

# Suffering Ain't Personal

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2017-10-13

Source: <http://www.shiningworld.com/site/satsang/read/3460>

**Inquirer:** Daniel, I'd be interested to know, how do you personally deal with your *jiva*'s medical condition/suffering?

**Daniel:** I don't. That's the point, meaning I don't take it personally, because there's nothing personal about it.

Understanding the nature of The Field (*Isvara*) slices off a great deal of unnecessary baggage.

*Isvara*-knowledge dissolves all those stupid "poor me" feelings, such as victimhood, etc., and arms the mind with a stand-up attitude of gratitude, regardless.

In addition to depersonalizing the micro/macro movie, *Isvara*-knowledge supports one's *prarabdha karma* (current movie) in a spirit of *sadhana* (spiritual practice) and receives the plot as a *prasad* (gift).

Granted, this ain't the easiest attitude to hold all the time – especially when *tamas* is dense – but through continuous training this attitude eventually settles as just one's normal state, effortlessly and naturally. No big deal. This ordinary state = real confidence.

Then there's of course the granddaddy antidote – self-knowledge! – which dissolves any suffering, instantly.

Because I'd qualified my mind, I'm able to have this knowledge ("I am awareness") firmly reflect in the intellect as the *jiva* attends to its duties.

And it's this steady reflection that fruits a sense of total ease because freedom from Daniel and his *prarabdha* is appreciated.

I (awareness) simply just watch Daniel do his thing in accordance with *Isvara*'s non-personal demands.