

NUGGETS FROM THE TALKS

Summer 2015

5/2/15

Q: Ultimately does the disciple love the Guru more than their self?

A: Ultimately when the disciple loves the Guru they are loving themselves. It's not really a question of more, although when the disciple believes the guru is separate, it might appear as more or less. When you love your Guru more than anything, you merge with the Guru – and become one. Then you realize you have been loving yourself. All that you see here (in me) is a pure reflection of your own self. You may not know that at first, but that recognition is the draw.

Baba called the Guru disciple relationship, the perfect relationship. Unlike other relationships in your life, the Guru is not personally motivated, so you can trust his words and guidance. The Guru has cleared a path for you, and all you need to do is follow it. In time, devotion to the Guru cuts through all the blockages you have to seeing your own purity. The Guru disciple relationship is a time-tested path for dissolving the ego.



When life is going well, it feels good to be a me, and you are seduced into self-involvement. But, when life takes a turn for the worse, your self-involvement doesn't work for you

anymore, and you want a way out. So you have to ask yourself: What is your level of sincerity?

I've told you that you are not this body, that you are not the mind, that you are not these thoughts and feelings. When are you going to believe it? When you truly take these teachings to heart, you will no longer be seduced into believing that you are an Individual.



Self-involvement is a well ingrained habit. If you're not paying attention, you automatically slide into it. So, first you need to make a commitment not to forget. In the beginning it takes a lot of effort to undo all the doing you've been doing, but after some time, doing nothing becomes effortless.



There is this force I call old momentum. A lifetime of self-involvement usually takes some time to stop. It's like if you have a freight train filled with coal and all manner of things, that train will not stop as soon as you put on the brakes. It's going to take a while. It's the same with self-involvement: There is a lot of force already invested in it. So you must be patient and persistent to ride out the inertia of old momentum.



I was asked about forgiveness: When you come to peace with yourself, you will come to peace with everyone else. True forgiveness is byproduct of this process.



5/14/15

Forgetting who you are is a part of your process right now – That’s how you learn to remember! It’s really simple as long as you don’t judge yourself for forgetting. So, if you forget, that’s just what happens and it gives you an opportunity to remember. Because the habit of forgetting is so strong, it helps to have practices in your daily life that help you remember who you are.



Be easy on yourself. Everything you are doing and everything you are not doing is okay. You don’t have to judge yourself, you don’t have to say, “I’m doing great” or, “I’m doing shitty”. You’re just doing what you’re doing. Sometimes things are good, and other times things are bad. This is how life is.

People want life to be one way and not another way. People want to feel good all of the time. But, life is not like that. You have good days, and difficult ones. What you want to find is a peace that remains no matter how things are going. When that peace becomes primary, it doesn’t matter how things are going, because your place remains the same.

My life is the same as your life; There are good days and there are bad days. The difference is that I just don’t care, it doesn’t matter to me, because it’s all the same!



If everything were good, you wouldn’t know what good was – there would be nothing to compare it to. If everything were bad, that would just be how life is, and you would consider it

normal. Ramesh called good and bad “interrelated opposites”. You can’t have one, without the other. Someone once said: “You can’t have a light without a dark to stick it in”.



The mind judges all of your moments. The mind has moments that it likes and others that it doesn’t. If you follow the path of the mind, your life moves like a ping-pong ball. Moving away from perceived bad experiences and running toward perceived good experiences. Ping-pong balls can take quite a beating. I recommend you watch the game from the perspective of the audience.



When you look at life through the filter of the mind, you suffer. It would be better if you could be aware of the witness. Witnessing is totally neutral – without judgment. It is just a sense of being with what is. Life will continue to go on, there will be joy, there will be pain – all of it will be watched, but no one will become involved with it. The witnessing is that constant level of peace I’ve been talking about.



Fear is a tool that the mind uses to keep the body safe. The body has survived this long, so the mind has done a good job. You’re okay, so you no longer need to be ruled by fear. It is time for those places that have been locked away by fear to know the embrace of unconditional love. For this to happen you must face fear. Look at it this way, what can fear do to you? It’s just fear; it’s just a sensation. It is not who you are or who you want to be, it is not even your fear. Get over it.



Everything is to be accepted. Even the worst feeling you can imagine - is to be accepted. Not to be changed, not to be made better, just to be accepted. You could make that your new job, it's not, but you could make acceptance your new job. Instead of making it your job to judge everything - let judgement be the mind's job, then just accept whatever judgments come up. If judgments arise, and you do not get involved in them - they don't matter!



The who that we are, is so great, that the who that we are not is diminished. Thoughts and feelings continue to arise, but when they are secondary no one really cares about them. When everything is witnessed nobody gets involved.



5/16/15

We are all the same. On the surface we appear to be different. We have different personalities; we have different bodies. But all the differences between us are temporary – they all pass. This body will pass; everything you think will pass. Your thoughts and judgments will change, but who we are is the same and it never changes.

What makes my heart beat and what makes your heart beat is the same. And without that, nothing happens. People think enlightenment is very far away and they have to work hard to get there. This is nonsense - enlightenment is right here and now – it is this very moment.

When you enter the Now, the mind stops, just for a moment. Then the mind makes note of what happened, and this is when the moment of Now ends. Of course, Now never actually ends, it's just your personal awareness of it that changes. This moment, Now, is the same for you, as it is for me. It was the same when you were five years old, as it is now. Now is always the same - this is the hallmark for what's real.



When you claim ownership of your thoughts and feelings, you personalize them. Then everything is filtered through the mind giving you a veiled view of reality. This causes you to forget who you are. When you look at life through the mind you are looking at the world through a filter of constant change and you become blind to that which never changes – even though it is everywhere!



You are not these thoughts and feelings. Yes, there are thoughts and feelings, but they are not who you are. Who you were before you were born, is the same as who you will be after you die. It is a wonder that we can believe that we are different when we are alive.

Keep in mind you will be dead a lot longer than you'll be alive – like forever! So, if I were you, I would not put very much stock in the belief of yourself as an individual. This life is temporary, what is permanent is Now.



When you see that our essence is all the same, you can't help but love everybody.



When you claim ownership of your thoughts and feelings, you put your mind in a very bad position. When you make the mind your master, it must pretend to be real, to have substance, to exist as an entity representing you! Pity the mind, it's in way over its head.



Fortunately, the way out is not difficult, because it's right here right now. There are all kinds of practices you can do which may help. You can meditate, you can chant, you can do all manner of things to help the mind calm down enough that you might be able to be here and now.



Ramesh used to say, "The difference between a Yogi and a bhogi is that for a bhogi (a normal person), a thought arises and it's pursued, but for a Yogi, the same exact thought might arise, but it's not pursued." When you know who you are, you are not seduced by thoughts and they simply come and go. This is why I say: This idea of sitting for an hour everyday to meditate is not the point. Meditation should be 24/7. Make every moment a meditation.



Enlightenment is simple. If you could just sit back and do nothing, it would be done. The only problem is how can you *do* nothing? As long as there is a you to get it, it cannot be gotten.



People think enlightenment is something that you attain like other accomplishments in life. Ramesh used to say: Getting enlightenment is like making a million dollars. To make a million dollars you study, you learn the ways of business, start your own business and work hard and eventually you make a million dollars and then you can have a celebration. The only difference is when the enlightenment happens, there is no one there to celebrate!



Let the mind do what it does without pursuing it. The mind will continue as long as it has an audience. When you no longer care, the mind simmers down on its own. If you just witness your life, instead of getting involved, many of those thoughts will not go nearly as deep. The pursuit of thought proliferates more thoughts.



Don't lift a finger to control the mind, because if you do, it's just the mind again. Even if you succeed in controlling the mind all you will have is an improved mind!

