



The Return to Inner Stillness

A Reflection on the Three-Fold Path

In the midst of a restless world, the search for peace often takes us outward — toward teachings, experiences, or states we believe will complete us. We chase quietude through effort, through thought, through the hope that one day we will arrive. But what if peace is not found by reaching farther — but by returning closer?

The Three-Fold Path, as shared by Sri Ashish, is not a doctrine to believe in or a method to master. It is a recognition — of what already is, within. It invites us to see clearly, to live honestly, and to abide gently in the truth of our being.

Right Understanding is not a conceptual clarity. It is the moment the mind's movement quiets and something deeper sees — I AM is not something to become. It is what I already am. This seeing is not dramatic. It is still. It is subtle. But it changes everything.

Right Practice is not a discipline layered on top of life. It is the simple remembrance of what has been glimpsed. Through silence, stillness, presence, or pausing before reaction, we keep the thread of awareness alive. Practice, when true, is not performance — it is intimacy with the real.

Right Experience is not a peak. It is not an attainment. It is the natural fragrance that arises when we are no longer trying to be anything at all. Peace does not come from getting somewhere. It arises when we stop running.

To walk this path is not to move forward. It is to rest — again and again — into the now, into the breath, into the bare awareness that has never left.

And in that resting, something beautiful unfolds - not an answer, but the falling away of the question.

What happens when I stop searching and simply become still?



The End of the Seeker

Letting Go of Spiritual Striving

The journey of seeking often begins with a deep yearning — the intuitive sense that something is missing, that there is more to life than what the mind can grasp or the world can offer. It brings us to the path. It makes us read, sit, reflect, and inquire. But at some point, this very seeking begins to reveal its own limits.

We seek peace, clarity, love. We try to reach them through effort, through becoming, through frameworks of progress. Yet, as Sri Ashish reminds us, truth is not the result of effort. It is not something to be found later. It is something that is always already here.

Right Understanding dissolves the illusion that truth lies ahead of us. It reveals that the seeker — the one who is striving — is itself an appearance in awareness. When we see this clearly, seeking begins to drop away, not through suppression, but through understanding. You are not the one who seeks. You are that in which the seeking appears and disappears.

Right Practice in this light is not a means to an end. It becomes a gentle remembering. Not a doing, but a quiet returning. It is the act of not interfering — of letting awareness rest in itself, without pushing, without pulling. As practice deepens, it becomes lighter, subtler, and more intimate.

And from this quiet, **Right Experience** unfolds — not as a prize, but as the natural arising of what has always been present. Peace, stillness, love — these do not come because the seeker has succeeded. They come because the seeker has dissolved.

The end of seeking is not an absence. It is a presence so simple, the mind usually overlooks it. It is not empty. It is full — with clarity, with ease, with being. To realize that there is nothing to reach, nothing to gain, and nothing to become is not defeat. It is freedom.

“To the one who no longer seeks, all things reveal themselves.” — Sri Ashish

What am I still striving for? Can I allow myself to stop — completely — even for a moment?



Living the Path in Daily Life

Integration and Natural Abidance

A retreat, no matter how deep, is not the end of the path — nor is it a break from life. It is a glimpse. A mirror. A reminder of what is always here, beneath the noise. The real journey begins not in silence, but in continuity — in how we carry that silence into our ordinary days.

The Three-Fold Path is not something we leave behind when the sessions end. It is not bound by location or format. It is a way of living from truth — not in concept, but in being.

Right Understanding becomes our vision. It's not something we refer to once in a while — it becomes the lens through which we see all experience. We recognize that what we call “life” — our relationships, thoughts, successes and failures — are all appearances within awareness. There is no longer confusion about who we are. “I AM” is not a phrase. It is our ground.

Right Practice is not a ritual we perform. It is presence itself. A quiet turning inward in the middle of our day. A breath before a response. A moment of spaciousness in the face of irritation. It doesn't have to be long or formal. In fact, it is most powerful when it is effortless — when remembrance becomes natural.

Right Experience arises not when life becomes perfect, but when there is no longer resistance to what is. Peace is not an achievement. It is the fragrance of understanding and remembrance flowing together. It is not fragile. It does not depend on mood, or weather, or outcome.

To live the path is not to withdraw from life. It is to meet life from the center. To move without rushing. To speak without needing to prove. To listen without waiting to respond. It is to live in a way that honors truth — not as a goal, but as your very nature.

When we live from “I AM,” there is no need to fix, prove, or protect anything. We become simple again. And in that simplicity, the path lives itself.

In what simple way can I honor the stillness I've touched — today?