

# All Thoughts Are *Vasanas*

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**Makesh:** Dear Sundariji/Ramji, on observing mind for some period it appears that the inner chat that often takes place in the mind is not necessarily triggered by a particular *vasana* all the time. Often it is seemingly innocent inner voice. Mind is doing it probably as a habit or unconscious entertainment.

**Sundari:** All thoughts are *vasana*-generated, and none of them belong to you; all thoughts arise from the unconscious, the causal body, or *Isvara*. When we identify with a thought (or a *vasana*) it becomes “ours” and seems to belong to, or originate from, us.

**Makesh:** Sometimes the seer gets attached to this conversation, providing the fuel of energy to this inner activity.

**Sundari:** Who is the seer that gets attached? The self is the non-experiencing witness and cannot ever get attached. The only one who gets “attached” (read: identified) is the ego, the doer.

**Makesh:** My guess is that this habit restricts the flow of *prana* to the whole body, as *prana* is too much consumed by the brain, compromising the production of “feel-good” hormones, health, etc. Do you suggest any particular practice to purify this?

~ Kind regards, Makesh

**Sundari:** What I suggest is self-inquiry into the nature of the one who sees the thoughts. Is it (1) the *jiva* under the spell of ignorance, (2) the *jiva* who knows about awareness or (3) is it awareness? It sounds to me by the way you write that it is the *jiva* that knows about awareness, imposing *satya* onto *mithya*. Ignorance, identification with the body-mind, is what causes all suffering, restricting the “feel-good hormones.” The ability to discriminate between *satya* (what belongs to you, awareness) and *mithya* (what belongs to *Isvara/jiva*) is the essence of enlightenment. Discrimination is a *vasana* you definitely need to work on.

~ *Namaste*, Sundari