

SLIPPED TO SWAMP — INQUIRY BACK TO AWARENESS (LA001)

◀ Living Awareness ⇨  Video ▶  Audio ▶

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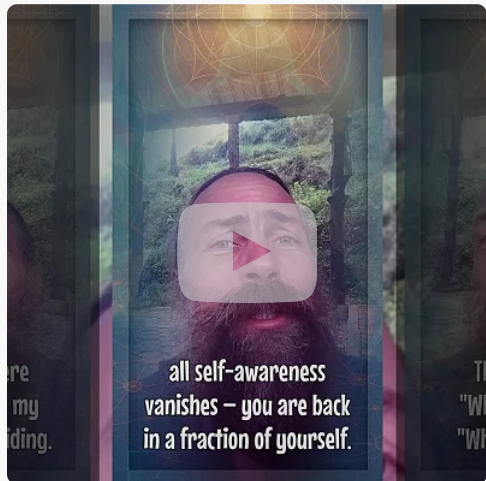
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Damn! Slipped and fell again from a plane of clarity. Mere moments ago I was the calm witness of existence. What manner of magic is this? Why do I stumble and fall? What can I do to immunize myself – to not be pulled under?



Look my friend – there's no wizardry, no tricks or hacks. It's a patient matter of reconditioning your consciousness. Learning

to maintain a state of constant inquiry – what, who? And releasing the attachments that bind you to specific roles.

We look at the dawn of your hypnosis, the veiling of awareness. We enter the process of self-inquiry – both general and specific. Train yourself to remember – remember to ask the right questions! Ever-relevant inquiries to guide your orientation and liberation.

*#LivingAwareness #SelfAwareness #WhoWhat #SelfInquiry
#Introspection #Consciousness #MetaCognition #HighGround
#WitnessPlane #AnandaICU*

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Slipped from the high ground, fell headlong into the swamp. Here we are again in the pits of awareness, clawing our way toward baseline clarity.

There I was mere moments ago in my calm and lucid abiding. Why should such a thing happen to me, the

high observer, the mighty overseer of the United States of Awareness? Please explain.

Why We Keep Falling – How Do We Prevent This?

So the basic mechanism here is very simple. There you are abiding in self-awareness, aloof from absorption in the world of phenomena. Then a particular concern domain invokes your attention and you engage, naturally.

In short order, mesmerized by the field of activities, immersed in your role, making it a nest for your consciousness, all self-awareness vanishes – you are back in a fraction of yourself.

Then what do we do about this – and how do we prevent the recurrence of this loss of footing? We'd like to stay in the high ground, not keep on digging the soil with our noses over and over again. Here we need not engage in matters of high magic.

Simple cultivation of awareness, reconditioning our attention, reestablishing our detachment over and over again, when our tentacles begin to drift into fractions of

our being. That is all it takes – but it takes patience, it takes persistence, it takes determination.

Question Forever – General and Specific Self-Inquiry

The single most beneficial thing for us is the sustaining of our inquiry. Inquiry in general. *What? Why? How?* The simple open awareness – something remains to be understood. That keeps us awake and vigilant, rather than being driven by the chain reactions of our environment, rather than being pushed and pulled, sunk under by the flow.

Yes, there is the method of self-inquiry. – *"Who am I?"* – *"Who is having the experience?"* – *"Who is asking this question?"* And who is asking the question about who is asking the question, recursively further inward. That is useful.

For a more fine-grained understanding of the swamp you've landed in this time, there is also the inquiry as to *"Where am I?"*. And what am I there? The inquiries of *"Where am I?"* and *"What am I there?"* reveal to you the lay of the land with the strong pull. You know what pulls you under when you look at the swamp you've landed in.

Having seen where you landed and what you became, lift yourself up from the high heels back to the plane of the overseer, the observer of the overseer, and beyond – to a plane of abstraction where the environments matter not, but where yet awareness remains.

Progressive extraction and distillation – with that the ability to inject yourself into environments without entanglement. It's a matter of practice, it's a matter of reconditioning, and it's a matter of your release from being mesmerized by yourself in specific situations. Let the sovereign walk down every road of the commoners – but may your crown never dim and fall.

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