



STILLNESS AND SILENCE – Satsang with Vishrant

Vishrant: It's like, at some point, the mind takes a secondary position, and you start experiencing Self as Peace and Silence. This is what's happening with her. There are a few different doors, one of them in Satsang is: you sense a bit of Peace, you sense the Silence here, you put your awareness on that, and that's a door, that'll take you in to it. Another way, is to enquire: "Who's aware of This?" This will also stop the mind, and allow the peace, which is already Here, to be more Self-evident. So, we're just talking about doors.

Seeker: And if you really want to open them?

Vishrant: Well the thing is, you wouldn't be here unless you did. Otherwise, why would you be out on a Tuesday night listening to some dude talk about Nothing? (laughter) It's actually easier to enquire in Satsang, it's also easier to experience the Peace here. It's a beautiful opportunity, at some stage to put your awareness on That, and allow yourself to go deep into it. The invitation is Here to do that.

And Now, what's Here?

Seeker: It can't be said.

Vishrant: Okay, that's a good answer. Now try - all thoughts, all concepts, all ideas, none of them, no future, no past, just Here in this moment, What's Here?

Seeker: Purely This.

Vishrant: Yes, and can you describe the qualities of This, that are Here in this moment?

Seeker: No words suffice.

Vishrant: No they don't, it's true, but we can attempt. Attempts have been made by all the teachers, and none of them sufficed, and I'm not asking you to do any better than them, just an attempt at describing This, that which is Here in this moment. Stay with my eyes.

Seeker: That's the best answer, it's the best.

Vishrant: Yes, but it's not your experience of Self. Your mind at the moment is ripping you off, because there is also Self here, there's your mind peering over the top of it, but there's Self here. It can't be truthfully described, but it can be described, and in the describing, you can fall into this vast well, this vast void. In this moment, not latter, Now.

Seeker: It just can't be described, it's not worth describing, it's not worth going into verbalization.

Vishrant: You've never done Self-enquiry before?

Seeker: Sure, yes.

Vishrant: So, with the Self-enquiry, you're answering a question about Self.

Seeker: But it's not a verbal answer.

Vishrant: It's true, but if you can start to put words to it, it'll take you in.

Seeker: I've done all that.

Vishrant: But what about Now?

Seeker: Now, there's no words you know. I've had words, and words, and words - This is better than words.

Vishrant: Okay, there's nothing more to say!(long silence)
There is just Love. There are no males or females, just Love.

Seeker: The look that you talk about, looking into your eyes, is there something more that you can tell me about that. I haven't ever had that explained to me.

Vishrant: Okay, in this room, there is a well of Silence, and for some, it experienced immediately. In Looking in the eyes, there can be experienced this well of Silence, as Self, for some. And sometimes not, it's a possibility, it's called a transmission, yet it's not, in truth, a transmission, because all you experience is your own Self - that is Here already. The mind lays down for a little while, and you experience what is Self-evident, what is Here. You fall into this well, this Abyss. Because looking out at you, there is nobody looking, there is just looking. To look back from this point, there's Nothing here. It's just looking, and it's so vast, so empty - yet the paradox of it is it's so full, it's full and brimming with Heart. This is effortless; there is no effort whatsoever, it's just Here. This is the natural state, this is your natural state, and it's with you always, it's just overlooked, because awareness is going to the mind, its stories, and the outside world. So, they talk about the inner-eye being open, or the Third-eye, really all that is is the mind getting out of the way. Who you are is already Here, you are not separate in any way. People who are seeking Self, or Enlightenment, are a bit like the fish in the ocean looking for water - they are it already, they're in it. And the greatest suffering, is the seekers' suffering, because the mind cannot help. In most cases, the mind can help somebody get something, but in this case it can't, it actually needs to lay down - to reveal what is already Here, You. Does anybody have anything else they'd like to share? Aha, a sharer!

Seeker: I Just wanted to ask you about that uneasiness feeling, when I look at you. Is that the mind not wanting to lay down is it? Is that the fear?

Vishrant: It's a fear, I don't know what of though. You know what fears are like, you go into the fear, imagine the worst that can happen with it, allow it to happen, and then see what's in the center. See what's in the center of this fear.

Seeker: It's subsided again.

Vishrant: Yeah. Whatever the fear is, bring it to a head, go into the center of it, don't resist it - any form of resistance will just strengthen it, allow it to be. Bring it totally out, allow it to be big, imagine the worst to happen, and go to the center of that. At the center of all fears is Stillness and Silence. Use it as a tool, don't get caught in trying to analyse the fear, just go to the center. Unless of course it's a real fear, you don't step in front of buses. Fear is a part of the mind's survival mechanism, and it serves very well to keep us alive, but it can also serve as another doorway to Self: by going to the center of it with your awareness. Exploding it out, going right to the center, diving in with your full awareness, see what's there. And then experience what is always Here, the Beauty of Self. This that cannot be described, honestly, but must be, must be pointed to, this Love affair with Self, this perfume of Self, This that we all are, must be shared. We're all so experience-hooked, experience junkies, "Oh what's this experience, oh what's that experience, when's the next experience going to happen." Go beyond by enquiring: "Who is this that is experiencing?" Keep coming back to this Self, so this Love affair develops, with this Peace, and this Beauty - that is You. And at some point, It will grab you and pull you in. This is when the fruit is so ripe, it falls from the tree, not through any of its own doing, it's time. This Love affair is full with Self, Love in Love with itself. You want happiness, you want Freedom, keep enquiring, start falling in Love with This that's Here - this Silence, this Peace. It's up to You.

(much laughter with attempted bhajans)
