

Project an Aura of Love

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Source: <http://www.shiningworld.com/site/satsang/read/1665>

Cathy: I copied this statement from your website: “No matter what you do or what life brings you will not be happy if you expect the happiness to come from outside. The unhappiness is the result of a lack of self-knowledge and can only be removed by self-knowledge, i.e. the understanding that you lack nothing.” The question is, Ram, how do I realise this?

Ram: You have to see if it is true or not. If it is true, you will accept it and this will cause you to lose interest in objective solutions. Self-knowledge means that you are okay as you are. There is some part of you that does not accept the fact that you don't need anything to make you happy. It still wants something from life. Until you have accepted yourself as you are, you will keep trying to make life work for you.

Cathy: I was reading in your book in the chapter on love, “Another good technique is to strip every object of its secular projection and instill it with a divine aura...,” and it has been helpful. Maybe the answer to my question is, by pondering the truth, on ideas just as this one above and all the other ones you have written to me about, maybe this is all we can do; is this right?

Ram: Yes. You know everything you need to know intellectually. Now you have to ponder the teachings over and over until the meaning is clear. This is difficult because the dualistic orientation is hardwired and prevents you from assimilating the truth. Think about your life. You have always wanted something. You have got so many things that you wanted, but still the wants continue. You wanted John, then you threw him out, now you want him back. Perhaps by the time you read this you will not want him back. The dissatisfaction comes from lack of appreciation of your nature, not from the failure of life to satisfy you. And yes, you need to project love on the objects around you. See that everyone is worthy of love. If you want love, everyone wants love. As you say, we are all in the same boat. By giving it to the world, you get it flowing within yourself. And before long it starts coming back from the world. It builds and builds.

Cathy: Don't worry, I will keep in touch. In fact if I had the means I would be on my way to India to spend some time with you. But I guess if I was meant to, I would be. Desires, desires, desires!!!! Always behind everything! So when you say we are driven by our *vasanas*, it reminds me of what they say in the Catholic religion (or what I understood they said) that the Devil sits on one shoulder and God on the other, and they are always fighting for your attention, is this it?

Ram: Got it in one, Cathy. The *vasanas* are the Devil. ☺ But you need to love them too. Fear of the Devil is the Devil.

Cathy: When you understand that it is the *vasanas* that are driving you, then you

can say: "Yeah, yeah, heard you, heard you, you are a troublemaker, go away and turn to God instead and remember that everybody is on the same boat, we are all being driven by *vasanas* and most of the time we don't know it or don't remember it, and this brings compassion and understanding and we can act from that compassion and understanding instead of my usual one up, one down position: 'I am so much better than he/she is (ha, as if consciousness would be split up!!).'" Anyway, your comments would be very much appreciated.

Ram: You got it, Cathy. The *vasanas* only torment you when you pay attention to them. Pay attention to God, in this case the knowledge that you are whole and complete. It is a struggle, but it is a winnable fight. You just have to stick to it.