

How to Get Out of the Loop

Terrance: Again, thank you Ram. I hope your trip to India goes smoothly. I appreciate that you take the time to respond to my questions, and I do not wish to be a burden.

James: Sorry for the delay replying but I have just shifted from England to India (I'm in Chennai right now and off to Tiruvannamalai tomorrow) and just taking care of the material plane...the body, etc...is a challenge.

Terrance: I am feeling in a sort of a loop (a recent posted satsang used that word). Sometimes I feel that I know (or more precisely, 'I know that I know', or even just 'I just know'). I am the container or conduit of experiences that wash by, I am untouched by the experiences, the unbroken whole, '*sthiti*', solid motionless, steady, without stain, ordinary awareness, without problems because there is nothing that a problem can stick to. I can remember that I had questions and doubts and problems, but I can't really imagine those doubts now. Doing so would be like trying to imagine what it was like to see a clock before I could tell time.

James: Very cool metaphor, Terrance.

Terrance: The other half of the loop is that I remember that I used to know, that it was obvious and self evident that I am unstained and sustainable, but now that knowledge is far away; I am at a checkpoint and cannot produce my driver's license.

James: Such is the nature of the mind. It knows but it doesn't know. If you keep with your practice eventually the downside of the loop will be eliminated.

Terrance: So I have seen a few of these loops now come and go. I think I know the answer:

- 1) **find *sattva* and the knowledge will re-appear**
- 2) **simplify**
- 3) **reduce transactions**
- 4) **look at my reactions to things to find the reactor**
- 5) **do karma yoga action cheerfully**
- 6) **see and appreciate what is good right now**
- 7) **don't try so hard for results**
- 8) **have faith in the teachings and the process.)**

James: Great checklist, Terrance.

Terrance: There is a little less vertigo in this loop and a little less desperation to get 'back' when I find myself at the checkpoint with my pockets pulled out and the angry guards hassling me. So I guess it's all working :-).

Terrance: It's working just fine, Terrance. Spirituality is evolutionary. You will have breakthroughs and setbacks (going down on the way up) but the steady application of a dedicated mind is all that is required.

Love,

James