

The AHAM Seven Basic Truths™

[From the book Living Free by A. Ramana](#)

If you wish to begin living your life from Cause, and stop being at the effect of “this or that” worldly problem, including all the difficulties, limitations or upsets that normally occur in life, you want to realize and fully understand the simple Basic Truths of the way your world works. That is, how it is actually created or formed by you, at all times, out of your consciousness.

These Seven Basic Truths are quite simple, though they are not usually known by most people. They were discovered over the years by A. Ramana, and their authenticity verified and documented by him, who arranged them in the particular order presented here, for sharing with all of us in AHAM’s Self-Inquiry Series.

They reveal to us the truth, so that we may experience for ourselves “how it all works,” and thus direct our lives from a truly conscious perspective. This means that *you* are in the Driver’s Seat, and steering the course of your life. It means you are then no longer finding yourself at the effect of the situations of life, but rather know you are in fact the Source and Cause of all that is happening in your world.

You may be familiar with some of these seven truths, for they are ancient, and all the Sages throughout the ages have shared some or all of them in one form or another. But, here they are arranged in a unique working order, one that is based on a simple, yet efficient and down-to-earth understanding and expression of them, that best aligns your world to naturally form or out-picture exactly what you need, or wish your manifested life to be.

Here are the Seven Basic Truths™:

1. “Imagination creates your reality.”
2. “Thoughts are things.”
3. “What you think about grows.”
4. “You become what you think about.”
5. “Your thoughts or assumptions form your world; therefore, always keep your mind on what you want, and off of what you don’t want.”
6. “You *can* change your world by reforming your assumptions.”
7. “If you can’t change a situation, you *can* change the effect it is having on you by changing your attitude or assumption about it. And, eventually, you may even be able to change the situation.”

If you choose to memorize them, you should do so in the same order as they are given here, and *word-for-word*. You may find for yourself there is a logical natural flow, or orderly connection in this arranged order or sequence.

They were not learned or acquired in the present order, but rather this writer came to recognize their logical relationship, as here arranged, from his own use of them in his life, by trial and error. But that doesn't mean that you will not find them, in different situations or on certain occasions, to be just as valid and effective in an entirely different order of understanding and application.

These Seven Basic Truths are always present and used by you. In fact, you have *always* been using them, unknowingly, even to your own detriment – on as many occasions as to your good – due to your innocent ignorance of them. To use them consciously – i.e., correctly and effectively – you need only to be awakened to their presence in your life. So, let's use this segment as an awakening experience as we cover each one together.

1. “Imagination creates your reality.”

Sages through the ages have long declared, and today even advanced science confirms, that so-called “reality” is actually only a product of thought; it is going on entirely in our imagination, in the conscious and subconscious patterns of the mind. The world is in your mind. Rather than you being in the world, the world is in you.

Everything we see and experience as being “the way it is,” *is* the way it is, or appears to us to be, solely because of our own imagination. It is actually because *we* are seeing and feeling and generating the experience of it being that way. It is *not* because the thing or experience seen is in itself *actually* the way we see it, or say that it is. *We* are *ourselves* creating or generating the experience we are having, or the perception of things the way *we* see them to be, and thus *we* are causing our own experiences of them in our life.

Understand, someone else standing right beside you, and observing the same thing as you are, may and does often actually perceive and generate the experience of a totally different set of thoughts, feelings and reactions, etc., from the very same situation or event. And his or her experience, even though different from your own, is just as “real,” just as valid to him, as your experience is to you. It is all a matter of one's mental perception or imagination.

Let's ask ourselves this question: “*Who is perceiving this (any) experience or event?*” Your answer is, “I am”... Yes, you are. Feel this “I AM,” that you are...

Now, from this I AM, you can chose to direct, or even redirect, your thoughts and feelings and be responsible for your own world and its appearances, and even the very quality of experiences you are having, because...

2. “Thoughts are things.”

Simply get this: you cannot experience *anything* without first having the thought of it. Everything is occurring in consciousness, and the thought of the thing is the thing!

