

Dissatisfaction Guaranteed

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Sundari: Hello, Grace. I am replying for James, as he is very busy at the moment. He checked it before I sent it.

Grace: Hello, James. I was fortunate to see the last webinar from New Jersey on the talk about Vedanta. Thanks you for making it available. I am writing this in the hope that you will post upcoming talks also on Web as before. For someone like me it is so very helpful, as I am mostly unable to get away from home and family. I'm still reading and rereading your book.

The problem here seems to be lack of a satisfied mind that would be the result of the teaching. Consciousness and existence are two legs of a three-legged stool, but the third leg, the joy of true nature of consciousness, seems elusive. Moments of equanimity are there, but a more or less satisfied mind more or less constantly is not!

Sundari: Consciousness is the substrate of everything, and the mind, or *jiva* (Grace), depends on it, although consciousness is always free of the mind/Grace. Joy is the true nature of consciousness, the true you, and as it is not a feeling; it will continue to elude Grace until she realises that she is what she seeks. The joy is always present because you are always present. Inquire into yourself.

Only when self-knowledge removes ignorance of your true nature as consciousness will the *jiva* (Grace) be able to stand in awareness as awareness. Therefore *sat* (existence), *chit* (consciousness) and *ananda* (joy) are you.

The mind/*jiva*/Grace will find "equanimity" ONLY when she knows that her mind (Grace) is an object in her – awareness/consciousness – and that consciousness is always free of the mind. A mind that is ignorant of its true nature is limited and therefore dissatisfaction is GUARANTEED. You will never find satisfaction in the mind, it is a zero-sum game and you will never win.

However, if you remain ignorant of your limitless blissful nature as consciousness it is quite possible to experience the bliss of yourself by gaining a pure, *sattvic* mind. The bliss issue may be related to your lifestyle. If it is *rajasic/tamasic* the experience of bliss will be in short supply.

~ *Om* and *prem*, Sundari