

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.

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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.

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(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.

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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  
Madagascar  
Malawi  
Malaysia  
Maldives  
Mali  
Malta  
Martinique  
Mauritius  
Mexico  
Monaco  
Mongolia

Montenegro  
Morocco  
Mozambique  
Myanmar  
Namibia  
Nepal  
Netherlands  
New Caledonia  
New Zealand  
Nicaragua  
Nigeria  
Northern Mariana Islands  
Norway  
Oman  
Pakistan  
Palestine  
Panama  
Papua New Guinea  
Paraguay  
Peru  
Philippines  
Poland  
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Puerto Rico  
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Lithuania  
Moldova  
Reunion  
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  
US Virgin Islands  
Uganda  
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](http://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.