

Energy versus Knowledge

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Conrad: Thank you again. A further freeing for ego-mind, and what really counts is real knowledge. ☺

“You are not touched by that lack of knowledge, but it’s the natural curse of the *jiva* to let the ignorance go away.” I don’t get that sentence quite; can you explain?

Shams: Well, that’s a poorly written sentence. Sorry, my mistake. There are two ideas there. One is that you are not touched by any object, included ignorance. The other idea is that, due to *karma*, the *jiva* is pursuing a goal. Where I wrote “curse,” I should’ve written “course.” I wanted to point out the release of ignorance as part of a natural course that happens because of *karma*, not because the particular action of the individual as a doer.

I put those two ideas together because I wanted to emphasize that all of these situations is an object too, and you are not touched by any of that.

Conrad: What you explained about ego in relation to the term “ego death” is clear to me (and/also good to read this differentiated approach); there is (as you understood as well, I guess) no intention to let ego go; it is clear that a healthy ego is necessary. I wonder if, as a result of inquiry, etc. the ego-body-mind, realizing it is not who one really is, energetical releases take place, e.g. fear (of the ego-body-mind system, of “its death”) is released (at the *prana* level).

Shams: Knowledge is not an experience. It is who you are. Your identity is not an experience or an object. The ego-mind cannot realize or not realize anything, because it is just an object, an experience. However, that happens – apparently. So apparently that identity discovers that it is not an identity. A new element (knowledge) enters the system of ego-mind, destroying another element (ignorance), that happened to be essential in that system. As in any other system, the alteration of the components would necessarily lead to a change. In this case, as the parts (ignorance and knowledge) are so fundamental, we assume that the change would be an important one. So of course there will be changes in the system, due to the new information, when the knowledge is firm. That’s the reason why Swami Chinmayananda said that there’s no purifier like knowledge. Over time, knowledge will completely change the individual reactions to the any stimulus or idea. However, in the last email we said that this wasn’t a big deal (once you knew you are the self).

You have asked other times about energy. But Vedanta is not very close to that approach, because it understands that, after all, we are only talking about objects, more or less subtle. The subtler matter is sometimes called “energy,” although everything is energy. I’m not very sure what you mean by “energetical release” but, as I stated in the paragraph above, knowledge changes the relationship between you and your objects. So of course it changes the relationship between you and fear or anger or pain or sadness or happiness. When that happens, maybe there is some

energy, *prana*, *shakti*, *chi*, or whatever we want to call it, released. Maybe not. But in the language of knowledge, we understand that it is non-self.

I recommend you to read the last email again because the mind has to understand that the main goal is not an object but the subject.

~ *Namaste*