

# Knowledge Burns *Vasanas*

Ram (James Swartz)

2013-01-20

Source: <http://www.shiningworld.com/site/satsang/read/508>

**Martin:** Dear James, again I am writing to you as a meditation.

I am writing to you as my *guru*.

As I mentioned in my last email, there are very few to none in my neighborhood that I can write to.

The *karma* and the *vasanas* of my person and my body slowly play themselves out and dissolve.

Knowing who I am is not the end but a start of a journey of cleaning up *vasanas*. This time there is nothing to be done but to stand as awareness.

Yesterday I was running a very high fever (some type of pneumonia, probably). My mind was slightly agitated and I used the opportunity to meditate upon this.

*Rajas* was strong. The fever energy was there to work against the bacteria. *Tamas* was strong to induce the need to sleep and to rest while being sick. It also conserved the energy to concentrate on the fight against the bacteria. With both *rajas* and *tamas* being strong, *sattva* was definitely in minority, it seemed. Enough to explain ignorance being supported.

I had always assumed before in my life that a slightly agitated mind is normal when the body is sick. This time I asked myself: "Why is my mind agitated? Is there any real need?" I delved deeper into the agitation and found a freckle of fear at the source. A fear that the body would not heal, a fear that the body should die. Immediately, the knowledge "I am awareness, *ananta*, I am not this body" dissolved the agitation and the root cause of fear. It seems it is gone for good.

Left is awareness with a peaceful mind and a very sick (gross) body.

If you ever want to correct any of these musings and writings because you see a contradiction with Vedanta, I would be very happy for this.

~ Your grateful self, Martin

**James:** Hi, Martin. Nothing to correct. It is a beautiful email. I will post it on the Web with the next upload. It shows how inquiry – knowledge – burns *vasanas*. I hope the body survives. ☺

~ Love, James