

# A Sense of the Sacred

Ram (James Swartz)

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Source: <http://www.shiningworld.com/site/satsang/read/1842>

**Seeker:** Dear James, after months of turmoil coming from the emergence of very early experiences of neglect, accompanied by painful and often shameful Shadow material, today there emerged a great calm. It started while I was reading some of the *satsangs* on the ShiningWorld website and has been with me all day.

I've been listening again to your talks on the *Bhagavad Gita* and continually discriminating myself from the objects arising in me. My usual preoccupations seem to be dormant. Solitude is delicious. There's a sense of the sacred. This afternoon I found myself in a shop looking at statues of Shiva and this evening I surprised myself by searching on the internet for sacred music, *mantras*, anything that would express the peace that comes with the knowledge "I am the self." This *bhakti* is a new development for me, and it isn't easy to find a form for it that's free of the culture of the religious traditions. But it doesn't matter. It seems that finally, as well as knowing who I am, I've been able to stay with that knowledge without being assailed by the *vasanas*. There's a feeling of gratitude for this gift, this taste of the eternal that I am.

**James:** The only comment is "good on you!" You have been faithful in your inquiry, battling the demons of the past and you seem to have won a great victory. *Bhakti* grows out of assimilated knowledge. Worship yourself. I admire you for your diligence, your devotion to the truth.

~ Much love, James