

# LET'S UNRAVEL THIS!

A SATSANG WITH JOHN GRENAFEGE

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What I want to do right now is everyone just sit. I just want to move into this thing slowly, OK?

Yeah, do that... BREATHE... you're sinking... OK... breathe...stay here.

We're going to unravel this, alright? We're going to look at this thing. Let's look at it square in the face. And I'm going to take my sweet time looking at it square in the face so do whatever you want to do, just be still. Don't move, don't let the mind move. Stare at your foot, stare at your imaginary foot for awhile.

*(long pause)*

There's no one here.

You can't even say there's one here, because that's the 'phantom' acknowledging something within its dream that there's only one here. There's none, just none, it's all happening automatically!

There is no such thing as someone.

Ask a one year old, "Hello, what is someone?" What would their response be? You all, and we all, believed in an entity made out of the alphabet, this someone, this 'me'. The devil 'me', that's the devil... running around trying to control things that it sees. This 'me'.

There's no difference between what I'm saying and Teaser (*John's cat*) meowing. It's just sound! Don't listen to anything... everything I say now is completely not true. I can't say anything that's true. As soon as I start to speak, or as soon as words come, there's no 'I' that's speaking... anywhere... EVER.

There has to be a stopping. There has to be a complete release of doubt. Anything that you think you do is so funny because there's not even a 'you' to do it.

Anything that you think you've done is silly, because there's no you that ever did anything. There's just THAT, one substance. Everyone reads Advaita, they read book on book on book – Advaita! Oneness! There's no one to claim Oneness!

If you want to enter Oneness, then let go of the one that wants it. STOP!

Don't be the one that's planning a way to stop. All the retreats, all the meditations, these things can go on, and they will, the more you stop! Stop believing your someone doing anything, just BE STILL!

I used to think that I was someone and that became erased. And then there was this lingering idea that I was a 'soul'. If there's no other, then what is a 'soul'?

I have no soul. I have nothing. There's no 'I' to have it!

Even the 'I of I', the true 'I' is not an entity. It's not any 'thing', that's all that's happening here.

You know, the idea of coming face-to-face with no center... you imagine a center inside this body that you've identified with as Consciousness... there's no person, forget the person because right away the 'I' will come up and go "*Oh, is that what I did? Is that what I... 'I'... did wrong?*"

I want to go right to the root and find this 'I' just like Robert, Ramana, all of them, anyone! Anyone that knows THIS will tell you the same thing.

There's just one addiction you have to break. The addiction to believing every God damn thought in your head means something, and it's yours. There's no 'you' to have it! You've never had a thought.

No one in the whole of creation has ever had a thought they could call their own, unless they were "enlightened" and they were speaking from that perspective. Then every thought is. I could say... this will sound really

pompous... every thought that's ever been thought, I had, or came from what I am... every action, good, bad indifferent.

But I want you guys to break free of this trance, you're in a trance! You're not living! Your living a very condensed vision of what's going on through the lens of being an "I Am". The "I Am" is false. The "I Am" is not a goal. There's a lot of people out there saying "*oh, find the I Am*", well, you are the I Am, you can't find it.

**Be who you are and then the knowing will come that there is no "I", there is no "center", there is no one inside!**

The whole thing is made out of... it's fairy dust! But this 'phantom', this impostor has taken over. You are not going to get 'enlightened'. I'm going to tell everyone here right now, you are not EVER, EVER, EVER going to get 'enlightened'... I wish you'd go away! We don't need you here.

Want to help the world? Go away! We don't need you here... whatever 'we' is... the One. It's not needed. That's the problem... *laughing*... that's the problem! And nothing's ever happened.

Your desires have brought you back into another dream just like "mine" did, and judging by the (*laughing*) accomplishments, my desires were very, very small on the physical list and long on the 'what the hell is going on here list' and that's probably why 'this' unfolded the way it did.

