

Rx

However the prescription (what to do) is as old as the human race. Find a guru - & it wasn't easy. I tried Nityalananda, a splendid man & a swami in the Ramakrishna mission on New York's East Side. Also Yoshikawa a Buddhist priest at the temple not too far away from the previous Hindu, but this time a Japanese of course. Also a Taoist, "in the succession", certainly "awakened" and well received in the temples in Japan of Zen. He was a European. None of these did the trick because I was & am far more obstinate & pig-headed even than you (and that's saying a lot)

One day investigating a new psychotherapy I met a very self-possessed young lady, married, cheerful --- I spoke to her & then tried all my intellectual equipment (apart from scepticism you haven't exhibited much actual knowledge yet by the way) - the philosophers, scientists & so forth (like you I was stuffed to the gills with other people's ideas & as proud as a peacock, "we think", "we say", "we believe" - boy, was I a stinkeroo) ---

She handled these very easily. Compared to me she was deep water, deeper than my sonic apparatus could register. Could she be deeper than Vedanta, Shun-shu, Taoism, Zen?? I was incredulous, but it has worked out. One day I may continue this - if you are good.

LEARNING, "DIGGING", UNDERSTANDING

Anything I could "teach" you would be stupid because IT COULD BE PRINTED AND INDEED SHOULD HAVE BEEN PRINTED LONG AGO - for the whole world! That is ridiculous - NO WORDS WILL DO THE JOB IF TAKEN AS A DOCTRINE, THEORY OR SYSTEM.

I use words as a technique & consequently you MUST feel annoyed, frustrated, & all the rest of it. Rejoice when that is so because it shows ego is getting a job now & then. It cannot be pleasant.