

NUGGETS FROM THE TALKS

September 2015



8/29/15

When you know who you are, you don't take any personal sense of lack or need seriously. Why claim to live in the desert when everything is contained within you?



These talks have been going on for many years now, and basically, I'm saying the same thing over and over again. Even so, these talks always feel fresh and new. And I suspect it is the same for those of you who keep coming back.

Now is always new. If you were to meditate and have the experience of now, it would be fresh and new no matter how many times you experienced it. You wouldn't be saying; "Oh that again, I experienced that last week!" The most powerful thing about Shree was his presence. It was 1000%. A friend of mine said, "He greets you as if he had waited his entire life for that moment." Such is the power of now.



Humans are always seeking something. The baby seeks its mother's breast. As we get older, our seeking becomes more complicated, we want money, we want sex, we want power, we want recognition, we want enlightenment. All of these desires are focused on getting our needs met from the outside.

Everything is contained within, yet the ego seeks what it desires elsewhere. The ego is focused on itself and sees itself as God.



The ego has to work very hard to maintain the illusion that it is you. If you could embrace your own true Self, the ego wouldn't have to work so hard. Think how much easier your life would be if you didn't have to maintain this mirage of separation from God.



Q: This is going to be a stupid question.....

A: I once said that to Ramesh, to which he replied: "You must remember the answers are equally as stupid!"

Q: Are you happy that you got enlightened?

A: Well first of all, I never got enlightened. The enlightenment just happened. Like everything else, I don't really care about it. My wife, Kelly took exception to my laissez faire attitude and asked: "Would you rather the enlightenment hadn't happened?" To which I said, "No". Still, no one is here to feel happy about it, because the enlightenment was not taken personally.



When you speak of your past lives you're speaking of a life that has been personalized. Right now there is this body and these thoughts and feelings that you have personalized, saying they are yours. This is all the result of mistaken identification. This

body and mind are not who you are and any impression left with you from a past life is not who you are either.

In this world there are energies and karmas, created through false identification. The fact that false identification leaves an energetic trail doesn't legitimize identification with the body and mind.



Nothing I'm talking about here is really understandable. Everything you have understood is not correct, and that's fine. The truth of the matter is that you already know what I'm talking about. So you don't have to work so hard to understand it. And the one who doesn't understand it isn't who you are anyway. So who cares? Do you know who cares? The ego cares.

Understand that the one who cares, and the one who doesn't get it, and the one who wants to get it, and the one who's trying to get it, and the one who thinks he's got it, is the one who you are not. So it doesn't matter.

It doesn't matter how strongly you identify with the body-mind. Even if you identify 100% with the body-mind your entire life - it doesn't make it who you are. You are that which is eternal. You are what you were before you were born and you will remain that after you die. See if you can remember this.



Compassion is a side effect of unconditional love. When you know that we are all one, compassion toward others arises effortlessly and spontaneously.



8/30/15

Everything you need to know you already know. Everything is in this moment –here and now. That which is hiding, is right in front of you all the time.

This moment is exactly the same for you, as it is for me. It is exactly the same now, as it was yesterday, or last year, or next year. Now is always the same and it is always here.

This moment, and all moments are embraced by unconditional love. There is, in the presence of now, a sense of overwhelming peace. It is a peace that has no beginning and has no end.

Your personal awareness of this peace may come and go, but that peace doesn't come and go – It is always here. Your personal sense of peace is conditional and subject to change, but the peace of this moment is unchanging. When your sense of who you are personally falls to the wayside, the peace of this moment can be known.

When the presence of this moment is known, everything else becomes secondary.



Everything personal is going to have problems. It's going to have ups and it's going to have downs. Inherent in the

identification with separation from God is suffering. The baby cries upon feeling separate from the mother, and comes to peace feeling oneness with her again. Such is life.



We are living in an appearance of differences. There appears to be an old one, a young one, a kind one, a mean one, etc. But these differences are merely appearances, and do not negate the fact that in essence we are all the same. That which is unchanging is eternal and that which changes is a temporary phenomenon – like a dream.



Q: Recently, I had something happen that totally got my mind involved in judgments. And witnessing it didn't make it go away.

A: Who wants to make your judgmental state go away? The ego is hoping that some of these spiritual understandings will make its life a little easier. Your belief in yourself as an individual causes you to take action to improve the state of the ego. If you truly believe that you are eternal, the ego would just do what it does and no one would care. Because you care about what you think and feel, you find yourself going after certain feelings and pushing away others. This is simply a symptom of false identification.



When difficulties arise, always ask yourself; who cares? Finding the answer to this question will show you the places within you which believe they are separate from God. Complete

awareness of the ego is key. You cannot Love that which you do not know.



Baba said “God dwells within you as you,” but he didn’t run around saying “Look at me, I’m God!” God is the essence of everything, so it is not personal. Everything personal is based in duality. When you know yourself as eternal, the personal ceases to exist.



Right now, there are billions of people on the planet living personal lives. There are billions of tiny little things all thinking they’re number one. They can’t all be right!



When you go to a movie, you sit down in a chair and temporarily forget about everything else so you can fully dive into the film. This is what you are doing in this life. You are actually God, but you have come to the movie we call life and you have forgotten about yourself for a while.



When you take these teachings to heart and apply this knowledge to your life with a high level of sincerity, persistence and tenacity; your involvement with life’s dramas will decrease. More and more you will see life’s movements without a sense that anything is happening to you or that you have done anything. Things will still be done, and things will still happen, but you won’t have the sense that anything is happening to you.



This moment is unaffected by anything you can say or do. It is unaffected by your awareness of it, or your forgetfulness of it. The who that you are is always here, there is nothing you can do to shake it. Take solace in the fact that you cannot mess up your relationship with your true Self.



9/1/15

On a sincere spiritual path one must be willing to face fear. Ultimately, you will find the fear that will not get better. When you can face this fear as it is without flinching, it will no longer have the power to draw all of your attention, and the ego will lose a very powerful arrow in it's quiver.



When Ramesh came to Maui, we took him to a shop with exotic birds. The store owner placed a cockatoo on Ramesh's shoulder. Ramesh looked at the bird and jerked away in fear. To which I said, "Here is the man who is not afraid of death, but he is afraid of a little bird!" We had a good laugh at the time, and at his talk the next day, Ramesh explained that even without personal identification, fear can still arise spontaneously.



Personal identification is a very odd thing. Who is identified? The ego has identified with itself! Then the ego tries to get out

of it. It's crazy, isn't it? It's a smoke and mirrors show, brought to you by God.



The mind feels safe when it thinks it's in control. Because the mind lives in fear, it seeks safety. The mind says, "I got this handled. I have everything under control, you're safe now. You don't have to be afraid." This works as long as things are going your way. But when things take a turn for the worse the idea of personal control doesn't work so well.



9/5/15

When you fully understand that this mind is not who you are, the whims of the mind will not hold the same gravity over your life. The belief that you are what you think and feel makes your feelings seem important. I assure you, they are not. Illusions, no matter how convincing, are not important.

You have given power to the mind by proclaiming that your mind owns you. This is truly crazy.



