# Paurhi 3

## Asa-Ki-Var (Clash of Desires)

# Essential Reflection 3/24

* Game's essence - consciousness inhabits, experiences, body's perishing departs
* Grandiose - only in comparison, nought
* Reflection - distance from ıness, missed opportunities
* Space - distant from ıness, reasoning doesn't help a life unfulfilled

ਪਉੜੀ ॥

ਆਪੀਨੈ੍ ਭੋਗ ਭੋਗਿ ਕੈ
ਹੋਇ ਭਸਮੜਿ ਭਉਰੁ ਸਿਧਾਇਆ ॥

ਵਡਾ ਹੋਆ ਦੁਨੀਦਾਰੁ
ਗਲਿ ਸੰਗਲੁ ਘਤਿ ਚਲਾਇਆ ॥

ਅਗੈ ਕਰਣੀ ਕੀਰਤਿ ਵਾਚੀਐ
ਬਹਿ ਲੇਖਾ ਕਰਿ ਸਮਝਾਇਆ ॥

ਥਾਉ ਨ ਹੋਵੀ ਪਉਦੀਈ
ਹੁਣਿ ਸੁਣੀਐ ਕਿਆ ਰੁਆਇਆ ॥

ਮਨਿ ਅੰਧੈ ਜਨਮੁ ਗਵਾਇਆ ॥੩॥

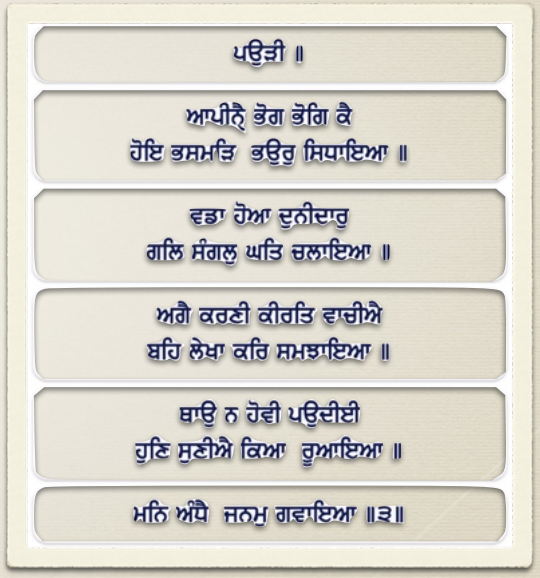
# Essential Reflection 3/24

🎭 **Life's Game:** Consciousness temporarily inhabits the body to experience life.

**Impermanence:** The body perishes, but being remains untouched.

🌌 **Grandiosity Is an Illusion:** There's nothing to compare when all is 1.

🪞 **Reflection Without Immersion:** A life filled with reflections but void of the essence feels unfulfilled.




INFINITE

# The Essence of the Game

## Consciousness in Motion

**A Temporary Vessel:**

- The body perishes, but consciousness inhabits, experiences, and moves on.
- Life is a game of reflections—where we get lost in comparisons, missing the grandiosity that is inherent, not comparative.

**The Missed Connection:**

- We often live distant from ıness, caught in reasoning, analysis, and mental constructs that don't fulfill life's deeper purpose.

**Reflection and Space:**

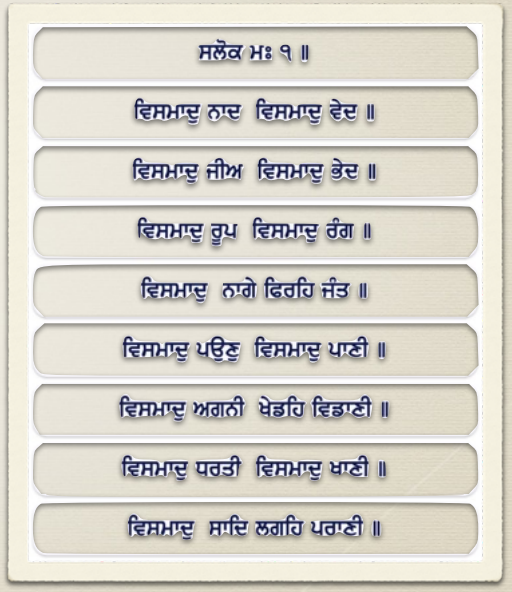
- Reflection without immersion in being can create a sense of missed opportunities, an unfulfilled life despite intellectual understanding.

