

Giving up Ownership of “I, Me, My, and Mine” is Freedom From Bondage

By A. Ramana

At various times, in various ways, Sri Bhagavan Ramana Maharshi said that what ordinary man calls “death,” is in fact the very nature of the True Self. In *Day by Day With Bhagavan*, he says, “Deathlessness is our real nature, and we falsely ascribe it to (living in) the body, imagining that it (the body) will live forever, and losing sight of what is *really* immortal (the Self), simply because we identify ourselves with the body.” He then quotes the *Upanishads* that says, “The *jnani* (sage) looks forward eagerly to the time when he can throw off the body, just as a laborer carrying a heavy load looks forward to reaching his destination and laying it down.” He also says, “Death is just another name for us. For, what is death but giving up the body. Our real nature is to BE; it is pure Being, without the body. He means here the death of the ego or the body-mind for those extremely afraid of dying or the death of the body. A sage is not afraid of death of the body, but awaits it.

Consider this simple fact we usually take to be the truth. We all ordinarily identify with the body and mind – or “body-mind”; they are really not two, only one and the same – as though they (being, in fact, our primal possessions) are to us, “we.” We usually don’t even consider them beyond this thought or notion; and in fact not even as being “ours,” but rather what we call “I,” or “me.”

If truly, “consciously” considered, our system of conditioned beliefs could have us seeing that our body-mind is “our possession”; and, if so, is our most valuable piece of “personal real estate,” and that we are the sole owners of this “primary ‘piece’ of property.” For example, in earlier times, and even to this day in some parts of the world – though now actually illegal – slavery is still practiced where some people don’t even own themselves, but are the “property” of someone else.

In a similar way you might take the body-mind to be “your own property,” as being the possession of the Pure Awareness, the One-Being-That-You-Really-Are. But this also is not true, for Awareness, or Pure Being, owns nothing.

This means that to Awaken and Abide in the true nature of this One Self as Pure Awareness, all that is *actually* necessary is to give up ownership of the sense “I-am-this-body,” and the simultaneously held notions of “*I, me, my, and mine*” as being your personal self; for there is no separate, individual self living apart in time and space; there is only the Single Self, the One Absolute Pure Being, Itself Heart-felt as I AM, without anyone “doing” the “seeing” or “knowing” of this. It Just IS!

What is occurring is the dualistic assumption that the mind “owns” all apparent knowledge, or “does” all apparent “knowing,” as though it is in fact “the knower.” This gives rise to most of one’s problems. The mind constantly looks within itself for a solution to a non-existing problem, pertaining to this apparent “knower.” If there *is* a problem *at all*, then it’s the idea that something “other” has to happen for true understanding to be achieved, and by a separate entity or “someone” *doing* the knowing. Such attempts can and may go on forever, but without success; for True Understanding is not “a thing,” or “object” to be acquired, it is what YOU-Always-Already-Are. It is the Seeing Itself, the Witnessing Presence that one ordinarily believes to be the “knowing” of the mind.

However, this is only the One Reality; and, as such, there can be no “other” that either is closer to, or farther away from IT. Just let go of ownership of the held sense of “I, me, my, mine” and BE this Ever-Present-Presence that ITself is FREEDOM, PEACE and Pure JOY, the One Self We ALL *always, already* Are.

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