



## ***Neither Good nor Bad – Satsang with Vishrant***

*Seeker: I was really taken by the 'finished business' this morning so I messaged my previous girlfriend and just said I was uneasy about how we left things and I hope she's doing well. She messaged back and said "I thought we left things fine." It is amazing how we just spin lies in our head.*

**Vishrant:** Yeah, isn't it though? What looks for closure? I'll answer it for you. It's the ego looking for safety and we don't need closure; we can be open ended all the time. That way we're alive in the moment. If we accept that there's no closure, we can be at peace. You tie all the ends up by making it all ok; absolutely perfect as it is.

*Seeker: Yeah, that's right. Life's pretty good as it is.*

**Vishrant:** Well it better be! This is it, this is it. This is it now, yeah

*Seeker: Yeah the last part to her message was, "I'd prefer if you don't contact me because I'm already involved with someone." It was actually good though.*

**Vishrant:** Let it go, It's neither good nor bad, it's simply what is. Looking for the positive in everything will definitely show you the negative.

*Seeker: That's right.*

**Vishrant:** Yeah life's funny, everything is just the way it is. And if there's grief, that's just the way it is; perfectly ok. Because, if you can't make grief perfectly ok, you're going to have a lot of problems with bliss.

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