

## A Nice Birthday Gift

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## A Nice Birthday Gift

Hi James,

Today is my birthday and I want to give my best friend a gift. He walks twice a day and I want to give him something for him to say silently in himself when he goes on his walks that I think will help him with his practice. He is a devoted Vedanta student like I am, but his *vasanas* are quite binding so his identification with his *jiva* is great, and thus the suffering that comes from his thoughts is also great.

Isvara put this thought in my head yesterday and below is how it goes.

1. I want to remember that I am Awareness and I want to know what it means to be Awareness. To know what it means to be Awareness is to know that I am untouched by experience.
2. I pray to Isvara to give me the ability to notice as quickly as possible my fascination with Samsara.
3. I pray to Isvara to give me the will power to let go of the story out there that I am so fascinated with and to look inward towards Awareness for my well-being.

If you can think of a better daily mantra, please share it with me. I also welcome your comments on my mantras.

James: Good mantras! Here's one inspired by your list.

3. May I always take into account the fact that life is a zero sum game when I am contemplating fulfilling a desire born of loneliness.

Love,

James