

# SITTING AT THE OPEN DOOR OF THE HEART



JOHN M. GRENAFEGE



*My deepest wish is for you to realize the Truth of your Being. Know that the search and the one who searches are imaginary. When the mind is still, you are on the threshold. Abide there until The Only reveals and the imaginary evaporates.*

*J.*

# *Sitting at the Open Door of the Heart*



*Every moment is an opportunity,  
every moment is an invitation from  
Parabrahman. The opportunity that is  
being presented is to know the Self...  
there is no other reason to be here.*



*May what follows provide an  
opening for those reflecting upon  
these words.*

*Om Shanti, Shanti, Om*

*J.*



AUTHORIZED EBOOK

*Sitting at the Open Door of the Heart*

*Writings and a Collection of Satsang Talks*

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by Erin Tajime Castelan

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**When reading the Writings and Satsang Talks:**

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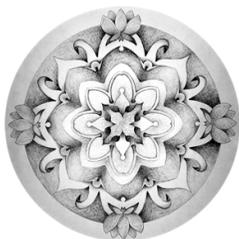
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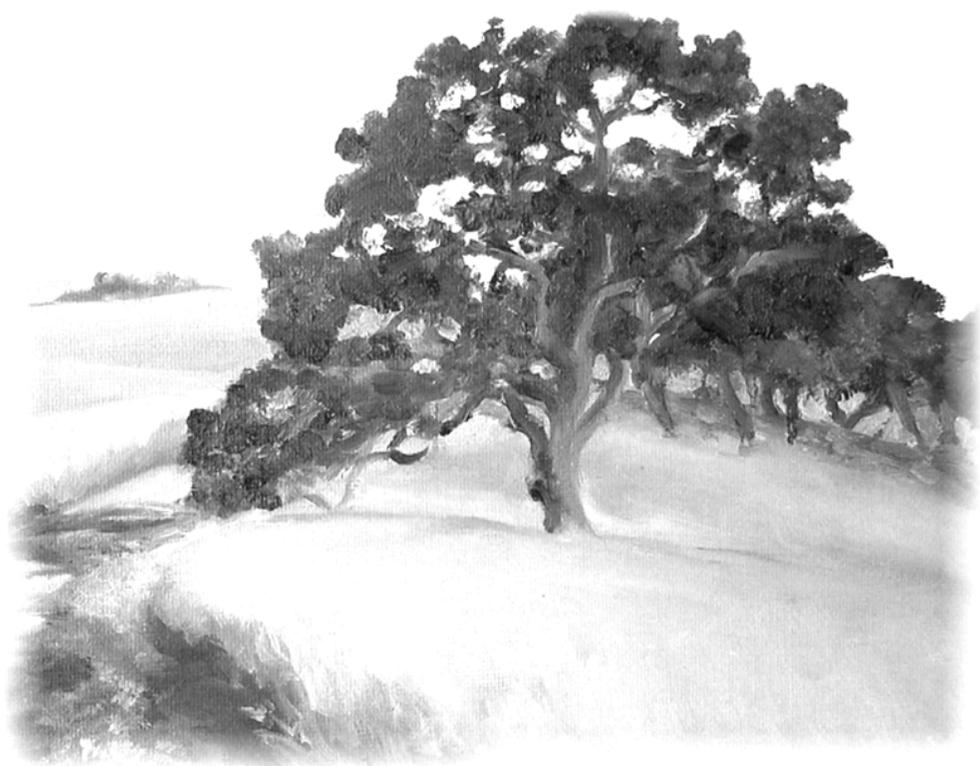
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*Love and Peace,*

*J.*

# *Writings*





*If you really want to know that which  
is your own eternal, true natural Self, first  
show you are worthy of that Grace by  
being silent and refusing to continue being  
owned by a thought stream of delusion.*





## Dweller on the Threshold

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Dwell at the open threshold of Presence only.

Dwell there — without words or any stories being told, and told again, ‘in the head’.

This is how the world picture remains as it is; the constant repetition and feeding of personal and world story in the thought flow of a mind conditioned to ‘believe’ the concepts as truth.

Of course, all concepts and beliefs are said to belong to a ‘me’; re-enforced by the transparent pronoun ‘I’; which upon simple enquiry, is seen to disappear into vast silence and wholeness, neither non-personal, nor personal. Only pure Awareness — the ever-present *requirement* for any apparent movement, of thought, emotion, memory, perception, and sensation, that one can be conscious *of*.

Feel the sweet and expansive ease of dwelling without care or confrontation to the always shifting and changing waves of appearance. Find the natural, exquisitely 'heightened', sense of timeless peace and eternal well-being which is the reality of who you are, now and always.

Dwell steadfastly, and only, at the already open threshold of the One Heart, and humbly bow and surrender to the nameless One.

Suddenly and swiftly grace of revealing is bestowed after so long a journey, to the completely stripped and humbled thirsting heart, waiting with no expectation, only a desire to know and serve the One Heart.

If you really want to know that which is your own eternal, true natural Self, first show you are worthy of that Grace by being silent and refusing to continue being owned by a thought stream of delusion.

Stop being so easily transfixed by the continual lies of a mind, truly non-existent outside of the very words and language which contain it!

Mind, and its fleeting ‘is-ness’ and reality, is only when the words appear and are accepted as truth belonging to someone.

And that ‘someone’ needs to continually be re-enforced by the story that’s nurtured over and over again in our tragically addicted need to remember a past, while projecting a future — resulting in never really knowing true life or love at all.

There is no other time when it will be more right to know the truth of your own Beingness.

Dwelling at the threshold of One Heart, without clinging to, or refusal of, any apparent event arising in thought or world, is the simple and most direct ‘approach’ to the nameless One.

All belong equally to the One Consciousness, and all are looked at with complete detachment and peace profound by the pure field, the open sky-like nature of Awareness. The ‘one for all and all for one’ of the Absolute Truth, which is the only true one reading these words.

The almost unbearable bliss and love of the endless sky of Awareness, the purest of all skies; that which

contains and ultimately denies all right and wrong, and concept of opposite, always untouched and untainted.

All other 'ones' are fictions made of language, alphabet people, that need the constant addictive repetition of a story in the head to even have an illusion of life. The Real is not illusion. *We are the Real only.*

End the fiction with the naked humility of not knowing anything at all — and fall freely and with abandon and joy, into the ever-present fire of love which is the Self, here and now, and always. Go mad with love in the fire of love.

Living without complaint or comparison in the sky-like One Heart of Awareness, all argument is dissolved, and replaced with an abiding care for all in absolute equality. All action is automatic and without a bending of personal will and greed. When the dream of life is seen clearly, and the absolute loss of 'individual' done, even the idea of a 'going home' becomes concept only, an ideal belonging to the life-dream, and its imagined dreamer-knower. All belongs to the holographic display of Consciousness.

*Dweller on the Threshold*

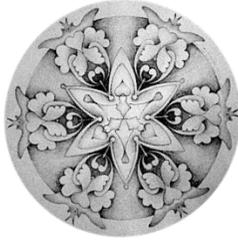
We abide untouched and beyond any and all that can be perceived or conceived in language or action resulting from thoughts in the holographic display. Awareness looks upon the reading of these very words without any opinion, in the bliss and completeness of Itself, loving all equally. Dwelling at the threshold of emptiness-fullness, so easily the dweller disappears in the eternal ocean of Self.

Now there is only Beingness, dwelling in the space between Consciousness and no being — the dweller went mad with love and danced in the fire until feet became flames! Eyes became flames! And the light of that burning illumines Eternal!





*The most powerful aspect of the illusion  
of the great 'I Am', is the trancelike  
belief that if something has a name...  
or can be named or described... it is...  
and has 'Is-ness'.*



## All Language is Metaphor

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All language is metaphor — and in the choice of the abstraction that wording and language inherently are — there can be either an understanding that is revealed that has no alphabet... or a knower of the ‘knowledge’ as part of the description in language... which has no real existence *because all words are metaphors for things which are not.*

And in saying this... the very Consciousness reading is the Only — the One and Only — beyond all abstraction and description by a mind with an imagined ‘self’ seeking ‘itself’.

Prior to the idea or concept of ‘you’, ‘me’, ‘I’, ‘Them’... *who is?*

The most powerful aspect of the illusion of the great ‘I Am’, is the trancelike belief that if something has a

name... or can be named or described... *it is...* and has '*Is-ness*'.

We have all been bamboozled by the very movement of life that expresses in the way of bamboozling no one.

Life conceals and reveals.

Now sing! Dance! and — ride the horse with no rider — in the direction it is already going!

Jump into the space of the moment! — the Now! — but jump with no feet... no thought of jumping... and nowhere to land!

This is the Only that is!... the Only that will ever be... or not be or... And hear the song of the Only playing to those without any ears!... without a past... without a name... without place or any location.

Dance! Sing! And Love! All of life is divine.

All is of and from, and returning to, the One Divine substance!

Again and again — all song is life, and life song — praise by the One to the Only.

*All Language is Metaphor*

The flower bends to the tune of the One played as light... on petals of divine shop-work and magic! — the light known to the Only — shining as if eternal... only of, and because of, the timeless — Self — prior to all births and deaths and universes. The very ‘Stuff’ of which all that can and will ever be imagined... Arises!

Out of and in the trance of its own model diaphanous. Always pristine and Alone!

*Guru Om Guru!*





## Note for Readers

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The Satsang Talks that follow are edited transcripts of the original Satsang recordings and have been kept as close as possible to the original spoken words. Only minor changes have been made for reading flow and clarification.

These talks also note the spontaneous periods of silence that occurred during the Satsang so as to reveal the natural flow of the original gathering.

# *Satsang Talks*

*“All Conversations are a  
Conversation of One.”*







*There is no world.  
There is no inside or outside.  
There is no is or isn't.  
There's no such thing as is or isn't.  
That's an idea within Consciousness.  
Once This is seen,  
you can't say something is or isn't.  
Reality can't say that it is.  
It is, but it can't say it.  
The only way that It can say it,  
is in these conversations within this dream.  
That's how It's recognized.*



*The commitment to wanting to know your Self  
has to be the highest... beyond any other  
commitment you could ever imagine.*



## The Mystery of This!

---

The truth is, this body is empty. There's nothing inside the body. There isn't a body. You're the whole manifestation, and *prior* to it.

And right now — if you could sit right at this second — you are that which is *everything*.

You're not the particular. You're not the body. You can sit right now and just *feel* beyond the skin.

And don't buy into the lie that the edge of your skin and the so-called space are two different things. That's an absolute illusion.

I'm everywhere. The 'experience' from *here* is that I am everywhere — and nowhere — and neither.

And it is certainly everyone else's experience here too, except it is being covered up by tension going to

these *words* and these *memories* projecting into an imagined future. An imagined one, going into an imagined future.

Every moment is an opportunity. Every moment is a welcoming, an invitation from Parabrahman.

Everything we've ever done in this world, all the achievements mean nothing. They never really happened.

The opportunity that is being presented is to know the Self. *There is no other reason to be here.*

Well, you could say the reason is to love... to care... that's great, but first find out who you are because anything else will be a confusion to the issue usually.

The commitment to wanting to know your Self has to be the highest... beyond any other commitment you could ever imagine. Or else not.

You won't get too many results. Grace doesn't respond to wishy washy.

The mystery of what *This* is... *ohhh God... it's just so profound.*

*The Mystery of This!*





*Realization is the complete breakdown of that whole construct of a person . . . of time . . . space . . . place . . . and then, the knower and the known being one, there's no one to even say there's oneness.*



## The Self is Idle and Unitary

---

Whitman<sup>1</sup> described the Self — the Absolute — as *idle* and *unitary*.

It doesn't move.

It doesn't 'do'.

There is no 'doer'.

So, when I speak of being 'out of time' — *Realization* is the end of time and the beginning of the recognition of the Eternal, which is here, now — *always* — no coming and going.

Coming and going is pure illusion made out of the same stuff — *One*.

Yet, the Self is idle and unitary.

Now the mind thinks of idle as not doing, not being busy.

What he meant was, It's pristine. It's untouched. It supports and allows. *It's idle*. Has no preference.

It allows this play. And It's made out of Its own Self so it *includes* the play, but It's *idle* and *unitary*.

We, *as expression*, are just the mirage play. There's no one home. There's no one to improve themselves. That 'one' that wants to improve itself is a *phantom*.

So when I say everything's Divine *now...* you're in Heaven.

You say, "*Oh, but I heard there's other lokas and...?*"  
Sure. There are limitless universes, but they are all made from *This* — and that's all there is.

Never another!

*...silence*

All concepts. Without words or concepts, when the idle and unitary moves forward — it's just *This*. No separation.

Without the mind, no world. Without the thought-stream, without concept.

So it plays in concept.

*...silence*

Let's talk about Awakening.

In the modern dream, there are many who are running around saying, "*I'm Awakened*", "*I have Enlightenment.*"

I know, I did that for a minute until I realized — how can a mirage have anything? — because I'm part of the mirage, 'me' as 'John'.

The freedom that comes from this knowledge, it's the only freedom, but there's no one to claim it.

*...silence*

And you can't put into words what that is. It's your True Nature. It's the only 'nature'.

It's not 'your' True Nature. You don't have a True Nature — *see?* — a mirage can't have a True Nature — that's an idea the mirage has.

We are *not*. (*laughing*) Okay, we *are*, but we're not what we always thought we were, and we have no location — there's no such thing. Just like Niels Bohr said, if we're talking quantum physics, we're talking nonlocation (or nonlocality).

So, the ego is seen through as being just a concept, just an I-thought — the lynch pin that everything gets hung on. But *something's* watching those thoughts move, and that's where I'm always pointing.

At some point, by staying at that I Am-ness, something will move, and there'll just be the Consciousness.

It becomes clear that you and the world are *one* — that everything's made of the same imaginary dream-stuff.

But, for awhile — and unfortunately, some don't go past this — there's a clinging to an identification of a 'knower' of it.

So, *Realization* is the complete breakdown of that whole construct of a person... of time... space... place... and then, the *knower* and the *known* being *one*, there's no one to even say there's *oneness*.

That's why I say none.

The Absolute is No.

That's why *neti neti*, that's why the old teaching of *neti neti*.

And then you let go of the one who's practicing *neti neti* — actually, you don't let go, it gets *dissolved*. It's so out of the control of the ego, it's silly.

If the amenability to what's happening, when one starts to awaken, is such that there's no resistance, the *natural state* will be known.

*(laughing)* But I don't know to who!

That's why Maharaj would say, I'm paraphrasing — when I think of love, I'm one with everything, and when I think of wisdom, I am nothing — because there's really, truly *no thing*, it's imaginary.



And I'm neither, because those observations can only be made by the mirage within the dream.

The Absolute knows nothing of this. It's untouched. It's idle and unitary. And *That's* who's looking through your eyes.

That's the One that's watching, right now, idle and unitary.

Words again... you can't even say that.

*Nothing Ever Began.*

Time... there is no such thing as time, because everything appears on this no-time eternal Oneness... Self... God... True God... Parabrahman.

*...silence*

So... *laughs*... so when this finally is seen... by no one... there's just *This*.

*...silence*

To the I-thought... to the phantom... to the imagined one... I know that sounds... *phhh*... *scary*... all the words we can come up with. *No*... it's peace...

no resistance any longer. There's no one to resist, no one to choose.

The Game goes on. The Show goes on. For the One.

*...silence*

It's truly amazing when it dawns that you were never born. If there's no time, how can something be born... or die? Where would that happen?

I'm not saying it's not going to be an event — within the dream — of course it is. And, it should be respected. Like they say, you should wear death on your shoulder, carry it on your shoulder — someone said that.

Now to the ego that's... *laughs*... the ego doesn't even want to know about that! It wants — 'it', the phantom — wants... it believes it is... and it wants to continue to be. And it even wants to continue to be in other worlds and heavens.

And that's pretty much how the wheel rolls. No karma... *desire*... it's all desire of the jiva. In transition — it's not done yet.

But it's all a phantom! ...*laughs*... The whole thing, the whole thing's *not real*. So you can really cut right to the root of this, and jump into it.

...*silence*

Don't think about how to jump into it.

...*silence*

Imagine... *okay*... you jump up but you never come down... *laughs*... you just jump... *but that's it*... you're not jumping anywhere.

I'm saying — This is available — *Now*.

Open up a little bit, just open a little bit if you want. You can do that. It's not like, all of a sudden, what I'm saying is going to be (*John snaps his fingers*) like that. Within the dream there is process... so to speak.

But I'm saying it's a process — for no one. If you can feel that, what I'm saying... without thoughts... memories... associations... perceptions.

...*silence*

By staying there, that's where the movement will come.

*...laughing...* Then you'll find out there's no one home, there's no one minding the store — the Self is minding the store, but what I'm saying is when it's finally seen you can't even say *whose* — if there's no other, *who's* going to say there's a Self?

*...silence*

Is there a Self? *Yes... it's idle and unitary...* nothing in particular.... not the pictures.

The Absolute doesn't need the Consciousness. The Consciousness depends on the Absolute.

*...silence*

In my opinion, it's because of the very fact that the Self is alone — idle and unitary — that It does this... so It can have this conversation right now and recognize Itself.

Oneness conceals Itself... into... *phew...* so much variety... cats and rats and elephants.

All One Looker!



*...silence*

But then, there's nothing left... but this *Aloneness*. No freedom — who's going to have freedom? It's an empty promise to an ego. The ego's going to be free.

Freedom is freedom. No one has it. No one to be 'enlightened'.

*...silence*

And then — I'll say this — from the natural state all actions will be appropriate within the dream, and the celebration of the dream comes included.

Now I'm going to say... there is an individual... on some level within the dream there's the 'individual'. When it's seen through, it's not.

But because you become that which is idle and unitary... or you recognize that's *What Is — All That Is* — it's the dream of Brahman, it's the movement, it's the play... it's written.

It's a holographic display that you could say belongs to you — once you become the idle and unitary.

Become... *you know*... I'm using words, you see how slippery... *oh my God*... that's why the respect becomes so, you know...

A Jnani — Maharaj would always say you can trust the words of a Jnani because they're not *someone's* words... there's no filter... no agenda... no collecting... no employing.

You do see though, at various stages of this unfoldment, a lot of egos running around who have Awakened — they've realized it's a dream, they see the mirage... *and they think they're very special people... laughs*... it's part of the show, you know, nothing wrong with that either... funny to watch!

But if you want to go all the way — if you want to know the Truth — *everything* has to go.

There's no such thing as water... illusion... space...

This emptiness is not empty, this apparent 'emptiness'.

So we're left with the mystery (*laughs*) that's it.

We can be what we are, but we'll never be able to use the mind to objectify that, because it's *prior* to experience itself.

The problem with the mind looking for enlightenment is — it's *looking* for it.

*...laughing...* It says, "OK, I'll find it." ... the one that has to go is raising its hand and going, "Okay, put me in charge." And it reads books, books, books... this is my experience, I did all this, you know, and you're drawn to it, it's part of the dream.

You can't not stop this, you can't stop this train.

When I found Nisargadatta's I AM THAT, which I saw in a window in a bookstore... how many years ago?... a long time ago... and I was just drawn to

the book. I was involved already with other things, but could not put that book down. Just like Stephen Wolinsky says, it gets inside you like a virus until your psyche can figure this out.

The ones who are ready, it just... it *has* to be found. This is good! Embrace that!

There's nothing wrong with 'intellect', because that same intellect is the gift that's going to turn everything around and lead back... *and reveal*.

And then thoughts and the mind become a playground... a servant.

All imaginary.

*...silence*

Not something that the ego 'imagines its imaginings', but I'm saying the I Am-ness Itself — *imaginal*.

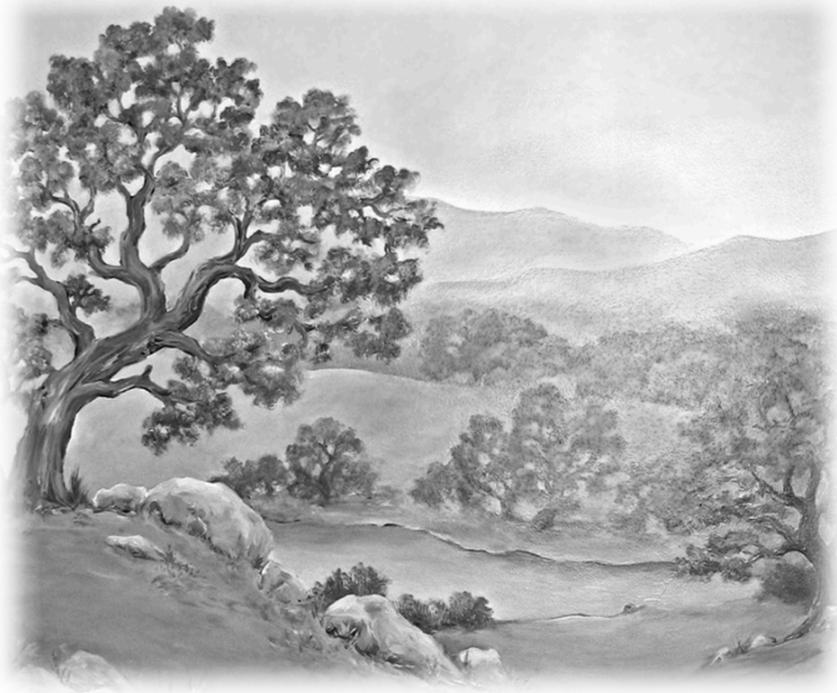
Who imagines? *That*.

*...silence*

So, the best to do is have no opinion — about anything.

Stay there, with no opinion. No idea that something 'should' be this way and why isn't it — who... what... where... when... and why — throw it out, stop nursing it and see what happens.

If you can do that, this world will become so magical.



*The Self is Idle and Unitary*





*The Absolute is No because  
the Absolute can't confirm or deny  
anything. It's prior to confirmation,  
or denying anything by another  
to do that process, so it's no.*



## The Absolute is No

---

The Absolute is no *Logos* because there's no 'other' to say there's a source.

There can't be a source unless there is 'someone' to think of 'something' as coming from 'somewhere'.

So when the I Am dissolves entirely, there's no Logos.

The Absolute is *No* because the Absolute can't confirm or deny anything. It's prior to confirmation, or denying anything by another to do that process, so it's *no*.

That's why *neti neti...* not this, not this.

Step one when you are on the path is to realize, *none of this is me*.

In other words, I want to know my Self, I'm someone who wants to know who I am. The teaching is, *not this, not this*.

Whatever comes up... that's not me, that's not me.

Whatever you see... not me.

Whatever happens... not me.

Does it mean you don't do anything? No. But you do it with that attitude — *none of this is me*. That's why no labeling.

Then the next step is, the one that's saying 'not this' — and this happens naturally, there's no one doing it — but in this process of awakening, the one that's saying *neti neti...* a movement happens where that one and everything are *me*. I am one with everything... Awakening.

Awakening is I Am there and everything I see is unity. And when one stays in that space, then what's left is the *nothingness*, but there's no one to say it.

But in that movement, the Absolute Self appears — not appears like comes through the door, but it's *known*.

*The Absolute is No*

The knowledge of that is known to no one... well, actually to the mind, the mind realizes that but the mind can never know it.

What is prior has been revealed... there are no words, I can't say it... but it's like I and that are one, and the one that's noticing... the seer and the seen... how I always say they are one and the same? If the seer and the seen are one, then what's left?

If the 'acknowledger' and that which is being 'acknowledged' is one and the same, then what is left?

So it becomes like a *none*... or an *aloneness*... which is a *completeness*.

You've reached the Pure Field... which you *are*.





*The unreal is created with language.*

*You are 'enlightenment' — you've got  
this phantom in your head that thinks  
it has to go find it!*



## The Unreal is Created With Language

---

Boy, life is something, I'll tell you. It's all made out of *words*.

The Real *is*. The unreal is created with language.

They go hand-in-hand though, you can't have a show without words. The *separation* can't be complete without language. And nothing has gone wrong.

But when you are looking for your own *Beingness*, the last thing you want to do is keep believing anything.

The last thing you want to do is to keep having an opinion — about anything.

Why? Because as long as you do that, you're reinforcing the false.

*...silence*

'You' are not reinforcing the false, the 'you' is included in the language — the pronoun.

When I say that there is only one 'Being' here, one Self, that's not 'metaphor', that's not fancy thinking. It's not even a manner of thinking. You have to go beyond any manner of thinking — or belief — or concept. But 'you' don't go beyond it, you have to see that the 'you' is part of the concept. That's the contemplation, the *I-thought*.

Ramana said, follow the I-thought, find the 'I of I'.

The idle and unitary. The One that's *really here*.

You are letting go of the one that's make believe — that's been causing suffering — for your Self.

Actually, you're not letting go yourself, it's the dissolving of the idea that there ever was a 'person with identity'. Not many are ready for that. Not many *in trance* are ready for that.

Powerful stuff *this*, without a doubt.

*...silence*

The 'I' believes, or this 'construct of beliefs' — of which there are many that make the 'I', the personal 'I', the person — believes that it is going to get something, it's going to be 'enlightened'.

That's in the way.

This ego, or whatever word you want to put to it — which is just thought, there is no ego, you can't hand me an 'ego' — is looking for source. It wants to know *its* source.

And I know everyone here is thinking, in some way, in that perspective, that we're going 'home'. 'I' am going home. 'I' am going to my source.

I know that, I even say that at times. *Words*. But I am saying there is no 'source' because there's *no one* to go home! You *are* home, if you stop thinking about everything!

Once that labeling is seen through, a lightness will come, and more, it will be immediate.

Forget about getting ‘somewhere’ as a goal.

Make your immediate experience, *now*, right now in Satsang... *right now... right now*. Make your experience open by not labeling anything, don't even think about what I'm saying. Don't try to find meaning in what I am saying. These words are going deeper than what the mind is.

There is no source — for *who*?

In one regard, I'm telling you that this fictionalized ‘self’ — person with identity, history, memory — is in the way and it's totally not true. So that's the one that wants to find the source.

When this is all said and done, there's no enlightenment, there's just the natural state of affairs, so to speak, which is a big *mystery*.

*...silence*



There is no such thing as an enlightened person or an unenlightened person. There's no such thing.

First of all, it all takes place within the dream of Consciousness — where it imagined it couldn't find Itself, so that it could find Itself! So the whole thing's imaginary.

Second, the one that thinks it is going to get enlightened is made out of language within that dream. There's only the *natural state of affairs*. There are only the *facts*, everything else is fiction.

What are the facts? I can't tell you! (*laughing*) Well, I could, but... no, I can't.

But you've got the tools! What are the tools?

Beingness.

So you say, "*What do I do?*"

Nothing — just *Be*.

And there will be immediate results... *now*... if you just *Be right now*, and don't think a thought, or don't entertain any thought.

Don't look, don't label anything, just *Be* and feel this presence and you've already improved 'your' experience — I'm using pronouns very freely here — how about, the experience of life has already come 'forward' a little bit.

Life moves forward the more you stop imagining anything.

What's imagining? Any thought about anything.

*It's* doing. This knower of worlds... identity... past... is a *phantom* made out of the alphabet.

We all look different, right? *Pictures*.

But once the body drops we all thin out pretty well though. It's just a bunch of bones, yeah? No one's winning any beauty contests then.

That's where the 'one' you're identified with is going. The imagined one, the body-mind. One — body-mind — *One*.

What does the ego survive on? Fear and desire.

