

A MEDITATION ON I AM

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I Am

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I AM

I am

I have no words to express Myself
but all words express only Me

I have no meaning
but impart meaning to all that is perceived

I am without beginning and end
but all things begin and end in Me

I have no name
but am called by all names

I have no form
but all form indicates Me

I have no origin
but am the origin of all things

I am without division
but all divisions exist in Me

I am the knowing with which all things
are known

I am the presence in which all things appear

I am the substance out of which all things
are made

I am and know Myself alone

I shine in the mind as the knowledge 'I am'

I pervade the body as the feeling of being

I am felt in the heart as peace and happiness

It is My being that shines as existence in
all things

I am the longing in sadness
and the longed for in all longing

I am the expecting
and the expected in all expectation

I am the restlessness of the restless

I am the peace of the peaceful

I am happiness itself

I cannot be contemplated
but am the object of all contemplation

I am imperceivable
yet you perceive only Me

I am full but have nothing

I am empty but contain all

I give away everything
but am never diminished

I receive all but never expand

I am everyone's lover

I shine

I speak but am silent

I move whilst at rest

I know but cannot be known

I experience but cannot be experienced

I am but do not exist

I think but cannot be thought about

I feel but cannot be felt

I see but cannot be seen

I hear but cannot be heard

I touch but cannot be touched

I taste but cannot be tasted

I smell but cannot be smelt

I smile

Whatever appears, appears in Me
but I do not appear

I am the silence in music
and the music in silence

I am concealed in the world
but reveal the world

I am the womb and the tomb
of all that exists

I offer and contain in one gesture
like an open bowl

I give Myself unconditionally to all things

I embrace all others but know no otherness

I receive all things without choice

I am the knowing in all that is known

I am the experiencing in all that is
experienced

I am the allowing of all things

I am empty of objects but full of Myself

I am open without resistance

I am eclipsed by you
but you are illumined by Me

I am the sun in the moon

I am the friendship of friends

I am knowing and unknowing

I am dark in the day and bright at night

I am luminous