

How To Implement Non Duality In Your Life?

Experiencing non duality or Advaita means creating a state of nondual mindfulness. These states are calm and open, free of any judgment, and have endless possibilities. The concept of Advaita is not limited to sages or the elite. Everyone or anyone can implement it in life.

What is Advaita?

Advaita (nondualism) is the oneness of everything. It is the ultimate oneness that is at the core of anything and everything. All human beings, things, plants, and the entire universe is encompassed in non dual consciousness.

Once you try to accomplish self-consciousness, you get closer to the reality of the world. Advaita explains to you that you are wholesome. Moreover, once you attain the realities of this concept, you unfold the layers of its base and depths, and eventually, you become the better version of yourself.

Meditation for Implementing Advaita

Meditation is a common way of implementing and experiencing the concept of nonduality. The procedure includes placing your attention on a specific meditation object, mostly your breath, while devaluing your consciousness's other fillings to peripheral awareness.

Achieving Advaita through meditation may sound simple, but it will not be so. You will not take much time to discover that your mind is a thought-producing machine, and it runs without your control. Once you feel that you cannot concentrate on one thing, you will realize that your inner self is beyond your control, thinking, and perception.

The moment you focus on your breath, you will begin to think about the other things in the background, and hence, your focus from inner-self will shift towards the outer world. Nondualism is all about connecting with your inner self. You can build a connection with your inner self only when you can focus on and control your thoughts.

Moreover, implementing Advaita in your life can emerge naturally if you perform quality meditation, but different [meditation](#) types may be more likely to bring them about. However, you can pick a meditation type you are comfortable in and try to meditate with your focus on your breath.

Continuous Process

You cannot attain awareness or self-enlightenment the moment you start your meditation. Even if you start creating a connection with your inner-self, it will take time to understand it.

Once you do continuous meditation based on mindfulness and maintain stable attention, it will gradually lead to the sense that individual reality is not a group of separate objects, events, or selves. Instead, it is an experience that is free of conceptual layers, and it unfolds with time.

What Will You Learn By Implementing Nonduality?

You can learn many things from the concept of [non duality](#), including oneness and self-enlightenment. You are not aware of the wholeness of the universe and the oneness that Advaita underlines.

The more you are nearer to the realization through meditation that nobody is dissimilar and everyone is a whole one, the quicker you attain that self-enlightenment, the ultimate truth of life.

If you feel that you are aware of yourself, you are, but that

self-knowledge is limited. Your lack of awareness restricts you from knowing the true 'self.' Moreover, the problem with self-awareness is that the 'self' you know about may not be satisfactory to you.

Furthermore, the self you know about is likely to be an extremely unacceptable self. If you accept yourself to be your mind, body, feelings, or ego, you inescapably experience a sense of restraint, as all such components are by their nature, limited.

Nondualism mentions that the reality of life is that you are far more than you ever dared to feel about. You are ignorant that you are already whole and complete, and your sense of restrictions emerges from identifying with what you are not.

With consciousness, instead of depending on external elements like people, situations, and attainments to bring brief moments of happiness, you find an infinite well of happiness and wholeness within your own-self.

Willingness and Maturity is Needed

To accomplish Advaita, you should be willing to implement it because, without your interest, you cannot even take the first step. Once you are ready to learn the principles of nondualism, you will develop your own methods of attaining it.

But whatever step you take for implementing Advaita in your life will take time, and it will demand your attention, focus, and [energy](#) in yourself. Moreover, you can learn nondualism only when you are acting like a mature individual, and your thoughts are in line with your actions.

Hence, for implementing non duality, there are no shortcuts, no magical tonics, and no fixed formulas. Advaita is all about you accepting it, putting efforts to implement it, and then with persistent focus, experiencing it.