

Gangaji Podcast  
Being Yourself  
Episode 90  
Host Barbara Denempont  
The True Fulfillment Within Nothing  
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GANGAJI: Because we are so conditioned to funneling our energy, our time, our attention, into stacks, stacks of stories, stories that were passed on by ancestors, beautiful stories that have arisen out of seeing the need of the times. Stories layered on that based on past relationships, based on hopes for future, all of that. In an **instant** stop. Just stop, simply, effortlessly.

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

First, let me say Happy New Year. I am very happy to be starting 2026 with this particular recording, this exchange that Gangaji had back in 2001. And the reason I love it is because she's really getting to this question about what is required for living a fulfilled life, to knowing the truth of who you are? And, one thing is to discover and to examine who you think you are, and to let all of that go. And this exchange really demonstrates that beautifully.

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(Excerpted from: A Meeting with Gangaji: Spacious Mind, Rohnert Park, CA, April 5, 2001)

PARTICIPANT: I appreciate working with you.

GANGAJI: Thank you.

PARTICIPANT: And I am close to tears. And you will help me to tell the truth.

GANGAJI: I hope so, that is my intention.

PARTICIPANT: And I wish to say that I am willing to face death, whatever it takes. And my question is, how can I attain the following: freedom, enlightenment, oneness with all life? In other words, how can I just right here and right now, sitting here, just be nothing?

GANGAJI: First, give up any idea of attaining anything.

PARTICIPANT: Oh.

(Audience laughter)

GANGAJI: Because any, any idea of attaining anything assumes that that is not already here, and that is the lie. (Laughter) Yes.

PARTICIPANT: I give up attaining anything.

GANGAJI: Oh well, there you are. Then where is the problem? Can you find a problem when the desire to attain anything is given up?

PARTICIPANT: Would you repeat that?

GANGAJI: Can you find a problem when the desire to attain anything is given up?

PARTICIPANT: Well, I have probably lied a little bit.

GANGAJI: So there is a problem, okay. But that problem means that you had a...

PARTICIPANT: But I wanted it to be true.

GANGAJI: So what keeps it from being true? What is the desire that keeps it from being true? Some desire you are clinging to, having to do with some story of who you are.

PARTICIPANT: The first thing that I can think of, I thought of a lot of things just then, but the first thing I thought of, was that I have this very big desire to what I call "do my dream". Which, to be brief, has to do with developing communities on land.

GANGAJI: Well, there will be about a hundred people waiting to talk to you afterwards.

PARTICIPANT: Well, that is not all, and transforming all the clear-cut forests, and wild places, and destroyed places, and so forth and so on, into a new harmonious order of nature with plant eating wolves, and all coniferous animals...

GANGAJI: So this is beautiful, but let me just stop you, because I can see it is beautiful, you have a beautiful dream, it is beautiful. But when you came up here you said, "I want to be free," right?

PARTICIPANT: Absolutely.

GANGAJI: So if you want to be free, which means to **awaken**...

PARTICIPANT: Yes.

GANGAJI: You have to stop dreaming. Just for a moment. There is nothing wrong with the dream, but when you are so attached to a dream that a dream is continual,

twenty-four hours a day, then you have to recognize what is the waking state and what is the dreaming state.

PARTICIPANT: Well that is not continual twenty-four hours a day. I frankly have not quite ceased my story that I have told myself for years about my upbringing and so forth.

GANGAJI: Aha, so you got concurrent. As most people have stacks like planes used to wait, you know, to get into the airport. They would just be circling, circling, circling, some ran out of gas and crashed.

PARTICIPANT: You might say I am.

GANGAJI: Now they just wait, they keep them at the gate in the other city, you know, they caught on. And the mind is like that too, it keeps it just out of sight, but they are like waiting, waiting. "Okay, not that dream. How about this dream? How about me, what about me? Forget the clear-cut forest, how about me?"

PARTICIPANT: And so I am kind of stacked.

GANGAJI: You are stacked, so that is right. So where is all of that...

