

Gangaji Podcast  
Being Yourself  
Episode 82  
Host Barbara Denempont  
The Longing Is Your Ally  
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BARBARA DENEMPONT, HOST: Hello and welcome to Being Yourself, Self-Inquiry with Gangaji. My name is Barbara Denempont.

If you are listening to this podcast, I suspect that you and I, and many thousands of others listening, share a particular and really important experience. At some point in our lives, we felt a longing: a longing perhaps for a deeper truth, or for freedom, or resolution. So that's what we are going to dive into today with this podcast—the longing—and what it reveals when we meet it directly.

I am going to start with a very tender dialogue that is very full of tears and lots of laughter, too, and then that's followed by Gangaji reflecting on the exchange the very next day. These recordings were taken from recordings held in Western Australia back in 1999. In fact, in the day, they put up these huge tents to hold the meetings in. So, you might actually hear the wind blowing through the tent. But the message is coming through loud and clear.

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(Excerpted from: A Meeting with Gangaji, Denmark, Australia, March 23, 1999)

PARTICIPANT: I have had a lot of trouble with my body.

GANGAJI: Well, sit back and relax. Just relax. The body, itself, is trouble, is what Papaji says.

(Audience laughter)

PARTICIPANT: And since I got sick, six years ago, I have had much negativity.

GANGAJI: Yes.

PARTICIPANT: I felt positivity, felt a love, felt a joy.

GANGAJI: Yes, and now you feel negativity? That is not what I saw. I think you are lying. (Laughter.) That is not what I saw, seeing. When I looked out. I don't mean to trivialize, or deny the suffering of the body.

PARTICIPANT: It is like heavy weather.

GANGAJI: Heavy weather, yes. Yes, and some places have more heavy weather than others.

PARTICIPANT: And I want the blue sky back.

GANGAJI: Yes, but you can only want the blue sky back, if you imagine that the heavy weather is between you and the blue sky.

PARTICIPANT: I do.

GANGAJI: So if you are **here** and the blue sky is **there**, in this heavy weather, yes. But you see, that which is **here**, and there is a heavy weather in the blue sky, is an entity that is made up in your mind, that you call "you".

PARTICIPANT: I see it.

GANGAJI: Good.

PARTICIPANT: It is quite solid.

GANGAJI: Really? It didn't look solid to me when you held it up. You are hallucinating. That is a rampant disease. Everyone has this disease. So the cure for this hallucination, is to investigate. Is there really something here? Yes, you find yourself laughing. You know, there is a...

(She laughs.)

GANGAJI: There is that, that speaks for itself.

PARTICIPANT: I just feel so good when it is not there, when the body is clear, and the mind is clear, and the emotional...

GANGAJI: Yes, that's right. That is a beautiful, good feeling when there is alignment body, emotion, blue sky. But, as you know, weather fronts do come in, and they leave. So, blue sky comes in, and it leaves. Weather comes in, and it leaves. But what doesn't come in and leave? This is closer than your body. Closer than your bad health or good health.

PARTICIPANT: I want it empty.

GANGAJI: You want it empty, well that is close. That is close. So what is it that you want empty?

PARTICIPANT: The thing that is empty.

GANGAJI: The thing that is empty. Yes, I see why you are laughing.

PARTICIPANT: You know what I mean.

GANGAJI: I do know what you mean, I am laughing with you. This is the joke. This is the really, this is it. If you hear this, you can hear yourself speaking here. When you are laughing, **really** laughing, what is wanted? That's right. And when nothing is wanted, you are laughing. They work together. There have been such inspiring stories of people throughout time, under the worst circumstances — Circumstances of torture, circumstances of long suffering, physical suffering, emotional suffering. And at the core of that, this laughter of love. Laughter at the emptiness of it.

(Sobbing.)

GANGAJI: What is that?

PARTICIPANT: It is just longing.

GANGAJI: Longing. Longing is just as beautiful as laughter. Just as beautiful. It is just the other side of laughter. If you...

PARTICIPANT: Yeahhhhh.

GANGAJI: You see. That's right.

PARTICIPANT: The longing feels that it comes from missing.

GANGAJI: It doesn't matter. Doesn't matter. If the longing is there, and you are willing to stop telling yourself a story **about** what will satisfy that longing. You just **surrender** to the longing, then longing is laughter. It **is** missing something. It is a, it is a clue, or it is a bell, saying, "missing, missing." And **yes**, there is huge longing in missing. And most people spend their lives denying that longing, or trying to satisfy with some worldly, or spiritual **thing**. But to surrender to the longing! Oh yes, the longing is divine. I would never, ever, suggest that you get rid of the longing. **Meet** the longing, fall into the longing, and you are laughing, laughing, laughing. The longing is your best friend. It is your ally, and how often have we pushed that ally away? Because, "It shouldn't be here". It means that, "I know shouldn't be missing something." It is like, "Oh, a sign. There is some sense of missing." But without bothering to analyze it, just fall into the longing. And then you will discover there is, the longing resolves itself. The longing carries you to the core. If you are **longing**, and you think you are longing for a perfect body, or a restored health, and there is nothing wrong with a perfect body, or restored health. Or praying for a perfect body, or restored health, but if you pray for those and overlook the longing, you think the longing is **about** those, then you should talk to some people who have great health, and perfect bodies. Just have a conversation with them. And you will see, they too are longing. Now they are longing for the perfect soul-mate, or the perfect situation, so I send those to the people who have perfect soul-mates, perfect situations. They too are longing. So, finally, you call off the search. You stop trying to satisfy this longing with some **thing**.

