

# Free from Mind Vibrations

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**Ross:** Daniel, your response = simply profound. Thank you.

I am noticing more and more the business of this mind and how I attach to its distractions. For me, it appears the distinction of this mind separate from the self is eking in bit by bit. I understood this for the longest time but now I am having the experience... a radical difference.

Thanks for holding out this space of awakening and liberation.

~ With gratitude, Ross

**Daniel:** Yup, the nature of the mind is to constantly vibrate. And without a proper understanding of it, and the ability to appropriately direct one's attention, we land up at the mercy of our *vasanas*/conditioning – constantly getting thrown around by inaccurate ideas/distractions. One can see how this leaves the *jiva* feeling frustrated and burdened with a sense of uncertainty.

Once the mechanics of the mind are understood and *sattva guna* is cultivated as the primary quality through certain *sadhanas* (specifically by the application of *karma yoga*), we can then further our investigation to arrive at more subtle conviction: **“I am not the mind, but the knower of the mind. The mind is an object known to me, awareness. I am always free from the mind – free from distractions – free from limitation.”**

As you continue to apply the teachings, this knowledge will establish itself and you will no longer be at the mercy of the mind's projections and false ideas of limitation.

As long as the body is “alive” the object called “Ross” will vibrate. But you are not this vibrating object. You are the knower of Ross, and you remain free from all vibrations, always.