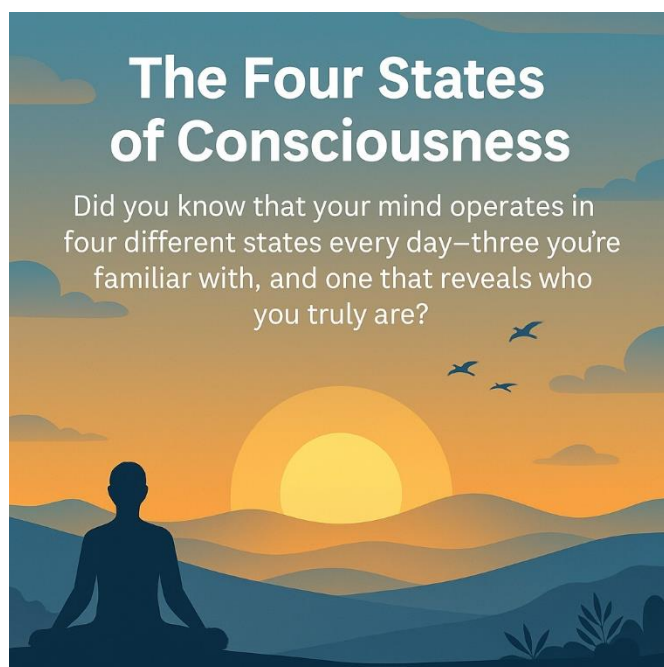


You Are Divine Light in a Human Body



The Four States of Consciousness

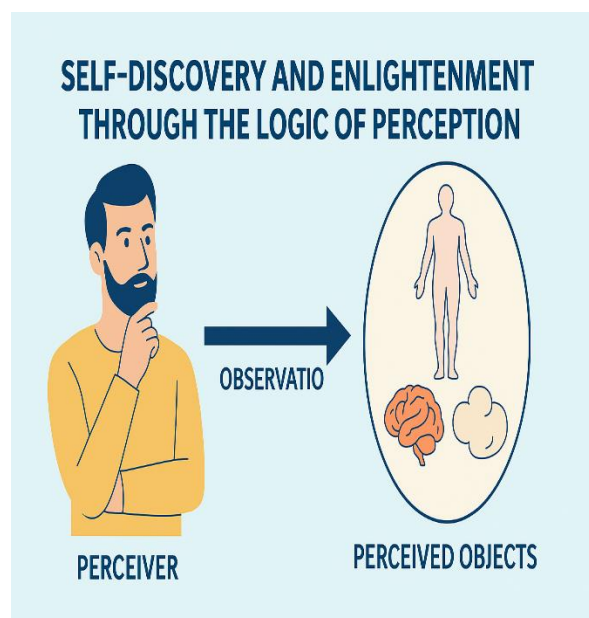
The ancient sages of India spoke of four states of human consciousness.

1. The waking state: when we are aware of the world through our senses. We see people, act, think, and go about our day.
2. The dream state: Though the body sleeps, the mind stays active, spinning stories from memory and desire.
3. Deep sleep: In that space, we don't dream. We don't think. The ego disappears, and there is only stillness. But we are not aware of that peace while it happens.

The fourth state is called **Turiya**—a quiet, alert presence that is always there, behind waking, dreaming, and deep sleep. It doesn't come and go like the other three. It is the **unchanging awareness** that watches all experience but remains untouched. It is not a distant goal—it's what we truly are. But we miss it because our attention is always caught in thoughts, emotions, and outer distractions.

Turiya is not asleep or passive. It is fully awake, peaceful, and steady. When we recognize this inner presence—when we know it as ourselves—we move beyond confusion and into real freedom. In Turiya, we don't feel separate from anything. There is no conflict. No need to prove or protect anything. Just a quiet joy that stays with us, even amid all changes.

Who Are You, Really?



Every time you notice something, there are two sides: the one who sees, and what is seen. You can look at your hands, your face, or your body—that means you are not those things. You are the one looking.