9/10/15

Beliefs are from an individual perspective and therefore not true. Still, you may think that your beliefs are true and work with various beliefs throughout your life. Since you are working with them anyway, I will offer you some beliefs that can help your life work easier.

The belief that everything is in God's hands, takes the *me* out of your life. Karma is created from the notion of personal doership. All karmas, be they good or bad, are trouble. When you do things well you feel pride, when you do things poorly you feel guilt. To me, it's all the same thing.

If we assume that everything is going according to God's will and that life is in God's hands, it removes the burden from your actions. You will still do the things you think you should do to the best of your ability, but you will do so without a personal sense of responsibility for the results. This means; no demerits and no gold stars. Everything simply goes how it goes and you are free to witness your life without personal involvement.



If you can, do nothing; if you can't, do whatever you like, but do not convince yourself that you are the one doing anything. You can do any number of seminars and workshops to improve yourself. You can try them all, but know in your heart that the who that you are, does not need your help. The who that you are is not waiting for the who that you're not to discover it. The who that you are, is not missing, it is not hiding - It is right here, right now. If you were any closer, it would bite you. Still you struggle to see it.

One of the successors to Baba's lineage – the young Nityananda was asked what was difficult about his sadhana, he said, "My sadhana was easy, the things that were difficult, were the things I made hard on myself."



I often describe shakti as spiritual charisma. It is a powerful spiritual energy I felt around my Gurus. Some Gurus wear the shakti more on their sleeves than others, some Gurus require that you stick around for 20 years before they reveal it. And others like Baba gave it out like candy on Christmas.

The energy of shakti can be quite valuable to the seeker, because it can give one a sense of validity when they are on a path which requires faith. Spiritual truths cannot be known in the head - only in the heart. It's a lot to ask someone to change their lives based upon something that they cannot know intellectually. Shakti can be all the proof one needs to move ahead in spite of the lack of tangible evidence.



Q: Did the enlightenment happen suddenly or gradually over time?

A: it was both gradual and immediate. The actual switch when the enlightenment happens is sudden and complete, but along the way there are signs. The diminishment of the ego is gradual.

Toward the end of my personal process a friend of mine noticed a change in me. She asked me if I had more positive self-esteem and I said, "No, I have less self-esteem."



You think of yourself personally. You think that you're doing stuff, that you're thinking and feeling stuff. And you actually

believe that what you think and feel are who you are. In the enlightenment, personalization of experience stops.

When I say we are all the same, I don't mean you, you, you and you. I am saying we are all one, so there really is no you. In this oneness all personalization ceases.



Thoughts keep coming because you are feeding them. If you invite someone for dinner all the time, they will keep coming back. Engagement with thought proliferates more thoughts. But, if someone comes by and instead of engaging with them, you ignore them, go to your desk and pay your bills – eventually they'll get the message and they won't come by so much. If you do not pursue thoughts, in time they will diminish.



You can go through your whole life without getting involved with thought. Without involvement with thought, your life becomes more peaceful. Thoughts are always changing, there's no lasting peace in thoughts.

Many years ago, I would worry about money a couple of days a month. I came to realize that I had the same amount of money on the days I worried about it, and the days that I didn't worry about. It was just the mind and it was the pursuit of the thought that caused the problem.



True acceptance is large enough to embrace non-acceptance. You want to find the love that is so great it has no opposite. Then you have something that never changes.



Nobody achieves the enlightenment. It just happens. If it was something you could do, it wouldn't be enlightenment. Because the you who would do it is no longer there when it happens.



When we die, all of this drops off. There will no longer be attachment and identification with the body and the mind. So enlightenment is just a preview of death, whilst remaining in the body. The thing about it is; the Enlightenment is peaceful. Believing that you are this body and mind creates a great deal of stress and suffering. In contrast, simply being in this very moment is so peaceful. All that's here is peace. So, I recommend it.



Q: Ananta, you've said that the Guru burns off karmas of the student, is that the shakti that does that?

A: No. It's the nature of the relationship. In the Guru disciple relationship there is a surrender that happens. In that surrender the things that are not your true Self are gradually burned away.

The Guru disciple relationship is mysterious, because it is not what it appears to be. The Guru simply reflects your own true

self to you, but you think it comes from him. It may appear that the Guru is burning away your old self, but the entire process is effortless for the Guru. You may experience this as karmas being burned off, but all that is happening is the illusion is giving way to the truth.

The Guru is like the sun. The Guru's essence shines the light of truth upon the disciple, which burns away the mist that prevents the truth from being known. Gu is darkness, ru is light. The Guru is the light that dispels darkness.



Right now, we are one. And all the shit that is in your mind preventing you from knowing this oneness in your heart is being burned away.

You have an entire lifetime of false identification. You have been taught it very well, and believed it very well. In order for the oneness to be recognized, the identification with separation must burn away.

When you truly understand that this world is a dream, the dream burns away. If you look at this world, if you look at this body, if you look at this mind, if you look at all of it - you'll see it's just a dream. Everything here is just smoke and mirrors. This world does not stand up to scrutiny. When you sincerely examine this world it begins to shatter and melt away. And things that were sacred to you become meaningless.



Satsang is a very strange thing. Words are filtered through a mind and received by another mind. An illusion tries to

understand who you are, but an illusion cannot know the truth. Still, this is the tradition passed down by my Gurus, and I am living proof that in some cases something can rub off. Perhaps it is because in spite of everything else, the essence of the truth is present behind the words.



9/12/15

Because we look at life through our minds, things appear to be different. But if you could stop looking at the world through your mind you would see that everything is the same.

What causes you to look at the world through your mind is your identification with thoughts, feelings and this body. You have concluded that these are my thoughts and my feelings and my body. And this is what I think is right or wrong and I feel is good or bad. But this is inaccurate, because nothing is personal.

If we are all one, how can anything be personal? Personal implies separation. The oneness that we are is eternal and unchanging. This me character comes and goes. It is not real, just a part of the dream.



Ramesh used to say that the teaching is passed in silence, and yet he talked, and talked, and talked. Ramesh's words pointed toward the truth, but none of his words were the truth. Because the truth cannot be put into words. There is no word or concept that is great enough to hold the truth. But the who that we are, is great enough to be the truth. The truth in fact is

something we all know, something we all are. Give up using the tools of an illusion to find the truth.



Q: I like when you talk about the heart, can you say more about this?

A: The ego is very slippery. The ego wants to know the heart, so it can have the heart. The thing is, that the heart has you. The ego is more than willing to help you with your spiritual path if that could help it possess and enjoy the peace and love that it might find. But that peace and love is already enjoying you!

Just know that you are being embraced by unconditional love always. This is unquestionable. Even if you don't know it, it is. Your awareness of the heart may come and go, but the heart is always present. If you know this at least conceptually, and if you are able to develop a conviction about this that doubt cannot touch, then the heart will reveal itself to you in time.

No one can possess everything, and yet the who that you are, is everything. Though you pursue it, you will never have it because it has you.



The concepts I have been giving you are tools that can diminish the value you put in the body and the mind. When applied these concepts can diminish identification with separation. When false identification diminishes what is left is what was always there. When you know the true Self, personalization falls to the wayside.