**Key Reflection:** *Am I living as a reflection of life, or am I immersed in its essence?*

INFINITE

# Paradox

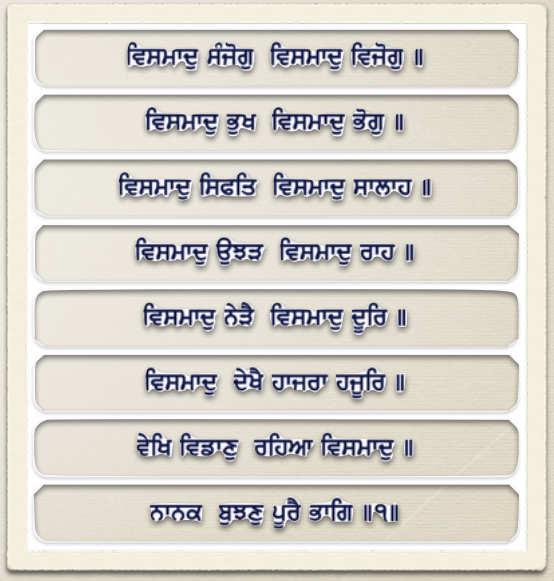
* Based in body & not in being
* Expressions - language, sounds, learnings, diversity, leanings, shame / piety
* Fire - purifies yet also burns impurities
* Taste - body and physical leanings




INFINITE

# Paradox Resolved

* Experience - separation, union, yearn, sex
* Path - pulled, lost or on track
* At hand - so close yet afar, evident now
* In being, paradox is resolved
* Immensity of ıness melts duality




INFINITE

# Resolving the Paradox

## Body vs. Being

**The Paradox of Existence:**

- Rooted in the body, we often lose touch with being—confusing physical expressions, sensations, and experiences with true identity.
- Language, sounds, learnings, and emotions like shame or piety are external expressions that can cloud the essence of being.
- Fire as a Symbol: It purifies yet burns—representing both the destruction of impurities and the pain of transformation.

**Experience as a Dual Game:**

- Whether in separation, union, yearning, or intimacy, the paradox is ever-present—how can we feel both connected and disconnected simultaneously?

**Resolution Through Presence:**

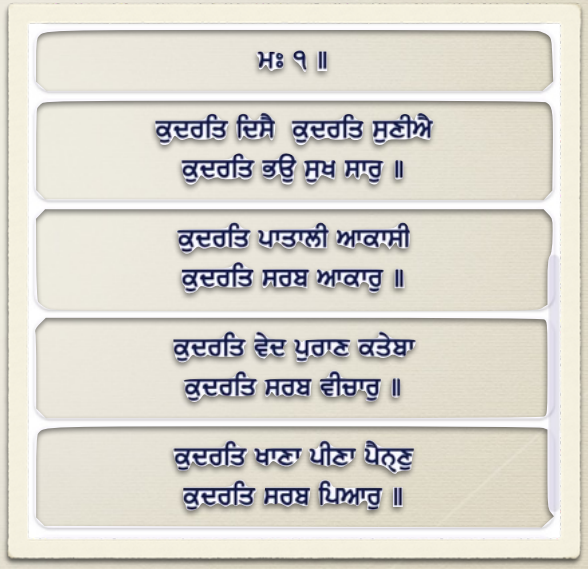
- Paradox dissolves when one moves from identification with the body to immersion in being.
- The immensity of ıness melts the illusion of duality— "close yet far" becomes just here.

**Key Reflection**: *Am I defined by my physical experiences, or do I recognize the vastness of being beyond them?*

INFINITE

# Nature

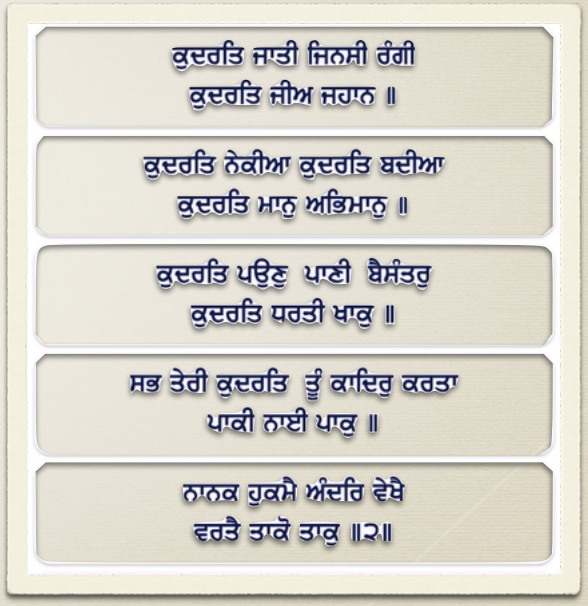
* What is natural? Confused with duality
* Nature developed tools for experience
* Peace via discerning ıness within both internal & external duality
* All life must resolve this essence - study of matter, intellectual frame, worldview, just as much as love / preferences




