

# A Benign and Loving Place

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Source: <http://www.shiningworld.com/site/satsang/read/100>

**Mat:** Hey, Ram, how's it going? I am still alive, still doing *karma yoga* and all that good stuff. I re-read your book recently, and it made much more of an impact after a few years of marinating in self-knowledge. I have completely overhauled my diet to make the mind more *sattvic*. There's not really much to say; life unfolds quite effortlessly and more so every time a *vasana* exhausts itself. I am preparing to take a course to teach English as a foreign language currently; it's interesting seeing the aversions to anything the mind can't understand immediately (I'm studying grammar; goodness knows I never cared why the words that come out are ordered the way that they are but it turns out it's a need-to-know thing as a teacher).

The *vasanas* surrounding any kind of work have been geared towards laziness. I now clean my dishes and my room. I take pleasure in taking care of the small things; however, sinking into doing nothing still happens. Slow and steady progress gives me strength though. I jogged seven kilometres today! I didn't know I had it in me.

The last year has been a lot of doing nothing, which was great, really great. Now more action is happening and it is also great but it is taking some getting used to. The next few months are quite uncertain financially and housing-wise but I am not concerned. I enjoy letting fear *vasanas* "cook," and I have no more reason to doubt that the universe is indeed a benign and loving place.

I hope you're doing well. I got the most recent group email from your beautiful wife and felt inspired to let you know how one of Vedanta's pupils was doing.

~ Much love and thank you for being you, Mat