

## Tenacious ignorance and sticky, syrupy, viscid *vasana*-tentacles

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**Luke:** When it comes to the teaching of Vedanta. I am in contact obviously with yourself and follow you on facebook.

Also I read the Upanishads in addition to being familiar with the BG, and meditate as part of my yoga.

What is the means general progression, or am I doing a enough by just staying with it?

I am trying not to get too hung up on things, but rather just take it easy.

Kind regards

**Daniel:** Hey Luke,

Your only job is to make sure that the mind is qualified in order to receive the teachings. The mere application of the teachings to a qualified mind does the work.

Keep in mind that the [qualifications](#) required for *moksa* are not necessary a once-off----and more often than not----require revisiting, revisiting and more revisiting until they're firmly wedged as ones natural habit/response mode. Tenacious ignorance and those sticky, syrupy, viscid *vasana*-tentacles are so damn stubborn!

Don't concern yourself with progression. Leave this to *isvara*. Like everything else in life your *moksa* is determined by the needs of the Total/*Isvara* and will reveal itself in perfect timing.

You're doing exactly what's required, Luke. No need to doubt this.

Continue to apply the teachings and revisit the qualifications. No need to be so hard on yourself or get caught up in the details. Make your inquiry light and enjoyable. Compliment and honor yourself on your *sadhana* and take it easy.

Much love,

Daniel.

PS: If you've not read Jame Swartz book '[How To Attain Enlightenment](#)' then I highly recommend that you invest in a copy and let that be your core studying material; it will sure take care of the lingering doubts.

**Luke:** Many thanks.