



Let It Go!

A SATSANG WITH JOHN GRENAFEGE AN EDITED TRANSCRIPT

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Ahhh... Boy oh Boy, huh?

Well, I actually have two things I'd like to read tonight. Today I was looking through a couple of books and, you know, it just popped out.

What I'd like to do is, instead of meditation, let's meditate with our eyes open. If at any point you want to slump or something, that's fine. I mean don't resist anything that happens, but let's all... *let go of thought.*

You're in a safe zone. Consider this Satsang as a place where you can let it all go. You don't have a history. There's no purpose here.

... John smiling... We're all going to click our heels three times, we won't be in Kansas anymore.

So, when you look at the screen, this is kind of a Zazen meditation, and kind of a mixture of... I'm thinking Ouspensky but... his thing, and one of his devotee's, was to split the attention.

All you have is attention, that's all you have.

Your only currency, your only *free will* is the *attention* of this focus that we seem to have. So, while we sit, you can look at the screen, put half your attention on the screen and those you are looking at, and the other half of your attention... back here (*John indicating back in his head*). Ouspensky called it '*remembering the One*'.

So, you're not thinking about the screen, you're not thinking about what you see, there's no movement of mind... half the attention is out... and half the attention is back.

Listen without ears. Don't analyze.

...silence

Now... keeping that gentle awareness, keeping that sort of split... don't let your attention go past your nose... you're splitting it, it can be done.

When you look into the eyes of everyone on the screen, *you're looking into your own eyes*.

One became many.

So if there's only One, then there's *none*... because there's no other to acknowledge the One.

That's the Absolute.

The Absolute is NO.

We imagine we're a doer. An imagined *self-knower-doer* is in the mix.

... extended silence

Forget the screen, focus on me.

Don't think about K. popping up (*into the video conference*), don't think about anything, let it go.

So again, we're going to go around the screen gently... don't describe anything... don't allow any thought to arise, brush it away.

I'm telling you, there is only ONE Looker here. There is no one who will know of what I just said...

...extended silence

It's like falling down the deepest well, with no bottom.

...silence

Everyone here has reached a point of maturity, so to speak, within this whole wheel, to hear what I'm saying, to hear what's being said.

The Absolute is solitude... *Eternal Solitude.*

Osho called it 'aleness'. He said until you know the 'aleness', you're not done... cooked...or whatever... but it's here now and I can't think of one reason why you wouldn't be here if you weren't prepared... forget the pronoun 'you'... I have to use that word, but THIS that you *are* is presented now with this.

Utter Freedom.

The weight of being someone 'separate' is HUGE.

...silence

I can honestly say I don't *remember*... I can't even recall... there's no tactile memory of what it was like any longer to be 'not natural'... *it all fades*.

So, in some regard it's kind of like you're all just a couple of steps behind 'me'... *whatever that is*.

This isn't special... AND it's the most special thing ever imagined!

It's not special to 'someone' called 'John' that accomplished anything. It's That which is special within your Heart. You are the Heart. The Heart has no location, it's the foundation. *The Immovable*.

So many today say, "*Well, the Heart's on the right side of the body.*"... which Robert (Adams) used to say. And then he said later that, yeah, it's a bunch of bullshit, it not's true because the Heart is the whole thing.

There's a sense sometimes, a spatial sense, that the Heart is on the right of our perceived body... apparent body. The Heart is the WHOLE. You are the Whole, the whole thing. All this appears **on** *You*. Just like when you lay down at night and another state of Consciousness called deep sleep appears **on** *You*... not as a 'person'... *You* are the knower of your own birth.

And as Consciousness knowing that, *that* Consciousness... not the 'person'... got involved with *the idea of being a person*.

One year olds don't have this discussion. They have no alphabet.

None of this is me... ALL of this is me... and neither!

As I sit here, all I hear is this *hum*... not out here (*John gesturing around his head*)... the **OM**... that's where OM came from. The idea of OM is this sound, this *movement* of Consciousness that we are, and as you open to your own Beingness, you will begin to hear what they call *nada*. Most hear it, some don't, there are no rules.

