

A Sense of Timelessness and Eternity

Dear James,

Thank you so much, I am contemplating on your comments - just reading them brings again confidence and peace.

It seems that I am letting go of Karen and her projections. I did not realise that I identified so much with the role of daughter, girlfriend, friend, and sister as well some more subtle roles like being spiritual, being "good", being a little girl etc. The dream that I had the other night made me realise how many identities I had and letting go of them brings sadness- last days tears come to my eyes without any of my control. It feels a bit like dying (dying of Karen and her ideas?). I just watch and try not to get involved.

All that it seems be left "to do" is to let the knowledge purify my mind. There is this recurring thought: "nothing to do, nowhere to go" and it is so funny suddenly to be left with no goal 😊 and there is a relief in that and huge relax as well as a sense of timelessness or eternity.

Knowledge keeps destroying my ignorance and looking at all as myself can be funny - last night I spoke to my dad like I would speak to myself (he did not like it) and after the conversation there was this great strength and freedom like I never knew before. I am starting to understand what freedom is, wow! Anyway, thank you for Vedanta and the way you teach it. You are a great teacher (not that you are actually a teacher 😊)

Love,
Karen

Dear Karen,

Yes, it can be difficult to let go of the beliefs that cause you to identify with the doer, rather than with the self but it seems that you are definitely on the right track. Yes, just stick with the truth of who you are and let happen what happens. There will be sadness and happiness in full measure. Take it easy. If I can be of service to you, please write.

Love,
James