

Samskaras vs. Vasanas

Dear Tan,

This is from Robert from the seminar in Spain. How are things going for you?

I have one question I keep wanting to ask you - what is the distinction between vasanas and samskaras? I would appreciate it if you could tell me this.

I am so grateful to have met James - that week with him has been life changing for me. I am daily studying/engaging with these precious teachings.

Otherwise apparent reality is pretty good here. Spring has arrived, lovely weather, family all well, work too

With best wishes,
Robert

Tan:

Dear Robert,

I am doing very well. Joyful exhaustion is the applicable term :-)

I am doing overwhelmingly many things that are deeply satisfying.

Samskara's are clusters of vasanas. They are basically multiple Vasanas that belong together as a group or a pattern.

Samskaras can be reborn in bodies. Similar to the concept of archetypes in psychology.

Love

Tan