

Many, Many Thanks

Ram (James Swartz)

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Source: <http://www.shiningworld.com/site/satsang/read/548>

Marvin: Dear James, it seems that you are very busy these days. At your website I read that you and your wife are looking for a new home in Mexico. I wish you both luck in this and energy in spades. I have a couple of ideas and would be grateful for your thoughts. I know who I am. But to “live” there are certain things my “doer,” so to speak, apparently likes to be doing. ☺

James: Hi, Marvin. Sorry for the delay. I have been unbelievably busy. People love Vedanta. Yes, it seems the doer survives enlightenment. ☺ It sounds like you are doing as much as needs to be done. I never had this problem because I avoided duty and responsibilities like the plague and have only done what I wanted to do, which means that I just let my likes dictate what I do, and since I have only one like – Vedanta – there is no conflict about doing. But I am the exception, not the rule. I understand that there is certain *prarabdha* that you need to attend to that may not always be in harmony with maintaining a quiet mind.

Marvin: 1. Self-inquiry: I am working through your *Vivekachoodamani* DVD and reading *Gita* from Swami Dayananda. I am carefully reading through your *satsangs* at you site. I want to maintain a discriminating mind. I have pondered about coming to Switzerland, with no decision yet.

2. Learning to manage *gunas*: I would like to manage the *guna* tendencies and cultivate *sattva*. I do not need this, but if there is apparent choice, then apparently I rather choose to have a balanced, happy life. Currently I am doing this by observation, and hit and miss. I am observing the effect of food on my state of mind. I am monitoring the amount and mix of work/relaxation time (as you know as a business consultant a lot of work is thrown at “Marvin,” and I am trying to manage my energy by taking time-outs).

But I lack a methodology to look at the actions/habits/*vasanas* and their effects, except observation and hit/miss. This could and probably will take decades to manage and refine. Do you have a methodology, recommendation or scripture to help me?

James: The only method that I know is to observe your mind, correlate it with your habits and make adjustments. You have a family and you have to work, so you are going to have quite a bit of *rajas* and *tamas*. It can't be avoided. But you can chip away at the small things – food, drink, exercise, entertainment, etc. to get the right energetic mix necessary to make life flow nicely. There is no formula. It is very personal. The three-*guna yoga* is my number one *yoga*. It is a lifetime thing. The mind is part of *Isvara*, and *Isvara* is the ever-changing *gunas*, so eternal vigilance is the price of peace.

Marvin: 3. Offering Vedanta in my region: I live in a small town right at a beautiful lake. There is a “spiritual Mecca” at this lake where there are many seekers, *yoga* teachers and so on. There are

only experiential teachings here. I was pondering, what would be required to lure you here and give a week-long teaching?

As you might remember, I was offering Neo *satsangs* with very little following in a *yoga* center here, which I stopped doing about the time I contacted you. I would ask the lady running the center if you could teach here for a week or longer. I am sure she will say yes. I know your calendar is full and you probably do not long for another 10-hour flight across the ocean. But an alternative to save this region from experience-based teachings ☺ is that I become a teacher, and this could take many years, since I have no time to learn and develop a teaching method. So please come. I will arrange everything. But the good news is that I took the enlightenment quiz as a bit of fun at your site again and scored 100. My mind is enlightened. ☺ And I know who I am, thanks to you and Vedanta. Many, many thanks.

James: I am glad that you want to do this and I look forward to visiting you there and teaching.

~ Much love, James