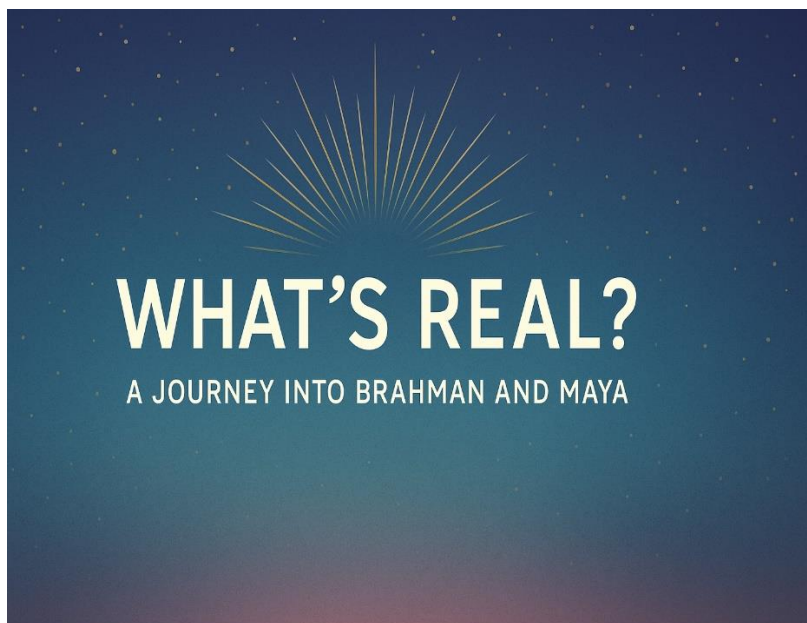
Thoughts also pass through like clouds. You can notice them. That means you are not your thoughts—you are the **awareness** behind them. Emotions like fear, anger, or joy rise and fall. You feel them, but they are not what you are. You are the one who is **aware** of them.

If you are not your body, not your thoughts, and not your emotions, then what are you?

You are the silent witness—the clear space that is aware of everything but not bound by anything. This inner presence never changes. It was there when you were a child, it is here now, and it will remain when everything else changes. You can't see it as an object because it is not a

“thing.” It is the **one who sees**. And in this recognition, a deep peace arises—a sense of coming home to what you’ve always been.

Brahman: The Truth Behind All



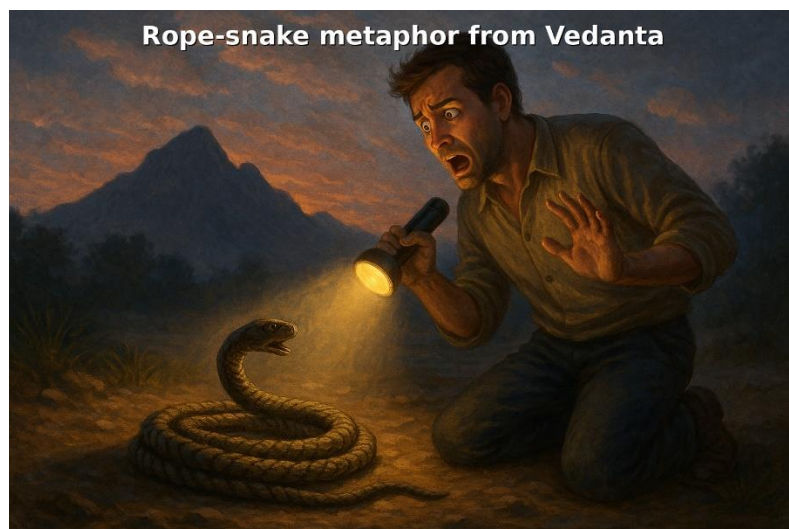
In Vedanta, the word **Brahman** refers to the ultimate truth—pure consciousness without limits. It is not a person or a god with a form. It is the invisible presence behind everything—space, nature, the body, and the mind. You can’t see it with your eyes, but you can feel it when the mind becomes quiet—like stillness, like peace. Brahman projects divine incarnations periodically.

What hides this truth is **Maya**, the illusion that the world we see—full of separate things—is all there is. Maya is powerful. It makes us think we are just a name, a job, or a body. It pulls us into fear, stress, and craving, just like a dream feels real until we wake up. But the truth is always there, like the sun behind the clouds. The Sun of Brahman has always been there but the cloud of thoughts has created a mask temporarily.

When we remember who we are—when we know ourselves as Brahman—we become steady, calm, and unshaken by life’s ups and downs. Life’s problems are dream like reality, unreal to the core. Teachers like Adi Shankaracharya and Ramana Maharshi remind us: this is not something

to believe in blindly—it is something we must discover directly by turning inward. Countless sages down the human history have proved this fact by direct experience.

