



## Self-Inquiry: A Journey to Awareness

### Introduction: The Nature of Self-Inquiry

Self-inquiry is a transformative practice that invites us to turn inward and explore the nature of our true self. By asking deep, reflective questions such as “Am I here?” or “Am I aware?” and using affirmations like “I am here,” we step beyond the surface of our everyday experiences. These practices are not about solving problems or seeking answers outside ourselves but about cultivating a direct recognition of the awareness

that is always present.

Through self-inquiry, we strip away the masks of personality, thoughts, emotions, and roles we adopt in daily life, revealing the deeper essence of who we are. This awareness is unchanging and steady, standing in contrast to the fleeting nature of thoughts and emotions. It provides a foundation of stability amidst life's turbulence, helping us find inner peace, clarity, and resilience.

The journey of self-inquiry invites us to shift our attention from what is transient to what is eternal, from the surface to the depth. It is a method of returning to the essence of being, reconnecting with the still awareness that lies at the heart of who we truly are. To begin this journey, we must first understand the foundation upon which these practices rest: the nature of awareness itself.

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#### Precondition: Understanding Awareness

Before beginning the practice of self-inquiry, it is essential to understand what awareness is, as this forms the foundation for recognizing our true nature. Awareness is the unchanging essence within us—the silent, knowing presence that is always here. It is what makes us alive, what enables us to experience and be in the present moment.

Awareness is fundamentally distinct from thoughts, emotions, and sensations. These transient aspects are constantly shifting, coming and going like waves on the surface of the ocean. Awareness, however, is the still depth beneath those waves—unmoving, timeless, and ever-present.

Awareness has unique qualities that set it apart:

**Unchanging and Timeless:** Awareness does not change, grow, or diminish. It exists beyond time, unable to travel to the past or future, always grounded in the here and now.

**Colorless and Limitless:** Awareness cannot be sized, shaped, or colored. It has no form or boundaries, yet it embraces everything that arises within it.

Still and Observing: Awareness does not move. It is perfectly still, allowing transient, ever-changing objects—such as thoughts, emotions, and sensations—to arise, exist, and fade within its embrace.

Self-Knowing: Awareness knows itself. It is the presence that is aware of being aware, needing nothing external to validate its existence.

This awareness is the very foundation of our being. It is the stillness that makes room for the movement of life. It observes thoughts, emotions, bodily sensations, and sensory perceptions without being swept away by them. Awareness is the silent witness to all that happens, and it remains unaffected by the turbulence of the mind and the impermanence of experiences.

Recognizing this awareness is the key to self-inquiry. It is not something we create or attain—it is already here. The practices you are about to explore are designed to help you recognize this awareness directly and distinguish it from the transient aspects of yourself. With this understanding, let us begin the journey into self-inquiry.



## Practice One: Questioning – Am I Here? Am I Conscious?

### 1. Sit and Relax

Find a quiet and comfortable space. Sit in a relaxed, meditative posture, keeping your back straight but natural. Close your eyes and take a few slow, deep breaths to settle your body and mind.

### 2. Turn Inward

Gently bring your attention inward and ask yourself:

"Am I here?"

"Am I conscious?"

Let these questions guide you to the present moment. Don't try to answer them with your mind—simply notice the presence of your awareness.

### 3. Feel the Presence

Rest in the sensation of being here, of simply being conscious. Feel this presence deeply and fully. Allow it to fill your awareness naturally and effortlessly.

### 4. Do Not Care About Thoughts

If thoughts arise, do not care about them. Their nature is to come and go, like passing clouds. They are transient and unimportant. Let them be without resistance or attachment. Instead, remain focused on the presence of your awareness.

### 5. Recognize Awareness in Wandering

Whenever the mind is wandering, recognize that the presence of awareness is still there. Whether the mind is calm or restless, awareness remains constant. Turn your attention to the awareness within the wandering mind itself, and be with it. Let this recognition bring you back to the simplicity of being here and now.

### 6. Rest and Be

Finally, let go of the questions and rest in the awareness you have recognized. There is no need to force anything—just remain as you are, resting in the natural presence of being.

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## Practice Two: Affirmation – I Am Aware, I Am Here

### 1. Sit and Relax

Find a quiet place where you can sit comfortably. Keep your back straight but relaxed, and gently close your eyes. Take a few slow breaths to settle into stillness.

