

Risk of Heart Attack

Hi James,

Last night as I was finishing chapter 12 my mind got very, very quiet. I was seeing objects as if in slow motion originating from me and disappearing in me... just passing... I was getting increasingly accurate in spotting everything (almost to the point of prediction) with incredible alertness and sensitivity. I felt less ecstatic than I have been since finding you, but very serene and content with (as) the silence where things 'were' happening without my participation. I have experienced this before (except for the tachycardia and the flashing moments of the real location of external objects). I recognize this as a cumulative process preceding an epiphany, am I correct?

James: I don't know. I never had such symptoms. Are you worried that it is a symptom of something physical? I suspect that you are perhaps a tad emotional and maybe your emotions caused these feelings.

Betty: I called you because I was concerned that I had to get up and speak to my new staff (a large group of people) this morning and I knew I wasn't going to be able to sleep or leave that self-absorption. I guess the little bit of anxiety that appeared, coupled with the accelerated heart beat (which has dropped me to the ground before under different circumstances) snapped me "out of it."

James: It's good. You have to take care of business first, then worry about enlightenment.

Betty: Your book has been extremely powerful for me. You know, all these years I chased after this crap like a maniac and had all the time in the world to have freaky experiences and fainting spells and now that I called the freaking search off and decided to live life, this thing is chasing me. Ain't that a bitch?

James: It is always that way. That's what happened to me too. The day I wrote off the spiritual thing my guru appeared. It has nothing to do with Betty. It is the self waking up to itself and it will have its way with you.

Betty: I am still inwards but feel pretty functional to go to work this morning. Please tell me what your thoughts are, in terms of reconciling my work with this.

James: Don't make a duality between work and spirituality. Nothing will keep you from *moksa*. Don't read the book late in the evening if it has such an impact. Go to the gym and get the body dead tired and have a good night's sleep.

Thank you so much, the book is indescribably helpful! Just awesome, divine nectar!

Love,

Betty

PS: You must write in the preface: be advised, great risk of a heart attack!

I will put this graphic in introduction to the next edition



Hey James,

Ha! Love the picture!

Thanks! Your response had a 'grounding' effect. There is nothing wrong with me physically and I didn't feel particularly emotional last night (that I could detect, anyway). I have been dropped to the ground with a much harsher version of this "heart thing" about 5 yrs ago in a meditation room at the monastery. I did get checked out thoroughly after that. My heart is fine and I don't suffer from panic. I guess it won't help to interpret, so be it! Whatever the inert carcass has to do is fine with me. Ha! Whatever it takes!

I like what you said about not making a duality between work and spirituality. Yes, nothing can keep me from *moksa*.

Thank you and I will try not to be a pest.

Love,

Betty

James: It's OK. You can pester me if you like.