This moment, here and now is available to everyone at every moment. You may only experience it for a millisecond, but it is always there. When the mind touches now it transforms the moment into something that is in the past. But now is forever present.

There are things that you know before the mind tells you that you know it. Ramesh used to call this “intuitive knowing.” He used the word knowing, not understanding. The mind understands, but the heart knows. It is this knowing that draws you here.



You already are who you are – you are the essence of everything - Call it God, or Consciousness, or Oneness, etc. Just believe this as an intellectual concept, for now. The mind has overlaid itself onto what is and obscured your ability to see what is real. But just because you can't see it, doesn't make it not so. In your heart you know the truth, put your faith there.



I read something Ramana (Maharshi) said that was my final understanding. He said whether the enlightenment happened or not made no difference at all, because what is exists independently and is unaffected by anything you may or may not understand.

As a spiritual seeker you go through stages where there is learning and deeper understanding. But, as the true eternal

being you are, there is nothing to understand, and nothing to work toward.



What could a little mind possibly understand about the truth? There are billions of little minds attached to little bodies. The mind is not designed to know the truth, the mind is designed to navigate this illusion. The mind is only useful for this dream world. True knowledge doesn't require a mind. Because the mind knows what it knows through understanding. True knowledge cannot be understood, it can only be known, and not by the who that you're not.



Q: I'm okay with being at peace with myself, it's other people that piss me off. How can you be at peace with people who are not even getting it?

A: How could there be another? I don't see another. Everything is being watched the same. There is no me, there is no you.

Q: So, you don't care what other's think of you?

A: I don't care what I think about myself, so I don't care what anybody else thinks either.



They say that an enlightened being is in bliss. Bliss is the continuous state of acceptance that cannot be affected by any outer circumstance. If you want true peace, you will have to

find the peace that is large enough to embrace all life's difficulties.

My Gurus all had feelings, they were not monotone - happy and laughing all the time. They were happy most of the time, but they all had other moods that would arise from time to time. But their sense of peace was not shaken no matter what feeling might arise. They were in bliss.



You think that your life is important. You think the decisions you make and the things you say and do, are important. But after you die and all the people you have known die, no one will even remember this life that you consider important. Who you truly are is everything, and everything doesn't need to be important. Only something that is nothing has to be important.



On the spiritual path, faith is key and doubt is the enemy. Faith will keep you moving forward into the unknown, and doubt will stop you dead in your tracks. I have seen many sincere seekers stopped by doubt. If you are able to move ahead with faith, it will teach you what you need to know.



Understand that the mind will not be a reliable partner on a path that negates its existence. So on your spiritual path it is important not to let your mind be your master. Follow your heart and everything will be fine.



9/13/15

When you look at the world through the filter of your mind, God is invisible to you. The mind is only capable of knowing that with limitation. The essence of who we are is unlimited, thus the mind cannot know it. But the mind is very good at knowing this dream character. When you look at the world through the filter of your mind, the me becomes your meditation. People give God lip service, but the ego is given all-consuming attention. It does not deserve it.



Q: When I look at a chair and I look at a flower; the flower seems more like God than the chair.

A: This is a good example of what happens when you look at the world through the filter of the mind. Because you're in an animate object, you think you're better than a rock. The mind thinks animate objects are more Godlike than inanimate objects.

But if you look deep inside this chair, inside the wood grains there is a whole world with tiny little solar systems of its own where microscopic creatures live their entire lives. But you don't see it, so you don't care. The mind thinks; my world is real and that one isn't. I'm going to burn the chair and you know what? Nobody's going to care!

There is another world somewhere else, where giant creatures live. As it turns out, our entire solar system is just an atom inside of that creature's chair!



Everything is God. Everything you can see and everything you can't see. Everything you can know and everything you can't know. Every drop of everything is God.



Q: If I don't identify with the me and I can't identify with God it feels like a void.

A: It feels like a void to the me because the me is addicted to personal identification. To the me, personal identification is what makes something real. But in fact, the opposite is true. Personal identification is a hallmark for what is not real. The me wants the connection with God for itself – as a possession. But the truth is, your connection with God owns you – you cannot own it.

What is required, is a true surrender. For the ego this is a big risk. Be willing to face fear.



Understand that this world is just an appearance in consciousness – it's not true. When you turn on your TV and watch a show you don't think those people are actually in your room. You might get involved with what the television actors say and do, but you know it's not real. It's just an appearance on your television screen. Here we have a more elaborate device creating a more detailed appearance.



9/17/15

The appearance of duality causes consciousness, which is everything, to become aware of its existence. What arises is “I am.” When you’re everything this doesn’t come up – because you’re everything. But because there appear to be distinctions and separations in this world, consciousness becomes aware of its existence. If you’re looking for a purpose to life, you can use this one. Through your body and mind, consciousness is temporarily aware of its existence.



Nothing you believe is true, yet you will believe in certain things at different times. What I suggest is that you adopt those concepts and beliefs that bring more peace into your life. If it makes you more comfortable to believe in an afterlife – fine. If the presence of angels brings you peace – fine. If you believe that God dwells within you – fine. And so on.

Just be flexible with your concepts and beliefs so that you can adjust them as you see fit in the future. Things that you believe are true today, are not the things that you believed were true ten years ago, and are unlikely to be things that you will believe are true ten years from now. So, do not be rigid about your beliefs, and by all means do not take them too seriously. None of them are true.



Deep spiritual seeking involves an element of death. When you hear: “God dwells within you, as you,” it sounds great. But if you are truly God, you no longer need to believe you are the limited ego. The ego requires your attention and belief for its existence. As you become more attuned to the Oneness that

you are, the illusion wilts and dies. Until the transition is complete there will be a sense of death and mourning.



Right now your thoughts and feelings are very compelling to you. Like a moth to a flame you cannot resist your thoughts. You are seduced by your mind and in this process you forget who you are. But the power of the ego is based in the belief that it is a real. When you know that the ego is an illusion, it's supposed powers fade. If you are sincere in your application of the concepts I am giving you, the ego will become transparent and what was always there will be known.



An enlightened being's love is pure, he loves you unconditionally but he doesn't care. If there were someone who cared, there would be conditions, there would be an ego.



Let me be clear, in truth there are no enlightened beings. I am just using the term as a concept that might help you understand what I'm saying. When I first came to see Ramesh, he refused to say he was enlightened. Being a non-swami householder he didn't fit my image of an enlightened being. So I pressed him on the matter. He had little respect for the word enlightenment and would call it; "your so-called enlightenment". But in time, he found the word useful as a concept. I seem to use the word freely, but I know that what you think is enlightenment - is not. I also know that in the cases where it has happened, there is no one to be enlightened.



9/24/15

Being at peace with yourself is the key to true happiness. When you are at peace with yourself you find that you are at peace with everything else. How else could you come to peace with everybody when there are so many assholes in this world? Loving yourself 100% is a great challenge; Once you have met that challenge, loving others in the same way is effortless. This doesn't mean you're going to want to have lunch with everyone you meet. There are some people you have a natural resonance with and others you don't.

When self-acceptance is complete, you won't be thrown off from the state of peace by what other people say or do. So make this your job; find the Love that can embrace everything.



