



LAUGHTER & SITTING STILL – Satsang with Vishrant

Seeker: I can see that laughter keeps stopping the mind, thought patterns that start, and it feels like it frees me up a little, and I can see where I'm still inhibited while I'm doing it... it becomes really obvious. Can you explain further what the technique of laughing does? Is there anything more... is there something I'm missing?

Vishrant: It just stops the mind. I really don't know; I know that if we're locked in any kind of a pattern, thought patterns, these can be broken through laughter. Whatever tragedy you've got going on in your head, it just can't stay together while you're laughing. Laughter's great for opening the mind and allowing whatever's inside to be released. It helps us get in touch with our deeper wounds. So I'm all for laughter. I think it's a great thing. Anything else?

Seeker: So I've been taking your advice about sitting still and watching the mind reveal itself.

Vishrant: And how's that been going for you?

Seeker: I've been doing it around a particular betrayal wound, which, well, it brought up images of real violence.

Vishrant: So how long did you sit for?

Seeker: A couple of hours.

Vishrant: So keep sitting till it all becomes peaceful and all you can find is love... So what you do with these images that come up, just let them go, you don't have to follow them, you can just let them be there and you can still be here, and they pass away. Everything passes away unless we hang onto it, unless we indulge ourselves in actively engaging or following it. So let all that pass and see what happens. If you just continually let everything that comes go and go, you empty out, and in this emptying out, in this openness eventually what appears is love. Love for the other, love for yourself; because it's there, but just hidden by all this stuff. If you take a position, if you actually agree with the thought patterns that are coming up, well you're not really doing the exercise correctly because it's not about agreeing or disagreeing with what's coming. It's simply about allowing whatever to be there, but you don't follow it. It's not about right or wrong, just a beautiful process of watching.

Seeker: Yes I seem to find that I'm more able to do that. I believe that it's not necessary to name what happens but if I ask myself what's going on I get answers quickly about what's happening and it seems to be helpful. Maybe it's just me.

Vishrant: That's great if answers come: you can ask a question, you can let it out into the universe and you can sit. It might come back straight away, it might come back in half an hour, or it might come back later that day or the next day and then years on '...Ah!' It came. All we need to do is put the question out. With this process I talked about of sitting and watching the mind, one of the clues for me when the process had been completed, was when there was love of the other and of self.
