

you must strive to become It (*tanmayatā*). Merge to be one with It, without any sense of separateness. Continuously, without break, maintain the attitude, ‘I am Brahman’ (*aham-brahmāsmi*). Thus, revel in the Self, with the wisdom, ‘I am one with Brahman’.

Other than Brahman, everything is non-existent, totally unreal. When you wake up, the dream becomes false, nonexistent. What is the use of the objects of the world? They can give you no happiness. Therefore, meditate and realise the source of all happiness, deep within yourself.



अनात्मचिन्तनं त्यक्त्वा कश्मलं दुःखकारणम् ।
चिन्तयात्मानमानन्दरूपं यन्मुक्तिकारणम् ॥ ३८० ॥

*anātmacintanam tyaktvā kaśmalaṁ duḥkhakāraṇam,
cintayātmānamānandarūpaṁ yanmuktikāraṇam.* (380)

380. *Having renounced all thought of the not-Self which is evil and productive of misery, think of the Self, the Bliss Absolute, which conduces to Liberation.*

Worry and anxiety over the not-Self is evil, full of pangs and pains and the cause for all sorrows and agitations. The not-Self is constituted of the BMI, PFT and OET. Hence renounce the pain ridden anxiety about the not-Self. Renouncing thus, constantly contemplate upon the blissful nature of the Self, which conduces to liberation from the thraldom of sorrows provided by the BMI, PFT and OET.

In the following verses, the ways of contemplation upon the Self during the early stages of meditation are advised by Ādi Śaṅkara –

