



# **Waking Up As Awareness: 12 Simple Steps to Spontaneous Natural Meditation on Your True Self as Radiant Spacious Presence**

*Ramaji*

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You have covered over your true Self with the false thief thought of "I am this physical body." That potent hypnosis is more than enough to steal from you your glorious birthright as the blessed supreme Self. In the process of waking up from the sleeping state, there is a gap between dreaming and waking where the pure conscious state, the eternal non-state of the supreme Self, emerges and provides support for this major transition. When you think about it, you are moving from one world to another. You are transitioning from the dream or astral universe to the the waking state or physical universe. This is a huge leap in vibrations and consciousness levels, so the Self itself emerges briefly in order to enable continuity during the transition. Being in the astral body while in the dream state, and then suddenly and without warning being conscious in the physical body waking state, it would be noticed that a major leap had occurred. However, unless you are looking for the Self in this gap, you are not likely to see it. This self-luminous Awareness is more subtle than dreams, although the practice of dream recall will support this practice of Self-recall in the morning.

Anything that helps you insert the conscious waking state into the sleeping state may help. Although this Awareness is extremely subtle, in this special moment it comes forward. Therefore, this is the time when it is most easily perceived and grasped. The practice itself is very straightforward. If you cannot be aware of the entire waking up process itself, then immediately assert being consciously aware of your conscious awareness (waking state) the instant that you become aware of it. In other words, the VERY INSTANT that you recognize that you have become conscious and are transitioning into the waking state associated with the physical body, in that instant you choose to WAKE UP. What happens is that you then wake up WITHIN THE GAP. You deliberately become conscious within this gap. You relax awake into clear seeing and an opening appears that you did not see before. This opening becomes your entry point from which you can unravel the entire addiction mechanism. Likewise, you can enter as lucid clear knowing when you wake up in the morning by using the special effortless Morning Meditation. With practice, you will discover that you are not the body. In fact, you are the Light of the Awareness. The gap will get longer and longer. You will gain confidence that you are, indeed, the Self. Eventually, you will be able to stabilize in the Self and your perception of who you are and what the world is will be changed forever. You will know directly from within that you are the Self and that the world is the Self. You will know for sure that "I AM THAT."

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