

*Talks from the*  
*Heart*  
*of the*  
*World*



# *Santosha Tantra*





*“The Enlightened Person exists for the Heart of the  
world,  
the Heart of all of us,  
because the ego doesn’t recognize the Heart.  
I have to be here.  
I am the Heart of the world.  
I am the Heart for all of you.”*

*-- Santosha Ma 6/2011*

Copyright by Source Transmission 2016  
Three Rivers, CA

*All photographs by Santosha Tantra*

*All rights reserved. No part of this book may be reproduced in any form or by any means without permission from the publisher.*

*First Edition 2016*

*To find out more about Santosha Tantra,  
visit Her youtube channel, Source Transmission,*

and go to **[www.innocenceofherform.com](http://www.innocenceofherform.com)** .

There you can download or order a free copy of Her autobiography,

**The Innocence of Her Form, The Divine Revelation of She Is.**

## Talks from the Heart of the World



### TABLE OF CONTENTS

1. Willingness.....11  
*February 1, 2013*
2. Collaboration with Avatar Adi Da Samraj..26  
*September 2, 2013*
3. Trust Your Impulse.....31  
*September 22, 2013*
4. Stop Feeding the Pattern.....47  
*September 30, 2013*
5. Transmission and Preparation.....51  
*February 8, 2014*
6. There Is No Insider No Outsider  
In Love With Adi Da..... 60  
*February 28, 2014*
7. Equanimity.....63  
*May 22, 2015*

<b>8.</b>	<b>Loss and Renunciation.....</b>	<b>70</b>
	<i>September 11, 2015</i>	
<b>9.</b>	<b>Be Informed by Your Death.....</b>	<b>78</b>
	<i>April 22, 2016</i>	
<b>10.</b>	<b>Love Has No Limits.....</b>	<b>95</b>
	<i>May 13, 2016</i>	
<b>11.</b>	<b>Unblocking the Blocks.....</b>	<b>102</b>
	<i>May 20, 2016</i>	
<b>12.</b>	<b>Bliss of Being.....</b>	<b>108</b>
	<i>May 27, 2016</i>	
<b>13.</b>	<b>The Unifying Field of Love.....</b>	<b>117</b>
	<i>June 10, 2016</i>	



## Introduction

This book is the discovery of a great Secret. Santosha Tantra has been my Beloved Guru for 25 years. Always, in every moment, She has lived As Love in each circumstance, no matter how trying or how easy. It makes no difference what the experience is, She Is Free As Love.

Her Beautiful Realization and Love of Avatar Adi Da Samraj is the greatest demonstration of True Love. Their Sacrifice and Giving to all of us is the Unconditional Free Gift of the Divine, forever here. There is a Way to Realize the Truth of everything! We must respond to this, do our part, which is simply to be willing to stay in the Room.

There is a real spiritual process. There is real sadhana to be done! We are living out deeply ingrained egoic actions and patterns that are destructive, without heart. They are basically invisible to us, but these patterns can be recognized over time, seen and released. With that



recognition, the next moment is full of Her Grace and Bright Open Love. Sadhana is an ordeal filled with learning and unlearning, a journey which is wild and unpredictable! You want to give your life to it, for it is not a casual study, and it is instead filled with the Mystery of the Revelation of the Divine Reality.

Santosha Ma is a Divine Realizer, a True Guru. In these talks you will see, She only speaks the Truth of this time with clarity and compassion. She is a Fire of Truth, and uncompromising Passionate Love. Her criticism of the ego is amazing Grace, as it frees us from the weight of eons of falsely believing in our separation from God. Only the Divine Power and Transmission of Her Love, and Her Gift of criticism could break up such ingrained action, based on completely false ideas. We would never even see our own self-created suffering without the Grace and Love and endless Gifts She is willing to give!