Simply let the mind do what it does. When you go about trying to control your thoughts you lend legitimacy to them. This is how the unreal becomes real. This is how you lose your

perspective and forget who you are. Ask yourself this: Why would you try to control an illusion?



Many people tell me that their ego is very powerful, and difficult to overcome. My question is: How powerful can an illusion be? All of the ego's power is derived from your belief in it. As for overcoming the ego, only an ego would try to overcome an ego. The ego is wasting your time and energy, while creating a scenario in which it continues to keep your attention.



I'm a big believer in mistakes; if you don't make any mistakes you have nothing to learn. Mistakes are great teachers, as long as you don't judge them. When you make a mistake, notice it and make the correction. Simple.



The love from my gurus was always unconditional. Baba never came to me and said, "Ananta, if you would just meditate a little more, I would love you more". My gurus Loved me 100% exactly as I was. As it turns out, my job was to learn to love myself in the same way.



Except when I'm at these talks, I don't think about any of this stuff. In my daily life, everything is simply being accepted. Nobody is realizing deeper spiritual understandings or

thinking about what I'm going to say at the next talk. My world is very quiet.



If you were to ask a mind, "Do you believe in God?" It might say, "Sure I believe it, but I don't have any proof". The mind is not able to understand that which has no contrast. Thus, if God is everything, then God is invisible to the mind. Everything the mind knows is in relation to contrast. Between you and I there is space, but all the mind is concerned with are the things that have contrast: your body my body, your words my words, etc. That's what the mind knows, but most of what's in this room is space. There are a few particles in this room that are different and that's what the mind sees. But 99% of what's in this room is space, and to the mind it's nothing. So, for the mind 99% of what is, is nothing and 1% of what is, is everything.



5/28/15:

Pretending you are your thoughts doesn't serve you, because thoughts have no stability. Thoughts come and go, they're always changing. Sometimes you have happy thoughts other times not so much. Thoughts are unreliable, but you can rely on (Baba's): "God dwells within you as you." You can rely on that essence that is within all of us. This essence is eternal, it never changes, you can really hitch your horse to this truth. If you take this truth to heart, you'll be safe no matter what happens. Bodies come and go all the time! And you never know when change might happen. Why live in fear?



Now is right here always. Everyone experiences it. When you experience the Now, you can expect the mind to step in with its evaluations. And with that, the experience of the Now is gone, because the mind only knows then. The mind is not an ally in your search for truth. The mind is a tool for navigating this illusion, it was not designed to know your true Self.



Personalization of thought, gives the mind the ability to grab all of the attention. This causes one to become lost in the unreal and start believing it's real. But this misconception only lasts until you die - which will happen soon enough. A life span of 80 to 100 years is nothing when compared to a billion years.



You can't have the enlightenment, it is not for you. It only happens when you get out of the way. You will never be enlightened, because you already are who you are. You are not who you think you are. As long as you think you are who you think you are, you will never truly realize who you are.



5/30/15

This me character is a dream, and if you convince yourself that it's not real, the ego will not have the power to cause your awareness to drift away from your true Self.



6/9/15

The truth is, nothing you say or do will be remembered 100 years from now. Most of what you do, will not be remembered one year from now. You're not anything really. This who that you think you are, is a dream character. When you're sleeping and you have a dream, it feels real. You could scream, you could laugh. At the time of your dream your actions feel real and important. But when you awake, you know it was only a dream. It's going to be the same when you die. When you wake up from this life, it will no longer seem real. This life is only real to the dream character, and this dream character is not who you are.

So, let this dream character do what it does, but remember: Life is only a dream.



Right now, consciousness is being. And in an amazing turn of events, consciousness is aware of its existence. Everything is simply being watched (witnessed). Being is what's going on, but when the mind takes center stage, it's all about my feelings, my thoughts, my this, my that, and you lose sight of your true Self. You forget, because your attention is drawn into the illusion. When the state of just being is primary, there will be no thought or feeling strong enough to pull your full attention away from who you are.



You are 100% who you are all of the time. If who you are not, does not realize who you are, or if who you are not thinks it realizes who you are – it doesn't matter. Because you are who you are. If an illusion gets to a point where it thinks it knows

the truth – Who cares? How could an illusion know the truth?
Still you try.



Instead of taking credit and blame for your actions, give it all to God. Give God the blame, give God the credit. Give God your love, give God your anger. Give everything to God, instead of taking it for yourself. Because when you take credit or blame you suffer the consequences. For credit you suffer with pride and arrogance. For blame you suffer with guilt and shame.

Turning everything over to God helps take the me out of your life. It's not a perfect method, because there's still a me giving it to God. But as an intermediate step, it will do.



6/11/15

The burden everyone carries is their concept of who they are. This notion that we are what we think and feel carries with it a whole set of burdens. Because if you are what you think and feel, there are things you feel good about and things you feel bad about. Then you're left with feelings you like and others you don't like. Life becomes a struggle to get and keep the feelings we like, and to eliminate and banish those feelings we don't like. All of this behavior is based in the belief that the thoughts and feelings that go through you are who you are.

Thoughts and feelings have nothing to do with you. This body is not who you are. This world is an illusion. Who you are is eternal and unchanging.



Who you are is with you all the time. Your true Self is not far, you don't have to take courses or seminars to find it, because it's right here, right now. It's always here - you can feel it. And when you feel it, the mind exclaims, "That's it!" Then of course, it's gone. This happens, because the mind isn't capable of getting there or being there. But the mind wants it. It is ironic that the mind wanting connection with your true Self is what prevents you from seeing that it is already there.



Right Now, and every Now, "I AM", that sense of being, is here.



Ramesh used say, "The teaching is passed in silence", and he was correct, because there is not a single word I can say here that is actually true. The truth cannot be put into words. There is no concept great enough to fully express what truth is. Still, I talk.



When the who that you are is primary, everything else is secondary. Life continues with its thoughts and feelings, but nobody cares. No one pursues them. It used to be that I followed my thoughts and they would lead to other thoughts and feelings. This internal dialogue no longer happens. Thoughts still come, but no one pursues them. That's the only difference.



I was seeking enlightenment because my Gurus were always happy. At least that's what it looked like to me. They were in bliss, and to me that meant a continuous nonstop orgasm. But what I found out, is true bliss includes everything.

If you can be at peace when you're happy, that's great, but not much of a challenge. But, if you can be at peace when you're angry or sad, then you have something you can rely on. True peace remains with you no matter how life is going. When no one lifts a finger to try and make you feel better, then you will finally be able to rest. Bliss happens when all of life's thoughts and feelings come and go, but your place of peace remains the same.



This "me" character is not worth all of the attention it gets. You have to give it some attention, but you don't have to give it that much. When your attention is locked in the Now, in that sense of peace of being – You are home.



We are all just fine the way we are. We are all 100% the way God made us. Why would you lift a finger to make yourself more happy or less sad?



You already know what I'm talking about. Maybe some of the concepts are new to you, but the basic knowledge of who you are, is already inside of you, and when you come to these talks you recognize it. This internal knowing directs your spiritual journey. Ramesh used to say: "Let that which brought you here, take care of your so called enlightenment".



That which never changes and is always present – Is real. Your thoughts, feelings, body and this world are not real. What is real is the essence that is right here, right now. This moment: Now is the same when you're five years old as it is when you're eighty years old. It's the same for you as it is for me. It never changes. This essence can be found within your very own heart.



Your personal understanding cannot match your heart's sense of knowing.



FEAR

The sense of separation from God causes fear and longing. When you are identified with the ego, you are identified with this sense of separation. As long as this identification is primary, you will reap the results of fear and longing. The ego is afraid of death and as long as the ego is your primary focus fear will rule your life. If your primary focus were simply that witnessing, that being, that now – then everything else would be secondary. The fears of the mind may arise, but they would no longer have the power to draw all of your attention. The ego is not capable of facing its deepest fears, but the Who you are can do so easily. Rest in the true Self, and fear will have no power over you.



