



SELF ENQUIRY – Satsang with Vishrant

Seeker: I'd just like to ask you a question that I have trouble with, I don't know how to function in the real world and have all this Nothingness. I want the Nothingness, and I can be in it, but I have a problem operating in the world as well.

Vishrant: So, first of all, let's try and establish whether you're actually having Nothingness: What do you mean by that?

Seeker: Peace, as in, being in a meditative state I guess. But then, when I go out of that space, I seem to lose it.

Vishrant: You put your awareness back on your mind.

Seeker: So how can I go out there?

Vishrant: You keep your awareness with the Peace. First of all, you couldn't have gone deep enough into the Nothingness, because you don't leave it once you have. So you haven't experienced yourself yet, as the Totality of this universe.

Seeker: So it is possible to have the two.

Vishrant: That's what's happening here right Now. There is Nothing happening here. This is our natural state; this is everybody's natural state. And it happens when the mind lays down. Your meditations may not take you deep enough. When you do your meditations, obviously they bring you to a lovely place, and there's Nothingness in it. There must be still an "I" that is witnessing the Nothingness, this is the one to enquire about: Who is this "I"? Allow yourself to go deeper; this is a beautiful jumping point because you're already quite deep. But there is still an "I" that's witnessing somewhere, that's experiencing the Nothingness, experiencing the Silence. Enquire: Who is this "I"?

Seeker: And drop it ?

Vishrant: When you ask this question of the "I", you just ask the question, you don't answer it. See what happens. This is the tool of Self-enquiry, see where This takes you, because the next step is experiencing Self, as All. No "I", no separate "I", you are the Nothingness, you are the Emptiness, you are the Silence, you are the Peace. Does that make sense?

Seeker: Yes, thankyou.

Vishrant: A lot of people get to the stage in meditation, where they do experience the Silence and the Emptiness, and the Nothingness, but if you really look closely, there's a very subtle "I" that is witnessing it. And this is still the ego being present. So there's

a separation from the Nothingness, the Silence, and the Peace, Self-enquiry at this point is very effective, very effective. Who is this "I" that is experiencing this Silence, this Peace, this Nothingness. Try it.

Seeker: I don't really have anything much to ask you tonight, I think it's already been answered. When I do the Self-enquiry and ask: Who is the "I", that just seems to trigger the mind, searching for an answer.

Vishrant: Yes, that's quite common, and what I'm saying tonight to you is, don't allow it to do that. You've got the plan now, you're gonna ask: "Who is this I"? Part of the plan is that you're not going to answer it. You see what I'm saying? The one that wants to enquire is the mind. So you can give it instructions, you can say, "Yes you're going to enquire, but you're not going to answer it." Okay, so you ask the question, it stops the mind, and you don't look for an answer, you just stay with that. Because if you've got the mind looking for an answer, it's not working.

Seeker: Yeah, I understand, like what you said before about getting short-changed.

Vishrant: It's trying to help, it's not your enemy, but in doing so, you don't go anywhere with it. The mind is not an enemy at all; it's actually a survival mechanism for this body. It's just that if you want to experience Self, it needs to lay down, and it needs to know that. It does that when it feels safe, and as the love affair with this Self develops more and more, it starts to feel safer and safer. And it lays down more and more. In the beginning it's pretty resilient, because it is a survival mechanism, coming to this moment is dangerous, because it's not present, and it senses danger. So it usually takes a little bit of time with people. Keep Self-enquiring, you're doing well.

Seeker: I haven't got much to say really. I've had more awareness of Heart this week, it's been nice.

Vishrant: Well when the mind gets out of the way, Heart is there. Beautiful.

Seeker: Hi Vishrant, nothing I have to say, seems, or is relevant to this moment. And in asking the question: Who is this "I" that's aware? It's so clean-cut, it's straight, as the vastness and the Emptiness. And is experienced as That, each time it's asked.

Vishrant: Yes, be careful the mind doesn't produce vastness and emptiness for you. It'll be a grey version, but the mind is very clever at imagining things. If there's any tension involved, it's mind, and if it doesn't feel fresh, it's mind. These are the symptoms that mind is present: tension and staleness. Especially if it's produced it a few times, it starts to feel very stale. Vartman used to say it stunk.

Seeker: The inner guru filled my heart with Love and joy, after asking this question.

Vishrant: You're giving it away, you are Love and joy, not the Satguru, You. Nobody gave you anything, it is You. Beautiful.

