

Enlightenment Is Understanding

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John: So then is it just a firm understanding of who you are by your mind?

When you say you realize who you are, you and James keep saying it is the understanding that removes all ignorance, so it has to be the mind that understands finally who you truly are?

Tan: Yes and no.

Yes, because it is the firm removal of all misconceptions and doubts about yourself in your mind.

No, because your mind will not understand it.

The knowledge of who you are is subtler than the intellect and the mind. So the mind or intellect cannot understand it, but all ignorance or misconceptions can be removed.

Who you are becomes obvious when all misconceptions are removed since actually you already know who you are, because you are with yourself 24/7.

Once this knowledge operates through your intellect and your mind without any misconceptions, suffering based on limited ideas about yourself will end.

Here is an example: let us say you believe you need love from someone to be happy. If you find out that the source of all love is actually yourself, you will never again need love from anyone to feel happy or fulfilled.

John: I wrote to Sundari, James' wife, and she is sending me the book *How to Attain Enlightenment*.

Tan: This is excellent. Please read it slowly and carefully, step by step. Only go to the next chapter when you have understood and signed on to the logic of the previous chapter. And for any questions you are welcome to go to James, Sundari or myself anytime.

John: I still don't get it, but will continue.

~ Thanks, John

Tan: Your desire to continue is an important aspect. The desire to become free will give you the needed energy.

You will not get it, because you are it. You will un-get any misconceptions about yourself. ☺

~ With love, Tan