

Gangaji Podcast
Being Yourself
Episode 36
Host Barbara Denempont
Entering this Space of Stillness
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GANGAJI: So, I don't have anything in particular to teach you. If you have not learned enough, you can learn enough from many, many excellent people who are happy to teach you. What this appearance in your consciousness is about is really first of all and finally, to invite you to the space of stillness that is your heart, now. And to state to you that you do not need to be any different from how you are to enter that space.

BARBARA DENEMPONT, HOST: Hello and welcome to *Being Yourself, Self-Inquiry with Gangaji*. My name is Barbara Denempont. Often as I'm going through the archives, I come across a piece that reminds me of my own experience and in this case, this recording from 1999 reminded me of this moment when I was at Breitenbush in retreat with Gangaji and, after she responded to a question of mine, she said to me, "I know you're checking me out. So, you keep checking me out." Which I did but, ultimately, finally what I needed to do was to check out what she was saying to me, to check out this invitation to stop, to be still and recognize what's here.

(Excerpted from Oakland, CA A Meeting with Gangaji, October 3, 1999)

GANGAJI: Welcome, welcome. We live in such extraordinary times, obviously. One of the ways that it is so extraordinary is how fast everything is going and how much there is of everything. I certainly just realized that driving here on the freeway. It has been five years since we met here, in this place, and there is a lot more traffic than there was before. But that is not just physical traffic, car traffic, we also live in extraordinary times spiritually where there are so many brilliant, astounding, true teachings being offered by so many brilliant, astounding true people. Sometimes it seems like all at once. It is very fast, and in this area, in the Bay Area, so many people coming through.

Certainly in celebration of what is possible in this lifetime, in this era, in this moment, and the celebration of that is beautiful. But also there can go with that a kind of frenzy. Shoppers' frenzy, spiritual shoppers' frenzy, of wanting a little of this, and a little of that, and better get some of that under this arm just in case this drops off when I walk out the door. So, the same kind of hysteria that we can see in the world, is also in the spiritual world. It is an overlay of grasping. I don't want to add to that today, certainly the celebration is always here and the excitement even of the potential of what is possible in your life is here. But what this message from my teacher, and his teacher is to you, is that in the midst of all of the excitement, and the frenzy, and the grasping, it is possible to simply stop. To not take in another bit of information, but to just stop. To not be sure your hands, and arms, and mouths are full, just to stop where you are. And in fact, to drop all of your packages, all of your

attainments, everything you have thought you have grasped, to just drop it. And in a moment of the most pristine, indescribable, depth of silence, it is possible to discover the truth of who you are. Not by gaining any more information, or dividing yourself up into a hundred parts so that you can partake of a hundred different things. But by doing nothing, not by doing doing nothing, because there is also a hundred different ways to do nothing. But by simply being nothing. Not gaining, not attaining, not grasping, not rejecting, just simply in one instant of this lifetime, which is also going by very fast and will be finished very soon, much sooner than you expect, even if you live to be two hundred. The last year will be a shock, how fast it has gone by.

So, to take one moment of this fast life, as we have taken this afternoon, this moment in this place of stillness with all of the buzzing, and frantic, and directions, and wrong directions, and changes, and dead ends, and one way, and not that way, and this way, and all of that going on all around. In the heart of it all, is this space of stillness. And this stillness has nothing to do with information, or even betterment, or even enlightenment. Has nothing to do with any of it. And yet, all of it is trying to get to that. All of the desire for attainment, the desire for enlightenment, the desire for success, or happiness, or even health. Is about trying to get to that space of simple being, being silent.

The problem with all of the activity around that is that the activity covers the space that is here. The space of silence, the depth of silence, the space of simple beingness, and the boundless depth of that. So, I don't have anything in particular to teach you. If you have not learned enough, you can learn enough from many, many excellent people who are happy to teach you. What this appearance in your consciousness is about is really, first of all and finally, to invite you to this space of stillness that is your heart, now. And to state to you that you do not need to be any different from how you are to enter that space. And to encourage you to discover directly for yourself, where that space is, what that space is, who that space is. And in that discovery to accept or to reject the invitation to rest there, to drink there, to be held there. I say to accept or to reject, because you are free to reject it. As you are free to accept it. It is the invitation for the mind to rest in its source, for the soul to rest in God, for the thought to rest in emptiness. I am not suggesting that you cling to that, because if you cling to that, then it is not that but an imitation of it, that your mind in all of its wondrous capacity has simulated. And then you will walk around clinging to nothingness, being a really capital letter Nobody. So, I am not suggesting that. I am suggesting the possibility to accept the invitation for the mind to rest in non-clinging anywhere. And I am inviting us all to use this time together to further clarify that possibility, and that discovery, and that invitation. So, in that, I ask to hear from you.

BARBARA: Right after Gangaji completed this monologue, she invited a woman to come up to speak with her and they continued this conversation about stillness, and I'm going to bring you that recording for next month's podcast. So, be sure to listen to that and in the meantime, if you wanna access all kinds of available materials: recordings, blogs, more podcasts, you can go to the website at gangaji.org, that's gangaji.org. You can also find out how to join Gangaji's online monthly meeting. It's a pleasure and a great privilege for me to be able to share these recordings with you. Thank you for listening. Until next time.