

Gangaji Podcast
Being Yourself
Episode 79
Host Barbara Denempont
What a Split Second of Reality Reveals
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GANGAJI: Still the personality that's associated with this body-mind, this fixation, this type, this, the upbringing, the nervous system, all that remained the same. But none of that has ever had an effect on the truth that is inseparable from all of that, and yet free of all of that.

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

Many of us have come to a spiritual search because we had a moment of pure revelation, an experience that's maybe even just a split second long where we felt deeply at peace or free – we felt at home. And then those feelings and the insights that are connected to that moment of just pure awareness, they pass. Then we try to figure out how to get them back, and trying to get them back might become this loop or maze. So I chose this particular exchange because a) I think it is relatable, but also because it demonstrates how a simple moment of inquiry can lead us out of that maze and into discovering, most essentially, what does not come and go.

(Excerpted from: Online Meeting with Gangaji, January 6, 2024)

PARTICIPANT: I have a very, very, very active mind, and I have a lot of anxiety, I get stressed out really easily, and I'm laying in bed, and I'm just, my mind's going, and I'm just like, what if I just... And I think this is more of a mental exercise, but I'm like, it's so much that I'm just like, I'm just going to forget, forget who I am right now. Like, I'm just going to drop, drop all of who I am, and like, I, like a couple times I did this, and it's like this huge weight was lifted off me, and I just felt, it was like, you know, like if you have like one of those weighted blankets that's on you, it felt like a weighted blanket. This came off, and I think, that's the thing I think a lot. I mean, it was so simple, and I'm like, but it wasn't really deep, and I'm like...

GANGAJI: Did you measure it?

PARTICIPANT: I don't know.

GANGAJI: So how do you know it wasn't deep? Maybe it's still here, in that moment of innocent, just forgetting who you think you are, forgetting what you've learned about yourself. Just in that moment, free.

PARTICIPANT: It certainly felt that way.

GANGAJI: Well, I'm saying, is it gone? The feelings, let's say, are gone, because feelings come and go. But in that moment of forgetting to obey a certain persona that you have decided, based on good evidence, I'm sure, that you are, you just stopped obeying it for a moment, and there was freedom. And you experienced, just, I don't know for how long, all that's required is a split second. But in that split second, you experienced weightlessness, or maybe spaciousness.

PARTICIPANT: Emptiness, I don't know if it's emptiness, but it was certainly freeing.

GANGAJI: Freeing, that's beautiful. Let's celebrate that moment. We can continue the conversation about what else, but in this moment, let's just recognize that's a really important moment.

PARTICIPANT: Yeah.

GANGAJI: And it happened in a split second. The split second of just being willing to forget who you think you are. I mean, it was immediate, actually, wasn't it?

PARTICIPANT: Yes, it was.

GANGAJI: So you didn't have to forget who you think you are and then work on getting to something, it was just immediately apparent.

PARTICIPANT: Yeah.

GANGAJI: I should say it is immediately apparent, it is, because it still is, in this moment. Has that that you realized gone anywhere? That freedom? That lightness of being? That unburdened-ness?

PARTICIPANT: Well, I mean in all honesty, it just all comes back, like on me it feels like.

GANGAJI: Okay, it all came back, but did that go away? You have to check this to see. Because I storyline when we, all the stuff comes back, the self-definitions, the karma of what we have done and thought, when all of that comes back, we often neglect to see, but what is still here, that was revealed in that moment? If you just take this moment to check, is the lightness of being still present?

PARTICIPANT: Don't even know what that is in this moment, if that makes any sense.

GANGAJI: Just, just right, whatever you say, whatever is revealed, really there are no correct answers here. Is the lightness of being, when you look, when you inquire, still present, even though all the rest has come back?

PARTICIPANT: It's like I'm thinking about it, I don't want to think about it.

