

The *Vasanas* Are the Doer

Ram (James Swartz)

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Ram: Dear Lynn, there was one issue that I didn't speak about during our *satsang* the other night concerning the idea of doing to achieve non-doing. Yes, you can apparently achieve non-doing through doing if the doing is non-doing. In other words, it is often hard work not to do something that you want to do. So non-doing is a kind of subtle action, a resistance in oneself to the *vasanas*. But you can take a shortcut and see that you are neither the doer nor the non-doer. When you do that you can "do" till the cows come home and never suffer.

Lynn: Yes... well, I'd like to learn that... How can I do that?

Ram: You understand that you are the self. The self is not the doer. The *vasanas* are the doer. When you identify with the *vasanas* you think you are doing. You feel compelled, obligated and responsible. These feelings produce stress, and stress – well, it isn't fun and it can cause (even physical) problems. So you look and see if in fact there is a person doing anything or if, as is the case, things are just unfolding automatically – without the intervention of an agent. Who makes your food digest? Who causes you to breathe automatically? Are you in charge of how the muscles function? Who is streaming the blood through the veins? Just what are you in charge of? So you can't "do" it. This is the point. You can't "learn" it. You need to see whether or not it is true. When you see that you are the self, then you relax. The *rajas*, the stress, disappears automatically.

~ Love, Ram