

Gangaji Podcast  
Being Yourself  
Episode 46  
Host Barbara Denempont  
How Will You Liberate the Mind?  
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GANGAJI: Listen, we have these brains, you know, and they, we, they're designed to go over things and sort things and figure things, and that's okay. That's not the problem. You don't have to fix that. You don't have to change that. It's just discovering what's untouched by that.

BARBARA DENEMPONT, HOST: Hello and welcome to *Being Yourself, Self-Inquiry with Gangaji*. My name is Barbara Denempont. I'm very happy to be bringing you another recording from Gangaji's archives.

Today, what I want to share with you is a clip that really reflects what I would call a common or really relatable experience, is that we could, we can have this amazing opening experience and then that is followed by what we might call a "mind attack".

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PARTICIPANT: Good afternoon.

GANGAJI: Good afternoon. How are you? Take a moment. Take a moment and look around. There's a glass of water there if you like. This is your living room. We've shown up in your living room. You somehow invited us all because you have something either you must say or you must ask.

PARTICIPANT: Yeah.

GANGAJI: So, we are here for that.

PARTICIPANT: Yeah, I have a question. I have a sense of being almost in a hall of mirrors these last few months, couple of months probably. Just lots of bliss and joy and opening and that particular version of mirrors, actually, in some ways. But also, a real, a real sense of, of what is and real acceptance there. There's just also this ferocity of mind that is coming up, unlike anything I've ever experienced. I mean it's just phoo [she makes a sound of something going up in flames].

GANGAJI: Everything in you wants liberation.

PARTICIPANT: Yeah.

GANGAJI: Including your mind.

PARTICIPANT: Hmm.

GANGAJI: How will you liberate your- ? It may come raging in but, you know, the mind that you are speaking of is a very primitive creature.

PARTICIPANT: Mm-hm.

GANGAJI: It's rattling its cage.

PARTICIPANT: Yeah.

GANGAJI: How will you let it out?

PARTICIPANT: Yeah. And one of the things that, that I've found myself doing again after twenty years of being away, is being involved in twelve-step programs and, with the serenity prayer. And when the serenity prayer is said, I, I have great joy with that, you know ...

GANGAJI: Beautiful.

PARTICIPANT: I love holding hands and grant me the serenity to accept the things I cannot change, you know, the courage to change the things I can and the wisdom to know the difference. The words themselves have no meaning for me. They have no meaning. "God", the word "God", the word "me", it's just, it doesn't, none of that makes sense and it's so confusing sometimes when I'm in that place and I can feel myself go into that. But the experience of it ...

GANGAJI: What's confusing?

PARTICIPANT: When I try to make sense of it.

GANGAJI: Oh yeah.

PARTICIPANT: The words.

GANGAJI: That's always confusing.

PARTICIPANT: "God," "me." Any, any of that.

GANGAJI: Yeah, that, that is confusing.

PARTICIPANT: Yeah.

GANGAJI: It's intelligent to be confused by these words. They have polar-opposite meanings.

PARTICIPANT: I don't have any sense of having power over anything, really.

GANGAJI: Well, that's maturity.

PARTICIPANT: You know, anything.

GANGAJI: That's maturity.

PARTICIPANT: So, when people are talking about this in the program – I mean, I love the community, I love the love of it, that sharing – but what the hell is that about? I mean ...

GANGAJI: Just as you said, you love the love.

PARTICIPANT: Yeah.

GANGAJI: You love the sharing. The words confuse you. It's why many people go to church. Many people go to church who have, just don't buy into the whole program, but they love the love. They love what's at the core of it. They love what's alive in it.

PARTICIPANT: Mm-hm.

GANGAJI: That's allowed.

PARTICIPANT: Yeah. So, what happens for me then is I go into the meaninglessness. I kind of, that, that grabs hold and then, there's this ...

[talking over each other]

GANGAJI: This is still, still in your mind.

PARTICIPANT: big fear. Yeah the mind, correct...

GANGAJI: That's right.

PARTICIPANT: ... goes into ... and I can see that. It's like that marble, you know.

GANGAJI: Right.

PARTICIPANT: I've got that meaningless marble.

GANGAJI: So, this marble has facets and one of the facets is this ferocity that you're talking about.

PARTICIPANT: Yeah.