I'm not talking about natural movement. I'm not talking about sexual desire. There's nothing wrong with being 'human', at all. Never was.

I'm talking about the desire for that 'I'. It needs to be filled by something because it doesn't feel whole. It's not 'wholly'. So it looks and looks and looks.

Deconstruct the 'I'. This false core, the false self. This is your sadhana.

There is tremendous Shakti when coming together like this in Satsang — if you don't doubt. I'll give you a big hint, the doubting one — the one who has opinions about me — if you have opinions about me you're way off track. I don't have any opinions about you.

I just see *life*. A wonderful life. And then, once *This* is fully seen, and the natural state is there, what do you do? You *love*. You actually appreciate every 'one' in the dream around you. No back biting. No, "*I don't like this, I don't like that.*" It's gone.

And the ego always says, "*Oh, I want unconditional love.*" Then get rid of the 'one' who wants it, and you'll be *That*.

That's already a separation — *I want 'this'.*

You are That — Stop hiding It!

How do I stop hiding my Self? Stop thinking about everything and labeling everything. Have I said that enough?

And, stop telling stories about your so-called past! I don't have a past. I don't have parents.

*"Oh, but you said your Dad's 92?"* Yeah.

You either want to know what it is, or you don't. Want to play around? Then we could all be 'spiritual' — *another identity.*

I'm washed away in this thing!

All you end up with is the biggest 'I don't know'. So anything you think you know, is in the way. Any idea you have about anything at all is wrong.

*"Well tell me what's right?"* You have to see it.

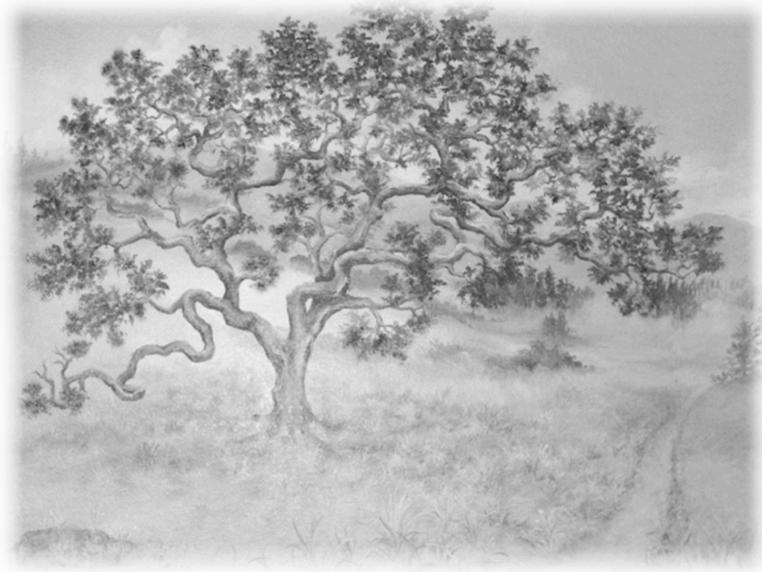
I can't objectify this for you, I'm pointing.

Be your own Self, right now.

How could I tell you how to *Be*?

I could tell you what's in the way — all your belief's, about anything. I've told you there's no sun or moon. There's no sky, the way we think of it 'out there'.

Robert Adams<sup>2</sup> used to say that, paraphrasing: *I would walk outside and someone would go, "What a beautiful blue sky!"* — and he knows there's really no sky there — but he still says, *"Yes, it's a beautiful sky."*



There's no such thing as ancient. So *how* could you have a history? It's all *now*. There's only the *now*.

And if you say, “*I remember that happening.*” That’s happening *now*.

There is no past or future. That’s going to be the next big shift in humanity — the belief in time.

So what happens when humanity stops believing in time? They stop worrying about a future, they stop holding onto a past, as beings within the dream, and they take care of each other.

What is greed? Greed is fear.

Why do people hoard things? Why the disparity?

Why is my share not equal to yours, or any human being’s?

When you see that every human being *is* God — I’m just pointing to *what is*, and the flow of this thing — this holonomic flow is on vast scales — and we’re a blade of grass.

But this is *It*. It’s yours. *Now*.

If you’re sitting in the *now*, thinking of the past, you’re in the graveyard. You’re not experiencing life.

Life... is... *Now!*

If you're obsessed with the future and the past, you're nowhere. You're not present in the birth of what's happening, you're not really living... you know? I'm not saying that to make you feel bad.

You just want to be the One, just know the Self. These things will come and go, the show will come and go.

*...silence*

You *are* enlightenment — you've got this phantom in your head that thinks it has to go find it!

*...silence*



I have a short poem I was thinking of reading... this is great... it's Whitman, it's from *Song of the Universal*:

*Give me, O God, to sing that thought!  
Give me — give him or her I love, this quenchless faith  
In Thy ensemble. Whatever else withheld,  
withhold not from us,  
Belief in plan of Thee enclosed in Time and Space;  
Health, peace, salvation universal.*

*Is it a dream?  
Nay, but the lack of it the dream,  
And, failing it, life's lore and wealth a dream,  
And all the world a dream.*

*...silence*

Worship your Self — your own Self.

*...silence*

Like he said, is it a dream, nay, the *lack* of it a dream.

Once the natural state is found, what is enlightenment?

If everyone on the planet right now was in the natural state, what would be enlightenment?

So what he's saying — is it a dream?

When I say it's a dream state, that's to point to what is. But he's saying that lack of it is a dream because — the lack of knowing it, how's that? — the lack of the knowledge of *It*.

And the failing of knowing it — all the world, whatever you get, it's just nothing.

Only by knowing the Self can there be any meaning.

That is, if there's meaning to this, like I've said, it's to know the Self.

I don't know what the Self *is*, you see? I'm like a leaf in the wind, I have no idea.

*...silence*

Not knowing.

Not 'I don't know', right? Not even 'I don't know'.

Not knowing. *Complete faith in the moment.*

The ego imagines all these problems — but you don't have to figure out how to digest your food!

Like I always say, you're safe as mother's milk!

The imagined one must go. And then you realize, you never left home.

It can't be known what the Self or the Absolute is. It's the subject. It's Aloneness.

It cannot be objectified.

*...silence*

So what do you do?

You be still. You stop entertaining thoughts.

It's not going to happen overnight. Or, you might be real lucky if you can find that *one moment*. You're not going to be fully enlightened all in a flash, but a real turning will happen at some point — when you stop having opinions.

Now if that sounds like I said be uncaring, I'm not saying be uncaring, I'm saying the opposite. Be so

caring that you don't have opinions about what happens.

I'm not saying don't be a caring Heart — I won't even say 'person'. That Heart will respond so much better in this Stillness.

It won't tell a story and that Awareness, the Consciousness, will not be pulled into this human drama. You want to help the world, this so called world? Find your Self — truly — you can't untangle this.

Stop watching the news. If anybody is watching the news on television, that's what my request is. If you need to check the weather report, do it quick and get off.

Do not read anything about this so-called world. It's reinforcing it.

I read this shit and I start believing it's there again! It's like, *Oh my God! (laughs)* That's how powerful the mind is!

You know, for a moment it's like, *Oh! yeah? right! what?*

No. No TV.

I mean, do what you want... do what you want, you know, I don't care — *I do care* — but I'm suggesting. Don't read the news, it's all a bunch of people *in trance*, by committee, trying to save the mess that we made, in the dream, 'we'... all these devil moi.

And the Self is just, you know, watching. It's not doing it!

You say, "*Oh, it doesn't care about us?*"

It cares about us *so much* because it is us! We're not separate from it.

It's the mind imagining it's separate and screwing up the whole show because it's not surrendered. It hasn't realized its source — which is no source because you're *That!*

... *silence*

Crazy, huh? (*laughs*) But it's safe, alright?

It's safe to let go and just *Be* — *now. Always.*

*The Unreal is Created With Language*

Move slower, don't rush around, whatever you do.  
Make believe you're 70 (*laughs*), or 75, right?



*Do everything slower.*

*There's no rush.*

*The mind is in a rush.*

*Life is not in a rush.*



*We are only the Looker.*

*The only thing that is Real in this whole  
presentation is That which is looking,  
not the perception.*



## The I-Thought Belongs to No One

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Let's talk about thought. What is thought?

You know, we hear that this whole thing is made out of 'thought stuff', and we can talk about that, but the idea of 'a thinker' is a thought, the I-thought.

Language is just something that's an object to the Looker.

We are only the Looker. The only thing that is Real in this whole presentation is That which is looking, not the perception.

There's perceiving happening, but no perceiver. And even the known, even that which is perceived, comes up together in unity with a knower and a known. We are neither the knower or the known, we are the

Looker behind it. It arises spontaneously, and it arises to no one.

The I-thought belongs to no one, it's a thought — 'I'.

Now what identified with that?

Consciousness Itself identified with 'I' when we were quite young within this dream. There became a point between two and three and a half — it's in that window that this 'I Am' condensed.

Prior to that, there was just *This* — Awareness.



*The I-Thought Belongs to No One*





*How much do you want to know Reality?*

*How much is your heart willing to extend  
itself to know Reality?*



## The Knower and Known Arise as One, Not Two

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There's something I wanted to talk about and I think it would be helpful.

It's the whole crux of the matter so to speak. Critical... critical... in this unraveling.

In the Bhagavad Gita<sup>3</sup>, we're told to 'know the knower' — *know the knower* — and I'd like to look at that because it can clarify a lot of the illusion — *All* of the illusion if one is amenable to it.

The knower and the known arise as one solid, holographic projection within the Absolute — in dream-like form — as though two mirrors were facing one another, without there really being such a thing as mirrors, two reflected surfaces.

And on one side there are pictures being displayed, and on the other side there's a 'knower' of the pictures being displayed that has no 'person'.

And it's flashing on and off, at lightening speed.

And between the two there's a so-called 'mind', which is just a stream of language with something called 'I' that gets identified with by the 'knower'.

And behind all that is what we call the 'witness', made of the same stuff!

Knower and the known, perceiver and the perceived, behind which stands a witness that does not arise and fall — it's ever present, never moves — and nowhere a 'person'... only Oneness.

When one hears, 'know the knower', immediately the mind says, "*OK, I want to know the 'knower'.*"

That's the 'knower' — who's false! — saying, "*OK, I'm going to go find the knower.*" And it looks and looks and looks and looks.

There's the knower and the known, the whole universe that we call the universe — and there are

*infinite universes*, there is not just one universe that exists somewhere.

Now if I call it ‘your’ universe I’m really going way off... now I’m leading you down the garden path, so I won’t say that... but there’s a knower and a known that creates the ‘apparent’ universe — *instantaneously in a no-time Absolute*.

There’s the knower-observer-feeler — feeling arises — and there’s a noticer of the feeling. A ‘knower’ *and* the ‘feeling’.



A thought comes up in mind, “*I hate myself.*” and there’s a noticer of the thought. There is a ‘knower’ and the ‘thought’.

The Knower and the Thought Arise as One. *There's a huge assumption being made that this 'I' — that knows the thought — is separate from the thought... but they're arising together and they fall together, back into Silence.*

“*I want to go to Hawaii.*” comes up.

It's assumed there's an 'I' that has the thought that it wants to go to Hawaii, when the 'I' and the Hawaii thought *arise as one solid, holographic event.*

What notices *That*?

There's *something* noticing/witnessing *That* — which is called the 'witness'.

So, Nisargadatta put it this way, very beautifully, I'm going to paraphrase:

*As long as the knower and the known are seen as separate, or believed to be separate, the witness stands apart. When the knower and the known are seen to be one, the witness is one with them and witnessing happens.*

There is a belief, in the fiction, in the assumed separation of these thoughts/feelings — 'I' have these.

Someone will say, “*I have this feeling. This feeling comes up, and I have it.*”

That’s all one solid thing coming up and going down back into the *nothingness*.

And it belongs to no one. Let’s take it from the point of view of the fiction — fictionally, say you have a thought, “*I hate myself.*”

Now you could say to someone, “*I hate myself.*” — you noticed it, *something* noticed that thought, so *you* can’t be the thought.

When it’s realized that all this arises *instantaneously*, like we’ve always talked about, and the knower and the thought are one, then *You* can’t be the knower of the thought — if it’s one.

Like the Bhagavad Gita says, ‘*know the knower*’.

This is one imaginary illusion — of a knower and an object.

That’s the illusion — but *something* still has to be witnessing that.

Again, like I always say, for something to be perceived as transitional, the thought comes and the thought goes. Arises and subsides. One solid unit.

*“I like ice cream.”* It’s assumed that there is an ‘I’, that’s real, that likes ice cream. But what *witnesses* that? The witness *itself*, which is Pure Consciousness, the I Am without thoughts, memories, associations, perceptions — *I Am-ness*.

And it’s this assumption that creates all the pain, creates all the suffering, because if it’s assumed there’s an ‘I’ that has these feelings, these pains, these disturbing thoughts — or wonderful thoughts — whatever it is, as long as there’s an ‘I’ that has a wonderful thought, then that same ‘I’ could have the opposite, and claim that.

There’s a claimer that’s not real — Absolutely not real — it’s language.



A one year old does not have the thought, “*I hate myself.*” It doesn’t even know that it ‘is’ yet, but it is, it has *I Am-ness*. It’s witnessing.

Now this has been going on for a long ‘time’ for a lot of us, so this is a very, very entrenched belief and assumption. Trust me, it’s not true.

Now, you could have a thought right now, “*I’m not so sure he knows what he’s talking about.*”

That ‘I’, and the thought about “*he... not so sure what he’s talking about*” is just the Mind. Just *language* coming up in space. No entity has that thought, it doesn’t point anywhere. No one had that thought.

The witness didn’t have it.

The witness doesn’t think.

Now, as Maharaj said (paraphrasing): The witness stands apart as long as there’s a knower separate from the known — as long as there’s a belief that there’s a world out there and an ‘I’ seeing it, a *knower* of the world, as being separate, the witness stands apart.

It cannot be experienced, even though it's there because the belief is so strong in this false entity, this false 'I' that is one with the thought itself... or feeling... emotion... a claimer of it — as separate — as long as that's there you're lost in the wilderness of this illusionary world and you're bound to suffer, you may have some joys, but they'll certainly follow with suffering.

There'll never be a fulfillment because the witness is gone, it's veiled. The veil has dropped, very hard... for everybody. Quote, 'every' quote 'body'. *There is no everybody, that's part of the illusion.*

The Bhagavad Gita says, '*know the knower*'... there's no one to know the knower, but when it's seen that *the knower and the known are one*, then the witness unites, then it's all one.

Witnessing happens, to no one, but then 'witnessing' happens. That's what happens upon so-called 'awakening', and yet the witness, the conscious witness, still has a sense of 'presence'.

This I Am-ness is the first concept, it Itself is part of the illusion.

You have many people who get to the point where they are witnessing and it's... "*I am witnessing...*"

You hear many Neo-Advaitan's say, "*Find that presence.*" That's very important, that's step one. That's what Maharaj always said (paraphrasing), the knowledge must come, but then the knowledge has to go.

The knowledge that he's talking about is certainly not that fictitious 'I' that feels separate having knowledge 'of something'. It's Knowledge with a capital K. It's unspeakable knowledge of the witness.

But many — 'up there' — there's no longer an urge to go any further and the 'I' comes back in and 'they're' awakened... there is 'someone' who is enlightened, there is 'someone' who has found something.

Resist the thought that 'I' want to be awakened. The thought 'I' and 'want to be awakened' arise as one in the Mind.

It's the Mind saying, "*I want to be awakened.*"

Every step moving into that, is a step away from what you *are*.

‘What Is’ does not need to be Awakened. It is ‘That’.  
We are ‘That’.

But this idea of a separate knower from the known is  
the strongest part of this illusion.

It wasn’t there when we were very, very young. And  
when I say when we were very, very young, that  
body-mind organism is made of *dream stuff*.

This is a *dream* of this! And then within the dream  
of ‘*Big Mind*’, within Parabrahman’s display, It’s  
saying, “*Look what I can do.*”

Maharaj said once, I’m paraphrasing: All this  
manifestation that appears to be is an advertisement  
for Parabrahman.

This *unknown, unmanifest* consciousness, the  
substratum of *all* — *Oeness* — prior to the word  
Oeness because you can only say it’s Oeness as  
long as the dream is being expressed — we’re talking  
from the expression itself looking back, from that, it’s  
just love.

*It is love.* Pure, perfect — prior to the word perfect because that implies something could be imperfect — *Love!*

And it loves to do this! This is Its expression of Love.

The ‘I’ will come up and go, “*Well, there’s a lot of things not going on right here!*”

That’s just fine, it never happened, there’s no ‘sting’ once it’s seen from *Its* perspective.

From Reality’s perspective, nothing ever happened. It’s only this fictitious ‘I’ that believes it’s in a world that’s claiming a problem with it.

So, anytime *any* thought comes up, any and *every* thought, a certain amount of diligence has to be applied, just has to be, in order to untangle this.

And, eventually, everyone’s going to be enlightened — at some point — no one’s going to get lost.

But how much do you want to know Reality? How much is your heart willing to extend itself to know Reality?

This 'I' — this fictitious 'I' — is so willing to continue in this fictitious ownership of something, it'll do it right up to the last moment when this body is laying on its death bed.

And then it's going to go, *"Holy Shit! I don't know... what?... I'm sorry, now I'm scared! Now I'm frightened! Because I don't know who I am... I don't know this!"*

This fear will come in, that's why everyone is so fearful of 'death'.

If one finds Reality before that passing, there's no death, because you die while you're *in* the dream. That's what Parabraham is extending to us, that's the invitation, It's inviting us: *"Come on, I'm right here, come on in."*

But everyone is *addicted* to this thinking. They just *can't* stop thinking and believing.

That's why it takes time... for many... to reach a full point of pain.

You should pity all the ones in the world — the 'dreamworld' — who have it so damn good, life is just 'A'. You know, they've got the fast cars, they've

got the big house, lots of money. ‘They’ think — ‘they’, their fictitious ‘I’ — thinks everything is fine when in reality the only purpose of ‘coming’ into this dream is to become free of death.

We can all watch the media and see all these famous people who, boy oh boy, they’ve got the world by the you-know-what, but when they start getting later in life, they start injecting plastics into this body that they’ve identified with to make it look like it’s going to go on forever.

This ‘I’, this fictitious ‘I’, wants to go on forever, when it’s so obvious, even on a relative level, that it’s not.

*“Ahhh, there’s always going to be a tomorrow.” Really?*



There's no such thing but, I'm speaking relatively, this is how deluded this 'I'-sense has become: "*Ah, it's always going to be... yeah... yeah... tomorrow.*"

All of a sudden, and we don't know when, we could drop dead of a heart attack, this body could just drop — *Hari Om Tat Sat* — then oh, oh, back in the illusion *again...* in diapers!

When a thought comes up — and it doesn't have to be an 'I-thought', it could be a simple thought like '*this sucks*' — there's an assumed 'knower' who we identify with that's saying '*this sucks*'.

However, in actual fact, it's just a 'thought' — '*this sucks*'.

But until this is seen through, the knower and known are perceived to be separate, and the witness stands apart.

That's why I always say it's like a moving forward, that the witness moves forward.

To me, if I have a thought '*this sucks*', there's no attachment to it. I'm not the mind, I know that. It doesn't mean anything — it's silly, it's laughable.

But when one is in the trance of being that fictitious entity that owns that thought, it's just a world of pain and it's just going to continue until a certain diligence is applied.

What is the diligence? Be aware of the thoughts.

When a thought comes up, any thought, say to yourself, "*Who's the knower of that thought?*"

And once it's been contemplated and accepted that they arise together, the thought will arise and you'll say, "*Who's the knower of that thought?*" to yourself and the mind will get quiet. It's been uncovered. It's been seen. There'll be silence.

And here's the kicker — there's always just this flashing of images, and when a thought arises with the knower and the known, that's just *One Knower*.

That particular knower only knows that thought and then it's gone.

There's not a knower from last week that knows the thought that just arose now.

There are infinite knowers and knowns.

We've all experienced infinite knowers and knowns of thoughts, feelings, emotions, associations, perceptions — we as this body-mind organism.

It's memory that creates the illusion that the knower of the thought that arose yesterday, is the same knower of the thought this moment.

But that memory that comes up happens when? Now! There is no then! There is only this now with these passing, flashing pictures that contain memory also. This is how strong the illusion is. I'm not describing a bad illusion. I'm describing the illusion that Parabrahman plays in. This is a play!

Again, there is probably a thought somewhere amongst here (the group attending the Satsang): "*Oh man, why did this go wrong?*"

That's the 'I' saying something went wrong, "*I don't like this.*" Well if you don't like it, find Reality!

And then you realize there's no one doing it, except Consciousness playing with Itself!

Memory is the thread that sews all this together.

This 'I' is identified not only with the thought and the feelings that arise, but also the body in the picture that's flashing. I just described that people are injecting their bodies — their so called bodies — with plastic to last longer even though the inevitable is known.

Science tells us that skin cells are dying constantly, that *every moment* this body is different. I don't look like I did when I was twenty. I certainly don't look like I did when I was two. How could I be the body? It's never static, it's always changing.

How could 'I' be something that changes all the time? This is so obvious and yet this illusion is so strong that it's reinforced and reinforced and reinforced.

Once the witnessing occurs, there'll still be a sense of presence which is also part of the illusion, that's part of the Consciousness. That eventually dissolves, on its own if one is amenable, and the big Nothingness is revealed.

There's no other way to describe it.

Nothingness is revealed. There's just That. Oneness prior to the word oneness.

It's like Maharaj would say to people sometimes (paraphrasing): Now you know the nothing, now you know the nothing, now you can go. The nothing.

There is no such thing as ancient. How's that!

I took pieces of legal writing paper, right after 'the shift', and I papered the walls here. I was so into, and overwhelmed with, 'the shift', that I wrote out 'there is no such thing as ancient' and posted it on the door so that every time I went out I would see it as a reminder. Diligence.



There was not an 'I' doing it — though it hadn't unravelled to that point yet, so there was still *a sense of 'I'* being diligent, so I threw myself into it, I had quotes everywhere. Yellow paper everywhere.

There is no such thing as ancient because there is no past or future, there's just this no-time now that everything is flashing in.

Like I've said before, "*We could go to Ramana Maharshi's sacred mountain Arunachala<sup>4</sup> and say, 'that's been there a long time'.*" Well... not really... it's just appearing right now, it's a perception. It's flashing on and off.

Memory tells the story... time tells the story... that it's ancient. Nothing is ancient.

*...silence*

We're neither Consciousness nor its witness, *we're prior to* — that's why Maharaj said we're 'prior to consciousness'.

And that's called Awareness, the sense of awareness during deep sleep, but it's really unawareness, 'words' again, it's a nothingness — a no-thing-ness. An

intangible thing to describe. It's freedom prior to the word freedom. There's no knower to be free anymore. The veils are pulled away.

It takes a certain amount of diligence, like I've said, or will, to watch these thoughts come up. I've had people ask me, "*Well, who is this thinker? What is this thought?*"

The knower of the thought — and the thought — are just one solid, illusory part of the veil.

Thoughts arise and subside, they come and they go — but it's assumed there's a separate one who had the thought. That's why I always say the 'I-thought' is just a thought.

*...silence*

The body is a perception.

You don't have a body in deep sleep do you? We all run to deep sleep because we crave nothing more than our own absence.

But we can have our own absence even in the so-called 'waking state'. That's what 'this' is about. And

then it is seen that the one who thought it was living a life, has died.

So when the dropping away of the body finally comes later on in the dream, there's no fear. You are already *That*. "*Where can I go?*" Right?

When Ramana Maharshi was dying, he told his devotees, "*You say I am going away, but where can I go? I am always here. You give too much importance to the body.*" Remember that?

There's no coming and going, there's just this one solid block of Reality that's formless, colorless and the forms and colors appear in and on it, in dream-like form in the so-called waking state.

It dreams this. It advertises... it's an advertisement of Parabraham saying, "*Look what I can do!*"

We're using words, but it's saying look at this, because It's *love*. It's love. All love comes from the love to be. That's the initial love. Whose love is that? Parabrahman's!

It's only when this 'I' gets believed in that there's a problem with Parabrahman's love.

And why does Parabrahman do it? We can only say that It just loves to expand its love. Pure love.

It has no attachment to good, bad or indifferent. It loves the expression itself and we're part of it, we as these body-mind organisms are part of it.

It's been going on a long, long, long time! There's no way out, the only thing that wants a way out is this fictitious 'I'. It wants *out!* It even wants to be enlightened! It thinks enlightenment will be a way *out.*

There's no 'I' that needs to be out. There is no individual that needs to be enlightened because there is no individual!

That's what enlightenment is, realizing there's no such thing as enlightenment.

But everyone should want to know who they are, nothing's more important.

All the experiences that come up in so-called spiritual seeking — they're wonderful — and the world is seen as not being solid. I took delight for a long time after 'the shift', and the delight is still there

but it's not an attachment, but I took delight in seeing how diaphanous this thing is — how what a beautiful expression it is. Until it turned enough where I still didn't know who I was — because there was still somebody clinging to 'I'. There was still a belief of an 'I' now perceiving the change. Again a perception... a beautiful perception!

But really, what quote/unquote 'really' is going on here is not solid, it's a dream. But the dreamer was still there thinking that there was a dreaming 'I' still there saying, *"Oh, now, now I see... now 'I' see!"* And it took awhile.



No one will know Oneness. No one will know the Self. No one's ever known Nirvana because that one that knows, that knower — in the knower-known dyad — has to go.

That's why Buddha said after awakening you might not even be aware of your own enlightenment — he called enlightenment the final step or Nirvana — because there'll be no one there to know it! It might not be recognized so immediately.

The knower of it's gone, there's just nothingness. It's everything-ness at the same time — and prior to both words. It's 'what is', it's reality, it's the only reality, all the rest is just nonsense. A wonderful game of nonsense... again... nothing went wrong.

Look at that knower-known dyad — *really contemplate that* — and that's something you can do all the time during the day, it's not just in sitting.

Or, if you are sitting in meditation and a thought comes up, "*Oh, I can't sit still.*"

Let's say you have the thought, "*Aw Shit, I can't sit still!*" — immediately follow that with, "*Who's the knower of that?*" — and think, "*Well wait a minute, the knower and thought are one, there's not a separate knower of it.*" — and it immediately loses its power that way.

And eventually it gets to a certain point where, once it's seen, it doesn't matter what thoughts come up because they're not yours so there's no battle any longer. There's none of this, *“Well, I don't want to have thoughts, I want to be in a thought-free state.”*

At a certain point it doesn't matter what comes up. It gets very quiet, and it gets very whispery, but it doesn't matter.

Any thought that arises 'here', it's not mine. *It's just 'thought'.*

Here's a Maharaj quote — from Chapter 83 of I AM THAT:

*“As long as you believe that only the outer world is real, you remain its slave. To become free, your attention must be drawn to the 'I am', the witness. Of course, the knower and the known are one not two, but to break the spell of the known, the knower must be brought to the forefront. Neither is primary, both are reflections in memory of the ineffable experience, ever new and ever now, untranslatable, quicker than the mind.”*

Exactly what I was saying.

I hope someone could hear what I said — I hope *no one* heard!

Actually, I'm speaking to the Consciousness as Maharaj would always say — because as long as we speak to that person we're nurturing it, we're nursing that person.

