

Gangaji Podcast
Being Yourself
Episode 83
Host Barbara Denempont
The Lie that Keeps You Searching
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GANGAJI: Just as you are right now, you present yourself fully, nakedly with all of your imperfections and no hope of cleaning them up. And see what welcomes that as you are.

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

I love it when I go into the archives and I find a piece that not only addresses a central or serious spiritual challenge, but at the same time, it is both filled with joy and so much laughter. And that's what I have for you this month.

In this recording Gangaji is actually reading a letter from one of the participants of a retreat and he is asking about this deep-seated desire to improve himself, to perfect himself. I think we can all relate to that. We might call it something else. Maybe we would call it wanting to be enough, or wanting to be worthy, or purified, or transcendent, but I think we can all relate to that desire for self-improvement. And what Gangaji is offering here is this opportunity to stop and see what is already whole, already complete.

(Excerpted from: A Meeting with Gangaji, Peacock Gap Intensive, San Rafael, CA, February 20, 2000.

(Gangaji reads)

GANGAJI: *Dear Gangaji. I write finally with clarity, without the need to show off, to impress without the desire to be attended to. Just a simple clarity. I notice, experience full being ecstasy when I see someone crack open, when the "aha" shines from their face, when their tears leak the truth that has been bottled so long. I simultaneously experience the "aha", the tears, the now-ness. I have experienced these moments in my own heart too, so many now that it seems normal. And it is this normalcy that I wonder about. When I stop, am I stopping too soon? I always have the feeling that there must be just one more hidden attachment or contraction to notice...*

Well, that is the hidden attachment, "There must be one more!"—that is the hidden attachment.

(Gangaji continues to read)

...to unburden my heart from. I am like a dog looking for that last morsel of food that rolled under the refrigerator out of reach, but well within smell.

So then there is really, you have had the experience, you see the play of the mind, and in the play of the mind gives this scent of more nourishment. That is when, are you willing to stop. Right there, to die. Because that is what this is about. "Well, I just need to get a little more something so that I do not die in this stopping." I mean, I do not want to stop until I have all of my goods handled, although, of course, it is in the language that we speak, so it has to do with unburdening, and so forth. But you have to see through the wiliness of the mind. It is still a postponement of stopping, it is a postponement of death. And you can spend your whole life like that. Having been graced with exquisite moments of truth, and then getting on with the business of accumulation. Right?

If I can just get that one last tidbit of untruth, then I can rest.

There is always more untruth. You get that one last tidbit, it will only make you hungry for the next last tidbit. Haven't you had enough of the lies? Haven't you had enough of untruth? What is the point when you say stop? This is such trap of the mind. This is a psychological sophistication, this trap of the mind, "Well, I am sure I have to clean up a little more. So best not to stop now." Stop and die, that is what it is about. Stop and die, imperfect as you are. Without any hope of being cleaned up and shiny and presented to God as some pure vessel. Just as you are right now, you present yourself fully, nakedly with all of your imperfections and no hope of cleaning them up. And see what is, what welcomes that as you are. Not as you will be, if you just follow this little morsel, this stink under the refrigerator.

But not even then, because there is always another dinner and another missed morsel keeping my attention, distracting me from the joy of the present moment of play.

There it all is.

It just feels like...

Here we go again.

...there is something that I must be missing.

You see, here we go. This is the rebirth now. So if it feels like that, feel like that fully and completely, miss the boat. Missing it all. You **are** missing it, it is true. When there is this feeling, "I am missing", that is right. That feeling is a divine feeling, it is like the pain the young man spoke of who was up here earlier. But our tendency is to get rid of that *feeling*. So we find one little bit of morsel, spiritual morsel, in this case, one little way to clean up the act a little better so that we will be ready to stop next time. If

you are feeling that you are missing something, recognize, "I am missing something." And **be** that missing fully and completely. Be the pain of that, the horror of that, the self-betrayal of that, the lie of that. All of the spiritual and psychological maneuvering around that is a way to escape that. But as you quite clearly see, you may sense or feel that you are escaping in the moment because you take the morsel, and there is some alleviation of the hunger. But it arises, it will haunt you until you meet it, and be glad it will haunt you until you meet it. Be glad that you have not fully learned how to deny. This is the pain of anything less than full self-recognition. And it is quite reliable. Well, here it is:

I feel like I must be absolutely clean sometimes, before I can present this "who I am-ness" to the world.

