

The Remedy? Self-Knowledge

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Source: <http://www.shiningworld.com/site/satsang/read/3215>

Anne: Dear Daniel,

I have questions about problems during my self -inquiry.

During the last time I really "feel" how attached I am towards objects. In my case object stands for other *jivas*. During my whole life I am searching for love and validation through other people. I was "fighting" for their love because I am unable to give myself the love I am. Only the love I receive from others give my *jiva* a self-value in life. No wonder I suffer so much

This attachment is a BIG obstacle in my inquiry. The teachings make perfect sense to me while reading them or watching James and Swami Chinmayananda's YouTube videos but when ignorance is operating and *rajas* and *tamas* agitate the mind the knowledge flies off the window, so to speak.

I have worked with the 3 states teaching and the guna teaching but my *vasanas* are sooo strong they sabotage my progress.

My simple question: What can I do to stand up against *Maya*?

I am looking forward hearing from you.

Best wishes and lots of love.

Daniel: What a cool email. It's cool because it demonstrates your already sharpened-tools of observation. Though it may not feel like it--you're well on track, Anne!

You're attached to objects because your attention's placed on an inaccurate identity. There is your limited identity as the apparent action-figure (*jiva*) and there's your true, limitless identity as free awareness (*satya*). Taking your limited identity (*jiva*) as your primary platform is the core issue, this miss-identification is the crux of all suffering. We call it ignorance.

When ignorance conditions the mind, you mistake yourself to be the limited identity, a limited object when in actual fact, you are the limitless subject that's always free of objects. An object is anything other than you, awareness. The *jiva* called 'Anne' is also just an object appearing to/in you, awareness. In other words, you are free from the person reading this right now.

Attachment to the limited person of course results in suffering because the *jiva* is nothing but a bundle of vibrating limitations. Being limited just means the need to depend on objects for ones existence or happiness. This is a cruel feeling because objects...including the *jiva*...are always changing, always limited. The word 'dependent' and 'attachment' can be seen as synonymousterms.

The remedy? Continue to apply the teachings of Vedanta until your true identity as non-dual, always independent, always full, free awareness is realized and steadily reflected.

You, awareness, are never attached because you are everything that is. When this understanding is digested on more than just an intellectual level, the *jiva* in return relaxes and anxiety (i.e. attachment) is dissolved. A sense of steady confidence and self satisfaction is the fruit.

I'm hitting you with some real subtle stuff here because it seems as if you have already been exposing the mind to the teachings for some time now. Don't concern yourself if this may sound a little far fetched. With continued vigilant application, the teachings will eventually puzzle this together in crystal clear vision.

You asked what can you do to stand up against *Maya*?' The answer is you (*jiva*) can't stand up against *maya*. The limited *jiva* will never be free from *Maya* because it's because of *Maya* that the *Jiva* exists--and visa versa.

You can only take a stand in awareness as awareness and be free of *Maya* all together. This is because you, awareness, are already free of *Maya*.

Here's another subtle statement to contemplate on: Though freedom's for the *jiva* it's actually more accurate to say that freedom is freedom from the *jiva*. Think about this: For V.s From.

It's superb that you've observed your *jiva's vasanas* and *guna*-tendencies that don't serve it. This demonstrates great maturity and is the core grounds for qualifying the mind to adjust itself in order to contemplate on the teachings.

This love issue and need for validation is a common case and stems from insecurity. Insecurity is just a by-product of ignorance. Again, ignorance is simply the innocent act of ignoring ones already full-loved essence as whole and complete awareness.

You seek love because you don't know that you ARE love. Your nature is nothing other than love. This understanding will reflect as you continue to apply the teachings to a qualified mind. To qualify your mind is your only job. Here's a [link](#) that you may appreciate:

You've been graced with the most perfect tool kit (Vedanta) and need not to doubt this, Anne. Continue to attend to the qualifications (which includes *guna* management) and allow the knowledge to do the work.

If you've not yet read James's book '[The Essence of Enlightenment](#)' then I highly suggest you get yourself a copy and dive right into it. It's brilliant and covers everything in logical flow.

You're welcome to write to me anytime.

Much love,

Daniel