

Gangaji Podcast  
Being Yourself  
Episode 28  
Host Barbara Denempont  
True, Living Freshness  
Released December 18, 2020  
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[00:00] MUSIC

[00:05] GANGAJI: I won't teach you anything. Because you might learn something and add it to your bundle of knowledge. But I will be here with you and I invite you to be here with us all in an unknowable, unknown way. Open, fresh, available. New. Really new.

[00:35] BARBARA DENEMPONT, HOST: Hello and welcome to *Being Yourself, Self-Inquiry with Gangaji*. My name is Barbara Denempont. Always at this time of year it's our opportunity to look back. And there have been many challenges, but as I reflect I, I just feel a depth of gratitude for so many. I really want to acknowledge—of course the sangha, I want to acknowledge Gangaji, and Ramana and Papaji for this invitation. And I also want to acknowledge the staff of The Gangaji Foundation, for all its work over the past year and what it's creating and making available.

So let me share this clip from the archives that really speaks to the most essential invitation from Ramana, Papaji, and Gangaji. And then later I have a special recording I want to share with you.

But for now, let's begin with this.

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(Excerpted from Encinitas, CA, Weekend Retreat with Gangaji, January 10, 2009)

[01:37] GANGAJI: The other night in the public meeting, beautiful meeting with people here in this area, I was talking about the new year and how exquisitely symbolic it is as a time to begin again, a time to refresh, to be fresh, and of course we use that as a culture—I think maybe all cultures do—whether it's the solstice or the actual secular celebration of the new year—but in general we use it to decide what we're going to do to be better. That has its place, there's a lot we could do to be better.

But this profound invitation from Papaji and from Ramana, from your own heart, is about discovering what already *is* better. Discovering what already is perfect. Not doing it, not resolving to even get it. But discovering that it's here, in the core of your being, that it is who you are.

So you can make better with the body and with your habits and with your mind and with your emotions and with the world and politics and culture and all of that has its place. But when you

discover what is already perfect and whole, when you discover your Self, then you know where true rest is. True nourishment. Freshness. So you can't make freshness. I mean a baby comes out, we see a baby's face, so fresh. And we have some notion that "if I could just be like a baby" but you will never be like a baby again. Even a baby isn't like what we think a baby is like.

But you can turn your attention, as an adult, as an adult that's experienced many, many victories and failures, you can turn your attention to what is fresh and untouched and pure and alive. And you can recognize "that's who I am". And this recognition can be with you the rest of your life. Not as a concept, not as a memory, not as a lesson, but as a true, living freshness. Really even dissolves new and old. It's where new and old meet and cancel each other out.

So it's my intention, as a new year's intention, for this retreat to be the support and the catalyst for your always deeper awakening. Without giving any energy to any concept of awakening or any idea of future—what that awakening would or might do. But to the awakening that's always present. I don't say "awake-ness" because awake-ness is a kind of thing, but awakening is a perpetually opening, endlessly opening freshness.

So in that, as you know, I won't teach you anything. Because you might learn something and add it to your bundle of knowledge. But I will be here with you and I invite you to be here with us all in an unknowable, unknown way. Open, fresh, available. New. Really new. And in that, to discover what is here, what is the totality, what holds new and old, and earth and sun and moon. Because I don't mean, in any way, to separate or divorce this truth that you are from this animal creature that has appeared in who you are, going by a name that you perhaps have thought, "That's who I am". As most of you in this room know, names can be changed. Identities can be changed. Lifestyles can be changed. Husbands, wives, lovers, children can be changed. But who you are is what is changeless. From the first moment of recognizing "I am", from this moment the continuity of being, fresh and alive, untouched by your age or your youth, by your enlightenment or your non-enlightenment. Untouched, free of it all.

So that's the invitation that comes from Ramana and Papaji. That somehow your heart has responded to so that you are here, as this true Self and as this animal creature appearing in this true Self. The totality. Welcome to satsang.

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[07:11] BARBARA: And now for that promised special, extra recording I wanted to share with you today. This was from 2003 in Marin, and I share it with you today to honor Amber Terrell. Amber recently passed away. She is an old, dear friend and member of the sangha from long ago. I think maybe we met at the same first public meeting. She is beloved, and in our hearts, and her songs were carried through so many satsangs. And this particular recording is her offering a song that she had never yet recorded, and I'm not even sure she did record it. It's at least here for us. And the message is so beautiful, wishing you a joyous holiday and new year.

Let's finish our podcast today with Gangaji and Amber.

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(Excerpted from Marin, CA, Public Meeting with Gangaji, January 5, 2003)

[08:09] GANGAJI: So the Buddhists have a beautiful invocation where they speak of taking refuge in the Buddha, the dharma and the sangha. The Buddha being the Awakened Truth. The Awakened One that is alive in everyone. And the dharma being that Truth, that is, in fact, the truth. And the sangha being those who are dedicated to recognizing that, and spreading that. So it is to the sangha, you, in particular that I bow today in appreciation.

Where are you, Amber? Will you come sing a song to start the reporting, questions? Amber will sing to you what it is I have to say to you, which is already what happened in our few minutes of being quiet together. So we will have it silence, we will have it in song, we will have it in words, and then back to silence. So good to be here, yes, so good to be here.

AMBER, SATSANG PARTICIPANT: This is brand new, I haven't sung it for anyone.

(Guitar and singing)

*There's a heart  
That beats within  
There's a heart  
We're all standin' in*

*Can you hear  
That timeless beat?  
Does it stop  
Your wanderin' feet?*

*And it's you  
And it's me  
And it's them.*

*It's callin' you  
It's callin' me  
To rest complete.*

*There's a heart  
That breaks within  
'Cause it knows what  
We're all standin' in*

*There's a heart  
That beats within  
It's the same heart  
We're all standin' in*

*And it's more than you  
And it's more than me  
And it's more than them.*

*And it's more than you  
It's more than me  
But it's less than one*

*There's a heart  
That has no face  
Holds us all in  
A timeless place*

*Let it swallow you  
Let it swallow me  
And leave no trace.*