

Make Your Life Your Spiritual Practice

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Sanford: Hi, Ted. Thank you again for your wonderful, insightful comments. I will be a bit short and quirkier this time.

I as a *jiva* am suffering under the spell of ancient habits of being scared of what might be around the corner, what might they think of this poor fellow and what might become of me, which a big scary void is trying to devour. However, I as *atman* will do my best to step back and watch the show and not get entangled in it.

Ted: Good strategy. Make your entire life your spiritual practice. Every time a fear arises, remind yourself that not only is the fear simply an appearance arising within you, but the trigger (i.e. person, circumstance, situation, belief, etc.) is as well. Nothing can touch or hurt you (i.e. awareness). And in general, unless we are talking about extraordinary situations, you can pretty much trust that the self will take care of you. Sure, there are times when you might suffer embarrassments or discomforts, but nothing so great as to spell doomsday for you. The bottom line is that there will have to come a point when your desire for liberation is so strong that you don't really give a rat's ass what anyone else thinks. You've got to do what is right for you. Vedanta calls this *svadharma*. You have arrived on the scene (i.e. in this world) for a purpose. If you identify that purpose, prioritize it and pursue it, you will live in harmony with yourself. Otherwise you will suffer. You might please others, but at what cost to yourself? Remember, about 99% of the people you encounter in life are steeped in ignorance. If you are seeking truth, their values and judgments might not be the ones by which to guide your journey.

Sanford: I wanted to talk to someone about hearing the voice. I received some answers in my mind the other day, it felt that I am talking to God. We had a nice chat, and he encouraged me and said He is always here, even if I do not see or hear Him. What is your view on this, many people would immediately think of schizophrenia?

~ With *om*, kindest regards, Sanford

Ted: Refer to the last two sentences of the previous comment. Many a revered mystic heard the voice of God (many a madman too, but you don't strike me as crazy). Remember, God (what Vedanta calls *Isvara*) is you, Sanford. It is not you in the sense of being the same as the person you take yourself to be, but it is nothing more than a power within the scope of awareness. What you are hearing is your own self speaking to you in the guise of an entity to which you can relate. Think about it: doesn't it sound like your true self reassuring you that you are on the right path by which to rediscover yourself?

All my best to you.