

Mystic Experience, a Hill of Beans

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Source: <http://www.shiningworld.com/site/satsang/read/577>

Seeker: Hi, James. I just wanted to express gratitude to you for bringing such clear and direct teachings into this manic spiritual marketplace. I downloaded several hours of your talks already and listen to them every day during commutes to work. A lot of light-bulb moments have been happening ever since. In the past five years I have tried intensive meditation, found and left a *guru*, done retreats, *satsangs*, become a monk for several years, had a spiritual fireworks show that made magic mushrooms seem tame, read books, got a *vasana* for YouTube *satsangs* and tons of other things. All this and I'm only 28 years old. Since hearing the words of Vedanta I realised I have been an experience junkie, only the worldly experiences got usurped by craving spiritual highs. It can only be through knowing myself AS awareness that freedom can be realised.

Realising that all these experiences amount to a hill of beans has been SUCH a relief. I can rest as my self and allow life to do its thing through this body unhindered. How liberating! I now plan to immerse myself in Advaita Vedanta and allow the unravelling of this bundle of conditionings to complete. If you have any recommendations along the lines of source texts or modern teachers I would appreciate your input. I've stopped wandering round the frantic spiritual marketplace and fully intend to drink from the cool, refreshing spout of Vedanta.

I do have one question that keeps popping up: I had a lot of fear-based *vasanas*, and although a lot of the fear has collapsed, there is still a sensation of a knot in the stomach area that seems to activate when the fear-response is triggered. How does Advaita Vedanta address what seem like traumas stuck in the body? Is it just a matter of standing in awareness diligently and one day that knot will unravel completely?

Thank you again for making these amazing teachings available.

James: The short answer: yes. Remember, Vedanta assumes some qualifications, one of which is dispassion. It is evident in your answer to your question. Just observe it. Know it isn't real. Don't make a story out of it. It does not hide you from you. It will go. It takes time.

~ All the best, James