

Gangaji Podcast
Being Yourself
Episode 88
Host Barbara Denempont
The Surrender to Love One Another
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GANGAJI: The real challenge is to include all, every aspect of yourself, even the aspect that hates can be loved.

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

The piece that I selected from the archives was actually taken from the very beginning of a retreat and there is a way that, as you listen, I invite you to just imagine yourself in a different kind of room, one that reaches across the globe maybe, through the ethers. Because there is something about how and why we come together. And I found this piece just pierced through to the heart of that, to the simplicity of why we are here, why we are present for this invitation. Not as an ideal or aspiration, but really as an immediate discovery, a living recognition of yourself as love itself.

(Excerpted from: Marin County Weekend (AM), Marin County, CA, May 11, 2005)

GANGAJI: Somebody gave me a little picture of Papaji some years ago in a nice little Santa Fe type frame, and they had cut out a little, just taken a sentence out of something he had said some time. He said, he said the whole range of everything, but this really went with this particular picture, and it was, "We are here to love one another." And I loved it, you know, I mean, it's sweet and it's deep and it's profound and it's immediate.

Sometimes when the words "truth" and "freedom" and "enlightenment" are used, they get very abstract and cool. But we are here to love one another, this is like, "Woah, there is nothing cool about that." There can be enormous overlays, the judgment, given the fact that we don't love one another. And the striving to somehow get to that place of loving one another, until finally it's really the surrender, the surrender to love one another, which is the truth, which really is freedom, regardless of the form of relationships that appear in that love. Even the form of enemies, form of disagreements, form of contraction, even that is appearing in this call within us to love one another. Not to just love one. I also love that part of the little quote, not we are here to love one, or we are here to love oneself, or we are here to love all. We are here to love one another. Nothing is excluded in that. Duality is not excluded, non-duality is not excluded, everything is included.

And so here in a weekend like this where we are really called to be here, to get something from it, to give something to it, we have the opportunity to discover the ongoing-ness of really the loving one another that's here. That may be covered, is usually covered, by conditioning, animal conditioning, human conditioning, social conditioning, political conditioning, spiritual conditioning, the worst of all (audience laughter). Because in that you hate yourself, you exclude one self.

So our conversations can take any range of subjects, but really in the realization of truth, in the recognition of freedom, in the doubtless recognition of oneself, that is here to love one another. And that's the challenge. There are many, many instances or experiences or moments of clarity and realization and truth. Everyone knows in this room at least, following that there is the struggle of the mind to hold and keep that to use against one another. And so our initial opening, our initial true, essential experience is both the ending and the beginning. And the ending is really the ending of identifying yourself as anything. And the beginning of recognizing how much you identify yourself as something. That's the vigilance. But because it is horrifying to recognize how much we identify ourselves as something, it is horrifying and shocking and numbing. The greatest tendency of all is just to put that "another" aside and return to an altruistic view of oneself, and so loving oneself excluding another. So the real challenge is to include all, every aspect of yourself, even the aspect that hates can be loved. Because who you are is more than the sum of your parts.

Often this issue of choice and choicelessness or this discussion of choice and choicelessness appears, but I say this is my last word on the discussion of choice and choicelessness, for now. Let's assume that we have no choice about what appears, mentally, physically, emotionally, circumstantially, no choice. That's all from some past, choice or choicelessness. Where there is choice, where there is freedom, where there is free will, is in the response to what appears. And we don't want to hear that. We don't want that responsibility, because that means we have to tell the truth about the choice we just made. And the truth can hurt, the truth can be hard, but it's the truth that liberates and reveals the love that's underneath it and the hate that's on top.

So let's open this weekend recognizing that we are gathered here in love, that's the truth of the matter, and it is an all-encompassing love. It is deep beyond measure and it allows the most superficial, has no problem with superficiality. It is beyond the comprehension of the mind, and it has no problem with the mind. It is more profound than any emotion and all emotions are welcome. It's the truth of one another, which is oneself.

So to really recognize we are here, beginning in love then there is really nowhere to go but here. And when there is really nowhere to go, whatever else is here can be welcomed and examined and released here. If you are here to get someplace, then you are hoping that that someplace will give you something that here can't deliver. But to just be here in love, to feel it, to recognize it, to not feel it, to be it, to let it in, to recognize the keeping it out, all of that is included. Then the discovery that's made has never been articulated by any saint, by any sage, by any mind stream, never been articulated, cannot be articulated. And likewise, of course, all our articulation is some divine struggle to get to that pure articulation.

