

Live Love and Act with No Limits

Sundari (Isabella Viglietti)

2013-09-17

Source: <http://www.shiningworld.com/site/satsang/read/533>

Sundari: Hello, William. Good to hear from you again.

William: Hi, Sundari. Thank you for even taking the time to write back to me. When there has been a delay, I have anticipated that you have been busy. I agree that there is not much more to talk about, as you have perfectly laid out the road map for me.

Sundari: It is always a pleasure writing to you. ☺ Yes, I mostly have to reply to people in the order that the queries come in, and I have been pretty busy lately. Also, I am in transit, packing up the house in Spain and heading for the US tomorrow to join James for the rest of the US tour.

William: There is something very briefly I would like to talk about. As you perfectly assumed, once I understood self-realisation, as awareness there was nothing for me to do. Never was, never is. Yet that brings its own dilemma. And as I am in this apparent reality, I may as well “do” some things. It is easy to understand the tale James said of the woman in India who decided not to eat, wash or go to the loo. Like I write, I may as well take part in this apparent charade, since there is a body here. I must enquire as to why there is a body here though. I mean, as awareness I do not need to do anything to investigate. To require that would mean I am lacking in something, such as some knowledge or experience. Of course I am neither lacking nor not lacking. Those concepts do not apply to me.

Sundari: There is no answer to the why. Things are the way they are; we don't need to know the why, just the how of getting free of bondage. Once you know you are whole and complete, non-dual awareness, the investigation stops, along with the existential pain. Like I said before, there may still be *prarabdha karma* playing out (there usually is), and the effects of ignorance can take some “time” to dissolve in the light of self-knowledge. However, self-knowledge, unlike the bliss of experiential self-realisation, gives you the bliss of knowledge, which is a rock-solid confidence that nothing *Isvara* throws at you will ever touch you. Fear (false evidence appearing real) is known for what it is, (just *rajas/tamas*), and is for you a thing of the past. The body belongs to *Isvara* and remains as part of the *dharma* field, the apparent self is known to be unreal and no longer bothers you. Seeing as you don't need anything to be happy, you do things happily, not for happiness.

Duality does not disappear once you know that it is an imposition onto non-duality and not real, like the mirage on the desert floor. I have a nifty sound bite for this: if you don't know that duality is not real, it is Cruel (with a capital C); if you do know it is unreal, it is COOL! I mean, how would you make love to your wife, enjoy a good meal, feel the tenderness of touch, hold “your” children without duality, in fact how would you be hearing these words? Although the content of the Vedanta is you, awareness, and therefore non-dual, in order to teach it there has to be two principles: the teacher and the student. There is no such thing as “non-dual teachings.” All

teachings employ duality in order to convey a message. The message of Vedanta is that there is only awareness, you.

This world is a beautiful benign creation, because it is all you. Now you can really start to have fun. This knowledge works. It will transform your life when you truly live it. Even though you have given up the notion of experiential bliss, the bliss of self-knowledge is like a magic carpet ride. Even if William is still having a hard time rendering his binding *vasanas* non-binding, you know that it is all a movie and you are the screen it is taking place on. Then it is beautiful to be “in” a body, when you know that the body and the creation are really in you. James says he has not had a bad day in 40+ years. He says that he loves the James-person unconditionally and never censures him, because he always follows *dharma*. I totally concur and feel the same about the Sundari-person. We love our *jivas* and take really good care of them, like pets we really love. ☺

William: Inquiring into the relationship with objects has revealed something. I understand that happiness comes from the removal of fear and desire when one possesses any object in this apparent reality, that the fear is that I am not complete and the desire is that I want something to complete me, all horse poop, as nothing is ever needed to add to me and nothing can ever be taken away. Self-knowledge enables one to understand this, therefore the prison of fear and desire no longer applies. Well, I as William still may like things, still may choose things, although I am not prisoner to them. I don't need them. I still do not like carrots but like cauliflower. Or anything in life. Nothing in this apparent reality can complete something that requires neither completeness nor is lacking. Rather, nothing in this reality can complete something which cannot be added to. As nothing can be added to awareness, nothing can be taken away. It is silly to then regard any object in the former way. The relationship changes from one of the endless chasing and needing of an object to the simple enjoying of the object. I, as William, am here. I will still go for a walk, still enjoy my family. I may as well since I am here. Yet, there is no requirement for fulfillment by anything. I am all that ever was, all that ever is. I cannot look or interact with anything or anyone in the world except through these eyes, through this understanding. It is constant. How can it not be? It is how I am. There is such a certainty that understanding is unmistakably I. It doesn't shake, does not waver, does not go away, cannot go away. How can I forget my nature?

I look forward to meeting you.

~ Warmest wishes, William

Sundari: Yay, William! *Jai Bhagavan*, you have “come” home to yourself. You say it perfectly here, nothing for me to add. I may say though that, paradoxically, when one knows that you are the source of the joy, that is the only time you can “enjoy” (put the joy into) anything, because you know it is all you. Then you can even “enjoy” being a “person.” Why ever not? Doing is fun when you know you are not the doer, with none of that heavy existential burden of “succeeding” or “getting it right” or pleasing anyone. You just do what you do and go about your life like a normal person knowing that you are free. The ordinary becomes extraordinary.

Like you say and I say above, fear is a thing of the past and you know you do not need one damn thing to complete you because it is not possible to add to or subtract from yourself. There is nothing to gain here except understanding. So love deeply and totally, laugh till your belly hurts, give without fear, do what you do for the fun of it like there is no tomorrow, because there isn't.

Have a blast. 😊

~ Much love, Sundari