

How to Get out of the Loop

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Terrance: Again, thank you, Ram. I hope your trip to India goes smoothly. I appreciate that you take the time to respond to my questions, and I do not wish to be a burden.

James: Sorry for the delay replying, but I have just shifted from England to India (I'm in Chennai right now and off to Tiruvannamalai tomorrow) and just taking care of the material plane - the body, etc. - is a challenge.

Terrance: I am feeling in a sort of a loop (a recent posted *satsang* used that word). Sometimes I feel that I know (or more precisely, "I know that I know" or even just "I just know"). I am the container or conduit of experiences that wash by, I am untouched by the experiences, the unbroken whole, "*sthiti*," solid, motionless, steady, without stain, ordinary awareness, without problems because there is nothing that a problem can stick to. I can remember that I had questions and doubts and problems, but I can't really imagine those doubts now. Doing so would be like trying to imagine what it was like to see a clock before I could tell time.

James: Very cool metaphor, Terrance.

Terrance: The other half of the loop is that I remember that I used to know, that it was obvious and self-evident that I am unstained and sustainable, but now that knowledge is far away. I am at a checkpoint and cannot produce my driver's license.

James: Such is the nature of the mind. It knows but it doesn't know. If you keep with your practice eventually the downside of the loop will be eliminated.

Terrance: So I have seen a few of these loops now come and go. I think I know the answer:

(1) Find *sattva* and the knowledge will re-appear, (2) simplify, (3) reduce transactions, (4) look at my reactions to things to find the reactor, (5) do *karma yoga*, action, cheerfully, (6) see and appreciate what is good right now, (7) don't try so hard for results, (8) have faith in the teachings and the process.

James: Great checklist, Terrance.

Terrance: There is a little less vertigo in this loop and a little less desperation to get "back" when I find myself at the checkpoint with my pockets pulled out and the angry guards hassling me. So I guess it's all working. ☺

James: It's working just fine, Terrance. Spirituality is evolutionary. You will have breakthroughs and setbacks (going down on the way up), but the steady application of a dedicated mind is all that is required.

~ Love, James