

THE GROUND OF BEING

A SONG FROM THE GREAT SILENCE



MOOJI



Beloved One

I have made
this little book for you.
May it be received inside your heart
as it has poured out
from my own Heart
The very Place
Where we are already One.
This is my Song.
A Song of the Heart.
May your Heart rejoice in it.
In Timeless Love and Joy

Om

Amen

O Beloved One,

I have made
this little book for you.
May it be received inside your Heart
as it has poured out
from my own Heart
—the very place
where we are already One.

This is my song.
A song of the Heart.
May your Heart rejoice in it.

In Timeless Love and Joy

Om
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Introduction

Amongst the vast collection of illuminating talks with Mooji that have been recorded over the years, some of his arrow-like pointers resonate inside the yearning heart as songs of freedom. They imbibe such power so as to stir the soul into a deep recognition of its origin. One such talk touched a student so deeply that he felt compelled to transcribe the full recording. This was the seed that sprouted into the profound introspection you are now holding in your hands—*The Ground of Being.*

This little book is a wise friend, taking us warmly by the hand and infusing an inner peace and stillness the heart and mind truly long for. It is a pure transmission of the intuitive knowledge of the Self, offered to those earnestly in search of the Eternal.

The Ground of Being is a kirtan* of freedom, calling us home into timeless realisation. Eloquent and poetic yet pragmatic to its core, the Master's words point directly to an undeniable recognition: the unchanging ground of Awareness that is our real nature and Self.

Mooji's non-dual guidance is lovingly direct and one-pointed. The natural repetition of the core pointings within these pages flows spontaneously and forms the very heartbeat of this book. With great attention, humility and dedication, he patiently refined the profound reflections and contemplations expressed in

* *Kirtan* traditionally refers to praising and glorifying the Supreme Being through call-and-response singing or chanting of various names of God.

this poetic work to put authentic awakening within our reach.

Each page radiates with Mooji's light and grace, imbued with the power to draw the mind back to its source. Time and time again, we find the grip of ego-identity being lifted off like a heavy cloak, revealing a clear non-phenomenal reality: beyond the reading and even the reader, Awareness prevails as the very ground of Being.

May these heart-transmissions soak within. Natural and simple, they orient the worldly mind to the true Self—its home and source. Just as a physical mirror reflects only what is in front of it—neither creating nor interpreting—so may this book serve as a mirror of Truth, reflecting our imageless Reality. Blessed are we in this auspicious beckoning.

The Editors

A Note on Terminology

Mooji uses various terms spontaneously and interchangeably to point to the wordless, formless Reality, which is the core of each and every being. These words serve as pointers to the ultimate Self and can go by various names, such as I Am, Beingness, the Self, Awareness, Oneness, Reality, the Unborn, the Timeless, Isness, the Source, Truth, Heart, Consciousness, the Eternal, God and the Absolute.

'That which truly exists,
what we could call pure Awareness,
is beyond names and forms.
It is the Supreme Self, ungraspable to the mind.
It is the essence, unimaginably Real.
Timeless, uncreated, imperishable.
Know this to be the Self, one's true Being.'

~ Mooji

Contents

Introduction vii
A Note on Terminology x
Veneration xiv

0. Before the Beginning 1
1. Face of the Infinite 5
2. Grace of the Infinite 15
3. The Immaculate Perception 27
4. The Womb of Existence 35
5. The Core of True Seeing 41
6. The Invisible Seer 51
7. The Source of 'I' and the World 57
8. The Theatre of Consciousness 65
9. The Kaleidoscope of God 69
10. Know Thyself 79



11. The Dream and the Awakening 85
12. The Awakening Heart 89
13. Unborn Silence 93
14. Real—I Am 103
15. Immensity of Being 115
16. The Tree of Awakening Blossoms 121
17. The Eye of Dharma 131
18. The Way of the Wise 143
19. The Sage 149
20. Just Be 163
21. The Eternal Truth 171

Selected Pages from
Moojibaba's Notebook 181

About Mooji 206

Veneration

Glory to God,
the Supreme Reality.
Omnipresent. Ineffable.

In the mind of God,
the world is conceived.
In the womb of God,
the world is born,
is lovingly sustained
and dissolved, timelessly.
Unto Thee do we prostrate.

He who has bestowed upon mankind
the supreme opportunity
of realising Him inside the heart
and thus attain bliss and
everlasting life,
Thee do we honour.

It is God,
the Supreme Lord of the Universe,
who plants and nourishes
within the heart
the seed of Being—'I Am',
out of which sprouts the urge
to seek and find Him,
and thus attain
the Eternal.

Veneration to Thee
—O Ground of Being.

By and to Thy grace
and to whose glory
we submit.