"Who I am-ness" is **nothing**. It is not clean. It is not dirty, and it is not clean. So when you are **thinking**, "I have to be absolutely clean before I can present this "Who I am-ness" to the world", you are still thinking of this object called "**you**". "This is now **me**, as who I am-ness." This is the big thought. The thought "I am-ness". You are not who you think you are. Whether that is "I am not-ness", or "I am-ness." Do you get this? Good.

There seems to be a shadow and veil separating me from me.

Yes, it is. And that shadow and that veil is this lie, "I am separated from me." That is the shadow, that is the veil. Dive into it and see how think it is. *And I spend much of my time looking for confirmation of my separation in the world.* That is right, and you will find it.

Looking for a wink, or a twitch, or a glance that will confirm this doubt that I am not here yet.

That is right, you are not here yet, because **you** do not exist. You, who you are thinking, has to get somewhere, does not exist. It is a thought in your mind. It will never get there. It will never get there. If you can appreciate the pain of that, the frustration of that, the absurdity of that, you can die to that. It is not about you getting somewhere, it is not about you becoming clean, or you becoming the "I am That". That you, does not exist. It is a thought, it is made up, it is illusion. Investigate it for yourself and see, that is what self-inquiry is. Rather than continuing this pursuit of satisfaction for this made up you, now it is like.... There is some comic strip that has a little robot dog in it, I can't remember. Mutts, maybe. Yes, has a little robot dog, and all of the other dogs are like really upset because this robot dog does everything that dogs do, except it is no problem. So, they are feeling a little threatened, you know. This is what is wanted here. It is like, "This messy image of me, I do not like. I want this squeaky-clean image of me." They are both just images. The clean and the messy, both just images, both made up in the mind to keep the mind entertaining, spinning, weaving, moving, defecting, imagining.

The stop has nothing to do with, stop so that you will get clean. Stop, so that you wake up. Stop, so that you can see that who you think you are, you are not. Stop so you can see that when the thoughts of who you are stop, you remain. You do not need thoughts of who you are, to **be**. Whether the latest thought is squeaky clean, or

filthy dirty. Neither are needed. You exist independently from any thought. No thought exists independently from You. Every thought needs You for its thought. But You exist independently of any thought. That is clear, isn't it?

It feels like I need a push, or a crack, or maybe just someone to move the refrigerator.

Yes, or open the refrigerator, or just like put in an IV tube of food, food, food. You can do affirmations, you know, "I am great, I am great, I am great, I am fine, I am fine, I am fine, I am That, I am That, I am That, I am That." (Gangaji snaps her fingers.) That is what it becomes. It becomes the latest pop thing now in the spiritual world. That is why the smartest teachers never speak. You just got a dumb one, I am sorry. Must be the luck of the draw, or something. Oh, gosh. Well finally. This is, I should know better than to read all of this stuff. Should have gone right to the end of the letter, because that is what we want to hear first, and then...

It feels like I need a push, or a crack, or maybe just someone to move the refrigerator. And now as I write this, I leap into the possibility that I am That. That I am Doubtless Truth. What if I am? What then? I stop without doing the stopping, I wait, I stop, I be, I rest. No drama, no ecstasy, no reward, just this.

That is what keeps me going, you see. This is my morsel under the refrigerator. You are my latent tendency.

(Gangaji and audience laugh)

It is very useful, isn't it? Even the rotten morsels turn out to be nectar when they are fully tasted all the way.

BARBARA:

Well, I guess I need to thank God for latent tendencies because Gangaji was the first and only person in my life, on my spiritual path, who simply said "Stop" and of course, that was the seminal moment in my life.

So, I hope this podcast has been of benefit to you. I have certainly loved bringing it to you and I want to encourage you to go to the Gangaji website: gangaji.org, that's g-a-n-g-a-j-i dot o-r-g. It's replete with all kinds of wonderful resources. I invite you to go there and, in particular, I want you to check out the new episode of *Finding Home*.

Finding Home is this new six-part audio series about Gangaji's life. It's a collaboration between Gangaji and Hillary Larson and, honestly, it's extra-ordinary. Everybody who has listened to the series so far has given us great feedback. And this next episode is called *A Longing for Freedom* and it documents the time in Gangaji's life where she is leaving home to go to Old Miss, the university of Mississippi, and it's right in the midst of the Civil Rights Movement so it is a very powerful teaching story. So, I hope you check that out in the With Gangaji Media Library.

Now just let me simply say thank you. Thank you for listening. My name is Barbara Denempont. Until next time.