GANGAJI: And one is confusion and one is this then nihilistic kind of meaninglessness.

PARTICIPANT: Yeah. And that's all going on. So ...

GANGAJI: And what's under all of it?

PARTICIPANT: (She sighs)

GANGAJI: What's aware of all of it.

PARTICIPANT: Yeah.

GANGAJI: What's present regardless of any of it?

PARTICIPANT: A lot of acceptance is there.

GANGAJI: What's present even when acceptance is not there? What's present when acceptance is present and when resistance is present?

PARTICIPANT: Mm-hm. It's a fear then ...

GANGAJI: When serenity is present or when fear or anguish is present, what is always here?

PARTICIPANT: Nothing.

GANGAJI: And that nothing, is that a nothing-nothing or is that a full, fulfilled nothing? I, I, because "nothing" is a word like "God".

PARTICIPANT: Yeah, yeah, it's ...

GANGAJI: It has to be translated. Yeah.

PARTICIPANT: Yeah, to ...

GANGAJI: In this moment, what is nothing?

PARTICIPANT: It's alive.

GANGAJI: It's alive. So, then the possibility in this lifetime is to recognize that's a source of it all: source of the ferocity, source of the despair, source of the confusion – and the mind can come home. It's a surrender.

PARTICIPANT: Mm-hm.

GANGAJI: Which is, sounds like what you love about the serenity prayer besides the community – it's a surrender.

PARTICIPANT: Mm, yeah.

GANGAJI: And that, is it possible in this moment to just open your mind and surrender to this, this fullness that has already claimed this life? And the, these aspects of mind are attacking or discussing or dismissing just to, to go under them and surrender? In this moment as, as an investigation.

PARTICIPANT: Mm-hm.

GANGAJI: What's the result?

PARTICIPANT: What's the result?

GANGAJI: Uh-huh. What's your experience?

PARTICIPANT: Mm. It's a c-, um sort of a calmness, yeah just a sense ...

GANGAJI: That's right.

PARTICIPANT: ... of steadfastness.

GANGAJI: Then that's spacious. That's yourself.

PARTICIPANT: Mm-hm. Yeah, it's kind of like I feel like a, a grass.

GANGAJI: But ...

PARTICIPANT: I feel like a grass in the wind a little.

GANGAJI: That's a feeling and there's an awareness and there's an image and the awareness of that, is that moving or is that untouched by it? There's the grass moving, there's the emotions moving, there's the mind moving, there's a whole world moving and there's the awareness of all of that.

PARTICIPANT: Mm-hm.

GANGAJI: That's' the spaciousness that the grass is in ...

PARTICIPANT: Yeah.

GANGAJI: That the movement is in.

PARTICIPANT: Mm-hm. Yeah, it's just, it's so fast.

GANGAJI: And what is still and stopped when everything is so fast? What does "so fast" and "so slow" appear in and disappear in and change in? That's the question. That's the inquiry.

PARTICIPANT: Mm-hm, yeah.

GANGAJI: Because it, it seems to me, you're on this brink and then you back up.

PARTICIPANT: Yeah.

GANGAJI: Yeah. That's, I understand that.

PARTICIPANT: Yeah, and it's like I've, I've kind of gone over the edge but now I'm coming back.

GANGAJI: Like the Roadrunner trying to like ...

PARTICIPANT: Yeah.

GANGAJI: ... somehow get some traction and there's no traction to be gotten.

PARTICIPANT: Yeah, I know. It's so duh.

GANGAJI: Yeah.

PARTICIPANT: So, what is this about, you know? It's just ...

GANGAJI: Trying to control.

PARTICIPANT: Yeah!

GANGAJI: You know that.

PARTICIPANT: Then, when will it end?

GANGAJI: Right now.

PARTICIPANT: (She laughs)

GANGAJI: That's the only time it can end – never in the future.

(Participant and audience laugh)

PARTICIPANT: And now, and now and now. Perfect!

GANGAJI: Just now. Just now. You see how quickly?

PARTICIPANT: Yeah.

GANGAJI: That's beautiful! That's beautiful! (Gangaji laughs) Listen, we have these brains, you know, and they, we, they're designed to go over things and sort things and figure things, and that's okay. That's not the problem. You don't have to fix that. You don't have to change that. It's just discovering what's untouched by that.