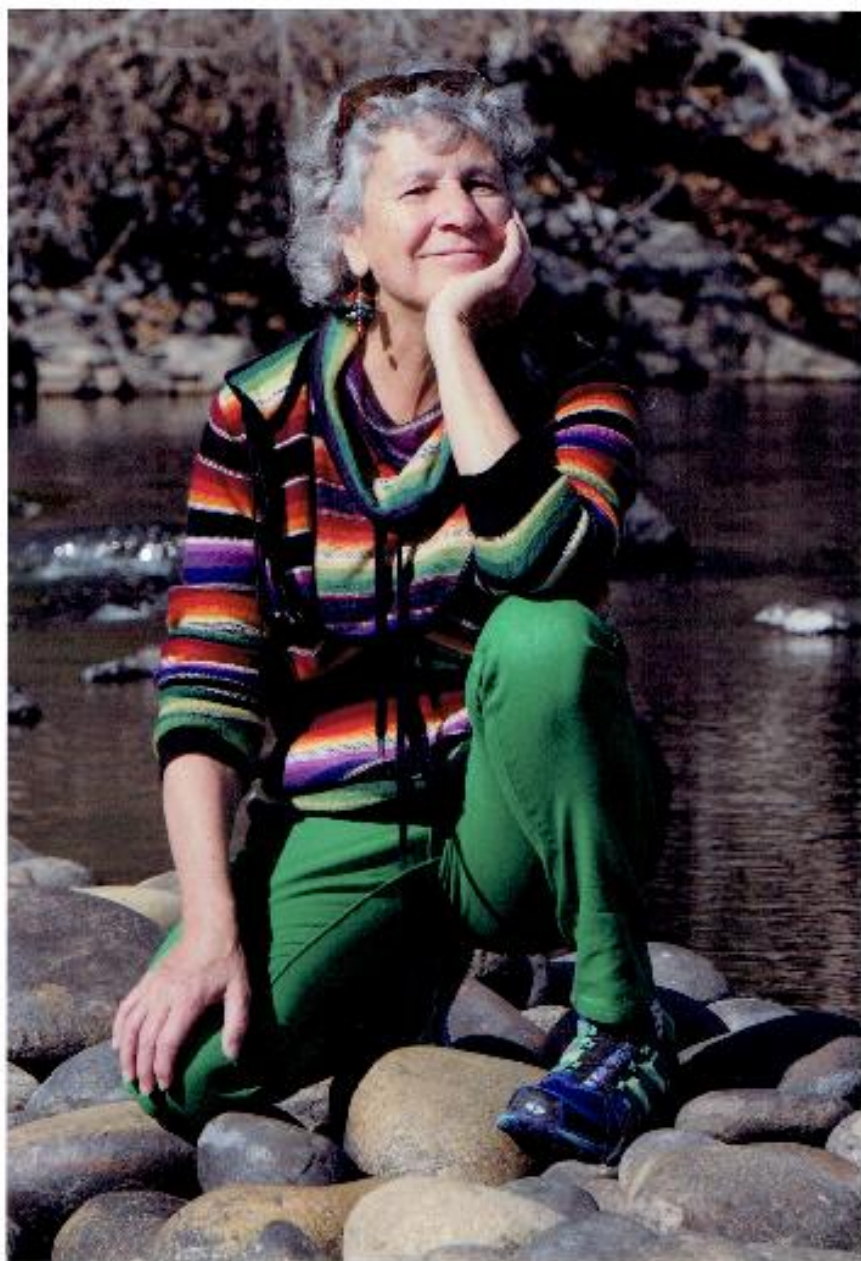
The human ego cannot love. I can say this about my own egoic activity in this life. The ego must be undone! It is by Her Sacrifice of being willing to show us this over and over in the midst of that unlove that this has become obviously true now. Only Her Infinite Love and Patience in continuing Her Mysterious Work – which includes Giving us these Talks and Instruction - gives Light to this darkly patterned culture we live in. She shows another possibility of living in Love. It is Real! This is also obvious! I am grateful with all my heart to Beloved Santosha Ma for Her life here, and Her endless Gifts to us all.

