

The World Is Only Your Mind

Ram (James Swartz)

2016-04-19

Source: <http://www.shiningworld.com/site/satsang/read/2665>

Lee: Dear James, thank you for your email. It is encouraging to hear from you. Some initial reflection on what you have written:

I accept it will be helpful to engage through work and see that as a spiritual practice, and that dropping out is not a valid path. I see what you are saying about the root of this as seeing the world as real. I also thought it was more for me about a misapplication/misunderstanding of how to engage a desire for liberation that did stem from experiencing the changing world.

The email has also helped me to see how else can I get to see the world for what it really is without being in it and getting awareness of its moving, shifting and changing.

James: Yes, the “world” is only in the mind. There is no actual world out there, apart from material objects which enter the mind as thoughts. So “the world” is just your *jiva*'s interpretation of the thoughts that appear in your mind. So the problem and the solution has to do with how you relate to your thoughts. Do I think they are real? Do I obey them? Who is responsible for them? Vedanta makes you aware of a “place” in you that allows you to see them as they are: objects devoid of personal meaning.

Lee: I meditated for 15 years on and off, but I scrapped the techniques I was using a couple of months before I came to Vedanta. I had become a bit stuck and attached to the bliss and some experiences that were happening. I am, however, looking into new meditation teachings now; they are more technical and clearly address the above issues. I am furthering the meditation training and studying that alongside the Vedanta material.

James: I have written a book entitled *Inquiry into the Self* that deals with meditation and self-knowledge. It is at the website in the publications section.

Lee: I will look into *karma yoga*. I am sure it will help.

James: You can't really get anywhere spiritually without *karma yoga*. Read *The Essence of Enlightenment* to understand the logic behind it and how to practice it.

~ Love, James