

The Self Observing the *Jiva*

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Larissa: Good morning, Sundari and James, I thank you once again for your love and support. I am continually amazed at how incredible this knowledge is and how comforting it is to my mind. When I get the opportunities for my *sadhana* in solitude my mind feels as though it has been lovingly massaged, nurtured and freed of its burden of thoughts – *sattva* predominates and it is magical.

It is because of Vedanta that I have a daily practice, one that is never dismissed or ignored, a love and commitment that I have never experienced before. It is because of my introduction to James and his teachings that I know and understand the answers to why I am here and what I am supposed to do. It is Vedanta, the teachings, the practice and the beauty of my teachers that have instilled a trust and deep faith in me, as truth. I am grateful to share a story to have the knowledge shine right through it, revealing the transparency, impermanence and illusion that it presents.

The power of *maya* is so incredible, particularly when you are learning the ropes, so to speak. Your *satsang* presents this wonderfully and thanks to *Isvara* I had a first-hand review of the *rajas/tamas* story with my recent experience. WOW. What a ride when you view it through the lens of awareness (even if it is after the fact)!

So the trick is vigilance and understanding the ropes associated with these *samskaras*, so that I can apply the opposite thought prior to the teeth clamping down and tasting the bitterness of worry and concern.

It truly is an unpalatable notion to offer anything sweet to the doer at this moment in time! I know those moments all too well. Thankfully, the knowledge is becoming more and more established, and as I water the roots daily I feel the strength of this great wisdom and trust it more and more.

I am just incredibly mind-blown by Vedanta and find it more erotic and stimulating than any drug or sexual experience because it delivers all of this and more in the purest form, me. The knowledge rides with you through *maya* as you experience your life in a way you could never have dreamed. I just sit and shake my head in wonder at this extraordinary gift we have and the incredible opportunity that I have to experience it. I thank *Isvara* with all my heart for the commitment and dedication to Vedanta that both you and James demonstrate. I thank my ego – oh, do I thank my ego – for surrendering to my teachers and asking for help (until the day, God willing, the conviction is firm). ☺ Thank you so much for your sweet and gentle encouragement about writing to you and my *sadhana*. I really can't believe I am here to experience this and am blessed to have the privilege and gifts to see it through. I send you both big hugs and kisses and hope that your dealings with the authorities have been resolved and that James is getting good rest. Enjoy the remaining time with your daughter and her little one too. I look forward to speaking with you again soon. Have a wonderful December and a safe trip to India, *Isvara* willing. Thank you, thank you for all your writing. I will read it many more times yet.

~ Larissa, xo

Sundari: Hello, Larissa. What a lovely email. I love the way you write! I don't think your sentiments could be more eloquently or accurately expressed. There is nothing for us to say or add as you do not need teaching anymore. It is so wonderful for us to see the power, clarity and dispassion of the self observing the *jiva* as it frees itself of limitation and gains the knowledge to live as the self.

We honour you and congratulate you for your honesty, humility and dedication. As *moksa* is simply the consistent ability to discriminate the self from the objects that arise in you, and one does not need to perfect the *jiva* or wait for a special experience, there is nothing in your way for liberation to actualise. *Moksa* could not happen to a nicer person. ☺

We look forward to seeing you again too and if you ever want to come and visit us in Bend, you are always welcome.

~ With much love from both of us, Sundari