



*Be bound to the Atma in you.
Take rest and refuge in that;
meditate on that, without
interruption. Then, all bonds will
loosen of themselves, for the bond
with which you attach yourself to the
Lord or the Atma has the power of
unbinding all other bonds.*

*Sanathan Sarati
May 2004*

Soham



*T*o understand the soul, the atmic consciousness of all-beingness, one cannot apply mind or words or books. One cannot apply feeling or emotion. One cannot study. One must breathe and move into the experience itself, into the inherent knowledge sitting there passively, quietly. Within every cell, every particle, every being, and within the human being with its capacity for consciousness, the atma can be experienced like a bright light.

The window has cleared. It is like a crystalline lens without occlusion. The pathways of consciousness are set within the brain. Evolution has carried this form of creation to a readiness to know itself, to know the whole truth. Yet 'to know' is not to apply the intellect. It is not to apply the self, the ego nature. To understand is to enter and be it, to allow the awakening in its simplicity to occur within the breath.

Soham - the Sanskrit sound of "I am this." "So" is the in-breath, "ham" is the out-breath. Every moment you are saying it, every moment you are breathing it. It is as simple as the breath and listening.

All forms of creation hold soul, and yet the consciousness patterns have not all developed, cannot be utilized or are not there. There are gradations of potential of awareness throughout all forms. Understand, beautiful embodiments of love. Understand, human being, who you are.