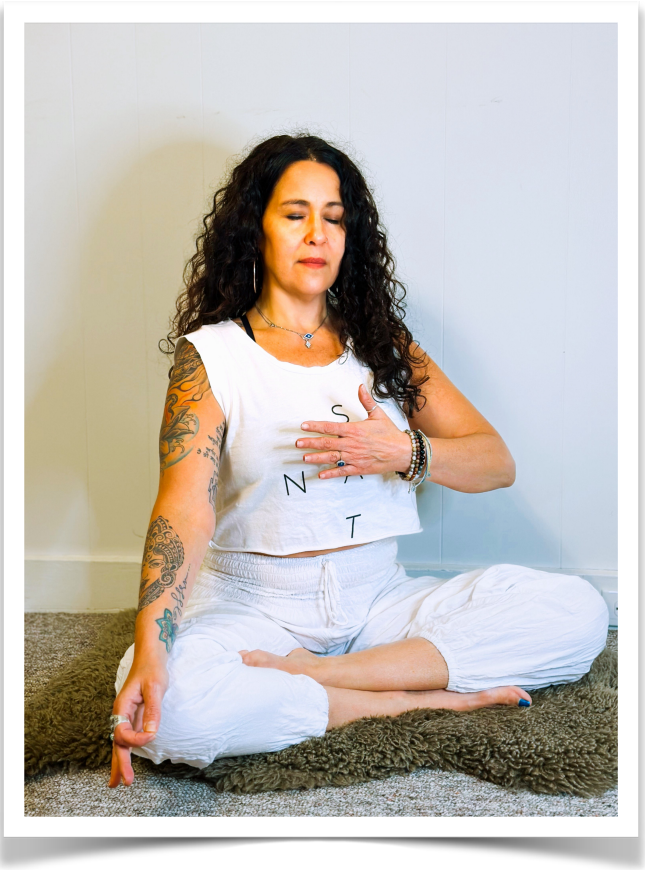
Meditation Into Being: I Am I Am

The mantra “I Am I Am” connects the finite and Infinite identities. The first “I Am” emphasizes the “I” and is the personal and finite sense of self. The second “I Am” emphasizes slightly the “Am” and is the impersonal and transcendent sense of the Self.

All real mantras blend this polarity of the Infinite and finite in their internal structure and design. If you only say the first “I Am,” the mind will automatically try to answer, “I am what?” This sends the mind on a search through all the categories and roles that hold the finite identities.

If you immediately say the second part of the mantra, “I Am,” the thought becomes, “I Am what I Am.” To be what you are is the essence of truth and will lead you to the nature of Reality.

Posture: Sit in an Easy Pose, with a light jalandhar bandh, or neck lock. Keep the spine straight.



Mudra: Place the right hand over the right knee. Keep the elbow straight and the hand relaxed in Gyan Mudra. Raise the left hand in front of the Heart Center 6 inches from the chest. The palm is flat and faces toward the chest. The fingers point to the right.

Eyes: Eyes are 1/10th open

Mantra & Movement: Chant out loud *"I Am"* as you draw the left hand closer to the chest to a distance of about 4 inches. Then chant *"I Am"* as you extend the palm straight away from the front of the chest to a distance of about 12 inches.

Then take a short breath through the nose as you draw the hand back to the original position of 6 inches from the chest.

Create a steady rhythm with the mantra and the breath. The hand and the breath move in rhythm and strengthen your ability to maintain a sense of self as your awareness expands.

Continue for 11-31 minutes.

To end: inhale deeply. Hold. Relax completely.

Comments:

A yogi cultivates the relationship between the finite sense of the self and the Infinite sense of the Self. The mind often forgets this relationship when it becomes attached to a particular emotion or object that it wants to keep. One of the important habits the Yogi instills in the mind is the ability to break that trance of attachment by a shift to the perspective of Infinity.

This is also the perspective of Being. You exist before the objects you collect, and even before the body that you use. It is very powerful and effective to remind the mind of your true identity with your Infinite Being. Without this awareness, philosophy, ethics, and spirituality will reduce to ritual participation. What the yogi seeks is to participate in life with authenticity and wholeness.