There are many spiritual paths, but ultimately they are all the same. If we went to the ice cream store and you picked vanilla and I picked rocky road, these would appear to be very different choices. But, both of us would be eating ice cream, so in essence it's the same.



6/13/15

It's funny to be afraid of death, it's going to happen, so what is there to be afraid of? You really want to know the answer to this question.



The body and the mind are not who you are, the body and mind are simply tools through which the awareness of being exists.



You've been to talks, you've paid for spiritual seminars and retreats. You've received shaktipat and all manner of spiritual teachings. Eventually it's time to put up or shut up. Do you believe what you've been taught or not? If this world is an illusion, if your mind has no substance, why would you continue to identify with it? Just let it go.

When the knowing becomes stronger than any doubt, when the knowing is stronger than all the assumptions you lived under prior – you will no longer hold sacred that which has no substance. Become one with substance and let the illusion fall away.



Acceptance is simple, Everything just is. True Acceptance is a sense of overall witnessing, but when you're working on accepting, there are many degrees and levels. Such is the path of the ego improvement. The ego gets closer to its goal, but cannot reach it. True acceptance is happening in every moment, you don't have to do anything because it's already there. Right now, your life is being witnessed. Right now, everything is being held in unconditional acceptance.



Every moment is what it is, and you are fully present in every moment, whether you are aware of this or not. You think that you as an individual should be able to be aware of every moment. But the person that you think yourself to be, does not exist. The application is incorrect, you think being in the moment is something you should do, but in fact, the witnessing is already being done. It is very difficult (impossible) for an illusion to arrive at the truth. Give it up.



You already are what you're seeking. The only one that doesn't know this, is the seeker.



What I am talking to you about is not for everybody. It is only for particular people at a particular time in their lives. Most people are here to enjoy the show, however, there are a few people like myself who are not patient enough to wait for the show to end. It is for those people I am willing to talk. Who

knows, maybe some of these teachings will rub off and you too may find peace before death.



Living in fear doesn't serve anybody. Who wants to live in fear? Why not live in Love? Right now, your life is being fully embraced by unconditional Love. You can live there, and let the fear live on its own. Fear doesn't need your help. In fact, without your involvement, fear might simply fade away.



6/16/15

When thoughts and feelings are no longer taken personally, they do not leave residue, they simply come and go as they would in meditation. When you take ownership of a thought you are commanding it to stay. Many people do this day in and day out, and then wonder why they have trouble sleeping at night.



No matter how hard it tries, an illusion cannot reach the truth. You hear these teachings and think to yourself, "How can I do this?" What I am telling you is that everything is already being done, you don't have to do anything. It would be helpful if you understood that the you who you think you are, isn't real.



If you must do something, do this: Be here Now. All of us can be present for a moment, but invariably the mind pops in and

says: “Oh, that’s it” and with that, the state of pure being is gone. The mind only knows this state of being in past tense. As soon as the illusion arises and draws the attention, reality is gone. An illusion cannot get to reality.



All of us have had moments of pure being; I call them “free samples”. As the sense of true Self becomes strong with you, the ego is diminished. When the ego is diminished enough, it will no longer have the power to draw your attention away from the experience of pure being. Then your next free sample can stay for a while - maybe a short time, maybe a long time. But you don’t care, it could stay, it could go.



Your life is like a 70 or 80 year long TV series. But one thing is for sure: Someday your show will be canceled!



Most people have become lost in the show – believing that they are individuals. With the birth of the “me,” perspective is lost and the unreal seems real. Divorce yourself from the “me”, and remember that we are all just actors in God’s play. Watch your life much as you would watch a TV show. Enjoy the dramas and the comedies, watch as the actors play their parts - perfectly.



Right now, what percentage of you is present in this moment? When more than 50% of your attention is focused on simply being here and now, the quality of your life will change.



My Gurus' level of pure being was so strong, that being near them was like meditating. Since I was too undisciplined to do regular meditation all I had to do was hangout with them for the same effect!



The mind has hijacked the attention. Redirect the attention to this very moment. Let all your thoughts and feelings be secondary. Let your sense of being in this moment be primary.



You don't have to do anything to be here now. In fact, if you do something, you won't get there. All you have to do is nothing, and nothing cannot be done. Ironically, what is truly simple, is impossible for the mind.



This awareness of being is an amazing thing. Consciousness is everywhere and has no need to be aware of its existence. But because there is an illusion of separation, consciousness suddenly says: "I am". So enjoy! It only lasts for a short time and then consciousness merges into itself again.



Feelings change. Love can turn into hate. When it's love, we like it, when it's hate we don't like it anymore. In this way, we attach attraction and resistance to our feelings. I recommend that you enjoy all of your feelings. In the early days, Ramesh

would go to the horse races every Sunday. At the time, my concept was that an enlightened being could magically make things happen, so I said to Ramesh, "You could win your bets on all of the races." And he said, "What fun would that be?, I enjoy the winning and losing equally." So it should be with your life, enjoy the ups and downs. Don't pick sides.



A rollercoaster doesn't go up forever, eventually it's going to go down. But the people on the rollercoaster enjoy all of it. Even though they scream as it's going down, they enjoy it never the less.



When you can enjoy the ups and downs of life equally, the extremes of life will not have the power to pull you away from your place of being. But, if you judge your feelings, your personal preferences will pull you away from the moment and into the cobwebs of your mind where you become ensnared - losing track of who you truly are.



Now never changes; the essence of who you are, never changes. This essence was the same before you were born and will be the same after you die. How could it be different now? Your thoughts, feelings, and body are constantly changing. But through it all, the essence of who you are remains the same. You are eternal and unchanging. You will not find peace with your thoughts and feelings. But, there is peace within you.



You and I are the same. We may have different bodies and personalities, but these are temporary phenomena. Our essence is identical.



You are behaving exactly as you were designed to. The choices you make in life are a result of biology and conditioning. So there is no need for you to judge yourself harshly. Your personality and actions have nothing to do with you. Everything is in God's hands. Maybe God designed you to be a real schmuck, what to do? Might as well be a good schmuck.



6/23/15

I was attending one of Ramesh's seminars in India. During a break, I was with a friend who was flipping out about something. I said to her, "You listened to Ramesh's teaching, why do you care about this stuff?" And she said "I don't care" to which I said, "well it certainly looks to me like you care." Then she said, "I don't care and I don't care if I do care." I thought: what a load of crap. I later told Ramesh about it and he loved the story, in fact he used what she said in his next talk.

As long as there is personal involvement there will be situations you care about and think are important. Rather than judging yourself for such personal concerns, why not simply accept them without needing to do anything to make them better. This is an intermediary step for sure, but if you can disassociate yourself from even your actions of involvement, it may help to bring more peace into your daily life.



Unconditional Love is not run of the mill love. For most people, love has an opposite - hate. And in many cases, what started out as love turns into hate. God's love never falters, it is a Love so great, it has no opposite. This Love is with you always, I recommend you find it.



A PRESCRIPTION FOR THE ME

Your challenge is to love the most unlovable places inside of yourself. Can you do this? God does this all the time. You should be up to this challenge.

I had the great fortune of having close contact with several enlightened beings. I knew they loved me unconditionally. I also knew that I had a lot of ugliness inside of me and that my Gurus could see it. Yet, they loved me anyway.

There were places within me that I did not accept or love, but I knew that my Gurus did. Eventually, I learned to accept myself the way that my Gurus had already done. Now this is your job.

Everyone has aspects of themselves that are not pretty. There are aspects of yourself you would prefer not be there. But they are, so you might as well love them. I don't mean love them, so they'll go away. You must find the same Love my Gurus had, a Love that is unconditional. Learn to love yourself warts and all, without having to change a thing.

