

Gangaji Podcast  
Being Yourself  
Episode 76  
Host Barbara Denempont  
Return to Who You Already Are  
Released November 19, 2024  
[www.gangaji.org](http://www.gangaji.org)

GANGAJI: So mind and thought are beautiful powers that arise in awareness. If the powers are worshipped or if they are hated, then their power grows into a tyranny. You are awareness, not the thought of awareness but the reality of awareness.

BARBARA DENEMPONT, HOST: Hello and welcome to *Being Yourself, Self-Inquiry with Gangaji*. My name is Barbara Denempont.

This month I wrote a piece on the Community Hub about that first meeting with Gangaji and that was back in 1993 in Bolder, Colorado and it was really by accident. A friend of mine had seen a poster and she said, “Do you want to go see this woman talk?” and I said, “Yes, let’s go! I am not doing anything tonight.” Well, that was a huge turning point in my life and there were other turning points that I actually speak about in this article, but that was the first one and it was a complete change in the trajectory of my life. And so I have always talked about my gratitude for that person and those people who not only hosted that event, but put up that poster that day. That you could actually change someone’s life putting up a poster.

I feel the same way about this podcast, you know, that it is like putting up that poster. This opportunity is really the difference between fixing yourself to be happy or to find fulfillment, and just discovering effortlessly that you are fulfillment itself.

So today I am bringing you a monologue that I feel speaks so beautifully to what this essential difference is and what that means for our lives.

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(Excerpted from: A Meeting with Gangaji, April 1, 2000, Mendocino, CA).

I am very happy to be here. Thank you for letting me into your consciousness, to your awareness. Are there people here who have no idea what Gangaji is, or what she has to say? If you will just raise your hand, so I know where to start. Okay, good. It is very brief, really. Then the rest of the time we just spend being with one another, however that appears.

Fundamentally and finally, I have appeared to you because my teacher, Papaji, asked me to bring you the profound and sublime good news that the truth of who you are is always, inherently free. Whether it is recognized or not. Since you **are** this that is always and inherently free, you have the full capacity and opportunity to recognize yourself as that. Most of us have spent most of our lives not recognizing that, and searching for freedom. Searching for it everywhere except where it **always** is. And by freedom, I don't mean freedom from circumstances, I don't mean freedom from emotions, or thoughts, bodies, worlds, realms, levels. I mean freedom that stands alone in its freeness, and excludes nothing. So you could call it God, or Truth, or Love, or Self, it is called different things in different cultures. But always, those that have penetrated the language of the culture, or the conditioning of the culture, realize that it is eternally present. That is what is meant by the omnipresence of God, that it is unchanging, and that it is here. Since it is eternally present, it must be here.

Our confusion, and our lack of recognition, or our denial of this that is always here is based simply on the training we have to follow the thoughts that appear about reality, or to reject the thoughts that appear about reality. But mainly to follow them, as if thought were reality. And in this, we begin to search for ourselves in thought, and when we are feeling good, we think we are good. If we are feeling enlightened, we think we are enlightened. If we are feeling bad, we think we are bad. If we are feeling ignorant, we think we are ignorant. And this thought gives power to feeling that feeling, in itself, does not have. And it comes and goes, this thought and all thoughts. As you know, in a day, in an hour, your thought of who, or how, or what you are can change many times. So the task is to discover, simply, that Awareness never changes. Awareness is always here. It is Awareness that recognizes every thought, that recognizes suppression of thoughts, that recognizes feeling. And finally, that recognizes Itself.

So I have come, as a body thought, into your awareness to point you to the fact that Awareness is always here. And if you will simply be aware of thoughts, you will naturally be aware of what is unchanging. I do not mean be aware of thoughts as being aware of yourself as the one who is being aware of thoughts. That is just another thought. Right? The thought, "I am Awareness" is just another thought. But the awareness of that thought, is unchangeably here. The thought, "I am not aware, I have lost awareness", is just a thought. The Awareness is unchangingly here. And that is the gate, or the opening. That is the, really the beginning and the end of this enchantment through thinking, through the power of thinking. Because we have been put into, individually and collectively, we have been put into a trance, and that trance individually and collectively causes much suffering, enormous suffering. Whether you have led a privileged life or a deprived life, doesn't matter, the suffering is there through this enchantment of the mind.

So I want to be very clear that there is nothing wrong with thought. It is actually, well it is awesome. There is nothing wrong with mind, nothing. If you hold that there is

something wrong with mind or thought, then **this** thought is, "Something wrong with mind, something wrong with thought", then furthers the suffering. So that every time a thought arises, "Oh, there is what is wrong, bad, I shouldn't be thinking, this means I am not enlightened." Or means, "I am doomed, I can't get it, I won't get it", you see one thought spirals into another. That is the nature of suffering.

