



# I Am That: Talks with Sri Nisargadatta Maharaj

*Nisargadatta Maharaj , Sudhaker S. Dikshit (Editor) , Maurice Frydman (Translator)*

[Download now](#)

[Read Online](#) 

# I Am That: Talks with Sri Nisargadatta Maharaj

*Nisargadatta Maharaj , Sudhaker S. Dikshit (Editor) , Maurice Frydman (Translator)*

**I Am That: Talks with Sri Nisargadatta Maharaj** Nisargadatta Maharaj , Sudhaker S. Dikshit (Editor) , Maurice Frydman (Translator)

This collection of the timeless teachings of one of the greatest sages of India, Sri Nisargadatta Maharaj, regarded by many as a "modern spiritual classic" is a testament to the uniqueness of the seer's life and work

"I Am That" preserves Maharaj's dialogues with the followers who came from around the world seeking his guidance in destroying false identities. The sage's sole concern was with human suffering and the ending of suffering. It was his mission to guide the individual to an understanding of his true nature and the timelessness of being. He taught that mind must recognize and penetrate its own state of being, "being this or that, here or that, then or now," but just timeless being.

## I Am That: Talks with Sri Nisargadatta Maharaj Details

Date : Published December 1st 1997 by Acorn Press (NC) (first published 1973)

ISBN : 9780893860226

Author : Nisargadatta Maharaj , Sudhaker S. Dikshit (Editor) , Maurice Frydman (Translator)

Format : Paperback 550 pages

Genre : Spirituality, Philosophy, Nonfiction, Religion

 [Download I Am That: Talks with Sri Nisargadatta Maharaj ...pdf](#)

 [Read Online I Am That: Talks with Sri Nisargadatta Maharaj ...pdf](#)

**Download and Read Free Online I Am That: Talks with Sri Nisargadatta Maharaj Nisargadatta Maharaj , Sudhaker S. Dikshit (Editor) , Maurice Frydman (Translator)**

---

## **From Reader Review I Am That: Talks with Sri Nisargadatta Maharaj for online ebook**

### **Susan says**

I will be reading and re reading this book over and over for an indefinite period of time. Sri Nisargadatta is interviewed by a westerner and his answers are as clear as crystal about why people suffer and how we can find peace within ourselves in chaos.

---

### **Greg Younger says**

A series of q/a with seekers, it remains spiritual whiskey. Not for the timid. Brought me out of an unconscious life into one of discovery.

---

### **David Guy says**

I have been reading this book for eight or nine years, picking it up now and then and reading it for a week or two, then taking something else up. I began reading it when my first meditation teacher, Larry Rosenberg, told me (quite casually, when we were in a bookstore) that it was a great book, and great it is. It is a series of dialogues with an Indian man, an ordinary householder, who is enlightened. I don't know what that word means, but I do know that Sri Nisargadatta sees the world much differently than I do. People came to him from all over the world with their questions, their concerns, their complaints, and he responded in most unusual ways. Sometimes I have no idea what he's talking about and sometimes he startles me with his simple good sense. The book is often quite funny, because people are struggling so much, and become quite angry as he tells them they don't have to do that. Having read it through once (it's 550 pages) I will now read it through again; I'll probably be reading it for the rest of my life. It's endlessly interesting and endlessly boring, both. It's indescribable.

[www.davidguy.org](http://www.davidguy.org)

---

### **Barnaby Thieme says**

This collection of practice interviews with Sri Nisargadatta Maharaj never fails to astonish me. Students bring him the most difficult and abstruse philosophical and religious questions, and without fail he answers them clearly and directly, in plain, simple language that is easy to understand. I've rarely encountered any testimony of any spiritual master that was more persuasive on its face of the profound degree of insight and obtainment on the part of its master.

Here's an example from one of the early sections, "What is born must die":

Questioner: Is the witness-consciousness permanent or not?

Maharaj: It is not permanent. The knower rises and sets with the known. That in which both knower and the known arise and set, is beyond time. The words permanent or eternal do not apply.

Q: In sleep there is neither the known, nor the knower. What keeps the body sensitive and receptive?