Think of how much easier your life would be, if you didn't have to change one ounce of your personality. What would your life

be like if every molecule of your body and mind were perfect just the way they are - even the parts of you that stink. Think of all the free time you would have, if you no longer had to fix that which is not broken. You could live the easy life. This is what I recommend.



When you're identified with thoughts and feelings there's no end to the issues to work on. So, if you're into working on things, I'd say that's the way to go. But if you're ready to end the struggle, simply recognize that all of these problems are sourced in false identification.



Not a single thought that has come into your head is who you are. So far, none of your thoughts have ever stayed with you forever. Thoughts come and go. But you are eternal, you do not come and go. Bodies come and go, thoughts come and go, feelings come and go, but your essence does not. The Who that you are, is always here and now.



This illusion is very convincing. This world is a state-of-the-art virtual reality. And you are living in a virtual reality machine. You would expect God's virtual reality to be top notch - and it is! Regardless of how convincing - this world is still an illusion and it will pass.



You had a dream last night and while you were dreaming it seemed real, when you awoke it didn't seem real anymore. You're having a dream this life and while you're living, it seems real, but when the body falls off it won't seem real anymore. Easy come easy go.



It is ironic, that the enlightenment generally comes to those who seek it. And yet seeking is an obstacle to the enlightenment. Go figure.



Somebody asked me about reincarnation and I said, "If you're not who you think you are in this life, how could you be who you thought you were in a past life?"



The who that you are, remains the who that you are, even if you're identified with the who that you're not.



6/25/15

Ramesh used to say everything is God's will. He really drilled that into me. Ramesh used this concept as a tool to diminish the ego. The ego obscures you from knowing who you are. Any tool you can use, no matter how imperfect to diminish the ego can be useful. The Vedas say: "You take a thorn to remove a thorn, then you throw them both away." I am passing to you the thorns that were passed to me to remove the thorn of false identification.



Over the years I've learned many useful concepts and I pass them onto you, the way they were passed to me. But I don't believe any of this shit, I don't believe anything. The truth is: Everything is true and not true at the same time. Everything is and isn't at the same time. That's the truth. And because I said that's the truth, makes it a lie. Of course, now there is nothing to talk about and it becomes silent rather fast. So, we'll move on and pretend the concepts I am speaking are true.



Let thoughts and feelings come and go, as you would in meditation. No need to engage them, no need to pursue them, and certainly no need to identify with them. Let your life be one long meditation, then you will find the peace you have been longing for.



You are who you are 100% when you're aware of it and 100% when you're not aware of it. The who that you are does not come and go, only your awareness of it comes and goes. This who that you're not, what does it know? What difference does it make if an illusion knows something? You are the infinite Oneness that has no beginning, and has no end. Everything else is just a dream. Watch the illusions come and go - you remain.



6/27/15

The impersonal experience has a totally different quality than the personal one. Put yourself aside for a moment, and imagine there is no “me”. What remains is an all encompassing sense of being. Not a sense of *I am* being, not even a sense of *I am*. Just the Amness - being is there. And no one makes note of it, because no one is there to make note of it. No one thinks it’s cool, or anything else, because there’s no one judging it, it’s just what is.

You can’t get there from here. You can’t go from the personal to the impersonal. In fact, the impersonal is already here, but the personal has been overlaid onto it. All of your thoughts and feelings are overlaid onto the sense of being. Everyone can be in the state of pure being, for a moment – before the mind clicks in and begins to analyze what that moment was, and how it felt, and whether you liked it, and how can you keep it, etc. If the mind didn’t pop in, then this sense of pure being would be here all of the time. In fact, this is the Truth: impersonal beingness is here all of the time, and the mind has camouflaged it with its thoughts and feelings. Through personalization of thought the mind cloaks the impersonal sense of being that is the foundation of everything. In this way, you become blind to what is, and can only see what isn’t. Enjoy!



These concepts are tools that help diminish the ego. As the ego falls further into the background, what was always here becomes obvious. As you take these concepts to heart they begin to wear away at the ego’s foundation. The ego can seem like an insurmountable thing, but this is because the ego is trying to surmount itself. As Ramesh said, “The ego will not destroy itself.” You will have to rely on grace for that.



Inside of each of us is a knowing. It is this sense of knowing that draws you here. I always felt my Gurus were reminding me of something I already knew - a reminder of home. Ramesh used to say, "Let that which brought you here, take care of your so-called enlightenment."



If you want a way out of your difficulties, don't get involved with them. If you are steeped in this teaching, and notice you're involved you would say, "Oh look, there's involvement". More times than not, awareness of the ego causes it to back off. When seen clearly the ego disappears, because that's the kind of shit illusions do! When you're deep in involvement, the ego plays a smoke and mirrors game with you, and grabs all of your attention, causing you to forget who you are.

Baba said, "God dwells within you as you". He did not say, all these dramas around you, all these thoughts and feelings, all of these values and judgments are who you are. He said, all you are is Love; the rest of this is not you.

Take these teachings to heart, use them as your foundation. As the teachings go deeper they begin to dissolve the veil of false identification, revealing the Oneness that was always there.

The deep dark secret is: Only the ego believes the illusion is real. Through self-involvement, the ego fools itself and carries on with its charade. The ego can get away with this, because it has grabbed all of your attention. Give your attention to God and the rest will fade away.



Ultimately, you have to be able to face fear. The ego uses fear to grab your attention. If you face fear with love, it no longer has that power. Love does not diminish the fear - Love embraces it. When people feel fear, they want to run from it. In order to embrace fear, one must face fear. When you find the love that can embrace fear, your life becomes easier, and the ego loses a tool it uses to grab all of your attention.



This notion that death is the end of you, is total nonsense. You are eternal. When you face your fear of death you will see your own true Self on the horizon.



The only thing between you and perfection is your acceptance of imperfection. If you are perfect just the way you are, then you have exactly what you have been looking for.



6/30/15

I thought my Gurus were happy all of the time. But the truth is: They were in bliss. Bliss is different than happiness. Happiness has an opposite and bliss does not. Bliss is being at peace with everything equally. In bliss one can finally rest. So much of life's energy is used trying to keep feelings of happiness and get rid of feelings of sadness and in trying to be more loving and less angry. So you spend your days trying to bring in those feelings that you like and keep away those feelings that you don't like. That is a difficult life.

Today, I am all of these things: I am happy, I am sad, I am loving, I am mad. The only difference between the way I was then, and the way I am now, is that nobody lifts a finger to make anything different than the way it is. I'm fine with all of it. None of it matters to me, I am at peace with everything exactly as it is. This is true bliss and this was the continuous joy I saw in my gurus.



When you have come to peace with a very large percentage of yourself, the ego will not have the power to draw all of the attention. This is because the ego draws you through those dark spots - through those percentages of yourself that have not been accepted. Those places inside that have not been accepted and have been banished do not truly go away; they remain but are invisible to you. The unaccepted parts of the ego, give it a power to draw your attention in ways that you cannot stop, control, or anticipate.

No matter how sincere you are, nonacceptance gives the ego the power to draw the attention away from your true Self and into the illusion. This is because nonacceptance is an act of doership which is based in the belief that the ego is real. Personal nonacceptance binds you to the illusion. Learn to see and accept your nonacceptance.



There will be difficulties on your spiritual journey. When they come accept them as a challenge. Accept them as an opportunity to find more of you to love.



Spiritual teachers give their students the benefit of the doubt. Because in truth, very few students will truly understand what their teachers are talking about. Ramesh talked to thousands of people and only a handful of his students truly understood his teaching. This is the nature of it.

I would be happy if some of these concepts brought more peace into peoples lives. Enlightenment is a matter of grace, if it's meant to happen it will, but everyone can use these concepts to bring more peace into their lives.



