

Beyond the *Gunas*

Ram (James Swartz)

2014-12-10

Source: <http://www.shiningworld.com/site/satsang/read/1957>

Seeker: Hi, James. All day long I've been feeling boundless energy, joy and bliss. I've been like a dynamo, getting so much done! I can feel the energy throughout my body, but particularly in my feet.

This morning I was reading your October 2011 *satsang The Glass Ceiling in Action*. I realised that in the statement "I am this," which I have often thought in meditation, "this" refers to the experience of *sattva*, which typically arises in me in the morning on reading the *satsangs* at ShiningWorld. But as the day wears on *sattva* gives rise to *rajas*, for example, in the form of desire (for a partner, etc.). Sometimes *sattva* returns in the evening when the *rajas* is exhausted by action or fantasy. But this morning I realised that I am the knower of *sattva* and *rajas*, I am the one in which this duality is arising and by which it is known, and I am free of it. *Sattva* and *rajas* may arise, and continue to arise, but I know that I am free of them, free of this and that, free of all dualities, which are known to me. They belong to *Isvara*, not to me. I can see the alternate arising of *sattva* and *rajas*, and also of *tamas*, which is often operating when I wake up in the morning; and in seeing them, I know them to be objects arising in me, the seer. This is like seeing the whole of creation from the top of Mount Olympus.

James: You are "*rigunatita*," beyond the *gunas*, meaning they are known objects. This understanding is liberation. Often a lot of *shakti* comes with it. Your "feet" are symbols of your understanding. Maybe this is *Isvara's* way of calling attention to your self-knowledge. 😊

~ Much love, James