

# An imaginary conversation with: Swami Lakshmanjoo.

<https://hijrani.com/listening-prep.html>

**Juke:**

I didn't mean to systematize it this way.  
I was just noticing what happens when sound touches me.

**Psych:**

You gave attention a mirror.  
Not to control it — to watch it move.

**Swami Lakshmanjoo:**

(smiling)  
Yes.  
You did not create movement. You recognized movement.

**Juke:**

That's what surprised me.  
The states change so easily.  
A song. A thought. Hunger. Silence.

**Swami Lakshmanjoo:**

Why should they not?  
The *Vijñāna Bhairava* does not say, "Hold one posture forever."  
It says, *observe the moment where one state dissolves into another.*

**Psych:**

The system makes that visible.  
Icons shift. No judgment. No hierarchy.

**Swami Lakshmanjoo:**

Good.  
Hierarchy belongs to the mind that wants security.  
Awareness does not need security.

**Juke:**

I was taught these postures as rotations — over a day, a life.  
But here, they change in minutes.

**Swami Lakshmanjoo:**

(laughs softly)  
Minutes?  
They change between one breath and the next.

**Psych:**

The tool removes identity from the state.

You don't *become* Detached-Attachment.  
You notice it passing through.

**Swami Lakshmanjoo:**

Exactly.

In Kashmir Shaivism we say: *avasthā* is not *ātman*.

A state is not the Self.

**Juke:**

So attachment isn't a failure?

**Swami Lakshmanjoo:**

Attachment is *Śakti* moving toward form.

Detachment is *Śakti* resting in herself.

Why call either wrong?

**Psych:**

And the lenses — cognitive, subjective, objective —  
they're apertures, not levels.

**Swami Lakshmanjoo:**

Yes.

Just as the eye adjusts to light without effort.

**Juke:**

That's what I feel when I point to the icons.

I can say everything without explaining.

**Swami Lakshmanjoo:**

Then you are close to silence.

Symbols that do not imprison thought —  
they release it.

**Psych:**

The archive shows repetition.

Patterns across songs. Across days.

**Swami Lakshmanjoo:**

Ah.

Then it teaches humility.

**Juke:**

How so?

**Swami Lakshmanjoo:**

Because you see:

"I am not this posture."

"I pass through many."

That is freedom.

**Psych:**

The system doesn't instruct.  
It witnesses.

**Swami Lakshmanjoo:**

And that is why it works.  
Methods fail when they try to improve the Self.  
They succeed when they reveal it was never lacking.

**Juke:**

So this *is* practice?

**Swami Lakshmanjoo:**

This is *recognition* — *pratyabhijñā*.  
Practice only prepares the ground.  
Recognition happens by itself.

**Psych:**

Nothing to optimize.  
Nothing to correct.

**Swami Lakshmanjoo:**

(smiling again)  
Yes.  
Let the music move.  
Let awareness notice.  
Do not interfere.