PARTICIPANT: I am working with my shadow, with a hypotherapist, that is what...

GANGAJI: Yes, okay, that is right, that is right.

PARTICIPANT: That is probably a story too.

GANGAJI: That is right. Well definitely it is a story, definitely it is a story. So what I am offering you, just in this moment, there is nothing wrong with any of that, there is nothing with the dream. But our purposes, just in this moment, just the willingness to let it all go.

PARTICIPANT: (Heavy sigh.) The fear just...

GANGAJI: That is right, that is right. Because very often the dream is what keeps you from facing something deeper, the fear in this case. Good, and you let the fear come, I am happy to see this fear.

PARTICIPANT: It is just a pure fear.

GANGAJI: Oh, if it is pure, it is beautiful then. Beautiful fear. Do you see it's beauty? Can you experience the beauty of this fear?

PARTICIPANT: What was fleeting, but I can remember it as beauty.

GANGAJI: Um, um, because the fear is gone?

PARTICIPANT: Yeah, it went in...

GANGAJI: That is right! Because when it is pure, it is like that. It is a pure, like a flame, like camphor burning. POP, no ash, no anything. That is excellent.

PARTICIPANT: There is another story.

GANGAJI: Is it a story or is it like a by-product of a story?

PARTICIPANT: I would say dull hurt, pain.

GANGAJI: A body story or an emotional story?

PARTICIPANT: Well it is emotional and if I push in here, it hurts too.

GANGAJI: Yes, okay. So...

PARTICIPANT: And that is no doubt another story.

GANGAJI: It is.

PARTICIPANT: So I will just tell you the whole thing, as much as I can...

GANGAJI: So there are many, many stories. The body has many stories that have genetically have come in, environmentally have attached, like this man said, barnacles attaching, many, many stories. But they all circle around one basic story, and that is who you think you are. And that, of course, also has many tendrils. But when you go back to the beginning, "I am this body. This is me, this is who I am." That is the basic story. And from that comes all desire for attainment and all rejection of loss. So I am asking you....

PARTICIPANT: All re...

GANGAJI: Rejection of losing.

PARTICIPANT: Oh, I see, okay.

GANGAJI: Yes, right? So I am coming back to this original invitation, and that is to give up all possibility of attainment for one second. Not to give it up to get something.

PARTICIPANT: That is hard.

GANGAJI: Well, it may seem hard, but if you tell the truth, what is hard is the constant trying to attain. Constantly working and failing.

PARTICIPANT: I am so used to that.

GANGAJI: Yes, I understand that, we are all used to it.

PARTICIPANT: I am tremendously used to that.

GANGAJI: That is right, that is what conditioning is, that is conditioning. Tremendously used to it, so that **ease of being** seems hard. Because we are so conditioned to funneling our energy, our time, our attention, into stacks, stacks of stories, stories that were passed on by ancestors, beautiful stories that have arisen out of seeing the need of the times. Stories layered on that based on past relationships, based on hopes for future, all of that. In an **instant** stop. Just stop, simply, effortlessly.

(Sobbing)

And you be aware, as emotion appears, if you begin telling a story about that emotion. There may be insights, definitely there will be insights, but for our purposes, just continue to stop following the story. Dropping deeper into the Beingness, into "I am".

PARTICIPANT: Stop following the **stories**.

GANGAJI: The **stories**, but the stories are all about the **story** of "who I think I am." "I am this body. I am this man."

PARTICIPANT: That is the way it started and then...

GANGAJI: Right, so I am saying go back to the beginning. If you go back to where it started you pull the platform out, and they fall when they fall. But we go back to the beginning.

PARTICIPANT: Like to repeat an affirmation: I am not this body?

GANGAJI: Well, ...

PARTICIPANT: Does that help?

GANGAJI: Well no, it doesn't help. I mean, it may give some temporary help, and that is fine, but it is deeper than that. Because to repeat that affirmation there is a hope that that affirmation will lead to attainment of the state of "I am not this body."

PARTICIPANT: Yep.