Please know when I use the words 'I' and 'you', I'm really trying to reach *what's listening*.

The 'I', that person, isn't listening. There's no person sitting here listening.

That person's like, "*I don't want to listen.*" It doesn't have any interest in this because it means it's going away.



*The Knower and Known Arise as One, Not Two*





*When a surrendering happens  
enough that Grace moves forward,  
there will be nothing that could  
keep you from That.*



## You Don't Have to Suffer

---

If there's anything to be serious about, it's what I'm saying.

I'm telling you, you don't have to suffer... at all!

You can say goodbye to suffering.

Goodbye to fear.

Goodbye to desire.

The desire of needing something to feel 'complete'.

The human thing is totally independent of what's going on in Reality.

The Reality has nothing to do with this. It watches it. And It says, "*Come home, I'm right here.*"

When we sit with eyes closed, and when we sit in meditation — and thoughts arise — I'm sure that sometimes, when thoughts come up, there's an antsy feeling, like the body wants to get up, like there's something saying, "*I'd rather be doing anything else.*"

When a surrendering happens enough that Grace moves forward, there will be *nothing* that could keep you from That.

Someone who has *Jnana* has merged with That... so to speak... that's not a good word though... because there is no one that 'merges' with It. It's a description. There is no 'Johnny' who merged with the Self. 'He' missed the boat — Cosmic Joke!

Once that awakening comes, and it's seen that there is no entity, things will move much quicker. My saying, "*Who?*" will make a ton of sense, it will bring laughter.

And it's not like all thoughts don't have value.

You'll *know* the thoughts that arise from the 'core', they're not conditioned by a mind, there's a certain purity to them.

For example, words are coming out of my mouth now — in an attempt to describe this — but they're not conditioned by a mind with an agenda or a purpose.

That is the Absolute welcoming. My mouth is moving and the Absolute is gently suggesting '*to come home*'.

And then, you find out you never left home, you *are* home! You can't go home because you *is* home. You *is* what you are looking for.

Right now — what happens when you look at your own eyes, when you look back at the Looker, and you consider that the Looker and everything It sees is the same substance?

What if you were everywhere, and not somewhere?

What if the space, the apparent illusionary space that we are looking out into is truly just the eyeglass of *nothingness*? With no 'entity' behind it? No particular entity behind it. What happens then?

Any thoughts that come up in mind right now are just another object floating within that space.

Not my mind, not your mind, *One* mind.

The thinking apparatus that functions in one body-form and the thinking apparatus in another, *are the same thing*, just conditioned differently. Belonging to *not* a person. This is the realization.

*The realization is that you are not. Consciousness is, and that's temporary as far as Its manifestation.*

There is no 'you' waiting to be enlightened. There is no 'you' to wait for awakening. All waiting is a step away from It. Don't wait!

You don't have to wait to *Be*.

And when the mind says, "*Ah shit, it's not happening.*"... ignore it. It's not going to happen for that one anyway. That's the one who's always in the way.

Laugh at those thoughts!

*You Don't Have to Suffer*





*It's a dream of a thing called enlightenment.*

*The more narrow one's focus as believing in  
a body, in a world, in a someone — the  
more suffering.*

*What if none of this existed?*



## It's a Dream

---

This pinprick universe that I exist in, it's a beautiful time of the morning and it's dark.

It's a dream. Two dream states. You dream at night... you wake up to a dream.

There's no 'you' that wakes up to the dream, I'm talking about the *One* wakes up to the dream.

*One dreamer*, many claimers. The claimers are made out of thoughts, made out of an alphabet.

Is there such a thing as an alphabet? *No*.

Are you in a world? *No*.

How could emptiness be anywhere?

The I-thought is made of condensed emptiness also.

The body is made of condensed emptiness.

These are not ideas that I'm suggesting to you. I'm telling you from 'my experience'.

What everyone calls the world... *from here...* is just a dream-like place... *nowhere...* made out of light-bubbles that float.

Is there such a thing as light? *No.*

Blow out the light of Awareness... that idea.

*Hear me* — hear what I'm saying.

*What if none of this existed?*



What if the *seeker* was just an idea?

What if you went and looked in the mirror in your bathroom and all of a sudden the reflection started to move around and talk to you and say, “*I don't know who I am. How do I find myself? I have to improve. I have memories. I want to become President.*”

This is what we are — we're *not*.

I'm not saying the ego is not. The ego is an idea that exists within Consciousness.

Is there such a thing as Consciousness? *No*.

Is there an Absolute? *No... that's an idea in the dream too!*

So, how is a reflection in the mirror who heard of the Absolute going to find it?

What if you went in the bathroom and looked in the mirror and the reflection said, “*I need to be more spiritual.*” Funny, yeah?

But this is ‘my’ experience... I don't know who that is but just a reflection talking to another reflection in the dream of one big, big, vast *no-time mind*. I don't

know. God? I don't know. There is no God because it's a *dream!*

It's a *dream* of Gods, Goddesses.

It's a *dream* of a thing called 'enlightenment'.

There's no enlightenment, there's no one to have it!

*"Then what makes all this stuff move? How come I see motion? How come I see activity? How come I see intention?"*

You see the *reflections* which appear on this vastness... using the alphabet.

And it never happened... *ever*. It *never* began. It's just pictures flashing.

There has never been a human being that existed anywhere, because nothing has ever existed... anywhere.

The problem comes from looking at this *form* that we call our body.

Our... my... body. Alphabet... Brahman... Consciousness and words... *in a dream*... we don't

know who the dreamer is, we're the reflection... as 'peoples'.

Now, peoples say, "*I'm going to sleep now.*" They claim that too.

What happens is the Consciousness, which is imaginary, thins out and the projection of the pictures with the thoughts goes away and there's *nothing*. We call that deep sleep.

In that deep sleep state of the imaginary Consciousness, the only thing real is something that's just *looking* at the nothingness of deep sleep. And when It allows the pictures, It's still there. It never goes away.

Nothing comes and goes from 'Its' perspective — that's 'your' perspective, because there's no one else.

The *trance* is the mind describing everything 'it' sees when pictures start. The narrator. It has nothing to do with anything. It's behind the beat.

The more narrow one's focus as believing in a 'body', in a 'world', in a 'someone' — the more suffering.

Everything I say is a metaphor, because words are metaphors for something that doesn't exist. We're going right, right to the core.

If you go in your bathroom and look in the mirror and the reflection all of a sudden started to move and say, *"I'm very unhappy. What should I do? I don't know who I am."*

And you said, *"Don't worry."* And then you walked out of the bathroom... would you still be thinking of the reflection in the mirror?

So, if what we take to be real as our bodies — as *reflection* — what is it reflected *on*?

I am not giving the mind that task of figuring that out because that's part of the illusion. I'm just telling you that there's an Awareness that never goes... and *all this* — all these problems of illusion — belong to no one.

There's no such thing as 'liberation'. *Who's* going to get liberated? From *what*?

When I say this 'enlightenment' happened and there was no one to claim it, I'm not kidding. I don't know

*It's a Dream*

where the words come from. I don't know how this mouth moves.

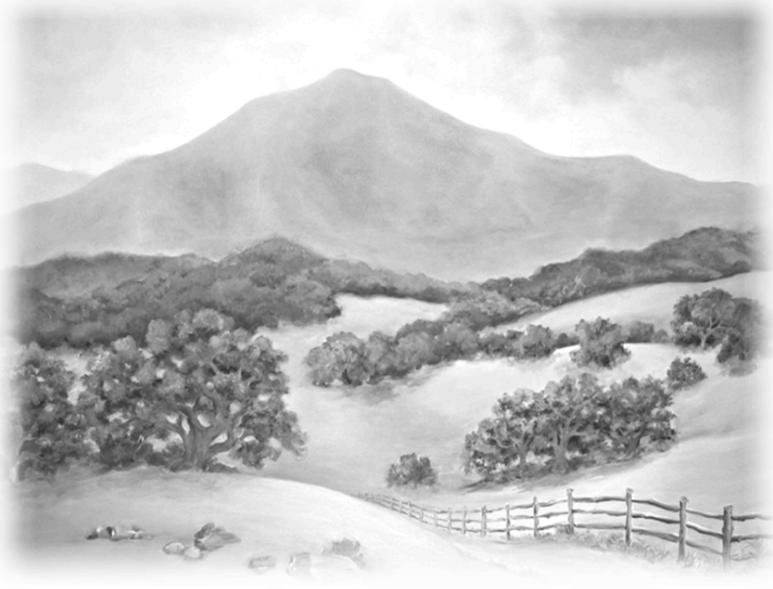
In reality, these sounds are just like a dog barking. There is no meaning, there is no purpose, there is no goal, there is no time, there is no space. You're dreaming. Who's dreaming? No one!

The Self dreams.

Who is the Self?

Vastness and Emptiness. Eternal.

Is the Eternal safe? *Yes.*



Is the imagined safe? *No...* because it imagines it's not safe. It imagines it's in a world. That it's the body, it's the mind... 'it'... this little thing running around. Just a reflection in a mirror running around trying to find out who it is.

The reflection says, "*Well, I don't see that.*" Tell the reflection to piss off! ...*laughs...* You won't hurt its feelings!

The mind is playing a dopey game of believing that it became the form.

Is there a form? *No...* it's a reflection.

Is there a mind? *No...* it's a stream of objects within nothingness. All words.

"*Then why, why, why did all this happen? Why, Why? What is my purpose?*" There is no purpose.

"*Why, I thought love was the purpose?*" The Absolute doesn't know about love because it's beyond the idea of love, or anything.

Is love the highest? *Yes.* Why? Because the dream is unreal, but *it is, right?*

Aren't we talking right now, in the dream? Aren't there other dreamers within the dream and the reflection that need things? Don't we *need* things in the dream?

Can a reflection in the dream be independent? *No*. It's *utterly dependent* on every other reflection in the dream to *exist* within the dream. But it doesn't exist... but it exists.

Is it real... unreal? It doesn't matter at that point. It's a magic show. We're using words to describe the most incredible *magic show*.

Who's the director? Who's the creator? *That!*

Are you going to find *That*? *No*.

You don't exist. You're the rabbit in the hat... you as *body-mind*.

*...silence*

When the wind blows past my ears it whistles because there's nothing there, between them.

So, the reflection wants to know, "*How can I relax? What should I do?*"

You're a *reflection* — you're being *done!* Stop imagining that you're in control of anything.

And that imagination of being in control happens *after* anything happens in what we call 'words' describing it... *I just did that... he just did this... she just did that.*

Stop doing that... stop that habit... and you'll see the reflection. And you'll know the Self. Your own Self, the *only* Self. The Eternal.

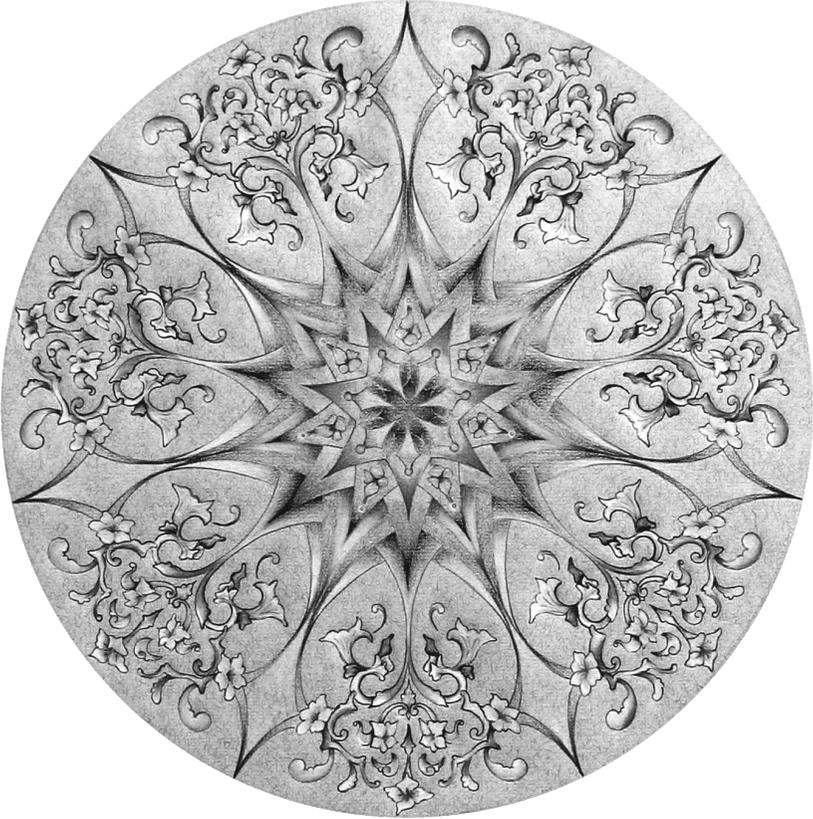
Gurus... teachers... students... cats... rats... and elephants. Make believe!

This Guru is higher than that Guru. Make believe!

How could a reflection be higher than another reflection?

If there's no knower, who could be the better knower?

So, *being still* is not narrating anything — or allowing that narration to continue.





*True safety is in knowing the Self  
because you're prior to birth and death.*



## Don't Be Afraid

---

This idea that arises that “*I’m afraid, I might not be safe.*” is such a lie.

The only true safety is in the Self. So even that movement of “*Oh, I’m afraid I won’t be safe.*” — Holy crap is that a bunch of crap! That’s the ego, fearing its own imaginary self being shown. But true safety is in knowing the Self because you’re prior to birth and death.

I am completely aware of the fact that what I experience *now*, was the essence of a year before I was conceived in New York, this body was conceived in New York. No doubt.

And it’s all make believe. It’s all mental stuff. There’s no world that this happened in. There was never a conception.

Empty, empty, of empty, it never happened. There never was such a thing as a human being.

Imagine sitting in a room, and up in a corner of the room in the empty space, you could project and picture a world.

And in that world there's people, imaginary people, and you're watching and an imaginary man, meet an imaginary woman, and they have imaginary sex, and another imaginary form grows in an imaginary woman and pops out and now there's three of the same thing.

That's what this whole world is!

That's why Maharaj said you're the child of a barren woman.

That... when *That* is seen... that's *jnana* and it's a shock at first but it's a wonderful shock.

It's freedom... for no one... but it's freedom. And then there's no one left to accept or reject anything.

*Don't Be Afraid*



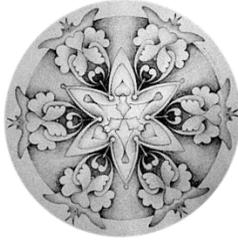


*What can you trust?*

*You are, you know you are.*

*But you don't know 'what' you are.*

*So, invest what you must of your attention —  
find It.*



## How Does One, Speak to One?

---

Is anybody out there? ...*laughs*

Well, there's One out there. I'm not talking to anyone in particular. Forget that, I refuse.

So, we're having a conversation of One.

How does One, speak to the One?

*Hmmm.*

Something must separate from the One to speak to It — So that's what's happening.

In some of our Satsangs I have been speaking about function, but I don't want the mind to crystalize around... *I get it'.*

We're going to the land of there's no knowing of that, there's just the mystery of what we are.

*...silence*

You know one thing — what can you trust? — you *are*, you know you *are*. But you don't know *what* you are.

'Being' doesn't have to have a definition, It's the *foundation*. You are *That!*

Who knows what *This* is though? You can only *be* it. And when you do that, when that movement happens and there's this knowing and peace that's — *solitary* — *there's no one* — there are others, yet they are you, it's a solitary peace.

You've lost all 'separateness'.

*...silence*

OK, let's look at it another way.

Your universe is yours, the whole thing is *yours*. You are a speck of nothingness out of which this whole thing arises every morning. You know how I always

go back to the daily movement of *This* — this is where you can catch it.

Forget about the mind. Forget about the thoughts that arise, they are conditioned.

They're conditioned by belief... and we're unravelling all beliefs. I don't believe in anything.

I'll tell you this, there's no such thing as a human being. *Never happened.*

Nothing ever happened.

I'm an ocean, you're an ocean. ... *laughing...*

We are the biggest non-causeless ocean, in a dream — *still laughing* — and anyone who tells you how it happens... *whoa... yeah...* I'd like to know!

*It's a mystery.*

*...silence*

Not your mind, One Mind.

One *thing* looking and watching, imagining all these persons. One Looker.

*You're so safe.*

You're just watching this... as *That!*... as *The Supreme!*

*You are The Supreme!*

You are *not* the one you imagine you are — or that was imagined, or dreamt, *by* The Supreme. It all comes from one place.

Everything is One.

*...silence*

You don't have to look for It. You don't have to wait for It.

The mind will think, "*Oh, I have to do these things.*" And you know what, it has to play out.

*Meditate... meditate... meditate... meditate... meditate... meditate... that's what I say, truly.*

But don't be the meditator or the object of meditation, just sit *still*.

*How Does One, Speak to One?*

Find the place that's still in any moment — that place between two thoughts. That place has no problem, it has no issue.

The 'ideas' disturb.



You don't have to think. If you could not think another thought... ever... everything would play out and you'd be free of suffering.

The mind will become 'still'. Thoughts will still come, but by finding that space between two thoughts and going into it... *things will move*.

When one views the world without thinking — the so called world... just here, it is but it isn't — but

when one views it with no thought, it becomes *magic*.

It becomes the most magical, exquisite expression of your own Self... and I'm not talking about 'someone'.

So, invest what you must of your *attention*. *Find It!*

You don't have to go anywhere.

*...silence*

Don't have an opinion, because there is no one to have an opinion.

Any time you have an opinion, that's the mind!

OK... right now... right here... if you don't allow *attention* to any thought, is there something wrong?

Maybe all is well...

*... silence*

All the peace that you desire. All the tranquility. All the safety. All the completeness... wholeness... joy... bliss... that *you* say you want is *here*. *Now!*

You're not going to find It 'tomorrow'. That thought is in the way. We want to break those ideas.

You certainly don't have to earn It. You've already got *It*. So that one's out.

*"Should I stand on my head four hours a day?"* No! You already have It — it's *yours*.

When are you going to find It? Now.

*"Oh, but ten years from now I'll find it."* It will still be Now.

There's *only* Now.

Make friends with Now and have no opinion — about anything.

*...laughing...* We're not in control — seriously — *One* 'does'.

One imaginary — well not imaginary, actually — the Absolute is doing this, but It's untouched. It *allows*.

*...silence*

Notice how peaceful you feel when you don't think.

The mind runs around, “*Oh, I want to have enlightenment, Oh, I want to have peace... Oh... Oh... Oh... Oh.*” Then it chases its tail around — it could go on forever.

There’s not a single moment that you are not already *That*.

You can’t miss it! It’s *here*, it’s *now!* — *there it was again... there it was again.*

All these moments move on the Witness, let’s stay with the idea of One — the One that Witnesses and doesn’t care — it just watches — find *That*.

You can find *That* in any moment, you don’t have to ‘think’ about it. It’s almost like an *un-focusing of attention*.

You can look around the room right now, where you are, and just don’t name anything, don’t think of anything you look at. Get so relaxed that it’s just *there... has no meaning*.

And if you turn your *attention* back, you’ll see there’s something looking that’s not thinking. Thoughts are objects that It notices.

*How Does One, Speak to One?*

*...silence*

Notice the next thought you have.

I am going to sit and notice the next thought I have... and you do that.

*...silence*



Any thoughts? Anything come up? You notice how it just comes from nowhere and goes nowhere? They're objects!

You *know* when 'you' have a thought!

*...laughing...* You is *in* the thought. Okay? There's *something* watching the 'you' that has the thought. I'm being very free with pronouns, alright?

*You* don't have anything.

The thoughts arise to 'something' that is not the 'you'.

'I' want to go have ice cream arises. Have you ever wondered what that is? The 'I'?

You say, "*Oh, it's me the body, it's me with all the description.*"

Throw all that out!

Be brave enough to let go of all that for a minute and then say, "*OK, what am I?*"

Just trust me!

You are going to be alright when you let go of that, *that's the burden.*

You're carrying around 'You'. 'You' is Consciousness.

The only thing that carries anything is the Consciousness. This is the big joke. I'm not talking about a 'you'.

The Consciousness that I'm speaking to is carrying around a bunch of energy it doesn't need. So I'm not speaking to anyone out there. I'm not talking to anyone!

I'm talking to my Self!

Do you think I'm being fancy? I'm not being fancy!  
This is not some idea. This is not a metaphor.

This is not, you know, "*Oh yeah, we're all One.*"

I'm telling you — I'm speaking to my Self!

Which means there's no one speaking — which is very relaxing, it's a very nice place to be, because then, you're allowing *Life* to 'do'. There's no one in the way with 'an agenda'.

*...silence*

I have to stop using pronouns. I don't know how though... really... because I say, "*well you have to*" and then I look and I can see everyone thinking, "*Oh this is what I have to do?*" No, no, no... you don't have to do anything!

You're doing way too much. You're always doing way too much — as long as the mind is doing, “*Oh... I... I...*” — if you're in the world of ‘I’. And you know how many times a day that thought comes up!

You can live without that thought.

And if it pops up, it's telling you something. It's Life telling you something.

For me, when I think, “*Oh, I have to do this.*”, there's no one left, it's just Life speaking to Itself. *You see?*

The identification gets ‘unfused’ with this body.

This is just a dream, just like any other. It's part of what *appears on* what you are. This is only one part of the so-called ‘day’ that this is happening.

Then there's the deep sleep state and you're watching that too.

This same One that's ‘doing’ — watches.

So it's wakeful sleep. You *never* sleep. What you *are* never sleeps. How's that?

*How Does One, Speak to One?*

The body-mind organism imagines... says, *"I'm going to sleep."* and there's the sleep state... dream state... *this...*

The Awareness never sleeps.

And that Awareness is what moves into all the other states. That's what 'awakening' and 'enlightenment' and all this is about... that *movement*. So there's only this movement of 'Consciousness', which is a word for, *"I don't know what this is!" ... laughing...* don't worry you're safe as mother's milk.



You say, “*Oh, I don’t know what this is.*” You’ve got to get comfortable with “*I don’t know.*”

You are *safe!* You can’t be destroyed! This is *not* real!

When I say I don’t know what *It* is, I’m just trying to ‘shock’, I guess. I’m shocking myself... *laughs...*

It’s *so* intimate. It’s *so* You. But the mystery is, we can’t know.

How does Oneness turn around and really know Itself? *This* is how it does it.

I fought against it. I fought against it... as mind.

Let Go!

Let go into the nothingness. The no-thing-ness... which you *are*.

That peace you find in deep sleep... *will be in the waking state...* is what I’m telling you. You know how we all can’t wait, we all love to go to sleep. *Oh God*, what a pleasure. Name one pleasure better, if you’re really, really tired... *right?...* and you want to go to sleep. Isn’t that like the ultimate pleasure? To just go away... *just go away?*

You can have that *Now*.

That's why they call it wakeful sleep. That peace is *always* there... but only the mind. In the morning, in the so-called morning, when it starts its chatter and the *attention* of Consciousness goes with that, rather than with the peace that was in deep sleep, that's where *all* the pain starts.

That's why I say no chit chat. *I don't know*... do what you want to do. But know when you're chit chatting. *I don't know*... no rules... do what you want... do what happens... it's happening anyway.

*God!*... there's a lot of peace in your own Beingness. You don't have to find it somewhere. And I can't give it to you, *because it's yours already*.

*...silence*

*...laughing*... It's not all that bad! ...This is a good thing... it's not serious. A lot of love... *Real Love*.

*... silence*

How hard is it to *Be*?

What do you have to do to just Be? Is there any doing in Being? No.

Is there any planning in Being? Do you have to plan to Be? No, you don't have to make a plan to Be.

Do you have to decide to Be? No, no, no... you don't have to make that decision, it's been made for you.

Do you have to understand to Be? No... no. You're going beyond understanding. You understand too much. It keeps you from the *mystery*.

*...laughing... You can't say it's not exciting! I mean... come on! I don't care... come on... the whole thing!! ... continued laughing...pew... you don't have to go to a movie!*

*...silence*

In silence there are no problems. There's *Life*. There's what's happening. And then things can open.

You can't be *here*... this is impossible... that you're here not to hear what's being said. That's an impossibility. Why? *Because it's already happened.* Right? If we want to talk about time.

*How Does One, Speak to One?*

Now the mind can go, “*Well I don’t know if I like this... and I don’t know if I like that... and you know what... maybe that one over there... whatever...*”

*But* — you just heard it — *something* heard it.

You are the most powerful energy that’s ever been — imagining It’s not.

It has no cause — your Beingness has no cause — *it never started!* That should stop the mind!

I know it did. Because *You* imagine your Beingness starting with the birth of this apparent body.

The mind says, “*Oh, I started here...* (which was actually at two, not with the birth)... *and I’m here now.*” That’s all mind stuff!

Your Beingness... which you experience... *you cannot...* no experience can happen *without* your Beingness, *without* your Awareness.... was never born. It knows about this birth that the mind is involved with. This idea, this concept of “*I am the body.*”

*...silence*



So stay there. Stay in your Beingness. No thoughts, just watch them. Stop getting involved with neurotic ideas and addictive thought. Just stop. Make that decision. Watch... watch... witness... witness... witness... witness.

Turn your attention *This Way*, even when you're going to work in the morning and you're doing this and doing that.

Notice how if you put your *attention* back *This Way*, as the One watching, and don't let the mind narrate — or if it starts to narrate, ignore it and stay with *This* — you'll see that things just happen, that you're

not really doing anything. You're watching everything happen. Meditate and *always* be the witness.

That's why I say if an opinion comes up about anything, then *who* has that opinion? Not the Witness. That's the conditioned mind. It has an opinion, "*I don't like this...*" because it likes what it likes, and it wants pleasure and it avoids pain.

*Life likes both.*

*God likes both.*

Consciousness likes pleasure and pain. It has no preference... if you notice... just look around!

What's the ultimate pleasure?

It's to go beyond Consciousness Itself... and be what you truly *are*.

FREE.



*When you go into deep sleep at night  
there is no universe. There is no 'you' as  
identified with a body... and a name...  
and a history... and a memory... a  
past and a future: no such thing.  
But you 'are'.*



## Advaita - One Substance, Not Two

---

We are all just one energy here, not an entity!  
Advaita, one substance, not two.

If you contemplate that, one substance not two,  
where is there another? Anywhere?

And it is all like fairy dust stuff, it exists in a mental,  
imaginal space.

I live in an imaginary city called San Francisco, in an  
imaginal country called the United States of  
America. *Words*. In an imaginal world Earth, with an  
imaginal moon, an imaginal sun, and an imaginal  
universe.

It's not that we don't experience this, we do, obviously, right? But it's not what we think it is. It doesn't have a place.

When you go into deep sleep at night there is no universe. There is no 'you' as identified with a body... and a name... and a history... and a memory... a past and a future: no such thing. But you *are*.

We all are That. It's another state of Consciousness, but there is still an Awareness there witnessing that state. That's the Self. Actually, that's the Self within the dream. We're prior to even the Awareness. That's the Absolute.

But the Absolute witnesses this from that Awareness, and it can be found, it can't be lost. We couldn't have this conversation if you weren't already, foundationally so to speak, Awareness!

So what I am trying to say is, it's fun to talk about this stuff, that's the joy of it actually. It is just such an amazing show!