~~

The following talks are all taken from ‘Friday Night Meditation’, which is Santosha Ma’s Gift of meditating

with Her devotees. She talks to us about practice, and how we can live our lives in the Unifying Field of Love that She Is, offering always the sadhana in relationship with Her, and the Perfect Realization of Her Heart as *all* that Is.





# 1.

## Willingness

*February 1, 2013*

SANTOSHA MA: The position of the meditator, the one who is sitting, is just to be willing. That's it. That's the only activity. That's the only thing you are doing. That's the only thing you are offering. That's the only thing you are there for, just to be willing.

We were walking at Pinnacles the other day, and I said 'When we stop to take a rest, or stop to look at the scenery, or stop to take that drink, it's still the walk.' In other words, if something changes in your meditation – you move into a blissful state, you move into being uncomfortable because your stomach is grumbling, you move into feeling something that happened at work that was unpleasant today - that's still the meditation.

Whatever is coming up is part of the purification. When you approach it as something that is happening that is anti-your meditation, and that you are trying to get back to a blissful state, that is the ego seeking meditation. The ego is now saying, '*This is meditation, this is not meditation.*' I assure you all of it is meditation, just as if you stop the walk and you look at a bird, it's still 'the walk'. It's not *not* the walk now. It's still the walk.

The position of someone who is walking, or meditating, is the willingness to stay on the walk. That's it! There's no other thing. Whatever arises is the passing scenery, and it's there because it's part of the journey, not because it has any value that you want or don't want, or that you're supposed to have some kind of outcome. It's not supposed to have any other outcome. It's all just purification.

What is going on in meditation is you are sitting here being willing, to not just experience, but Realize the Divine! The Divine is here. You are acknowledging that by being willing to be here. Whatever arises has nothing to do with that, and you're not pursuing any seeking. I think everybody has formed an idea about what meditation *should* be giving them, and if they are getting it or not, either the meditation is bad, the Guru is not doing it to your benefit, or there is something wrong with you. I assure you it is none of those things.

As on 'the walk,' there are many qualities – the scenery, what's going on, a deer can appear, someone can come by and trip you by accident – anything can occur on the walk, and you are just '*Well, that's the walk!*' Meditation is the same experience. You are sitting here acknowledging and be willing to know that you are the Divine! The Divine is in the room, but there is something in the way, and what's in the way is only the un-willingness, and trying to escape to find a certain experience.

That's what meditation is *not* – trying to find a certain experience. Has anybody approached meditation like that?

DEVOTEES: Yes.

SANTOSHA MA: Ok. So everybody's approaching it as a seeker.

DEVOTEES: Yes.

SANTOSHA MA: Now, what is a seeker? Someone who is looking at experience and deciding that if they get their experience, they will be happier. What is the Divine? The Divine is actually what everyone *is* when they are not being a seeker. The seeker is actually in the way of Realizing the Divine, and knowing that your very Self is the Divine.

Why does someone appear in this capacity to teach you about the Divine, Who says 'There is only the Divine'? They are not advocating you knowing the Divine, you figuring out how to be close to the Divine, you attaining the Divine. They are not advocating any of that. They are advocating that your search, your point of view, is in the way. What is your point of view? That you are separate from God! What is the point of view of the Divine?

DEVOTEE: All points of view!

SANTOSHA MA: All points of view – there only *is* the Divine. How does this happen that you think you are separate from the Divine, trying to get to the Divine? How did this happen?

DEVOTEE: Identifying with the body-mind.

OTHER DEVOTEE: You're born, and you are trained into that this is a separate thing, and you're *this*.

SANTOSHA MA: You're this, and you're going to get happy by pleasing yourself in experience.

When you come to meditation, all you have to do is be willing. Part of being willing is to not seek when you catch yourself seeking. It's not so much that your mind wanders, that's not the problem.

DEVOTEE: It's that you make a problem out of it.

