

# A Fascinating Journey Since Enlightenment

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**Kumar:** Hi James, I had an interesting dream last month. I dreamt that I was watching galaxies, stars and moons forming, and in the middle of the dream I realised that without consciousness nothing comes into existence. Even my body cannot exist without consciousness illuminating it.

It has been a fascinating journey since enlightenment. I am slowly realising the power of Vedanta and the power of a trained mind used correctly. The sword of wisdom is brilliant in its clarity when wielded with a discriminating mind. For some odd reason, people in the West equate enlightenment with no-mind. I just finished a book by a so-called realised author in the Ramana Maharshi lineage, and it was a joke.

I really don't think you can practise self-enquiry as taught by Ramana unless you are enlightened, otherwise it is mental gymnastics. I am forced to admit that there is no better way to communicate self-knowledge than through Advaita Vedanta, or to be more precise, "Kevala Advaita Vedanta," or the Pure Non-Dual school as espoused by Adi Shankara.

I wish you a lovely spring season in Spain and hope to meet you this summer.

~ Regards, Kumar