### 2. Rest in Awareness

Begin by simply being present. Feel the natural sense of awareness within you. There is no need to search for anything—just allow yourself to rest in the awareness of being

here and now.

### 3. Notice the Mind's Wandering

As you sit, observe when your mind starts to wander, becomes distracted, or feels turbulent. Recognize this moment without judgment. It's natural for the mind to drift, and this is part of the practice.

### 4. Gently Remind Yourself

When you notice the mind wandering or being absent, silently remind yourself:

"I am aware."

"I am here."

Use these reminders to reconnect with your awareness. Speak them inwardly, not as a repetitive mantra, but only when the mind has drifted away.

### 5. Feel the Presence

After reminding yourself, pause and feel the presence of awareness in this moment.

Let the affirmation guide you back to the sense of being here. Notice how awareness is always present, whether the mind is calm or restless.

### 6. Let Go of Thoughts

Thoughts may still arise, but do not give them importance. Their nature is transient, coming and going like ripples on water. Let them be, and remain focused on the awareness that is steady and unchanging.

### 7. Conclude Naturally

When the practice feels complete, gently open your eyes and transition back to your surroundings, carrying the sense of presence with you. Throughout your day, use the affirmation whenever the mind becomes distracted or absent, reminding yourself of the awareness that is always here.

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## Conclusion: The Journey of Self-Inquiry

The two practices of self-inquiry—questioning and affirmation—offer a clear and direct path to the recognition of awareness. Through questioning, we turn inward and ask simple yet profound questions like “Am I here?” or “Am I conscious?” These

inquiries guide us to uncover the ever-present awareness that exists beyond the turbulence of thoughts and emotions. With affirmation, we strengthen this recognition by gently reminding ourselves “I am aware” or “I am here” whenever we become absent or distracted. Together, these practices help us see that awareness is not something we create or attain—it is always here, steady and unchanging, waiting to be recognized.

Self-inquiry leads to self-recognition, a deep realization of our true nature. Awareness is the foundation of inner peace, clarity, and resilience. By returning to it repeatedly, we stabilize our connection to this presence, allowing it to permeate our daily lives. This journey invites us to reconnect with the essence of who we are, engaging life from a place of inner freedom and stability.

Now, the invitation is yours to accept. Begin with these simple practices, and let self-inquiry guide you inward. Discover the profound truth of who you are—an awareness that is timeless, still, and ever-present.



List of Self-Inquiry Questions:

01. Am I aware?
02. Am I here?
03. What is aware of this moment?
04. Who is experiencing this?
05. What remains when thoughts and emotions fade?
06. Who am I beyond my thoughts?
07. Is awareness present right now?
08. What is observing these thoughts?

09. Can awareness ever change?
10. What is the source of my experience?
11. Am I the thinker, or am I aware of thinking?
12. What knows that I am here?
13. What is still, even as everything changes?
14. Is there a boundary to my awareness?
15. Where is awareness located?
16. Does my awareness change?
17. Does my awareness go anywhere?
18. Does my awareness shut down?
19. Is there a moment where awareness is not there?

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List of Self-Inquiry Affirmation long Sentences:

01. Awareness is here.
02. I am the observer of all that arises.
03. Thoughts come and go, but awareness remains.
04. I rest in the presence of being.
05. Awareness knows itself.
06. My true nature is stillness.
07. I am not my thoughts or emotions.
08. Awareness is boundless and timeless.
09. I am the space in which experiences arise and dissolve.
10. The witness within me is unchanging.

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List of Self-Inquiry Affirmation short Sentences:

01. I am aware.
02. I am here.
03. Awareness is present.
04. I am conscious.
05. I am still.
06. I am the observer.
07. I am presence itself.

08. I am not my thoughts.
09. I am not my emotions.
10. Awareness is unchanging.
11. I rest in awareness.
12. I am the witness of all that arises.
13. I am timeless and present.
14. I am the silence within.
15. I am here, now.

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List of Self-Inquiry Words:

01. Awareness
02. Presence
03. Stillness
04. Consciousness
05. Here and now
06. Witness
07. Unchanging
08. Observer
09. Timeless
10. Being
11. Emptiness
12. Knowing