I've always felt that spiritual teachings do as much harm as good. How many wars we're fought in the name of religion? If you're messed up, spiritual teachings can be used to enhance that state. If you're a kind and loving person, spiritual teachings can be used to enhance that state. The ego takes spiritual teachings and uses them according to its desires. But in truth, spiritual teachings are not meant for the ego.



Many enlightened beings do not talk about the enlightenment. When the enlightenment happens you realize there is nothing you can say about it, that is true. One of Ramesh's disciples, Marguerite, fully understood the teaching, but didn't talk about it. But she did speak one time when Ramesh asked her to. It was a beautiful talk, but after each sentence she said, "But this is not correct." She was pointing to the fact, that the truth cannot be spoken. And this is why she did not speak of it. What

is truly amazing is that I keep flapping my gums about this stuff as if what I'm saying is the truth.



Right now you are listening to my words and thinking, “yeah that’s it, I get it!” But when the true understanding happens, you will realize that everything you thought you got in the past, wasn’t it.



When I first met Baba in America, he was the stereotypical happy loving Guru. To me his teaching seemed: “happy, happy, joy, joy” and I was totally into it. A couple years later I got to see Baba in India. There he wasn’t smiling all of the time, he acted more like a normal person and his talks seemed more harsh and to the point. Baba was a shrewd guy, when he was in America he put out the bait. But once you were hooked, he had your ego for lunch.

When I arrived at the ashram in India, it was very hot, then the monsoon came. I’m not talking about a little drizzle here and there, I’m talking about a constant downpour. I had never seen anything like it. Baba put notices up around the ashram telling everyone that during the monsoon we should keep our activities to a minimum, because the moisture slowed your metabolism. Then one week later he doubled everyone’s seva (work) schedule. This is what ashram life was really like – it constantly messed with your mind. Bringing to surface things you didn’t even know were there.

To make matters worse, I listened carefully to Baba’s talks, and what I heard him say, was that enlightenment was like

committing suicide while remaining in the body. This was not what I had signed up for and I couldn't wait to get out of that ashram. But it was too late for me, Baba had gone too deep into my heart. Sometimes you fall in love with someone who treats you poorly, but you put up with it, because you're in love. Such can be the way of the Guru-disciple relationship.



7/7/15

It is difficult to know the Truth when you look at life through the filter of the mind, because the mind veils everything.

This room is 99% space, but through the mind you see some particles that have distinction. You see me, you, the other people, the books, etc. The stuff in this room is about 1% of what is here, the rest is space, but to your mind the space is nothing and the 1% is everything. If God is everything, how is the mind going to know that? The mind only knows these particular 1% things, it doesn't know everything. In fact, the mind considers everything nothing. When you look at the world through the mind, your viewpoint is a bit skewed.



So, I am talking, and you are listening with your mind – you see the problem. Still it will go on, we are going to focus through our minds on the words and distinctions and concepts. But, that's not really what it's all about, and yet, that's the way the game is played, so we'll play it. But I am telling you, that everything you need to know is right here in this moment.



The mind's purpose is to keep the body safe. Without the mind you would put your hand in the fire and say "Wow, that's an interesting sensation, what's that smell, I don't think I've smelled that before and that crackling sound....." and then you would die! So, you need a mind to tell you "No! Stop! This is not a good idea" when you are about to do something dangerous to the body. Without the mind bodies would not be here very long, and this species would become extinct.

We have all survived this long, so it would appear that our minds have done an adequate job. Perhaps now would be a good time to offer the mind a retirement plan. Maybe we can send the mind away to a resort, where it won't have to work so hard.



The mind is only a tool, but through the personalization of thought, we have made the mind the master. As you know, the master is God. Through the personalization of thought and action we pretend to be God.



Self-improvement has its place, but when will you improve enough? True healing comes when you accept yourself as you are and as you are not. When is it okay for you to love yourself as you are, warts and all, improved and unimproved? Imagine how much more peaceful your life could be, if you could simply love yourself as you are right now.

My Gurus were wonderful and amazing people. I always felt that they loved me 100% - nothing was held back. I was no

prize, I had my faults and plenty of them, but they loved me anyway. My Guru's love was unconditional. When will you be good enough for unconditional love? The moment is now.



From my perspective we are all the same. Our bodies and personalities may be different, but in essence we are all the same. The same thing that makes my heartbeat makes your heartbeat and without that, none of this is going to go on.

If Oneness were your primary viewpoint, and the mind's judgments and evaluations were secondary, your life would be very peaceful.



When you reach the point where God is over 50% and "me" is under 50% - The quality of your life changes.



You want to remember who you are. It's a basic thing really. Forgetfulness is a well established habit. Remembering who you are consistently takes a great deal of sincerity.



Baba said, "God dwells within you as you, worship and bow to your own inner self." This is so simple, and it cuts so deep. It is all you need to know. If you stay with that, the mind's dramas lose their draw. Who cares about what so-and-so did to you yesterday and how you feel about it. And why you were right and they were wrong. If God dwells within you, who cares

about that bullshit. Do you think God cares about that? God is just sitting there enjoying all of this. He's enjoying you feeling crappy, he's enjoying you feeling happy. He doesn't care, it's all the same to God!



You are perfect the way you are. If you knew this fully you would be less likely to try to change this illusion character. Right now you're involved with trying to make an illusion better. How much better can an illusion be? How bad can an illusion get? It's just an illusion, why get involved with it?

Your life would be easier if you knew just how perfect you are in every way, including the things you do that are not helpful. Everything is fine. Everything is going according to the way God made you. So you're fine, just the way you are.



This idea that an illusion can get to God is ludicrous. You already are God. The place you're trying to get to, is the place you already are. It's right here - right now. If you lift a finger you pull yourself away. There really is no way for you to get to where you already are. All you can do is realize that you're already home. And that can't be done, it can only happen.



I once said to Ramesh, "You never talk about Love". Ramesh looked at me oddly and said, "That's all I ever talk about, I may not use the word, but Love *is* what I'm talking about."



7/9/15

Right Now everything is being witnessed. It is difficult to explain what that is, because witnessing is impersonal. From your point of view everything is personal. Personal is very small - it's just you. Witnessing is massive because it's universal. It's the same witnessing going on for you and for me and for everything - All the time.

When you're caught up in the "me", you are immersed in a sense of separation, it's hard to imagine what it would be, to be connected with everything. In your mind it's something like: "Oh, I'm totally connected", but, this is small pretending to be big.

Right now everything is being witnessed with unconditional Love. In witnessing, judgments don't arise, judgments only arise in the personal realm. We think that what we think, feel, say and do is important. But it's not. Sorry. Nothing is important. Not even the witnessing is important. The notion of importance only arises for the individual.

Right now there is a sense of unconditional Love that is just being - always. It's not just being with you. It's just there. You don't have to look for it, because you are it. Simply sit back and be aware of what is - you'll find the witnessing is there.



The "me" is a rats nest. The me is filled with cobwebs, and you become ensnared and can't get out. But really it's just the "me" trapping itself, and it's so entertaining, you forget who you are. Your thoughts seduce you, and when things are going well you

enjoy being you, but when things are going poorly, you look for a way out of it.



If someone feels separate from God – Fine. But, there’s no need to identify with that someone. Let that someone go off on its own and do what it does. Just watch it, watch all of this. This is an amazing technicolor dream. This is a top-notch virtual-reality, enjoy it, like you would enjoy a movie. This is your special program and you might as well enjoy it until he gets canceled.



It is important to have practices in your daily life that help you to remember who you are. Forgetting is effortless. The habit is so strong that if your not paying attention you will fall back into it. There is a force I call: old momentum. You have a lifetime of forgetfulness. You have an entire society telling you, that you as an individual are real. These things have a momentum of their own and you do not have to participate in it, for it to affect you. At first you will have to remind yourself again and again that this life is a dream. Find those practices that work for you to remember who you are and do not judge yourself for forgetting. When you forget, Simply remember.



