

Boredom Is Just Another Barricade Built by the Ego

Ted Schmidt

2016-06-04

Source: <http://www.shiningworld.com/site/satsang/read/2740>

Steve: Hi, Ted.

I'm finding video 20 and 21 of the *Gita* to be very repetitive and boring. I have been skipping through things that I think I know.

I was also tempted again to do the home study course from Chinmaya Mission my own.

I did realize that having a teacher to go to for guidance is essential to keep from being swamped and lost in a vast sea of information and interpretation.

I also found an *Introduction to Vedanta* using the *Drg Drsya Viveka* by Swami Sarvapriyananda enjoyable to view at YouTube. It is ongoing, being presented in weekly one-hour segments. He presented a sixfold approach to meditation, but I am still using James' approach, as presented in video 14 of the *Gita* course for my morning meditation.

Any comments/suggestions will be appreciated.

~ Steve

Ted: Hi, Steve.

Boredom is just another barricade built by the ego. I would highly recommend not skipping through teachings you have already heard and thus think you already know. The information itself is not really the point. That is not to say that the information is not important. It appeals to the mind and is the only way to point the mind in the right direction. But ultimately all that matters is whether you actually apprehend (i.e. recognize and understand) your true nature as limitless conscious existence. You don't need to learn to be limitless conscious existence. You simply need to remove the self-ignorance that prevents you from recognizing the already eternally-existent and ever-present fact of your true nature. It takes time, repeated exposure to the teachings and a lot of psychological elbow grease (i.e. *nididhyasana*, or continuous meditation on and application of the teachings to the circumstances of your life) to do this.

~ All the best, Ted