

Self Realization



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Also known as **Illumination, Awakening, Satori, Christ, Enlightenment, Realization, Christ Consciousness, Cosmic Consciousness, Superconscious**

Capital "S" **Self** is the awakened **Self**. Small letter "self" is the **ego**.

*"I say hello to you, because you are in my heart,
You are away from my sight, yet are in my heart,
You, though you don't show yourself, live in my heart,
Hello, to the one that is unseen yet not apart." [Rumi]*

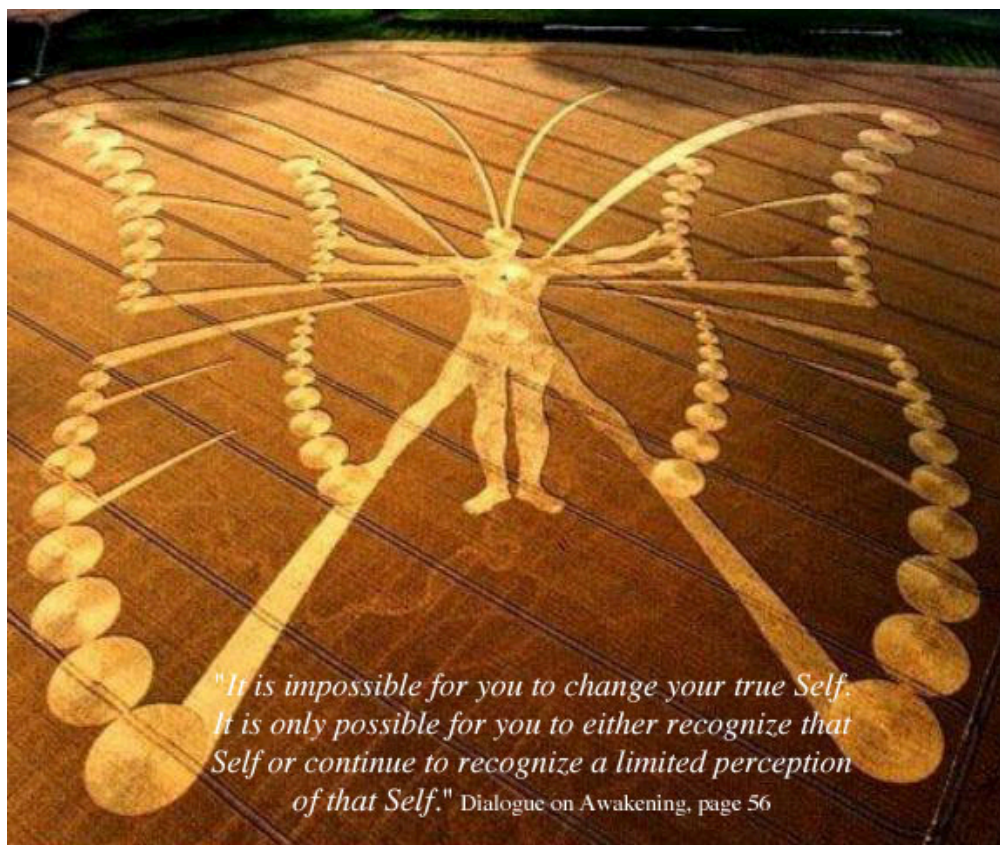
"Each being comes to the point of their own realization (Awakening) in unique ways and by unique combinations of experience and wisdom. The point is often approached and rejected many times before the actual crossover acceptance happens. It requires a great deal of courage to crossover to a new and different perspective of the life experience. It requires releasing well-learned lessons and entering into a completely new consciousness of what reality truly is. For those who are on the planet Earth now, the deceptions are of such magnitude and the truth of what each being is, so well hidden, that the acceptance of the truth by the masses is such a gigantic leap in consciousness that it appears to be impossible that it could possibly happen. Yet, happen it must if this segment of the human race and this jewel of a planet are to survive." Anonymous, Becoming

Mind Observing Mind

Neutral or objective observing of **Self** is a prerequisite to **Self Realization**; i.e., being aware of self (what is in one's Mind).

"When you first begin to Observe yourself, you will normally find that the observation is made by the mind after the mind has thought and made the belly feel, eventually the mind will observe the mind as it arises. It is then a kind of conflict. Eventually this will move to an observation of a tiny feeling then the thought. Further it then

becomes a distinct observer watching the [thoughts](#), the images of [mind](#) and the [feelings](#) as if one is watching a tv. At this point one becomes detached from the [chaos](#) if you like and has control over [life](#), but until then one does not know or is not aware that [life](#) is in control of them all the time they have not developed this [awareness](#) by self observation." [Babaji Mahabaratha]



Recognizing Self

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*"It is impossible for you to change your true **Self**. It is only possible for you to either recognize that **Self** or continue to recognize a limited perception of that **Self**." [Dialogue on Awakening, page 56]*

See Also

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