

Written by Nirmala
Sunday, 26 April 2009 00:00

Someone asked about how to do self-inquiry, and here is how I responded:

Self inquiry does not need to be complicated. Just simply sense your self and do not worry about inside or outside or going deeper. Sense that you exist right now, and then stay with that sense of "I" or "me". But do not worry about whether it is the right way of sensing your self. Simply sense your self just as you are right now. Once you sense your self just as you are right now, simply stay with that sense of your self. If a thought or feeling arises, notice who is having the thought or feeling. Obviously "I" am having the thought or feeling. And so then you just return to staying with that sense of "I"

That is all you need to do to practice self enquiry. Just rest while sensing your self. Everything else is up to divine grace, and it is taking good care of you.



Feel free to [contact me with email questions or comments](#) .