

# A *Vasana* Is Not a Command

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2010-06-10

Source: <http://www.shiningworld.com/site/satsang/read/1647>

**Cathy:** Hi, Ram. Okay, now let's talk about *vasanas* in relation to your last email. The only reason that I want to do this is because, funnily enough, I seem to have attracted two people in my life, Sharon (the girl I was telling you about) and Janice, who happens to be my 98-year-old client's daughter. Now, the similarities between these two and John (in their mode of being in the world, I mean) is quite remarkable. So I am assuming that my *vasanas* are attracting these when John left a gap. Is this right?

**Ram:** Yes. You are on the right track.

**Cathy:** And I was wondering last night, when I was at Janice's place (she invited me over for a game of Scrabble), not knowing that she had invited a couple of other of her friends and they started drinking and carrying on, what the hell was I doing there. You did mention that it is better to surround yourself with like-minded people, and I am beginning to understand why; it is so easy to get caught up in all that *maya* crap. In fact I am beginning to see the intelligence of spending a lot of time on my own... and yet, when the phone rings, something in me responds: "Yeah, sure, what time?" And the rest of me is wondering why and what the hell I am doing there. So I am assuming I am letting the *vasanas* rule my life instead of intelligence, is this right? I hope I am still on track.

**Ram:** Yes. The *vasanas* are not commands. You can work them out or not. If you associate with worldly people you get worldly stuff. When one comes up, step back and think it through. Imagine the most likely outcomes. See if this is what you want for yourself. Solitude is best, a great luxury. Enjoy your own company.