

# Discriminating 24/7

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**Steve:** Hello, Ted.

In video number 50 of *Panchadasi*, toward the end, James states that at one point he spent time 24/7 just sitting and discriminating, with nothing else that he had to do, for two years, after which there was no need to do anymore work. His mind was locked in.

I would like to know what a typical session during this period might look like or if I could tune into his mind, what it might sound like in words, if possible.

And did you have/do anything like that on your way?

Thank you.

~ Steve

**Ted:** Hi, Steve.

I can't speak for James, but when he says that he spent time 24/7 sitting and discriminating, I think what he means is that he was traveling with Swami Chinmayananda and was immersing himself in the teachings all the time, either through hearing Chinmaya speak, reflecting on the teachings or discriminating between the real and the apparent with regard to his own experience of objects. Though he did spend hours just sitting and meditating, I don't think there was a formal structure to the practice.

Sitting meditation is an important practice because it affords one an opportunity to withdraw to some degree from the surrounding world of objects that distract the mind, but the ultimate point is to be able to see that all experience is only an apparent projection that arises in limitless conscious existence and that limitless conscious existence is unaffected by these apparent objects, events, experiences, what have you. So, the meditative mind is one that continues to function as a mind that observes and interacts with objects, but is simultaneously aware that these objects do not affect the essential nature of the self (i.e. limitless conscious existence).

This discrimination is initially easier to conduct when one is sitting in silence, but once the ability to make the discrimination between the real and the apparent is cultivated to a sufficient degree it becomes the platform from which one views life and continues throughout one's daily activities.

~ All the best, Ted