



HOW DOES ONE, SPEAK TO ONE?

A SATSANG WITH JOHN GRENAFEGE
AN EDITED TRANSCRIPT

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Is anybody out there? ... *John laughing...*

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

So, we're having a conversation of One.

How does One, speak to the One?

Hmmm. Something must separate from the One to speak to It... ***so that's what's happening.***

Lately I've been speaking a lot about... *I listened to a few of the talks...* and I don't want to get into describing function... and I don't want the mind to kind of crystalize about... *'I get it'.*

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

...silence

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

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

Who knows what *This* is though... you can just *be* it. And when you do that, when that movement happens and there's this knowing and peace that's... *solitary... there's no one...* there are others, yet they're you, it's a solitary peace. You've lost *all...* 'separateness'.

... long pause... John with large grin... I have no idea what I just said! Not the slightest! Did I order pizza? I'm not sure? ... laughing...

OK, let's take another look at it this way.

Your universe is yours, the whole thing is *yours*. You are a speck of nothingness out of which this whole thing arises every morning... you know how I always go back to the daily... the daily movement of this is where you can catch it.

Forget about the mind... FORGET about the thoughts that arise, they're conditioned.

They're conditioned by belief... and we're unravelling all beliefs. I don't believe in anything. I'll tell you this, there's no such thing as a human being. *Never happened. Nothing ever happened.*

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

... extended silence

Not your mind, One Mind.

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

You're so safe.

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

YOU ARE THE SUPREME... you are NOT the one you imagine you are... or that was imagined, or dreamt, *by* The Supreme. It all comes from one place. Everything is One.

...extended silence

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

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

Meditate...meditate...meditate...meditate...meditate...meditate... that's what I say, truly, 'cause when you sit still... at least... don't be the meditator or the object of meditation, just sit *still*.

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

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

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

When one doesn't think and views the world... the so called world... just here, it is but isn't... but when one views it with no thought, it becomes *magic*.

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

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

You don't have to go anywhere.

...silence

So funny... *ohhh man... everyone here is ready... to let go.*

Don't have an opinion because there is no one to have an opinion. Any time you have an opinion... that's the mind!

... extended silence

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

... extended silence

Maybe all is well...

... extended silence

All the peace that you desire. All the tranquility. All the safety. All the completeness... wholeness... joy... bliss... that *you* say you want is **Here NOW.**

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

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

The following is said by John with great humour in his voice... Should I stand on my head four hours a day? No. ... you have It, It's yours. Santa Baby is here, he's saying, "OK... the holidays are here..."

You're not going a step further, I refuse.

When are you going to find It? Now.

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

There's ONLY Now.

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

... John laughing... We're not in control... seriously. ONE 'does'.

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

...silence

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

The mind runs around, *Oh, I want to have enlightenment, Oh, I want to have peace... Oh... Oh... Oh... Oh...* then it chases its tail around, *you know...* it could go on forever.

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

Sirens go by outside... John laughing... Somebody just found it! They're racing to congratulate them.

Well, you can't miss it, it's HERE... it's NOW... there it was again... there it was again.

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

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

You can look around the room right now where you are, and just don't name anything, don't think of anything you look at, but just kind of get so relaxed that it's just... *there... has no meaning*. And if you turn your *attention* back, you'll see there's something looking that's not thinking. Thoughts are objects that It notices.

...John laughing... Oh man...

...silence

Notice the next thought you have.

...silence

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

... extended silence

Any thoughts? Anything come up? You notice how it just comes from nowhere and goes nowhere? They're objects! You *know* when you have a thought!

I'll say... *laughing...* no... no, no, no, no, no... YOU is in the thought. Okay? There's something watching the 'you' that has the thought. I'm being very free with pronouns, alright? You don't have anything.

I'm trying to say that the thoughts arise to something that is not the YOU.

'I' want to go have ice cream arises. Have you ever wondered what that is? The 'I'? *Oh, it's me the body, it's me with all the description.* Throw all that out!

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

You're going to be alright when you let go of that, that's the burden. You're carrying around... 'you'... 'you' is Consciousness. The only thing that carries anything is the Consciousness. This is the big joke. I'm not talking about a 'you'.

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

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

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

I'm telling you, I'm speaking to my Self. Which means there's no one speaking... which is very... relaxing, it's a very nice place to be. Because then, you're allowing LIFE to 'do'... there's no one in the way, with an agenda.

...silence

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

You're doing way too much. You're always doing way too much... as long as the mind is doing, "*Oh... I... I...*"

If you're in the world of 'I'... and you know how many times a day that thought comes up!... you can live without that thought. And if it pops up, it's telling you something, it's Life telling you something.

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

The identification gets 'unfused' with this body. This is just a dream, just like any other... it's part of what *appears on* what you are. This is only one part of the so-called 'day' that this is happening. Then there's the deep sleep state and you're watching that too. This same One that's 'doing'... *watches*.

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

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

The Awareness never sleeps.

...silence

And that Awareness is what moves into all the other states. That's what 'awakening' and 'enlightenment' and all this is about.. that *movement...* so there's only this movement of 'Consciousness' which is a word for "*I don't*

know what this is!” ... John laughing... don't worry you're safe as mother's milk... you know...

“Oh, I don't know what this is”... You've got to get safe with “I don't know”.

You ARE safe!

You can't be destroyed!

This is NOT real!

When I say I don't know what It is, I'm just trying to “shock”, I guess. I'm shocking myself... *John chuckling...*

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

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

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

Let Go!

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

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

That's why they call it wakeful sleep. That peace is *always* there... but only the mind, in the morning, in the so-called morning, when it starts its

chatter and the *attention* of Consciousness goes with that... rather than with the peace that was in deep sleep... that's where *all* the pain starts.

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

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

...extended silence

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

I was feeling really shitty today... the body... and just by being here, and I'm a little out of it from this... whatever... and... *phew...* I feel... I feel like a diamond... just from being here with you guys... just from sharing...

... silence

How hard is it to be? What do you have to do to just Be? Is there any doing in Being? No.

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

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

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

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

...extended silence

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

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

Now the mind can go, "*Well I don't know if I like this... and I don't know if I like that... and you know what... maybe that one over there...whatever...*" BUT you just heard it. **Something** heard it.

You are the most powerful energy that's ever been. Imagining It's not. It has no cause.

Your Beingness has no cause... it **NEVER STARTED...** THAT should stop the mind! I know it did. Because YOU imagine your Beingness starting with the birth of this apparent body.

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

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

...silence

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

Turn your attention *This Way*, even when you're going to work in the morning and your doing this and doing that... notice how if you put your *attention* back *This Way*... as the One watching... and don't let the mind narrate... or if it starts to narrate, ignore it... and stay with *This*... you'll see that things just happen... that you're not really doing anything, your watching everything happen. Meditate and *always* be the witness.

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

Life likes BOTH.

God likes BOTH.

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

What's the ultimate pleasure?

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

FREE.