



FLATNESS – Satsang with Vishrant

Seeker: I have been experiencing a lot of flatness in 'no mind', void of any emotion.

Vishrant: Is that a problem?

Seeker: It's not something I'm used to. How was it for you?

Vishrant: I just don't experience anyone here. The experience is of not measuring, whether it's bliss or pain love, it just doesn't matter. Whatever appears is just ok. It's not like the personality or ego measuring everything, saying 'this is flat' or 'this is a long period of time,' it's just not like that.

Seeker: It's ok but I was a bit concerned for those around me.

Vishrant: Because they might find you boring? I'll talk more about the flatness, make it ok, forever, because it seems to be a stage that people go through, where they hit this really boring flatness, and what comes is this wanting to change that. Wanting to change it is the problem and unconditional acceptance of it is the answer, for as long as it takes, forever. The reason I say that is because if you can't be with the flatness, you're not going to be able to be with anything. The ego has to surrender and surrender and surrender. And then when it has surrendered there is no worry, whatever appears doesn't matter, it's not even thought about, it's just what is. Some days there are clouds, some days there aren't, some days there is lots of love some days there isn't.

Seeker: All my beliefs around love, my strange Hollywood ideas and ideals, have dropped away.

Vishrant: Yeah, most people have strange ideas around love, strange beliefs. Such is life. Most people have this idea of love that's 'I'll love you if you behave a particular way,' and they think that is love but that is not love, that's the ego trying to control and manipulate. Love couldn't care less what the other does, love just loves. Love loves the enemy as well as the friend. Love doesn't have any prejudice.

It's a bit like not wanting to pick up a mask in a certain situation; having no desire to.

Having the desire not to pick up a mask *is* a mask. Look more deeply: there is already a mask in play because there is identification, and all identification, no matter how subtle, is a mask; it's not real.

Seeker: I see what you mean, it's tricky.
