

Repetition is Key

Daniel Band

2015-08-01

Rick: Hey Daniel, thanks a lot.

A thing which I've got into is that the jiva is just matter.. i don't know.. it feels so real! especially when I understand I'm awareness, then it feels even more real.. I feel bliss...
So I'm just a dead-already entity? everything I do say act feel think know etc. is just apparent? It's kind of freeing.. I think i've got to change my opinion on 'matter'.

Daniel: Yup, Rick is just an inert meat-tube that apparently gets lit-up when you, awareness shines on his equipment.

Yes, "apparent" is the operative word.

Yes, Understanding that you are free from limited matter, i.e Rick, is very freeing. This is the whole point to liberation, understanding that you're free from the action figure (*jiva*).

Your opinion will naturally change when you apply the teachings and adjust your focus from the object (Rick) to the subject, the knower of Rick.

Rick: because even subtle matter is matter right?

Daniel: Correct. For inquiry's sake, replace the word "matter" with "object". Anything other than you, awareness, is an object.

Rick: Before I've always had this notion that I was a conscious person, , I don't feel that way now...

Daniel: This is the crux behind seeking, the identification to the limited entity, along with the notion that it's conscious.

Rick: Concerning enlightenment.. if the jiva is apparent and ishvara is apparent, then ignorance is apparent and knowledge is apparent, right?

Daniel: Right! both ignorance and knowledge are objects known to you, awareness.

Rick: Like, it only matters in the world of maya, and not to me, consciousness.

Daniel: Right again!

Rick: Another notion I previously had was that the jiva can experience ishvara, which isn't correct right?

Daniel: Yes and no. The *jiva* is an aspect of *Ishvara*. The jiva can experience calmness by understanding its non-separateness. It's useful for inquiry to understand the *jiva-ishvara* relationship. Understanding that the jiva belongs to Ishvara offers a degree of relief and is useful for the application of *karma yoga*, the most important spiritual practice.

Karma yoga is the foundation in preparing the mind fit for self-inquiry. Here is a [link](#) that briefly covers the topic

Rick: we need the scripture to tell us that there's a force beyond us which creates, sustains, and destroys everything in maya, correct?

Daniel: Scripture definitely does help. But its upon direct investigation that we come to understand the truth and mechanics behind creation.

The word "*shraddha*" means faith. But this ain't blind faith. Vedanta asks you to have faith in the scripture pending the result of your scripture-based inquiry.

Rick: what happened is really awkward, somehow I thought the jiva was the possessor of consciousness and I felt like a special jiva.. now I feel like a whole and complete jiva. but I wonder how long this'll last.. I'd really hate going back to samsara.

Daniel: You, awareness have never been in *samsara*. *Samsara* appears within you. Even when

Rick apparently forgets this, come back to the knower of samsara and Rick.

Rick: also I find that self knowledge is just a part of the jiva, like, I can still go on about everything, and I've got the knowledge to back me up..

Daniel: That's it. Nothing on the apparent level will change, only your identification towards it. You understand that it's not real and that you are free of it. "Chop wood, carry water". Life continues same as before minus the sense of incompleteness. You perform your jiva duty (*svadharma*) and take part in this play just as you did before but without identifying as a doer.

Rick: I'm not into vedanta 24/7, not at all, but everytime I watch james video i get peace of mind.. I can really see that James is a free person.

Daniel: Yes, James is a great *mahatma*.

Rick: This knowledge just grows on you right.. I believe that soon I won't even want to go back to the whirlwind that is samsara, I at least hope so.

Daniel: *Samsara* is the best teacher. You ain't going to beat her. Hopefully you will get tired- rather sooner than later-and give up trying to obtain things in this mirage.

Rick: Can you maybe recommend something to me ? like a video from James or a chapter from his book?. I've got his book "How to attain enlightenment" but didn't really read alot of it yet

Daniel: I recommend that you read James' book very carefully from beginning to the end. And when you're done, read it again...and again. Repetition is key to self-inquiry.

The book is delivered in a logical flow and covers everything.

With love,