And the longing is huge. It has been here for eons. Let it have you. Give up this struggle against this longing, or to get it out of the way because it is bothering your

routine. Let it have you, it is divine. It is a messenger saying, "Come home, come here." So home can be revealed here.

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(Excerpted from: A Meeting with Gangaji, *Honoring the Flame of Truth*, Denmark, Australia, March 24, 1999)

GANGAJI: At some point in a blessed life there arises the desire for truth, real Truth. Not just my truth, but **real** Truth, final, lasting, eternal Truth, and we give that many names. We call it God, or Truth, or Enlightenment, or Self. But we discover, it is what we want, "I want that". This does not happen for everyone. It is a mystery who this desire chooses to appear in. But it must have appeared in everyone here, to one degree or another. For some maybe it is just a, "Well, I would **like** that." And for others it is, "I **want** that with all of my life, with all of my being. I must have that." And with this desire, then we take what we have learned from the time we are children till now, and we apply those techniques to getting Truth, or God. And we fail, and then we apply another version. "Well, I learned how to get what I want in reading, or in becoming good at a sport, or a musical instrument, I will use that learning here." And we fail, and we fail, and we fail. And then there is a kind of regressing back to the very simple yelling, where all the sophisticated techniques had been seen to be useless in this desire, spiritual desire. And we yell, and we yell a prayer, "Help me. Feed me. Take me. Show me." That is close, but even that doesn't work, because usually we are so interested in our yelling that we neglect to see that what we yell for is already here. We are so interested in it looking a certain way, or feeling a certain way, or invoking one more experience, that we overlook it. And we begin searching again, "Well, the yelling didn't work, now I will try something else."

And this is called cycle of reincarnation. That is all, it has nothing to do with you being the Queen of Egypt, or King of Rome, nothing to do with that. It is this cycle, daily cycle, monthly cycle, yearly cycle, the whole lifetime of cycling in and out, and in and out. And failing, and failing, and failing, getting glimpses. Oh yes, there are beautiful glimpses all of the way through, moments of exquisite joy, and union, and understanding, and wisdom. But the moment that that experience is not there, we begin yelling again, or searching again, or trying again. Isn't this so? Isn't this everybody's experience? Are you in the right room here?

So last night when I spoke of my teacher's radical, really radical, not just, "Oh yeah, I will call off the search, and the I will search some more." Really radical teaching. Call off the search. Give it up. And then your techniques, what use are they? Doesn't mean to give up the desire for Truth, it means to call off the searching for that. To call off relying on the **mind** to orchestrate how Truth will be revealed. It means to give up your arrogance in that **you** will somehow **find** or locate truth, and bring it to yourself. All of this is based on a lie. The lie is that you are separate from Truth. The lie is that you are separate from God. That you are separate from Enlightenment, that you are separate from Self. And that lie is believed very strongly, and that belief creates further experiences of the lie over, and over, and over. Until one day you recognize that all of the yelling, all of the searching, all of the figuring out, all of the gathering of more and more experiences, all of that still leaves you with attention on the search whether than on what is and has been always here.

So it is truly a blessed and divine moment in a lifetime, when the desire for Truth appears. The tragedy of most lifetimes is that desire is then translated into some mental action of how to get Truth, or get more of Truth, or get rid of obstructions to Truth. And that mental action is worshipped, rather than Truth. That mental action is prayed to, is relied on more than Truth. The desire for Truth is like a woman who was speaking up here yesterday, oh I saw her earlier, it is the longing. The desire for Truth is the longing that you feel in your heart. The mental relationship with that are all of the things that you throw at that longing to try to get it to go away. Because it is bothering you, because it is so strong, because it won't be satisfied with anything except pure authenticity, pure being. If you are willing to stop throwing things at it, to stop searching escape from the longing, to stop searching escape from the desire. The longing, the desire, same thing, reveals its own consummation. When the mind says, "Go here, do this, now try this, now go here, now do this, now, now try this", and you refuse to listen.

When you realize that time, after time, after time you have gone here, tried this; gone there, tried this; gone here, tried this, and now you are hearing from some woman, from some man, from the earth itself, "Simply be still. Stop everything. Stop searching." With all of your justifications, all of your excuses, stop. Then what power does the mind have? In a millisecond of stopping, the mind is seen for what it is. In that same millisecond the presence of God, of Truth, of Enlightenment, is recognized.

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BARBARA:

What a beautiful recognition to see that it's actually the longing that brings you home. I feel so grateful to be able to bring you these recordings.

I also want to mention a new recording today. It's called *Finding Home*. Gangaji and Hillary Larson, who did the first podcasts at the Gangaji Foundation, they have spent the last year and a half creating a six-part audio documentary about Gangaji's life. But not only about her life, also the realizations, the epiphanies and the experiences that put her on the path to discovering freedom and meeting Papaji, and everything that came from that.

I think it's this opportunity for all of us to reflect on our lives as teaching stories. It's available in the Media Library, the With Gangaji Media Library. You can find that on the website [gangaji.org](http://gangaji.org), that's g-a-n-g-a-j-i dot o-r-g. There's some trailers you can check it out as well as lot of additional content and other podcasts that are there for you – there for your spiritual inquiry.

I thank you for listening. My name is Barbara Denempont. Until next time.