

# New to Non-Duality

Ram (James Swartz)

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**Questioner:** Dear sir, thank you so much for replying, though I still have a few more questions I wish to ask and I want to get clarified. One of the questions is, what exactly happens during self-realization, when a person is becoming self-realized?

**James:** I can see you are new to this. There is an article through a link at the home page of the website, called *New to Non-Duality?* Read it. I can't explain the basics to everyone who writes. That is why I have a website and books. Once you get up to speed you can write and I can help you.

**Questioner:** Some people say they go into a trance for a couple of days, that's what I heard from famous *gurus*.

**James:** "Some people" are idiots. No trances are involved.

**Questioner:** Or do you see the whole universe?

**James:** Nobody every saw a universe, except on TV.

**Questioner:** Also, does the individual feel that they are self-realized now?

**James:** I do not understand this question. It does not make any sense.

**Questioner:** And the one question that comes to me is, how to get to self-realization? I need help and also, how long can it take?

**James:** Then you need to read my book *How to Attain Enlightenment*. It tells in detail. Or you can order a USB stick with the *Self Inquiry Toronto* videos on it.

It is cheap and it has the basic information.

**Questioner:** I want to become self-realized because I wish to know the truth, and we are all born human so we can become self-realized.

**James:** It's a good desire, and you are smart to ask what it is all about before you set out on the journey or you will become hopelessly confused.

**Questioner:** Thank you again, James.