SANTOSHA MA: That you're making a problem out of it. The same way that seeing feces while you are walking is not a problem. It's only if your mind decides to make a problem out of it - because it's 'the walk.' Anything can happen in the walk, anything can happen in meditation. It's still the walk; it's still meditation. If your mind is saying meditation has to be a certain way, and if it's not that way it wasn't meditation – I can assure you, if I am sitting in the room, it is meditation. If I'm walking with you, it's 'the walk'. It is not anything else. It's only you qualifying it according to what your idea is about it.

After all these years, people are still coming into the room bringing their seeking ideas of what they should get in meditation for it to be meditation, to be fulfilled, to become aware of the Divine. If the Divine is Self-Aware, that's all there is! Self-Awareness. What are you aware of? Just yourself. The willingness is to be in the room with the Divine, and stay willing, and not search for an experience, or not search for some kind of thing that happens that assures you that it's 'happening' – but just to sit in the room.

Life with your Master is that life, that life to willingly be in that life, to have that life! The life of a devotee is just the willingness to stay and be willing. Nothing else! Whenever you are seeking some kind of experience and

qualifying it – say he gets a lot of attention, and this one gets mad! What's that?

DEVOTEE: Seeking.

SANTOSHA MA: That's seeking! And you lose your willingness to be present in the room with Me. And that's all there is, just that willingness.

The Divine is the Divine. Who does the sadhana? The Divine. What does the ego do? It stays in the room, and stays in the room. And what begins to occur? Everything, all points of view that the ego is and identifies with, all experience, begins to disappear, because those things are not in the room. That's it. It's a very simple process. But when you're seeking your experience, what you want, you're not willing any more. Did anybody notice that?

DEVOTEES: Yes.

SANTOSHA MA: When you're sitting there saying, *'Well, I had a blissful experience five minutes ago. I'm not having one now and that's not good'*, what are you doing? Seeking, and what is it?

DEVOTEE: Not willing.

SANTOSHA MA: You're not willing to be in the room anymore. You're willing to investigate what?

DEVOTEE: That experience, and get something out of it.

SANTOSHA MA: So everybody can relate that that's how they approach meditation?



DEVOTEES: Yes.

SANTOSHA MA: What is it to just be openly, simply willing? What is that like? That means that you just stay open, and you're willing, and no matter what qualities arise, no matter what kind of thoughts come up, you're just willing. Then you don't start to look at those thoughts and start to judge them as meditation or not meditation.

DEVOTEE: Does that really have a quality to it?

SANTOSHA MA: *(smiles)* Willing? Yes.

DEVOTEE: It does?

SANTOSHA MA: Yes. *(She is smiling so big, everyone laughs in enjoyment)* It's like everybody knows when someone is willing, don't they, and it's not phony and fake? What does that feel like? You come in the room and you see, 'Wow! She's willing to give me Her regard. She's willing to give me attention and love. I don't have to ask Her for it. I don't have to trick Her into it. I don't have to create a big special splash of 'me' so it will be there and available.'

When we were walking, just because we were open and we were willing to the walk, let's see – a bobcat came and sat down and gave us darshan, we saw a golden eagle, we saw some condors flying, we saw some roadrunners, we saw some turkeys and deer. All this life appeared, and when you try and go out and say, *(official voice!)* 'I'm only going to have a good experience if I see a bobcat! If I don't see one, there's something wrong with this place, and I'd better investigate! I'll get on my computer, 'What's wrong with Pinnacles? Where's the bobcat?' That's what you're

all doing. (*laughs*) But if you're willing, everything comes and appears, and it's all willing, too.

Meditation, I assure you, is not a strategy. There's no technique. There's no wrong experience in meditation, there is no right experience in meditation. It's just being willing. If you are chasing after some idea, some kind of experience, and you want it to repeat, then you are being a seeker, and you are losing your ability or your interest in being just simply willing. That's all it is. The whole spiritual path is 'willing'.

