

# Zero-Sum

Ram (James Swartz)

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**Catherina:** Dear Mr. James, since I first found you on *YouTube*, I have been listening to your teaching, understanding and integrating it. As you always say, I came to a point where I realized that no matter how much I tried (praying, *yoga*, etc.) something was missing. And you explained why (by doing things we cannot achieve unlimited happiness). A little seed of understanding appeared in my mind and this teaching took it to full blooming. Obviously, I (the mind, intellect, even ego) was ready to receive Vedanta.

Before I met you, I indulged in sweet meditations. I thought of what I desired and imagined it coming true, but after having listened to you, rarely do I need to fall into this fantasy. I cannot afford to fool myself anymore and waste time with such things. All the spiritual work (glimpses of truth) led to you (whole truth).

The most powerful teaching that finally calmed my desires was: Life is a zero-sum game. That marked the end of craving, longing, agitation. I feel that the way you unfold the teaching suits my intellect. It is a lot of information in few words, which reminds me of the saying that if truth cannot be said in few words, it is not the truth.

My intention is to absorb Vedanta teaching until I reach a permanent state of harmony, as you said, to see things from the perspective of awareness. Therefore, I ordered your book and probably next week I will receive it, and by the end of September I intend to order the Vedanta full set. It would be enough food for my soul for this year, and I thought I would be prepared to write you at the beginning of next year, when I will have integrated the teaching. Thank you for your work.

Along my searching path, while reading a book or listening to a wise person, I felt God was speaking to me. I remember while listening to your teachings (Vedanta retreat) I found myself saying to you, "Thank you, God, you are God." I am sure you already know these things, so you will not take them as flattery. Please forgive me if I said something upsetting. There are simply no words to express how grateful I am for your work.

~ Catherina

**James:** Dear Catherina, what a lovely email! I enjoyed it very much. I am so happy that Vedanta found you. Obviously, you were ready for it. It only comes into one's life when one is spiritually mature. The fact that you quit the fantasy meditation shows that you understand what enlightenment is all about. It is not about getting what the ego wants from the world. It is about knowing who you are and living happily in spite of the world. Good for you.

You have definitely drawn the right conclusion from the most important teaching, life is a zero-sum game. When someone has assimilated this knowledge, he or she is ready for self-inquiry. And yes, truth is simple. It may not always be easy to live it, but it is simple. I say a lot of words but the meaning is always the same: you are beautiful, full and complete in every way. When you understand why, there is nothing more to understand. I am glad you are inspired to go deeper

into Vedanta. Watch the videos, read the website and my book, sign up for the newsletter, and if I am near where you live, come to a seminar. You will not be disappointed. Many people are set free by these wonderful teachings.

You did not say anything upsetting. Quite the opposite. I was inspired by your email. Appreciation is much appreciated. I know what you mean when you say "I am God." It is not a big deal, because everyone is God, so it did not go to my head. Anyway, take care of yourself and worship yourself.

~ Love, James