



Tat Tvam Asi:

A Practical Guide to Remembering “You Are That”

A FREE RESOURCE FROM ROJ



REMEMBERING THE TRUTH ALREADY WITHIN

How to Notice

- Sit quietly for a few moments.
- Observe your thoughts like clouds passing across the sky.
- Notice without judgment or trying to stop them.

What You Might Recognize

The self watching the thoughts is not the thoughts themselves.

Presence is constant; the mind moves around it.

In noticing the observer, you glimpse the “That” within.

Reflection Prompt

Who is noticing your thoughts right now? Can you feel that presence separate from the content?



WITNESS YOUR THOUGHT STREAM

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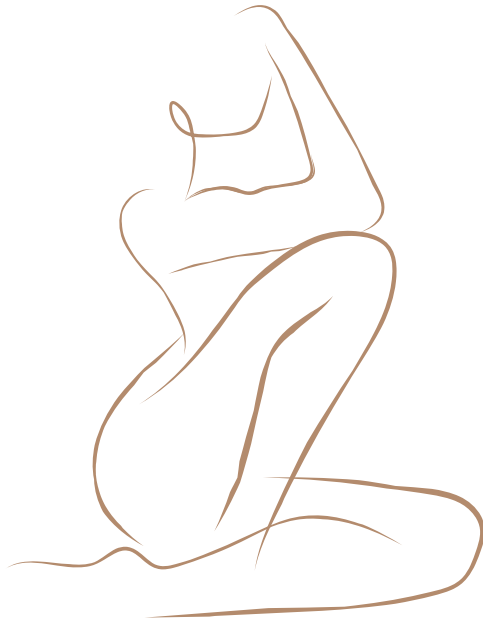
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FEEL YOUR BODY AS PRESENCE

How to Notice

- Bring awareness to your body, head to toe.
- Notice areas of tension, comfort, movement, or stillness.
- Simply feel without trying to change anything.

What You Might Recognize

Your body itself holds awareness.

It is not separate from Presence.

Feeling your body as it is can remind you: *I am That Presence, already here.*

Reflection Prompt

Where in your body do you sense Presence most clearly?



RECOGNIZE EVERYDAY ECHOES

How to Notice

- Throughout your day, pause and ask: “*Where is Presence right here, right now?*”
- Notice small signs: a calm inhale, a sensation of ease, a moment of clarity.

What You Might Recognize

Presence is not distant.

It shows up in ordinary moments.

These echoes are mirrors, pointing back to what has never left.

Reflection Prompt

What simple moment reminded you of Presence today?



CLOSING REFLECTION

Each invitation is not about acquiring anything new.
They are mirrors: windows to the intelligence, stillness, and presence already within you.

Tat Tvam Asi: You are That.

Your self is not something to find. It is what is always present, waiting to be noticed again.