~~

SANTOSHA MA: Isn't the ego battling the whole world? All the time being the victim of everything that goes wrong? You can look at how, when people get old, they talk about their experience, and everybody or certain things really disappointed them. I don't have one sense of any of that, but just being willing in each moment to be in the life I am having. You're just open to it. Nobody is forcing you to do anything against your will. You don't have to strategize and manipulate people into your perception. You don't have to do anything you don't want. It's amazing! You never have to do anything you don't want, ever, but you all *want* something, and that puts you in a position where you have to do a whole bunch of stuff you don't want, and then resent it.

It's just willing. That's it. Meditation is the willingness to stay in the room. Don't you have a way you look at your job, a strategy, a way of doing it that you are going to win and be the winner?

DEVOTEE: Yes, that's the whole basis...

SANTOSHA MA: Just be willing to be there. That's it.

Experience is difficult. It's not here to fulfill you, and it ends with your death. Hmm. Who thought of this set up? Not the Divine! The Divine is the Happy, Already Always Willing One, the Source of all Delight, of all Happiness, not the Source of conflict and struggle. That isn't the Divine. That's the ego. And life in general is difficult. The only way you can get through it, like I say, I wouldn't go out there without being Already Happy, I tell you that much! *(laughs)* That's the only way to go! Otherwise everything there is making your life difficult. Everything is difficult! It is not there to make you happy. It's not there to make you unhappy either. It just doesn't really care about your happiness! *(laughs)* Why are you counting on it so much!?

The Divine is all possibility of all Love, all Happiness, all fun, all openness, all delight. Like I said, don't go out there without it. Wake up first. Realize True Source, True Being that you are, and give up your unwillingness. You see, the source of all conflict is your own activity of the self-contraction, the seeking of your own self. You are not going to have union with the Divine. 'You' are going to go away. There is only the Divine. You don't really exist! *(laughs)* What a source of freedom!

What were you before you had a body-mind? How did you think of yourself when you were three months old? *'Man! I'm just really somethin' in this little crib! (laughter) They run over every time I cry! I can really manipulate this!'* *(laughter)* And what will you be after the body-mind? Not just the body breaks down. The mind breaks down, too, and it dies. What are you after that? If you are just the

consciousness that identifies with that body-mind experience for all those years, like I said, I wouldn't recommend it! (*laughter*)

Anybody can wake up, because there isn't 'anybody'! There is only the Divine, and there is this leela of egos thinking they are real. You all think you are a personality, and it's *real*. You all think you are the true personality, and the Divine is somewhere up there in heaven, or maybe in your heart, if there is room in there, I don't know! Whatever idea you have about it.

But I assure you, the Divine is the only Reality, the only One, the only True Being, and personality is just a device to function. It's not an actual identity. It's not an actual *being*. We learned all these things, and we remembered them so we know how to make this body-mind get around, and have some fun, and survive and be in this experience, in this adventure. That's all it is used for. It's not actually a *person*. The Divine wants to experience you as you, without the 'you', but there *is* no you, so it's happening anyway! It's all going on anyway, but you're never getting to what?

DEVOTEE: Enjoy it! (*laughter*)

SANTOSHA MA: (*laughing*) That's right! 'Damn!' It's like there is this group of actors, and they are putting on this play. Then there is another group, and they are a little like, dumb and out of it. One group of actors go, and they do their part. One plays the king, and one plays the betraying uncle... And then after, they all go to the pub and say, '*Oh! You were so good in your part tonight!*' and the other one says, '*Yes! You were good, too!*' And they are all having a good time! They say, '*See you tomorrow*

*at the job! We're going to be playing butchers tomorrow!'*  
*'Yes, yes! Did you learn your part? OK!'*

Then there is the dumb group of actors. They go in and they are playing their part. And they get all lost in it, and they think they really are the king who is being betrayed by the uncle. Time runs out and they don't go to the pub and put up their acting hat. They go home and start dreaming and planning how to get back at the uncle, and they believe it is *so real!* And they are all caught up in it! Then one day the two actors meet, and the one guy says, *'You're actors too!'* and he says, *'Yes, we're actors...well...well, no! I'm King So and So, and this is the uncle, so...'* *'No! No, no! That's just a part! That's just a part you're playing! Did you enjoy it? Was it fun? How did you do your part?'* *'What? What?!'* (laughter)

