

Noise and Quiet

George:

Hi Tan.

I found this very helpful, knowing that my neighbor is a gift from Ishvara. I also realized that the more I seek quiet, the more I will find noise.

Tan:

Yes, you are prior to noise and quiet. Noise and quiet are just dualistic objects appearing in you. If you seek one you seek the other as well. ... Or find them both appearing in alternating sequence.

George:

I agree with what you say about me being in the stage of the opaque witness. It seems to fit the description.

Tan:

Yes, but to clarify just in case:

George is in an opaque witness stage. You are prior to any stage. All these stages appear in you awareness and it is Ishvara pulling the strings there.

George:

Also, my mind has been very sattvic for a while, and when disturbances have arisen in the subtle body, I've been able to dismiss them as not me. I've also started reading the Satsangs on Shiningworld on a daily basis.

Tan:

This shows dedication. That is very good.

George:

I've been away on a meditation retreat for a week, and although I didn't do the meditations they recommended, it did give me a lot of space to re-read James's book and do his meditation practice. We also spent two days in silence, which I found very liberating, as I didn't have to be a person. I'm looking forward to the course in Spain next month, particularly since you told me James will be talking about Vivekachudamani.

Other than that, there doesn't seem to be much to say.

Love,

George