



Let It All Blow Away

Edited Transcript of A Satsang with John Grenafefe
www.a-bridge-to-awareness.com

This Satsang contains material that may be disconcerting to those not yet ready to hear the Absolute Truth. However, this Truth has been spoken throughout the ages, and written in all the great Spiritual texts, by Sages past and present. If something within this document does not resonate with you at this time, then please discard it. Also, please note that John often has periods of silence when he speaks and these are noted.

Well...

Like I always say... let's take this time to let it all go.

Right now... it's okay to *let it all blow away*.

John laughing... Let it ALL go, nothing matters... it's okay to just be *present...* and *aware*. You don't have to understand anything. You don't have to focus... don't focus... *listen without ears*.

... period of silence

The body-mind organism that you're identified with, that you call 'you', that you think is separate from 'other' anything, regardless of sentient or insentient... but that one... that's identified, is the Consciousness.

Nothing went wrong. Everything is done by the Consciousness. Now, being here, present in this Satsang... the Consciousness is speaking to the Consciousness... saying... *it's time to know what is going on here.*

... period of silence

In no way is there going to be a someone that's going to know anything. You already know way too much. Everyone knows *so* much, and has labelled... everyone being/starting with the 'I'... and all the information that's been fed into that imagined 'I'... is wrong.

And now, on a so called global scale, you see Consciousness informing Itself of its innate freedom ...and eternalness... which you can't even say that because it never began. But it's leading all back home, let's look at it that way.

... period of silence

All this plays out in a dream-like place, that is revealed in this movement.

This body is an object like any other object within this imaginary space, occupied by the one who allows *all* to happen... that's the witness.

... period of silence

And as part of the illusion that It plays on Itself... It allows this concealment of Itself... so that It can enjoy the revealing of Itself... which is happening right now.

... period of silence

The 'I' believes it's going to become someone special, the 'me', the 'I'... "*I'll become someone special... I'll get out of this... and I want out.*"

You're never going to get out of this, because it's yours... as That.

And yet, the one knowledge that does come with Enlightenment, so to speak... or Realization... is that this whole flow of Consciousness appears in and on the nothingness that you are, and it allows Consciousness complete freedom, and is one with it... *nowhere a 'person'*.

Millions and millions of forms coming and going, no 'persons' anywhere... that's language. You find... 'you' as the imagined one... by Grace... see that you're the whole, there's just the whole doing this... this holonomic flow of Consciousness... the play of the vital breath... the 'I Am'... together... *nowhere*.

... period of silence

The person is just a *manner of thinking*... that's been believed in by the Consciousness... and it's not a mistake. Like I say, It does *that* for entertainment, and then It reveals Itself. And, because it's imaginary, then where is the problem?

And in order to know the highest, this realm of duality has to include *all*... and it's *free-flowing*.

It's space... we've seen what the space will do. But as Grace reveals this, a new world will begin. That's what's happening, the ***New Recognition***, a higher order of things... a Golden Age.

... period of silence

And when one finally sees that, sees through the veil of separateness... and the idea of anyone, even of a 'soul'... forget a soul, all souls... *John laughing*... ALL souls, belong to **That**.

The best I can describe a 'soul' as, I would say, is an encoding of information about dreams of the One. *Okay?*

The sense of 'I' comes so strong because of the need for the body-mind organism to *survive* in the space. And when that organism believes it's separate... *caring... compassion... all the highest ideals...* are very tough to... they'll go so far... but without knowing that all is One, no quantum leap, so to speak, can take place.

I'm in philosophy here, obviously, and all this is bullshit because ultimately... *ultimately...* we're going past that.

And when you find that space beyond all the words and meaning, that's the complete love of Self for what It's doing. Then there's no one left to say, "*Oh, I don't want to come back. I want to be enlightened so I never have to come back to this!*" No, no, no... that's why I always say get comfortable.

This might really help... if you listen to what I'm saying... right now this 'one' that has the idea that *if I get this enlightenment 'I' somehow go beyond... this 'I' will go beyond... and not have to be involved in this...* it's not really true because what happens is because you become the one that IS involved in this, that's impersonal.

You become the Impersonal Self.

That's very intimate, it's not impersonal at all. It's so intimate, it's blissful, ecstatic, when the attention's always there. *Even not...* but... this is the movement of what's going on. There is no one doing anything, I can't say that enough!

