

Slay the Demon Tamas!

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Source: <http://www.shiningworld.com/site/satsang/read/55>

Vignesh: Hi Jamesji, I am very happy to see you back into action after your surgery. Best wishes.

For last few months, maybe years, I am becoming very *tamasic*. I have a family with two kids, and am in my late thirties. I do understand my family, employee and social *dharmas* but still become *tamasic* to follow them. I don't mind spending hours reading ShiningWorld *satsangs* or other Vedanta literature. But since I am rubbing against *dharma*, it is hitting back as expected. Following *dharma* is becoming challenging due to this *tamasic* nature. Any practical suggestions? Hope to see you in India next January.

James: Ah yes, that dreadful *tamas*! The first thing to do is to try to figure out why doing your *dharmas* is not appealing. There is some underlying judgment that spirituality is better than *samsara*. It is, but using spirituality to avoid your *samsaric* obligations is *tamasic*. You want *moksa* but your *dharmas* stand in the way. You can't, however, get *moksa* until you have handled your *dharmas*. This was Arjuna's predicament too. And the solution? *Karma yoga*. If you do your *dharmas* with this attitude they will disappear as burdens and the mind will become *sattvic*, in which case the teaching "I am limitless, non--dual, ordinary awareness and not the Vignesh guy" will make perfect sense.

Secondly, you get out of *tamas* by cultivating *rajas*. Be eager to do your *dharmas*. Get them out of the way efficiently. Simplify your life. Cut out the *tamasic* habits - foods, TV, useless conversation with family members - and carve out time for scripture, prayer, temple worship, etc.

Your ego probably doesn't want to hear this but it is the only way. Man up, Vignesh! Fight this *tamasic* demon with the sword of *karma yoga* and non-duality.

~ *Om* and *prem*, James