Seeker: Hi, I'm just a bit fed up with thinking, so I thought- (laughter) I've decided not to do it.

Vishrant: Says the mind. You can't really decide not to think, that's just the mind bulldusting itself. You can Self-enquire as to "Who's thinking", and sever the mind. It's just that these thoughts come from the Nothingness, and it's not like you think you're even going to have a thought, they just come. So you don't have that much control over it. If you stop believing the thoughts to be real, that will slow them down big time. Part of the process that happened here was, the thoughts weren't believed, they were all seen as bulldust, especially the thoughts that tried to help me, or doubted This. They just weren't believed, and they were severed by asking the question: "Who is aware of this thought?" I was sick of thoughts, absolutely fed-up. And Vartman had said to me "What are you going to put your money on, your mind, your thoughts, and the stories, or This that you are?" It became very clear at that point: no more psychoanalyzing myself, or anybody else, no more entertaining the mind. Because it can't bring you Happiness, it just lies constantly. It can bring you an awful lot of misery though.

Seeker: I've been busy trying to find solutions to things. It doesn't work, so there's not really much point.

Vishrant: Well the mind is a reasonably good problem solver, it does reasonably well if it's been trained properly, to problem solve. But if you step beyond the mind, by enquiring: "Who wants to solve this problem?" This can bring you Peace, and Happiness. So you catch yourself getting sick of these thoughts, take a break, go for a walk, get out, get out into the world a little bit, have a sing, have a dance. And then enquire: "Who's singing? Who's dancing? Who is this "I"?" Being sick of the mind is the mind giving itself another number, another way to exist. You know. Any way you can find Peace, any way you can find Silence, whatever works. There are some beautiful beaches down here in Bunbury, lovely walks, whatever works. After all whatever you're doing, if you're singing, if you're dancing, if you're walking, you're walking with God, because that's who you are. No separation, no difference, yahoo!

Seeker: I have nothing to say, or think of.

Vishrant: And your experience of yourself at this moment?

Seeker: Nothing.

Vishrant: Describe this Nothing that you are?

Seeker: I can't.

Vishrant: That wasn't the answer I was looking for. Okay, so let's try it a little bit differently: What's here in this moment?

Seeker: Softness

Vishrant: Yes, and...?

Seeker: You keep disappearing on me, it's distracting.

Vishrant: Yes, then what you do is describe the disappearance. Because what's happening is your mind is laying down. The answer you gave me in the first place, was a correct answer, but it actually came from your mind, it wasn't your experience. I could feel that, there's a difference. So what's Here? What's Here right Now?

Seeker: Nothing

Vishrant: And so describe this Nothing.

Seeker: I can't.

Vishrant: What qualities does the Nothing have?

Seeker: I have no idea.

Vishrant: You gave me a standard answer again, you see. If you're experiencing the Nothing, you can actually describe it; if you've just come up with a word, it's a bit difficult. If you attempt to describe it, it's a doorway in. And in the describing, the translating, the depth of Self can be experienced. So, if you're experiencing the Nothing, you start describing it. And to look at the Nothing, which is Here Now, you can say it's Empty, you can say it's Still, it's Silent, it doesn't move, it is just Here, it is just present, you look deeper and you can see it is expansive, it has no boundaries, that it is utterly Peaceful. In the describing, a deepening of the experience of this Self occurs, but if you just want to stay with the answer Nothing, you kind of don't go on the ride, 'cause you're not prepared to pay the price.

Seeker: Yeah, I realized that the other day. I wasn't quite prepared to pay the price.

Vishrant: Ah, yeah, there is a price: all your beliefs, all your concepts, all your ideas, all your attachments. It's a very cheap price really, for Happiness. See, you don't really have to give these things up either, you can go the other way, you just keep enquiring into the Self. And it undermines the mind, then you start experiencing yourself as Peace, and Silence, and before you know it, the mind's been eroded. Because you fall in Love with this Peace and this Silence, you fall so in Love with it that you don't let anything get in the way of it. You find an attachment, and it's in the way, you don't go there, because you're in Love with this Peace and this Silence, and this Beauty. So just keep coming back to the Peace and Silence, whichever way you can, and allow yourself to develop this Love affair with Self. When you're in Love with something, you'd do anything for it, because you just want to be with it. It's not even a second-thought about giving things up, it's just done, because you Love to be with This, this beloved, this Self. So yummy, so sweet. It's like being in Love for the first time all over again, moment to moment.

Q: Thankyou.
