

Back in Freedomland!

Hi James,

Thanks for your email. I'm totally jealous that you are on the Mediterranean!

I don't actually need any support right now, so no call is necessary. I just wanted to share with you that I'm back in freedomland which is not a location. Let's say I truly know who I am these days. Your support over these last months has been really helpful. I could have easily slipped back into the old mindset.

I've been watching Swami Sudhananda's DVD's most mornings and reading your book and pay attention and Mary object just realized again who I really am. Mary still has to do self-inquiry every day. I can really see now why a quiet lifestyle is needed. I'm giving myself as much time as I need first and work gets whatever is left over. So I watch the DVD and do self-inquiry before I get around to working. And that has proven very powerful. So on one hand, there still seems to be "effort" involved, but it's not a burden and that's what Helen needs right now to know the self. I don't journal anymore because it feels like giving attention to what's not real, but I am reflecting on self-inquiry/contemplation questions that come up in your book and Sudhnanada's DVDs. Although I don't do that everyday.

And work is moving along even with such little attention. It is interesting to work daily now on something that I know isn't important. Yet pretend I care. And on some level I do care and like getting kids out of horrible living conditions into a future of practical possibilities. I also think I might start writing movie scripts again because it's fun to do and maybe I can make money out of it now that I am not going to be making much money doing what I am doing. I don't feel bothered by the income, it just would be nice to have flowing fun money.

Anyways, gotta run. I have an unusual day with back to back meetings. First time since I started working. So I guess I have to earn my paycheck today.

All my best, eat good food!