

Real Bells and Whistles

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J: I just found a *satsang* between you and Rein. This is EXACTLY how my *jiva*'s been feeling!! A total and utter ego pop, and as she mentions, her ego got her through life before (as did mine, being pretty damn happy with my vehicle). This is why I feel I'm stuck in the firefly stage, because I purposefully came away from enquiring for a month or so, due to my *jiva* feeling totally adrift and pointless, way worse than when I just knew myself as J.

Is this just a normal stage then? And with the constant persistence of knowledge, will the bells and whistles all come back... but shining as the self and not as the limited ego?

Daniel: This is totally normal, J. Continue to constantly apply the teachings and let *Isvara* deal with the time management.

The bells and whistles will come back, but not necessary in the same way as what J had once experienced or is expecting.

The bells and whistles offered by self-knowledge is a sense of rock-solid confidence – an understanding that allows your *jiva* to remain stable no matter what life throws at it. In other words, don't expect some mind-blowing, spiritual orgasm.

Stable confidence rooted in self-knowledge trumps fickle blips of highs (experiential bliss) any day. We're all about bliss all right, but the bliss of knowledge.

This is not to say that you won't feel all blissy from time to time, but it's important to be clear as to what type of bliss we're going for.

J: How can I know this for certain? It feels like total death of J!

Daniel: You can know this for certain because Vedanta has been liberating the minds of millions for thousands of years.

It feels like a total death of J because it is a total death of J! Or more accurately, it's the death of your limited identity. The identification with/as J is crumbling.

J: It takes great faith in the knowledge to completely surrender to it, I feel, Daniel! I need that confidence in someone else who has been through it to completely surrender. Would it be possible to connect me with "Rein"? I would love to talk to her after sharing the exact same experience.

Daniel: Yes – faith (*shraddha*) is a key qualification. But it's not blind faith, and from what I've already seen, the knowledge has already proved its worth to you. You can completely surrender,

J, and trust that *Isvara* will clear your path and get you to your perfect destination. This is the beauty about being on the Vedanta bus: you can lay down your luggage (concerns and anticipations) and enjoy the ride whilst knowing full well that the Total's working in your favour.

I'll ask Rein if she wouldn't mind, but in the event that she'd prefer to remain silent, why don't you write a little post on the [Non-Doodle Facebook](#) page and see who responds? I'm sure you'll receive plenty of support from those who share a similar experience.

J: Sundari's message below completely describes it.

"The ego does not take too well to the depersonalisation that occurs when you realise that you are awareness. The objects flatten out, the person is known not to be real and the ego has nothing to attach to – the familiar ways of orientating to objects is gone and there is no *karmic* drag. So it feels like it is 'floating,' trying to drive a car in space where there is no traction. It is unsettling, but stick with what you know and give the ego time to adjust. It will because it has no choice."

How do I know the ego will adjust here? Is that for certain?

Daniel: Spot-on message!

It will adjust, J. As Sundari says, it has no choice. Your job is simply to continue exposing the mind to the teachings in the *karma yoga* spirit.

J: With love, Daniel, thank you for listening.

Daniel: Boom! *Om* for now!