So may our conversations and our time together be given to that. May we give our lives to that. May we give our time together that all being, everywhere, internal and external be recognized as included in the love for one another. Amen. Amen, and hallelujah, om shanti, and namaste, and hi, how are you? All of it. So good to see you, really good to see you. Good to be seen too, isn't it? Have you looked around the room? Let's look around the room before we start, let's see who showed up this weekend, because each person here has something to give to the whole, and to give to each other, that's the truth, whether it is spoken up here or never spoken or felt or never felt, it's all secondary. Just the very presence in the room, the commitment, however that is articulated in the mind, the initial intention, however long that's been directing the life, that's all here for us all. And more, of course, it goes way beyond this room, but the intensity of gathering in the room is precious, precious experience, that serves us all. So I thank you for being here. I welcome you being here, and I recognize you being here.

BARBARA:

You know, normally right now, as you can hear the music is there and I would fade up, I would share a few words with you but I am actually going to let the music fade out for this moment because I want to take some time to just give you a sense of how big the room actually is, who else is here with you — not by their name but by the name of their country. It's going to take a moment but I encourage you to take this extra time to listen, to really take it in. I personally find it so moving and I thank everyone who supports the *Being Yourself* podcast and all of Gangaji's podcasts by sharing them and funding them, and just sending out this message of peace to the world, to you, to me and to the hearts that are living in so many different places. It's astounding.

So, let's just take this moment:

Afghanistan
Aland Islands
Albania
Algeria
Andorra
Angola
Anguilla
Antigua and Barbuda
Argentina
Armenia
Aruba
Australia
Austria
Azerbaijan
Bahamas
Bahrain
Bangladesh

Barbados
Belarus
Belgium
Belize
Bermuda
Bhutan
Bolivia
Bonaire
Bosnia
Botswana
Brazil
Brunei
Bulgaria
Capo Verde
Cambodia
Cameroon
Canada
Cayman Islands
Chile
China
Colombia
Congo
Costa Rica
Croatia
Cuba
Curacao
Cyprus
Czech Republic
Denmark
Dominica
Dominican Republic
East Timor
Ecuador
Egypt
El Salvador
Eritrea
Estonia
Eswatini
Ethiopia
Falkland Islands
Fareo Islands
Fiji
Finland
France
French Polynesia
Gabon
Gambia
Georgia
Germany
Ghana

Gibraltar
Greece
Greenland
Grenada
Guatalupe
Guatemala
Guernsey
Guyana
Haiti
Honduras
Hong Kong
Hungary
Iceland
India
Indonesia
Iran
Iraq
Ireland
Isle of Man
Israel
Italy
Ivory Coast
Jamaica
Japan
Jersey
Jordan
Kazakhstan
Kenya
Kuwait
Kyrgyzstan
Laos
Latvia
Lebanon
Lesotho
Liberia
Liechtenstein
Luxembourg
Macau
Macedonia
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Malawi
Malaysia
Maldives
Mali
Malta
Martinique
Mauritius
Mexico
Monaco
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Montenegro
Morocco
Mozambique
Myanmar
Namibia
Nepal
Netherlands
New Caledonia
New Zealand
Nicaragua
Nigeria
Northern Mariana Islands
Norway
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Romania
Russia
Rwanda
St Kitts
St Lucia
St Martin
Saint Vincent & the Grenadines
Samoa
San Marino
Saudi Arabia
Senegal
Serbia
Seychelles
Sierra Leone
Singapore
St Martin
Slovakia
Slovenia
Solomon Islands
Somalia
South Africa
South Korea

Spain
Sri Lanka
Sudan
Suriname
Sweden
Switzerland
Taiwan
Tanzania
Thailand
Togo
Tonga
Trinidad & Tobago
Tunisia
Turkey
Turks and Caicos Islands
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Ukraine
United Arab Emirates
United Kingdom
United States
Uruguay
Uzbekistan
Venezuela
Vietnam
Virgin Islands
Yemen
Zambia
Zimbabwe

There it is. Those are all the countries where Gangaji's podcasts have been downloaded. And here we all are. I thank you for being here. I invite you to keep listening and to keep sharing this podcast. It's a precious opportunity to give what we have been given.

You can go to gangaji.org, that's g-a-n-g-a-j-i dot org to find out more, to get more, to give more, all in this possibility of knowing oneself as love itself. What a miracle.

My name is Barbara Denempont. Until next time.