

The Inexorable Power of Self-Knowledge

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Anne: For this *jiva* life goes on, and in a quiet, subtle way there is less and less struggle and greater acceptance. I am not “doing” anything except leading a pretty busy *jiva* life and studying the teachings regularly – but the effect is that gradually, like a drip of water wearing away at rock, ignorant ideas are less and less bothersome and is just in the knowledge. It’s a miracle really how this works. Knowledge does it! It is such a gentle, and yet totally invincible, process of allowing the true nature of being to pervade the whole apparent life of the *jiva*, through knowledge.

Sundari: So true and so well-put, Anne! When you look back on your progress over the years, it is hard to believe you were ever “that” person! I know I did. Acknowledging this is a powerful way to see how impossible it is for the doer to be doing anything at all – and certainly, it will never be capable of freeing the doer!

Anne: I think the biggest shift recently has been in not worrying about what goes on in *mithya*. This really stemmed from your comment to me about letting go of the desire for a non-dual relationship! It was so freeing to let go and it created a domino effect of letting go. Of course! Even a non-dual relationship is just another object, and all relationships are just a matter of how I perceive apparent reality anyway. What a relief to let that one go. Same with my kids, my patients, my friends, the world! All sorts of usual human issues arise of course but I (as the Self) am not affected by any of it. The intellectual knowing of this fact and the “experiential life” of this *jiva* are slowly, gradually merging, and this creates more of a continuous flow of effortless peace.

Sundari: I am so glad to hear this. Having a non-dual relationship as a goal is as pointless as trying to “achieve” *moksa*. It can’t be done. A non-dual relationship is an oxymoron because it’s a relationship with yourself – a marriage, if you will – of Self to Self. I finished the relationship book where I talk about this at length; it should be out soon.

Anne: What is interesting is that I am becoming more aware of this *jiva*’s *vasanas* and *samskaras*, and therefore not so worried when they surface. Similarly, with the *gunas* – I am less attached to needing to “feel *sattvic*” because the knowledge tells me that I am always *sattva* no matter what *guna* is predominant right now. So who cares if *tamas* is uppermost right now? It will pass, and I can help it along a bit with some techniques.

Sundari: Brilliant! This realization is a sure sign that Self-knowledge is permanent. Freedom means accommodating to life, to *Isvara*, without conditioning to the *gunas*, which is to say going with the flow without being swept away by it.

Anne: Of course ultimately there are some lifestyle changes that I want to make, but these will take time and I am no longer stressing about it, as it's all in *Isvara's* loving hands anyway.

Sundari: Absolutely, I have no doubt that any changes that are necessary for peace of mind will happen naturally – and if they don't, you are still the Self no matter what.

Anne: So I am sending so much love to you, dear Sundari, my bold and beautiful *dharma* sister. You are such an inspiration to me because you are so solidly and evidently living the knowledge and generously sharing it with us. I am blessed to know you and to have you and Ramji as my teachers. Thank you, thank you, *Isvara!*

Sundari: Great big hugs and much love to you, we hope to see you again soon.