At a certain point in my sadhana, I realized if the enlightenment hadn’t happened yet, it was unlikely to happen at all. So I figured I might as well get to know this ego I was living with, because it looked like it was going to be with me for the rest of my life. What I discovered is that when the ego is observed

fully, it disappears. Illusions do not stand up to scrutiny. If you are truly committed and sincere about knowing this dream character, it will be diminished.

Of course, you may not find it easy to fully observe the ego. Throughout your life you have taken actions based on the belief that you as an individual are real. These actions continue to have their effect today. There are parts of the ego you have judged harshly and shunned. These parts of the ego do not go away, they just hide. In that hiding, the ego is not fully available for you to observe. This is why your life goes smoothly until you're intimately involved with someone. Or visit your parents. Negative self-judgment creates dark spots in your awareness and prevents complete acceptance.

Previous actions based in separation, prevent the realization of Oneness. Everything is to be seen as it is, and as it is not – before you can move on from it.

Become fearless about knowing the ego. Remember it's just an illusion, what can it do to you? Refuse to be ruled by fear.



If the mind is suffering let it suffer. The mind's suffering doesn't need to be your suffering. When you're not feeling good emotionally, the tendency is to try and fix it. When you're 100% okay with things as they are – there are no problems and nothing to fix.

If you can just remember that you are not the mind, then you won't be so eager to do something about your thoughts and feelings. When you take action to change your thoughts and feelings you are saying that you believe your thoughts and

feelings are real. If you know your thoughts and feelings are not real, why would you try to change them?



Judgments are not a problem. If Baba saw something in the kitchen he didn't like, he made his judgment known. If Baba went off on the cooks about something, we didn't say, "Oh, Baba is so judgmental". Feelings and judgments arose within him like they would in anyone. The difference was that Baba was not identified with feelings, thoughts, and actions.

One day, Baba was particularly angry with the cooks. One of the Swamis was about to open the kitchen door; heard what was happening and saw Baba storming right toward her. Not wanting to become collateral damage, she dove behind the door. Baba noticed this; stopped and looked at her saying; "How was I? Good?"

Baba's detachment was such that human emotions came and went without leaving any residue.



When I first met Baba, I saw someone who was happy all the time. I wanted that happiness and I knew my anger was in the way. So I asked a Swami, "What do I do about my anger?" And he said, "You don't do anything about anger, just be with it." This answer, didn't help me at all, I saw my anger as an obstacle to happiness and wanted it to go away. Later, I came to find out Baba had moods too. But, for him it didn't seem to be a problem. False identification is the root of all problems.



Only a me would try to change a me. If you are successful in making the me healthier, all you have is an improved me. If identification with the me veils your awareness of the true Self, then identification with an improved me is even worse!



The concepts I am giving you are not the truth. But a well defined concept can point toward the truth. Think of concepts as arrows that illuminate your path.



There is a story Ramesh told me about Baba's Guru, Nityananda. A devotee of Nityananda lived in Bombay, a few hours away from the ashram, where he saw one of Nityananda's Swamis in a restaurant eating fish. The devotee thought to himself: This Swami comes to town and now he's no longer a vegetarian, I wonder what else he is up to? I should tell Nityananda what his Swami does when he leaves the ashram.

A few weeks later the devotee made the trip to Nityananda's ashram in Ganeshpuri. Upon seeing Nityananda, he told his story about the Swami he saw eating fish. Nityananda looked at him and smiled saying: "The Swami shit that fish out three weeks ago, but you're still stuck with it."



The Love that an enlightened being has found is the Love that embraces everything. It is a Love that is so strong that even in anger, there is nothing but Love. The sense of personal

doership causes Love to have an opposite: hate. An enlightened being is Loving all the time, it doesn't matter if he is feeling angry, happy or sad - it's all Love.



The who that you are, is just fine. And who you're not is
Who cares!



The ego uses spiritual teachings to further its own interest. It sees spiritual teachings as a more powerful tool to get its job done. The ego hears that all your thoughts and feelings are not who you are, and uses this concept to suppress thoughts and feelings it doesn't like. The ego thinks: Hey, I don't need to deal with this, this is not who I am!"

Without a high level of sincerity, the ego will use spiritual teachings to do what it has already been doing. Someone once said: "It is easy to accept change, as long as everything remains as it was before".



7/11/15

Right now you are looking at the world through your mind. When you hear spiritual teachings, they go through the filter of the mind as well. So, it's hard for you to imagine seeing anything without a mind. But the simple state of being, which is the foundation of your existence, does not require the mind at all. In fact, it is the involvement of the mind which veils the constant presence of being. If that sense of being were primary and thought were secondary, your world would be filled with

the peace. Let the mind stay on the sidelines for a while, and keep your sense of being, front and center.

You will still need your mind for your daily activities. If you're going to drive your car, you will need to know where your keys are. You will need to stop at stop signs, etc. But, for much of your day, you don't need a lot of mind activity. When things fall into proper alignment, you will use the mind as a tool to navigate this illusion.



When the enlightenment happened in my case, I did not expect it to last. I had so many spiritual experiences in my sadhana and none of them were permanent. In fact, at the very beginning there was what felt like a wavering in the enlightenment. I knew I didn't make the enlightenment happen, and there was nothing I could do to prevent it from going away. So, I was surrendered to whatever might happen. I never expected the enlightenment to be permanent, but it's been almost 20 years now, at this point it probably is.



All of your problems boil down to false identification. If you must identify with something, identify with the Oneness. Of course, you can't really do this, at best it would be the "me" pretending to be Oneness. The Who that you are, is the Who that you are, and it cannot identify with itself, because it is everything. Only something that feels separate - something like a "me", can identify with anything. In Oneness there is no me. In Oneness nobody identifies itself with anything.

Oneness fills the room. Give up false identification and live here!



7/14/15

If you go to a movie, and plunk down 10 bucks, buy some popcorn and sit down in the theater - you want to enjoy the show. If while the movie is playing you realize there are only a bunch of colors on a white screen and sounds coming out of speakers, your enthusiasm for the movie will likely fade and you will be unable to lose yourself in the movie.

If you see a movie for what it is, you won't enjoy it. Most people feel they bought the ticket to this life and they're damn well going to enjoy the show. Even if they hate it, they're going to ride it through. Very few people are willing to walk out of the theater, before the movie ends. But the few who dare to push open the door under the exit sign, enter into an entirely different world.

Since you are here, I can only assume you are in a movie that you're not so interested in, and are considering walking out. This teaching points the way to the door, and grace will push it open - revealing the world that lays beyond the man-made walls.



It is such a strange thing to identify yourself with something that has no substance. What are your thoughts and feelings anyway? Can someone hand me a thought? Your body may appear to have substance, but if you go up in a plane, the bodies on the ground, get smaller and smaller and smaller until

they're so small you can't even see them anymore. Why would you identify with something so small? If I were you, I would choose something else to identify with.



I'm saying these words and you are trying to understand them. If you are diligent, eventually you will have a very deep understanding, but there is a knowing inside of your heart that is much greater than anything you can possibly understand. Still you try to understand, and though it seems you are getting closer to your goal, you can never reach it. There is a knowing that is present right now and if you're lucky, you will give up trying to understand and what was always there will come to the surface. What I'm doing here, is laying it out honestly, so that you are not deceived into thinking that anything you do will get you to enlightenment. Ramesh told me; "The enlightenment will happen, in spite of what you do, not because of it."



One of my final understandings was that it didn't matter whether I understood the truth. My understanding the truth was irrelevant, because the truth existed 100% whether I understood it or not. It makes no difference if an illusion finds the truth.



