



LETTING GO – Satsang with Vishrant

Seeker: You talked recently about how not letting go was a choice and the reason we didn't let go was because we didn't want to, and that was because of insufficient awareness to see the price of hanging on. Could you talk a bit more about this please?

Vishrant: Yes. It all begins when we're babies; basically we develop defence systems to protect us from feeling pain. We don't think, 'Oh I'm hurt, I'm going to develop a defence system.'

But by the time we're school age we're pretty well armoured and that armour usually gets thicker and more profound as time goes by. At school all sorts of hurtful things that can happen.

Wounds can get developed and poked at, and we build defence systems to protect us from feeling the hurt. Most of these defence systems were put together unconsciously. Then as an adult, those defence systems that you're not even aware of yet are there and they keep us separate from other people.

And they keep us suffering.

The spiritual seeker or the person who is interested in freedom starts to see this and thinks, 'I'm tired of being defended and walking around as a human defence system.' It isn't such a savory way to live life. It is not a beautiful way to live life at all. If you go further and ask, 'what is beautiful on this planet? What actually has value here?' Right at the bottom, you find that it is the heart's love. It is the only thing that really has value here. So, you look at what facilitates the heart, and it has to be openness.

It has to be undefendedness. You start to see, 'aha, I'm not experiencing heart and I feel very closed' so here comes the investigation into; 'Why am I closed? How am I closed? How does this affect my life and the people I come into contact with?' Then you get to see a great deal: all of a sudden your awareness is widening, it's becoming broader. You recognise that you may have been looking for happiness in the wrong place. It's really about finding our own hearts, and in this investigation to find our own hearts we can see that there are a few things in the way. One of them is our defensiveness, which is majorly in the way because it keeps us closed. It doesn't leave any room for the beauty. Having this knowledge, which is very valuable knowledge, we start practising openness, we start practising non-resistance, we start learning how to surrender internally, we start learning how to facilitate openness.

Seeker: It just feels like light now.

Vishrant: You are getting clearer now and you are perceiving in a clearer way than before.

It's always been just light and it's a beautiful light because it is a loving, caring light. It's like the light that people describe when they have a near death experience. You fall into this beauty and you as an 'I' disappear. This is cool.

Seeker: Even though I'm frightened, I can assure you I'm not going to run away from it.

Vishrant: It's too beautiful to run away from, but it is intense. It's stripping away everything that's false and leaving only the real.

Seeker: I feel so grateful.

Vishrant: Try to stay present with me if you can or you might get lost. You get lost by going into dream, stay absolutely here. You see, if you mind opens further your heart opens further, they follow each other. Open mind, undefended, leaves room for heart. Closed mind, defended mind not much room for heart. Openness facilitates everything. Closeness facilitates separateness and suffering.

Seeker: Thank you.
