

Be Fully Aware of Yourself

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Be fully aware of your own being where it really counts in yourself and you will be in bliss continuously. It is only because you take your attention off of the true centre and height of your being that you get into the predicament of worrying about the body and the world, which makes you struggle to improve both the body and the world without ever knowing real bliss and transcendence.

How can there even be real improvement of the body or the world without bringing the bliss and light of real being into clear reflection in the body and the world? Even the most pure body or pure world cannot reflect the supreme state if you and others remain ignorant and have no real awareness of being within the "I am".