9/27/15

From here, everything is the same. No matter what happens there is a constant sense of just being with it. There is a steady witnessing through it all, but there is no one who is witnessing. This sense of being has no beginning and it has no end. It overshadows all of life's happenings.



The truth is, everything is God, including the ego. How could anything not be God? It is the identification with separation and limitation that changes your perspective, and causes you to become blind to the unicity of everything. Personal identification causes you forget the essence of who you are.

But even if you forget who you are, it doesn't change the fact that you are who you are. Your remembrance and forgetfulness of your true Self really has no effect on reality. So, fear not, there is no way you can screw this up. You're just not that important.



Q: Has God laid out a plan for us?

A: Yes, there is destiny, everything is already written. There is a path that will be taken. There are things that will happen and things that won't happen.

Q: So, there is no need to regret my actions because I did the only thing I could do?

A: This is correct. If everything is destined, there is no need for guilt, shame, regret, etc. The concept of destiny takes a burden off of your life.

Q: But is it true?

A: Nothing is true. But you are going to believe something is true, so I am offering you this. This is a concept you can use to remove some of the suffering in your life. "You take a thorn, to remove a thorn."



Q: Is happiness overrated?

A: The happiness that is the opposite of sadness is. People want to be happy all the time and they don't want to be sad.

But this is the world of change, and life will give you both sides. People don't understand that you can't have happy without sad. The Two extremes are interdependent. So yes, happiness is overrated and the pursuit of happiness is suffering.

I would recommend finding a peace that can embrace both happiness and sadness. If you succeed in finding this peace you will have something better than happiness. If you can find the peace that doesn't change whether you're laughing or crying, it puts an end to problems. You no longer need to pursue happiness or resist sadness, you simply take life as it comes. You could live the easy life.



Death is 100% guaranteed, yet people spend their lives fearing it – Can you imagine? The ego is such a funny thing.



Life isn't personal. Life is happening, but it isn't happening to you. When you personalize life, you believe you will die and death becomes a scary proposition.



Q: What is the purpose to life?

A: Purpose only relates to an individual. There has to be a sense of separation for purpose to arise. In oneness everything just is. So what could be the purpose?



There is no you, there is no me, everything is one. So all the other clowns who think they're separate – are one too. It doesn't matter if you know it or not - Oneness is all there is.



Someday the asteroid will hit and there will be no more humans – oh well. What happens to your religion then?



The important thing to understand is that none of this is real. When you fully embrace this, your perspective on everything changes.



Q: Where should we put our effort?

A: Self-inquiry. Try to find out who you are. This is the jnani path. If you must effort at something, try to find your true nature.



Because you have become convinced that you are this body and mind, a veil has been placed over that which you truly are. When you realize that you are not the body and the mind, the veil can begin to lift. When you develop a strong conviction that this world is not real, you will see that the emperor (ego) has no clothes and the veil will fall off revealing what was always there. It's that simple.



In one way it's important for you to know that the truth cannot be spoken or understood. In another way this information is completely useless at this stage because you need a new set of lies to replace your old set of lies. The concepts I am giving you can help diminish the ego. When they succeed in doing so, the truth, which cannot be spoken or understood shall be known.



Like Ramesh, I like to say that everything is God's will. This is a great concept because it takes the me out of your actions. Unfortunately, this concept does not have the benefit of being true. How could God, who is everything, have a will? What can I say? I'm a liar. Everything I've said is a lie. Sorry about that.



NUGGETS FROM THE TALKS

October 2015



10/1/15

Q: What is karma?

A: Karma is the byproduct of any action done with the notion of doership. Karma exists within the realm of duality and has good and bad qualities. It has the energy of “me” in it, a me that feels separate from God, thinking it has done something. You were born into certain karma’s and when you die you leave karmas behind. In this way karma is much like the ego’s shit. – waste matter that the ego leaves behind. Be it good or bad, it is still karma - a sticky energy that comes from a world of illusion. Karma is one of the energy dynamics of this duality.



This world is a play of consciousness, a play of duality, a play of good and bad, a play of distinctions. Out of the oneness arises the appearance of differences. But none of these distinctions last, they all come and go.



You suffer with your suffering because you have deemed it undesirable. If you could love your suffering the same way that you love your joy, everything would be fine. Your judgment of your suffering and your desire to end it, only serve to intensify and prolong your suffering.



Physical and emotional pain, are sensations. You have been taught that pain is bad, and when it happens you try to make it go away. If you were able to accept pain as it is then you wouldn't have to suffer with it. Ramesh had to have his appendix removed and he asked his doctor if he could do it without anesthetic. Somehow, because it was India the doctor was willing to try. Ramesh told me the pain was intense and it became even more intense and eventually it reached a plateau, and didn't get any worse. Ramesh figured if he was able to be with the pain at that intensity then it was okay. When you remove judgment and personal preferences from pain - it is only a sensation.



A beautiful thing happens; a baby is born. But the mother went through extreme pain for that. And when the baby grows old and dies it will have great pain as well. Life has both pleasure and pain, but the mind picks sides. Pleasure good, I'll take more please. Pain bad, make it go away.

Pain and pleasure are simply sensations, but we have judged them good or bad. Nothing is inherently good or bad. Everything just is. If you could be with life as it is without picking sides, your life would be easy. Let the sense of witnessing overcome personal judgments.



The true spiritual path is not all fun and games. Along the way there will be difficulties that will test your level of sincerity. If

you are willing to go through anything, then nothing can stop you.



Q: I've heard you say the ego is what's blocking us from knowing who we really are. My ego is not giving up easily and I would like better tools to get rid of it.

A: Who would want to get rid of the ego? What you have here is a power game. The ego is pretending not to be the ego, wanting to get rid of itself! One must be careful not to fool themselves.



The ego wants to be seen, but it doesn't want to be known. The ego maintains its sense of power by concealing aspects of itself from you. In this way the ego creates back doors from which it can appear and disappear to maintain its illusion of control. If you are sincere in your quest to know the ego, you will find that the emperor has no clothes. When you are able to truly see the ego as it is, the ego begins to weaken and wither.



When you are able to see the ego fully, it becomes transparent. When this happens the ego will not have the power to draw all of your attention. Because you will be able to see through the ego to what was always here.



10/3/15

Enlightenment is not an event, it's not even something that happens. It just is. A better name for enlightenment is realization because you realize what was always there. But when it happens there is no more *you* to realize anything and the perspective of life changes entirely. When everything just is, silence rules and stillness reigns supreme.



It's like you're living in a house with its shades down. The sun is all around the house but inside you don't see it. If the shades come up you're going to know the sun is out. But until then, you live in darkness, thinking it is normal.



If you have a pet, you have to have some boundaries. Your pet will not be allowed to shit all over the house. When your pet learns this boundary, it's okay with it. If you didn't teach this boundary, your house will not be a nice place to live. It's like this with the mind. If you don't teach the mind not to shit all over your life, it will. Make sure the mind has been properly toilet trained.



10/10/15

Q: What is the purpose of life?

A: Understand the idea of purpose only applies within the illusion of separation. But, because I'm such a nice guy, I will give you a purpose that you can use: The purpose of life is to be aware of your existence.

