

The Fast Track to Enlightenment

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Allen: Hello, Sundari. I was just wondering if *jnana yoga* is the fast track towards *moksa*, which is basically reminding myself of the opposite thought that I am whole and complete every single time a thought or feeling of incompleteness occurs in order to resist unnecessary desires. That way, there's really no need to go through the other practices, *karma yoga*, *bhakti*, *triguna yoga*, unless it's required for the situation or if it's preferable and easier for the individual to do so. Since I am already full, complete and enlightened, the only thing that's preventing me of knowing is ignorance, i.e. fears, desires, limiting thoughts, *samskaras*, etc. All I have to do is affirm that I am whole and complete and utilize enough will power to resist tempting desires unless those desires are necessary for survival or if my *prarabdha karma* compels me to do so at the behest of my *svadharma*. I've basically come to a conclusion that *moksa* is really just "being and living naturally" and that I don't have much choice for what must occur for this *jiva* unless it's about managing desires or fear. I assume over time the mind becomes more *sattvic* and is able to detach from the individual and realize it's all just *Isvara*.

Sundari: Yes, that's all correct, Allen, very good.

Allen: And it also helps to affirm the knowledge in my intellect that I am aware, that I know, that the essence of existence is to be aware and to know. And all the objects depend on awareness to exist but I, awareness, am eternal. Awareness has no location. It is all-pervasive, not that it is inside of any object or somewhere in an object, but the objects are reflected from that which is never in *maya* or outside. It's difficult to conceptualize. It's just that which is aware, and I am it.

Sundari: You got it! The only word I would change is "in 'my' intellect" to "in 'the' intellect," unless you are clear that "my" refers to awareness. As awareness does not have an intellect, it is better to impersonalise the possessive pronoun with "the." Once self-knowledge is firm there is no longer a need to affirm it, because you know you are it. It would be like constantly repeating to yourself that your name is Allen. Self-knowledge is knowledge that is always good and beyond memory. You just know. *Moksa*, non-dual vision, is the ability to discriminate you, awareness, from the objects that appear in you, 24/7. This means you see everything first from the perspective of the self and second as the *jiva*, and you never confuse the two again.

Allen: It's strange though, knowing that this entire dreamlike reality is all really unconscious and illumined by awareness. It's also strange how none of it is really under our control and everything is just a screen of projections appearing, but in actuality nothing is really there or happening, except consciousness. It seems so real, and that *maya* is trying to fool us by projecting this movie and making us feel like we are actually willing and deciding for ourselves, LOL.

Sundari: It sure is! That's why we call it a play, a *lila*. Duality is fun when you know

what it is. Think about it: How would we enjoy a good meal, a beautiful scene in nature, touching those we love – loving so-called “others”? Duality is only cruel if you take it to be real. *Moksa* is about being happy and secure in the knowledge that there is nothing to gain or lose here.

~ Much love from both of us, Sundari