GANGAJI: You see? That even telling the truth, there is a little more happiness there. So forget, "I am not this body", and forget, "I am this body." They are both stories, "I am not this body," is a story. "I am this body," is a story. One side of the mind / the other. If you are in a spiritual circle, "I am not this body," is the story to tell. If you are in the worldly circle, "I am this body," is the story to tell, and we become very adaptive telling the right story at the right time. That takes time and energy, and it is all about **attaining** self-worth, attaining...

PARTICIPANT: I don't want to do that anymore.

GANGAJI: Yes, so good, you want to rest.

PARTICIPANT: What?

GANGAJI: You want to rest.

PARTICIPANT: Yes.

GANGAJI: That is what this invitation is about, one **second** of pure rest, **conscious** pure rest. You have pure rest at night when you drop into deep sleep and there is no story, there is no story about any **body**. And at times dreams come in and out, but there is a period where there is nothing happening. But that is an unconscious state, CONSCIOUSLY just be here. You won't get anything. That is the good news. To not get anything is victory. Nothing happening is what you are searching for in trying to make something happen. In a moment of fulfillment, where you **make** something happen there is bliss, because in that moment nothing is happening. But because there is a thought, "I did this by making this happen," there is a tension, starts playing again. "I got to make something happen again, so that I get that fulfillment." The fulfillment is nothing happening at all. And you know what? That is always true, always. Nothing is happening. And all of the appearance of happening, just rises and falls in that. And **that** is who you are. So everything, every thing rises and falls in who you are, every story, every plan, every hope, every fear, every tear, every laughter, every good moment, every bad moment, and you are HERE. Free already. And somewhere in your core of core, you know this. And it is my great joy to confirm what you already know, to say "Yes, you are already free."

PARTICIPANT: I am already free.

GANGAJI: But not as an affirmation, because that is just a story. **Who you are** is already free. Not who you think you are.

PARTICIPANT: Deep, deep down in me who I am is already free.

GANGAJI: Well that is the truth, and somehow you know that. And then there are habits, and there are stories, and there are..... It is a religion, you are a practitioner of the religion. And, let us say, you are in more evolved churches, because you are about doing good rather than doing harm. That is great. That is wonderful, I support that. But what I am in your life for is to point out what is already free, what is doing nothing, what is already at peace, already fulfilled regardless of story.

PARTICIPANT: I keep on thinking, "Well, I have to do something."

GANGAJI: That is right. That is what the thought is, "I have to do something." And that is a thought, but you recognize that as a thought, that is already very good. That is what I was saying when I first started speaking. First, you have to see, you have to hear, you have to experience what it is you are doing all day. Where your energy is going, where your attention is going, where your **life** is going, where your valuable time is going. Down the chute. And you can stop so that your **Life** is set free to meet Itself, regardless of story. You can say, "There I am. Here I am." Consciousness meets Itself. Just like this. Just like this, not any different from this, not any different emotion, not any different state, just like this, right now. I am very happy you came up.

PARTICIPANT: So am I.

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BARBARA:

Isn't that a great question Gangaji gives us: Can you find a problem when the desire to attain anything is given up. I am so happy to leave that with you and to also let you know that Gangaji is holding an open meeting, an open online meeting on January 18<sup>th</sup>. That is actually this Sunday and it is going to start at 11 am Pacific Time. It's free or just by suggested donation and if you have never been to a live online meeting with Gangaji, this is the perfect opportunity. She will be speaking and responding to questions from the group. You can sign up on the Gangaji website, [gangaji.org](http://gangaji.org), that's g-a-n-g-a-j-i dot org. You will also find so much more there to support your spiritual inquiry and your discovery of true and lasting fulfillment, the kind that does not come and go. That's why we are here. That's why we are doing this podcast and I hope that if you loved this podcast, you will share it with others or you will perhaps write a review.

I absolutely look forward to bringing you more episodes of *Being Yourself* this year. If you have any suggestions, you can write to me at [info@gangaji.org](mailto:info@gangaji.org). I would love to hear from you. And, I want you to know how grateful I am for you being here.

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