Consciousness is everything. God is everything. When you are everything, there is no point in being aware that you are everything. Here on this earth, there is an illusion of being separate from God. Within this illusion there is the possibility of self-awareness. This arises in the words; "I am." There is an awareness of existence. This sense of being is possible only because of the appearance of separation. So God who is everything, looks around and says; "Whoa, look at that, I am."

In fact, this is happening every moment of your existence. You have added subjects to the basic "I am". I am this body, I am these feelings, I am this personality etc. All of these subjects camouflage the basic "I am" experience, yet underneath it is there. This sense of being is a rare and amazing thing. So, you could make this awareness of existence your life's purpose.

Q: My suffering is due to my identification with separation. If my purpose is to experience "I am", it will have the side effect of creating more suffering.

A: Your suffering is not due to the experience of "I am." It is the things you have added to "I am" which cause your suffering. Your perceived life's purpose is tied to personal identification and suffering is inherent in this. When there is identification with separation, a longing for union will be there. When personal identification ceases, Oneness is all there is. From this place, there is no one to suffer.

In truth, there is no purpose to life. This is no doubt personally unsatisfying. So, why don't you make up any purpose that you like. Adopt those beliefs that bring more peace into your life and discard the beliefs that don't. Nothing you believe is true. But if you're going to believe in something, let it be something that brings you peace.



10/11/15

In this moment there is peace and stillness, it's with you all of the time. Because you look at life through your mind, you overlay your thoughts and feelings on the stillness. In this way you do not notice the stillness and peace that is in every moment.

Even though you do not notice it, peace follows you wherever you go. Looking for it pulls you away from it, because it is right here always. Within this stillness there is silence. But the mind abhors a vacuum, and fills the silence with its thoughts. So you only experience the peace and silence that surrounds you when the mind is out of the way. As soon as the mind returns, your peace and silence cannot be found. But it is here always.



If it is true that everything is contained within you, why would you take on limitation. When you accept that God dwells within you, the idea of being this body and its thoughts is downright silly. Fully take on that you are eternal and without limits, and see what happens.



This life is a dream, and none of it is happening to you. Everything is just happening and not happening at the same time. The essence of who we are is the same. What has truly happened is nothing. How could anything have happened, when everything is the same?

Still, in this appearance of duality, things appear to have happened. But this is only an appearance. If Bugs Bunny does something, it appears to have happened. But it's just a cartoon and nothing happened. What we have here is a very elaborate cartoon. But no matter how convincing it may be, nothing ever happened. In a world where all there is, is oneness, an appearance of separation is not real.



When the ego is diminished and reduced enough, the experience of this moment fills you and the ego is too distant to have any effect. So allow your heart to be filled with this moment. Should you forget, who cares? The one to forget is an illusion as is the one who remembers. Just be.



There are billions of people in this world and all of them are thinking they are the most important person in their world. Now, all of them can't be right! Everybody thinks of themselves as the center of the universe, but science does not bear this out. I think at this point, it's safe to say; people are crazy.



10/15/15

Nothing I say really matters. It's just the energy. The words might keep you here, but there's nothing I can say that is true. And yet, the truth is here. The words may prove helpful, but there is a limit to how much you can help an illusion. As an individual you can only understand so much. As long as there is an individual there will be distance from the truth.



Q: I have read that there are many stages of enlightenment and continuing evolvment. Can you comment on this?

A: I think this is bullshit. For the individual there are stages of development. But when the individual falls off - that's the end of that. You have to ask; stages and evolvment for whom? The seeker may continue to evolve and perhaps mistakenly identify certain stages as enlightenment. But the true enlightenment denotes the death of the seeker, and the end of any spiritual progress.



Always start by being where you are. If you are deep in involvement and all of your attention has been drawn into the me – that's fine. Why struggle with an illusion? Be fully involved, but do it consciously. Most people are fully involved in an unconscious way. When you interact with the illusion consciously and without resistance, you can learn to master the illusion, rather than having the illusion master you. This is an intermediary step to be sure, but in some cases it may be necessary.



Be with your moments as they are, without trying to change them. If things are really shitty, eventually they're going to be really good and if things are really good eventually they're going to get shitty again. Just watch life unfold, and be more of an observer than a participant. And yet, be 100% present for whatever life brings you. If you can manage this, you will find that there is a steady energy that flows through your life.

Though you may feel happy or sad, there is an unconditional nonjudgmental acceptance that flows through everything.



Life is continually new and unfolding. One day Ramesh said; “Let’s see what happens; this should be your mantra – let’s see what happens.” He said this with a sense of adventure and excitement. Let this be the way you welcome each new moment as it reveals itself to you.



10/17/15

There is an element of grief in being human. It is a sadness that has always been with you - a deep longing rooted in the sense of separation. When the ego is naked and exposed, its core suffering can no longer be concealed. On a sincere spiritual path, the long dark night of the soul can be expected. This is a prelude to the ego’s death. Humans mourn their dead. As the ego dies there will be an internal funeral. Yes, it is sad, but it will be okay.

Be kind to yourself, respect yourself, be gentle with yourself and love yourself. Everything is fine. You may be sad now, but in the end you will not even miss that which you mourn today.



The enlightenment was not what I expected. I thought I’d really like it. But as it turns out, the one who would’ve really appreciated it, wasn’t there to enjoy it. Not that I’m disappointed, because the one who would’ve been disappointed is also no longer here. In fact, the enlightenment

is quite ordinary, it's more of a natural state than an extraordinary state. Because of its peaceful qualities, I think it's worthwhile and I would recommend it for those that are interested.



I spent all those years trying to get to spiritual enlightenment, only to find that I could not have it. How can you get what already has you? Through the grace of surrender a union with Oneness was known. The cool thing is that it is exactly the same for you. We are all one. Our essence is the same, what I found in my heart, is what you have in your heart. There is nothing here that is not there. With these words, I have cleared a path for you. At this very moment, we are all one. I see you there now. Oneness is all there is.



Right now, behind the scenes, in a place you don't know about, the ego's foundation is being eroded. Eventually, it will collapse upon itself, revealing what was there before the ego's structure blocked it.



10/24/15

Now is so full that all the stuff that is added onto it fades into the background. In this moment there is stillness and silence. But the mind overlays all of this noise and images onto now. That's what the mind does; that's its job. But you don't have to make it your job to follow the mind.



Everything comes and goes but this moment. This moment stays forever. In this life there will be pleasure and pain. They come and go. Through it all, Now remains your steady companion. Give this moment your loyalty. Become absorbed in the sense of being that is present in every moment. The presence of this moment is so much greater than anything the mind can conjure up. When you become lost in this moment nothing can disturb your peace.



The ego needs your attention and belief for its survival. When you believe the ego is real, it becomes a big deal. If you were to truly recognize the ego as an illusion, its powers would be greatly diminished. So many people tell me that their ego is so big, and I ask them; how big can an illusion get?

Your mind, is just a mind. There are billions of minds in this world, they are no big deal. You think your ego is big, but in fact, it is tiny, tiny, tiny. You know what's big? Consciousness is big. Consciousness is so big, your tiny little mind can't understand it. It is a mystery why billions of people have identified themselves with tiny minds. In fact, you are much bigger than this. Your mind does not deserve the belief and attention you give it; consciousness does.