And that seeker who wants to get it, that 'I' wants to get enlightened. Enlightenment is realizing there is no such thing as enlightenment, because

enlightenment takes place within Consciousness — the game of Consciousness — which the Awareness *witnesses*, knowing all along it was never anyone separate who had to be found, who had to find its way back.

It all exists within this dream that It's enjoying.





*The Consciousness — without thoughts,  
memories, associations and identity — that's all  
there is that's doing this. There's no one home  
other than That, and that's The Highest  
dreaming the particular.*



## Life is Living You

---

So... are we living a life?

Am 'I' living a life?

No.

No... I... we... you... living a 'life'. Life is living you.

You see? The 'you' in language — that is identified with Life, the Pure Witness — is living all of these 'lives', so *you're* not living a life.

You've *identified* with someone called 'you' that's living a life — and you carry that weight.

What is the weight of *that* identification? It's the weight of all the things that happened. All this mental stuff, it's heavy, it's made out of nothing, but it's heavy. It's a burden.

The gift is, that when Life decides to remind its own Self, “*Oh, it’s a joke.*”, that you go with it. That you accept what I’m saying. *I’m the reminder.*

Really, you’re not living a life — really, truly not. I’m telling you — no.

*...silence*

As a matter of fact, Life gobbles us up, this body-mind organism. Just uses us and tosses us away. This ‘us’ that we are identified with. It’s plenty. We call it reincarnation. (*laughs*) ... no... Life lives life.

*You* don’t have a life.

And you say, “*Oh yes, I do! I remember. I’m planning. I’m planning to be ‘enlightened’ and after that everything’s going to be groovy and just perfect.*” You know what? That’s true. Everything will be accepted and you won’t have a ‘life’.

I dropped mine like a hot pan without a glove — you know, like you’re cooking? Just *phew! Thank you!*

But when you look at it from the point of view that I’m trying to point to it’s really difficult, I know, until it’s seen.

*...silence*

I always go back to the daily movement of deep sleep... so called waking state... dream state. Those are your tools. And every moment — *every moment* — is where you want to be.

You have to do your own homework so to speak — without thoughts... memories... associations... perceptions.

*...silence*

There's a Presence right behind the mental activity — or, the mental activity kind of floats in that Presence.

*...silence*

The *Witness* doesn't move it just watches.

*...silence*

You're the King of Kings — you're the Queen of Queens — and neither.

There's only the Consciousness, which is the highest. The highest God.

Everything is Consciousness — Everything.

Even the deep sleep state is Consciousness, without a projection.

*...silence*

It's not what you thought It was.

It's not what we thought It was.

It's not what we were told, at all.

It's so intimate, and so familiar though, because it is your own Self.

*...silence*



Every moment is the opportunity... to talk about doing this and doing that... I don't want you to get busy trying to 'get' quiet, just *be* quiet and get familiar with that quietude.

*...silence*

Notice when this identification with thought is happening.

Notice when you wake up in the morning. Remind yourself right before falling off to sleep.

As a matter of fact, try to stay awake as long as you can before going into the sleep state.

Hang on to any awareness until the last moment and suggest prior to that hanging on and drifting into it that you want to be aware of the movement of sleep-to-waking state.

*...silence*

What I'm saying is, you're not in a world — you are not a 'body' in a world — you are a *'dreamer'*.

You are a ray of the Absolute having its own particular *dream* of this.

I'm trying to unfuse the idea that you're the body — make a leap a little bit here with what I'm saying.

The Consciousness — without thoughts, memories, associations and identity — that's all there is that's doing this. There's no one home other than *That*, and that's *The Highest* dreaming the 'particular'.

That's why I always say — you walk down the street, if you see a homeless person that's what you see — on one level you do, but it's Brahman. Jake is Brahman, Teaser's Brahman (*John's two cats*), the table's Brahman, the space is Brahman.

I don't see anything that's not Divine — nowhere — and we are nowhere.

Where are you without the concept of location?

*...silence*

When *This* moves, you'll be everywhere, nowhere and neither.

When your natural state is moving, you'll not have a centre, this 'identity' with the body.

Maharaj said that all the time — all your problems come from identification with a ‘body’ in a ‘space’.

Try to find that I Am-ness, stay there — it will open to the Pure Consciousness, stay there — it will open to the Absolute Consciousness.

If you want steps, those are the steps... pretty much.

*...silence*

You can't stop it. You're not in control. That's an illusion.

You know what the biggest illusion was — the real mind blower for me? This whole imagined thing that I'm controlling an environment.

That ‘I’... had ‘my’ space... and ‘I’ am in control of ‘this’, ‘that’ and the other ‘events’, *whew*.

*...silence*

Ram Dass said... I saw a quote the other day, it was funny, he said (paraphrasing): Faith is what happens after all your beliefs get blown to shit. (*laughing*) And it's true! it's really true.



*Student:* I like the quote, “*Religion is for those who are afraid of going to hell, spirituality is for those that have been there.*”

*John:* Exactly!

Suffering is Grace. It’s the ego that doesn’t like this or that.

I mean my life has not been a party, but there have been beautiful, beautiful things. The whole thing’s been great, ‘my’ life, right... ‘this life’.

This show has not been all rosy.

You don’t want rosy.

If you follow the scriptures, what's happening is this life 'time', life 'dream' — of *no one*. Once that's seen it's over, you get off the wheel.

What keeps you on the wheel? 'My' life. 'My' blah blah, blah, 'my', 'my'. If there's anything identified, and it's within the dream, it's the jiva. It's this bundle of encodement.

So, I don't control anything, okay? Neither do you. That's an idea.

*"So what do I do?"* you say?

You just let life happen.

And it's already moving, it's like a current in the ocean, and the bubble's going, *"Oh, I have to plan to go down here."*

*No, no!* It's moving that way anyway. What's the Zen saying — ride the horse in the direction it's going, it's easier?

You can relax into this moment so much, and that moment will expand into an actual no-time place, where you're just watching... *oh God...* from nowhere and everywhere.

You're just in this beautiful, peaceful comfy spot that never started and will never end.

You wake up to the Eternal.

You? No, you don't. *You* realize that that was just an idea. It has its hiccups, it has its bumps.

*Whew*, I don't know, I don't know anything. I really don't.

I know we're safe though. I know we can't be destroyed. I know that's scary.

We can't be destroyed because we are the *only* thing.

How about this, the Absolute never began and will never end. How safe is that? That's what YOU *are*.

This, that we are, will keep producing these shows in — dimensions — I can say that, I know that. Infinite universes. "*Do I need a passport?*" No.

I don't know, I don't know anything. I know Reality. I know there's a knowing of this Reality. This power.

And we know all the rest anyway, so we're all so good at doing all the rest, that you can allow this opening, right?

If all this talk about being dysfunctional, if that's like a big bugaboo, like — “*Holy Shit, how will anything get done?*” Forget about that. There's nothing more important than opening to your own Beingness.

*...silence*

So you get very comfortable being no one, nowhere. Just that.

If it sounds fancy, I'm sorry. When you say stuff like that, I can hear the 'fanciness' in it... *it's not*.

Step one is finding the child principle. In other words, that which we experience prior to the I Am condensing and accumulating all this calcified 'knowledge', with a very small 'k'.

Step two is going beyond the Pure Consciousness. A child coming in, is in the state of Pure Awareness, Pure Consciousness — but not Realization — it's different.

It's not like we travel from Realized, get lost, and then Realized again.

True Realization is the process of this so-called 'enlightenment movement' — and the Absolute Awareness, the Absolute Truth, can be known only from that transition.

When I speak of that first Awakening — right behind the I Am is the Pure Awareness, the Pure Awareness, just Pure Consciousness.

The next step is *the* Awareness — un-Awareness — the big Nothingness.

So you've got your 'steps'.

Somebody asked Maharaj once (paraphrasing): Are there steps, are there sign posts along the way to let us know if we're getting somewhere? ...and he said, to whom?

We're just using words to be here, now. What I just said doesn't mean anything.

Relax... relax... relax... *ahhhhhh*... isn't this nice?

*Life is Living You*

It's like the more you relax, the more you are going to find a world of magic.

Universes of magic. And you can play in them if you want.

I would be very careful about that though. I'd first find out *who's* the one that's playing.





*Everything we've ever known,  
anything you can say about anything,  
is not true. There is nothing you can  
say that is Truth... or I can say...  
or anyone can say.*



## The Mind Likes to Label

---

I wanted to talk about how the ‘word’ is so deeply ingrained in the human condition, that if you can name something... it *is*... because it has a ‘name’. That’s why I always go back to the power of language.

When that’s seen, and not seen from the mind’s point of view but seen from *the shift*, you’ll totally go, “*Oh my God!*”

It’s actually sub-vocal, it’s sub-intellectual, it’s a very, very fine condition that we have — that we believe if something has a ‘name’ it has to be... *including the universe itself*... including *anything* you can name.

And that’s kind of the barnacle that has to be pried away. We really have to pry that away and look at it.

For me, when I first saw everything for what it was, it was just *form*... and I don't mean to make that sound like some kind of extraordinary thing, although it is, but it was like I couldn't *name* anything.

Everything lost its name, everything lost its nama. No nama. Street signs, everything. I was lucky in a way to see that right off the bat.

The name attached to something really gives it an *is-ness* that's not really there, and that's why it's not a good thing to engage so much.

I don't want to get into 'good thing' 'bad thing', but to engage in conversation, or any kind of interest in these 'definitions' really recreates a loop.

That loop is, because it has a name, it *is*, and I know it is and it's back and it's a name. I know it's there. I see it... *it is*... and it goes like this — *but what if you take the name away?*

What is a tree when you don't call it a tree? It's a perception, okay?

*Student:* A big bush.

*John:* Now you've called it a big bush! See how the mind works. It says, "Okay, it's not a tree, it's a big bush." That was great! Do you see what I mean? The mind wants to put it into a box.

But the mind — we're going back past the mind and its labeling tendency — we want to go back there, back the way we came. And at some point it shifts, and it's not a big bush, it's not a tree, and I don't know what the hell it is... but it's beautiful.

It's an expression of emptiness... and God... or the Oneness... whatever label. Now even that is not *it* because as soon as I say it's *that*, it's even conditioned it a bit. We're going to no conditioning, no concept, no idea.

Everything we've ever known, anything you can say about anything, is not true.

There is nothing you can say that is true... or I can say... or anyone can say.

So when we play with words like this, even these words, you know, anything we say to point to it — that's why they always go it's a pointer.

Any Advaita conversation... well always, “*it’s a pointer*”... because that’s what it is, it’s not a big bush.

That was great. I’m glad you said that, that’s exactly what the mind does!

*...everyone laughing*

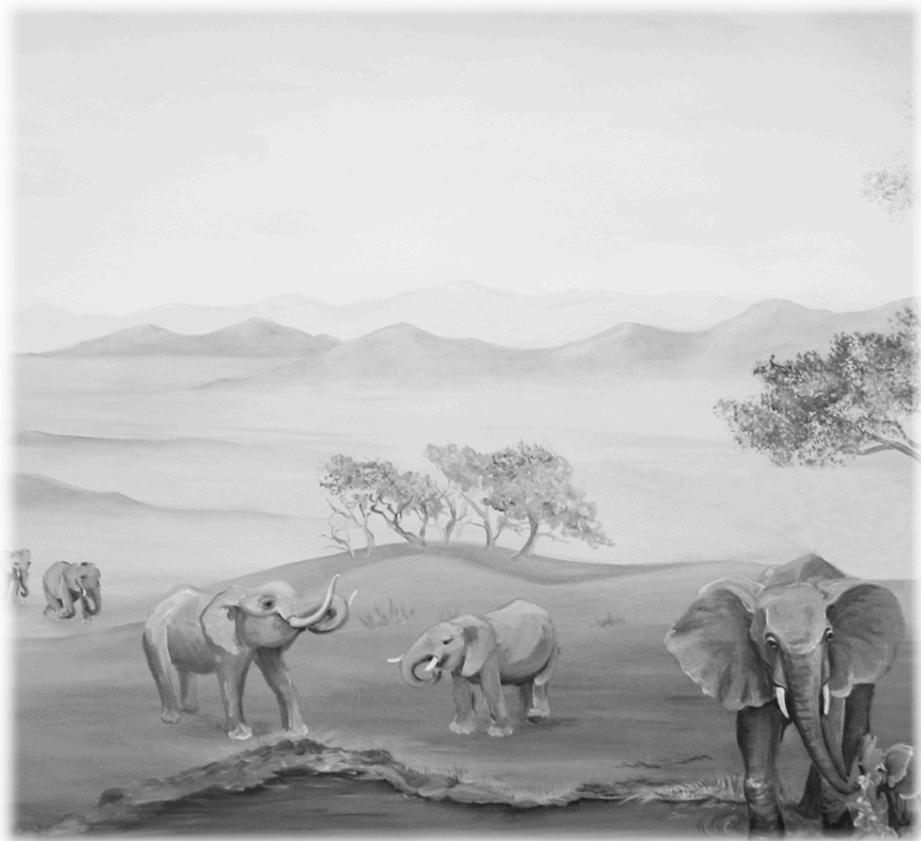
*Student:* Of course it does!

*John:* Well, it’s a big bush, that’s very true. (*still laughing*)

That’s what the mind does.

And when you become aware of that, and you can start to pull away from that — and then just look at it in silence — at some point, when this all becomes *very apparent*, it’s going to be a smile. Your smile will be this big for weeks... that’s all I can say about that... ‘*the big bush*’ ... *continues to laugh*...

*The Mind Likes to Label*





*It's endless the suffering that  
humanity brings upon itself.*

*Brahman doesn't do that. Brahman  
watches the delusion — and watches the  
evolution within the dream.*



## I Am-ness is the First Illusion

---

As *human expression* in the dream we have many layers, so to speak, of relating... emotional... intellectual...

Where do all these things arise from — I have an emotion — an emotion arises?

*Pure emotion* has no one to claim it.

That's why you'll see many who are in the natural state freely laugh... freely cry... freely love... NEVER freely hate... or dislike *anything* that happens.

...*silence*

So we're here... *apparently*.

...*silence*

The Self has no opinion.

*...silence*

You are *That*, you don't have to look for *That!*

Our habitual addiction to living in the mental state, which also claims the emotional arisings, limits and creates the idea, and creates the concept, of Beingness Itself.

You are *not*.

I am *not*.

I Am-ness is the first illusion. The first delusion.

It's all part of the play of Brahman.

Brahman is a word describing... I can't tell you what Brahman is, it can't be put into 'words'.

*...silence*



From the point of view of *liberation*, what they call liberation, from the point of view of that which precedes all that manifests in this hologram... *daily*... there is no such thing as *is-ness*. The Absolute knows nothing of these things.

*...silence*

So, for one in the expression of the play which Brahman loves to do so it can recognize Its own Self — It loves *all* things that happen... so-called 'happen'.

The 'I', the imagined 'I', which discriminates between 'this' and 'that' is a veil.

*...silence*

Who told you that you exist?

Who told you that there's a sun and a moon that's empirical?

*...silence*

Who told you something serious is going on?

*...silence*

And considering the events of the last day... (*a mass shooting*)... we see the insanity of separation. (*said with deep sadness.*)

*...silence*

I always say it's a dream, but it's *our* dream... *combined*. There's only one remedy for the insanity, and that's to know the Truth.

*...silence*



A hurricane comes and destroys.

We don't ask why the hurricane happened, but within our truly elevated position in this manifestation, as what we call 'human beings', we are moving towards a place where something that would go wrong would be an anomaly. It would be a dysfunction and would be treated as such.

There wouldn't be such a thing as 'crime and punishment'. Maharaj called punishment of criminals, legalized crime.

There's only *One*.

*There's a good one... oh there's a bad one... there's one I'm not so sure about...* all we're seeing are disordered minds *deluded*.

And we look at what happened yesterday, and what has been going on in Afghanistan and other places.

It's endless the suffering that humanity brings upon itself.

When I say that God does it, don't get me wrong. I am not saying there is no doer... *this is a free flowing space*. This is pure anarchy in the sense that whatever we have with this 'freedom of mind' will manifest.

Our desires, our fears... *manifest*... our greed... our meanness.

Brahman doesn't do that. Brahman watches the delusion, and watches the evolution *within the dream*.

I remember Gurumayi used to say, “*Everyone cares about themselves and cares about what they need, but no one thinks about God.*”

The I Am. No one considers him... her... no one considers *This*.

That’s all this *movement* wants, this holonomic flow wants one thing, that harmony comes into place, not disharmony.

So you see so many Satsangs. *Why?* Balance is coming slowly but surely into this dream space.

*...silence*

And then every time, we as humanity watch these *horrific* events unfold, we say, “*What should we do, what should we do about this?*” ...and it’s all done by committee, and the committee doesn’t have a clue, not the slightest clue who they are.

So we’re here to know the *Self*— find our *Self*— find what was never lost!

*...silence*

You want enlightenment? Open your Heart.

You want freedom? Open your Heart.

There is not one thing that you can perceive that is *not* Brahman.

We, as expression, are very, very, very special.

I'm not saying I know the plan, no one can know the plan or the goal, it's all entertainment for the Self — but *Love* is the highest.

You are in the ultimate school, and you want to graduate with honors.

*...silence*

“*Oh, I thought you just said there's no me or you?*”  
That's the paradox!

*We are expression... I am an individual... I am not an individual... I exist... I do not exist... I am neither... and all of us are That also... and yet — This IS — It's as IT IS.*

If you want to know the highest, stop behaving in any way like everyone else.

I have no idea what will become of the flood of humanity that will miss the boat. Ultimately it doesn't matter... ultimately.

But I can't sit here and say, "*Well, it's all entertainment...*" and allow, unfortunately, some to think, "*Oh, it doesn't matter.*" Heart matters! Not discriminating between, "*Well, that's a good one... that's a bad one... I don't like... let's kill 'em...*"

We, as humanity, are responsible for the fix we're in.

*...silence*

Now I could sit here and be real fancy and say, well, you've heard me say it... there's no such thing as a human being. That's the ultimate. But in truth, we're here aren't we? You hear words coming from this mouth?

*...silence*

Is it a world that exists somewhere? No!

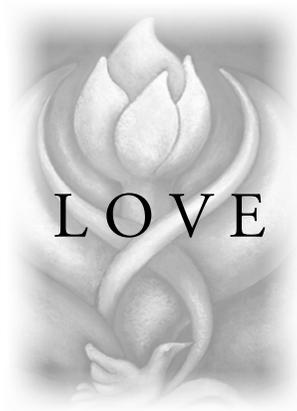
*It's a dream of Parabrahman...* of the fundamental.

Enlightenment is *seeing* this.

Don't fight the mind, and the thought flow, and the conditioned thoughts. *Recondition the thoughts to what I'm telling you!* Or not.

*...silence*

Do you want to wake up? Do you want the prize?



Catch yourself patting yourself on the back for a little bit of love you shared? That's alright. But then realize that that is bullshit too! *But that's where you begin.*

First there's the one that is separate that doesn't know... and through *love*... and lack of separating this from that... will lead you to the One... and then there'll be the awakening of the Kundalini energy.

It's kind of the sophomore state. There's still one who recognizes that.

Ultimately, it becomes quite clear that — *This is yours, as That.*

*...silence*

Be a soldier for Brahman. You have to start somewhere.

*...silence*

I may have read this quote before, but you can't read it enough, this is a quote from Papaji:

*“When I know my personal self and the Impersonal Self are by nature one and the same, how could there be anyone to meditate, or anything to meditate upon? Whatever I enjoy, whatever I give, whatever I dedicate, whatever I do, nothing belongs to me. I am without blemish, I am without birth, I am without death. It is my firm conviction that I am free in the beginning, free in the end, free in the middle, with unborn cleanliness and simplicity.”*

That's the Absolute.

*...silence*

From there, the *magic* can begin.

*...silence*

This is not about a *you* gaining something. It's not about a *you* employing something after you find something. It moves as One.

After Enlightenment, you don't get too puffed about, "*Oh my God, I see that it's a dream, I see the hologram.*" You don't get stuck there.

*And you bow... and worship the Self that you are.*

Then, in that, the Self will gobble you up.

*...silence*

There is no God. There is no Creator.

Nothing was ever created. Nothing ever happened.

*...silence*

And yet, within the dream, all we have is each other. Pretty clear, yeah? Pretty clear what I'm saying.

The disparity that we see in the world... the idea that there's a me and you and I'd better get mine before you get it. If you could see how transparent this is you would be shocked. You will be shocked! Joyfully shocked.

There's no act that you do that is not seen by *That*. It's the *Witness* to everything you do.

I was told when I was young and growing up Irish-Catholic that God sees everything. It scared the shit out of me! I didn't want him to see what a jerk I was and all that stuff.



And I'm not trying to instill fear, that's *not* what I'm saying.

You know... I became aware that there's only one Looker behind every set of eyes... everyone I met, no matter what their deluded mind believed... that's when my Heart opened.

*“Ah, but they deserve it, look at that bum, he doesn't do a damn thing.”* Someone's watching that, you can have that attitude all you want... 'you' as an 'individual'.

I'm not disavowing the individual, we can't.

Look! It's here!

I'm saying it's not what you thought it was — I'm saying it's a *dream!*

But this is God's dream — this is the dream of Brahman — *Parabrahman allows it!*

When you stop having an opinion about 'this or that' and open your Heart, then you're mature enough, in the eyes of Parabrahman, to move forward.

It's not the meditation, it's not the spinning and dancing, it's not the bhajans... you really want to sing a bhajan?... *after Enlightenment everything you will do will be for That.*

Prior to that, these things become impediments, they become religions. The new religion today is Non-Duality.

There's no such thing as Non-Duality! It doesn't exist! It's a concept in Consciousness.

Now in saying that, the mind might say, "*Well then why should I bother being... having... an open Heart?*" If it's that, then you're just stuck... you're still stuck in the mental state. A dog chasing its tail.

*...silence*

Harm nothing. Or, if harm occurs because of an action that occurs within the dream, feel very free to apologize... but don't own it. I'm not telling you to feel guilty, we're going past guilt and all that.

A lot of the things that will happen in this life-dream are what they call *Karma* and the *balance of things*. So

when something ‘shitty’ happens to you, *love it*.  
When something good happens, *love it*... equally.

That’s the trick. More important than meditation,  
more important than all the rituals.

The mind itself is a gift — we think of the mind as  
only the thought stream.

The mind is everything you see. The Subtle Body is  
the mind. It projects the whole picture, including the  
thought.

There is no thing you could point to that is not  
mind-stuff.

*...silence*

The problem for people is they’ve heard this message  
many times. Christ said it. Until you *know* the Self,  
these things will just stay concepts.

So step one, know your Self.

Priority number one. You don’t have time to bullshit  
around with anything else... or if you want to, go  
ahead... go ahead.

That's your only freedom.

*...silence*

I'm not being heavy. It feels like I'm saying heavy statements here. And, the profundity of Awakening includes a very, very heavy *Wow!* The Power and the Glory.

*The Power and the Glory.*



*...silence*

Again, I'm not trying to be heavy. I'm trying to be VERY heavy — *there's no such thing as heavy.*

The natural state embraces *all.*

Find It. It's yours! It's your birthright.

You could not be sitting here reading this and not be ready to know your own Self. And in knowing your own Self, there'll be no one to claim the knowing.

In essence, this ego, this phantom that's running amuck, is an imagined *self-knower-doer*. When that's gone, all actions happen without interference. Without greed. Without fear.

Maharaj always said (paraphrasing): I have no fear, I have no desire.

Some might say, "*But he smoked three packs of cigarettes a day so he must have desired those cigarettes?*" That's the body-mind organism, okay? I'm not talking about that stuff.

When I say no desire... and when he said no desire... he was referring to the fact that there was nothing that could fulfill the Whole. How can you fill something that's whole?

The body will do what it will do.

I'm not encouraging bad habits. I have enough of my own! What I'm saying is they're not mine. I can say that. Nothing is mine.

These Satsangs that we do that... *phew*... two years ago, three years ago I never would have imagined that I'd be having these conversations.

So I avail. And I don't want to bullshit around with this happy touchy-feely kumbaya kind of thing.

Sure it's nice to dance, sure it's nice to love and hug each other. As a matter of fact, find the Self and all that expression of love will come *so effortlessly*.

You don't put the cart before the horse. Don't make sadhana another religion and get stuck in it.

You get in the canoe, you paddle across the river, you get out of the canoe and you push the canoe away.

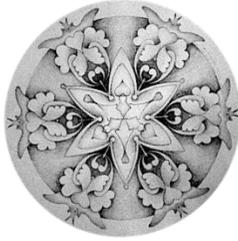
You don't need it anymore.







*To say I am not the doer is silly... or  
for anyone to say that, because there's  
no 'I' that could say that, but better  
— there is no doer, life moves.*



## Bitten By A Scorpion

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Well... Welcome to the space where everything's okay. This is the space... even for this brief moment... these brief moments, if we have to think of it like that, which is always good... *where nothing matters...* throw it out!

It's all okay... and it's all okay... so let it all blow away, because you're not touched by any of this. No one is touched by this experience that we're having.

The experience of a life itself is an object that's perceived, because we perceive it as being centered in a body.

The One, the Consciousness, looks at the body, gets absorbed in the dream and gets real excited with Itself, "*Oh boy, I'm separate... there's another!*"

'Apparently' there's another.

So the flow goes this way, then it goes that way.

Some of us were talking last week about Mahayugas<sup>5</sup> and these huge expanses of time. And if anything can crush an ego, it's the contemplation of huge expanses of time, because the particular that thinks it's here now, in this one, and it's absorbed in that... guess what happens after huge expanses of time move forward... that one dies! So this idea arises that *I'm going to die...* to *Who?*

There's an old expression, I heard Maharaj... I saw in print where he quoted it and it actually goes back further... it's not his... it was an Indian Saint... Siddha... who said, "*Describe this whole experience of life, this whole thing.*" He summed it up like this, *I've been bitten by a scorpion.*

Metaphor, right? Okay?

So you've been bitten by a scorpion... something outside of you bit you... no control, you've been bitten by a scorpion... it's in play, you got bit.

*"I've been bitten by a scorpion, Oh!"* That's what's going on here! As life itself, we believe that we've

been bitten by a scorpion, that something's gone wrong, when it's *not*.

And in a way, because this play is independent of what you ultimately are... you've been bitten by a scorpion. That's why he said it... *I'm not 'this'... I've been bitten by a scorpion.*

'I' as *That*, have nothing to do with this. And yet, without 'I', none of this could be. It *allows*.

Maharaj said, "*What a fall.*"

Once we become aware of our Self, the True Self, all these things make perfect sense. For the jiva that's involved in the illusion, *they've been bitten by a scorpion.*

And it's true, this Consciousness... the expression that's appearing on what we *are*... totally independent of That which is the foundation... but it's folly, powerful folly. Play.

So even after one knows that, "*I've been bitten by a scorpion, Consciousness has arisen on my true pristine nature.*" — when one knows that, even the expression is part of the whole, "*Yeah, I've been bitten by a*

*scorpion, but I'm separate from it, I'm not touched by the bite. I AM THAT."*

I AM THAT which the whole thing appears on.

In other words... *laughing*... no one's in control.

To say, "*I am not the doer.*" is silly... or for anyone to say that, because there's no 'I' that could say that, but better — *there is no doer, life moves.*



*Bitten By A Scorpion*





*So the choice is, do you notice the labeling and stop the habit until something can settle down — this active mind which is part of the dream, the describer of things, the one who sees other people and lives in hell... and fear... and desire — or not?*

*Be Still and Know.*



## Silence

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Isn't this great!

