

Gangaji Podcast
Being Yourself
Episode 8
Host Barbara Denempont
Kissing the Toad: The Key to Self-Love
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[00:02] MUSIC

[00:06] GANGAJI: Finally, enlightenment at the core is Heart opening. And Heart opening reveals wisdom. And wisdom is mercy.

[00:20] BARBARA DENEMPONT, HOST: Hello and welcome to *Being Yourself, Self-Inquiry with Gangaji*. My name is Barbara Denempont. Last month we started a series on the subject of self-hatred, and our first installment was called *The Cycle of Inflation & Deflation*. This month, I'd like to take the conversation a little bit deeper.

To me, self-hatred is such an important topic because at the core, there is something that we fear about ourselves. We often just fear the worst about who we are, or at least who we think we are. And then it becomes something that we hide and run from. I often call them "the monsters under the bed". So these are the things that we have the hardest time meeting. And yet the good news is, is that we actually do have the capacity to meet them. And that's what Gangaji is really pointing out to us – not only that we can, but **how** we can.

So I invite you to sit down and listen to this monologue, recorded in Byron Bay in 2005, called *Kissing the Toad*.

(Excerpted from Byron Bay, Australia Retreat, December 13, 2005, AM session
Transcript file: "12-13-05 Byron Bay Retreat AM.doc")

[01:27] GANGAJI: You know, finally, it's all about Heart opening. But because that word or phrase is so corrupted, by sentimentality of emotions or strategies, Heart opening as a strategy. But really when you just get down to the core of it, the core is the Heart. Not, not excluding the physical or emotional heart, but not limited to that. The core. Finally, enlightenment at the core is Heart opening. And Heart opening reveals wisdom. And wisdom is mercy. It's impossible to be merciful to anyone else if your heart is closed to yourself. And that's the last one you want to be merciful for because you know the horror that's in there. And you know the abuse that's been done and the corruption of all the spiritual terms or all the catch phrases, all the life-style changes.

So everything we've done in here, these games and everything, whatever name they are taking, really pointing, inviting, pulling you inside to meet what is not wanted to be met, which is ultimately self-hatred in some form. That's the ultimate defect, whether it's catalyzed or crystallized by something physical, or something emotional, or something mental is really

secondary. It is a raw self-hatred, a self-hatred for being separate from God, self-hatred for being a human being with human failures, self-hatred for not knowing, not being able to know, self-hatred for behavior. And that's what has to be met. Because that's the unnecessary suffering, the unnecessary destruction, the unnecessary revenge, the unnecessary continuation of the horror of the human condition. There's a recognition that selfishness is present, and there's a hatred of that selfishness. And there's a war with that, and then a projection of that war onto whoever mirrors that most closely. So it always brings you back to exactly where you are sitting; exactly what you are holding both in delusions or in righteousness or justice, or any of the traps that the mind is so exquisitely masterful at generating to avoid self-hatred.

In the willingness to really, really experience that, not just the edge of it, but all the way into it, miraculously, and it must be unexpected or you can't really experience the self-hatred, there is self-love. And self-love is capable of embracing anything and everything. Not even in the terms because it's its own Self – that's true – but way before that's even realized and way after that's realized, embracing anything and everything as a teacher of deeper pockets of self-hatred and deeper expanses of self-love, and deeper recognition of what Self means, what love means, what wisdom means, what mercy means, what, what it all means.

So in spiritual communities in particular there's a, there's a bliss. It looks like a paradise. Spiritual communities are a kind of paradise. Not that it's all good news, as you know if you live in one, but it's a, it's a realm of safety. And, so really in this realm of safety that is Byron, that is this beautiful continent, this beautiful waters and forest, air, there's a possibility to descend into what is not safe. Most people don't take that. They just want to be safe. They just want to feel the warm breezes on the skin. Just want to soak in the manna that's here. And that's fine. It's understandable. But if that's not enough, then there's a call to something deeper that even paradise on any realm, from any point of view of any religion, won't satisfy.

And the way through that is through the horror of self-hatred into the absolute truth of self-love that includes body, mind, emotions, but doesn't even start there, just includes that. It's the grace of Truth, and it is available for everyone in this room. And everyone in this room always has a deeper possibility to discover it. And that's good news too. Because finally, it's not even about **your** discovery of it, it's about **the** discovery of it. And whatever yours or my or anybody else's in the past or present, future's discovery of it, that's a contribution to the discovery of it. That self-love is whole. Self-hate is fragmented and shattered and no matter how much work you do to pull the pieces together, they won't fit. Someone was speaking about being in a plane that was just like falling apart. It's like, that's right, it won't fit. It is your great good luck that it won't fit. It was my great good luck that it won't fit. A lot of people with enough glue and string make it fit just to coast through life, you know, but that's not the way you've chosen or you couldn't be here.

And we've hated and cursed our self-hate, and we've tried to get rid of it, and layered it and dressed it up like you dress up, I was reading about dressing up these cane toads, the ones that get really big. People put little scarves on them, dress them up and it's still a cane toad, you know. And if you squeeze it, it's poisonous. And if you kiss it, that's a different matter. So in the ordinary, not born-enlightened human being, there is a toad that is repulsive and poisonous and ugly that must be kissed to awaken from a dream. And it's a kiss that endless, and the kiss may

reveal more and more toad-ness. And that's feels like, looks like, seems like very bad news, and is, when met and kissed and embraced, news that's unbelievable. So endless, so inclusive.

So I don't even like to use the word "love". I mean, what a paltry word that is, "love". L-O-V-E. I love that Bob Dylan song "Love is Just a Four-Letter Word". It's become just a, a pollution. But only pollution can be cleared by love. The polluted-ness of our own souls, of our own lifetimes, of our own genetic strain, of the history of humankind can only be cured, really, really, by love. And that can only happen for **you**. So we have great examples like Christ or Buddha and all those in between, but it finally gets down to you.

When Papaji sent me out, and others out, to speak to you, he was thrilled that we would speak in a western language; that we wouldn't borrow the language that had grown up in the East, even though of course, we do go back and forth because that's part of all language now. It uses sat-chit-ananda, satsang, but not to rely on that; to actually speak as brothers and sisters in the same boat, the Earth boat. And to meet and discover in that what's here in each of us regardless of anything else. And to kiss that, regardless of everything that says "no". And to be embraced by what's waiting from that kiss. Into the deeper, always deeper, always closer, always, **always** unexpected.

And it's time. It's your time. Your particular, individual name has been called. Your given name, your Sannyasin name, your Guru name, your human name, your Christian name, your secret name, your ... It's been called. And that is the supreme luck and the supreme challenge of a lifetime. Because it is a Divine call of Grace, and it is rough at times. And that's - just reveals deeper grace. I promise you that. I guarantee that.

[13:59] BARBARA: Listening to this monologue once again, I am still so completely moved by this word "mercy". It somehow drops all the way in and everything just stops when I hear it.

This podcast really is for you. So I want to hear from you, and hear about the topics that are relevant to your life and to your experience. You can write to me, Barb at info@gangaji.org, that's info@gangaji.org. If you're just thinking about it, just go ahead and write that email to me, I'd love to hear from you.

There's something else I want to mention. Gangaji has a regular online meeting each month, and you can join that meeting. You can call in to speak with her, you can watch the livestream, and you can also connect with other people around the world who are having the same conversation in Gangaji's forum. You can learn more about that at gangaji.org.

And I'll give you one little preview. Next month, our podcast is going to be on the fear of failure. One of those toads that has to be kissed. Until next time.