

**2010-11-19**

## **Teaching on Consciousness Witnessing and Living Without Conflict**

<http://bit.ly/aP3Y6f>

[http://www.youtube.com/watch?v=LyOYwhD1\\_qE&feature=player\\_embedded](http://www.youtube.com/watch?v=LyOYwhD1_qE&feature=player_embedded)

### **Bhagavan, you say we will be watching the mind. Who is it that will be watching the mind if there is no 'self?'**

It is consciousness which is witnessing. It is what we call 'chita.' And then it has also great joy that we call 'ananda.' That's why we chant 'Sat chit ananda,' that's what we chant. So these are the properties of consciousness and it is also the ability to witness. It cannot participate, but it can witness. So, it is consciousness which is witnessing the mind which is witnessing the thoughts. And when consciousness witnesses, it does not identify. It just sees thoughts, it just sees the mind, it just sees the actions. So, You are the pure consciousness.

So right now you're identifying yourself with the mind. That's why you're in prison within the mind. But once you jump out, you're free of the clutches of the mind and all that you are doing is witnessing. To witness, you have got to witness, and see what it is like. I don't have to describe that, then you form concepts. Once you get there, it is all very clear. Nobody need teach you anything, you'll know for yourself. You'll get there. Don't worry.

Every week people are getting there now. The process is speeding up now. More and more people are making it across the world and so effortlessly. Then they start laughing because you'll wonder how did I miss this all these years. Such a simple thing it is, as simple as breathing. You'll really be laughing at yourself. All things are witnessed, that is all. It is consciousness which is witnessing. Which is nowhere but everywhere. You can't say it is here, you can't say it is there, it is everywhere. Everything is being witnessed. More if I will talk, you will make concepts out of it. I will leave it like that waiting for you to get there.

### **Bhagavan, can we do something to breakthrough this 'rat race' of survival?**

Right now you are caught up in the mind and you keep doing all these things for the sake of escaping your own suffering. Now when you get awakened the same things you would do. The same job, the same profession, the same business. But the experience is totally different. Now you are doing what you are doing. Once you become awakened -

let's say you are a carpenter. It's no more work. As you do carpentry, you will love it and you'll experience every moment of it. Let's say you're a clerk in an office. As you put ink to paper and you keep scribbling something, some figures or something, that is enjoyable. It's no more work. Suppose you're a hotelier it's again enjoyable. All work becomes thoroughly enjoyable. Right now it's drudgery. You have to do it for survival or as a means to escape your own suffering. But It's no more required. The same work goes on. If you are a tailor, you continue to be a tailor on awakening. A barber, yes you continue to be a barber. Or a scientist, you continue to be a scientist. Nothing changes. The same wife, the same children, and the same home. But it all looks very, very different. The experience is very different. It will not disturb your normal life in fact you become very efficient. You become very capable. Because no stress, no strain, no conflict. So supreme efficiency comes out of it. You don't have to worry about it.