Yes, the thought of the thing *is* the thing! The thought is a seed. It actually started as an idea, then it drew everything to itself for it's own survival, much like a seed planted in fertile soil draws to itself all of the five elements required for it's growth. It draws required nutrients from the minerals in the earth; it draws the required moisture from the ocean, which comes

by the vehicles of air, and moving clouds carrying rain; it draws needed heat from the sun, and makes its home in the space (ether) made conveniently available to it. The *entire* universe works *in unison* to provide for the successful growth to maturity of every well-planted seed.

In the same way, the universe provides everything necessary to bring a seed-thought into full manifestation as an objective fact or event in your world.

Ask yourself: “*Who is having the ideas or thoughts I am (you are) having?*” The answer is, “I am.” Yes, you are... Feel this Truth ... Feel the I AM.

Now, that you get it that “thoughts are things” you must also begin to realize the next truth about it, which is...

3. “What you think about grows.”

When you give your attention to a thing you are nourishing it or feeding it, much like a plant. When you “attend” to a plant, it grows. And, since a thought is a thing, by feeding it with your attention, it thrives, and in time, it grows.

So, who is in charge of your attention? Who is really the boss? Is it your parents, your mate, your employer, your kids, or *you*? This is where you must begin telling the truth about it, and making a major shift or transformation in those very areas of your life – the attitudes, beliefs, actions or kind of behavior – that are now limiting or blocking you, or “eating your lunch” so to speak.

ASK: “*Who is the boss of your attention?*” The answer: “I am. “ Yes, you are. Feel this Truth... Feel the I AM...

At this point, as you see that “thoughts are things” and “what you think about grows,” wouldn’t it be important to begin asking yourself: “What am I thinking about most of the time?” “What is the real nature of my inner dialogue, or self-talk?” or “What am I really giving the bulk of my attention to, the majority of the time?” This *is* important, because...

4. “You become what you think about.”

This is an important truth to realize. It would be very important to you, and be far more profitable or beneficial if you choose *only* those thoughts and notions that are uplifting, transforming, or complimentary to yourself and others. Because you are now and always feeding on your own thoughts!

Ask yourself: “*Who’s responsible for the nature of my thoughts?*” The answer: “I am.” Yes, again, you are!

It’s easy to blame “him” or “her or “it” or “them” for the thoughts you are having. However, that’s really the unconscious way of thinking, or the coward’s way out; and it is *not* what’s so. There is no one else residing in your head going around pulling the levers or strings, or pushing the buttons that make you think what you do. It is you, and *only* you, and it has *always* been! And so, since thoughts are things, and what you think about grows, and you

become what you think about, then your world is being molded or formed by the nature of your own thoughts! This means that the nature of events occurring in your life and world – their quality, quantity, size, shape, color, duration, etc. – are of your own making. *You* are the one responsible!

But once you get it, that it *is* your responsibility, then there eventually comes with this recognition a release into a whole new level of freedom, like you have never felt before! For now, you realize it's all in your *own* hands, no one else is “doing it *to* you!” You *can NOW take charge, and full control*, and change the type, quality and nature of events occurring in your life!

You see, as long as you continue to feed a thought, idea or concept, by giving it your attention, it begins to take precedence in your consciousness. It begins to take over your mind, and eventually “you become what you think about.” You become identified with it, and it becomes what is real for you. This is just the nature of consciousness, the way it works; your own consciousness is what determines your life.

So how does consciousness, or your mind work, how do you direct it to produce what you want? It is from your own Power of Awareness... from the Power of I AM ... *you* are choosing where to put your attention.

Do you *really* want to know the Truth about that? Then ask yourself, “*Who wants to know? Who’s choosing?*” The answer: “I am.” Yes, you are the source and cause.

Just what is this “I AM”? It's the One Power, which is not different from the power of God in you. In the Bible, God's name is “I AM.” Moses realized his “I AM” is not different from God's I AM, when he realized “I AM THAT I AM.” And, you and I are no different than Moses.

It keeps coming back to this one “I AM”... It's like the axle of a spinning wheel that supports the wheel and all its movement... or like the eye in the center of a hurricane... It's absolutely still... being much like the central power that manages the hurricane, directing its force and yet, like the central eye, is not caught up in or at the effect of the tremendous moving force.