Enlightenment is an idea within the dream of Consciousness that it watches the whole time laughing going "Look!"... it laughs at us, OK! It has a hoot over our dilemma and it also has nothing but compassion because ... whhhyyy?... it's Its expression!

But it can be joyfully embracing the good, the bad and the ugly because it KNOWS that.

That's why you hear anyone who's enlightened, or has reached this so-called 'state', which is a dream idea with that One Mind... so it NEVER happened! Forget about enlightenment!

But 'This' LOVES watching and just "OK" ... it's ALL OK!

When someone says “*I want to be a spiritual person*”, oh my God, now we’re in trouble! Now we have a person that does not exist, a mirage idea that exists within the alphabet! This isn’t some philosophy, just take the alphabet away. And I always go back to the child who doesn’t have an alphabet yet.

Now who has been playing this game, to Who?

You should be pretty quiet right now. I can’t imagine anyone’s mind hearing this having anything to pipe up about. It’s in a corner! Stay there! It can’t feel bad, it’s what you ARE.

Within this dream, I have a daughter over in India at this very moment. A dream daughter. I’m her dream father. And after so many dreams of lives, and undoubtedly connections within the dream, always remember I’m speaking within that dream, the connections are elaborate and beautiful. The connections are there, here, but they’re not REAL. So to get trapped into thinking, “*Oh what was I in my last lifetime?*” is the funniest thing to someone who’s enlightened because there’s only THAT!

That’s why an enlightened person, a Jnani, would say there is no reincarnation. There’s reincarnation within the dream... within the dream of all this... all these things exist out of just imagination, but... NO ONE... NO OTHER... cat, dog, cow, tree... NO other.

Get comfortable, you’re the immovable, nothing moves in YOU. You don’t move, everything moves within THAT, if you want to use a pronoun (*laughing*).

It’s so freeing to let go of this. Let go of who you think you are! Who gives a crap!? Don’t give a crap about anything.

That’s my new spiritual teaching... don’t give a crap!

Because then there’s someone there having an opinion. The Self has no opinion about this one way or the other. Do want to know the Self? Then don’t have an opinion!

Do you want to mimic something? As long as you believe yourself to be a person, then start there because the one that you’re trying to reach has no

opinion. It doesn't say this is good and that is not good. Or I prefer 'this' over 'that'.

*John joking...* Just don't ever give me chocolate ice cream because I really don't like chocolate ice cream, but otherwise everything else has got to be off the board... food you can... But there's no one having that choice. It's conditioning.

The 'I Am' it doesn't...

Everyone thinks... I love this one... everyone thinks "*Oh, I have to find my 'I Am'*" I've had people say that... "*How do I find my 'I Am'?*"

Now we have three! 'I', 'my' and the 'I Am'. It (the 'I Am') exists in the language and the trance is so strong... it is... I'm laughing because it's amazing! You couldn't expect less from Parabrahman, THE foundation of ALL that could ever be created, anywhere, anytime, in any imaginal space... THAT is IT!

So you're talking Pure Intelligence prior to the word.

I mean, why do we have two arms and two legs and a head? You look at Nature and it morphs and changes... shapes and forms and names. Six million years from now... well the earth only has a "lifetime" within this dream... there'll be millions of Suns, it'll never stop, it's going to go on 'forever'... prior to the word. There's no forever! It's always in this no-time NOW that it's playing, and you're THAT!

Just wake up, you don't have to do anything... you don't have to do anything... the doing is what's keeping you [here]... "*now 'I have to find out who I am'*"... that's good, that yearnings fine. Now listen to what I say... STOP!

When I tell you that I can't say anything that's true, I mean that! It's ALL silly.

It could be any dream, any pictures, there's nothing to do, there's nowhere to go! You're HOME already!

As long as you keep trying to go 'home', you're going to keep walking out the door. And don't be sitting like you're waiting for an explosion or something to happen because now you've got someone sitting, waiting, I mean stop!

