

Sit back and deal with *vasanas* as an adult

Daniel Band

2016-03-21

Lacey: I quit seeking and reading spirituality or Vedanta. If I'm already awareness, then no action is going to set me free. Its like your name, you don't have to think 'I am George I am George' all the time to be named George. Awareness is a strange thing, when looked for, you cant find it, and when you stop looking for it, it is revealed as totally obvious. Even to say I am awareness + objects, is saying too much.

Without this seeking baggage, I can simply be myself, occasionally remembering *om*. I feel there is no bondage and no liberation. I trust myself enough to deal with whatever life throws at me. I'm completely adequate. Sure I've got problems but what are problems if you don't rely on anything for your happiness.

Fact of the matter is, that if it's true that reality is non-dual, it is so by default. I can do nothing to get what I already have, what I am.

So what is left? I feel stripped of any unnecessary turmoil. After all, what is spirituality except trying to gain what is already yours in the first place?

Thanks to Vedanta, I can sit back and deal with *vasanas* as an adult, no spiritual excuses. Its like entering a void, with no more fake responsibilities, only true responsibility of being myself.

Daniel: Correct, no action is going to set you free because you already are free-awareness. There is nothing to do, only something to understand (self-knowledge).

You know who you are, so there is no need to seek further, Lacey. But this does not cancel-out the (**often necessary**) task to continue to do certain actions that aid in cultivating and stabilizing a *sattvic* mind. You have the option, so why not polish-up the mind? What else is the *jiva* going to do with its time.

I love your statement "I can sit back and deal with *vasanas* as an adult, no spiritual excuses." =)

Om for now,