

The Great Happiness of the Self

Dear James,

In in one of your last e-mail to Terry, talking about Neo-Advaita, you say, "so the question of how to behave in the apparent reality is unresolved." So how do you suggest that we should behave in this apparent reality, again I battle with my *vasanas*. I know who I am but with my life house, boy friend and all it is so hard to stay in the self. Once you said that there is nothing that equals being in the self? But I know that I am already the full and complete Brahma so what do you mean when your talking of the great Happiness to be the self?

Love,

Claudia

Dear Claudia,

What I meant by the great happiness of the self is that you are happy without your boy friend, your food, drink, money, etc. It does not matter if you have those things. You cannot 'stay' in the self because you are the self. It means you are happy without any reason. The reason you are trying to stay in the self is because the things that you think make you happy...the boy friend, the food, drink, etc...don't actually make you happy. If they did you would not care about the self at all. They would be enough. But they aren't enough. So even though you know who you are, it has not neutralized your *vasanas*. When you know who you are these things just fall away like ripe fruit on the tree. There is no effort involved in it. There is nothing wrong with any of those things at all. The problem spiritually is leaning on them for support.

Much love,

Ram