

## THE OCEAN AWARENESS IS FREE

Every person has a sense of freedom. Every action is being driven by this sense of freedom. The basis of life –the motivation to work, to love, to have family, or to spend time alone– is to experience a sense of completeness, and to realise the freedom that we inherently know from within.

Freedom is the essence of all life. Every living being wants freedom, but the mind often remains bound and does not know how freedom can be unfolded. But one can achieve the knowledge of where their true completeness and freedom lies.

Advait Vedant states that the Self is complete, perfect, and free. An ancient Sanskrit mantra from the Upanishads conveys the meaning of complete:

*OM poornamadah poornamidam poornaat poornamudachyate  
Poornasya poornamaadaaya poornamevaa vashishshyate*

This verse states that all manifestation springs from one life-source. The source remains whole and its manifestation is never separate from its source.

Consider the wave that arises in the ocean. We have given a name 'wave' to describe the movement of water, but the wave never becomes anything other than ocean water and the ocean never became less or more due to the rise and fall of a wave. Two names, 'ocean and wave', but they are not separate or different in any way.

The search for freedom, the striving for perfection, the desire for permanent satisfaction, the longing for ever-lasting love, all originate from a source that is complete, perfect, and truly free. Therefore, I am not writing to tell you how to gain the sense of completeness and freedom because we all share the sense that we do not want to be told that we are lacking freedom or completeness in any way. We don't need to learn about freedom and completeness because it is already our true nature.

But what do we do when a situation arises, in which the mind seems to be bound, confused, worried, and unable to find the solution so that it can be problem free? When the mind is limited to only its experience of the waves, it cannot know the ocean as a whole.

One who is reading this writing has been brought to the realisation, through life's experiences, that looking for solutions within the wavering field of mind has not resulted in a deep and lasting antidote to worry and dissatisfaction. This recognition is a prerequisite to understanding the purpose and true

benefit of meditation because it exposes where the problem is not, saving a lifetime of energy and frustration searching for solutions in a temporary place.

When you close your eyes, thoughts become more obvious. It is fundamental to know that meditation is not the removal or suppression of thoughts. Rather, it is emphasised that you are aware of the thoughts. The practice of being still, closing your eyes, and just being aware, will reveal the knowledge of your true source.

Meditation is free from even the slightest struggle. Simply close your eyes and observe ... the nature of the mind is changing; the nature of the Self, the ever-present ocean of knowing awareness is unchanging. The recognition of the unchanging knower Self reveals the free nature of our Self as the whole ocean of consciousness.