10/25/15

This is why you can't understand the truth, because it is all things at the same time. So the truth is true and not true at the same time. This world is real and unreal at the same time. Everything is and isn't at the same time. No mind can wrap

itself around that. In order to understand, the mind needs definitions. But the truth defies definition, because the truth lives in oneness. The mind lives in duality.



When the mind is still, there is peace. But how to still the mind? The mind can't do it, but it can happen. If you could just stop identifying with your thoughts, your thoughts would diminish over time. Let your thoughts come and go without pursuing them. Let your thoughts fade into the background and you will find peace in the foreground.



Q: Can I cherry pick the thoughts I like, or do I have to disidentify with all of them?

A: It sounds to me that you'd like to keep the fun thoughts and get rid of the ones that are causing you grief. In other words, you'd like to keep the thoughts that make you happy and get rid of the thoughts that make you sad. You currently see happy and sad as separate things, but happy and sad come as a set. So in fact, you cannot truly separate happy from sad. If you take delivery of one, the other one comes with it. It would be better if you could make peace with sad and stop fighting it.

If you felt good whether you were happy or sad, you could let life take its course and you wouldn't care. Your struggle with duality would be over, and you could rest in the peace of this very moment.



People have identified with their thoughts and feelings. And yet, thoughts and feelings have no substance. Can somebody hand me a thought? How about a feeling? You are identified with things that have no substance. You know what has no substance? Illusions.



Q: You say that every drop of us is embraced by unconditional love. But sometimes it doesn't feel like that.

A: There are places inside of you that have been judged so poorly that you can't even access them any more. This makes it very hard for you to feel that those places are embraced by unconditional love. In such cases, you will have to take it on faith that you are Loved. So, even if you can't feel it, know that every drop of you is embraced by unconditional love. Take this on as a belief. Let it become a conviction. In time, this will become fact for you.

You still have a personal process and through acts of personal will, you have shunned certain parts of yourself. You will not be able to surrender to God's will or receive God's love when you have submerged parts of yourself through personal will. So you must make it your job to allow all aspects of yourself to be as they are. Bring personal acceptance to all aspects of yourself. In this way, you clear a path for God's love to fill you completely.

This is an intermediary step, but it is important to undo some of the things you have been doing, so you can allow for God's love in your life.



Basically, what I've been teaching you is how to do nothing. You have been so busy doing things your whole life that doing nothing seems like a big job. But it's not, you are just having to deal with undoing all of the doing you've been doing. So it takes a lot of effort to stop efforting. The mind is so good at doing stuff, but it's no good for doing nothing. Is it any wonder that peace is elusive?



Q: 20 years ago I was with Amma and my mind went completely blank and still. It stayed like that for hours until I had to speak, then I lost it and I've never had it back. I wish that I could have that experience more often.

A: When the experience was there, you did not have it - it had you. When the experience ended you felt you lost it, but you didn't. In fact, the experience still has you, but the mind has overlaid itself onto it and you can no longer see it.

You only had that experience because the mind was on the sidelines. The mind is not capable of bringing you back to this experience, it can only take you away. To know this experience again, the mind must fall into the background. The idea that you lost this experience of stillness is false, because you never had it. When the experience was happening, it just was. Because you are looking through the filter of your mind, you miss the stillness that surrounds you - but it is there.



10/29/15

Identification with the body and mind strengthens the illusion. The illusion is fed by your belief and attention. When you discontinue feeding the illusion in this way, this world will no longer appear real to you.



Q: What is your experience of enlightenment like physiologically?

A: You are asking about a personal experience, but there is nothing personal about the enlightenment – it's impersonal all the way.

There are moments throughout the day of utter stillness. But no one really makes note of them. The process of evaluating such physiological sensations doesn't occur. Everything just is. In most cases, there is no need to take it any further than that. So some of the sensations of the enlightenment that you might find remarkable, are not even noticed. The overall sense of life's experience is "it just is". No one evaluates or judges this overall sense of pure being.



There are so many spiritual practices for quieting the mind. Pick anyone that works for you. I do not prescribe spiritual practices. I offer concepts which can help you disassociate yourself from your mind. The mind has a hold on you; it has seduced you and made you it's own. Because you believe you are real, you pursue nearly all of your thoughts. Identification with the mind, compels you to take certain actions. When you truly accept that you are not the mind, you do not feel obligated to follow its commands.



All of us have had moments in our lives of utter stillness – of just being. These moments end when the mind begins to evaluate them. The mind is just doing its job, but because you have a sworn allegiance to the mind, you devote most of your attention to it. If you could break your addiction to thought, you could live in eternal stillness (peace). The mind is not the bad guy here, you have simply adopted a false identity. When you correct this, nothing will interrupt your experience of Now.



The mind is very good at finding problems. But if you could look at this world as being 100% God's creation - then what problems could there be? So when you look at the world and you don't like the way it is - tough shit, it's the way God made it. The mind will never be able to solve all the problems, because the mind itself is a problem.



Q: What is seva?

A: Seva is selfless service. Service to the Guru or service to God. In seva one gives so freely and completely that there is not a *you* doing it anymore. So, you lose yourself in service.

In the ashram we did lots of seva and Baba had a way of making sure that his disciples didn't put too much ego in their work. Baba would say, "Build the temple here" and with that we would begin digging a foundation laying concrete, moving trees etc. Weeks later Baba would come by and say, "What is

this? This isn't what I wanted, I wanted it here not there..." And with that, we would proceed to tear apart everything we had done, and redo it in a new location. The group of us who had been around for a while used to say, "seva is; dig a ditch, fill it in, dig a ditch." We learned to take everything in stride, and not to be attached to our work. My sense of it today, is that when Baba could feel ego in the work, he would insist it be torn down. And he would not be satisfied until the work was done without ego.



Q: If I never fully get it (know my true Self), is my life wasted?

A: It's important to you that you get it, but it's not important - because you are an illusion, you are nothing and you can't get it anyway. How could an illusion know your true Self? How could an illusion waste their life?

This life is nothing more than a hiccup of personal forgetfulness. Nothing is effected by you knowing your true Self or not. When this body dies, you will merge back from whence you came, and nothing will have changed at all.



NUGGETS FROM THE TALKS

November 2015



11/7/15

When we were children, we had great imaginations, and we believed the things we imagined were true. When we were young our parents taught us to believe this world is real and that we are our bodies and minds. We imagined that what our parents taught us was true. The power of imagination is so strong that after a while we cannot remember what is real and what is imagined. Right now, you are living an imaginary life in an imaginary world. Your belief in this world, forged from your childhood imagination, makes it seem real. Now is the time to question your beliefs. A foundation built on sand will not stand the test of time. Your body, your mind and this world will not stand the test of time.



Your belief in yourself as a separate individual has caused you to identify with your thoughts and feelings. Now you see your entire life through the filter of your mind and are unable to maintain the experience of Now. The mind isn't capable of stillness; stillness only happens in the absence of the mind. Is it any wonder that peace is elusive?