That's what has happened. And *why* it happens?.....I guess it gives Me a job! (laughter) I remember there is one story, something about Meher Baba, where one man came and said, *'Why is all this happening?'* And he said, *'To make me suffer!'* To make Me suffer! (She laughs and laughs!) Because I get to notice all the suffering. There is nothing like really being happy, that you can really notice the quality of suffering in the world and in others, because when you are bummed out, you don't see the next guy bummed out, do you? Or that he's worse off than you? No.

There is nothing like being really Happy to notice that everyone is suffering, and so the position of that is to reveal what is True, and struggle with those that are struggling until they are ready to be willing. Many years have gone by and you've been struggling. And I have been empathetic to your suffering and your difficulties, and your

clinging to trying to get fulfilled in experience, and your disappointments and your failures.

I have been here through all of this, just being willing. Being Open, and just being Happy anyway. I always know I am the actor doing the part. You all believe it, you have become the role, and you can't take your hat off, hang it up, and say, '*That's done! Let's go celebrate!*' You are always believing something, and that's the dilemma!

That's why there is a thing called spiritual practice. There is sadhana, and say you practice, practice, practice and surrender. Well, perfect surrender is perfect willingness! Instead of telling the Divine how it is going to be, instead of telling the Divine what you want, you just let it occur, because it's not going to be anything like what your mind says it will be, I'm telling you!

What is it to be happy about nothing? Were you ever really happy about nothing?

DEVOTEE: With You.

SANTOSHA MA: OK, because you always want to be happy about *something*. What is it to be Happy about nothing? What is it to know that you are nothing, and that there only *is* nothing? Yes, it is Happy! To know that none of this matters, it has no absolute importance, but it is arising into this 'thing' anyway!

You want freedom! You want happiness, but real Happiness, real Freedom is really big, and wild, and not dependent on any conditions! You want it all to be dependent on conditions, see? That's the problem.

To be perfectly willing is perfect surrender. And what happens when you surrender? When you have no more, '*I want this, I want this kind of experience, I want it to be this way, I'm looking for this*'? What happens when you just really surrender? What is truly, really Real, what is truly evident, the Truth, becomes obvious. It's not like you *find* Enlightenment. When you stop being unwilling, Enlightenment is already the case, when you find that, 'This point of view that I looked at everything through...it wasn't really true!' But you never suspect your own point of view, your own self, do you?

That's what is so great about it, I think, coming here as a Realizer. Everyone here is deluded by their own point of view, so no one can see what True point of view is. Everybody comes into the Room with their own ideas, leaves with their own ideas, but no one is *willing* to come into the Room, and be in the Room, and experience the Room.

You go through your whole life in this manner! I guess how you see life is based on karma – if you are an intellectual, or you are a vital, or you are an emotional person, or you are a stay-at-home dad, or you are a scientist – whatever you are, you see everything through that, that role that you were cast in. And it's 'very important', and it makes you a very special 'you', and a very unique 'you'. No one is unique! We all look different, but we're not really 'unique'.

Everyone is difficult, aren't they? Difficult! No one is just willing to be willing. Whatever you think sadhana has been, whatever ups and downs, whatever you think is difficult about it, whatever you think is overwhelmingly not going to happen to you, well, none of that is true.

That's just all your ideas, and that's just all your point of view.

I assure you, the Divine has no point of view like that at all. The Divine is everyone. The Divine recognizes everyone as Its own, as Its Own Being. No one is separate. No one is capable of being separate, and yet this leela continues - this idea of separation.

That's what is so wonderful! Adi Da came, and He is here as that Transmission of the Divine. It is available directly for everyone to Realize That Which He Is, which we all Are – the Sacred, the Divine. He has Given a Perfect Teaching and Transmission, and He has left a crazy old lady behind to pat some fannies along the way, and keep it moving.

