

# *Moojibaba's Simple Path to Awakening*



## *A daily contemplation:*

Choose to be by yourself and to keep quiet for a few minutes. Detach yourself from all that arises in the mind or through the senses.

Do not try to control anything. Just remain quiet, empty and aware. Don't fix your attention on anything in particular. Let whatever comes and goes, come and go. Simply stay detached and uninvolved. Remain only aware of being aware.

Gradually, it will become clear and obvious that everything comes and goes spontaneously. And further, that nothing can stick to the unmoving space in which they are appearing.

Know this formless yet alive space to be your own Self and Being—effortlessly peaceful, content and unaffected by the traffic of mind, senses and the world. Truly discovering This inside the Heart leads to the fulfilment of all seeking. This is Truth.

*Mooji*