

Self-Knowledge Purifies Emotions

Ram (James Swartz)

2014-11-12

Source: <http://www.shiningworld.com/site/satsang/read/1866>

Frank: Hi, James, thank you for today. Somehow hearing you speak and just seeing the confidence and obvious enjoyment in your face has done something. I can't tell you how much I've resisted the non-dual teachings on the self because of the apparent contradictions with the long-cherished teachings of no-self in Buddhism. Fat lot of good that's done!

James: It is such a pity that Buddhism split off from the *Vedas* over the "self" issue. The Buddha was never properly taught Vedanta so he probably confused the reflected self with the pure self and the rest is history. Or he may have meant "no separate self" which means that there is a self.

Frank: Well, this evening I nearly convinced myself that because of having just come off blood thinners I'd better have a glass of red wine to keep the blood on the thin side(!) but something made me realise that it was really the idea that I needed a little something "extra." And immediately the thought "you think you are incomplete" popped in, followed by the thought "no, you are complete and unmanifest awareness, without needs," and the agitation went away. It all happened by itself, and all of a sudden the resistance to the idea of the self as awareness is gone and I'm loving it! Magic! Thanks again.

~ Love, Frank

James: Self-knowledge works. Just apply it consistently on a moment-to-moment basis and your emotional problems will shortly disappear.

~ Love, James