

“Quick Fix” or an “Emergency Plan” #2

Daniel Band

2017-06-08

Source: <http://www.shiningworld.com/site/satsang/read/3310>

Talia: Thanks for your advice.

I have the German version of James book and this morning I read the *karma Yoga* chapter. Today I was in the same situation than last week...and of course the subtle body reacted the same way.

My *jiva* cannot stand bad feelings and wants to get rid of them as quick as possible. That is why this *jiva* is chasing objects to stop that feeling of unfulfilled desires in the subtle body.

Rajas was first in place with strong *tamas*. *Sattva* went to sleep so to speak.

These strong beliefs agitate the mind and makes it impossible in such a situation to be true to my Self /Awareness.

When I asked you for a "quick emergency plan" I wanted to know if there is a *mantra* that's powerful enough to hold in my mind to keep *rajas* and *tamas* in place in those situations?

Much love,

Daniel: No mantra...regardless how 'powerful'...will resolve your *vasanas*. Let *karma yoga* be your mantra; meditate on what it means to act in a *karma yoga* spirit, and what it means to receive results in a *karma yoga* spirit. This will keep *rajas* and *tamas* in their rightful places.

Please note that the following suggestion has nothing to do with ShiningWorld or Vedanta, nor am I a psychologist: If you suffer from depression or some chemical imbalance that's causing severe mood swings (extreme *rajas*/extreme *tamas*) then it may be worthwhile seeing to this professionally. Getting assistance with this is not the kiss of death.

Talia: Dear Danielji,

Thanks again for your answer. And thanks for being so mindful with your words.

I will continue my ride on the Vedanta bus but I need to remind mySelf to put my worldly luggage on the floor while riding on the road.

Love,

Daniel: Yes, do exactly that. You have all the right to put down the luggage whilst riding on the Vedanta bus. And the cool thing is that this bus never runs out of fuel.

,