Feel this I AM ... This is the Source and Power that always forms your world ... which can be used for holding you in bondage, mediocrity or in your own failure, or for bringing about the greatest good for all concerned.

So, how do you form your world from this I AM ... i.e., from the Source and Cause of all that is? It's very simple, really. It is by your own strongly held and felt mental assumptions. Therefore, basic truth number five is...

5. “Your world is formed out of your own assumptions; so keep your mind on what you want, and off of what you don't want!”

Whatever you think, feel and assume to be so, is what manifests in your world. Why? Because “thoughts are things,” “what you think about grows,” and “you become what you think about.” It all links together.

As briefly stated earlier, an idea is like a thought-seed that you plant in the garden of your own subconscious mind. You can plant in the earth a seed of nightshade, which is a deadly poison, and that is what will grow, and abundantly! Or, you can plant corn and it will grow corn. Plant just a single seed of either, and the earth will produce correspondingly a nightshade plant or a corn stalk each yielding an abundance of new seeds of its own type and nature.

Well, your subconscious mind is far more fertile than the soil; and, just like the fertile soil, it doesn't care what you plant, but it will give you back *abundantly* exactly what you do plant. If in the past you have been planting poisonous, non-life-supporting thought-seeds, or simply thoughts of lack and limitation, you now have the choice to plant what you actually want growing in the garden of your life, because "your world is formed out of your own assumptions." Therefore, it just makes good sense to keep your mind *only* on what you want, and *off* of what you don't want, since all thoughts are themselves seeds that grow in your fertile consciousness, according to their nature and type.

So, "Keep your mind and your attention on what you want and off of what you don't want."

The good news is ...

6. "You can change your world by reforming your assumptions."

You can't actually "fix" the situation or event outside of yourself. It may appear that you can, but you can't. Such apparent outside changes are only temporary at best. It requires a transformation in the consciousness or mind of the perceiver, the one who is seeing and experiencing the situation as it is appearing to be.

It's much like this: If you don't like the scene or picture that's appearing on a cinema screen, you don't change the unwanted scene by grabbing the screen (which is like the world) and tearing it down. You must go into the projector (which is like your mind) and change the film (the conditioning in your mind). No real change is made until it's made in *you*, or in your own mind about the size, shape, texture, nature or quality of your thoughts regarding the situation. You must go back into the projection room (your consciousness), and change the film in the projector (your mind). You can only change or "re-form" the apparent outer events by reforming your own held assumptions about the situation.

And finally...

7. "If you can't change a situation, you *can* change the effect it is having on you by changing your attitude or assumption about it; and, eventually, you may even be able to change the situation."

If you absolutely *refuse* to be caught up in any form of negativity – in any thoughts of anger, revenge, resentment, hostility, etc., or fear, shame, guilt, doubt, irritation, worry, etc., – and intentionally keep your attention riveted or immersed in the pure thought-feeling of "I AM," you will not be harmed or effected by any present negative event or difficult situation in your experience.

Remember, “thoughts are things,” and “what you think about grows.” Think only of I AM, and that will “grow” or manifest *in* and *as* your awareness, and its purity, clarity and peace will begin to manifest outside you, in your life and affairs. This is the peace, clarity and purity of God.

Keeping your mind clear and free of fear, worry, and doubt cleans and clears the space in consciousness for your mind to move into Pure Intelligence, and to begin functioning creatively to provide you with new or different possibilities.

So, what is the result of this cleaning and clearing of the space of your mind, this change of attitude and assumptions, when held in consciousness? It begins to work on your outer environment, including the people, situations and events occurring in your life and affairs.

This means that eventually, you may even be able to see marked changes in the actual situation or event, or even the people who previously appeared to be absolutely stuck in their position or point of view, and impossible to change.

Your knowledge and clear understanding of the Seven Basic Truths™, will free you from the negative situations appearing in your world. This is because, remembering them as *always* being the governing principle of your life, or why your world manifests as it now appears, and as the cause of all the situations and events you are now encountering, you can easily align your thoughts, attitudes and behavior with them, and simply watch the positive changes naturally occur in your life without the need for any further effort on your part.