

Back to Duality with a Bump

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Joseph: Hi, Ram. I attended your *satsangs* in Tiruvannamalai in December 2009. I have recently read the book *How to Attain Enlightenment* and it is absolutely fantastic. After I completed it "I" had a four-day epiphany... pure, clean consciousness... and notable, as you say, for the complete absence of suffering. Within this absence happiness is spontaneous and natural. However, I came back into apparent duality with a bump as the *vasanas* once again took hold.

What the book gave was the knowledge that this epiphany was not just experiential but is actually the true nature of this being. Now on a moment-to-moment basis I look at the desires and fears as they arise, reminding myself of my true nature. For many years I sought enlightenment through experience. Thank you for emphasizing so strongly that enlightenment is knowledge-based.

At present I have no questions, but they do come up from time to time. I would like very much to put them to you as and when they arise.

~ Sincerely thanking you, blessings and love, Joseph