The Disappearing “You”

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In your mind’s eye, see yourself sitting here now meditating. See your body as a separate entity, apart from its surroundings – the walls, the floor, the ceiling.

Now, move inward, seeing from the perspective of your heart. What do you see? Maybe your lungs slowly expanding and diminishing, or perhaps your rib cage expanding and contracting as you breathe.

Continue to move inwards, now from the perspective of an individual heart cell. What do you see? Millions upon millions of identical cells just like you, stretching out endlessly in every direction, all gently undulating to the heart’s persistent beat, like waves on a vast ocean.

Continuing our journey inward we take on the perspective of a single atom from one of those cells. Picture the world from this vantage point. See the borderless haze of electrons buzzing around you, ephemeral and cloudlike.

And now, move even further inward, entering the world of sub-atomic particles and pure energy – quarks, photons, neutrinos, gamma rays – the essence of the universe itself. **See the dancing patterns on your eyelids as this world** – black voids amid ever-shifting clouds of particles and energy.

Here there is no “You”. Here there is no boundary between “self” and “not-self”. Here there is only an effervescence, particles zipping here and there amid pulsing waves of energy. “You” no longer exist.

Rest here. Rest here in “no self”. Rest here in silence; in pure presence; in peace.