Amen



Before the Beginning

A dream:

A celestial being appears before you
and calls you by name.
It says, 'I hear your deepest call.
Whatever you desire
in this or any other world,
I am here to grant that gift to you
this very moment.
However, there is one condition:
you can have all of this, right now,
simply in exchange
for your consciousness.
Offer me your consciousness
and all this is yours.'

What is the dreamer's response?

Is this an auspicious offering?

Reflect:
can anything be known
or perceived,
including one's own self,
in the absence of consciousness?

Remember,
even this dream
and the dreamer too
are mere fruits
of consciousness.

CHAPTER ONE



Face of the Infinite

Ɵm
Namaste

Be in that space
before and behind the mind
—the very heart of being
which is empty,
impersonal, formless.

Hear me in That.

Before you assumed form,
the Lord whispered something
deep inside your being.
Now it is time to remember and awaken.

Though rarely spoken or heard,
it is written upon the heart
of every living being
this intuitive and untaught knowing
—'I Am—existence itself'.

That which alone exists,
exists timelessly.
Know we are that existence eternal
—Unborn and Imperishable Awareness.

Awareness-Being
is like the sky.

All activities—thoughts, sensations,
memory, even identity,
all these are like clouds floating by
—shapes appearing momentarily
only to subside again and again
into the formless space of pristine awareness.

Nothing sticks.

Whether clouds or no clouds,
the sky of awareness remains
ever unblemished.

There is
natural awareness
of the body,
and all that comes with it,
but this is also perceived
within an unbound space.
Look.
Is this not so?

All . . . fleeting sensations
appearing and disappearing
as the dance of impermanence
in the limitless expanse of Awareness.

Be aware of this.

Mind appears
in the form of
image, thought, sensation.

Naturally, there is awareness of this;
however, for the seeker of Truth,
there is no need to get entangled
in mind's activities.

Simply observe with detachment
from formless Awareness,
as formless Awareness itself.

Like writing on water
leaves no trace
upon the face of the ocean,
similarly,
the movements
of the mind, form and time
leave no trace
upon the face of the Infinite.

Pristine Awareness.



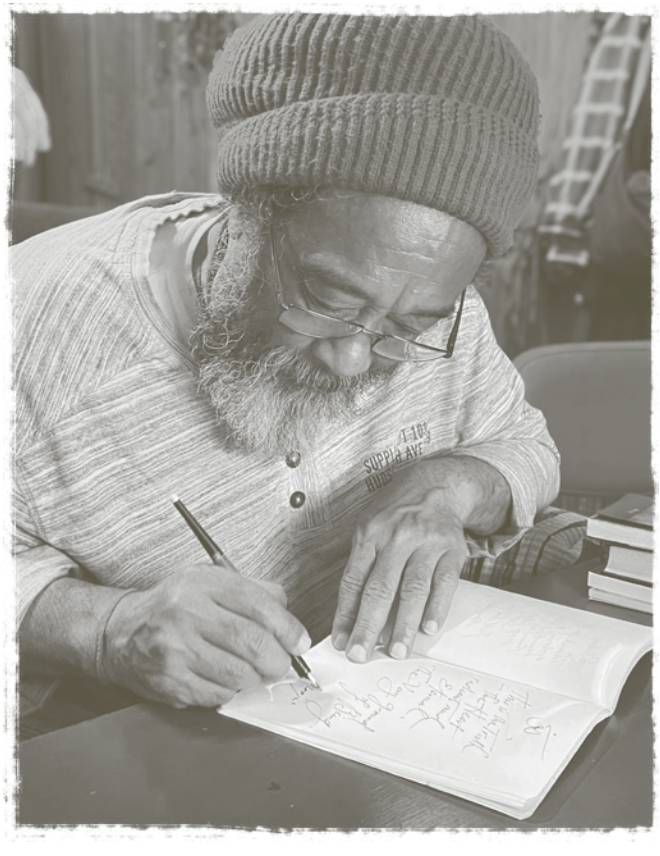
Here,
though appearing in Awareness,
neither past nor future
nor even present exist.

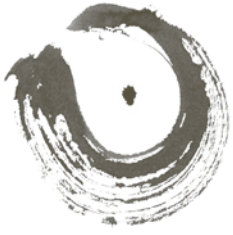
Still
the impersonal
eternal Self
alone
Am.

Ineffable.

Find and rest inside
your own being
as this unborn Awareness.