M: Surely you cannot say that the knower was absent. The experience of things and thoughts was not there, that is all. But the absence of experience too is experience. It is like entering a dark room and saying "I see nothing." A man blind from birth knows not what darkness means. Similarly, only the knower knows that he does not know. Sleep is merely a memory. Life goes on.

Q: And what is death?

M: It is the change in the living process of a particular body. Integration ends and disintegration sets in.

Can you beat that? What is death - "Integration ends and disintegration sets in." His capacity to persuasively and concisely encompass broad, profound questions in simple, clear answers exceeds anything I've seen in any other spiritual teacher. This book is a masterpiece, and an invaluable resource for anyone grappling with nondual philosophy and yoga.

---

### **Fuad Fuad says**

Nisargadatta Maharaj in I AM THAT make clear the meaning Advaita in strike matter. Before I read I Am That ...it's very difficult to understand another advaita classic. Nisargadatta, is great teacher advaita in our times. I read Ramana Maharshi....but for words...I like words from Nisargadatta Maharaj...Nisargadatta is clear...and he speak with clarity..his dialogues very fresh and spontaneous. I always read his words and I feel immersed with his words...I try to contemplate....think..remember..and this is my practices.

---

### **Chris Dietzel says**

When I tried to read this straight through I quickly found myself losing the importance of what was being discussed. So instead I decided to read a page here and a page there over the course of 5 years. While some of the concepts were too lofty for me to truly appreciate, there was still much in the book that enlightened me. Highly recommended for anyone interested in the idea of spirituality.

---

### **Wanessa says**

"Meditation is a SATTVIC activity and aims at complete elimination of TAMAS (inertia) and RAJAS (motivity). Pure SATTVA (harmony) is perfect freedom from sloth and restlessness, The SATTVA is pure and strong always. It's its own goal. It manifests spontaneously and effortlessly, when things are left to themselves, are not interfered with, not shunned, or wanted, or conceptualized, but just experienced in full awareness. Such awareness itself is SATTVA. it does not make use of things and people - it fulfills them."

"Consciousness is power. be aware of what need to be done and it will be done. Only keep alert - and quiet. Once you reach your destination and know your real nature, your existence becomes a blessing to all. You may not know, nor will the world know, yet the help irradiates. There are people in the world who do more good than everybody. They radiate light and peace with no intention or knowledge. taking nothing as their own, they are neither proud, nor do they crave for reputation. They are just unable to desire anything for themselves, not even the joy of helping others knowing that God is good they are at peace."

### **David Simoni says**

If I had to pick one book to take to a desert island, I Am That would be it! I've read it numerous times and still find inspiration and guidance from it. The excellent translation by Maurice Frydman makes I Am That eminently readable. It is filled with so many pearls of wisdom that I underlined practically the whole book!

Incidentally, you can find the complete book online here: <http://www.celextel.org/otherbooks/ni...>

---

### **Martinxo says**

If I had to choose one 'spiritual' book, just one, only one...it would be this one. Nisargadatta points to the 'truth' with such clarity.

---

### **Ann Debaldo says**

Have read several times over the years - each time, it is a different book! Or...am I different?

---

### **Guttersnipe Das says**

I was 18 the first time I bought I AM THAT, but I was 39 before I was able to read it. For this reason, I thought I might give a little advice about how to keep company with this book, a very beautiful and peculiar one, and unlike any other.

You will find your own way, as many others have before you. After all, this is the favorite book of many of the strangest people you will ever meet. In fact, there appear to be a significant number of people who do nothing, except read this book, and then accost strangers in cafés to tell them about it.

If you are new to this way of thinking, and you wish to read I AM THAT, or are struggling to read it now, it would help tremendously to first read a friendly introduction to Advaita Vedanta. Nothing too ethereal, steer clear of the Neo-Advaitins for now, perhaps Arthur Osbourne's Ramana Maharshi and the Path of Self-Knowledge, or any basic text on the life and teachings of Sri Ramana Maharshi. Sri Ramanasramam publishes a great number of useful books. Aim for something rooted in the life of a person, preferably someone long-dead, and not a rarefied philosophical summary.