... period of silence

If you can get close to what I am saying, in a way of having 'faith'... there has to be that movement... everyone here has that. (*referring to those attending the Satsang.*)

When you sit to meditate, don't think that "*I am sitting to meditate*". Sit down saying "*within Consciousness, this body is sitting to meditate. I am not the body, I am not the mind.*" You *are not* in control of *anything*... this imagined one.

Then, you'll, eventually, be at a place where you're the only one... aloneness, a wonderful aloneness... and then you realize you're everyone. Well, you realize that before you realize the aloneness, but in that everything is enveloped and there's no one left to say "*I don't want to come back*"... only an 'I' would say "*I don't want to come back*"... and that 'I' is not real.

Now, what we as *Self* have planned... we'll see it... I always say oh we won't see it, no... *yeah*, we won't see it in *this*... but we'll see it!... in one form or another.

I do believe this, that anything that's learned and achieved within this evolution of dream... we're talking evolution, right?... this evolution of species... mankind... within an imaginal space... is going on.

Now, once you see you're That, there's only that holonomic flow, there is no 'other', and you're not even the flow, or the pictures, you're what they appear on. This flow is even temporary. Consciousness *Itself*, in all its splendor and extended periods of time, and Mahayugas¹, and whatever words we apply, will do that again and again and again, in a no-time place *forever*.

Or... I don't know, maybe It might stop doing this and it'll just be the nothingness of the Absolute. It doesn't matter, you're That anyway. You are,

in a sense, the Creator... and if anyone thinks I'm speaking to a 'person' at this point, come back to what I'm saying.

You know what the 'I' says? ... the 'me' says? "*Oh, I created this so that I would have this lifetime... and that lifetime... and I would learn this... and then I would become a better 'one'... who knew this, who could become enlightened, and do good...*"

Throw that away! The only thing happening here is the movement of Consciousness to Itself. It will do what it wants, when it wants, how it wants... on It's terms. Period.

Good... bad... indifferent. 911? Guess who did that!?

Boy, no one likes to hear that, right? That's something we all go, "*Oh? 911! Jesus Christ! Can you imagine the horror!?*"

God did that. The "I Am" did that. Impersonal Consciousness.

To NO ONE! No one died! No one was there! This is imaginary!

Let's go back to square one.

We're talking about *imaginary dream stuff!* The One that's hearing these words right now... the REAL One... *never was born!*

I'm not this body... I'm not the thoughts... they belong to Consciousness. I'm prior *to* that. I'm the Nothingness before all this. And yet, here's the mystery... THIS is mine too. In this imaginal space. Mine as That.

...period of silence

Well... I've had experiences where I've experienced past lives in meditation since Awakening, *yeah?* I've seen things... experiences... *whoa!* FOR WHO?

It's like encoding information, and the 'I' is part of the information... the 'I' popping up... "*Oh, this is mine!... this is mine... that's mine...*"

It's an imaginal one... so IT as Consciousness can experience Itself as separate. Duality.

How can Oneness know Itself without another?

So it DREAMS us. If it doesn't look like a dream now, trust me, it's coming as soon as you *hear* the words I'm saying and... RELAX! I want everyone to... RE...LAX!

...period of silence

The Awareness... you're always aware. Even if you looked at me and said "*well, I don't know if I'm aware*"... well you had to be aware to say that because the one that said that is aware of not being aware. Or thinking it's now aware, right? So what is *knowing* everything that's being said one way... or the other?

So... Realization is knowing that you're eternal... as That... eternal is not even a good word because that implies something started and will never end. You're beginningless... you're causeless... what you are has no cause, it's primordial. The mind starts to spin right there, it only knows *this... well that... caused that*. That's how the mind created the "I", which is not a mistake, to become... and really feel... separate... and it started to pick and choose... *and it's gotten a little crazy*... but these fluctuations of Consciousness are part of the game!

There's no *sting* because it doesn't exist anywhere!

I'm a mirage... this body... this "John"... and because I know I'm a mirage, I'm damn well sure so are you! *John laughing...* You couldn't convince me otherwise! *Okay?*

We could sit for hours and I don't care what you bring up, or say, or do... there'll be no point where I go... "*You know, maybe I'm wrong?*"

No, maybe I'm right and you're here — you as Consciousness are here — to hear this message... *and just wake the fuck up!... you know?*

John laughs and makes face slapping motion...Slap, slap, slap, slap, slap... I don't know... that's my benediction!... John makes slapping motion... there you go! It's OK... it's OK to RELAX.

