

THE SEER AND THE SEEN

When one can tune out from the din of the doubtful mind, something so essential and elegantly simple can reveal itself.

The Human Struggle

The mental din can be loud and its doubtful voice ultimately tiresome. The mind focused on circumstances either enjoys or suffers. Joy is experienced when circumstances reflect success, bringing an uplifting energy. Suffering is the struggle to avoid failure.

When the mind is absorbed only in the experience of gain and loss, and success and failure, it struggles between gaining power and protecting itself from feeling powerless. In either experience, the human being is engaged in a struggle.

A Perspective Shift

To answer the human struggle of constantly vacillating between the experiences of joy and suffering, Vedic wisdom shifts the perspective from WHAT we see (the experiences) to THAT which sees (the Seer). This subtle shift in perspective, guides the way to deeper inner spaces that recognize the SEER rather than that which is SEEN.

Waking up to recognize the presence of the SEER quells the human struggle. This shift in perspective becomes extremely valuable when one has become tired of following the mind's unending involvement in events and personal dynamics, which will one day not be important at all.

The Ever Present Seer

SEEING is not a thing, it is a power. The simplicity of pure vision is like a light beam that illumines its object. Without the light, without seeing power, nothing is seen or known. Seeing power is self-luminous, it is not recognized in the same way that we know an object. Recognizing the SEER becomes more and more obvious through regular meditation practice, whereby the mind tunes out of the experiences, and tunes in to the source of the mind—the ever present Seer.

The Mind Is not Separate from the Seer

Vedic wisdom states that the mind is not at all separate from the Seer. The mind is not a separate entity and therefore does not play a role in realizing the state of peace and fulfillment. To meditate in such a way that thoughts and emotions are viewed as rising and falling waves of the ocean, brings the awareness to recognize the oceanic nature of the Seer.

The human struggle to achieve and to secure against failure and loss involves us such that hence we don't realize that we are free from the mind. And so, not being informed that we are the Seer, the whole weight of the human system veils our spirits as we accept success and failure, right and wrong, happiness and dissatisfaction.

The human experience is a collective mind that spins a story of situations and relations. This is the design of the human system, which is unavoidably bound to fail us in the end. We say, "It is *my* failing" and then wonder why we are drawn like a moth to the flame of joy, in order to find reprieve from feeling the burden of failure. We end up circling in the same mental story of success and failure, confidence and insecurity, seeking and avoiding - again and again.

There is only one thing we must do – which is a doing unlike any other doing in our day-to-day lives and unlike any thinking – and that is to know that, it is not WHAT I see that is important but the fact THAT I see. That Seer, forever free from what it sees, plays lovingly in the life of its own creation, with the simple purpose of bringing joy, oneness, strength and inspiration to all.