



## **I AM: *Abiding as Radiant Awareness*** **A Meditation Practice**

*“Meditation on the Self, the I-I in the heart,  
Is the greatest of all meditations.”*

Ramana Maharshi

The root cause of anxiety, insecurity and most of our unnecessary suffering is taking ourselves to be a separate somebody who is contained within the borders of our temporary physical body. While this is the “ordinary” human experience, all great spiritual traditions understand that this does not represent who we truly are. Rather, that is the outer clothing of our personality, but that our essence, who we truly are underneath the dusty outer garments, is always timeless, formless, infinite Pure Being. While this might sound abstract, it is good news because it means that regardless of the challenging conditions of our life, the mistakes we have made or our personality’s limitations, our nature is always free. Getting to know your Self in this depth makes it possible to surrender what is no longer needed or useful in all kinds of situations, supporting graceful transitions including into death.

This meditation invites you to draw into your deepest center to contact and abide in the Self that is prior to your personality and its identifications and attachments. Ultimately, this depth of abiding is the one true resolution to all of the ups and downs that we go through, for the “I” that is prior to “me” and all the narratives and preferences of our personality is naturally always peaceful. “I AM” is independent of your mistakes, your issues, your fears, your doubts, your body. Therefore, learning to experience and abide in this depth ends the search for love, peace, freedom and joy and helps you recognize these are attributes of what you fundamentally are and always have been – the radiant pure awareness that is the experiencer of it all. The following instructions are designed to nudge you into this. Use them as feels helpful to you and then just rest in silence. Enjoy!

- **Close your eyes and turn within**, letting your breath become a little slower, deeper, longer.
- **Sense your body on the chair/ cushion.** Sense the ground under you, the cool air arriving into your nostrils.



- **Your INHALE WELCOMES** you into the immediacy of the here and now...Your **EXHALE supports MELTING**, be that of body tension, the following of thought, or chasing after anything particular.
- **Open-Soften-Allow your experience to be exactly as it is...** sensation, breath, mood, whatever is here...allowing it. Nothing to fix, get or do. Stay with this a while until you feel relatively settled and present. (mind is not jumping around).
- **Lean into the *field* of your awareness** – the consciousness that is breathing, softening-opening-allowing things to be.
- **It might feel as if you are taking a step IN & BACK inside...**to the “I” that has been here always, the witness that has no particular age, is not defined by your memories or experiences....the one who has been EXPERIENCING them all this time.
- **See if you can become *aware of the awareness*** – of the room, the sounds, everything that is here...only focusing not on “things” separate from “you”, but on the awareness of it all.
- ***This might feel like everything is becoming less dense and fixed....***forms may become transparent....**Might feel that you are becoming a lot wider than your physical body**, wider than the room even, perhaps even that you are as vast as the sky...
- **Lean into the awareness that is aware of everything, but not defined by it.** It might feel like you ARE the space pervading everything...and the pulse of life within all forms.
- **Softly say internally: *I AM...I AM...I AM.*** Lean into the “I” that has always been...since you were a little child. “You” at every age and stage of life... “You” that will continue to BE, even after the body is no longer.
- **It might feel like you just “Are” as you have always been.** (For some people, this is experienced as a radiant light – like a star shimmering in the infinite vastness of the night sky. For others – a vast shimmering spaciousness like endless sea and sky. Don’t try to get a visual, but if you do, go with that.)



- **Concentrate on “I AM”** *(if it helps you to repeat this like a mantra with the breath – use this as the “focus” of concentration. If that pulls you into mind, skip this and trust your Self).*
- **Let go, and just Abide AS the Radiant Awareness that you are.**

If you find this meditation a challenge, then I would highly recommend reading slowly and thoroughly chapter “Unwinding your Core Ego Identity” which is chapter 11) in [The Way of Grace](#). The material you will find there helps you “unwind” the familiar narrative of the personality “me”, that is the primary obstacle to where this meditation is inviting you to go. The audio-book version has a guided meditation of the practice you will find there, which will likely help a great deal to digest some of the personality material, after which you will likely have a grand time with this practice!

*“Before I know anything, who am I?*

*Seek always the intimate joy of your original Self,*

*And move through this world in freedom.”*

The Radiance Sutras