



How to put the ego aside – Satsang with Vishrant

Seeker: You were talking this evening about 'getting out of the way', and that 'clearing the house' will happen by itself; you just have to get out of the way.

Vishrant: Yeah.

Seeker: Quite often there are things given to do, such as meditations, as an adjunct to help 'clear the house'. Is that to speed up the process?

Vishrant: It's to teach you to get out of the way. We don't know how to get out of the way. The ego's not programmed for getting out of the way; it's programmed for getting *in* the way. It needs to learn how to get out of the way. Then, when it gets out of the way, authenticity can occur. While it is continually interfering, the false is prevalent. So, different meditations, different mantras, all sorts of different techniques are given by different teachers but they're all really about you getting out of the way. No you, no false you; house clears, *real* you becomes obvious.

Seeker: Being in the market place, this is a little bit energetically difficult.

Vishrant: Only because you're in the way. The answer is surrender which is the ego learning to get out of the way, because once there's no ego, there's no surrender either. Once there's no "I" there's no let go. No contraction. Just nothing actually, just being, here.