*...silence*

Ahhh, the silence. Silence is not lack of sound. You could be on a subway train and be utterly silent.

*...silence*

Recently I heard a quote from Sartre, and the quote is: *"Hell is other people."*

I don't know how many years there have been baby I Am's running around going, *"Hell is other people?"* *What does that mean? What does that mean? Hell is other people? Oh...Yeah...You bet... you bet!... you bet hell is other people, I can't stand them!"*

'I' can't stand them... missed it! ...*whoosh...* John makes a right over the head motion with his hand... right past! There are no other people! 'Hell' exists in the *idea* and the *belief* in 'other people'.

"Should I run to a cave so I don't see other people?" No, you should know the Truth of your Self, the only Self. In the Self there are no other people ('peoples' I prefer).

...*silence*

The funny thing about the power of the mind is the power of Maya... the power of Consciousness which *is* Maya.

Consciousness *is* illusion.

The I Am *is* illusion.

The power of language — the alphabet — is that Consciousness has become so entranced with the illusion... the projection... the mirror... that It believes if something has a name, it is. Why? *Because it has a name.*

The mind labels and separates... *I... you... we... them... the table... the ceiling... the floor... the sky.*

So the choice is, do you notice the labeling and stop the habit until something can settle down — this active mind which is part of the dream, the describer of things, the one who sees other people and lives in hell... and fear... and desire — or not?

Be Still and Know.

What has to 'be still'? The 'labeler'. The voice in the head.

Do you go to war with that voice?

*Who* would go to war with it? The 'I' belongs to the voice in the head!

You just notice it. 'You' don't notice it, there's a *noticing* of it.

...*silence*

What is the Absolute? The Absolute is, as Stephen (Wolinsky) put it in the title of one of his books, *Reflections of the Absolute: Without a Mirror*.

I've been describing the *mirror* so you can catch hold of what's being said. When the *knower of the mirror* and the *function* is seen as part of the illusion, part of

the Maya, then there's no mirror either, there's nothing. Then you've moved into the vast *nothingness*... which *is*.

So you look in a mirror and you see a reflection and how silly to think that reflection can improve itself or anything... it's laughable.

The mirror is the vastness that all little, tiny pin prick universes appear on and that's the Awareness, *sky-like*. Bigger than the sky that you see outside, apparently outside, because that sky's contained within the limitless nothingness, no-thing-ness, Absolute-ness.

The Absolute doesn't know about a mirror. *Who* would say that? As far as a reference and a pointer, the mirror is a good metaphor. The hologram is a good metaphor.



...*silence*

Right now there's a symphony going on in my stomach, all kinds of noises... (*laughs*)... singing... they might be dancing down there, I don't know... I don't even know what my stomach is... I'm not kidding! It's empty, everything's empty. Maybe I should put the microphone down here so that we can really hear it, and hear the emptiness singing.

It's all illusion... *sound*. Science knows this now. Science today is firmly planted in that all sounds occur within the brain. There is no sound that comes to the ear, as we've been told, that becomes interpreted by the ear. It's all electromagnetic soup... *words*... for what, they don't know! Words.

I don't know what that is, but they do know it's not out there but it's happening in here in the head, in a very tiny part of the brain, made of chemicals that create sounds and light and pictures in the brain.

Deep sleep? The chemical pictures and sounds disappear.

Are there such things as chemicals?

No! It's a *dream* of this, there never was a chemical.  
There never was an atom.

You see... we hear the word atom and we're, "*OK, everything's made of atoms! I get it, I'm done!*"

The mind is safe now, it understands.

You're going way past anyone or anything understanding anything. You're just going into the *one* thing — you are not going into it, you have to leave actually, you're going to dissolve into it... *safely*.

...*silence*

So you do not have to seek enlightenment. I'm telling you there's *no one* to seek enlightenment. It's in your way.

It's as though, within the dream, *you* as 'reflection', as dreamed one of the One, are at a point where there's a feeling, "*Oh, I'm getting it... I'm on the right track... I'm on the Path... it's coming closer... I will get it.*"

I'm trying to save you a whole lot of time.

The game is, within the dream, that someone who becomes aware of the Natural State teaches another

## *Silence*

one who's not aware of the Natural State. No specialness. No one left to be special... *only the special...* because all is... so special!

...*silence*

I believe everything moved forward for me when I just gave up. I'm trying to show you the shortcut. I don't want you to chase your tail.

It doesn't mean that instantly *This* will appear. The more relaxation happens, it will slowly move forward in whatever increments are appropriate.

I want you to hear that *you* are not going to 'find' anything, because *you* are in the way, because that's *an idea*.

You imagine that you're someone who has to find something. And every moment of every day, every state, it's already there. *Right now*.

That one, in some, is still in a trance of believing the words... that 'I think.' "*Oh, I thought this so it must be really special.*"

The 'I' is a thought, and then it claims all the thoughts that it creates after that, it's just insanity of ownership — to no one — there's only the One.

...*silence*

So what help am I being when one says, "*Oh, I have an issue with this, I have a problem with that.*" If I nurse that? I'm nursing the false.

*"Well, I don't see that yet? Why don't I see it? OK... I accept it... why don't I see it now?"*

That's the 'I' demanding, again. 'It' wants it. It's running a show.

The best you can do is be silent and still and like I say, don't pick and choose, whatever happens.

Don't talk about the past. That's what creates the world — this idea of memory. All memories appear in the now.

The illusion is created out of the idea that there was a past because, "*I remembered that happened. I know it happened. When? Then! Oh!*"

And that same one will worry about what will happen tomorrow.

So the phantom chews up your experience of Life, the True experience of Life, because it's completely occupied in the mental state. It won't stop. It's robbing you. You're being robbed.

Break the habit.

And what do people do? They meet each other...  
“So, where you from? What did you do?” Reinforcing...  
“Oh, I grew up here and I went to school there and...”

If you want to break free of ‘this’ you’ve got to stop doing that. Everyone else that’s in a trance, that’s all they do:

“Who are you? How much money do you make? Oh, only that much? I’m not interested.” *pfffft* gone!

Story, story, story, story, story, story... of a world... of one in a world... and you want to break free of the story.

You want to break free of the world. I’m telling you it’s not there.

That's what enlightenment is, no world... freedom...  
for no one.

But if you want to stay in a trance, and you want to  
stay in a painful state where everything hurts, and  
sometimes it doesn't hurt... and then hurts again...  
and sometimes doesn't... back and forth for this  
'one', you're welcome to it. It's all yours.



*...silence*

What I'd like to do is sit, just for a little bit... again...  
and then whatever you do today... don't do anything.

Whatever you have planned that is so important for today — unless it's absolutely you're going to starve if you don't do it, or some such thing, OK? — whatever you have planned today for your activity in a world, as a 'one', I'm inviting you to let that go and take the time to just *look* and *Be*. Not look and describe, not contemplate, not go over the past.

The more you stay there, the mind will come up with all kinds of shit. It'll start saying, "*remember this, remember that.*"

*This* — you're the one noticing it.

If you're the *noticer* of the thought arising, it's not yours! It's robbing you! It's painful to watch. Certainly in our families. But it's all dream.

It's nice to sit and just not do anything. That's the key!

At some point you're just going to get so comfortable with just Being that the Beingness will open.

And the mind's going to go, "*What the hey is going on? Oh, I don't know! This is a little freaky! I don't like this!*" (*laughs*)

So, let's sit and do that... just today... give yourself the treat of not doing anything, not caring about anything. When I say go stare at your foot I'm not kidding, go stare at your foot.

And don't think about your foot and think, "*Oh, I'm staring at my foot.*"

Get out of the mental! What has it *ever* given you? Worry and fear is what it's done.

Worry of pain.

Fear of pain.

And desire for pleasure, because they go hand in hand. There's no peace there.

The more quiet you are, the more you allow.

*This will happen... when it will.*

*Silence*





*There's just one addiction you have to break.  
The addiction to believing every damn thought  
in your head means something, and it's yours.  
There's no you to have it!*

*You've never had a thought.*

*No one in the whole of creation has ever had a  
thought they could call their own, unless they  
were enlightened and they were speaking from  
that perspective.*



## Let's Unravel This!

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What I want to do right now... is everyone... just sit.  
I just want to move into this thing slowly, OK?

We're going to unravel this. We're going to look at  
this thing. Let's look at it square in the face. And I'm  
going to take my sweet time looking at it square in  
the face, so do whatever you want to do — *just be  
still.*

Don't move, don't let the mind move. Stare at your  
foot, stare at your imaginary foot for awhile.

*...silence*

There's no one here.

You can't even say there's one here, because that's the  
'phantom' acknowledging something within its

dream that there's only one here. There's none, just none, it's all happening automatically!

There is no such thing as 'someone'. Ask a one year old, "*Hello, what is someone?*" What would their response be?

We all believed in an entity made out of the alphabet, this someone, this 'me'. The devil 'me', that's the devil... running around trying to control things that it sees — this 'me'.

There's no difference between what I'm saying and Teaser meowing (*John's cat*). It's just sound!

Don't listen to anything. Everything I say now is completely not true. I can't say anything that's true. As soon as I start to speak, or as soon as words come, there's no 'I' that's speaking... anywhere... *ever*.

There has to be a stopping. There has to be a complete release of doubt.

Anything that you think you do is so funny because there's not even a 'you' to do it.

Anything that you think you've done is silly, because there's no you that ever did anything.

There's just *That*, one substance.

Everyone reads Advaita, they read book on book on book — Advaita! Oneness! There's no one to claim Oneness!

If you want to enter Oneness, then let go of the one that wants it. Stop!

Don't be the one that's planning a way to stop.

All the retreats, all the meditations, these things can go on, and they will, the more you stop!

Stop believing you're someone doing anything. Just *Be Still!*

I used to think that I was someone and that became erased. And then there was this lingering idea that I was a 'soul'. If there's no other, then what is a 'soul'?

I have no soul. I have nothing. There's no 'I' to have it!

Even the 'I of I', the true 'I' is not an entity. It's not any 'thing' — that's all that's happening here.

You know, the idea of coming face-to-face with no center — you imagine a center inside this body that you've identified with as Consciousness — there's no person, forget the person because right away the 'I' will come up and go, "*Oh, is that what I did? Is that what I... I... did wrong?*"

I want to go right to the root and find this 'I' just like Robert, Ramana, all of them, anyone! Anyone that knows *This* will tell you the same thing.

There's just one addiction you have to break. The addiction to believing every damn thought in your head means something, and it's yours. There's no 'you' to have it!



You've never had a thought.

No one in the whole of creation has ever had a thought they could call their own, unless they were 'enlightened' and they were speaking from that perspective.

Then every thought, I could say... and this will sound really pompous... every thought that's ever been thought, *I had*, or came from what I am. Every action... good, bad indifferent.

But I want you to break free of this trance. You're in a trance! You're not living! You're living a very condensed vision of what's going on through the lens of being an 'I Am'.

The 'I Am' is false. The 'I Am' is not a goal.

There's a lot of people out there saying, "*Oh, find the I Am.*"

Well, you are the I Am, you can't *find* it.

Be who you are, and then the knowing will come that there is no 'I', there is no 'center', there is no one inside!

The whole thing is made out of... it's fairy dust! But this 'phantom', this impostor has taken over.

You are not going to get 'enlightened'. I'm going to tell everyone here right now, you are not *ever, ever, ever* going to get 'enlightened'.

I wish you'd go away! We don't need you *here*. Want to help the world? Go away! We don't need you here... whatever 'we' is... the One. It's not needed. That's the problem... *laughing*... that's the problem! And nothing's *ever* happened.

Your desires have brought you back into another dream just like 'mine' did, and judging by the (*laughing*) accomplishments, my desires were very, very small on the physical list and long on the 'what the hell is going on here list'. And that's probably why 'this' unfolded the way it did.

Enlightenment is an idea within the dream of Consciousness that it watches the whole time laughing, going "*Look!*" It laughs at us, OK!

It has a hoot over our dilemma and it also has nothing but compassion because — *why?* — it is Its expression!

But It can be joyfully embracing the good, the bad and the ugly because It *knows* that.

That's why you hear anyone who's enlightened, or has reached this so-called 'state', which is a dream idea within that One Mind, say it *never* happened! Forget about enlightenment!

But 'This' *loves* watching and just — “OK”... it's all OK!

When someone says, “*I want to be a spiritual person.*” Oh my God! Now we're in trouble!

Now we have a person that *does not exist* — a mirage idea that exists within the alphabet — wanting to be spiritual!

This isn't some philosophy, just take the alphabet away. And I always go back to the child who doesn't have an alphabet yet.

Now who has been playing this game, *to Who?*

You should be pretty quiet right now. I can't imagine anyone's mind hearing this having anything to pipe up about. It's in a corner! Stay there! It can't feel bad, it's what you ARE.

Within this dream, I have a daughter over in India at this very moment. A dream daughter. I'm her dream father. And after so many dreams of lives, and undoubtedly connections within the dream — always remember I'm speaking within that dream — the connections are elaborate and beautiful.

The connections are there... here... but they're not real! So to get trapped into thinking, "*Oh what was I in my last lifetime?*" is the funniest thing to someone who's enlightened because there's only *That!*

That's why an enlightened person, a Jnani, would say there is no reincarnation.

There's reincarnation within the dream, within the dream of all this all these things exist out of just imagination, but... *no one... no other...* cat, dog, cow, tree... *no other.*

Get comfortable, you're the immovable, nothing moves. 'You' don't move — everything moves within *That*, if you want to use a pronoun (*laughing*).

It's so freeing to let go of this. Let go of who you think you are! Who gives a crap!? Don't give a crap about anything.

That's my new spiritual teaching... don't give a crap!

Because then there's someone there having an 'opinion'.

The Self has no opinion about this one way or the other.

Do you want to know the Self? *Then don't have an opinion!*

Do you want to mimic something? As long as you believe yourself to be a person, then start there because the one that you're trying to reach has no opinion. It doesn't say this is good and that is not good. Or I prefer 'this' over 'that'.

*Joking and laughing...* Just don't ever give me chocolate ice cream because I really don't like chocolate ice cream, but otherwise everything else has got to be off the board... food you can — but there's no one having that choice. It's conditioning.

The 'I Am', it doesn't — everyone thinks... *I love this one...* everyone thinks, *"Oh, I have to find my 'I Am'."*

I've had people say that. *"How do I find my 'I Am'?"*

Now we have three! 'I', 'my' and the 'I Am'.

It (the 'I Am') exists in the language and the trance is so strong — it is — I'm laughing because it's amazing!

You couldn't expect less from Parabrahman, the foundation of ALL that could ever be created, anywhere, anytime, in any imaginal space. *That is It!*

So you're talking Pure Intelligence prior to the word.

I mean, why do we have two arms and two legs and a head? You look at Nature and it morphs and changes... shapes and forms and names.



Six million years from now — the earth only has a 'lifetime' within this dream — there'll be millions of Suns, it'll never stop, it's going to go on 'forever'... prior to the word.

There's no forever! It's always in this no-time *Now* that it's playing, and you're *That!*

Just wake up, you don't have to do anything. *You* don't have to do anything. The doing is what's keeping you here: "*Now I have to find out who I am.*"

That's good, that yearning's fine. Now listen to what I say — Stop!

When I tell you that I can't say anything that's true, I mean that! It's all silly!

It could be any dream, any pictures, there's nothing to do, there's nowhere to go! You're *Home* already!

As long as you keep trying to go 'home', you're going to keep walking out the door. And don't be sitting like you're waiting for an explosion or something to happen because now you've got someone sitting, waiting. I mean stop!

Now you work this out on your own, right, I can't, I'm not there. I could get you to stop, I guess. But if you're not willing... I'm basically a cheerleader here, that's what I'm trying to do: "*Come on, you can do it!*"

Look at me, I did *hahahaha!* Who?! I don't know! I don't know how this shit happens! I have no idea!

When I say not knowing, it's not like, "*Oh, I know that I'm in the world but I won't know the great mystery.*" Right? Because that's what the mind does, it says, "*Oh, enlightenment is not knowing, okay. So, it will be this profound state, that I will have, but I won't know that final mystery.*"

What a bunch of crap!

No! I'm talking about *not knowing!* I don't know anything, I don't know what *This* is. I spent months going, "*What is this space, what is this stuff?*"

There is no such thing as space, there's only the Absolute!

This space is an illusion, it's a reflection... and nothing is... we're hoodwinked ...*laughing...* We've

been hoodwinked! By ourselves! Absolutely bamboozled and hoodwinked!

So what?

Do you know why the Self likes to conceal Itself? So it can find Itself! ...*laughing*... It likes to do this! It likes to have a 'me' on a computer screen — saying, 'Oh!'

All this holy crap, and people putting on airs, it's a bunch of crap! The Self doesn't need to put on airs, the Self is already That. It doesn't need to do anything else.

Anytime you think anything, just dismiss it — anytime you hear yourself voicing an opinion! And the closer you get to the silence, don't worry, you are going to have plenty of friends around who are going to want to drag you back!

Do you know why there's no time? Because time is an idea!

When I say that I am in a no-time space, I am not saying that I am in a different space than you, that there was an 'I' that achieved something.

The 'I' went away and I realized, "*Oh this is what it is, there's no time!*"

Just like hundreds of years ago everyone was saying the world was flat at one point, right? And you could sail off in your boat and God only knows what would happen. This is how silly 'we is'. These 'peoples' that we are, and we all laugh like, "*Oh my God, 600 years ago they thought you could sail off the end of the earth!*"

Well, what is the silliness that we are engaging in right now? I'll tell you... that there's time and space and that there's a someone; there's an 'I', a reduced 'I', a condensed 'I', an individual 'I'.

That's the next big shift in humanity... *has to be...* no time.

You say, "*Well, but my body keeps changing.*"

That's because you keep calling it 'your' body and identifying with it. These are pictures — moving — you never change; you're formless, you're colorless, you have no color.

You are just beyond description. *What Is!* Right now!

There's no such thing as enlightenment because that's your natural state.

Enlightenment — that word has such a load on it that it assumes that there is a 'someone' that is going to attain this 'thing'. It's an objectified thing — 'enlightenment'.

No, it's your natural state. Nisarga, Nisargadatta, your natural state. Anyone who tells you, you have to do this, you have to do that, whatever it is, to get that state is lying to you and using you. Or, *"I'm special..." laughs...* It's too funny.

It's not really funny — because I want everyone to stop suffering, to just stop, just stop. And then, in the stopping, you'll finally be able to appreciate your own creation as 'That'.



This idea, that *“I’ve had many lives and that I’ve created this life, this ‘life dream’.”* There are a lot of minds running around saying, *“Oh, I created this life dream because I have things to work out.”*

Who is this I?

And I just said there’s no soul. I’ll go ahead and say it. I can’t find one. I can’t find anything ‘individual’ that’s not illusion. Nowhere, anywhere, up, down, I’ve looked! So here ‘we’ is.

I don’t want to address, endlessly, our ‘individual’ concerns, though it’s okay because that’s part of the process, and we’re always going to be an individual within the dream.

Someone’s always going to say, *“John?”* and I’m always going to turn my head. It’s inescapable, but that’s only during the waking state. The so-called waking state. No one calls my name in all the other states.

So, that’s really the crux of the matter — there’s no goal. I want you to stop ‘seeking’ enlightenment, that’s basically what I’m saying. I want everyone to give that up. I told you it doesn’t exist.

Now your natural state exists, but stop this search for 'something'. You want to kill the seeker.

I say sit and be quiet, lock yourself in a room. Most people can't lock themselves in a room, after a half hour they're going to want a sandwich or something, because this mind is just grinding away with this idea that 'I am', 'I am.'

No, you're not! Nothing is! There's just 'This'! And you can't say anything 'is', because there's just *This!* Who would say that something is? There's no 'other' to say it!

In reality we can believe in these peoples that say, "*Well, it is... or isn't.*" That's the dream.

But how can a mirage say something is or isn't it? It's a mirage! You're a dream person. Whose dream?

*If the person is the dream, then who's the dreamer?*

Boy oh boy, you guys are so lucky. You're lucky ducks, we're all lucky ducks and I'm the luckiest duck that ever swam in the pond. Who are you? I'm lucky! (*laughing*) I'm going to change my name to lucky, Mr. Lucky!

It's like Papaji said, make yourself as beautiful as you can.

You know what your sadhana is to do?

Let go of everything, neti neti, to where you get so pristine — because you stopped 'thinking' about every little crappy thing — and you climbed out of the mud by letting the mind stop.

Now you're pristine; as best that you, as this ideation of someone, can make themselves and then you say, *"What the hey, what do you think? Am I good enough?"* And watch what happens!

Because we as these 'I's' are not in control!

Right now your heart is beating and you're pushing blood, your imaginary heart is pushing blood. What energy is moving these things and separating the proteins from the... *huhhh?*

Do we sit and think about that? No! What do we give that up to Nature.

*"Oh, 'we' let Nature digest the food and do this thing?"*

'We!' Who is the one letting Nature? No one.

There's no one, there's no person. It's a thought. The shapes and forms.

I see shapes and forms, with names made out of 'me', the same thing, Oneness.

Whatever this is, I don't know what this is! I didn't get that email, it wasn't sent, dang it! (*laughing*) And it's *never* coming.

There is no death — because there was no birth. Something that was never born can not die, it's just the throb of life. Showing pictures on itself, and playing in it. And you're the life!

YOU are the life.

Who thinks their thoughts? No one. "*Well I do!*"

Well the 'I' is a thought, it's One Mind playing, it's orchestrating the show. It cares, it's unconditional love because It loves Itself *and it never happened*. That's why all the drama can be here, because of that whole conundrum.

Unbelievable what we are. Beyond. It's almost unbearable. It is unbearable.

You think that kundalini cooking is something, once you are face-to-face with nothingness, it's like... *Whoa!* This isn't child's play, and it's who you are so you have no choice anyway.

Again, who is the one with a choice? The thinking mind.

So keep thinking. Think all you want. Think, think, think, think. You're really going to feel like shit and have all kinds of crazy ideas, absolute nonsensical ideas.

I invite you to think all you want. That's what I want, your new sadhana. I want you to think so much that your head explodes! And then maybe you'll stop. Just stop 'thinking'. Or at least be aware of it and every time you have an opinion, just say who, whose opinion is this?

We're missing the whole show because we get lost, "*I don't like what just happened and I'm worried about what might happen.*" So the whole seven billion have never lived! They're just in a nightmare instead of a wonderful dream. This is heaven. You're in heaven!

This is divine. This IS divine.

Do you want to see Parashiva, Parabrahman?

Just look around. The one who's looking, and what's being seen, is *That*.

Where are you going to go? Who is it that would go? "Well this imaginary 'I' that I've been in a trance about. Oh, well I don't need that." No you don't. "What happens when I let go of it?"

Oh, everything just kind of rushes in. The wholeness, the fullness of creation rushes in.

I've looked. That's when I said before, reincarnation, come back... once there is only That... *huh?*

Vasanas, attachments, for *Who?*

That's just prolonging this thing. What will be, will be. Cut it off, cut it off. Spiritual trips, they're the worst. Religions, it's the worst! Look what it's done.

Minds grab onto a few that awaken and they create this whole thing and it just creates a nightmare.

Everyone... *really*... stop thinking!

So, everybody's done (*laughing*).



*Forget spiritual.*

*The strongest of all illusory ideas and  
concepts are spiritual ones. That you're  
getting somewhere spiritually.*

*Who is getting somewhere spiritually?*

*True spirituality is the end of the one,  
the knower of it.*



## No 'Thing' Will Bring Relief

---

The reason people aren't comfortable in their own skin is because they don't know their own Self... and it's there... but they just don't know it. And that's the only thing that's ever going to bring *relief*.

No 'thing' will bring relief.

Only no thing will bring relief. Only knowing no thing will bring relief.

But no thing can provide the relief. No thing in: object... idea... belief... emotion... won't do it. You'll always come up short.

Be nobody. Just be very, very small. You'll find the hole.

Start by being nothing. Absolutely nobody. No opinion, not important.

Forget spiritual. The strongest of all illusory ideas and concepts are spiritual ones. That you're getting somewhere spiritually.

'Who' is getting somewhere spiritually?

True spirituality is the end of the one, the knower of it.

A lot of people start to feel like they're special because, "*Wow, I'm a spiritual person. I'm bringing a lot of light in the world.*"

Screw all that. Just find yourself and be yourself — just be That — because there's still someone there holding on to something and being something... *special*. Now you're someone special. That's real hard to get rid of. Because they *feel* it.

Someone who has just had an awakening, a lot of them — they stop there — and you've got someone who is aware of the dream, but they still haven't found the Self.

They've only found the Conscious Witness. And they move in and out and they assume that they're 'special'.

*No 'Thing' Will Bring Relief*

God bless them, all they're doing is building up more crap that they're going to have to untangle at some other point in a dream.





*Silence is not the absence of sound.*

*It's a word describing what This is,  
that we are... emptiness, fullness...  
transcendental... Cosmic Consciousness.*

*Guess what? There's no such thing as  
Cosmic Consciousness. There's no such  
thing as transcendental.*

*It's all... all... an illusion.  
No one lives... Consciousness dreams!*

*We're the dream!*



## Let It Go!

---

I have something I'd like to read tonight. Today I was looking through a couple of books and, you know, it just popped out.

What I'd like to do is, instead of meditation, let's meditate with our eyes open. If at any point you want to slump or something, that's fine. I mean don't resist anything that happens, but let's all... *let go of thought.*

You're in a safe zone. Consider this Satsang as a place where you can let it all go. You don't have a history. There's no purpose here.

We're all going to click our heels three times, we won't be in Kansas anymore. (*gently laughs*)

So, when you look at the screen, this is kind of a Zazen meditation, and kind of a mixture of... I'm

thinking Ouspensky but... his thing, and one of his devotee's, was to split the attention.

All you have is *attention*, that's all you have.

Your only currency, your only *free will* is the *attention* of this focus that we seem to have. So, while we sit, you can look at the screen, put half your attention on the screen and those you are looking at, and the other half of your attention... back here (*John indicating in his head*).

Ouspensky called it '*remembering the One*'.

So, you're not thinking about the screen, you're not thinking about what you see, there's no movement of mind... half the attention is out... and half the attention is back.

Listen without ears. Don't analyze.

...*silence*

Now... keeping that gentle awareness, keeping that sort of split... don't let your attention go past your nose... you're splitting it, it can be done.

When you look into the eyes of everyone on the screen, *you're looking into your own eyes.*

One became many.

So if there's only One, then there's *none...* because there's no other to acknowledge the One.

That's the Absolute.

The Absolute is No.

We imagine we're a doer. An imagined *self-knower-doer* is in the mix.

*...silence*

So again, we're going to go around the screen gently... don't describe anything... don't allow any thought to arise, brush it away.

I'm telling you, there is only One Looker here. There is no one who will know of what I just said.

*...silence*

It's like falling down the deepest well, with no bottom.

*...silence*

Everyone here has reached a point of maturity, so to speak, within this whole wheel, to hear what I'm saying, to hear what's being said.

The Absolute is solitude... *Eternal Solitude.*

Osho called it 'aleness'. He said until you know the 'aleness', you're not done... cooked... or whatever...

