

Self-Inquiry: A Feast That Will Forever Fulfil You

Daniel Band

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Inquirer: Hey, Daniel! I certainly trust that all is good!

I am feeling a bit of that (anticipated) anticlimactic kind of phenomenon in the wake of James' departure and the end of the seminar/workshop/teachings... ☺

I continue to enquire, and more often than not my thoughts turn to the directness and the beauty of this path of knowledge, as expounded and so vividly brought to life by James in his teachings. It has served to help keep my mind more alive and free.

(I am also slowly ☺ reading *The Yoga of the Three Gunas* booklet...).

Daniel: Nothing beats Vedanta, the pathless path that offers a complete road map to achieve easier living.

Yes – Ramji is a true *mahatma*.

It's quite common to feel an anticlimactic dip (*tamas*) after exposing the mind to such a beautiful environment and clear truth (*sattva*).

I'm delighted that your mind has tasted the benefit of self-inquiry, a feast that will forever fulfil you.

Inquirer: Daniel, thanks for the quick reply and the words of certainty – confusion is not our friend. ☺

The extent to which I “tasted” of the feast last weekend with Ramji has kept me pretty full indeed...

As you reminded me, the *tamasic* dip is a well-documented/oft-experienced possible side effect of taking such powerful medicine!