The Sattvic Mind

Eleven years ago, during my first talk a participant asked me if I thought purifying the mind was necessary for enlightenment. My answer was “no” at that time. Now my answer would be “kinda”. Although it is difficult to prescribe a batch of prerequisite practices for enlightenment to occur an “enlightened mind” is pure, calm, and compassionate. There is stillness. In the following Youtube video. <https://youtu.be/9s7H76Axx0w?si=4IOF_YT2Ro0Qj16E&t=26>

The bags are thoughts, they come from “nowhere” and are claimed by a passenger (ego) standing on the side. With the sattwic mind, thoughts are few, and only a few thoughts (bags) are notionally claimed (e.g., “I need to pay the rent today”; the meeting is at 9:30 am this morning” etc.). In the absence of a mind full of baggage is Presence.

With Love,  
  
Todd  
  
Upcoming events  
   
Please note, online Satsang will happen **Tuesday** September 12th through **Zoom.**  The time is from 7-8pm Eastern Standard Time, 4pm PST. The ID number.  
   
**Meeting ID: 918 6697 7588**  
   
If you have difficulty logging on, email us at  
[peace@nondualliving.org](mailto:peace@nondualliving.org)  
   
   
Upcoming talks  
   
November 4th- Los Angeles (Details to follow)

December – January in Ojai, California (Details to follow)