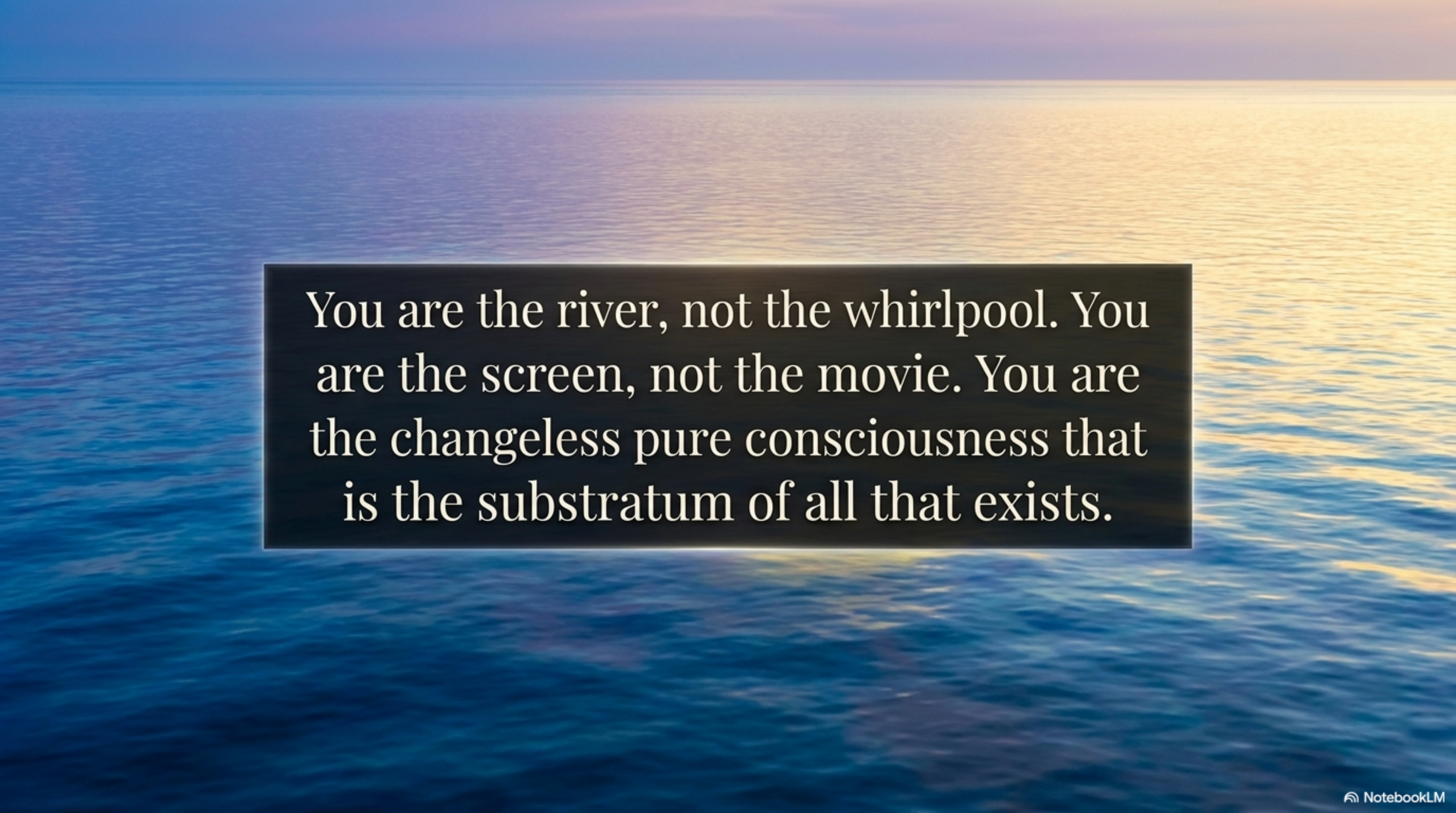
The Non-Dual Vision

You recognise that the manifold universe is a manifestation occurring within you, the one consciousness.

The End of the Burden

By forgetting your real nature, life is converted into a heavy burden. By remembering it, life transforms into a blessing and a sport.





You are the river, not the whirlpool. You are the screen, not the movie. You are the changeless pure consciousness that is the substratum of all that exists.