

Perception Vs. Supreme Reality | Sri Dharma Mittra

 by [Dharma Mittra](#)

February 25, 2013

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Deep within there, you are Lord Shiva already.

Whatever you can perceive or have awareness of is something else and not the Real Self. This concept is simple to put into words, but is very difficult for us to truly understand because we have identified with what we can perceive for thousands of lives already.

When you go to sleep, the mind with the senses of perception stops perceiving. That's why you are dead-like while in sleep state. Behind the perceiver, the consciousness, the Self, the life force that make everything alive is there all the time, but that is invisible and action-less. Some people close their eyes and immediately say: "Oh, I can 'feel' my Self!" No, you are "feeling" something else, not your Self.

What happens when you wake up in the morning? The senses of perception immediately start perceiving things. Your "video camera" that is the eyes, the sense of sight, activates and you "see" light. But, "You" are not the light.

Then you stretch and move a little, and you feel the arms and hands—you gain awareness of them. On a subtle level, you think: "I have arms and hands." Then the brain really begins to switch on, triggering things deep inside that reinforce the small self: "I am male or female; I have these problems; I own this and this; I am a Mother, a Father, a sister, a brother, a son, a daughter, a lawyer, a [yoga teacher](#), etc." Then all the rest starts coming into focus and the veils obscuring the Real Self are firmly in place again.

The other day, a student came to me and said: "*Oh, Dharma, I just found out: we are energy!*" We are not energy. Energy is intense, intelligent vibration, but this motivating Prana is still not the Supreme Self. Of course, it has the Self there behind it to make it "alive" and cause it to exist in the first place.

When you are doing [Pranayama](#), you can sense the forces of the energy, so, "You" are not energy either. But, identifying the Self with the life-force is getting closer to what it really is since the Prana is a psychic thing and at least in identifying with it, you end up in the Energy Sheath—the Pranamaya Kosha.

We have to be extremely calm so that the mind can really grasp that "You" are not that which can be perceived, but the perceiver itself. When you realize what you really are, you become calm—a different person immediately. There is no more fear of death since what you are is eternal, stainless and changeless. You can then see the evolution of all from creation to dissolution in one single moment. You notice that everything is passing away—it never stops. In a minute, you're old and gone, and then you have to return back again to find out who you really are.

If you don't desire to know this, to achieve Self-realization, you go no-where. You should cultivate a desire to acquire this knowledge if you don't already have that now. How to develop a burning desire for liberation? Keep the **Ethical Rules**. Be **compassionate**, respectful to all beings. And then, automatically, your mind will start asking questions: "*Who am I? If I die tonight, where am I going?*" (How can you live if you don't know where you're going?) "*Is there re-incarnation?*" (How can you rest if you don't know?) "*Is there paradise?*"

You have to check it out. Many people "believe" in these concepts or are maybe curious to learn more about them, but to succeed in yoga, you must know and to gain this knowledge at the level of realization—you have to check it out for yourself.

There are people who buy vacations online: pay for them and everything, then they pack up and go. When they finally reach the destination, there is no vacation there. Someone took your money and paradise wasn't there: what a disappointment!

Gain knowledge of the Self through direct personal experience and you will have found a shortcut to immortality. Become like a witness. Watch your body as in deep sleep by itself, the mind: blank-like. No me, no you, no notions of time: only this eternal present.

Say to yourself: "*I am not the body.*" The body is just an instrument of perception to deal with the Material World. You are the Self inside: formless, the nectar of intelligence. "I am everywhere."

Lose all body sensation, and then, you have no choice: you feel like you're everywhere. "*I am everywhere.*" Consciousness itself, not conscious of anything else, otherwise you'll be something else.

Remove all your ego. "*I am everything. I am the Selves of all beings. I am everywhere.*" As you do this, automatically, you merge into God Consciousness: no me, no you: One Consciousness.

Take me, take me, my Lord: I am You, You are me. I am You, You are me...

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Yogi Sri Dharma Mitra was born in 1939 in Brazil and first encountered reincarnation and the Laws of Karma at age 14, yoga at 17, all through the pages of books. From 1958-1964, Sri Dharma served in the Brazilian Air Force and focused on bodybuilding and wrestling in his spare time. In 1964, Sri Dharma met his Guru in New York City and immediately became a full-time Yogi. Two years later, h... [READ MORE](#)

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