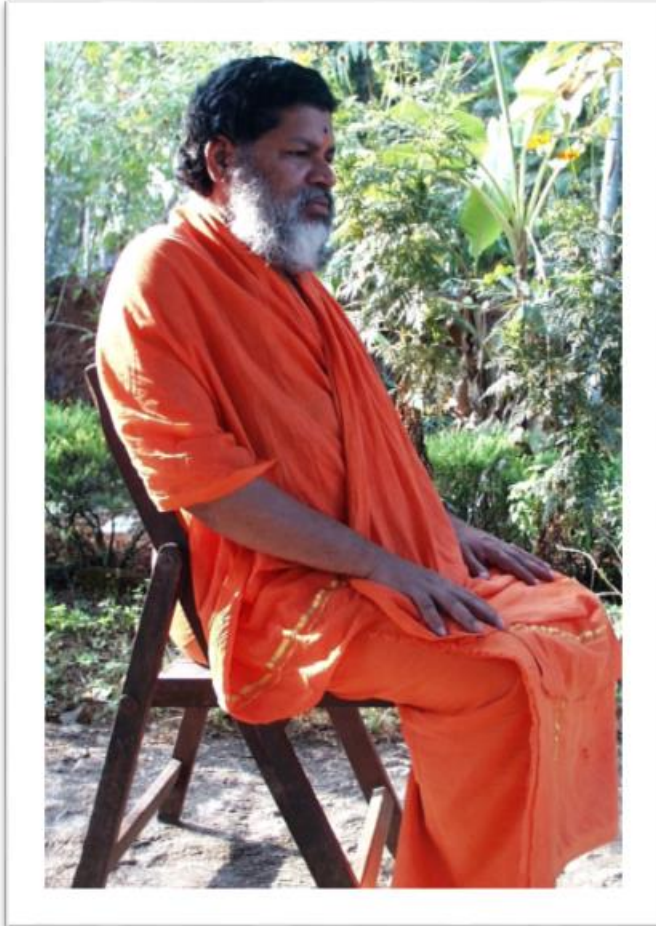


# CHANGE

SWAMI BODHANANDA

1994



... One has to clearly see the demarcation between Kshetra—the field, and Kshetrajna—the knower of the field; between the content of consciousness and consciousness. The world is the content of consciousness. Consciousness is the container which you are.

Understand the clear demarcation. The content—the world changes. The container—consciousness does not change. When one changes the other does not change. You are the consciousness, which does not change.

Whatever you experience is the content of consciousness, which changes constantly. In all your experiences, there is a changing and a changeless dimension. The changing—allow it to change! The changeless—Be the Changeless!...

(Selection from a lecture given by Swami Bodhananda in the year 1994)

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