

The Power of Vedanta

Hi James,

I mailed you exactly a month ago and have been reading the book since. I have been reading daily in bed, on terraces and in trains making confirming faces and putting fists up in the air out of agreement. 😊 I would really like to talk to you but actually your site is sufficient so far, so I'll mail you when I have a question. I also think that most of the ignorance in my brain dispels itself because of so much true knowledge that has been put in it lately. It's just a question of time for the old untrue thinking patterns to get erased by the 'knowledge' ones.

I quit coffee and rearranged my eating patterns. I'm testing all the food now and figuring out what works best for me. I never connected heavy thoughts to heavy food before. That's priceless! I also quit the rental of my studio space which caused some anxiety. And I rigorously simplified my business activities. I guess I'm ready for a medal...ha! see how I'm talking. This is asking for the unanswered approval of my father, the psychotherapists would probably say. 😊

It is priceless to have so much information/support from a knowledgeable source for day to day living and the 'rules' that apply in this field of life. I read and reread the *karma yoga* chapter and the chapter on *Dharma*. I just discovered that it's possible to click on the topics on the big circle on your site so I'll read everything I can on Dharma because it makes life so easy. And Jesus! they just don't tell you that stuff in public school. 😊 They don't tell you in non-duality circles either. It's stunning how narrow is the approach of Western non-dual teaching. But that's another story.

Yesterday I looked in the mirror and wondered how I could explain what I was in human language. When you try to formulate this you end up with sentences that sound like Vedantic statements or 'Eastern riddles'. It's just unavoidable. I tried to remember what I thought yesterday but I can't remember. I think of it now and have come up with: *permeated with endless dots of flickering lights I am the factor which dictates all of life. But the fact that it all depends on me does not mean that I am bound by anything I see. Because I am not in the world or outside it either.* When I try to describe my awareful nature I end up with this sort of statements. One just has to go into denials. 😊 And then make another denial if you want to be honest about awareness.

I will now respond to your email because I like to tell my story to you. This is because I am untreatably vain and because I think you're such an admirable person for writing such clear texts, that I would like to continue our conversation one day and it's always a good social bonding factor to hear one's story. 😊

I did have success in life, I was a very successful musician in a hiphop group and played gigs twice a week for many years. I left the group at the height of success because I wanted something else and too many people wanted something from me. I felt the group would become corrupted if it continued and I had spiritual, painting and traveling ambitions. So I

travelled for a year around the globe, read Krishnamurti all day, painted and watched my thoughts etc. When I came back I discovered non duality.

But then the IRS laid claim on my studio and possessions because I neglected that part. Now I have a cleaning job and am paying them off monthly which will probably take a few years. If I sell my paintings it will take less time. I am living a happy life actually and I look forward to making music again because that is my biggest passion.

Sometimes my mind may take my ego for a walk and spin heavy stories about why such a talented guy is cleaning toilets all day and cannot make music, but I put self inquiry first priority again and this way I have a stress-free mind. Besides, I am probably getting a little room for music when me and my girlfriend move to another apartment and when I think about that, it has the perfume of the beginning days of music making, simple, creative and uncontaminated by time-demands from record companies etc. and that's wonderful.

Well I'll leave it at that. I am sorry I write such long texts but you're guilty of that too, so that evens things out a bit. I wish you all the best for now. If you're ever in the Netherlands you're very welcome to stay here at our penthouse. My girlfriend, you will love her, will make you kilos of Moroccan heavily tamasic food which you will have to chew down under physical pressure of politeness and we sit you down by the fireplace and make you feel so at home you never want to leave again.