

*etamacchinnayā vṛttyā pratyayāntaraśūnyayā,
ullekhyānavijānīyātsvasvarūpatayā sphuṭam. (382)*

382. Contemplating continuously upon this Ātman, with no intervention of any other thought, one must distinctly realise It as one's own real Self.

Thus, through unbroken contemplation upon this Self, which is without any distinction within and without, you shall come to experience your own real divine nature very clearly.

When the dreamer wakes up he understands the waker as his own real nature, very clearly, beyond all traces of doubt. Realise this state clearly (sphuṭam), as your own Self (sva-svarūpatayā).



**अत्रात्मत्वं दृढीकुर्वन्नहमादिषु सन्त्यजन् ।
उदासीनतया तेषु तिष्ठेत्स्फुटघटादिवत् ॥ ३८३ ॥**

*atrātmatvaṁ dṛḍhikurvannahamādiṣu santyajan,
udāsīnatayā teṣu tiṣṭhetsphuṭaghaṭādivat. (383)*

383. By strengthening one's identification with this Self, and by renouncing all identifications with the ego and so on, one must live with no concern for them, as if they were trifles like a broken pot or the like.

Constantly establish your firm identification with the experience of the higher. As you move slowly into the higher plane of Consciousness, constantly try to leave behind the concepts of the individualised ego and so on. Egoism, citta, intellect, mind and body are the different attitudes, the sum total of which is the individualised entity. Leave egocentric attitudes behind and move towards the higher plane of Consciousness and get yourself more and more firmly established in It.

A similar thing happens when you go to sleep. The waking personality slowly gets eliminated and you get more and more established in the deep sleep condition. When you get established