It's OK to *watch* what's happening rather than be *involved with your mind*. Then, the very smallest thing will become so exquisite, a movement will stir and then the Kundalini will stir at the base of the spine.

Oh my God, he's talking about Kundalini!

Yeah. That happens too *within the dream*. So don't start thinking about that, it will show up when IT wants to. It will uncoil when IT wants to. And if you hear what I'm saying, what's the best you could do? Nothing... but ***be still***.

Be still even when you're moving around. And if the mind moves, only have one desire... to know your Self. Make that your prayer. But please don't think you're praying to something else.

... period of silence

The body's an object, like anything else in this imagined space, and all things that start in the space, go back to the space. ALL things.

And nothing's ancient, because it's always flashing on and off. I'm telling you it's not real. Even the idea that I just suggested is *not true*. Do you see why... the beauty is to discuss how exquisite the magic is? And the more you go into it, that's all you'll really want to chat about... or be silent with.

It's magic. ***God is magic***. As I said, he's magic squared... *John laughing...* cubed! He created the idea of cubed... *without a cause*.

So for me, I can say the change in the last three years, two years especially, has been more and more to become aware that the remnants of this 'I-John', have been dissolving and now it's just This... and occasionally something will come up and I'm like... *Oh!*

...period of silence

The beauty is we can talk about the philosophy and how things will become better... and... *who* are they going to become better for? When I said we won't be there... we as this... who will they become better for? That!

You are That! Why wouldn't you care about what that is doing, why wouldn't everyone be *in step*... you see? This is what It's doing, It's getting everyone *in step*... as expression... yeah? These body-mind organisms are awakening to "*Oh shit, this is what's going on... alright... oh, I'm That? Oh!*"

So you automatically care, *without effort*. Love is automatic. How would you not love your Self... you're *That*, everything you see is *you... everyone* you see. It doesn't mean you like everybody, like I've always said. That's the beauty of this, we're all actually individuals within This.

This is not to disavow what we are as *expression*. *But it's imaginary*.

And since there's only One, there's really *none*... because there's no other to recognize the One. But this is how It does it, with It's own Self so you're

free, right now! There's nothing to hold onto, there's nothing to hold up, there's no one to hold anything up... as far as a *doer*. It's doing.

... *period of silence*

Realization is kind of a maturity of the *encoded jiva* within the dream. What happens to one who doesn't "awaken" now? That body-mind organism goes back into That... never anyone there... and the dream will continue.

Some are ready... some are almost ready... some are very not ready. But to say the word "some" is almost, *huh? Who?*

So when it's *seen*, then all you do is avail and encourage your Self along. There's no longer anyone who needs and wants... besides... *you know...* besides the basics.

There's no one left saying if I have a swimming pool I'll be happy. You don't need a swimming pool... you don't need a new car... or a fast car... and... *you know...* a beautiful blond in high heels. These things are not going to fulfill. That's the "I" running around still... which is part of the show! There's nothing wrong with that. There's nothing wrong with anything... *accept everything*.

You will, you will... later you'll accept everything that happens, even the death of your own body, "apparent" body. You'll accept that in peace. And the next time around you'll come back with the knowledge you have now. And there will be another time. I've changed my position on that.

Why know... put it this way... Nityananda... who they call an Avadhut, or Avadhoot (however you pronounce it), Muktananda's guru, the Great Saint from Ganeshpuri, came in Enlightened. So, in his prior lifetime when he was Enlightened and he was going... *John laughing...* "Well, I'm done!"... he even said at one point, when he wanted to leave, he went into a Samadhi

for ... *I don't know...* several days... and everyone got worried that he was leaving them... and he came back and said, “*No, I went and asked if I could be relieved.*” and they said “*No, there's more you should do.*”

Which is pretty much a story within the whole thing anyway. *Okay?* Because he didn't really go see 'someone' because everything's made of Consciousness... *you see?...* we live in Storyland!

Do you notice how much we love stories and movies, plays? *Hmmm, why is that?* And if you go to a movie theatre and watch everyone looking at the screen, all the attention is on the screen. You never saw a crowd of people so hushed with every... *abhbhb...* every emotion... and laughter... *right?* That's the Self... watching a movie within a movie of it. It's craziness! The Self loves a story. Period. That's why I say it's entertainment!

