

# Dedicate Your Actions

Ram (James Swartz)

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**Seeker:** Dear James, I hope this email finds you well. Since our meeting in Frankfurt in the spring, I have been listening to the teachings *Vivekachudamani* Tiru 2012 on the disk almost every day. After so many exhausting years of this and that in the so-called “spiritual world” – the logic and tangibility of Vedanta is... well, it feels like “there isn’t anything else,” not meaning to sound fundamentalist at all so early on, rather the opposite – just feeling so tired from so much wasted effort – and now refreshed – like it doesn’t matter anyhow – I know if this isn’t “it,” then there just isn’t anything anyway. It’s that solid. Thank you so much.

**James:** Appreciation is always appreciated. I am so glad Vedanta works for you. It is really airtight, as someone remarked recently. It is for those who, like you, are at the end of the journey. I copied below a letter that came in today on this topic:

“I would like to ask a question regarding Lord Krishna and The Self. How do I dedicate an action? It could be anything, like repairing stuff, making a meal, (almost) everything – more and more, the weird thing is, if I don’t somehow ‘acknowledge’ that all is here, not because of me, yet is all me (?) – it is like something is really missing, incomplete. I just don’t know how to – it is frustrating, yet moving to try and express it.

“If I was in India I am sure would see many examples every day – yet replicating a ritual is not what I am looking for, it is more like I would need to see the person’s eyes or stand near them possibly to get it.

“If you can offer any direction on this, many thanks in advance.”

**James:** Very nice to hear from you. Thanks for the donation. Yes, we are very well, having a great time. In fact if it gets any better I do not know how I will stand it. ☺ Dedication is an attitude of appreciation and gratitude, like your letter to me. Take the spirit in which this letter was written and apply it to every action. When you set out to do something appreciate how fortunate you are that you are here in a body, able to do what you do, to have a wonderful family, to just be here breathing and experiencing. Life is a gift that keeps on giving with every breath and it is not complete unless we offer ourselves back to it in the form of our thoughts and feelings. It is just the sense that you are making a contribution. When you contact a person, see them as yourself and honor them with kind words and humble gestures. So just think of the self and mentally say, “This is for you, self.” It seems a bit ritualistic at first, but the ritual will put you in touch with an immense ocean of gratitude within yourself that uplifts you and burns *vasanas* like wildfire.

~ Much love, James