It's the hum of the one engine of Consciousness.

...silence

There is no thought now.

...extended silence

At three o'clock in the morning last night, where was you? Are you beginning to see how *this* that you're identified with as a body and a world, is temporary... *daily... daily it's temporary*. Yeah? And then you hear one say, "*Yeah, life sucks and then you die.*"

This whole progression gets extended, this daily routine of appearance... disappearance... ***you're not touched by it!***

No one lives... Consciousness dreams! We're the dream.

WE... ARE THE DREAM.

And we're very, very, very special dreamers in the dream because we dream that we know of our *Self*. We can be aware of Buddha nature. We can be aware of Parabrahman. And when that awareness of *That* is there, there's no one to claim it!

No one to make use of it. No one to employ it. No one to take advantage of it. No one to be a magical one. There's only one magician.

...extended silence

Nothing to do.

...extended silence

I'm going to read just one... it's a short bit here... Papaji said this:

“Everything that has been spoken is untrue. There is no world and no Creator. It is neither gross nor subtle. Neither air nor fire. Neither sun nor moon. There is no earth, no water, no light, no time, no word, no body, no action, no virtue, no mantra, no worship, no rights, no ceremonies. It is One. No Rama, seva, shakti, no pilgrimage, no ceremony. Has no father, no mother, no guru, he is alone. Can you understand? ALL is mind. The mind is constantly dreaming. I said, it is a dream.

As long as you are convinced that this world is real, none of your efforts will release you from the world process. But when you gain true insight, you will abide in the True State.

Ignorance is the seed of the world process. If ignorance is not removed by knowledge, the world process cannot be negated. And without negating the world process, there cannot be liberation.

It is intuitive vision alone that can terminate the illusion on the part of the seer who's involved with the seen. If IT (not you) ... if IT does not overcome this illusion by using the light of wisdom, the seer will continue to be trapped in the world of process, even if he were able to hide in the Himalayan caves.”

There's a certain amount of trust that has to be extended and by being here (in Satsang) that trust is already being extended. What you don't want to do is put obstacles to the trust that brought you here. TRUST the one that brought you to the Satsang, brought you to hear what's being said. Just trust that... and know that what I'm saying is true, what Papaji is saying is true, what Maharaj... everyone... that knows.

So, that's your jumping off point. You don't say, "*I know it's a dream, ah, I'm done!*" You don't let the mind adopt that. Better to say... "*I've heard that it's a dream... I sense that there's a dream here... and I want to know more, I want to know the Truth.*"

...silence

Sometimes people laugh at those who pray. What you *are* hears your prayers. That's what Maharaj called earnestness. If you really want to know your True Nature, that's between you and that which you *are*. This imagined you saying, *I've had enough, I really want to know.*" Without agenda, because the agenda... *John laughing...* whichever one you can imagine which might be why I would really like to have this on my resume that I'm 'enlightened'... throw that out because there's going to be nothing left, and everything.

...silence

Safe as mother's milk. I'm not describing something that you are going to become, it's something that's inside, so to speak, it's yours and you've been called.

...extended silence

Silence is not the absence of sound. It's a word describing what *This* is, that we *are*... emptiness, fullness... transcendental... Cosmic Consciousness.

Guess what? There's no such thing as Cosmic Consciousness. There's no such thing as transcendental.

It's all... ALL... an illusion.

No such thing as location. It all moves as One. When it's seen as One... when it's seen by That, that it's One, this makes perfect sense.

Time... gone. The Eternal appears. The no-time appears. And if you are not in time, how could you die? This is how it's seen. You were never born... *you*... watched your birth. The *you* that you *are*, the One. And it will watch the passing of this body.

But to know your Self before that passing is the whole key. It's why you're here. Even if it doesn't happen, you're safe as mother's milk. There's nothing that could ever destroy who you *are*. You're the highest, imagining that it's... whatever... a pauper... a king. That's why it's so easy for One that *knows*... *love* flows easily because there's no effort, because it's seen.

