

The Offending Member

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2011-09-12

Source: <http://www.shiningworld.com/site/satsang/read/898>

Paul: Ramji, the urges, tendencies, *vasanas* of sex, lusting and desire: sometimes *maya* wins, sometimes self.

When I see the beauty and the illusion of the female body and form, all of my bodily senses salute, temptation runs through me like adrenalin, sensations arise, thoughts and pictures form, like walking into a New York stage play where I want to get on stage with the performers, and the biggest *samskaras* for me arise, almost lost in that swirling sea, almost worse than the eating of food, and of course I want to eat what I apparently see in the world, lusting, craving that which I seemingly desire and want the most of, and all that I believe I should indulge myself in causes indigestion, suffering, which does follow not long after, not to mention the loss to my bank account.

Remaining celibate, not even going out in public to study now, I make none of this wrong or right, but to have a greater degree of management. There is biology here, natural human disposition, but then again, even Mahatma Ghandi had this issue as well.

I have clients whom I treat that mirror these issues as, how funny, *Isvara* and *Bhagavan*. I know this. What are some strategies you have found that work the best?

Ramji: Dear Paul:

1. Contemplate the downside of any indulgence. When you see that you are not actually getting what you think you are, your interest in said objects will wane.
2. Contemplate your true nature as whole and complete, actionless awareness. If you can realize that you are stuffed full of love and consciousness, you will see how pathetic it is to crave objects which, sad to say, are not stuffed full of said love and consciousness. Said objects are like cotton candy; they look fantastic and taste like shit. They have no nutritional value.
3. Media-fast. Throw away your TV and do not frequent places where objects that incite lust congregate.
4. Pray for relief. *Bhagavan* is compassionate and understands your distress.
5. Don the hair shirt. Get a rubber band and affix it to the offending member so it reminds you of the pain and suffering that accompanies the pleasure.

Keep me posted. This is an epic battle and I would love to know the outcome.

~ Much love, The Ramji