



## ***CLEARING THE HOUSE – Satsang with Vishrant***

*Seeker: Can you please talk about clearing the house?*

**Vishrant:** Yes. The body and mind are like a house that can become full of junk. It's good to empty it.

We get so full of repressed emotions (wounds of the heart) and then there's no room for the beauty to appear. As we empty out there's so much room for the beauty.

In a lot of religions they do chanting and mantras.

Chanting and mantras empty the house, and as the house gets emptier love comes as a guest and just stays. It's difficult if the mind is full and contracted but if it's open and empty the house is available for the beauty of heart to be present.

The thing that keeps us mostly full is our closedness, our defendedness, and our unwillingness to really be with what is.

We're forever running away from what is inside ourselves.

We often do this by dreaming, which is a doing, rather than just allowing ourselves to be with whatever appears without any kind of movement.

If we can gently be with whatever appears, the house empties by itself.

The only thing that stops the emptying is our continual doing to get away from, whether that's dreaming or becoming a workaholic or drugs or alcohol or sex or anything but simply feeling what's really going on inside us.

The unfortunate thing is that if we are really not prepared to be with what is inside us, we have to keep moving: in a way, running.

It may settle down but it's going to come up again and again because it's repressed, compressed emotional pain.

This repressed pain really just wants to leave.

It wants liberation too.

So it's great to clear the house, it's great to have a practise, some habit in your life of clearing the mind and body.

And the very best is to be tenderly ok with whatever appears.

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