Now you work this out on your own right, I can't, I'm not there. I could get you to stop, I guess. But if you're not willing... I'm basically a cheerleader here, that's what I'm trying to do... *"come on you can do it!"*

Look at me, I did *hahahaha!* WHO?! I don't know! I don't know how this shit happens! I have no idea!

When I say not knowing, it's not like *"oh, I know that I'm in the world but I won't know the great mystery"*, right? Because that's what the mind does, it says, *"Oh, enlightenment is not knowing, okay. So, it will be this profound state, that I will have, but I won't know that final mystery."* What a bunch of crap!

No! I'm talking about not knowing! I don't know anything, I don't know what This is. I spent months going *"what is this space, what is this stuff?"*

There is no such thing as space, there's only the Absolute! This space is an illusion, it's a reflection... and nothing is... we're hoodwinked (*laughing*). We've been hoodwinked! By ourselves! Absolutely bamboozled and hoodwinked! So what?

Do you know why the Self likes to conceal Itself? So it can find Itself! (*laughing*) It likes to do this! It likes to have a "me", on a screen now because it's 2012, saying *"oh!" ...laughing...* funny shit!

All this holy crap, and people putting on airs, it's a bunch of crap! The Self doesn't need to put on airs, the Self is already That. It doesn't need to do anything else.

Anytime you think anything just dismiss it... anytime you hear yourself voicing an opinion!... ...and the closer you get to the silence, don't worry ,you are going to have plenty of friends around who are going to want to drag you back.

Do you know why there's no time? Because time is an idea! When I say that I am in a no-time space, I am not saying that I am in a different space than you, that there was an 'I' that achieved something. The 'I' went away and I realized *"oh this is what it is, there's no time!"*

Just like hundreds of years ago everyone was saying the world was flat at one point, right? And you could sail off in your boat and God only knows what would happen. This is how silly we are. These peoples that we are, and we all laugh like *"Oh my God, 600 years ago they thought you could sail off the end of the earth!"*

Well, what is the silliness that we are engaging in right now? I'll tell you, that there's time and space and that there's a someone; there's an 'I', a reduced 'I', a condensed 'I', an individual 'I'. That's the next big shift in humanity, has to be.

No time. Well, but my body keeps changing. That's because you keep calling it your body and identifying with it. These are pictures moving, you never change, you're formless, you're colorless, you have no color. You are just beyond description, 'What Is'. Right now!

There's no such thing as enlightenment because that's your natural state. "Enlightenment", that word has such a load on it that it assumes that there is a someone that is going to attain this 'thing', it's an objectified thing, 'enlightenment'.

No, it's your natural state. Nisarga, Nisargadatta, your natural state. Anyone who tells you you have to do this, you have to do that, whatever it is, to get that state is lying to you and using you. Or, I'm special, *haha* it's too funny.

It's not funny because I want everyone to stop suffering, to just stop, just stop. And then, in the stopping, you'll finally be able to appreciate your own creation as "That". This idea, that 'I've had many lives and that I've created this life, this life dream'. There are a lot of minds running around saying *"oh I created this life dream because I have things to work out"*.

**Who is this I?**

And I just said there's no soul. I'll go ahead and say it. I can't find one. I can't find anything 'individual' that's not illusion. Nowhere, anywhere, up, down, I've looked! So here we is.

I don't want to address, endlessly, our 'individual' concerns, though it's okay because that's part of the process, and we're always going to be an individual within the dream, someone's always going to say John? and I'm always going to turn my head. It's inescapable, but that's only during the waking state. The so-called waking state. No one calls my name in all the other [states].

So, that's really the crux of the matter, there's no goal. I want you to stop seeking enlightenment, that's basically what I'm saying tonight. I want everyone to give that up. I told you it doesn't exist. Now your natural state exists, but stop this search for 'something'. You want to kill the seeker.