You have mistakenly identified yourself with this body-mind. You have become convinced that you are this body and you have proof that this is true. You have a name and a birthday. When you die, these things will be engraved on your tombstone, which will prove you were real. But the question is: After you're buried, where are you? What happened to everyone who died? Where did they go? What became of

them? Once they were here, now they are gone. Can something that is real simply disappear? Or is this something that illusions do?



Q: After we die, where does that consciousness go?

A: Consciousness doesn't go anywhere. Consciousness is always here - it neither comes nor goes. The body and mind are transitory; consciousness is forever present. You have temporarily identified with something that dies. But in fact, *you* never die. Where you came from and where you are going are the same. Your mistaken identity with this body-mind tells you that you are different now, but this is incorrect. You are exactly where you were before you were born - it's as if you never left.



What makes this world seem so real is your belief that life's events are happening to you. When these are your feelings and your thoughts, this becomes your life. Now, what is truly meaningless has taken on significance. In this way, you lose your perspective. You forget about the witnessing and become lost in participating in the illusion.

Though it appears to be real, nothing has happened. You can see this in a movie or a television show, but because you believe this life is happening to you, you can't see it here. False identification has corrupted your view of reality.

When you no longer believe that this life is happening to you, everything will seem the same as it does in a movie.



Take the concept that none of this is real and apply it to your life. Let everything run through this filter. Instead of believing these are your thoughts and feelings, and this life is happening to you, start believing none of this is real. These thoughts and feelings are not yours, you are not doing anything, and this life is nothing more than an elaborate movie.



This illusion is strengthened by your belief in it. When you believe that this is your life and actions, and that life's events are happening to you, you strengthen the grip this illusion has on you. You give that which has no substance power over you. Adopt a new belief system. Imagine that this world has nothing to do with you. Disassociate yourself from your thoughts, feelings and actions. Let this be your life's filter. Human imagination is strong medicine, use it wisely and it can cure all of your suffering.



When you claim ownership of your thoughts and feelings you are obligated to give them your full attention. When you believe that life is happening to you, the illusion latches onto you and won't allow you to shake it. Personalization of your life has serious consequences, I recommend you give it up.



When the mind steps aside, what remains is stillness – an absolute peace. If you could rest in this place, the notion of

identifying with a tiny little body and mind would hold no attraction for you.



Your essence is amazing and as ordinary as it could be.



Life continues to reveal itself to you moment to moment. First there's one thing and then another, this one and that one – a continual kaleidoscope of energies revealing itself moment to moment. Welcome each moment as it comes, it's all a manifestation of God – enjoy it. Even enjoy the things you don't like. There will always be some things in life that are difficult. Peace is easy to find when life is easy. But if you can find the peace that stays when life is difficult, then you have something you can rely on. True peace stays with you always and inoculates you from the ups and downs of life. Life will continue to be easy and difficult, but your peace will always be the same, so it won't matter.



11/8/15

You have heard these teachings for many years. It's time to take them to heart - apply them fully in your moments. When you do this, you will come to know a peace beyond words. You may continue to be in this world, but you will no longer be of this world.

For this to happen, you must take what I have said to heart. Nisargadatta Maharaj put it this way:

My Guru told me: “..Go back to that state of pure being, where the ‘I am’ is still in its purity before it got contaminated with ‘I am this’ or ‘I am that.’ Your burden is of false self-identifications—abandon them all.” My guru told me, “Trust me, I tell you: you are Divine. Take it as the absolute truth. Your joy is divine, your suffering is divine too. All comes from God. Remember it always. You are God, your will alone is done.” I did believe him and soon realized how wonderfully true and accurate were his words. I did not condition my mind by thinking, “I am God, I am wonderful, I am beyond.” I simply followed his instruction, which was to focus the mind on pure being, “I am,” and stay in it. I used to sit for hours together, with nothing but the “I am” in my mind and soon the peace and joy and deep all-embracing love became my normal state. In it all disappeared—myself, my guru, the life I lived, the world around me. Only peace remained, and unfathomable silence. (I Am That, Dialogue 51, April 16, 1971)



On a true spiritual path, difficulty is likely. It is called tapasya. Tapasya is a well-respected way to rinse out impurities from the ego. Difficulties in life are great teachers, look at your difficulties as opportunities.



What I would like for you to remember is this: If I were to die tomorrow, I would still be 100% with you as I am now. There is nothing here that is not there – we are indeed one. Nothing could make us separate. Remember this always.



From your point of view, understanding is a great thing. But in truth, understanding is a very primitive tool. Your mind can only understand that which has contrast. The essence of who we are is everything; it is without contrast and therefore, cannot be understood. Your attempts to personally know God are doomed to failure. When the personal world falls off, you will see that what you have been seeking is all around you. You will no longer feel the need to understand it, because you are it.



None of this is real. Look at your life and refuse to buy it anymore. The mind can say what ever the hell it wants – who cares? Your life has been a strange long dream. This life is nothing more than an illusion – nothing ever happened. Who you were before you were born and who you will be after you die is 100% the same. And nothing that happened in this life is going to change that at all.

The cool thing is that the who you were before you were born and the who you will be after you die is the who that you are right now. You can't know this from your mind, you can't personally know this at all, but it is true, and if you can at least believe that you are this eternal essence then the power of the illusion will be diminished. In time, your imagined life as an individual will become minor to you, so minor that you will no longer care about it. When this happens a sense of being will be all that's left.

What I'm talking about is simple, it's so simple you can't even do it. So the best you can do for now, is to learn to disassociate from this me character. Disassociate enough to create distance between yourself and what happens in life. Let life be something that happens way in the distance, let it diminish in

importance. In your daily life, keep your spiritual priority and remember that everything is contained within you. In time, all that will be left is a sense of being – and you will find yourself in silence and at peace with everything.



11/12/15

Your suffering is linked to personal identification. First you have a feeling then you evaluate and judge it: Do I like it? Do I not like it? Do I want it? Do I not want it? At this point, you have personalized your feelings. Now there are feelings that you go after and others you push away. The net result of these actions is suffering.

In this world you get both pain and pleasure. You will be continually confronted with things you like and the things you don't like. Sometimes life is on your side and other times it isn't. Feelings are sensations, they aren't inherently good or bad, but in your mind they are. You have chosen sides, but life hasn't.

If you could be with life as it is without picking sides, you could take life as it comes without the need to do anything about it. When the sensations of life are not personalized, you can watch them come and go, and be at peace with your moments – whatever they might be.



When you watch the TV show, you know those things didn't really happen. In the show there are actors and actresses moving through staged events. But life is real for you when it involves your thoughts, feelings and your body.

What makes you forget that this is an illusion? Maya is so seductive, she has seduced you into believing the unreal is real. She has enticed you with her thoughts and feelings and convinced you to make them your own. This world is a temptress and you willingly give yourself to her charms. You become lost in the power of personalized expression and forget your connection to God. You live in a dream and try to ignore the suffering inherent in turning away from God.



You're free to try, but the who that you are not will never find the who that you are. When you truly accept that the who that you think you are is an illusion, you will stop trying so hard. In the meantime, by all means, do what ever you can to get closer to your goal. But I am telling you that an illusion can never know what is real.