INFINITE

# Naturally

* The same for assigned labels/categories, vice/virtues, clarity/pride
* Nature is core, all deconstructed
* Opposites unite within ıness, pure
* Seen naturally, ıness is plainly evident



# Nature & the Illusion of Duality

## What Is Natural?

We confuse nature with duality, thinking that opposites like good/evil, vice/virtue, clarity/pride are inherently separate.

Nature itself is a tool for experience—a framework through which life unfolds.

**The Unity Within Opposites:**

* Peace emerges when we discern ıness within both internal and external dualities.
* Love, intellect, preferences, worldviews—all are part of the game of life, but at the core, everything dissolves into ıness.
* Even the labels we assign to experiences are temporary; nature's core is beyond categorization.

**Key Reflection:** *Can I see the unity behind life's opposites? Do I recognize that duality is just a lens, not the truth?*

INFINITE

# Essential Reflection 3/24

* Game's essence - consciousness inhabits, experiences, body's perishing departs
* Grandiose - only in comparison, nought
* Reflection - distance from ıness, missed opportunities
* Space - distant from ıness, reasoning doesn't help a life unfulfilled

ਪਉੜੀ ॥

ਆਪੀਨੈ੍ ਭੋਗ ਭੋਗਿ ਕੈ
ਹੋਇ ਭਸਮੜਿ ਭਉਰੁ ਸਿਧਾਇਆ ॥

ਵਡਾ ਹੋਆ ਦੁਨੀਦਾਰੁ
ਗਲਿ ਸੰਗਲੁ ਘਤਿ ਚਲਾਇਆ ॥

ਅਗੈ ਕਰਣੀ ਕੀਰਤਿ ਵਾਚੀਐ
ਬਹਿ ਲੇਖਾ ਕਰਿ ਸਮਝਾਇਆ ॥

ਥਾਉ ਨ ਹੋਵੀ ਪਉਦੀਈ
ਹੁਣਿ ਸੁਣੀਐ ਕਿਆ ਰੁਆਇਆ ॥

ਮਨਿ ਅੰਧੈ ਜਨਮੁ ਗਵਾਇਆ ॥੩॥

# “Asa Ki Var” 3/24

**Core Realizations:**

1. Illusion fades when I stop chasing reflections.
2. Wholeness is revealed when I stop identifying with fragments.
3. Duality dissolves when I stop resisting opposites.
4. Being remains when I stop trying to “become.”
5. ıness is realized not through effort, but through surrender.

ਪਉੜੀ ॥

ਆਪੀਨੈ੍ ਭੋਗ ਭੋਗਿ ਕੈ
ਹੋਇ ਭਸਮੰਤਿ ਭਉਰੁ ਸਿਧਾਇਆ ॥

ਵਡਾ ਹੋਆ ਦੁਨੀਦਾਰੁ
ਗਲਿ ਸੰਗਲੁ ਘਤਿ ਚਲਾਇਆ ॥

ਅਗੈ ਕਰਣੀ ਕੀਰਤਿ ਵਾਚੀਐ
ਬਹਿ ਲੇਖਾ ਕਰਿ ਸਮਝਾਇਆ ॥

ਥਾਉ ਨ ਹੋਵੀ ਪਉਦੀਈ
ਹੁਣਿ ਸੁਣੀਐ ਕਿਆ ਰੁਆਇਆ ॥

ਮਨਿ ਅੰਧੈ ਜਨਮੁ ਗਵਾਇਆ ॥੩॥

# “Asa ki Var” 3/24

**Core Realizations:**

1. Illusion fades when I stop chasing reflections.
2. Wholeness is revealed when I stop identifying with fragments.
3. Duality dissolves when I stop resisting opposites.
4. Being remains when I stop trying to “become.”
5. ıness is realized not through effort, but through surrender.

