

Are You Grounded?

Ram (James Swartz)

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Source: <http://www.shiningworld.com/site/satsang/read/189>

Joe: Hi, my name is Joe and I'm a 23-year-old college student in Souix City, Iowa. I have been meditating for two years now and I am connected to my heart, but I haven't awakened yet. I'm looking for a teacher and got interested in you from your website. I was curious if you are completely grounded and embodied. I'm trying to heal a mood disorder that I created from my initial foray into a psychic pathway. I'm no longer on that psychic path and am completely devoted to awakening and enlightenment. I'd like to hear what you have to say. ☺

James: Hi, Joe. Nice to hear from you. Am I completely grounded and embodied? You have to tell me what that means, Joe, because if I say I am, you have no way of checking up to see if it is true – it's not wise to take the word of *gurus* about their enlightenment – and if I am not and I am fishing for students I will say yes, of course. So please tell me what that means to you. It's best that you get my book *How to Attain Enlightenment* and read it very carefully, trying to sign on to the logic at each stage. From what you say I think your idea of awakening may need a bit of refinement. See Chapter II of the book. There are some short videos at YouTube that you can watch too. Also read the *satsangs* at the website. Anyway, let me know what you mean by "grounded" and "embodied," and maybe we can get a conversation going.

Joe: Yeah, you're right. My perception of supposedly enlightened people has been off before, but usually I can tell now by how the energy of their transmission affects me. I was listening to your video at YouTube and it did cut right to my heart, so that tells me something.

Embodied, to me, means your body is filled with your energy everywhere. No big ego in the head, just energy. And having the middle of your body.

Completely grounded, to me, means that nothing negative can get to you because your energy is not tied up in the mind anymore and is down on the ground... I'm not quite sure how to describe it.

I do know that I want to know my soul...

James: Joe, the problem with energy is that it is completely fickle. What you experienced was the truth and it put you in touch with your self, which you experienced as a certain kind of energy. Energy is unreliable as a guide to enlightenment because the one transmitting it transmits through his or her mind and the mind is subject to the three basic energies. The one receiving it is receiving it through his or her mind, which is also subject to the three basic energies, none of which are under the control of the ego, the transmitter/receiver. The self is beyond energy. In general, there is a correlation between enlightenment and *sattva*, the kind of energy you equate with enlightenment, but there is no hard and fast correlation. Enlightened people can have *tamasic* or *rajasic* energy from time to time. Enlightenment is self-knowledge because you are already "enlightened." It is the truth, which is not energy. I hope this has been helpful.

~ Love, James