But it's here *now* — and I can't think of one reason why you wouldn't be here if you weren't prepared... forget the pronoun 'you'... I have to use that word, but THIS that you *are* is presented now with this — *utter freedom.*



The weight of being someone ‘separate’ is huge.

*...silence*

I can honestly say I don’t *remember*... I can’t even recall... there’s no tactile memory of what it was like any longer to be ‘not natural’... *it all fades*.

So, in some regard, it’s kind of like you’re all just a couple of steps behind ‘me’... *whatever that is*.

This isn’t special *and* it’s the most special thing ever imagined!

It’s not special to ‘someone’ called ‘John’ that accomplished anything. It’s That which is special within your Heart.

*You* are the Heart. The Heart has no location, it’s the foundation. *The Immovable*.

So many today say, “*Well, the Heart’s on the right side of the body.*”... which Robert Adams used to say, but then he’d go on to clarify that *the Heart is the whole thing*.

There's a sense sometimes, a spatial sense, that the Heart is on the right of our perceived body... apparent body. The Heart is the *whole*.

*You* are the 'whole', the whole thing. All this appears *on You*.

Just like when you lay down at night and another state of Consciousness called deep sleep appears *on You*... not as a 'person'.

*You* are the knower of your own birth. And as Consciousness knowing that, *that* Consciousness, not the 'person', got involved with *the idea of being a person*.

One year olds don't have this discussion. They have no alphabet.

None of this is me... all of this is me... and neither!

As I sit here, all I hear is this *hum*... not out here (*John gesturing around his head*)... the OM... that's where OM came from.

The idea of OM is this sound, this *movement* of Consciousness that we are, and as you open to your

own Beingness, you will begin to hear what they call *nada*. Most hear it, some don't, there are no rules.

It's the hum of the one engine of Consciousness.

*...silence*

There is no thought now.

*...silence*

At three o'clock in the morning last night, where were you? Are you beginning to see how *this* that you're identified with as a body and a world, is temporary... *daily... daily it's temporary.*

And then you hear one say, "*Yeah, life sucks and then you die.*"

This whole progression gets extended, this daily routine of appearance... disappearance... *you're not touched by it!*

*No one lives... Consciousness dreams! We're the dream.*

'We' ... are the dream!

And we're very, very, very special dreamers in the dream because we dream that we know of our *Self*. We can be aware of Buddha nature. We can be aware of Parabrahman.

And when that awareness of *That* is there, there's no one to claim it!

No one to make use of it. No one to employ it. No one to take advantage of it. No one to be a magical one. There's only one magician.

... *silence*

Nothing to do.

...*silence*



I'm going to read a short bit here... Papaji said this:

*“Everything that has been spoken is untrue. There is no world and no Creator. It is neither gross nor subtle. Neither air nor fire. Neither sun nor moon. There is no earth, no water, no light, no time, no word, no body, no action, no virtue, no mantra, no worship, no rites, no ceremonies. It is One. No Rama, seva, shakti, no pilgrimage, no ceremony. Has no father, no mother, no guru, he is alone. Can you understand? All is mind. The mind is constantly dreaming. I said, it is a dream.*

*As long as you are convinced that this world is real, none of your efforts will release you from the world process. But when you gain true insight, you will abide in the True State.*

*Ignorance is the seed of the world process. If ignorance is not removed by knowledge, the world process cannot be negated. And without negating the world process, there cannot be liberation.*

*It is intuitive vision alone that can terminate the illusion on the part of the seer who's involved with the seen. If It (not you)... if It does not overcome this illusion by using the light of wisdom, the seer will*

*continue to be trapped in the world of process, even if he were able to hide in the Himalayan caves.”*

There's a certain amount of trust that has to be extended — and by being here (in Satsang) that trust is already being extended. What you don't want to do is put obstacles to the trust that brought you here.

Trust the one that brought you to the Satsang, brought you to hear what's being said. Just trust that, and know that what I'm saying is true, what Papaji is saying is true, what Maharaj... everyone... that *knows*.

So, that's your jumping off point. You don't say, “*I know it's a dream, ah, I'm done!*”

You don't let the mind adopt that. Better to say... “*I've heard that it's a dream... I sense that there's a dream here... and I want to know more, I want to know the Truth.*”

*...silence*

Sometimes people laugh at those who pray. What you *are* hears your prayers.

That's what Maharaj called earnestness. If you really want to know your True Nature, that's between you and that which you *are*.

This imagined 'you' saying, "*I've had enough, I really want to know.*"

Without agenda, because the agenda... *laughing...* whichever one you can imagine which might be why 'I' would really like to have this on 'my' resume that I'm enlightened... throw that out because there's going to be nothing left... and everything.

*...silence*

Safe as mother's milk. I'm not describing something that you are going to become, it's something that's inside, so to speak, it's yours and you've been called.

*...silence*

Silence is not the absence of sound. It's a word describing what *This* is, that we *are*... emptiness, fullness... transcendental... Cosmic Consciousness. Guess what? There's no such thing as Cosmic Consciousness. There's no such thing as transcendental.

It's all... ALL... *an illusion.*

No such thing as location. It all moves as One. When it's seen as One... when it's seen by That, that it's One, *This* makes perfect sense.

Time... gone. The Eternal appears. The no-time appears.

And if you are not in time, how could you die? This is how it's seen. You were never born — you watched your birth. The *you* that you *are*, the One. And it will watch the passing of this body.

But to know your Self before that passing is the whole key. It's why you're here.

Even if it doesn't happen, you're safe as mother's milk. There's nothing that could ever destroy who you *are*. You're the highest, imagining that it's... *whatever...* a pauper... a king.

That's why it's so easy for One that *knows*. *Love* flows easily because there's no effort, because it's *seen*.

There's no one trying to do the right thing. There's no debate... there's no mental debate. There's no imagined one that could have a debate mentally. All

this is mind-stuff, you're not the mind. You're not the thoughts that arise in the so called 'head'.

Like Papaji said, not a single word, not a single thing is true. Which I've said many times... *all this is dream-stuff.*

What a relief don't you think? I mean let's think about it for a moment. What if this was really a world, that really existed, firm and solid and empirical? That wouldn't be a pleasant experience!

*It's the Grace of God.*

Everything you see, including the seer of it, is Him or Her or It or That... *why would you harm your Self?*

*...silence*

So the one thing you have at your command is *how* you react to whatever happens. *To be Aware.*

You have this Awareness, that we're all very lazy about and habitually conditioned to allow it to flow wherever the hell it wants to, and lead us around by the nose.

Nityananda said (paraphrasing): Any man, or woman, who does not have control of their mind, is not a man or a woman, is not a complete expression of This.



And that's this *movement* that you see today that's leading all back to the *natural state*.

The whole flood of humanity in this dream, that are at different stages within this... the suffering is huge! And the philosophy of this I don't know... but *I do know I was touched by Grace*. I don't know why. I have no idea why.

But I know it's your *nature* and I do know that your just being here is all the invitation you need.

*...silence*

It's okay to LET GO.

When you sit quietly... alone... and you turn in and you look for an 'I', please email me as soon as you find one... *laughs*... because I really want to know!

If you can find it... or a 'me'... wake me up, I don't care if it's four in the morning (*laughs*), give me the call... *"I found an 'I'!"*

Sky-like. Then all is as it should be because we're not special, even though we're the most special! The expression in the dream is so secondary to the flow and the flood and the absolute joy that the I Am is giving.

Like I said last night to some of you when we were talking, that quote about Mother Teresa saying, *"I am just a small pencil in the hand of God, writing a love letter to humanity."*

A hundred years from now no one is going to know who the hell I was, this 'John'. Meaningless! How about a million years from now? Where is the importance of 'John'?

Who is 'John' *without the word?*... then... then we're moving into *that which is all*. I am the most important thing *ever*... I am the most unimportant thing *ever*... an ant.

Me... an ant. I'm just a flow in this movement, yet that which I am pointing to... *pheew... boy oh boy oh boy*... what a treat!

Here's the treat, here's the treat of *Life* — is to *know* God. And once you *know* God, there is no God because there is no 'other'. *That's the final leap*.

No gods... goddesses... enlightenment.

The Absolute is No.

The Absolute is not even *neti neti*. It's *no-neti neti* and *no knower of neti neti*.

Well, you can say, "*Well, you are still talking like there's someone.*"

*Yeah*... that's not me, I don't know who does this. I don't know how this body moves. I don't know how to digest my meals... *smiling, joking*... I should bone up on it. I think I need to take a course on how to separate the nutrients, sometimes I don't do it right.

*...silence*

There's freedom in dwelling in your own Heart, and when you dwell in your own Heart, you dwell in the Heart of all and you're quite happy being a little pencil scribbling a little poem of love to humanity... it's your greatest joy.

All we have is each other. And Grace now is telling us that we're the same One so we stop all the bickering... maybe start sharing.

Will we see the *Golden Age*?... *no*... but we don't have to once we know the Self.

We're beyond any Ages, all Ages, all things, all perceivables and conceivable.

*I am not anything I see.  
I am not anything I think.  
I have no form and no color.*

And all I can do is avail to this now.

*...silence*

Whatever you put your *attention* on you will become.

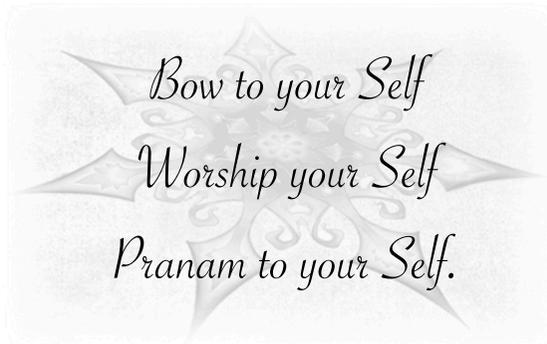
If you put the attention on money, you'll become obsessed with money. If put your attention on sex, you'll be obsessed with sex. Food... wherever you put the attention. This is not to say that all these things don't have their place.

But put your *attention* on the Self, and have it ALL.

*...silence*

There's no hurry, but be aware of how you spend your time.

Be aware of what the tenor of your thinking is all day long. And everyone here I know is quite focused on the Self, or wanting to know their Nature. Stay there.



Everything you do is a *prasad*... is that already. When you know it, it becomes richer and fuller and completely, overwhelmingly, off the grid. *Completely off the grid!*

*...silence*

God loves to *create* worlds upon worlds upon worlds upon worlds, in Universes and swirling Galaxies and many peoples and many realms... *and none are real!*

And you are That!

Is a drop different than the ocean? No.

Is a ray of the sun different than the sun? No.

We are all rays of the Absolute.

As a matter of fact, the little spark of I Am-ness... and I always say you don't have your own I Am-ness... but that I Am-ness, they're all one, right? And they all split into rays and our world, our universe is lit up by it. That's how these pictures appear.

That Light is not even *the* Light. There's a light *behind* that Light... and behind that Light, is only... from *Here*... a perception of a dark, deep electric

blue... and even *that* is a perception in  
Consciousness.

*That's Consciousness, imagining Its perception of the  
Absolute!*

It's all perception, all illusion.

And yet, *knowing Self*, it's undeniable. You *know*.  
There's a knowing. You're done. You're not done, *It's*  
done.

Is it ever done? No! But I just said it was done!?  
*Well, isn't that a paradox!*

How can something be done that never started?

And it will never stop.

This is what *This* does! I always say get comfortable,  
because you live in Eternity... *now*.

And the beauty of this dream is that we can  
recognize Eternity... *now*.

*...silence*

*Devotion...* that's when it really gets heightened.

Like Maharaj, when he would chant, I'm paraphrasing, and people would ask, "*Why do you still do bhajans five times a day?*" ... for twenty minutes or whatever he did... he'd say, "*that's the Mystery.*"

You're already That!

After realization you are the Only, yet as the dream of life you as expression feel compelled to worship, and all that is done then is Bhakti in the highest from the highest to the highest! All then is a puja, a pranam to your on Self!

That is the beautiful mystery.

When I always say that the more you love your *Self*... this is a total contradiction to the ego! The ego hates itself! It thinks it's not good enough... it didn't do this right — it's the claimer of things.

I'm telling you there's no one there. Nothing. No person.

Love Your Self... *Now!*

The worst judgement you could ever do is on your own Self. And we've all done it. I beat myself

up. ...*laughing*... I guess it had to happen but I'm telling you, you can let it go... you can let it go.

I mean all of it! All identity. Watch what happens. Watch what's right there behind *all this... movement...* all this movement of mind that just never stops.... *phew*... right behind that, and right behind that, keep going deeper ... *just let it all go*.

I'm sure I've said more than enough already, but I hope I made some sense here to you guys?

Trust me... *trust me*. I'm not selling insurance!

Actually, I am... *laughing*... I'm selling you the ultimate insurance! But you don't have to buy it... *you already own it!*

The only investment is ATTENTION.

And everyone is doing that very well. I'm really very pleased with what I see in everyone. I would like to think that all this yammering of mine leads somewhere. It would be nice to see.

You all look good. All bright faces and... you know... *this is it!* This is what you get, *this is it!*

I'll tell you what, the more you go into *this*, you live in the most magical heaven! This is heaven! This is Eternity! I say it over and over again.

I don't live in 'time'. Time is a complete illusion to me. I'm totally aware that it's *not*. Nothing moves.

In the Absolute there's no movement.

And that's *yours*... no fear... no desire. Nothing to fill anything. No way to fill Wholeness.

So you become the pencil in the hand of Wholeness, writing a love letter to humanity. Each one of us have our own little love letter to humanity, and to God, and to *this* that we *are*.

That's all this is. It's all entertainment, really. Loving entertainment.

And then the joy of really being with others in that space, *ahhh*.

That is my joy now, this Satsang and when you come to visit, just being in that. I see it in everyone, but when that exchange is there, there's no limit to what *magic* can happen.

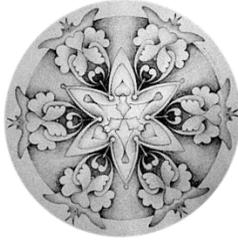


*You're the witness, stay there.  
That's the I Am. No thoughts, memories,  
associations or perceptions, no one to  
claim that.*

*Stay in that I Am. That's the portal to the  
Pure Consciousness, and when you stay in the  
Consciousness, that's the portal to the  
Absolute, which you already are.*

*It's here.*

*It's what is.*



## Consciousness Moves as a Whole

---

Consciousness moves as a whole — It's One.

There is no separate *cause* of anything, that's the game of the 'mind'.

The 'thinking mind' says 'that' happened because it's supposed to stop you (like I always say) from standing in front of a truck. That's its job. But then it starts to abstract.

The devil mind, devil moi. This idea of 'me', that's describing and created a whole 'me', is separating everything.

Everything moves as one... flashing on and off. What we're experiencing right now, already happened.

What we're experiencing 'now'... within changing 'now'... *apparent time* I'm talking about... the flashing... it's behind the beat.

Being a musician, you're playing behind the beat. Right?

So, we're living in the past. 'We' as the mirages, are living in the past — *we're not the doer*.

It's the vital breath that's doing it.

Now, if you just sit with *that* for a minute.

One physicist, Neils Bohr, came up with what is considered by some physicists as the greatest discovery of all time... science wise. That is:

A: If you're talking about quantum physics you're talking about non-location (non-locality), and

B: If you're talking about non-location, you're saying that nothing specific in any one spot caused another thing to happen.

This is how 'on it' this guy was conceptually. And this is the case. It's moving as a *whole*.

So then the burden goes — even prior to awakening if you run with that, so to speak, run with that as a concept and accept it, accept it on faith.

Take it from me, I would not steer you wrong — *you're witnessing this.*

Or, if you feel you want to be skeptical, that might be the way to go too because, who knows, maybe that might work for you. But that's what's happening and even science is now recognizing that.

So, if everything is arising and you're just the witness, why not, as Nityananda said (paraphrasing): Sit back and enjoy the show!

But there's resistance from a 'thinker' and an imagined 'doer'... and it's all in *thought*.

I don't have to tell you that you're the *witness* to the thoughts because you see them come — and you can't tell me what the next one is.

You're the *witness*, stay there. That's the I Am. No thoughts, memories, associations or perceptions, no one to claim that.

*Stay in that I Am.* That's the portal to the Pure Consciousness, and when you stay in the Consciousness, that's the portal to the Absolute, which you already *are*.

It's *here*.

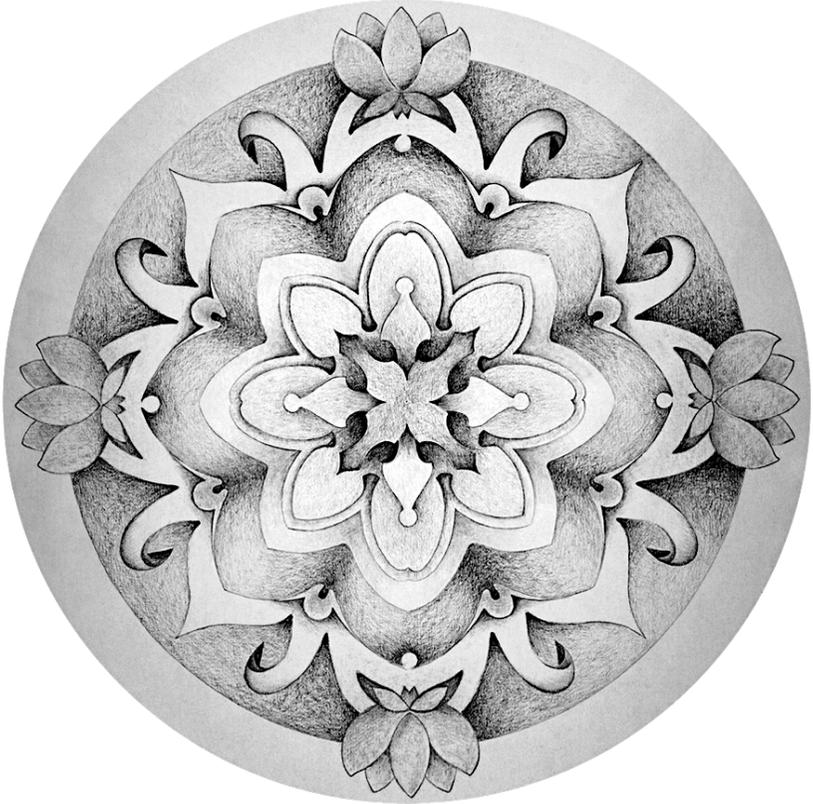
It's *what is*.

One solid chunk of *Reality* looking at a movie appearing *on It*.

It swallowed the whole thing.

That's how someone can say I swallowed the world. It's not a cocky thing like, "*Oh, look at me, I swallowed the world.*" Because that 'me' was swallowed with it! ...*laughing* ... And then you don't give a crap! Well, you give a crap, but you don't care... you're behind the beat.

So, whatever the *vital breath* is doing, you make friends with the *vital breath*. You become friends, it's united.





*You dream of a universe with an apparent center being the 'person', as Consciousness. That's why they always say don't attach to anything that's seen. Stay with the one who's looking at it.*

*This whole idea of 'should' is totally erroneous, you have no control over any of that.*

*The whole thing's out of control. It's in the control of the One... that moves as one.*



## One Dreamer, Many Apparent Bodies

---

One thing I wanted to talk about with everyone here is that the universe that you live in, that you perceive, is your own. Not as the person, but it's your own as the jiva, as the one that's witnessing. Completely, entirely.

Just like any other dream you have at night that's your personal dream, this is your personal dream, of the 'person', with the entire universe. You're not the person in the dream. We want to unfuse, we want to unfuse the idea that we're identified as Consciousness with the body and mind.

Who's the dreamer? ONE dreamer. Many bodies, many apparent bodies within the dream. Countless universes within this realm. Countless realms that

we're not aware of because the focus of the Consciousness is *here*, in this dream.

The whole thing belongs to you. Not as the person. I'm not even speaking to the person, it makes no point to even address that. That's an abstraction of *This*.

I'm speaking to what you are when you don't think, when you don't rely on thoughts, memories, associations, perceptions... certainly memory.

So it's *dream* states, there's no waking state. The idea of a waking state is completely a misnomer. That reinforces that there's a waking state and that there's a world.

The dream of a world and we all share it. I'm in your dream, you're in my dream. But there's no you and me. That's what we find out, that's the discovery.

You've dreamt body after body, mind after mind. Well, who's the dreamer? *That!*

That one Consciousness, that one substance. The Divine substance separates itself into multiple, multiple, multiple forms.

The whole idea of 'I' have to let go of something just adds another cog in the wheel. It's a thought of an 'I' that's identified with having to do something.

You are Beingness right now, you're never going to 'get' anything. There's no one to get it. I'm just explaining the function in a way of what this is, as best as I can put it.

You dream of a universe with an apparent center being the 'person', as Consciousness. That's why they always say don't attach to anything that's seen. Stay with the one who's looking at it.

The one who's looking at it, that's not identified, is space-like, sky-like, open. It has no center even though it appears very much to come from the eyes it's all part of the illusion. But there's only one *Looker*.

That's why trying to fix the person... when people say, "*I have a core issue.*"... I have people write me on the email and they say, "*Well this is happening... that is happening... but I have a core issue with my mother... I have a core issue with this aspect of I am not some way... I'm not like that one... or I should be.*"

This whole idea of 'should' is totally erroneous, you have no control over any of that.

The whole thing's out of control. It's in the control of the One, that moves as one.

You don't have issues. You don't have a history.

Unfuse the idea that you're the body and mind and be the Looker who doesn't care, who has no interest in the story itself.

You're the Looker at night when you move from the Causal and the mind stirs, the I Am-ness stirs and creates a dream. You're the looker of that dream, and you might create, and usually do have a sense of a body witnessing, within that dream.

Within that dream — that's a 'you' — this body point is in this dream state made of the same stuff. It appears more solid and has continuity by way of the dream recurring. It has a sense of continuity by way of memory, place... it's a recurring dream.

But not in any way does it have substance the way we imagined.



I had this one guy email me who's having awakening experiences. He's very open and he said he's having trouble letting go, and all the standard things that we do.

And he was saying how we're taught in school that matter comes together and it's this solid stuff and that somehow, miraculously out of this matter coming together, Awareness appeared on this rock floating in this universe, as he put it, "*...this cold universe.*" That's all wrong.

That's assuming there's a world and a universe! That's assuming that 'what is' is not a dream! The focus of the attention on that particular point, it's almost like a nightmare.

Imagine a nightmare that you could dream at night where anything could happen, horrors could be going on, and that focal point of attention, Consciousness, believes, "*Oh it's me, it's me.*"

It's just a WORD. Very powerful dream. Very powerful illusion. But *no* world.

The world appears, like I've been saying. Every morning it 'appears'. It's not there.

We assume it's there at night, the space is there, the electromagnetic field of Consciousness is there. That's why when the body goes, and we leave the body, there's still a corpse. But the corpse eventually goes back to the space. It goes back to the elements, the five elements, what we call the five elements.

*All of it's unreal.*

The Looker is pure Awareness untouched by this, *never touched* by what happens within the imaginary space of the dream.

Just like we're not touched by the imaginary space at night when a very temporary dream arises and we wake up to this and we go, "*Oh shit, it was just a dream.*" This is the same. This is the nature of it.

I'm just describing function, purpose and all the philosophy we can talk about.

To know the Looker, the more you can unfuse this idea that you're the body in a world — again the more the attention is put back on that which is watching and have no attachment to what happens, that's the habit that's developed.

We're so involved in this imaginary 'one' that things are happening to. There's nothing happening to anyone outside of the relative because it's just the *One moving*.

When you wake up in the morning, when that first movement happens, there's no thought yet. The first movement from deep sleep into the waking state is Pure Awareness, and then the world appears, and

then the stream of thought comes in carried on the vital breath.

Within that stream of thought, there is something called 'I'. Everyone has the same I-thought and they all think it belongs to them. Isn't that a funny one!

The same I-thought arises in each of our so-called bodies, each time the state appears, and we think it's pointing to the body and it's 'me'; yet there's seven billion with the same 'I', same 'me'. Same source. Not different.

One mind, not 'your' mind. 'You' don't have a mind.

'You' is a word the mind creates. And it gives it generously to everyone who has that stream of thought.

There is no 'you'.

Let's say there are seven billion *you's* right now. Does the play go on? Yes. I'm pointing back to the One that's looking at this, who is the originator or the... it's not a source so to speak... but it's the one that's doing this.

That energy goes through this filter of the 'I am projecting a world', and 'I am the body' and this is not a mistake. It does this because It likes to do this.

It likes to get lost to find Itself.

Right now, this conversation is being said by That to Itself... reminding Itself, guess what? *I've been playing a game on you, you're not real.* And that construct of ideas can just go.

How can a mirage have a core issue? How can a mirage have anything? The body's a mirage. The mind is a mirage. The only thing real is the One that's watching this dream. Awareness.

By habit we reinforce... *phew...* over and over all day. The whole construct of this dream realm is around the idea of a separate 'one' and now there's this movement, this wave saying, "*No, that's not true.*" It's called 'enlightenment'. But it's to Itself.

No one 'gets' enlightened. It just becomes apparent that there was no one to get enlightenment. It's a wave of *That* hiding and then revealing Itself. Within that wave of Life, forms appear.

Who was the knower of your birth? Who *is* the knower of your birth? You are the knower of your birth, so you can not possibly be that which was apparently born.



The whole trick is to stop paying attention to this body, and this life and this story. All the things we talk about, and turn the attention only on the Looker... *no matter what happens.*

Will the shift occur?

It has to if you want it that bad!

It's only earnestness, I think. There's no knowing how 'this' happened. This is so out of control, we're the mirage! But you're at the school... *laughing*... here we are having this conversation, but here we are! That's why I always say, this couldn't be happening.

A lot of the Neo Advaitins say things like, "*Well, you don't have to do anything, because if it's going to happen it's going to happen.*"... that's true. But there's a whole lot of people in the world not doing anything and they're not getting enlightened, are they?

That's after the fact, you know. That's after I realized, "*Oh my God, this is what it is!*" I can very much say that's true.

It's all Grace, we're not in control, but did I have to meditate all those years? Damn right! I still like to sit in This.

Whatever you feel comfortable with as your sadhana, just go with it, don't think about it. You're not going to get it in a book, but reading about it's not a bad thing.

I'm trying to just throw it all out. Read if you want to read, but don't structure so much. Go with how your heart feels, but always look within.

Imagine that you're just, like Nisargadatta said, the space is the eyeglass of Awareness, of the Absolute. The space itself. That's not the eyeballs, this is part of the illusion, and the breath.

These energies come together as bundles and waves to create the sensation of a center, and they're always new. This body's new many times a second, it's flashing, you know, this apparent thing.

We're just the Looker, and that's out of 'time', that's completely separate from this.

I had one person email me and say that I shouldn't be talking about the 'function'... *laughing*... I don't even know what I said, but by describing function, the reason I talk about this is because you never know what 'key' someone's going to grab onto and — 'Oh' — and then something will move.

You don't have anything to fix, there's not 'time' to fix it! Think about that ...*laughing*...

If we wanted to be perfect people, right?... and 'perfect' this person we are, and this body... the body's going faster than we can keep up with it anyway, right?

And all this emotional stuff that we've attached ourselves to as being 'me', this whole identification — there's not enough time to get all that right, *and there's no need.*

It's the mirage trying to fix the mirage that's slowly fading!