Seeing Through Illusion



Imagine someone mistakes a rope for a snake in dim light. Fear arises. But when the light is turned on, they see the truth of a snake. There was never any danger but only a mistaken belief. In the same way, Maya makes us believe the world is something it's not. The ever-changing forms are mere transient appearances. It hides the reality of Brahman and shows us separation, fear, and selfish desire instead.



Take the example of a desert mirage. From far away, it looks like water. We chase it, hoping it will quench our thirst. But when we get closer, we find nothing there. The law of refraction in different mediums creates the reflection of sky on the surface and hence creates the illusion of water being present. The illusion fades after proper inquiry. Our hopes and fears are like the presence of mirage in life. They will vanish if proper enquiry is made about their very existence.

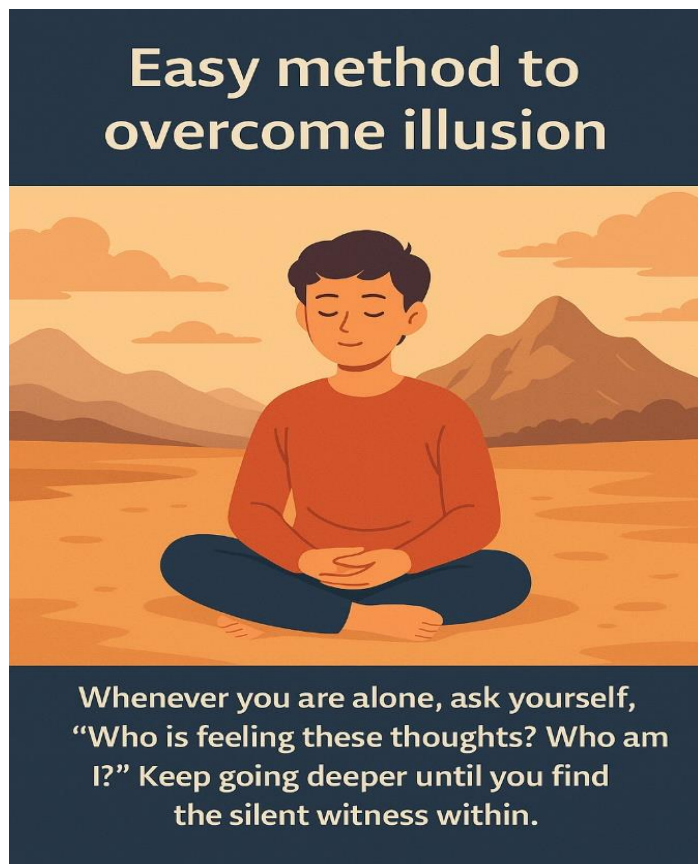
Vedanta says the world is like a play of appearances involving the pictures of consciousness. But just like the screen behind a movie never changes, Brahman remains steady behind all forms and names. Knowing this doesn't mean rejecting the world, but seeing it clearly and living with greater freedom.

Simple Examples from Everyday Life

1. **The Mirror:** A mirror reflects many faces but remains unchanged. In the same way, **Brahman appears as all beings** but stays untouched and pure. Maya makes us think we are the reflection, but we are actually the mirror which is ever same. The One Infinite Pure Consciousness alone is the unchanging existence at all times.

2. **The Movie Screen:** We get caught up in stories on a movie screen, forgetting it's just play of light. **Brahman is the screen**, and Maya and its innumerable appearances are the stories on the screen of Brahman. Recognize the screen, and you are free from the drama.

Two Practices for Living with Awareness



1. Daily Meditation (5–10 minutes)

Find a quiet space. Sit comfortably. Gently close your eyes and bring attention to your breath or silently repeat a word like *Om*. Let your thoughts settle. As the mind grows still, you may begin to sense the quiet awareness underneath. That is your true Self. You may not get it initially but with sustained practice over time will give you the fruit of realization.

2. Self-Inquiry (Who am I?)

When you feel disturbed or alone, pause and ask, *Who is feeling this? Who am I, really?* Don't rush the answer. Just keep asking gently, turning inward. Eventually, you'll touch the silent

witness within—the part of you that doesn't change. Stay there. That is Brahman. This is the simple teaching of Raman Maharshi for profound realization of the ultimate reality.

Final Thought

You are not just a body, or a personality shaped by life's highs and lows. **You are the light of awareness itself**, temporarily expressed through a human form. Beneath all thoughts and forms, that light remains—clear, calm, and free.

Realizing this truth is not an escape from life—it is the beginning of living fully, without worry and fear, and with deep compassion for all.