PARTICIPANT: Mm-hm.

GANGAJI: What's always present: what's before that, what's during that, what's after that. And that can be, you know, a ferocity or it can be a meaninglessness, a despair, a confusion. But this continuity of God, of fulfilment, of Self, of awareness, of stillness – whatever word we put on it – even the words we have to throw away because they get polluted by our sorting them and defining them and putting them in categories as “good” or “bad” or “want that”, “don't want that”. That's the word “nothing” and so we end up with nothing. But, it's not exactly nothing, so throw that word away. (Some laughter) Look at them. Show them this face.

PARTICIPANT: What?

GANGAJI: Yes, we have to share ourselves with each other. Mostly we think that means sharing our problems. But that's not at all what it means. We have to share ourselves. That's what we're hungry to share and that's what's hungered for.

PARTICIPANT: Mm.

GANGAJI: That's what you love about standing in this group, even if you don't accept anything that's being said and your, this is the support group you were taking about, the twelve-step, you love it because, because there's something heartfelt being shared that's true.

PARTICIPANT: Yeah.

GANGAJI: People used to come to Papaji and say, “I have to change my whole life!” And then he said, “Don't change a thing!” You find the truth where you are. It's everywhere. It is the essence of life. (Participant chuckles) See?

PARTICIPANT: Yeah. Thanks.

GANGAJI: It's beautiful. Show them again. They didn't see in this speck's eye. It's a kind of support group. This is a support group for stopping moving your legs. You've already fallen off the ledge.

PARTICIPANT: I know.

GANGAJI: Stop moving your legs and then you just fall.

PARTICIPANT: Yeah.

GANGAJI: You're already over the ledge (Audience laughs) and really ...

PARTICIPANT: I'm like in free fall!

GANGAJI: Yes, so ...

(Talking over each other)

GANGAJI: So, you can actually fight that...

PARTICIPANT: So, like I can actually let go.

GANGAJI: Or you can actually enjoy that. You can let go and it is thrilling.

PARTICIPANT: Yeah.

GANGAJI: Because it's reality. The earth is hurtling through space, you know, falling through space. There's an orbit like there's an orbit to your life and it'll be finished at some time. Give it some time, the orbit of the earth will be finished. But there's no ground. It's space. And you can discover, in your willingness to really let go and stop trying to control the dir-, the direction even, that it's heart space.

PARTICIPANT: So, no control.

GANGAJI: Well, you told me that you have no control.

PARTICIPANT: Yeah.

GANGAJI: So, it's, you already know that. So it's, it's really ...

PARTICIPANT: Do I have a choice not to pick up the marbles?

GANGAJI: Yes.

PARTICIPANT: Okay, so I do have some control.

GANGAJI: You have free will but no control.

PARTICIPANT: Okay.

GANGAJI: So, the control is like the marbles will, maybe all the marbles will roll over at once – let them roll over you. They're imaginary and you're imaginary. And in this imagination, this hall of mirrors, there's appeared this consciousness that recognizes itself as free. That's already appeared in this lifetime and now, you know, there are kinks that are working out and all that, but that consciousness has appeared. Before that, I would say, "No, you have no choice, it's all mechanical. It's just action–reaction." But, once there's this recognition of consciousness, that's free. I don't want to call it free will because that has a certain charge. Let's call it free-willingness. You have free-willingness.

PARTICIPANT: Hm. Lovely.

GANGAJI: Yes. Yes.

PARTICIPANT: We're just like steaming.

GANGAJI: Yes. There's a fire going on. Mm, beautiful.

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BARBARA: I find it so valuable to hear another person's experience in this way. I hope you do too. Now before I go, I want to let you know that Gangaji is going to be holding an open

meeting on June 5<sup>th</sup>, that's Sunday June 5<sup>th</sup> at eleven a.m. Pacific Time. It's an open meeting and so that means you can come really only with just a suggested donation, there's no membership, and we would love to welcome you there. You can find out more, you can get registered at [gangaji.org](http://gangaji.org), that's [gangaji.org](http://gangaji.org). You'll also find lots more clips and podcasts and blogs that are all available to you on the website for your support in this deepening inquiry.

My name is Barbara Denempont. Thank you for listening.

Until next time.