GANGAJI: Well you see that that's, thinking about it is a dead end, so you know it's not there. But you had a moment where this preciousness was revealed, and Papaji said, "It takes one twelfth of a second for that, and then your life is never the same." Normally we have these moments of true revelation, and since they are connected with an emotion or an insight, and that emotion or that insight passes, because they are subject to passing, we overlook what doesn't come and go. There was a moment for you when all of what can go went, and what was revealed was this, I mean we're calling it lightness of being, but it's, it's not limited by anything we name it. I'm saying that's still here, and I'm inviting you to, to check and see. Regardless of what you're feeling, or thinking, like not emotional, not definable, but underneath everything, inside the depths of your being, closer than your personality or your history, closer than who you think you are.

PARTICIPANT: It's like I know that's true, I know that's true.

GANGAJI: How do you know that's true?

PARTICIPANT: I don't know.

GANGAJI: Oh that's good, good for you. You know that you know without, without having authority. It's not that you read it somewhere, it's not that you, but it is that you experienced it, and in that moment your experience was in alignment with what you know without knowing how you know. And that's a beautiful experience, but experiences are subject to coming and going. What I'm in your life for, and in particular in this moment, is to point your attention to what is always here. So when the old stuff comes back, the new stuff comes in, what remains stable, present? I'm really asking you who, who you are.

PARTICIPANT: Like, I know that, like I really do, like I know that with like everything in me that that is true, and yet I get lost, and I do get lost in the weeds, and in this moment I think I'm like a little anxious, so it's my brain is kind of going.

GANGAJI: But you said, and I believe you, because you said it with deep conviction, I know that. So I'm not asking you to prove that. I'm just asking you, you know the way home, or maybe you don't remember the way home right now, you're in a maze, and you don't remember the way home, but you know that home is home, you know that. So you can rest at that, even if you don't know the way out of the maze. Yes.

PARTICIPANT: Okay.

GANGAJI: Because many of us are born in mazes, and live in mazes, and we never get a taste of what it means to work our way through the maze up, and be home. But you have tasted that, and that's why Papaji sent me, to confirm that in you. Not to give you a taste of that, although sometimes our conversations can generate that

taste, but to really confirm that that experience, however brief, I mean he said one twelfth of a second is enough. That that has revealed itself to you.

PARTICIPANT: Yeah.

GANGAJI: Yes, and regardless of what you are feeling, or thinking, or acting, you can be true to that, without being able to capture it, or even define it. Just, you can surrender to that, you can open your arms to that. You can say yes, to your own self.

PARTICIPANT: It is what I really want to live from.

GANGAJI: What do you think you live from?

PARTICIPANT: A lot of dysfunctional patterns and...

GANGAJI: Okay, let's say you're dysfunctional, let's say you're neurotic, let's say you're traumatic, let's say you're a lot of work, let's say whatever it is that perhaps has been said, or has been realized, recognized, but all of that are the waves on the surface. What's in the depth? Some parts of the ocean have a lot of waves, most parts of the ocean have a lot of waves, but in the depths, yes, this is what's undeniable. That doesn't mean you won't have a dysfunctional personality in the next hour. I don't know, maybe your personality will totally be in alignment with this, maybe not, it doesn't matter. What matters is that you recognize what is real. And what is real is what doesn't come and go. If it comes and goes, it's not real, it's subject to change. It can be made better, it can be made worse. But what is, as it is, always here. This is the inquiry that I invite you to, to just make a part of your life.

PARTICIPANT: Underneath, I mean, you know, deep, deep in there is...

GANGAJI: Yes, yes, and then, then what is the distance between here and there? Really. That's right. That's right. That's where we meet.

Before I met Papaji, I had several serious spiritual practices, and they were beautiful, and I would never talk negatively about them, but none of them had actually pointed me into what is already here. Those practices were all about attaining something or getting rid of something, both attaining and getting rid of, so that I could be something better than I was. And since I thought I needed to be much better than I was, I embraced those practices, and they were useful for me. I mean, I still do breathing and meditation practice, because it's really good for my body and my nervous system.