They sent a rocket to Pluto, it traveled 3 billion miles in nine years. That's how long it took for this rocket to finally see something that's cool. So we are thinking that the 3 billion miles that the rocket was moving through space was nothing

and the only thing that mattered is when it finally arrived at Pluto. This is how the mind is, the mind thinks that 3 billion miles of space is nothing and the only thing that is real is the little dot that the rocket came from, and the little dot that the rocket got to. To the mind, all that space the jet went through in nine years was nothing.

This is how the mind works, the mind is a tool for navigating duality. It only sees that which has contrast. Space has no contrast, so the mind thinks it's nothing. God has no contrast, because it is everything. This is why the mind is not a good ally in your search for truth. When you look at life through the lens of the mind, you only see differences, you cannot see sameness. You are blind to any form of Oneness, even though it is all around you.



You are eternal. There is no separation between you and your eternal nature. No matter what you think, say, or do, you are eternal. This means there is no birth or death for you. Birth and death apply to this body, for the body there is a history. But, the body and its history are not who you are.

People have all kinds of lives and what happens in a life is determined by God. Some try their best and fail, while others succeed almost effortlessly. Some people in difficult situations do quite well, while others with relatively easy lives do not. All the combinations are there. Life's events are not in your hands. Everything moves according to God's will.



Ramesh really hammered into me that everything is God's will. This is a useful concept. If you fully embrace it, it removes the doer from your actions. This notion of personal doership causes so many problems. Whether everything *is* God's will or not, isn't the point. The point is that believing everything is God's will, can bring more peace to your daily life. None of the concepts are correct, simply choose the ones that work for you.



You have personalized your thoughts and feelings, but you cannot personalize God. You can only personalize that which you are not.



I thought my Gurus had what I wanted, but what I came to find out, is that we were the same, and that they were reflecting my own true Self. Somehow, deep inside, I knew the truth my Gurus spoke of, and this is what drew me to them. In time, the influence of their company lifted the veil and revealed what I had forgotten. Sadgurunath Maharaj ki jai!



7/18/15

I was just reading a magazine from Baba's ashram in 1980 – which is during the time I was with Baba. I was reading an article in there that Baba wrote. I was amazed, we're saying the same thing! But in this article he did bring in a concept I hadn't heard before. He used the word Shiva like I use the word God or Consciousness. He said Shiva was everywhere, including our thoughts. Be they good thoughts or bad thoughts

they're all Shiva too. I like this concept, rather than taking a stick to the mind, why not see God in the mind?



It is odd that people think they have to do something to get to their own true Self. You don't have to do anything to get to where you already are. Just forget this notion that there could be any part of you separate from God. It's not possible. It's not possible even if you think it's possible. No matter how strongly you feel separate from God it is only a false notion you have in your mind.

If you could just accept what Baba said: "God dwells within you as you." Then everything you see inside is God, all the good stuff and the bad stuff. Everything that you like, and everything that you don't like. The mind wants to pick and choose: This is God, and that certainly isn't. But you must remember: God is everything!



When bad things happen, people ask: How could God allow this to happen? The answer is painfully simple: God allows everything to happen and doesn't judge it. All judgments are personal, God is impersonal. There is no way for God to meet your personal standards of how things should be. You have the perspective of a dust speck. God has the perspective of everything. Still you insist your perspective is correct. It's funny, No?



You don't have to fix things, or make them right, because everything is exactly as God made it. God made a beautiful flower and the pile of shit. One you prefer and the other you don't. But life gives you both and they're both perfect just the way God made them.



The mind and the body come as a set. The mind helps keep the body safe. When the body is in danger the mind says: "No don't do this, this is bad!" This is how the mind uses judgment to protect the body. Without the mind doing this, bodies wouldn't last long enough to reproduce and this species would become extinct. This is how the mind's judgments serve a useful purpose.

Through identification with the mind, you have personalized thoughts and judgments. Identification turns the useful tool of judgment into a burden.



Simply allow thoughts and judgments to be here, but do not take possession of them. Everything connected with your body and your mind is temporary, and as such, a part of the illusion. You are eternal and unaffected by transitory things.



Shree (Param Sadguru Shree Gajanan Maharaj of Akkalkot) had a very disciplined life. In the morning he would chant a long chant, then he was off to give darshan, etc. His daily schedule was always the same, and very regimented. When I was at his ashram, I was thinking how boring I would find that kind of life.

One early evening, I was walking by his house and there he was, the same as every other evening, washing his hands at the tap, after dinner. But, I happened to notice the look on his face as the water touched his hands - It was the look of a new born child feeling water for the very first time. In that moment, I realized that nothing was routine for Shree, every moment was brand-new. Shree was such a great Guru, he could teach without using words.



I feel all of you already know what it is I'm talking about and these words are simply a reminder of the home. Satsang serves as this reminder. The irony is that the one who forgets, is the only one who cannot know.



Just the other day there was a shooting: A Muslim man shot several people on a military base. Today people are mourning the death of these innocent soldiers. But halfway around the world another group is celebrating the death of these infidels and singing praises of the shooter, knowing he will be rewarded by God in heaven. What is good and what is evil depends upon your point of view.

Ramesh used to say: "I hear the smallpox virus has been eliminated from the earth. People think this is a good thing. But for the smallpox virus this is complete genocide! For the virus this is the worst possible thing that could've happened." The correctness of your judgments and values are not as clear as you think they are.



God never personalizes anything. He has not personalized you or himself. God is at peace with everything, everything you consider good and everything you consider bad. God doesn't take sides.



The mind wants to feel good all of time. But, life is going to give you both good and bad feelings. When you choose one feeling over another, you choose a life of struggle. What I say, is that feeling good all the time, means feeling good when you feel good and feeling good when you feel bad. Let the good feelings come, let the bad feelings come, and be at peace with all of it. Give up the struggle and make peace with the nature of this duality. Let everything come and go as it pleases. You remain at peace with all of it.



7/19/15

Everything is God. That's all you need to know. Absolutely everything, no exceptions! The problem is that most people have this religion called Me-ism. Most practitioners of this religion are very devout. They go through their days repeating their mantra: me, me, me, me, me, me. Some people go to church every Sunday for an hour and think about God, but when they leave the church they go back to their true religion of thinking about themselves.

What would your day be like if all your thoughts were God, God, God, God, God, God. Changing your religion alters your perspective. The "me" is very limited, God is infinitely expansive. The "me" is transitory, God is here to stay. The trick

is knowing that the “me” is also God. But when you focus on the “me” exclusively, you focus on the illusion of separation from God. As long as God is your primary, the “me” is not an issue.



It is quite a sight, this human existence, you can watch people pretend they are not God. It's very entertaining really, everybody's doing it, even you! Since that's what's going on, you might as well enjoy it. We're all God anyway, so it doesn't matter what we pretend to be. Within the illusion you can pretend you are somebody. But beyond the illusion, there is only Oneness and the notion of being anyone does not arise.

You think of yourself as an individual with a life, but in fact, it is God who owns you. Everything belongs to God, and yet God owns nothing – God is everything.



Though this world seems solid to you, it is not, in fact, it is transparent. If you could get the world's most powerful microscope and put your arm under it, you would see the atoms in your arm. You would see the nucleus and the electrons moving around it. When you look at an atom, it's like looking at a solar system. It's 99% space and 1% matter. So you see, even though your arm seems to have substance, when you look closely at it, it is 99% space and only 1% substance.

This world is an appearance in consciousness. It's not real, it's just an appearance. In this world there is an appearance of reality, but it has no substance. There is no there, there.



When you are happy and laughing, everything is fine. But when you're sad and crying, you think to yourself "Oh God, I'm involved again." Involvement suits you just fine when you're having fun, but when you're feeling bad you want a way out. Where is your sincerity? Do you just want to see this world as an illusion when it might decrease your pain? Only an ego would use spiritual teachings in such a way - you are only fooling yourself.