Everybody has an I-thought, and it's only *one thinker*. One energy. Endless 'peoples'. And this thought 'I', meaning '*oh me*', it's language... I'm laughing... it's... *Oh my God!*

There's no separate 'I'. There's the 'I of I', there's the Self. We're not that either though, that's not what we are, that's temporary too.

So we were never born. What we are was never born.

This dream of life and time is born. And we as that Whole, watch the separate lives unfold.

The Conscious Witness of that, that arises, gets involved in thinking *I'm the body... in a world.* Just all part of the dream.

This whole universe that is yours, we don't really share the one. It just *appears* like that. But the one that's 'yours' will disappear tonight when you lay down, it's gone, dead.

No awareness, no consciousness of a world. Something witnesses that state, and that's the Awareness, and that's here right now, and basically



everything I'm saying is to That, it's not to the person. That's what needs to hear this.

If what I'm saying is heard by the person, that idea of 'being someone to do something' will take that and run with it and do this and do that — and that's just another veil to what I'm saying.

And yet the show goes on. I still get mad, you know, but I watch it.

This that moves and does has nothing to do with you.

You've never moved, you've never done anything as That. That's why I keep saying you're safe as mother's milk.

I'm not saying that this place... this dream... is a 'safe' place. Anything can happen here, but it didn't really happen, and 'you' are totally untouched by it.

You are SAFE!

And I guess why I say that a lot is just maybe to let you feel safer to know what's going on.

That's where the fear comes in with this identity of, well if I'm only this non-thing, then if I'm nothing — if I'm no-thing, then I'm not something. It's only the idea that you're 'something' that you have to let go of. You are already the no-thing.

The idea of something, or a person, doesn't get the no-thing. The no-thing is right there watching this identity happen. And the identity gets unraveled and then there's just the no-thing... known... it becomes known to the whole function.

The I Am is still there.

The I Am is what makes this!

The One I Am... not your I Am... and someone else's I Am.

There's only one I Am that becomes many. And it makes it out of its own Self. So we're not even talking sentient.

Everything's alive... a stream. So you're safe and, I don't know, this is going somewhere believe me, it doesn't matter what you think. It doesn't matter what your mind throws up about this, not at all.

You know when you lay down to go to sleep at night and you want to go to sleep, you want to go into the deep sleep state?

First of all you're not the one that wants to go, it's the Consciousness Itself thinning out. It's had enough of the display. And then the thought arises as that movement is happening going, "*I want to go to sleep.*"

But if that 'I' wants to go to sleep and it can't... if it's in control, why can't anyone go to sleep whenever they want to if this 'I' decides?

Then you have, "*I can't sleep.*" ...*laughing...*

It didn't happen! It's a movement from two dream states into a state of what we call oblivion, the Void, the Causal. That's not real either!

I want to see if I can find a book of magic words... *laughing...* to put this better, I feel bereft sometimes, you know.

Again, when I email with certain people, a lot of times there's a sense of someone still trying to untangle their personal thing.

I'll give you a big jump on the whole thing, *throw all that out!*

That's why I say you are nothing you can forget — and nothing you can remember.

'I' am nothing I can remember, and nothing I can forget. Not much is left!

*"Oh my God, that feels like there's nothing there!"* If you go into that... go into it.

It's only the mind. The mind lives on what it remembers... anticipates... and that includes the 'I'.

It's all the alphabet.

As a matter of fact, nothing you could remember or forget — or anything you could remember or forget — would be contained in the alphabet.

It would have to be. It would have to be remembered in such, or images.

That's part of it too. The same mind that has language has the pictures, has the memory.

*One Dreamer, Many Apparent Bodies*

*“Oh, I can close my eyes and remember, and picture it just like I was there.”* That’s mind too.

Everything is mind, except for *That* which watches.

Everything.





*The only time something is wrong . . . or  
right . . . is when the mind makes that choice  
and you, as Pure Consciousness, believe in  
right or wrong.*

*Be still.*

*Be still in all that happens.*

*Be still in all that occurs — or appears to move  
around you — you as the body-mind organism.*



## Freedom is Beyond All Experiences

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*So, once again, here we are together, in a place where, at least temporarily, you can say to yourself, “I can let it all go.”*

And I’m not being casual with that, okay?

Life seems to demand so much, otherwise, use this time, you know, use it to let go.

Listen without ears.

*...silence*

Notice if there’s any tension in the body, or any place in the body where there’s tension. It could be in the face... that’s a very good hiding place for tension.

Put your attention on the breath.

Watch how it rides in... and rides out. Let it go in a little deeper and out a little longer... just let it... without doing... let it just move.

...*silence*

Satsang's a place where there's no concern, no agenda, no need for justification or explanation.

There's no one here having Satsang. That's an idea in the mind.

The only time something is wrong, or right, is when the mind makes that choice and you, as Pure Consciousness, believe in right or wrong.

Today, so many people want to be spiritual. It's not a bad movement — *there is no good and bad* — it's the first step towards wanting to know Truth. In the end there will be no spirituality — there will be no words, words won't 'define'.

Many people meditate and have experiences... beautiful experiences... and sometimes disorienting experiences... "*Well, this is too much!*"

Freedom is beyond all experiences.

Where is Freedom? ... HERE

When is Freedom? ... NOW

Lately I've been pointing to the necessity of not picking or choosing. If you truly want to go past the 'I', the small self, and know the True Self, that *habit* has to go.

And it's the one habit you can break *before* Awakening.

*...silence*

Be still.

Be still in all that happens.

Be still in all that occurs, or appears to move around 'you'. You as the body-mind organism.

*...silence*

Maharaj said (paraphrasing): Anything you know about yourself, could know about yourself, or anything you know at all, is untrue... discard it!

You say, "*Well, how do I do that?*"

In *silence*. — there is no history, there is no... *you...*  
*me... I... them... it.*

You can kind of know when you have moved away from where you want to be, so to speak, when there's a disorder... a disharmony... created by the words arising in the so-called 'head' that are taken for gospel.

Give up the idea of improving yourself, we're not here to improve ourselves.



*Freedom is Beyond All Experiences*





*Everything you see is you...  
everyone you see.*

*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 Its terms. Period.*

*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.*



## Let It All Blow Away

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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*.

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.*

*...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 — 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.*

*...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 — 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, and you can't even say that because *it never began.*

But it's leading all back home, let's look at it that way.

*...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.

*...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.

*...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 — '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*.

*...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, 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.

*...silence*

And when one finally sees that, sees through the veil of separateness that the idea of anyone, even of a 'soul' — forget a soul (*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.

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!

*...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.*" Well, '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... of mankind... within an imaginal space... that is going on — will not be lost.

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 Mahayugas<sup>5</sup> 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 Its 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*.

*...silence*

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

*...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 not 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 am damn well sure so are you! *...laughing...* You couldn't convince me otherwise!

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.*



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.

*...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 (*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!*

*...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. 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, as 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 Its 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.

*...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, 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... or 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.

Why know? Put it this way, Nityananda, who they call an Avadhut — Muktananda’s guru, the Great Saint from Ganeshpuri — came in Enlightened.

So, in his prior lifetime when he was Enlightened and he was going... (*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 (paraphrasing), 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, 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 and 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... *abbbhh*... 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!

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 the list. ...*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!*" or some such thing... I don't know... God. ...*laughs...*



...*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.

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 Its 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... *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.

*...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 'non-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... because I was one!...  
*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.

*...silence*

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

*...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 or 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 (paraphrasing): 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.



*I Am equals Consciousness.*

*It's Its play and It likes this, but  
the freedom comes from realizing  
that we're not the play.*



## Everything Goes

---

Stop seeking ‘This’.

Do your sadhana, whatever that is, whatever comes naturally... like meditation... but eventually you have to give up the ‘meditator’.

Everything goes. If there is a process, it’s seeing all these finer and finer identifications.

You’re already That! We’re already Oneness.

And the game is — within the dream — the game is that someone felt ‘separate’ and then someone has to find it.

And the passion is that It reveals Itself, to Itself, and the joke is seen. That the ‘I’ that is looking for enlightenment is *condensed emptiness!*

It's all condensed emptiness with language added to support this fictional 'one'.

So where is an 'I'... who's going to get enlightened? And when that's seen... that's why Nisargadatta said enlightenment is realizing there is no such thing! And not only that, it only exists within the dream of Consciousness.

There's no such thing as enlightenment, even in a deep sleep state. Where is there someone who needs to be enlightened in deep sleep? Again, but we're there. There's a witness to that.

Everything we know about ourselves, anything you can know, or know about yourself, is not true.

*Let it go.*

And that all takes place within the so-called 'waking state'. We're prior to that, that's why it is *neti neti*, let it go.

It's not like, "*Oh what do you mean let it go, oh that means I don't care...*" Forget all that!

You'll care when you are supposed to care, and all those things. But this 'I' just constantly... it's like a

domineering force that does not belong at all to someone called 'you'.

It likes to do this. The 'I Am' Itself — without thoughts, memory, emotions, associations, perceptions — the 'I Am', 'God', the 'Consciousness'.

'I Am' equals Consciousness. It's Its play and It likes this, but the freedom comes from realizing that we're not the play.

What did Maharaj say? Time is born but you're not born, and time shows you its own movie and your birth is part of it.

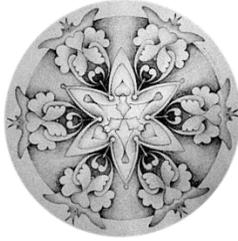




*We're very definitely here. This experience is happening, but it's temporary and it's empty. It's a mirage like in a desert.*

*One substance condenses itself... first there's absolute nothingness... and whatever you think it is, it's not; whatever you say it is, it isn't. It is right here, right now, and it condenses this mirage and it begins every morning, so to speak; the pictures begin every morning when we wake up.*

*Eventually, when all this dissolves again, it thins out and there's no Consciousness anywhere... no Universe... just Nothingness.*



## It's So Close That We Miss It

---

You know when we were talking about how the more you move towards it, the more you move away from it?

And in mediation it's the same thing, you know, the more there is resistance, or a battle, between one thing and another. That gets worked out eventually, you know, that's why mediation's good... you kind of find that.

But what's going to happen, or what is moving, is doing all this. This is happening without anyone doing anything. And everything we think about, all that added stuff... analyzing... is all added on top. It's all afterwards, behind the beat, or after the event, however you want to put it.

*It's always so close that we miss it.*

Everyone misses what's happening because it's just 'here'. It isn't anywhere else. It's not going to 'come'. It's not going to 'happen'. *It's happening.*

Consciousness moves on its own.

Someone might say, "*What do you mean Consciousness moves?*"

Everything that *moves*, that 'appears' to move, is that motion. But 'something' is staying still.

*Something* — what we *are*.

We're actually both — motion and that which doesn't move.

The Witness doesn't move. Everything else is just always moving around. And our good friend, our mind, our best pal, our lovely ego — the 'identification' aspect of this thing — dominates the show.

The worst thing in a way is when we get into a battle with that mind. That is not a battle to have. In a past Satsang I said you've got to beat it up and show it the door. To 'beat it up', that was just spontaneous, but it's not a beating up. That was just like an attitude,

like *get rid of it*. But it's not a getting rid of it, not a fighting with it.

When I was sitting the other day, the energy moved in a way that it's just in such control. I'm not the only one that says, when the emphasis is put on, "*Well, it's not real... it's not real.*" to forget real or unreal. It's not what we think, or always thought, it was.

We are very definitely here. This 'experience' is happening, but it's temporary and it's empty. It's a *mirage*, like in a desert.

I am not joking. This is not an analogy. It is in one regard, but it's really not.

Imagine you're in a desert and off in the distance you see a mirage, the heat. And imagine in that mirage, besides just seeing the trees and water, you see people moving around. Persons. Bodies. Forms.

*That's what this is!*

Imagine you're looking at the mirage in the desert, and you see these forms that are just mirage. You can see almost through them, they're diaphanous, always

in motion, always changing as one, because that cloud, that mist of mirage *moves as one*. The apparent forms inside are doing nothing.

It would be like some part of that mirage saying, “*I wanted to be right here. I planned it. I planned to be right here doing this and look what I just did.*” It’s laughable.

Part of the illusion, part of what Oneness does. One substance condenses itself and first, there’s absolute nothingness, and whatever you think it is, it’s not. Whatever you say it is, it isn’t.

It is right here, right now, and it condenses this mirage and it begins every morning, so to speak; the pictures begin every morning when we wake up.

That’s why they say there’s no coming and no going... all the great Sages... there’s no such thing as coming and going because THIS is IT.

*It’s just not being seen for what it is yet.* It will be, there’s no doubt about it. It’s not a matter of ‘if’ so-called ‘enlightenment’ will happen, it’s ‘when’. And for no one, just another mirage within the dream. That’s pretty empty!

And the only one struggling with that is this stream of thought that's recorded this whole thing. Created this whole idea of what's going on, all these concepts, which was not a mistake. Part of the illusion.

*Consciousness conceals Itself, then reveals Itself to Itself!*

But the mind cannot grasp, for the longest time, until it's just completely forced to. That awakening is like, "Hey, look!" That's why it's kind of tough for that mind, these 'identifications'.

Really. Only that moving.

The Absolute doesn't move, it's the ocean of the Absolute.

What moves? The mirage moves. Consciousness moves; condensed Consciousness and unmanifested Consciousness. The Absolute is prior to the condensation.

When this mist condensation comes, it moves as one. And then all the separate manifestation; a bird flying right now in that tree, and my hand moving like this, just happened as one. This is how exquisite it is and this isn't philosophy. This isn't something I

believe in. This becomes so damn apparent that your head spins for a while.



And then we have all the dimensions below the conscious dimension. I'm not aware of the atoms moving in the hand, although it looks pretty diaphanous, I don't see atoms. ...*laughing*... Right?

But they're moving and we know that they're there, they have their own reality. That same energy is doing that. And this idea of a 'person' shows up somewhere in the middle of all of this.

The whole idea of a person and the 'I' shows up on the object level within the quantum level.

First you have that substance, then you have subatomic levels. This is science, this is from the dream, what we've figured out... then you have the object level, the forms.

You actually see forms. And when that arises, within that you have the 'I'; language comes up... *thought*... and creates a person. An 'I'. An 'I Am'.

That's the first concept within the Absolute, within Consciousness. *Its concept*. It wanted to Be. It plays this game. Nothing to be afraid of though... at all. There is nothing to be afraid of.

All this fear is really what kind of stops this thing.

We're safe as mother's milk. We are. That's the joke. That's the Cosmic Joke. All the looking for it, oh my God.

I'll say this though, the fact that we're sitting here, the fact, the very fact that we're here, I don't have a damn thing to do with it... and neither do you.

Just like I said... in the mirage... can you imagine mirage figures sitting there and going, "*Oh, we're going to have Satsang tonight. Are we? What time? Well,*

*I think it was 5 o'clock. Oh. I don't want to be late! You'd better not be!"*

Mirages, right?! Imagine this! We'd be watching going, "*Oh, is this a hoot or what!"*

Then one mirage goes, "*I'm going to go very deep.*"

It's already That!

The other mirage goes, "*Shit, I can't, my mind... I can't...*"

And the other mirage goes, "*You know, you do have a busy mind. You should try to get a handle on that. I have much better control of my mind. I guess I'm more spiritual... but you'll get there, don't worry.*"

Laughable!! Off the charts funny shit! I can't tell you how hard I laughed. I wet my pants I laughed so hard. I could not get over this shit! I am not kidding. This mirage is telling you... *Holy Crap!!*

And I would go out and everyone was taking their 'selves' so seriously, and I was a little bit too giggly for awhile, but then I had to kind of rein it in... this mirage... because *they* weren't getting the giggles.

And then again... like the compassion for the other mirages, once you know *That*, and you know this 'fullness', you don't want to make anyone feel uncomfortable or unhappy, you know? There's no joy in that.

The joy is... *What Is*.

And you really do want the other mirages to know that this is totally, utterly make-believe.

Think of it this way too, here's a good way: when you are in deep sleep, that's your True Nature. That's a hell of a lot closer to what we *are... for eternity...* than this.

But we think we're these 'peoples', in the mirage, that have a life that was born and are gonna diez. Like those cat cartoons, you know, with 'I diez' with a 'z'. We're gonna diez, like the cat cartoon, yeah? *Oh my God, we're gonna diez!*

Well you die every day! Every night when you go to sleep you're dead! It's over.

*"I don't see it. You know, this mirage is realized... whoa!"*



Guess what! I don't see this shit! I don't see my surroundings in deep sleep. That doesn't happen. It goes. (*John makes a flashing 'off' sound*) Daytime, lifetime, same thing.

You live a daytime and a lifetime. We call it a day... or a life — and it's just a bunch of days put together and we call it a life. And it belongs to an 'I', a mirage 'I'.

But you were never born because you're the Witness which never moves. In deep sleep it's still there. Like I say, the Awareness is still there, and then you blow out the light of Awareness, because there's no such

thing as light, it's all a dream of the Absolute... or the Great Unknown.

We don't know what's prior to it, but I can tell you it's sitting on this.

When you can see that the mirage is just like this — like I always say, *'floating'... 'diaphanous'... 'colors'...* it's not like, “*Oh look at me I have this experience.*”

That's the beginning of it, where a lot of people get stuck. But then, when it's realized, wait a minute, hold the phone, I'm *part* of this — the one who's saying that is part of the mirage — and it's all temporary... daytime... nighttime... lifetime.

Then what is? *It just reveals.* It doesn't reveal and come and knock on the door, it's just a *knowing*. It's a fundamental knowing. That Presence moves forward and it's just... *Holy Shit!*

And like I said *...laughing...* the joke is, “*I've been duped!*”

Who duped who? It's really a joke! And once it's seen, it's LOVE, that's all there is!

Not dopey love like running around, “*Oh, I love everybody.*” Because I don’t love everybody that way — some people are still a big pain in the ass. But I don’t give a crap because they’re a mirage! I won’t be mean to them, but it doesn’t mean I want to go up and give them a big hug to make them feel better.

It’s not that.

That’s the kumbaya let’s sit by the campfire. That’s bullshit. That’s the ‘being spiritual’. Let’s ‘be spiritual’ and that kind of crap. Another trap. And it becomes a spiritual religion... for a mirage.

It becomes *natural* is what it becomes. It becomes so natural that when you go up to somebody you naturally want to love them because it’s YOU. You know it fundamentally.

Now they might not know it, and they might not know it so hard that you go, “*Oh my God, I can’t take the pain in the ass that this one thinks it is!*” and you leave, you go away for a minute.

But you don’t walk around going, “*That son of a bitch!*” There’s no story to it. You certainly don’t want to go to war with that one’s family and country.

That's over because it's so apparent that it's just the One.

Funny place to find 'your Self' in. Probably a hundred years from now there'll be a whole lot more dancing going on. Everybody will be boogying and going yeah, this is great! We're going to miss that part.

We're here while the 99% (forget about the economic 99%) are so seriously thinking that they're *not* a mirage — that they're really a person — when they're the Awareness from deep sleep... eternally! No beginning, no end.

We should get comfy with this. Get comfortable with the idea of the mirage because this is what we do. This is how we express ourselves as *That*. And it's not going to stop, there's no way out.

Never been born. You'll never die. You'll experience the body dropping. We witness the body being born. Awareness watched all this! But, you know, there's no way out — *it never began!* Contemplate that!

The mind will go completely nuts with that.

Just force the mind to keep going back to that for a while. Just sit there and go, “*Go over it again.*”

It'll say, “*No, I want to get up and make something to eat.*” You say, “*No, we're going to go over the beginning thing.*” Just sit there and beat it up. ... *laughing...*

Yeah, beat it up. Beat your mind up with that one. It'll go nuts, it can't absorb that. It only sees beginnings and ends, it sees cause and effect. That's its job. It sees a car coming, step out of the way. Car... move.

That's its job, this mind created the 'I' — well, it reinforced the 'I', the 'I' is a condensation of Consciousness.

The I Am appeared at two, two and a half — which is that feeling of I Am-ness without words, which isn't real.

It's not real or unreal, but it's temporary. But then it got reinforced with this 'I'.

Like Nisargadatta always said — you have the 'I Am' without words, the non-verbal — and the 'I Am' with words.

So the I Am with words is, *"I am John and I have an apartment."* ... and on and on.

And everything's an abstraction of that initial 'I Am'.

*"I am this... I am the body... I am here, in a world, I'm not a hologram, I'm not a mirage."*

This is serious stuff.

*...silence*



We're the fortunate ones, we're the trailblazers so to speak, we're the Lewis and Clark's in this dream, that's what we are. The numbers are growing but boy, are they growing slowly, you know, as much as we celebrate how fast the world's waking up and all that.

I was on a train today in San Francisco and when I get on the train and I look, honestly, from the mirage point of view, there's no one there.

Like I always said, it's a very 'alone' feeling - well, it used to be, now it's a full feeling — but no one there, just all these mirage characters and they're knee deep in the dream. They're neck deep in it! They're just *deep* in it!

The mass... the wave... the flood of humanity... faux humanity... very faux... completely faux, but humanity. No such thing as humanity essentially!

Eventually, when all this dissolves again, it thins out and there's no Consciousness anywhere, no Universe — just *Nothingness*.

The human being that showed up on the scene, I'm guessing, about 20,000 years ago — the modern one that we're talking about... *whatever 20,000 years is!* But within this thing — *It's Not* — never was, has no place.

Just like a dream at night. You can't find it after you wake up.

After we wake up, and *this* dream starts, you can't find *that* dream. Like I said, you couldn't bring flowers to someone, you couldn't go back to that, there's no place. Same thing here.

But *we* are the Awareness — the closest thing is deep sleep, that's what we are eternally. No beginning. No end.

*So what's the worry?* Why should we worry about this little state that comes and goes? It's just a state of Consciousness where there's mirage people walking around. And the joy is, we, as That — this is love — this is us too!

When I say it's not real, it's not that we should shun this, we should embrace it! We should be amenable — *it appears in and on what we are.*

Floaty mist — *flashing on and off* — bridges... rockets going to the moon... the fake moon... imaginary sun... perceptions! There is no sun that exists in a universe somewhere... it's a *perception!*

When you go to sleep at night, and you're in deep sleep, the sun's not there. You say, "*Oh, yes it is!*" For *You* it's not there, trust me!

The space itself is there, but it's not there.

*Without an observer it's not there!*

They arise together, the whole thing — perceiver/  
perceived.

Even science knows this, they call it the 'observation  
effect' (or 'observer effect').

We've... *we've...* discovered this, that... *Holy Shit!...*  
if you're not looking at the atoms they're not there!  
They go like this (*poof! John mimics them  
disappearing*)... and in physics they're going, "What  
*the hell?!*"

And they try to sneak up on it, that's the funny  
thing! They try experiments where... *OK, I won't  
look...* there won't be someone looking but... they'll  
have a camera, right?... *John laughing throughout this  
explanation...*

They'll have a camera, but *that's* the observer!

And someone will say, "Well, wait a minute, the moon  
*is there because they went to it.*"... an 'observer' went  
to it!

*It's So Close That We Miss It*

Within the dream we send cameras to Mars...  
*laughing again...* all these 'millions of miles'... it's an  
observer!

You get an operation, "*How can it be empty, I know if  
I cut it open there's stuff in there?*"... *laughing again...*  
well, there's an observer!

If a tree falls in the woods does it make a sound if no  
one's there? No, it doesn't even fall!

It's an *idea* that it might fall if someone's not there.  
No. That's all this is.

We're all a non-dimensional speck of the Absolute  
Emptiness... which is Fullness... it's God... it's the  
biggest thing you could ever, ever imagine. *All  
powerful.*



It *created this* so I don't want to diminish this by saying it's just a speck, but out of that speck... *whoosh...* and it witnesses it.

That's it, we're the *highest*. We're top dog!

Top dog... top cat... *laughing...* is that a joke or what!! "*Oh man am I being spiritual enough? Oh, Christ I don't know! Am I doing everything right? Oh shit... ah... ah... how do I...?*" You're top dog already!!

It's like the President running around going, "*Did I clean enough toilets today in the White House? Am I doing my job right?*" You're the President! Get out of the bathroom!

Get someone else to clean that. Right? ... *laughing...* These are metaphors, analogies... but they apply! We could go on forever... *come on...* big joke!

When I always would say it's a big joke, it's not like, "*Oh, poor little Johnny got the joke.*"

'Johnny' was completely blown out of the water! And I'm going, *Oh!! Huh!! I'm top dog? I'm the Supreme Being!* As a matter of fact, you can't even say

that because there's an 'I am' saying it. It's just Supreme Beingness manifested everywhere running around going, "*Ohhh!*"

Now we should get really pissed at all these suffering mirages running around going, "*Ohhhh!*" but to who?

That's why I said the *sting* is gone!

So even as the mirage, you know, call it karma, *schmarma*, whatever the hell you want to, whatever concept you want to add to it why bad things happen to this 'thing' still.

So what! It's not real!

A - It's as apparent as a duck's ass, you can't miss it.

and

B - You're It!

So what do you do? We all love each other and we have a party. We have a good time. We breathe, we go *ahhhhhh*, *ahhhhh* isn't this *ahhhh*, *so what... oh yeah... someone does the dishes... OK... then doing the dishes... it's all fun!*

*Everything becomes fun rather than a complaint.*

Doesn't sound very spiritual I know, but that's really what's going on. We could talk about 'earning it' and merits and demerits and lifetimes.

I'll be frank with you, I'll entertain all the philosophy you want, but where I'm at right now is like, coming... going... coming back... this is when it all, the whole thing, fell apart for me. *For Who!*

How can a mirage say it's going to come back or not?  
It's a mirage!

I know everyone here still thinks really dearly that, "*I don't ever want to come back to this place, it sucks!*" ...*laughing...* As much as we love it, it's a bitch!

It's like Nisargadatta said (paraphrasing): All the trouble starts when the knowingness starts.

The knowingness starts every morning. The 'knowingness'.

There's a *knowingness* of stuff happening. No one can say what it is, even the Consciousness, it's a word,

you take that word away... I don't know what *this* is... no one does, but we're doing it!

And then he says we're prior to *no-knowingness*. No-knowingness is deep sleep. You don't know that there's anything, but there's still Awareness. But when he said I'm prior to *no-knowingness or knowingness*, that means prior to the Awareness Itself.

One step down from the Great Unknown, because the Great Unknown witnesses both the no-knowingness of deep sleep, the semi-knowingness of the dream state, and then... the *coup de grâce*... *the crème de la crème*... look at this folks... the physical world... *woohooo*... It witnesses that!

*That's knowingness.*

We're prior to ALL of it! But I don't know what 'It' is.

The closest I can say is this Awareness that's banging... beaming... this energy... this space... that Awareness is *everything* you see.

It's ALL ONE.

Again, just Light... *reflected*... *no where a separate anything*... *except in language*.



*It's amazing what this is!*

*And that will never cease to astound.*

*That's the joy. That's why Consciousness does  
this, so it can experience Itself as Itself.*

*The Absolute has no experience of Itself...  
without manifesting.*



## Addicted to the Illusion

---

It's fun to sit still.

You don't have to sit and do meditation with eyes closed. You don't have to sit and contemplate a lot.

Don't contemplate and let the mind say, "*Well, the seer is temporary too.*" and get into 'describing'. That's objectifying and you're stuck in the mental state. You're stuck in the mental dimension.

Throw all that out! You're going deeper than that. You're going deeper than any dimension or any state.

You're not even going there, you're there already!

