



## *No Excuse for Dreaming – Satsang with Vishrant*

*Seeker: To find peace, do we need to learn to not procrastinate?*

**Vishrant:** Procrastination is just a habit, it's a pattern. Some people do a lot of it and some people don't but it's still just a pattern and patterns can be changed.

*Seeker: So for you when you woke up again, did it feel like your mind was powering up when you had to make a plan?*

**Vishrant:** I didn't entertain the mind; I came the 'Advaita Vedanta' technique. I came the Yani path so it's very different. I just didn't entertain any thoughts.

*Seeker: So how did that work if something had to get done that day?*

**Vishrant:** It might not have been done and that's the problem with being a renunciate; not much gets done. Renunciates renounce the world. They are not of it anymore and it doesn't work very well. Things fall apart.

*Seeker: So in the market place we will need to plan even for a couple of seconds but try not to power up while doing it?*

**Vishrant:** I don't know what you mean by power up.

*Seeker: Well if we're going for a peaceful mind, won't trying to plan something make you identified, and put more power into the mind?*

**Vishrant:** Not necessarily. You can have a plan without any identification.

*Seeker: But you'd be planning into the future.*

**Vishrant:** So? There doesn't need to be any identification with the future. There doesn't need to be any falseness in it. You know, I just have no interest in the stories and planning is a story. It's all mirage, it's all unreal. It's really nice not having any interest in stories, your stories, my stories, her stories, anyone's stories. It's all not real. It's not really about wanting peace; it's simply no interest. Once you've seen that it's all rubbish, you're just not interested. Have a look and see. Have a look and see what the stories do to you, see what they do to other people. It becomes rather obvious after a while that they just hurt you and they hurt other people. Why would you want to do that? Why not be real, why not stay here in this moment with the beauty, with nothingness, with emptiness? Anything but that noisy thing that's not real.

*Seeker: If we did that nothing would get done.*

**Vishrant:** Wouldn't it? That's not my experience. Find out.

*Seeker: I understand it's a story right now that needs to be let go because it's not real. The fact that we're talking about it; it's future projected.*

**Vishrant:** You're just lost in dream man, be here with me. Why are you wasting your energy dreaming when you're here with me? I'm here with you, totally, one hundred percent.

*Seeker: That's good thank you.*

**Vishrant:** There is never a reason not to be present, never a reason not to be real that has any authenticity. Reality is real and your dreams are rubbish. Your future ideas are rubbish, not real. That's just dreaming. That's walking through life with your eyes closed and then making excuses for it. Your mind is just looking for justifications to keep dreaming. As long as you give it one, it will. You can't have any excuse for being unreal, otherwise your mind will use that excuse to be unreal.

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