

You Don't Need a Tragedy

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Sanford: Dear Ted, please accept my *pranams*. I am very grateful for your teachings. There is not a lot to say, nothing to argue about. You put it all so clearly, in black and white. It is now on me to apply it in my daily situations. Starting a day with an insightful message, conviction of my real nature can last quite a bit. Fear and desires that go through me are better befriended; keep your friends close but keep your enemies even closer, they say. They can teach you the most. So they say. And Ramji goes on to tell that we need to convert emotion into self-enquiry. Everything, every opportunity, needs to serve as a trigger to practise this investigation into the self, discriminating between the objects, thoughts, emotions and the subject, *satchitananda swarupa*. I remember I used to think and wish that something bad would happen to me, to my body-mind complex, like an accident or a disease that would serve as a springboard to make this investigation super-serious, fully dedicated and convinced to not stop.

I guess I don't need something like that to happen to prioritize my attention.

It's just hard work clearing out the weeds that have deep roots. Thank you for bearing with me.

~ With love, Sanford

Ted: Hi, Sanford. You sound very clear. That is great. And, you're right, you don't need a tragedy in order to propel your inquiry. It's just a matter of how much you want to be free. It's not like being free is "good" and being bound by *vasanas* is "bad" – except in terms of suffering. So go easy on yourself, but be vigilant and as dedicated and focused as your desire to be free mandates. And if any further questions arise, please feel free to contact me anytime.

Much love and all my best to you, my friend.