These teachings have the power to release you from the burden of the ego, but you must be brave enough to face the ego and let it go. Find the courage of your convictions. If you know this world is an illusion and you are eternal, conduct your life accordingly. The fruition of your sadhana will not happen until you are willing to see the dream as a dream 100% of the time.



7/23/15

When you're happy or sad you think those are your feelings. When you take ownership of thoughts and feelings, a whole world of personal preferences comes into play. Some things you like, others you don't. Some things you judge harshly, others lightly. Having taken ownership of this body-mind, you are now ready to play: "Let's be an individual."



When there is no identification with thoughts and feelings, your actions are no longer personalized. So when you do something it's not like you did it - it's more like it just happened. This doesn't mean you don't do anything, you still

pay your bills and talk to people. You continue to make and receive phone calls. It's not like when someone calls and asks for me, I say: "I'm sorry, I don't exist." Life goes on pretty much as normal, but without any sense of doership.

Without ownership of thoughts and feelings, if something is done poorly there's no sense of guilt, and if it's done well there's no sense of pride. Everything that's being done is simply being watched and nobody feels that they did it. If you were to watch a murder mystery and saw someone on the show get killed, you don't think this happened to you. And if the murder mystery is solved, you don't think you solved it. You just enjoy the show. Life without personal identification is just like that.

Everything is simply being watched and you do not have regrets, shame, or pride because those things are all byproducts of identification with yourself as an individual. When you identify with this body-mind, you identify with separation from God. Personal identification is a powerful drug with many adverse side effects. Without personal identification thoughts and feelings come and go without side effects.

If God watched you make a mistake, he would be at peace with it. God would not say: "I can't believe that human messed up again, why did I create him anyway?"



After the enlightenment, everything that happens in this world: The talking, the doing, the thinking, and the feeling - are nothing more than static in the background.



A bunch of people saw a really good movie tonight, instead of coming here and listening to this crap. For those people, that movie was their whole world for a couple of hours. But, to us their whole world is nothing. It is just something that happened in a theater miles from here. Now look at your evening, and realize that your perspective is nothing too.



I often say: "Oneness fills the room." That's all that's going on here. There's talking, misunderstanding, questions and answers, but the truth of the matter is: Oneness is all that's here. And all this talking and thinking is way in the background. In the foreground is just this vessel of Oneness. Oneness is all that's here and all that ever was here. Oneness is in all of our hearts, it makes us all the same - it makes everything the same.

Oneness is all there is. Period. The notion that you are something other than this Oneness is only present because you have identified with the body-mind. The body and mind are tools, they were never meant to be your identity. Your essence is the same now, as it was before you were born, and the same as it will be after you die. This essence is exactly the same in you, as it is in me. It is exactly the same as it was when you were five years old, as it is now.

Your thoughts and feelings are like grooves in a record, when you put the needle down, it plays. Enjoy the record while it plays and put it back on the shelf when you're done. You are not grooves in the record. When this body dies, you do not.

You never change, and we are always one. I guarantee this 100%: We are one. It's funny, when I say one, I see a zero.



When the enlightenment happens you will laugh at how hard you tried, and how much energy you put into it. You will laugh especially when you see that all the things you tried to do, did not bring you one inch closer.



It sounds great to be One with everything. But it's not so great for the "me". If you are One with everything, the "me" is screwed. For the "me" Oneness is the end of the world. When the enlightenment happens, the "me" says: "Hey wait a minute, have you forgotten about how hard I worked to get you here?"

The "me" is not as into this, as you might think. Enlightenment is not in the "me's" best interest. The "me" wanted enlightenment as a possession, something it could have. The "me" wants to be able to show it off: "Hey, look I'm enlightened!" The truth is, when the enlightenment happened I didn't get a certificate or anything - not even a gold star!

The enlightenment will not happen to you, in truth the enlightenment doesn't happen at all, it is simply what is revealed when you move aside.



7/25/15

Ramesh had this great concept: The working mind and the thinking mind. The working mind is the mind you need to get

to work at 9:00. There are a whole series of things you have to do to make that happen. Some thoughts have to be pursued to take care of mundane activities. The thinking mind is comprised of the extraneous thoughts that are irrelevant to you accomplishing everyday tasks. Thoughts like: I wonder what she thought about me? I wish I hadn't said that to her, now she's going to think I'm stupid, why do I say that kind of shit anyway? That was a really great suggestion I made, I don't know why she never follows my suggestions ... And on, and on, and on.

When you pursue thoughts with the thinking mind it proliferates more thoughts and more feelings, and pretty soon you're lost in a world in which the "me" has become the absolute primary focus.



When you watch a TV show you might laugh, cry or feel exhilarated. You enjoy the show - but when the show is over and you turn off the TV, you don't think you're dead! The way you watch a TV show, is the way I am watching this now. Life continues with its feelings and thoughts, but nobody takes ownership of them.



Right now, the who that you are, is fine with everything. The who that you are, isn't saying: "Come to me, forget about this fake ego and come to your real Self." The who that you are, is the who that you are, it doesn't need for you to come to it, because you already are it. So you don't need to put any energy into getting there. The mind doesn't know this, it doesn't know the who that you are. It is not designed to know who you are.

It's like you are using a flashlight find the sun in daylight. Your flashlight won't help you. Just put it down, and see where you are.



Right now, the who that you are, is watching the who you're not, pretend to be the who that you are. The who that you are is watching it, and is fine with it. When the who that you're not drops off, your true Self won't be standing there with an outstretched hand saying: "Congratulations – you finally got it! I'm so proud of you - Good job!"

So, just dive into exactly where you are, instead of trying to get where you think you are not. You are the who that you are, and whether you know it or not - makes no difference!



Imagine, that your true Self is just watching all of your actions, and your identification with thoughts and feelings, and is 100% fine with it.

If you went out to the movies and lost yourself in a good film – you don't feel like you did something wrong because you neglected paying attention to yourself for a couple of hours. Life is like that too, it's no big deal that you forgot who you are for a lifetime. It's not a problem, no need to fix it.

Look at this life, like you would look at a vacation. You're getting a well-deserved break from being everything – ENJOY!



Satsang is not really about these questions and answers, it is about being in the company of truth. Though I am talking, and you are understanding deeper levels of what you consider to be truth. What is really going on here has to do with the energy present in this room. Right now there is a Oneness present that is greater than any word I can use to describe it. This sense of complete unicity is a silent reminder of home. This is true satsang. The time I spent sitting with my Gurus taught me everything I needed to know.



Mark is a disciple of Ramesh, and he described the enlightenment like this: It was like he had spent his entire life with a 100 pound backpack on and one day he sat in a field and the straps fell off. When he stood up it felt so amazing that he would jump in the air and feel how much easier his life had become. But after a few days, walking around without extra weight, just felt normal.



Shortly after the enlightenment, I was speaking to a friend about my experience, and she said what I was talking about sounded a lot like enlightenment to her. I said: "Really? Well if this is enlightenment, it isn't what I was seeking! All I can say, is I'm at peace with myself."

I was seeking something much more spectacular than what I got. Fortunately, the one who would've been disappointed isn't here anymore.



Allen came to this talk and reminded me of some advice I had given him four or five years ago. He asked me, what would be useful for him to do since he was still a seeker, and I said:

Even if you don't know it, imagine these three things are true.

1. You are always embraced by unconditional Love.
2. Absolutely everything is Consciousness.
3. Absolutely nothing is personal.



Ramesh used say: You remember God like a young child remembers its mother. The child holds on to its mother's dress as they go to the playground, and lets go of its mother to play with the other children. But the child always keeps one eye on the mother; it never forgets the mother. This should be your relationship with the God, go out and play in the world, but never forget your connection with God.



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