This is how intense this illusion is. It's quite a show, it's quite a trick. Without a doubt. When you see... look around! *haha*

It's amazing what this is! And that will never cease to astound. That's the joy. That's why Consciousness does this, so it can experience Itself *as Itself*.

The Absolute has no experience of Itself... without manifesting.

It really comes down to wanting, to looking at your own little bit of baggage (that we each have). Not to figure it out, you don't want to look at cause and effect, okay?

If you look at your 'background' in life, these things come up. Don't let anything say... *this caused that... and that caused this... and I'm like this because...* I'm telling you there's no one there to own that, so why entertain it?

It's the very entertaining of memory and association that creates this lie, this fiction, that's keeping your true experience of life and love — because everyone talks of love — from arising.

It's a tragic addiction that everyone has.

The cell phones and the texting everyone, this is Consciousness addicted to Its illusion.

Now that's fine, there's nothing right or wrong about anything.

But it's not fine if there's a *yearning* — and you're trying to turn to that yearning — yet you're still letting these thoughts in, you're still entertaining them.

You're still calling memories 'your' memories. Your memories don't belong to you! There's no one to own them.

So if those memories have guilt associated with them — whose guilt?

If they have pride associated with them — whose pride?

This 'me' and 'I' is an impostor that's totally full of shit and ruining your experience, so to speak.

You should show that one the door.





*Reality is a word — there is no Reality. To the  
Absolute there's no such thing as Reality.  
Only within Consciousness, only within this  
mirage dream — where there are mirage 'I's' —  
does the debate come...*

*“Is there a Real or an Unreal?”*

*And the Absolute witnesses this from what we  
call a Witness, which is Consciousness without  
an object. It's totally unconcerned, because it's  
unreal. But It witnesses this with absolutely no  
concern because It's 'not'.*



## The Ocean of The Absolute

---

All words are metaphors explaining something that's not.

All words create meaning for something that isn't, including the concept of Consciousness.

Sound creates words... *there is no such thing as sound*... it belongs to Consciousness.

Words create concepts, so I'm using metaphors. I'm setting up with that so I'll keep going. One of the big metaphors that a lot of people use in explaining the Absolute, which we are, we are the Absolute, we're prior to Consciousness — *pointers* — so, one of the best metaphors is the ocean.

But imagine an ocean that has no beginning and no end, has no place... *it is*. But the ocean has a place, okay? The Ocean very definitely has a place. But it

has *no place* because it has no beginning and end. So it has *no location*. There's nothing in it to point to otherwise that's real. Just *Oneness* prior to the word oneness.



So we have the ocean.

Within the ocean — I'm using metaphors as far as depth, but we're going to throw them out in a minute too — deep in the ocean there are no currents, it's solid. Let's say it just 'is'.

And as you rise to the top, you have currents that move. And then as you keep going you have waves, and then on top of the waves you have the spray, and little bubbles. Little bubble universes.

We're the little bubble universes. We each have our own bubble universe, our own non-dimensional speck within the Absolute.

We call that 'Consciousness' because that's when the I Am projects a world and we see the pictures. It's a bubble world.

Now we say Consciousness, and then we say subconsciousness.

We all go, "*Oh, it's in 'my' subconscious.*" Again, the 'my' is in there. I'm not going to qualify all the time about the 'my', I'm just going to go with this. My subconscious. The subconscious. That's the current, the movement of the current.

And those currents move as a whole in the ocean. That's why the analogy of, "*Oh, why look where I am.*" and the bubble 'I' claims to be there on top of the wave. But the current moved the wave *and* the bubble. And that's why I always say we're behind the

beat as we're claiming *afterwards*, in language, describing what's happening.

All words are descriptions of perceptions of what the bubble is seeing — the I-bubble.

And when I say that, alright, there's a perceiver and a perceived, and they're one, *then neither are* because — if the perceiver and the perceived are one — then neither can be because there's none to say that the other is!

It's part of the illusion. It's part of the projection of the Absolute — starting with currents, waves, bubbles.

Mirage.

Now I'm going to extend this metaphor a little further because I'm using the graphic idea of the ocean, with the depths. But in Reality, the Absolute permeates all of it. It appears as a mist on all of it. It's everywhere. It's one solid block of Reality.

Reality is a word, there is no Reality. To the Absolute there is no such thing as Reality.

Only within Consciousness, only within this mirage dream — where there are mirage ‘I’s’ — does the debate come, “*Is there a Real or an Unreal?*”

And the Absolute witnesses this from what we call a ‘Witness’, which is Consciousness without an object. It’s totally unconcerned, because it’s unreal. But It witnesses this with absolutely no concern because It’s NOT.

That’s why I always say, the greatest — *we’re speaking from Consciousness* — the greatest compassion is that even within this dream... that It knows It’s NOT... It does not want Its dream selves to suffer, so It creates ‘awakening’, ‘enlightenment’.

And it’s always been available. But without the concepts, words, sounds, language, nothing would happen. This is entertainment in a way. You could call it that for the Absolute.

Why does the Absolute do it? Well, you could say It’s ‘alone’.

Before It created all of this, before the currents... waves... pictures... show... play — the play of

Consciousness that all the Gurus speak of — before that, It was alone.

That's why I said when I became aware of the Absolute, it was an alone feeling.



Kind of freaky at first because you're so used to seeing everything as separate, and people as separate. Like I say, I get on a train and I'll look down the car — I can put my attention to the individuals, it's not like you lose that — but as soon as I put my attention to 'what is'... *phew!*... just nobody there! *Aloneness.*

Not oneness — because who's to say there's oneness?  
It's aloneness-fullness. Okay?

So all words are metaphors, and all words are  
describing a perception of something that's *not*.

Now, I'm saying these things and I want you to listen  
gently — don't let your mind get too wrapped up in  
what I'm saying because what I'm saying is to break  
these conditioned things. These conditionings that  
we have that are in the current, they're in the  
subconscious.

When I say we have to be real careful of these  
concepts, it's because these subconscious things are  
like there's a 'joy'. Like I say, there's a subconscious  
'enjoyer' of knowing what things 'mean'.

For a long time there was an enjoyer-Self, very subtle  
for me, that enjoyed, "*Ah, I know.*"

*I* ...very subtle, nothing conscious... "*get it.*"

Even that untangles after a while. That's the I Am  
Itself completely untangling.

And so, within this metaphor of the ocean, it's  
helpful to not have a reaction to anything.

The less reaction you have, the more you're drawn to that which has no concern. Don't have intention. Don't believe in intention. There's no one to have intention.

Again that doesn't mean that you don't have concern. These things arise naturally, and they arise *very* naturally once the Self is known. It's not a put on by the mind, this manas, believing in an 'I' — *"Oh, 'I'll be a very concerned one."*

It arises naturally, that's why I say heart, true heart, breaks all the time. It's supposed to break. It's part of the love of Beingness, Consciousness.

There's only one love, truly, that all love springs from. It's the love of the Absolute 'to be' because It was alone — but It wasn't sad, being alone. (*gently laughing*)

Again, everything I say almost negates itself immediately because this is as close as I can come.

Whatever you say it is, it isn't. But I'll tell you what, it's the foundation of anything that ever could be, ever will be, ever was. And It can absorb all this back into Its all alone Self again, and be perfectly fine.

That's why Maharaj said, "*What a fall.*"

He wasn't saying someone did something wrong, he was referring to the Absolute as perfect — *as It is*.

But as soon as It expresses Itself, out of the love 'to be', that's where all the trouble starts he says.

That's when all of a sudden, "*Oh boy, we've got to do this... and all Its expressions have to do this.*" And we get all wrapped up in it.

And as long as we feel we're separate, which is necessary initially, then the argument could come up... *then was it a mistake, did Consciousness get lost accidentally?*

This is all philosophy so we'll put that aside for a minute — but the love 'to be' is what moved initially.

When you see in India that they're bowing to the feet of the guru, they're not bowing to the feet of the outer guru, they're bowing because the feet represent 'movement'.

And the first movement of the Absolute was Beingness. Consciousness, even without a space. The space wasn't even there, it was just 'I Am!'.

In other words, you had a bifurcation of ‘oneness’ *prior to the word...* a bifurcation... and all of a sudden there was ‘otherness’.

Now, if I said to you go build a house out of nothing, man that would be tough. It did this!

It built a house... *laughing gently...* out of nothing! *Nothingness.*

Now *That's* to be honored. That's when I say, I honor God. God actually is that first movement, because that's the creative force.

Brahman and Shiva and dancing and movement — *apparent movement.* Dream stuff. Fairy dust.

Dream stuff, all the while knowing it never happened. Everything's fine.

So, when we stay put at that I Am-ness — like Maharaj always says, stay put at the I Am, *neti neti* — whatever happens, whatever comes up just dismiss it.

When I say not too much chitchat, that's because chitchat creates the illusion. It's part of the veil. As

long as we talk about a world, we have one, to a degree.

Once Realization is there, you can chitchat, but you know the mind will still get pulled into things. You know if someone starts talking about ‘my’ past and ‘do you remember’ — for a moment you can get caught and then it’s like, “*Oh boy! No, no, no!*”



So these are things that you can do.

These are the techniques, so to speak. The only thing we have as these bubble universes, these ‘peoples’.

It’s just reflected stuff. You really are an empty reflection. But the only way to cure this problem is *neti neti*. That’s why the ancients are such a great teaching.

There is no such thing as *neti neti*. How's that! That belongs to Consciousness to find the Source.

Now, the *neti neti*... not this, not this... you know, then there could be someone getting too much involved in being the 'negator'.

Like Maharaj would always say, even the negator has to go. That's the last thing to go.

For a long time I was under the delusion that this is a 'dream'. And I still use that term as we're stuck in this lexicon. "*Oh, it's a dream realm.*" — "I" — But there still has to be a perceiver to recognize a dream realm.

No dream realm. The perceiver and perceived are one, and neither are!

It's not frightening, it's not scary. When I first encountered It — I say it's 'aloneness' — it's a shock. But it's the Truth, prior to the word truth. It's what's happening, it's *what is*. And it *is not*.

There is no 'is' or 'is not'. These are concepts within the dream, but this is what's going on, so to speak.

It is but it isn't, alright?

We're safe as mother's milk. We were never born.

Okay — why were we never born?

Two mirage people, a male and a female — there is no such thing — a female mirage encounters a male mirage and they exchange fluids. And within the imaginary belly of the female, another form is created that is empty. Mirage stuff.

But within each of these forms Atman is *witnessing*— totally untouched... pure, pure, pure, the highest — the imaginary play. Dream stuff.

The universe never really began because it's *out of time*.

Time is apparent motion within that which is Eternal. And the witness that we are, is a speck of that, witnessing a play that is not.

So that is why Maharaj would always say, were you born, or was time born? Time was born, you weren't born. I'm paraphrasing. But that's what's happening here.

Now the mind, the manas, identifies with the body and says, "*I'm the body.*" Not true.

*“I have a mind, I think thoughts, I do things and I’m in a world. And I was born here and I’m going to die there.”*

And all the fear arises. And this keeps being reinforced because we were told that by someone... who was told that by someone... who was told that by someone... who was told that.

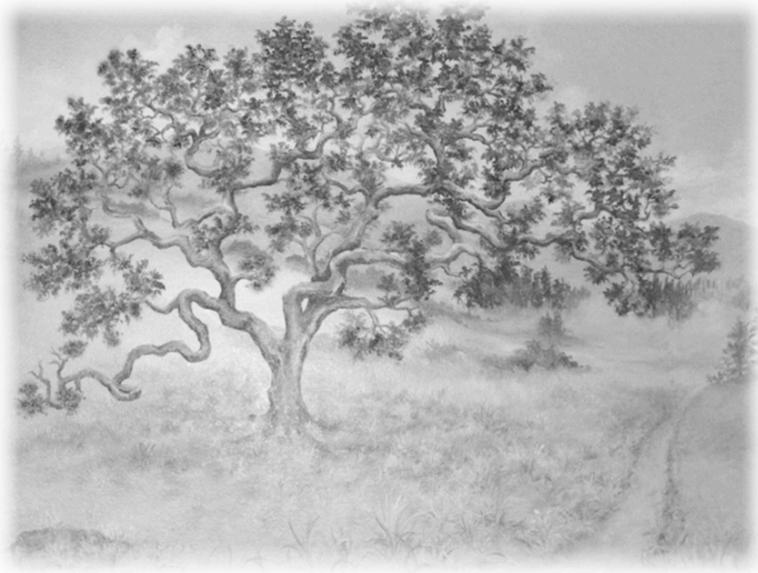
When a child is born... *laughing...* when a *dream* child is born, they don’t have language. That’s why if you go up to a one-year-old and say, “*Have you found your awareness yet?*”, it’s silly.

But what happens, within this dream of Brahman, is the ‘I Am’ condenses. This is all natural — to create the world, to create the play.

It condenses around two or three and then, all of a sudden, at one point, we each one of us within the dream had a sensation arise — way before language.

Or we might have been having a little bit of learning of language, but right around that time, a sense of ‘I’ and a ‘world’ arose and separation started.

And all the pain starts from there. The searching begins there. But a one-year-old is not looking for anything, other than a breast! ...*laughing*



But you know, this doesn't stop, this is where the pain begins. And the searcher begins the faux-imaginary search.

*I'm in a world, what am I? Who am I?* Though the question's not there yet, it's more like a discovery. It's kind of joyful in a way, it's not painful then. It's why children have this sense of being in the world, but there's still this joy.

It's only later it becomes, "*Hey, you know this joy is becoming a little painful.*" because the separation has been a little too long and all this shit happens and we cover it up.

We, as these imaginary I's and seekers, cover it up with seeking pleasure and avoiding the pain of being separate.

And all the problems in the world begin because we have all these poor children that grew up and there's separation and they can't find their source. So then fear arises... *well I have to take care of this one... and watch out for that one... and I really love this one... but I don't like that one.* All the separation, the hoarding, the wars, all the crap.

It's very natural though, nothing went wrong. This is all part of the play. Or we could argue that it did, because in a sense all we have is each other within the dream.

We're dream people, but as long as we're in a dream, we only have each other. We are the Source, there's no God that's going to come down and save us. That's part of our delusion. That's to out source, Source.

But because we are separate, it's, "*Oh geez, when is Jesus going to come down in a chariot and save everybody?*" You're going to wait a long time for that one!

So, what's happening? The compassion is the Absolute is actually 'allowing'.

That's what Grace is. Grace is the movement back to Source.

And Grace — I don't know how the hell I woke up! I know that I was in a lot of emotional pain, and I'd had it — and Consciousness led me.

None of you came here because you wanted to, that's just an absolute bunch of hooey. That's after-the-fact. *Consciousness moved you because you're ready.*

The balance sheet is right, because Karma is real *within the dream*; but it's not like a judgement thing. Like right and wrong, merits and demerits. It's like, alright you go through dream lifetimes and you kind of mess up here... and you do well there... and at some point, in some life, a balance is struck where everything is fine and *phew!*

So that's the game, and that's what we're doing here, on a very subtle level.

I'm not *thinking* these words. These words? I'm watching them come out.

That's why when we sit to do this (Satsang) the energy always rises, whatever that is! I start to 'hum'. When I come in I'm like this ...*John laughing and indicates he's 'buzzed'*.

It was no mistake I met Gurumayi. I went to her and I pranamed to her for so long that she started to laugh and said, "*This one wants a lot!*"

I mean I was holding up the whole line. I don't know how many times I kept bowing. I mean, I was flat on the ground! That's how much pain I had. I would have crawled across cut glass for her.

And I never Guru shopped, that's kind of a new thing these days because there are so many now.

I mean there was always a variety, but I couldn't get to India to meet Neem Karoli Baba. He was my first choice when I was sixteen, but this is all 'story' though, right?

But it's that inner current that moves us to where we are — and the joy is this whole unfolding. It really is. It really is joy. It becomes more and more joy. That's why I really love our Satsang.

And all the heart, you know... tears and emotion. Those emotions — hearts are meant to break. We shouldn't push that broken heart feeling away though because that's the concern.

If your heart doesn't break... occasionally... I don't mean break like where you're crushed... but you know, that real *emotive* caring thing that rises — if that's not there, you're really, as a bubble universe, not quite ready yet.



*We are in a misty, holographic,  
wonderful projection of God.*

*God's projection — made of his own Self, her  
own Self— experiencing our Self.*

*There is no one here.*

*There is no individual.*

*Not anywhere, ever, anywhere, anytime.*

*None.*



## We Are Wonderful Mirages - A Ray of the Absolute

---

We're mirages. Wonderful mirages that appear every morning, that are woven together with memory.

We dream at night. We each go to our dream state and have our personal dreams. What I'll call, again this is not a good word, but from that speck, we're each a 'light', we're 'a ray of light'.

*Every one of us is a ray of the Absolute.*

Light that illumines the dream. And the body that we identify with is part of the illuminated dream, like on a screen.

It's just like watching a film in a movie theater, and could you imagine the character in the movie not liking 'what is.' We would laugh at that.

If all of a sudden that character could turn out of the screen and talk to the audience and go, *“I’m not really liking what’s happening.”* It would make no sense to the viewer!

But that’s pretty much what is happening. ‘We’ as this ‘presentation’ have gotten lost in believing that it’s real.

There is no ‘we’ as an ‘individual’ that’s lost. It’s the Consciousness! It concealed Itself to experience ‘separation’. It likes this... again philosophy.

How? Why? Forget about that. That’s what’s happened.

So Consciousness conceals Itself. Awakening is Consciousness revealing Itself.

And even when that occurs, until it’s completely reached fruition there’s still an I-thought going, *“I awakened.” “I have enlightenment.”*

I went through this you know. There is a period in the beginning where there’s still very much an ‘I’. You think you have something to add to your resume.

*“I own this, now I have this.”*

Like you have everything else.

*“I have an apartment, I have cats.”*

There is no apartment! There are no cats! It's just pictures!

We are in a misty, holographic, wonderful projection of God.

God's projection — made of his own Self... her own Self — experiencing our Self.

There is no one here.

There is no individual. Not anywhere, ever, anywhere, anytime.

None.



*I'm here to tell you — and this  
is the only purpose this One has — is  
to tell you that you don't exist!*

*If you are reading this, you're  
ready to know... big time.*



## You're Ready to Know

---

'I-Amness' arises every morning, let's say.

Let's start there.

This morning the pictures started from no pictures. Nothing. Forget about the dream state. Just that deep sleep 'nothing'. You did not exist.

Then, this is just a few hours ago for all of us, pictures began. We call it 'getting up'. *Getting up!*  
*Waking up!*

'My' day begins.

*Oop*, got to make the tea, take a shower.

*Oop*, the mind just starts 'describing' the pictures.

I'm here to tell you: the pictures happen spontaneously — on and off.

The reality we are basing our existence on is so unstable that approximately 17 times a second it flashes on and off! Like a film. Like a holographic film.

And no entity anywhere. Seven billion, no one here. Just Consciousness making believe it's all these seven billion. Reinforcing it with words and names.

And every pancake looks different. Every form is a little different.

And each of these forms has a memory bank so it can say, "*I remember. I know that this happened. I was there. I remember being 16 years old and it wasn't such a good year.*" And then the pity pie can come up. For *who?*

I am here to tell you — *and this is the only purpose this One has* — is to tell you that you don't exist!

You say, "*Oh yes I do, I remember it. I was born on such and such a day in 1954.*"

Who were you eight days before you were born?

Eight days before conception?

Who were you in the womb?

If you want to look at the form — alright, conception, form begins and you look like a little tadpole. The I Am-ness is there, in dormant form. Pure Consciousness is there, a speck of it. That Pure Consciousness is not real. It's temporary. And you don't want to hitch your wagon to something that is temporary — and that's really the whole crux.

Gurumayi said, *“If you do one thing in this lifetime, awaken.”*

I don't care how many degrees you have, how many businesses you own... yachts... ships.

Billionaires look pretty silly when the vital breath leaves. They don't look so powerful anymore. They just look like shriveled old bodies. Someone else has got the power, some other body has the power, for a short time.

That's the beauty of this expression, and this game. You can chase out in the world, you know...

women... money... cars... drugs... the whole kit and kaboodle that everyone is tail chasing.

Or, you could pay heed to that rising yearning to know what is going on.

*What am I?*

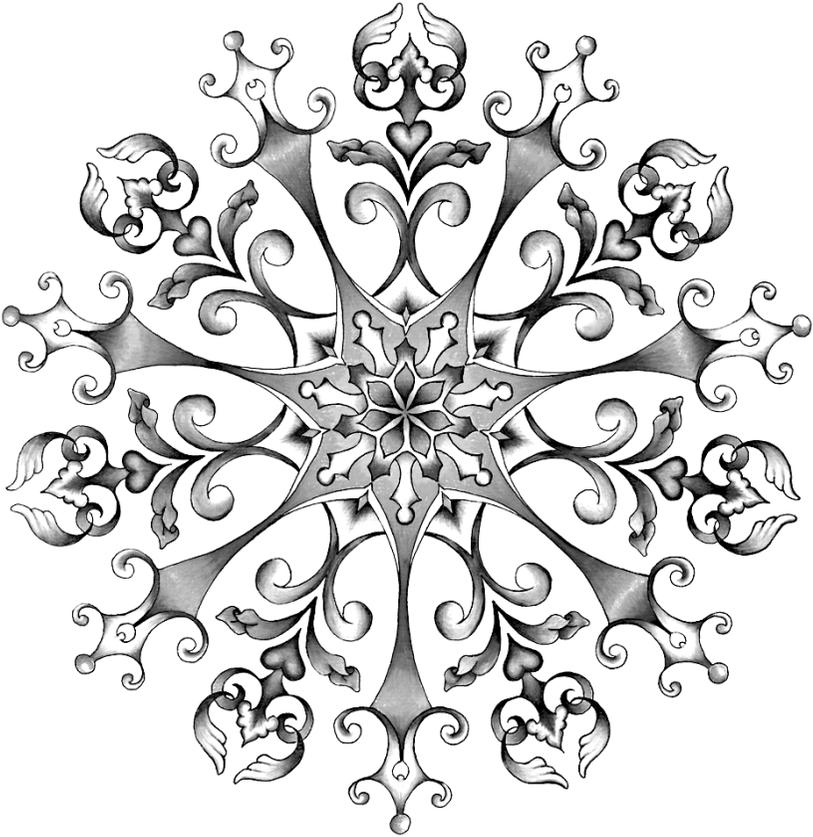
*What is this?*

It doesn't arise for everybody. I can line people up right now that say I don't give a crap, I don't care about this crap, it's a bunch of hooey.

They're not ready, that speck of Consciousness still has to suffer, still has to 'do'. It's not ready to know.

If you are reading this, you are ready to know — big time.

*You're Ready to Know*



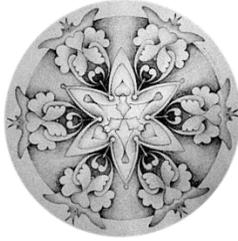


*What joy is there if the Source of all joy  
is not known?*

*Is there beauty in the blue sky?*

*Only a shadow of the beauty without knowing  
the author of the blue sky — The Only from  
which all arises.*

*What have we accomplished or gained by this  
experience of a dream of life? — a mere bit of  
dust blown away without the knowledge of Self.*



## How Can One Find What Has Not Been Lost?

---

How can one find what has not been lost? This is the quandary.

To the egoic mind, what it cannot notice is labelled something it does not have — because the imagined, separate ‘I’ attempts to control what *it* believes is an outer world in which it is in.

In an attempt to control, the ego pursues that which is pleasurable and runs from that which is painful.

In this *movement* — this constant movement of mental activity, weighing and labeling all that is perceived — The Real is completely missed and covered by the constant longing and fear by an imagined self.

The scriptures only prescribable solution is to find the equanimity in *no attachment* and *no aversion*, in a word... *acceptance*.

This is surely something the ego will avoid. The ego will not surrender... because that is its death.

The 'I' or 'person' is only a *thought*, a concept that exists in *memory* — an imagination of a future. Outside of this it has no place.

This is where almost all live and experience life. Moving back and forth from memory and a projected future in the pursuit of pleasure and the avoidance of pain, never even knowing the moment that only *is*.

One is in the bondage of these concepts and false imaginings only due to not paying attention to the *present now* — and out of habit your attention stays in the loop of memory of a nonexistent past and imagining an unarrived future.

*All the habit of attention to thought... and inattention to just being.*

So what can one do to break the loop?

Stop labeling! Do not label or describe anything.  
Simply look.

Be Quiet. The more quiet you are, the more you  
allow.

Have no opinion (or judgement), about anything.

Understand that what is going to happen, is going to  
happen. You are not the doer, you are being done!

RELAX

BE STILL

...and THIS will happen.

And then you will realize that the 'I Am' was the first  
illusion and that you are *not* — that there has never  
been a human being that existed anywhere, because  
nothing has ever existed... anywhere.

And that's when you can really enjoy the *Leela*... this  
play of God... this wondrous magic show which  
doesn't exist... but which appears to exist... as  
Consciousness conceals Itself to reveal Itself.  
Magical!





## About the Author

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John M. Grenafege was born in 1954 on Long Island, New York, USA.

John began his spiritual search at age 16 after he was given the book *“Be Here Now”* by his older brother James.

Then, at age 19, he spent a brief period with Transcendental Meditation. This is where he first learned to meditate and, in the following years, he learned other meditation techniques.

Later, though he never joined the organization, he took a monthly correspondence course from Siddha Yoga. This led to his initiation by Gurumayi, whom he still loves as his Guru and honors on his website.

This initiation gave him a momentum that had not been there before, and it was shortly after that he

found the teaching of Sri Nisargadatta Maharaj, whom he also considers his Guru and whose major teachings are carried on his website.

Following his Awakening, John spent almost four years in silent meditation. He was then convinced by a small group of friends, that he had been having informal conversations with, to start holding public Satsangs.

John currently lives in San Francisco, California where he has formed A Bridge to Awareness with his friends.

John welcomes online and personal meetings with all spiritual seekers and also offers free online Satsangs, and many free downloads, through the A Bridge to Awareness website.

Anyone who wishes to contact John can do so through:

<http://www.a-bridge-to-awareness.com>

John's schedule of Public Satsangs is also carried on:

<http://www.satsangteachers.com>



## Endnotes

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1. **Whitman, Walt** (1819-1892) *Leaves of Grass*. Philadelphia: David McKay, [c1900]
2. **Adams, Robert** (1928-1997) *August 19, 1990 Satsang*: Somebody takes me outside and says, “*Look at the beautiful blue sky.*” And I agree with them, but I know deep inside that that’s not true. There’s no sky and there’s no blue, it doesn’t exist.
3. *The Song of the Bhagavan*, often referred to as simply the Gita, is a 700-verse scripture that is part of the Hindu epic Mahabharata. This scripture contains a conversation between Pandava prince Arjuna and his guide Lord Krishna on a variety of theological and philosophical issues. Scholars date the Gita somewhere from the fifth century to second century BCE.

4. **Arunachala** refers to the holy hill at Tiruvannamalai in Tamil Nadu. The hill is also known by the names Arunagiri, Annamalai Hill, Arunachalam, Arunai, Sonagiri and Sonachalam.
5. **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.





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*My deepest wish is for you to realize the Truth of your Being. Know that the search and the one who searches are imaginary. When the mind is still, you are on the threshold. Abide there until The Only reveals and the imaginary evaporates.*

*J.*