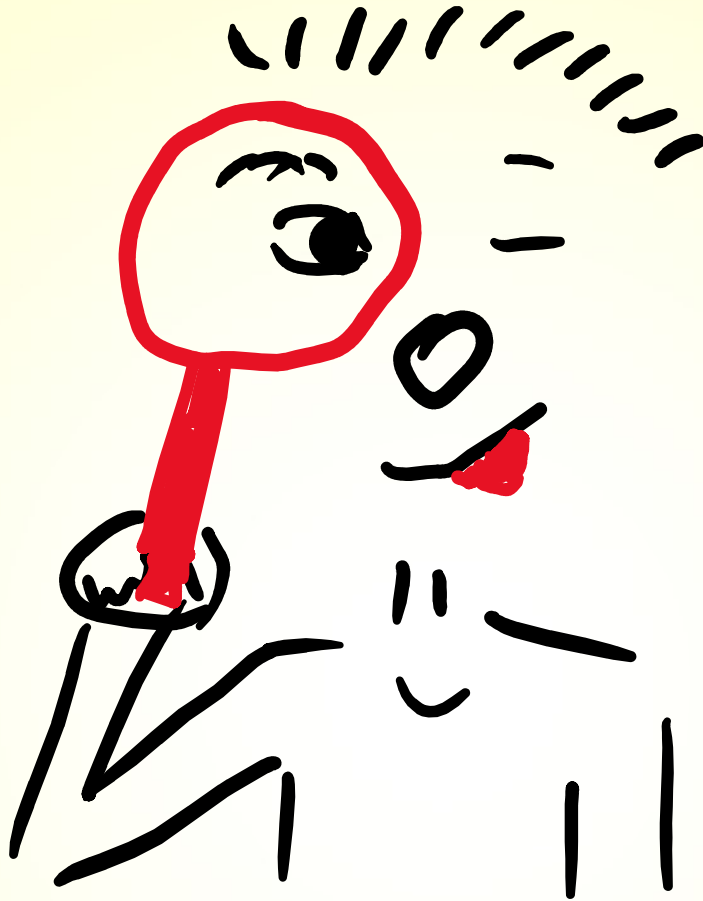


## Find the Recognizer



Find that, which recognizes any view, sound, touch, any sensation, feeling, imagination, emotion, thought, memory, idea, just any phenomenon. Be the Recognizer.

## Find the Recognizer

Look, hear and feel very seriously, what is that which is recognizing all your outer and inner conscious phenomena. Is it a thing, a person, is it substantial at all? If you think you found it, and “it” is anything substantial, it can be seen, heard or felt, then who is the one seeing, hearing, feeling and recognizing that? Anything you recognize, cannot be the recognizer, as the recognizer is recognizing it. The recognizer seems unknowable, ungraspable and unsubstantial. Just be it anyway without understanding it. Just say: “I am the Recognizer”.

Nice Videos: [Dzogchen](#)