

Shake Hands with Your *Jiva*

Daniel Band

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Source: <http://www.shiningworld.com/site/satsang/read/3109>

Below is a post and its comments from the [Non Doodle](#) Facebook group.

Daniel: Love your limited self (*jiva*) fully. Compassionately accept its “bad habits” and use each opportunity of discomfort to readjust its actions to fit its core value(s). As inquirers of liberation our value is peace of mind. Hit the “pause” button whenever you find the *jiva* swaying off track from this goal and patiently redirect it with a firm yet loving handshake. Make peace with yourself.



Member 1: Truth for a stressful time.

Daniel: Feelings of discomfort is life/*Isvara* saying, “Hey, take a moment to re-evaluate.” If your *jiva* is feeling restless in any way, then listen and take appropriate/*dharmic* action and allow it to re-establish peace. As inquirers, we perceive every outcome/situation (the good, bad, and ugly) as *prasad* (gift and opportunity).

Member 2: When the “past” crops up, it’s my thoughts about the past, not actually the past. And it’s fully dependent on me, timeless awareness. I don’t depend on it though.

Member 3: It happens quite often with me. The more we are established in the Self, the easier it is to restore peace.

Daniel: Yes, the more the mind is exposed to self-knowledge the easier it is to catch and dissolve a restless (dualistic) thought.

Member 4: My *jiva* deals with severe fibromyalgia with its cornucopia of symptoms. Some days are more difficult than others but I use it as a pointer back to myself. I’m becoming more accepting of it thanks to Vedanta.

Daniel: To positively utilize a tough situation in/as your self-inquiry is the most *dharmic* and wise choice that you can gift your *jiva* with. It takes great courage and maturity – but often is THE golden ticket to *moksa*. Good for you.

The quality of acceptance is fruited because you understand that the field is nothing other than a non-personal *karma* machine. It’s also a natural quality of self-realisation because as the self

(free awareness) you neither reject or accept anything, because everything is you.

Even though you, awareness, are free from Anthony and the fibromyalgia, may *Isvara* grace your *jiva* with full healing. Much love, friend. ☺

Member 4: Thank you, my friend. Never would have I thought suffering would be such a gift.

Daniel: The point of this post is to demonstrate the qualification of accepting your “little self” as is, “warts 'n all,” as Ramji would say. Vedanta does not attempt to negate the existence of the *jiva* and its limitations but only its reality. In other words, even though you (awareness) know your freedom from the *jiva* you still lovingly take care of it. Taking care of it means making peace with it and its situation in all ways, always.