I say well sit and be quiet, lock yourself in a room. Most people can't lock themselves in a room, after a half hour they're going to want a sandwich or something, because this mind is just grinding away with this idea that 'I am', 'I am.' No, you're not! Nothing is! There's just "This"! And you can't say anything "is", because there's just This! Who would say that something is? There's no other to say it!

In reality we can believe in these peoples that say well it is, or isn't, that's the dream.

**But how can a mirage say something is or isn't it? It's a mirage! You're a dream person. Whose dream? If the person is the dream, then who's the dreamer?**

Boy oh boy, you guys are so lucky. You're lucky ducks, we're all lucky ducks and I'm the luckiest duck that ever swam in the pond. Who are you? I'm lucky! I'm going to change my name to lucky (*laughing*), Mr. Lucky!

It's like Papaji said, make yourself as beautiful as you can.

You know what you're sadhana is to do? Let go of everything, neti neti to where you get so pristine – because you stopped 'thinking' about every little crappy thing – and you climbed out of the mud by letting the mind stop, now you're pristine; as best that you, as this ideation of someone, can



make themselves and then you say, “*What the hey, what do you think? Am I good enough?*” And watch what happens!

Because we as these I's are not in control! Right now your heart is beating and you're pushing blood, your imaginary heart is pushing blood. What energy is moving these things and separating the proteins from the... *huhhh?* Do we sit and think about that? No! What do we give that up to, Nature. Oh we let Nature digest the food and do this thing. We! Who is the one letting Nature? No one, there's no one, there's no person. It's a thought. The shapes and forms.

I see shapes and forms, with names made out of ‘me’, the same thing, Oneness. Whatever this is, I don't know what this is! I didn't get that email it wasn't sent, dang it (*laughing*)! And it's never coming.

There's no death, because there was no birth. Something that was never born can not die, it's just the throb of life. Showing pictures on itself, and playing in it. And you're the life! YOU are the life.

Who thinks their thoughts? No one. “*Well I do!*”, well the ‘I’ is a thought, it's One Mind playing, it's orchestrating the show. It cares, it's unconditional love because it loves itself and it never happened. That's why all the drama can be here, because that whole conundrum, WHAT?

Unbelievable what we are. Beyond. It's almost unbearable. It is unbearable. You think that kundalini cooking is something, once you are face-to-face with nothingness, it's like whoa! This isn't child's play, and it's who you are so you have no any choice anyway.

Again who is the one with a choice? The thinking mind. So keep thinking. Think all you want. Think, think, think, think, you're really going to feel like shit and have all kinds of crazy ideas, absolute nonsensical ideas. I invite you to think all you want. That's what I want, your new sadhana. I want you to think so much that your head explodes! And then maybe you'll stop. Just stop ‘thinking’. Or at least be aware of it and every time you have an opinion, just say who, whose opinion is this?

We're missing the whole show because we get lost “*I don't like what just happened and I'm worried about what might happen.*” So the whole 8

billion have never lived! They're just in a nightmare instead of a wonderful dream. This is heaven. You're in heaven! This is divine. This IS divine.

Do you want to see Parashiva, Parabrahman? Just look around. The one who's looking and what's being seen is That.

Where are you going to go? Who is it that would go? *“Well this imaginary I that I've been in a trance about. Oh, well I don't need that.”* No you don't. *“What happens when I let go of it?”* Oh, everything just kind of rushes in. The wholeness, the fullness of creation rushes in.

I've looked. That's when I said before... reincarnation, come back... once there is only That...*huh?* Vasanas, attachments, for WHO? That's just prolonging this thing. What will be, will be. Cut it off, cut it off. Spiritual trips, they're the worst. Religions, it's the worst! Look what it's done.

Minds grab onto a few that awaken and they create this whole thing and it just creates a nightmare.

**Everyone, really... stop thinking!**

So, everybody's done (*laughing*).

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