

Go deep into the sense of 'I am' and you will find.

...focus your mind on 'I am', which is pure and simple being.

Take the first step first. All blessings come from within. Turn within. 'I am' you know. Be with it all the time you can spare, until you revert to it spontaneously. There is no simpler and easier way.

Before all beginnings, after all ending -- I am. All has its being in me, in the 'I am', that shines in every living being.

On a deeper level my experience is your experience. Dive deep within yourself and you will find it easily and simply. Go in the direction of 'I am'.

Nisargadatta