So mind and thought are beautiful powers that arise in Awareness. If the powers are worshipped or if they are hated, then their power grows into a tyranny. You are Awareness, not the thought of Awareness, but the reality of Awareness. Awareness is free. Awareness is true. Awareness is God. I am not saying your body is God, I want to be very clear about this. It is like, "Whoa, I am God. Okay, I always thought maybe I was. I always wanted to be, so I can fix them, change the weather, or..." So I am not speaking about that. That is megalomania, and that is just more suffering for everybody, individually and collectively. But the Awareness, that is not the property of your mind. The Awareness is not owned by your mind, or your body, or your circumstances. The Awareness that is truly, absolutely Awareness, is God. And in that there is the radiance, the sacredness, the unspeakable depth, immeasurable depth, that is available for your recognition.

When I met my teacher, I was really at my rope's end, which is a good place to be. Because we keep hanging on to this rope, "If I just do this, if I just get that, if I just fell this way." I had had many experiences, up and down, but lots of up experiences. And yet, this nagging thought of who I really was still was the filter that I was experiencing life and myself in other through. When I met Papaji, and I looked into his eyes, I saw the potential to really stop, to let the rope go, to drown, if drowning is what would happen. To die, if dying was to happen. Just to not cling to any rope thought. And from my experience of that meeting and that invitation, I invite you likewise to let go.

People over the years have said, "Yes, yes, that sounds good, but **how**?" And this is a question I have tried to address in many ways. Always saying, "There is no **how**." How is how you hold on. So to **see** how you hold on, is to see what you are thinking. And if you see what you are thinking to let go, then you are still bound, do you understand? Well you will, once you see what you are thinking. Many people do not even have a clue that they are thinking. It is like people have the TV on in the house all day, they do not know the TV is on. Somebody comes in and they go, "Whoa, what a noise, turn the TV off." They say, "What TV?" But if you turn it off, and then it is like, "Ah, space". So the very first step is to see that you are thinking. And these thoughts appear, and they exist for some time, and there are usually thoughts about that thought, and about that thought, and then the ten thousand tangents about that original thought. Just see that, gently without judgement, just see it and you will begin to see quite naturally. There are thoughts that are appropriate, and there are thoughts that are compulsive, obsessive that you have thought trillions of times. Maybe since you were a baby, trillions of times. Let go. See it. Let go. You never have to think that thought again, and if you do, let go. You know these

thoughts very well. They are the dog barking (Audience laughter). But you may not know you know them.

So I am inviting you today, just in our time today, and in particular in between meetings, simply be aware of what you are thinking. Be aware, is it a fresh, insightful, creative, new, appropriate thought, or is it the same old thought? If it is the same old thought, I guarantee you, you can let me know if I am right or wrong. But I guarantee you, it has something to do with survival, meaning food, or money, or place. Something to do with sex, meaning wanting it or not wanting it, or looking at other, or self as sexual object. Or something to do with power, meaning, "What about **me**?" You may also have insightful thoughts about sex, and survival, and power. But definitely, that is where the compulsion is. So just as an experiment today, be aware of what you are thinking. And be aware of what you are thinking about what you are thinking. Okay? Then my work is done. Any questions, especially for the people who have never heard me speak, or know what this is about, let's get to the root of it. Did that make sense? Oh, great. I should keep this tape then.

It is pretty basic, isn't it? The truth is, it is your own experience that you are Awareness. Only we have been trained so thoroughly to look at our thoughts as who we are, that we have overlooked this experience that we are this that is free and unthought, unborn, not subject to thought. So this is, can be spoken of, as a return to what has always been here, who you really are.

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BARBARA: You know, I know that we are actually listening to these recordings individually, but I often feel like when I am putting this together, I feel we are all together in this listening. I feel that there is a timelessness to it, in coming together in support of this self-discovery.

So I thank you for that. And today, I am going to ask for your support. I am going to ask you if you have felt the benefit of Gangaji's invitation, I would love for you to join me in just putting up some more posters. So I invite you to write a review, share the podcast and also to make a donation to the Gangaji foundation. You can do that at [gangaji.org](http://gangaji.org), that's g-a-n-g-a-j-i dot o-r-g.

We created this beautiful *Moments* page that you can visit. I shared my story, there are many other stories of people's turning points, those moments in their life they heard something, something stopped them and the trajectory of their life completely changed.

So I invite you to really enjoy those pages and perhaps even there's a place where you can add your story, add your voice. We would love to see you there, just go to [gangaji.org](http://gangaji.org), again, g-a-n-g-a-j-i dot o-r-g.

I am pretty sure that in this lifetime I am not going to be able to find the words to really fully express my gratitude. I thank you for listening.

My name is Barbara Denempont. Until next time.