

Thank you,

for taking time to find on your videos a very important moment in my life. It is true that a shift happened in that moment and I realized the truth about who I am. It was so unexpected though, I did not talk to anybody about it and some days passed before I asked myself what had really happened. Then everything was clear to me about the self and how I had been convinced for a long time that I was Awareness. The shift was about accepting the fact and sensing the object and subject shifting position.

It happened when you were talking about what an enlightened person is. You said something about how experiential enlightenment is when the experiencing entity experiences the **reflection of self in the sattvic mind**. This helped me a lot to understand my spiritual development and situation. I remember that I pointed to your chart and said that I realized that all along I have been experiencing the self in a pure sattvic mind. In that instant I understood the difference between experiencing the self and enlightenment. I accepted that I am Awareness itself and started to laugh and the others laughed with me. I saw in your eyes that you noticed what happened in me. You said that this is how it happens when you are well prepared. But it was a short second, and then you went further with your talk.

The laughing of the whole group should be recorded on the video, if the batteries were working. Perhaps you can find the moment with the help of what I remember and told you above. Otherwise, leave it. The important thing is not to have it recorded on video but the insight itself and how it has affected my life.

I experienced a lot of peace and joy before this shift and now it is even stronger. Not so much ecstatic bliss, more a contentment and fulfilment all the time and a different perspective. I am so happy for your book, I have STUDIED it and will write to you later asking some questions.

Can I call you James, or do you prefer Ram? When reading the book I was thinking

about you as James.

Love

Renate

Hi Renate,

I double checked the video and the shift happened in the portion that was not recorded. What to do? I was curious about the teaching too. In any case you are clear about what happened and who you are so there is no problem. Feel free to contact me any time.

Love,

Ram