

# A Healthy Contempt

Ram (James Swartz)

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**Manny:** Somehow I came across Nisagardatta's *I Am That* that I read 25 years ago but didn't understand then. But I found that I got what I could not really understand then. WOW – what a revelation! You know the book. It's not a proper teaching in the Vedantic sense, but it's true. Some central words like "existence" or "knowing/Knowledge" are used differently but that's not the point. It's not about the book and it's not about Nisagardatta either!

What really struck me was the sentence: "Nothing stops you from being a *jnani* here and now except fear! You are afraid of being impersonal." The information as such isn't really new though. It was more the context or the momentum or that I was ready to hear this truth and let it in after all my numerous insights over the years. I must admit that I really have become obsessed about the Truth. About *sat chit ananda* and the *anantam*: I am obsessed about my freedom! To be knowingly and steady what I always have been. Limitlessness is my only desire.

What I suddenly realised was that there is still a phantom/separate self fighting for its miserable existence. The poor *jiva* Manny, who fears abandonment and alone by the idea of his borderless being. When I inquire into this veil of *Maya* I find only sympathy or pity for a bundle of feelings. They belong to nobody but still have the power of bondage. Maybe their days are numbered. Although there is not a really specific question, I felt the urge to write to you as my teacher.

Maybe you can comment. I'm coming to the Berlin seminar!

**James:** Hi, Manny.

Sorry for the tardy reply but I have been extremely busy. The important message in this letter is that you are starting to get an objective view of the person you have believed yourself to be for the last fifty years. It is very important that an inquirer develop a healthy contempt for his or her *jiva*'s weaknesses, not pander to them. Pity is good. Sympathy is okay, but disgust is better. At the same time you need to appreciate the fact that Manny is *Isvara*'s business; surrender him to *Isvara* and take a stand as the Self at the same time. See you soon!

~ Love, James