

No Vasanas, No Thoughts?

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2011-07-19

Source: <http://www.shiningworld.com/site/satsang/read/613>

Cathy: Dear Ram, thank you again for the teaching last weekend. It made me think. It is very good.

Questions came up on the *vasana* topic. I already found a lot of information at your website. Thank you for that. Please tell me if this is right: If one has no *vasanas* ("*Vasanas* drop off as they become exhausted through honest living and intelligent thinking based on the *karma yoga* attitude."), doesn't thinking stop because mind and self are the same?

Ram: Hi, Cathy. The mind will always think. As long as there are *vasanas*, it will think. Only the binding *vasanas* need to drop off. They produce agitation. Thoughts are not a problem, only thoughts that produce disturbing emotions. These thoughts indicate the presence of binding *vasanas*. There is actually no conflict between the mind and the self.

The self has no *vasanas*, and no thoughts or emotions affect it. The causal body, the unconscious mind, is responsible for the thoughts. It does the thinking and feeling.

The causal body, the unconscious mind, is the self but the self is not the causal body, so there is no conflict, there is no need to do anything. So to say that the mind and the self are the same is not correct.

Agitating thoughts and emotions mean that you are identified with Cathy and not your true self. The goal is not to get rid of your thoughts, only to drop attachment to them. I hope this is useful.

~ Love, Ram