Get over your bad self! ...*John laughing...* that's what I said to myself. *Yeah?*

But that attention that you see in a theatre of everyone looking at the screen, that's what I'm referring to, that attention that can be so absorbed in that, make that absorbed in God. Your Self. That turning in... Yoga means to yoke, to pull back. Take all the senses going out, and labeling, and the mind, and yoke it in, and it's not just a mediation, make it a habit all the time. Be aware of your thoughts.

You're already *called*, you're on a list. *John laughing...* you know what I mean? Seriously, you're on the list... and... just don't create any obstacles. Don't nurse any imaginal stuff. Don't nurse... *poor me... why not... why did... how can I... when will...* NOW... is NOW... is NOW... just NOW.

No Now. That's an idea in Consciousness. So we're even going beyond that. Now is an idea in time... but it's as close as you'll get and then that will dissolve and there'll be no time.

And then you just say *a-cha-cha!* ... *John laughs... or some such thing... I don't know... God... you'll say what's for dinner!*

...period of silence

There is no one here. We're just playing a game... and you're safe *because* there's no one here.

There's no one separate. You're everyone... and no one at the same time... *you know.*

There's no end. There's no being done with anything. All belongs to the Consciousness... you're not It... and It will do this for a long time... and you are It at the same time... so you can be separate and allow it, so to speak... *using pronouns really freely here but...* as Life, Life will continue to do this... and there's no one to fight it.

Enjoy what you have, and enjoy the love of what you have here and now... *love your Self first*, truly. How do you love your Self? By what I just said. Know that you're not the doer. Trust me. It will show. It will appear on It's own. It's in charge. It's using this body-mind organism right now to say this. And I'm doing my very best in my silly way... *John laughs*

I can't wait to see more and more and more KNOW. It's exponential so we will. We're seeing it now. Some are still getting caught at the... "I'm Awakened", "I'm Enlightened"... "I"... *get it?...* 'I'm' Enlightened stage. That's step one, so that will happen. And when that does and if you keep getting stuck, I'll push you. But that's step one... it's a BIG step.

But you're on the list! You have a reservation... you have a table! Truly.

...period of silence

If we were American Indians, tonight maybe we could sit and build a fire... and all just sit around it in silence. Regardless of Enlightenment or not-Enlightenment. Just to honor the silence. Forget about Enlightenment, it will come when it is supposed to... you're already That, but we could sit in the silence and the gathering, that's where it is.

I love American Indian chants and... because I was one... *John laughs...* there is an encoding, but there is no soul because it all belongs to That. There's some kind of Akashic memory, put it that way. But then you move past all that, then there's just the whole flow of *This*.

Totally safe.

...period of silence

And all things happen within you... no you... no world... no universe... so you have all the tools you need.

...extended period of silence

Here we is. Do we exist... yes. But not like we thought, okay? We're ghosts, little ghost people, dream people. But we *are*. So embrace it, embrace life... it's yours. You might not see the fullness of how much it's yours yet, but go with it and *give freely*... don't think about me and what you need... we all have needs, but don't dwell on them. Give as much as you can to everyone around you. This is *your* dream as That. We all own *this* as That.

It becomes your duty then... just like Krishna said to Arjuna. Krishna said, "*I am the enjoyer of everything, I am the only One.*" Arjuna is the mind, Krishna the Pure Consciousness, saying "*this is the Reality get on board*", and he finally says, "*whatever you ask*". That's the story, that's the movement.

I'm just a mirage messenger of sorts, and yet the whole thing. I'm the enjoyer of everything... of all things.

...period of silence

Does anyone have a question or anything to say?

Okay.

Good Night.

1. **Mahayuga** (*Sanskrit*: "great age") from *maha* (great) + *yuga* (age, period of time) — the 1000th part of a **kalpa** or Day of **Brahma**. The scriptures divide the endless passage of time into a cycle of *Mahayugas* or aeons. A *Mahayuga* lasts 4.32 million years and is made up of a sequence of four different *yugas*, each with its own characteristics. These four *yugas* are the **satya-yuga**, **treta-yuga**, **dwapara-yuga** and **kali-yuga**. In the *Satya Yuga*, the age of Truth, righteousness is at its peak. As time passes by, there's a gradual decline in virtue which reaches its nadir in the *Kali Yuga*. At the end of the *Kali Yuga*, the Divine Will intervenes and restores the universe to its original state of virtue. This marks the beginning of the next *Mahayuga* and the cycle thus continues.