

Daily Self-Inquiry Routine

Inspired by the teachings of Sri Ramana Maharshi and Sadhu Om

1. Morning Grounding (2–3 minutes)

- Sit quietly before the day begins.
- Notice the simple fact: *I exist*.
- When thoughts arise, ask: “To whom do these thoughts come?” → The answer: *To me*.
- Turn attention toward that *me*—the feeling of being aware.
- Rest there until a sense of calm presence appears.

2. Micro-Pauses During the Day (10 seconds each)

- In any moment—waiting, working, walking—pause.
- Ask silently: “Who is aware right now?”
- Feel awareness itself instead of thoughts or sensations.
- One or two breaths of pure noticing are enough.
- Return to what you were doing, carrying that quiet awareness.

3. Evening Reflection (5 minutes)

- Before bed, recall the day.
- Ask: “Who witnessed all of this?”
- See that every experience came and went, while awareness remained.
- Let the mind settle into that still background of knowing.
- Rest there without effort.

4. The Silent Shortcut

When inquiry feels heavy or forced:

- Drop all questions.
- Simply feel: *I am*.
- No analysis, no striving—just being.

5. The Spirit of Practice

- Approach gently, never with strain.
- Many short returns to awareness work better than long sessions.
- Practice anywhere—at your desk, in traffic, mid-conversation.

- Self-inquiry isn't about doing; it's about relaxing back into what you already are.

“The inquiry ‘Who am I?’ is not to find an answer, but to dissolve the questioner.” — Sri Ramana Maharshi

Awareness was never absent. You're simply learning to notice it again.