



CLOSING DOWN – Satsang with Vishrant

Seeker: I feel I've closed down over the last couple of days even though I didn't need to because I'm on holidays and trying to organise financial stuff. I've shut myself down quite a bit by being busy. I'm sort of becoming more aware of how I'm shutting down. I feel there's a seriousness that comes in when I close, yet I feel now that it's the last response because I know inside it's all silly, what I'm doing.

Vishrant: Yes, look at when you were a little boy, here and open and having fun, and there was a price for that. We had to be serious, we were taught to focus: they had to teach us to be serious. As a consequence of not being like that you got belted. So seriousness is a valuable tool that stops you being belted and we go through life with a certain habit of being focused and serious because when we were little we were taught to be that way rather than nice and open and free. But now as an adult, because you're an adult now you can have a really good look and start to sit in a practise of openness because that's your preference. You prefer heart. It's like becoming a little kid again, so really all we're talking about is examining habits and a certain amount of awareness of what's going down, because already there's a willingness to be open and there's a love affair developing with the beauty.

Seeker: Yes, I feel that about closing.

Vishrant: Imagine being a little boy being in wonderment and then being beaten into closing, which is actually what happened for a lot of people, of our age anyway.

Seeker: Yes I remember looking at the stars and saying how wonderful they were to my father and he just completely didn't understand.

Vishrant: Well it was sad for him because he had closed already. We're taught to close and we're taught to focus but no one teaches us to open again no-one teaches us to be ambient and defocus, so we can go and be in wonderment again and really enjoy ourselves.

Another way we close is when we decide that we'd rather have joy over pain. It's like as soon as we make a decision as to how we think it should be then there's a closure. People start feeling the love and the beauty and start to feel love and go 'yeah that's what I want' and 'I don't want this'. Whatever appear needs to be OK.

Seeker: I sort of feel unable to focus.

Vishrant: So don't.

Seeker: It's like the verbal stuff's going or something.

Vishrant: You lose contact with language because the mind's blank. It's OK (*little laughs of joy*). You just let it all go, nothing to hang onto and you be totally here: nothing to hang onto.
