

A Torch of Non-Stop Limitless Energy

Ram (James Swartz)

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Source: <http://www.shiningworld.com/site/satsang/read/150>

Seeker: Dear James, as I read all of the material again and again there is a torch of non-stop limitless energy. I cannot say if it comes from within or comes from without. There is only now. Sorry, but explaining it with a time metaphor is not accurate. It is ineffable. It seems I need to say this to you as a way of getting feedback about the experience, even though it is really is not necessary get anything from you at all.

There is a sense that the body mind is in me, the self, and that it dissolves the *vasanas*. They are subtle, and arise and dissolve with an ease never before experienced. The desires attached to them dissolve as well.

When my mother knocks on the door while I am in deep mediation, it used to upset me to no end. Now I see it as an opportunity to be there for her. I put aside the reactivity, the desire to have it be another way other than it is. The self is saying to me, "I am here," and the old tendency to react and be upset disappears as it is an appearance of experience.

There is no question no doubt, just self.

James: This experience is the result of the assimilation of the message of non-duality that you had recently. It is a great sign, the energy, the non-attachment to your desires, etc. Good for you. Keep inquiring.

~ Love, James