

Self Knowledge Creates Compassion

Ram (James Swartz)

2016-01-21

Hi James,

For my 40th birthday I decided to treat myself by going on a Zen meditation retreat. I figured since I have nothing to do I might as well have fun, and since I enjoy meditation it might be useful to go and study with different teachers.

I had one interesting experience that I thought I would share. One day when I was meditating it felt like the shell surrounding me had finally dissolved. There was no separation between me (Awareness) and the outside world. I was connected to the whole world around me. There was no inner or outer, no spiritual or worldly life. There was just Existence.

I have also become very sensitive to the suffering of others but I am also more compassionate because I am so sensitive to people's sufferings. I also realized that you can't get one without the other. I also realized that it is impossible to arrange the circumstances of your life to avoid pain and suffering. Just realizing this truth was freeing for me personally.

James: Nice experiential confirmation of non-duality! Seems the knowledge is doing the work...non-dual love is *moksa*. Good for you. I'll have a new book out, "The Yoga of Love." It's on the website. I think you will enjoy it.

Love,

James