

Witnessing Awareness Has Never Blinked an Eye

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Brian: Hi, Ted. Sure, let's go into this further. I don't really have any major issues causing significant mental agitation. But mild distraction is distraction all the same. And as there is an association here with "Brian's life," why not explore neutralizing *vasanas*? So I invite your lead, my friend...

~ Kind regards, Brian

Ted: Hi, Brian. Concerning burning the *vasanas*, apply the *karma yoga* attitude, if it isn't already your natural attitude toward life, and constantly apply the teachings to every moment, every situation and circumstance in your life. Constant vigilance is the price of freedom. Monitor your every thought and don't accept the bullshit the ego incessantly slings concerning "your" inadequacy, incompleteness and the need for object-oriented happiness. It is fine to moderately enjoy the bountiful fruits of worldly life but do so with the understanding that you are already full as you are. Nothing can add or detract from your perfect wholeness. Every time a gratuitous desire arises, talk yourself through it. Point your attention to who you really are as pure awareness and really look the situation square in the eye. In doing so, I'm sure that you will see that nothing that happens will affect you, awareness, in the slightest. Nothing ever has. Despite all the experiences that have transpired within awareness and impacted Brian, the pure awareness that you are has remained ever the same, simply witnessing all the occurrences and never blinking an eye.

I hope that helps for now.

~ Take care, Ted