# Illusion vs. Reality

## The Great Misdirection

**Outward Seeking, Inward Yearning**:
Life often feels like an endless pursuit—of success, identity, relationships, and experiences. These external pursuits create powerful illusions, giving the appearance that fulfillment lies somewhere "out there."

**The Persistent Inner Flame**:
Despite these outward distractions, a subtle, persistent yearning burns within. It is a restlessness that cannot be satisfied by achievements or possessions because it seeks something beyond form—it seeks being itself.

**The Role of Experiences**:
Experiences aren't meaningless, but they are not the destination. They are mirrors reflecting back the deeper longing for self-recognition beyond experiences.

**Key Reflection**: *What am I truly seeking when I chase desires? Is it the thing itself, or the feeling I believe it will give me?*

INFINITE

# Fragmentation vs. 1ness

## The Illusion of Division

**The Fractured Self:**
We live fragmented lives, identifying with roles, labels, emotions, and thoughts. This fragmentation creates the illusion of separation—not just from others but from our own essence.

**The Hidden Wholeness:**
Beneath these layers, there's an unchanging ıness—a presence untouched by circumstances. The paradox is that this wholeness isn't something to be "achieved" because it's already present. It's the substratum of all experiences.

**The Play of Separation:**
The ı manifests as many to experience itself. The game of life is not about erasing diversity but seeing it as expressions of the same underlying unity.

**Key Reflection:** *Am I defined by the roles I play, or can I sense the unchanging presence that exists even when those roles fade?*

1NFINITE

# Validation vs. Authenticity

## The Insecurity Beneath Praise

**The Hunger for Recognition:**
The desire for praise often stems from a hidden insecurity—a need to be affirmed because, deep down, we are disconnected from our inherent worth.

**Authenticity Requires Nothing:**
True authenticity arises when we no longer seek to prove ourselves. It doesn't need applause or acknowledgment because it's rooted in being, not doing.

**Earned, Not Demanded:**
Qualities like wisdom, strength, and integrity cannot be claimed or performed—they are embodied silently, often unnoticed by the world yet unmistakable to those who encounter them.

**Key Reflection:** *Am I acting to be seen, or am I expressing what's real regardless of who's watching?*

INFINITE

# Duality vs. Unity

## Resolving the Paradox

**The Great Misunderstanding:**
We are conditioned to see life in binaries—good vs. bad, success vs. failure, self vs. other. This lens of duality creates conflict because it implies separation where none exists.

**Opposites Are Not Opposed:**
In truth, opposites are complementary. Day and night, joy and sorrow, life and death—each defines and completes the other. Recognizing this dissolves the tension between them.

**Melting Duality into ɪness:**
When seen from the perspective of being, duality isn't a problem to solve but an illusion to outgrow. The immensity of ɪness absorbs all opposites effortlessly.

**Key Reflection:** *Can I hold both joy and sorrow without clinging to one or rejecting the other? Can I be at peace with paradox?*

INFINITE

# Consciousness in Motion

## The Game of Life

**A Temporary Vessel:**
The body is a vessel—temporary, fragile, and destined to perish. But consciousness is not confined to it. It moves through life, experiencing, learning, and ultimately returning to itself.

**The Illusion of Grandiosity:**
We measure significance through comparison—bigger, better, more. But from the vantage of ıness, there is nothing to compare. All things simply are—equally sacred, equally insignificant in the cosmic dance.

**Living Beyond Reflection:**
Reflection without immersion becomes distance—like staring at a map without walking the path. Life is meant to be lived, not just analyzed. The essence is not in thinking about being but in being itself.

**Key Reflection:** *Am I observing life from a distance, or am I fully immersed in the experience of being alive?*

INFINITE

# Themes 1 - 3

An inward spiral, peeling back the layers of illusion, fragmentation, and duality to reveal the unchanging essence of ıness. This journey is not about acquiring something new but realizing what has always been present, hidden beneath the surface of our conditioned experiences.

1. The Great Illusion: Seeking Without, Ignoring Within
   *What I seek is not "out there." It has always been within, waiting to be recognized.*

2. The Fractured Self: Mistaking the Mirror for the Face
   *I am not the reflection. I am the light that makes the reflection possible.*

3. The Dissolution of Duality: Melting the Paradox
   *There is no separation to overcome. There is only the recognition that nothing was ever separate.*