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## **You are That**

That which permeates all, which nothing transcends and which, like the universal space around us, fills everything completely from within and without, that Supreme non-dual Brahman - that thou art.

Sankaracharya

You are what you seek

You are already home

neither coming nor going

placeless    traceless    timeless    boundless

always here

qualityless                      objectless

presence-awareness

the foundation of all experiencing

effortless and natural

Being-Seeing

cannot be caught

cannot be thought

cannot be lost

cannot be grasped

nearer than near

clearer than clear

closer than close

Full stop.

You are That

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