

Awareness is a fire

Lets first get this straight: awareness is not simply becoming more and more aware, like mindfulness. Mindfulness is a path to awareness, but does not in itself comprise it.

What do we mean? Mindfulness is the first step towards developing awareness. When your sense of self is perpetually lost in the mind and in emotions, only brief moments of paying attention to, for instance, the work at hand, or the sound of birds if you are not doing anything, or your morning cup of tea, can reverse the flow of energy from into the mind and towards a more alert consciousness.

But awareness is the fire that resides behind your mind. It is what allows you to exist as a conscious being - to perceive things. Awareness is not awareness of any 'thing', it is just awareness in and of itself.

Through mindfulness one can redirect attention from being lost in thoughts towards awareness. But awareness is not mindfulness.

So, we say awareness is a fire, what do we mean? Awareness, when it becomes self-aware, ie., when your inner light which generates consciousness, rests upon itself, there is a realization. This realization is that one does not need sense objects or thoughts to feel that one exists. One can exist as just awareness in itself. It is an immensely liberating realization that has one end result: the burning of all mental objects, conditionings, and false-constructs of self. When pure awareness, ie., awareness of awareness, comes to be, all shadow imageries of oneself, false beliefs, etc. fall away instantly.

That is what is meant by awareness is a fire. It is not that it possesses fire-like properties, it is that it is such a profound state that everything else that is irrelevant is slowly burned away.

Awareness is power. The power to be. The power to be, irrespective of what one thinks about one's life circumstance (good or bad) or one's emotional state (happy or sad). It lends the power to be present. And to be present is to meet life as it is, in all its wonder, pains, and joys.