There's no one trying to do the right thing. There's no debate... there's no mental debate. There's no imagined one that could have a debate mentally. All this is mind-stuff, you're not the mind. You're not the thoughts that arise in the so called 'head'.

Like Papaji said, *not a single word, not a single thing is true*. Which I've said many times... ***all this is dream-stuff***.

What a relief don't you think? I mean let's think about it for a moment. What if this was really a world... that really existed... firm and solid and empirical... that wouldn't be a pleasant experience!

It's the *Grace of God*.

Everything you see, including the seer of it, is Him or Her or It or That... why would you harm your Self?

...silence

So the one thing you have at your command is **how** you **react** to whatever happens. **To be Aware.**

You have this Awareness, that we're all very lazy about and habitually conditioned to allow it to flow wherever the hell it wants to, and lead us around by the nose.

Nityananda said, *any man, or woman, who does not have control of their mind, is not a man or a woman, is not a complete expression of This.*

And *That's* this *movement* that you see today... that's leading all back to the *Natural State.*

It's really funny... but I'm not laughing hard right now because I feel too peaceful to laugh, not even a *guffaw*... *John laughs... oh, there we go, I got a guffaw out of my Self.*

Phew... we are so blessed!

The whole flood of humanity in this dream, that are at different stages within this... the suffering is HUGE... and the philosophy of this I don't know... but *I do know I was touched by Grace.* I don't know why. I have no idea why.

But I know it's your *Nature* and I do know that... ***your just being here is all the invitation you need.***

...extended silence

It's okay to LET GO.

When you sit quietly... alone... and you turn in and you look for an 'I', please email me as soon as you find one... *John laughs...* because I really want to know. If you can find it... or a 'me'... wake me up, I don't care if it's four in the morning, give me the call... "*I found an 'I'!*"

Sky-like. Then all is as it should be... because we're not special, even though we're the most special! The expression in the dream is so secondary to the flow and the flood and the absolute joy that the I Am is giving.

Like I said last night to some of you when we were talking, that quote about Mother Teresa saying, "*I am just a small pencil in the hand of God, writing a love letter to humanity.*"

A hundred years from now no one is going to know who the hell I was, this 'John'. Meaningless! How about a million years from now? Where is the importance of 'John'?

Who is 'John' without the word... then... then we're moving into that which is ALL. I am the most important thing *ever*... I am the most unimportant thing *ever*... an ant.

Me... an ant. I'm just a flow in this movement, yet that which I am pointing to... *phew... boy oh boy oh boy...* what a treat! Here's the treat, here's the treat of *Life*... is to *know* God. And once you know God, there is no God because there is no 'other'. ***That's the final leap.***

No gods... goddesses... enlightenment.

The Absolute is NO.

The Absolute is not even *neti neti*. It's *no-neti neti* and *no knower of neti neti*. Well, you can say, "*Well you are still talking like there's someone.*"

Yeah... that's not me, I don't know who does this. I don't know how this body moves. I don't know how to digest my meals... *John smiling, being humourous...* I should bone up on it. I think I need to take a course on how to separate the nutrients, sometimes I don't do it right.

...silence

There's freedom in dwelling in your own Heart, and when you dwell in your own Heart, you dwell in the Heart of all and you're quite happy being a little pencil scribbling a little poem of love to humanity... it's *your* greatest joy.

...silence

All we have is each other. And Grace now is telling us that we're the same One so we stop all the bickering... maybe start sharing.

Will we see the *Golden Age?*... *no...* but we don't have to once we know the Self. We're beyond any Ages, all Ages, all things, all perceivables and conceivable.

I am not anything I see.

I am not anything I think.

I have no form and no color

And all I can do is avail to this now.

...extended silence

Whatever you put your Attention on you will become.

If you put the attention on money, you'll become obsessed with money. If you put your attention on sex, you'll be obsessed with sex. Food... wherever you put the attention. This is not to say that all these things don't have their place.

BUT put your Attention on the Self... and have it ALL.

