

A Vedanta Laxative

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Graham: James, I was hoping you would say that. I would rather take the words of the wise and trust the logic of experience. *Samsara* is just not worth it.

I just finished the book yesterday. As I got to the last few pages I eagerly anticipated a blazing experience of enlightenment to occur, and then... nothing happened. So with all due respect I would like to request a refund for the book so I can put that money towards having Kalki Avatar rewire my brain. ☺

While it was really good to get an overview of the big picture with the book, I could tell that I probably needed to stop right around the qualifications and *karma yoga* section. I can see now that there is a tremendous load of *vasanas* and I am acutely aware of the intense pressure they are exerting on the subtle body. I know now why my meditation practice over the last two years has yielded very few results. The extroverting *vasanas* are too strong. In the past this would have really pissed me off. I would beat Graham up for having too many *vasanas* or feel extremely *rajasic* about “doing” better or “trying harder spiritually.” But at least having the idea that I am the self I can start accepting Graham as being just fine. This is a TREMENDOUS relief. I can also start accepting everyone else (and the world) as being just fine too, and this is also a huge relief. I think the teachings have just facilitated some basic maturity to start happening and I think this is setting a good ground for continued inquiry. Looking back, I can see that I have years-worth of undigested, unassimilated experiences that are finally coming to light and clearing up. I have had experiential constipation and have taken a good dose of the Vedanta laxative.

Overall, I have started to pare down unnecessary possessions, many of which I had been hanging onto because I felt they somehow defined me. This was not easy, because I thought I was getting rid of a part of myself. A lot of physical tension built up in the body when I got rid of old clothes, useless spiritual books and unhelpful *rajasic/tamasic* CDs. But it kept coming to mind that whether I had those things or didn't I was still the self.

So overall, discrimination and *karma yoga* are helping a lot. I am just going to start reading the book again and keep working on the *karma yoga* and discrimination until my mind becomes more *sattvic* and until my qualifications improve. And really, for the first time the fact that Graham needs to clean up his mind and improve his qualifications is completely okay with me because I am starting to understand that he is just fine and that I am free of him.

Thanks a million for putting these teachings out there.

James: Hi, Graham. Not much to say to this one except that I am very happy that you got the message about cleaning up the *vasanas*. I can see that you are definitely on the right track. There is no pleasure greater than a *sattvic* mind. Yes, keep up the scripture study too and write if you have questions.

~ Much love, James