But it was not until I met Papaji, not until I had been, even though I was still practicing, but I was disillusioned with myself, not the practice, but with myself doing the practice, that I just seemed to be spinning my wheels. And I prayed for a teacher who could set me free of that, I just, I thought, get me unstuck, so I could do a better practice, so I could go to the next level. And when I met Papaji, he said, "Stop, stop doing anything." And that terrified me, because I didn't want to become the person that I was at the beginning of my practices. I thought my practices had helped me quite a lot, they had calmed my nervous system, they had made me more thoughtful, more present to what was happening. But I recognized that the reason I was with

him was because I was unsatisfied with how far away what the practices' promise seemed to be. I mean, it didn't even seem to be a promise for this lifetime, some future lifetime. So they were about the future.

I'm not saying that about your practices, I don't know what your relationship is to your practices, it's not my business, really. But that's how I came to Papaji, and when he said, "Stop everything," I had to stop reaching for a future, and stop running from a past. And in that moment I was afraid, I was afraid the past would catch up with me, and the future would be out of sight, impossible. But I recognized also that I had prayed for a teacher or a teaching that could get me unstuck, that could show me what I hadn't seen, or hadn't been able to consistently see, because I definitely had had flashes of it as all of you have. And he said, "Stop, be still, don't do anything. Tell the truth about what comes and goes, and what is always here. Make the distinction of what comes and goes, and what is always here." And so once I was able to be afraid of losing my future and my past catching me, able to just open in that and really stop, it was and it is obvious, it's so obvious that we have overlooked it most of our lives. And in the overlooking of it, we suffer. And that suffering brings us different places, brings us to ambition, or brings us to self-hatred, brings us to practices. And ambition and self-hatred finally can reveal their limit. And for me, my practice had to reveal its limit. Not as a practice, but for what I wanted it to give me. I had to stop that. I had to be willing to stop everything, and to discover what is actually here. I was afraid to discover what was actually here, but I was encouraged by this being that I recognized as a true teacher.

And so I was able to just be still, and stay conscious, and tell the truth, what is here, that has always been here in this lifetime. And instantly, there is release, and rest, and the welcome home. So when he sent me out to meet you, he wanted me to recognize you, and confirm you, and encourage you to be true to what has already appeared in your lifetime, in some way, some moment, some period of time, connected or not connected with a practice, or an event, a loss, or a gain, to confirm that that was the glimpse. And that that glimpse of what is real, meaning what is always here, is still pointing homeward. And that you have full capacity to say yes to yourself, to the truth of yourself. You don't have to do anything. You have to stop saying no. You have to be willing to recognize what has always been here. For me, it felt like it was in the background, but in that moment of acknowledging, oh, of course, always here. Recognize it as the foreground, the background, the surround. It's in everything. It didn't mean that my personality got immediately better, or ever better. Still the personality that's associated with this body-mind, this fixation, this type, this, the upbringing, the nervous system, all that remained the same. But none of that has ever had an effect on the truth that is inseparable from all of that, and yet free of all of that.

So we have appeared in each other's lives, that you may receive this confirmation, or that you may recognize that you have the capacity to, for a moment, stop and inquire. What comes and goes? Yes, some things go that we want to keep, some things come that we don't want to come, but what comes and goes? And what is always here? And the way we get into that, in a natural way, is through these conversations. Because this is not separate from your relative life, it's bigger than your relative life, it's truer than your relative life, but it's not separate from it. So you don't need to become an Easterner if you're a Westerner, or a Westerner if you're an

Easterner. You don't need to believe a certain thing, or disbelieve a certain thing, you just need to tell the truth, and receive your confirmation.

BARBARA: The simplicity is absolutely astounding: the simplicity of simply confirming you already know the truth is you are just willing to tell the truth.

So, I hope this podcast has been of incredible benefit to you. Be sure to share it with others, you can write a review, and you can also come to the Gangaji website, that's gangaji.org, g-a-n-g-a-j-i dot o-r-g.

There's just a tremendous amount of resources. You can join the monthly gatherings that are this beautiful global community of people coming together to meet with Gangaji live and be on the forum and there's a beautiful library of content materials that are available. And we just added a new piece to that which is called *When Trauma Becomes the Call Home*. It's a new audio download that you get as a member. You can also purchase it in the online store - go to Gangaji.org.

It is always my deepest most precious opportunity to be with you in this way. Thank you for listening. My name is Barbara Denempont. Until next time.