If you seek a living teacher, please be wary. These teachings have been commodified to a degree difficult to believe. Advaita is now big business. Genuine teachers are available, but you'll need your wits about you!

Above all, if you are struggling to read I AM THAT, I suggest abandoning a front-to-back reading for hopscotch. (I do not doubt some people have attained enlightenment while hopscotching around this book.)

Where to begin? I suggest Chapter 48: Awareness is Free. Then turn to the chapters which focus on Sri Nisargadatta's own experience, such as chapters 57 and 78. Then you could turn to chapters which address

essential matters in the clearest possible way, such as Chapter 25: Hold on to 'I AM', or Chapter 70, renouncing desire, or Chapters 95 and 8 on inner peace and cultivating acceptance.

Besides this, I found it very useful to create, among the end pages of the book, a personal index of what I found most useful and most inspiring. A combination of reading and rereading is very well-suited to I AM THAT.

At some point in the process, you may find your sense of life and yourself and the world disintegrating. This is normal. Just take it easy, OK? Take long walks and, for goodness sake, keep your mouth shut! Otherwise you'll soon be cornering strangers in cafés. "I read the most mind-blowing amazing book. It's called I AM THAT. All the mysteries of life are in it! I think I might be enlightened. Shouldn't we be sleeping together?"

The crazy people are not wrong about this book. The mysteries are indeed here, with stunning clarity and endless determined good humor. It's an adventure to read I AM THAT. But if you get stuck, don't feel you have to read it front to back, play hopscotch.

---

### **Phineas says**

The whole book is a dialogue between a realized master and his student(s). After reading too many books looking for the "ultimate Reality," this is the most clarifying of "It" I have found.

My only critique is that he describes our true identity too accurately, and consequently, the ideas can be redundant...there's only so much to say.

"The seeker is the sought."

---

### **ron btdbttsawio says**

This book is an English translation from audio recordings. The book is arranged in a q&a format and covers many topics such as god, the ego, living in the world, free will, and generally how maharaj sees things from the perspective of a self-realized person. There is lots of very poetic descriptions such as:

"You are like the point of the pencil — by mere contact with you the mind draws its picture of the world. You are single and simple — the picture is complex and extensive. Don't be misled by the picture — remain aware of the tiny point — which is everywhere in the picture." Page 452

And:

"The difference lies in what I do not experience. I do not experience fear or greed, hate or anger. I ask nothing, refuse nothing, keep nothing. In these matters I do not compromise. Maybe this is the outstanding difference between us. I will not compromise, I am true to myself, while you are afraid of reality." Page 171

Once in a while there is some practical advice for spiritual practice. Usually it involves holding on to the "I am" feeling.

For example:

"My teacher told me to hold on to the sense 'I am' tenaciously and not to swerve from it even for a moment. I did my best to follow his advice and in a comparatively short time I realized within myself the truth of his teaching. All I did was to remember his teaching, his face, his words constantly. This brought an end to the

mind; in the stillness of the mind I saw myself as I am — un- bound." Page 223

This was my second time reading it. It is an excellent and well recommend book for anyone on a spiritual path.

I would recommend reading it slow over a long period of time.

Also, at the back, there is a glossary of all the terms encountered in this kind of book such as sat chit ananda, etc.

---

### **Judy says**

You cannot go wrong with this book, though my edition is much older, worn and tattered from travels with me, including India. I had the good fortune to meet Nisargadatta in his home in Mumbai, when it was still Bombay, many years ago and hear him talk. I never will forget his kind presence....he was absolutely present. This book is for every spiritual seeker who wants to stop seeking. Nisargadatta was that rare being who lived as he taught. He was what he taught.

---

### **Rory Mackay says**

not a book you read for entertainment, a book you read for understanding and knowledge about the nature of self, consciousness and reality. A collection of Nisargadatta's talks, demonstrating what an incredibly coherent and profound way he had of putting the highest truth into relatively simple words. That said, you have to be ready to read this and lay the groundwork, otherwise it'll be fairly mind-boggling and meaningless. But if you're ready to get it - wow. Your life (or at least your understanding of your Self) will most likely never be the same again.

---