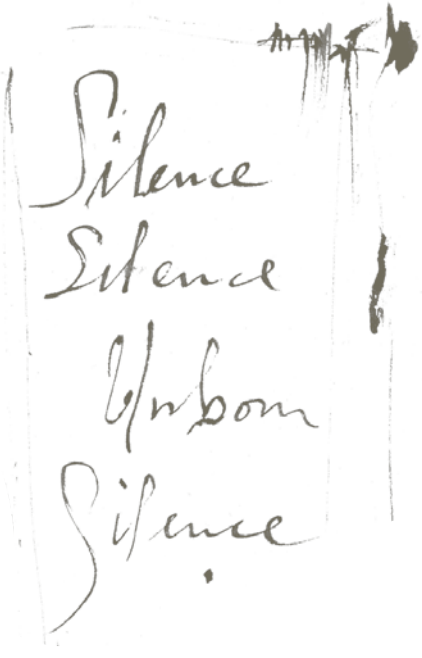


Selected pages from Moojibaba's Notebook

While working with Moojibaba on *The Ground of Being*, we had the privilege to look through a few of his more recent notebooks. Keeping these small books by his bedside, when compelled, he writes down his reflections, insights and pointers. Often throughout the night, when most are asleep, he may wake several times and scribble in the dark. For us, it shows how powerfully Truth flows unimpeded through the Master at all hours, and what a blessing and grace it is to see these pages with our own eyes. And so we, in turn, wish to share the gift of these intimate writings and spontaneous brush drawings with his students and seekers of Truth. We also included some images chosen and photographed by Moojibaba himself.

Remain aware
as
Awareness
Alone / Itself

Mind arises
in the form of
image, thought,
or Sensation
There is awareness
of This; however
there is no need
to engage with
any mind activity
Simply observe
with detachment



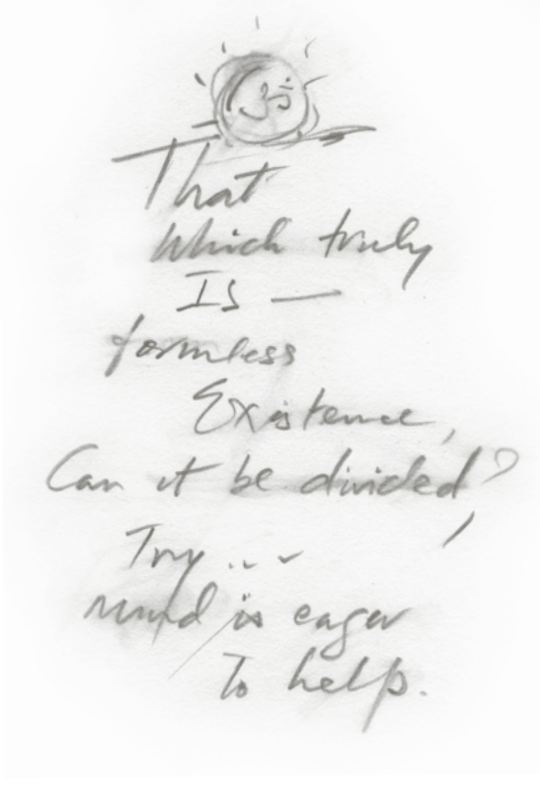


Buddha, Mooji's garden entrance



Christ Chapel, Monte Sahaja

Stay in and as
the formless
I AM







About Mooji

A most loved and deeply respected spiritual teacher of our time, Mooji's radiance, love and spontaneity is the evidence of the Truth to which he points. His direct guidance, contemplations and very presence help us to rediscover our original nature—pure, uncreated Awareness.

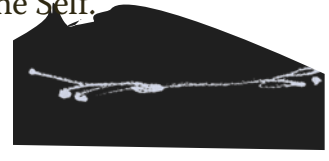
Mooji shares that his life was saved by the Grace of God in 1987. Six years later, the same force drew him to India. There he met the great Advaita Master, Sri HWL Poonja, affectionately know as Papaji, in whose gracious presence he came to the realisation of the one impersonal Self.

Mooji's life is dedicated to guiding sincere seekers of Truth. In open interactions called Satsang, seekers from all backgrounds and traditions are introduced to a direct heart-path to true freedom and lasting happiness.

Mooji says, 'I have great love, respect and devotion for all saints and sages who are sent by God. Through their eyes I come to see the One in all.

'God has put a simple, universal message inside my heart, a message that speaks directly to the soul, reminding it of its true nature before it fell into conditioning.'

Through simple, practical and relatable guidance, Mooji calls us into the profound realisation of Truth, revealing the innate harmony, peace and joy of our natural Being and its Ineffable Source—Unborn Awareness—the Supreme Self.



First edition (July 2026), published by



an imprint of Mooji Media Ltd, UK
www.mooji.org

Editors:
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Design: Mooji, Nitya Samoshchenko, Kamala Vukosavljević

Typesetting: Zenji Ganz and Paula Forero

Printed and bound in Portugal by Gráfica Maiadouro

British Library Cataloguing in Publication Data. A catalogue record
for this book is available from the British Library.

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ISBN 978-1-908408-43-3 PREMIUM PAPERBACK
ISBN 978-1-908408-44-0 E-BOOK

2606230738