

You Cannot Be Forgotten

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Cynthia: It's me!!!!!! I am the one who knows Cynthia. Without me Cynthia knows nothing!

Cynthia is no different from a chair or a table.

I am life. I am everything. I am the sun, the moon, the stars, the flowers, etc., etc., etc.

I am without a second.

Cynthia's feelings and thoughts are just an objects like any other object. I am never happy or sad. I simply am.

There's nothing really to do but just to acknowledge.

I feel like the only thing from now on is just to really discriminate. Awareness is always be just awareness. The only thing I have to know is what awareness is and what an object is.

Ted: Yes. The heart of the practice of *jnana yoga*, or self-inquiry, is *atma-anatma-viveka*, the discrimination between the real and the apparent, the permanent and the temporary, the self and the not-self. Just keep discriminating.

Cynthia: I don't want to get too excited because I've realized this before and I always ended up forgetting it. But how can I forget it if it's me?? I am the knowing and the forgetting. Without me there's nothing (subjectively) but I am fullness itself.

Ted: Exactly. Next time Cynthia thinks she's forgotten it, remind yourself that you are the awareness in which Cynthia and her "forgetting" are appearing. You cannot be forgotten. You always are.

Cynthia: Thank you SO MUCH for your emails and responses!!!

Something in what you said clicked in me. I think the part that "the happiness I think I get from objects is only my own happiness reflected in my mind when the desire is silenced" was a big "aha" moment for me. I am happiness itself and it's the desire that causes the pain. So I just need to know that I am complete and whole. That's it, right??

Ted: Right on. As it says in a Vedantic text called *Panchadasa*, if you think you are enlightened, you are enlightened. This doesn't mean that you can simply mouth the words and – presto, change-o – you are enlightened. It should be understood to mean that when you are thoroughly convinced that you are awareness, then the intellect has accomplished its "mission," so to speak, and abides in the knowledge of its true nature. But you are, are you not? What other than

awareness could you possibly be? No matter how many millions of changes Cynthia's body, heart and mind have undergone, you have always been there watching them all. That you, awareness, has never changed.

Cynthia: Can you please add something?!

Ted: You've said it all, Cynthia. The words reflect true understanding. But only you know if you believe the words. Stay vigilant. Keep applying the knowledge. You've either arrived or are "on the bus," as we say. You can set your burden down. Now just keep reminding, reminding, reminding yourself until there remains no identification left with a Cynthia who needs reminding. Thereafter, Cynthia can be your pet. Take her out on walks, show her a good time, scratch her belly and give her a treat now and then. But never again buy into the belief that you, awareness, are her. This is the knowledge that sets you free.

Cynthia: With all my heart... THANK YOU. ☺

Ted: Thank you.

~ All the best, Ted