...extended silence

There's no hurry, but be aware of how you spend your time.

Be aware of what the tenor of your thinking is all day long. And everyone here I know is quite focused on the Self, or wanting to know their Nature. **Stay there.**

Bow to your Self.

Worship your Self.

Pranam to your Self.

Everything you do is a *prasad*... is that already... when you know it, it becomes richer and fuller and completely... overwhelmingly... *phew*... off the grid. *Completely off the grid!*

...extended silence

God LOVES to *create* worlds upon worlds upon worlds upon worlds in Universes and swirling Galaxies and many peoples and many realms... and **NONE ARE REAL.**

And YOU ARE THAT!

Is a drop different than the ocean? No.

Is a ray of the sun different than the sun? No.

We're all rays of the Absolute.

As a matter of fact, the little spark of I Am-ness... and I always say you don't have your own I Am-ness... but that I Am-ness, they're all one, right? And they all split into rays and our world, our universe is lit up by it... that's how these pictures appear.

That Light is not even *the* Light. There's a light **behind** that Light... and behind that Light, is only... from *Here*... a perception of a dark, deep electric blue... and even THAT is a perception in Consciousness.

That's Consciousness, imagining Its perception of the Absolute!

It's ALL perception, ALL illusion.

And YET, *knowing Self*, it's undeniable. You KNOW. There's a knowing. You're done. You're not done, *It's* done.

Is it ever done? NO. But I just said it was done. *Well isn't that a paradox!*

How can something be done that never started? And it will never stop.

This is what THIS does! I always say get comfortable, because you live in Eternity... NOW.

And the beauty of this dream is that we can recognize Eternity now.

...silence

You don't have to spin around... *John laughing...*

Devotion... that's when it really gets heightened. Like Maharaj, when he would chant... and people would say, "*Why do you still do bhajans five times a day?*" ... for twenty minutes or whatever he did... he said, "*that's the Mystery.*"

You're already That... and as That... when I always say that the more you love your *Self*... which is a total contradiction to the ego... the ego hates itself! It thinks it's not good enough... it didn't do this right... it's the claimer of things. I'm telling you there's no one there....that's NOTHING!

NO PERSON.

STOP THAT!

Love your Self... NOW.

...silence

The worst judgement you could ever do is on your own Self. And we've all done it.... I beat my Self up. ...*Huh...* *John laughing...* I guess it had to happen but I'm telling, you can let it go... you can let it go.

I mean all of it! All identity. Watch what happens. Watch what's right there behind *all this... movement...* all this movement of mind that just never stops.... *phew...* right behind that and right behind that, keep going deeper ... *just let it all go.*

...silence

I'm sure I've said more than enough already... you could edit half of that off, I don't know (*Editor's note... it was all left in!*) but I hope I made some sense here to you guys.

Trust me... **trust me.** I'm not selling insurance! Actually, I am... *John laughing...* I'm selling you the ULTIMATE insurance! But you don't have to buy it... *you already own it!*

The only investment is ATTENTION.

And everyone is doing that very well, I'm really very pleased with what I see in everyone. I would like to think that all this yammering of mine leads somewhere, it would be nice to see.

You all look good. All bright faces and... you know... *this is it!* This is what you get, *this is it!* I'll tell you what, the more you go into *this*, you live in the most magical heaven! This is heaven! This is Eternity! I say it over and over again.

I don't live in 'time'... time is a complete illusion to me. I'm totally aware that it's *not*. Nothing moves.

In the Absolute there's no movement.

And that's *yours*... no fear... no desire. Nothing to fill anything... no way to fill Wholeness. So you become the pencil in the hand of Wholeness, writing a letter to humanity. Each one of us have our own little love letter to humanity and to God and to *this* that we *are*.

That's all this is. It's all entertainment... really... *loving entertainment.*

And then the joy of really being with others in that space, *ahhh*... that's my only... that is my joy now... is this Satsang and when you come to visit,

just being in that. I see it in everyone, but when that exchange is there, there's no limit to what *magic* can happen.

So...

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