

# The Honey Trap of *Sattva*

Sundari (Isabella Viglietti)

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**Matt:** I am whole and well, and that knowledge is clarifying beautifully, like the sun burning off a dense fog from a landscape that was always there. It's not blinking on and off like the firefly; however, some days are definitely foggier than others and the identification with the suffering can be a little problematical...

**Sundari:** That's how it goes. The effects of ignorance take as long as they take to dissolve in the knowledge, no way to rush that. The only thing possible is to stick to your *sadhana* and keep subjecting the mind to the scripture, trusting *Isvara* (self-knowledge) to do the work of removing all ignorance. The ego cannot free the ego. Stay on the Vedanta bus and trust it to take you where you already are.

**Matt:** Fortunately, *Isvara* graced me with Vedanta and you guys to teach it (yay, *Isvara*).

**Sundari:** Yes, that is indeed a blessing. It's all grace, and grace is earned.

**Matt:** A little *karma yoga* goes a long way. It's incredible how much energy is wasted in the desire/fear for the results of action, and how much *bhakti* is generated when that energy is turned back to the self.

**Sundari:** *Karma yoga* is indispensable if freedom from limitation is your goal, there is no way around it. Without it, you are dead in the waters of *samsara*. *Bhakti* and devotion are just as necessary and is such source of joy because it's all devotion to and for yourself.

**Matt:** And you are right, *sattva* may prove to be a far greater honey trap than all the rest of *mithya* put together. It's all good though. All of Matt is me, but I am not Matt.

**Sundari:** Yes, indeed. *Sattva* may be the subtlest form of *sat*, consciousness, but it is still an object known to you. As the self, you are beyond the *gunas* and are always experiencing the self regardless of what state the mind is in, due to the *gunas*. Of course we all want to feel blissful and happy all the time, but nobody controls the *gunas*, only *Isvara* does. They are always changing, and even though you can more or less maintain peace of mind through knowledge of and correct management of the *gunas*, it is not a guarantee that the mind will never be agitated or dull. And when *sattva* predominates, which is the aim of *guna* management, that does not confer freedom, *moksa*, because you are already free.

**Matt:** And sorry for the bad poetry.

If it makes you cringe, it's *Isvara's* fault... and if you liked it, it's still *Isvara's* fault. Be warned there may be more, mua ha ha ha ha ha.

**Sundari:** I will grin and bear it, Matt! I understand the need to express this amazing knowledge in poetic language. It is so beautiful and powerful. I have attached one of mine for you to get you back. 😊

~ Much love, Sundari