

This Relationship Is Too Much, I Quit

Ram (James Swartz)

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Seeker: Dear Ram, well, at least I had a taste of what it is like to be grounded in the self. For about thirty hours I lacked nothing and nobody. A state of clarity surrounded me. I came down to *samsara* with a thump when yet something else came up in regard to John. I have decided to let go of him completely, even as friends. It is all too hard and too emotional. You mention in your *The Gunas* DVD that we need to stay away from *tamasic* and *rajasic* people and surround ourselves with *sattvic* ones. You are right. I know this is not what he wants but I need to do what is best for my spiritual journey. I need a clear mind to be able to respond appropriately to whatever life presents me at each moment and I can't while he is in my life. I become too emotional, too angry, too irrational. I know these are things I need to work with but I need a clear mind to do it.

So please, Ram, what now? I am listening to your DVDs (again, thank you so much for them). I am contemplating the ideas you present in them. I won't bother to meditate until I have a calmer mind. How do I start working on my problems, jealousy, anger, possessiveness, insecurity, etc? You say in *The Gunas* that we must go into the attic and clean it out. Could you tell me how? I am going to continue attending the Vedanta Friday night talks even though John is going to be there. Vedanta wins in this case. I am determined to learn how to live in the self continuously, no matter what the sacrifices. I need your guidance. Thank you, Ram, I would not be here if not for Vedanta. And you are a great proponent of this marvelous teaching.

Ram: You start with the *karma yoga* attitude. It removes the *samskaras* that cause negative emotions. Watch the *Karma Yoga* video and read the discussion of *karma yoga* in my book, and if you have problems understanding it, write to me.