This is the world of duality and it is constantly changing – any sense of peace will be fleeting. However, this world is resting in the arms of oneness and is therefore caressed by peace always. So, if you are identified with duality, peace will be elusive. But should you turn your attention away from this world you will find that peace is everywhere.



When you're identified with the mind, you think that your life is important. You think the things you feel have meaning and that your beliefs are significant and true. But how could anything an illusion believes or feels be true? When you

identify with the mind, you lose yourself in the dream. All of your beliefs are that of a crazy person who has forgotten himself and is living in an imaginary world. Try not to take yourself too seriously.



When you finally get that who you think you are is nothing, then everything you think will be nothing too.



11/14/15

Many spiritual practices mimic the enlightened state. When you're doing your spiritual practices you are doing a pretend enlightenment. If you can imagine what the enlightenment is and keep that close to you always, in time your imagination can attach those qualities to you. Such is the power of a good imagination. So pretend away, have fun with it, just like children do.

You can't know the truth, but you can imagine it. Imagine that you are fully embraced by unconditional love always. You can imagine this and bring it into your being deeper than it has ever been before. Let yourself be filled with love, use your imagination to bring that love ever so deeper. Let no stone be unturned. Let the presence of unconditional love fill all of your thoughts and feelings. Use your imagination to bring the truth to you.



The mind is a tool for examining duality - that is its job. To know stillness and peace, you will have to look elsewhere. But

how can you look elsewhere when you are convinced that you are your mind? Do you see the problem? You are hoping to use a mind to get away from the mind. You have your work cut out for you. It is extremely difficult for you to do nothing.



Everyone is going through their personal drama, be it a happy one, or a sad one, a boring one, or an adventurous one – everyone’s just going through their lives. It makes little difference how you feel, as long as you think they are your feelings - there will be suffering. When you no longer believe that this life is happening to you, you will be free from suffering.



The ego is never going to get enlightened. So there’s no point in trying to get your ego in line with your spiritual truths. Let the ego do whatever it does – but keep it all at a distance.



The key isn’t to get rid of the ego, because only the ego would try such a thing. The key is to watch the ego. Watch the ego without judging or trying to change anything. Simply witness what is. The ego is fine, the only problem is your identification with it.



Self-judgment causes a great deal of suffering. It is important to see how self-judgment works, but do it without judging your judging. Learn to love yourself as you are and as you are not.

You'll find that your motivation for changing yourself will subside when you are able to love yourself as you are right now. God is not waiting for you to improve to be worthy of his love. God does not need you to be a better person, as it turns out you are already the person that God has made. You can quit fixing God's creation.



When I say you are embraced by unconditional love, it is not a platitude; it is a fact. Your awareness of it may come and go, but you are always embraced by unconditional love. Let there be no doubt about this.

In this very moment there is stillness and peace, and inherent in this is unconditional acceptance. So, unconditional love is with you in every moment. What I am encouraging you to do is to mimic the truth of this moment, bring the awareness of unconditional love into your daily experience. Let it fill all of your moments, eventually you will find that you are only doing what is already being done. Until you know the presence of unconditional love as a fact of your daily life - fake it!



Right now you are lost in identification with the ego. All your life you have believed in things that are not true. I have a new set of lies that are designed to tear down your old lies. These new concepts and beliefs will undermine the foundation of false identification. When the foundation of ego is destroyed you will no longer need any beliefs or concepts. For now, you do. So use these new tools and let them free you from your bondage.



11/22/15

So 'ham is a very high mantra, it means; "I am that", which is almost correct except that there is no "I", or "that". But, there is a sense of amness – a sense of being which is always present. In truth, this sense of presence is universal and there is no adequate way to describe or understand it. So there are real limits in what can be said about this that would be correct. So, the mantra; I am that, will have to do. It's vague enough not to be harmful and it can help focus the mind. But because an illusion is repeating it, it cannot be correct.



Japa (repetition of the mantra) can be a useful tool for disciplining mind. As long as there is identification with thoughts, you are going to have to work with them. When your mind is adequately disciplined, it becomes transparent and no longer blocks you from seeing your true Self.



In this world, it appears that so many things happen. But the who you were before you were born and the who you will be after you die are 100% the same. If nothing has changed, what has happened? This world is nothing more than an appearance. You are in God's movie theater, by all means enjoy the show. But no matter how good or bad the show, when it is over you will know that nothing really happened.



If you are ruthlessly honest and persistent in your observations of life you will see that it is not real. When you know beyond a shadow of a doubt that this world is an illusion, your perspective changes. You will no longer believe the bullshit your mind is telling you, and your thoughts and feelings will lose their power over you.



When you're identified with the mind, there is lots of noise going on all of the time. But when that identification ceases you will know that silence is everywhere. There is a certain quality about this silence; I'll call it peace. Stillness and peace embrace everything and that's what's really going on here. The stuff in your mind is far away in the background. Peace and stillness are always here in full measure.

Identification with temporary phenomena causes you to forget that which is eternal. Oneness and peace are going on all of the time. It doesn't matter what you are thinking or doing there is a presence that is always with you. If you could just convince yourself that all there is, is oneness and that you are surrounded by silence, stillness and peace all of the time. Then the noise in your mind would no longer matter to you.



Suffering has a hold on you when you don't like it. When you wish your suffering would go away, that's the me asserting that it's feelings and desires are real. If you were okay with your discomforts none of them would be a problem. Difficulties are a part of life, you can expect them. Watch them come and go without getting involved with your judgments of them. When

you can be okay in the midst of difficulties, then personal preferences will not have the power to disturb your peace.



When you are surrounded by peace always, how is it that the me can disturb your peace? This can only happen if you still believe that you are an individual. Difficulties are very good at exposing false identification. In this way, you're difficulties are a gift. You cannot separate from that which you cannot see. Allow life's difficulties to show you where your knowledge is incomplete.



You are neither free, nor in bondage – these things only relate to a me. An enlightened being is one with everything but they aren't thinking: "I'm free!" They aren't thinking I'm anything. They are simply being with what is.



Through your body and mind consciousness is aware of its existence. As amazing as that may sound, it is still unimportant because consciousness is everything. In fact, consciousness being aware of its existence is irrelevant and only happens as a byproduct of the appearance of duality. We are inclined to think that duality is a big deal because that is where we are. But in fact duality is nothing more than an appearance – as is your life.



Life is a long series of moments. When you're involved with thoughts you don't notice them. But life is revealing itself to you, one moment after another. In its essence, each moment is simultaneously new and the same. It is identical to the sense of being that is always with you. The essence of this moment and the essence of the Self are the same.



Don't be fooled into believing that you as an individual separate from God has anything to do with reality. Your life as an individual is just an imaginary thing you were taught as a child – but it was never true. It's like you are your own imaginary friend.



Use your imagination to create a new reality. Imagine that you are continually embraced by peace and unconditional Love. Use your imagination to bring these qualities to you. It's just an intermediary step, but it will do for now. When you truly know that peace is everywhere, you won't feel the need to do very much. The presence of peace is so massive that the chaos of your mind will seem like nothing. Oneness fills the room – Let it fill your heart.



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