

Today I will stay with the idea that I am not the body nor the mind, not even their witness, but altogether beyond,

My mind grows in clarity,

My desires grow in purity

My actions grow in charity

This inner distillation takes me to another world, a world of Truth and fearless Love.

I will resist my old habits of feeling and thinking

I tell myself 'No, not so, it cannot be so; I am not like this, I do not need it, I do not want it',

A day will surely come when the entire structure of error and despair will collapse and the ground will be free for a new life

*Sri Nisargadatta Maharaj*