



## *Just Here – Satsang with Vishrant*

*Seeker: If there's no more ego are you automatically awake?*

**Vishrant:** No.

*Seeker: Just here then?*

**Vishrant:** Yeah just here in the moment. Little kids are pretty much like that. Little, little kids you know like two years old, three years old, they're like that, they're here, very present. Even younger, a year old, very present, very there, not lost in dream of later and before and analyzing, not awake.

*Seeker: Does being awake definitely mean that there's no ego?*

**Vishrant:** Well, awakening is one of those things where you can be awake and then not awake. The first experience for a lot of people is a satori where they experience themselves as truth. They experience the reality of themselves and that's real and then they go back to the false again. So here they've had an awakening but now they're not awake because now they're actually thinking they're somebody again and they're dreaming again. Quite often as people go through this process of allowing the authentic, being real, there's a flip-flopping type of affair. They're being authentic then they're being dishonest. They're being authentic then they're being dishonest. So awake and not awake, so yeah the ego hangs around like a phantom and sometimes it gets really strong, really contracted, because it's got stuck in something.

*Seeker: But in the time of satori, would there be no ego or is it just hiding?*

**Vishrant:** Yeah pretty much. The ego is really like when you go to the cinema and you see a projection on the screen. That's what the ego's like, it's like a projection and if it's believed to be real, it seems to be real but that can be there and you can sit in the theatre and know it's not real or you can be totally lost in the movie. So there can be this experience of authenticity, of reality, of awakening if you call it that, or truth, and there can be this projection going on but it's a projection and it's known to be a projection. I mean it can be entertained but there's not even any interest in it. At that point there doesn't even need to be any identification with it. It can run for a while, it's like it's a habit or a pattern and if it's ignored it goes away. It atrophies, and I like the analogy of the ego being in your face like a television in your head and then it moves to the next room and to another room and a further away room and a further away room until one day you just don't hear it anymore because you're just here and fresh; no noise. But what's real, what's in this moment? What's in the moment? No past, no future, no analyzing: what's here? What's real, what's really real? What's authentic? Here!

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