We are living in an extraordinary willing moment. That's the real Truth of what is going on. We are living in an incredibly open *willing* moment. The darkness is just the ego planning its strategy, and not knowing that it is only a false persona. It is not real. That's why it is trying so hard, because it is not real! (*laughs*)

The moment of willingness is always available, no matter where you are at, what conflict you have in your life, what experience you are going through, what difficulties you've been through, what difficulties can lie ahead – this moment of willingness is always Present. It is never going away. It is never *not* here. You have to turn to It. You have to be willing! The Divine *wants* to do the work. It wants to reveal Itself to you. It's not like, '*Not that guy! He's annoying!!*' (*laughter*) '*She's just impossible!*' (*laughter*) It is not like that. You all get weighed down by all your



personality traits, and your mistakes, and your ego trips. It is not really like that, and it never will be like that.

Everybody knows! Everybody knows that there is a secret, and the secret is being shouted from the roof tops, like Ramakrishna! It's really being shouted everywhere, but the willingness! The willingness means you must go and hang out with It, and stay in the room with It, and not demand things of It; not to make it work out for *your* life.

The mind is not in control of any of this! If the mind was in control, don't you think we would figure out a better system? (*laughter*) No one can seem to figure out anything, make any sense of it! It's just kind of chaotic, people being really reactive, upset, immature, sometimes doing something good, but no one is *willing*. No one is willing to acknowledge that, 'THERE IS ONLY THE DIVINE!' It is wonderful, but no one is leaving home *as* the Divine. Everyone is going out with their piece, fighting for it, trying to get it – that's about it.

~~

SANTOSHA MA: First you give up trying to figure it out, and once you stop figuring it out...

DEVOTEE: Something happens...

SANTOSHA MA: Something happens, but there is no way to describe that, because there is no point of view to describe it anymore. It is good! It's good, it feels good. Like when I walk around by Myself, I'm not trying to problem solve or anything! Once in a while I go, What if I tried to solve a problem!? (*laughter*) Then I usually have a long period where I'm trying to come up with one - with

a problem to solve! Then I say, ‘It’s too much, that is too hard!’, so I just go around and say My Own Name, or Adi Da’s Name.



2.

## **Collaboration With Avatar Adi Da Samraj**

*September 2013*

SANTOSHA MA: It was about a year and a half to two years ago I had this impulse to put up a little altar of Anasuya Devi, to whom I felt a deep relationship. Many years ago I had a dream – I didn't know it was her at the time – but I had a dream of an Indian Realizer who said that she was going to drop the body, and her American Self was now coming into Realization, and that She would continue the Work. I was feeling the inheritance that she had given Me, and I wanted to recognize that, and so I had put up a little altar of her, but she had wanted it on the kitchen table. I said, 'On the kitchen table?!' (*laughs*) I thought that was a little odd! She wanted it on the kitchen table, and then she always wanted Me to invite her to eat and to sit. For quite a while I had her picture there, and at times I felt her Presence, and that continued for a long time, and I was really enjoying that.

Then one day she asked Me to put a picture of Adi Da there, and to take her picture down. I was really surprised at that! I said, 'Where will I put your picture?' She said, 'Don't worry, you'll have a place for the picture and the altar.' So we put it in one of the art galleries.

During that period, Adi Da's picture was there, and there was a setting for Him now. During that time, I began to experience Meher Baba! I began to experience Meher Baba on My left side, and Adi Da on My right side. For ten days Meher Baba was on My left side, and he was very animated. He was looking at everything in My life, and looking at what was going on with My Work. He was so happily embracing it, and very excited! It was so wonderful being with him in that way. It just felt so alive! I guess what you experience when you are around Me at times – the light-heartedness, the Happiness of the Presence of the Truth and Happiness. I was able to experience that through his Presence being there.

That went on, and I was really enjoying it, and toward the last couple of days – this is also coinciding with reading his biography. There is a section – I'll have to find it again - it's called The Final Declaration. Right now I can't tell you or explain what all that is about, but I knew when I got to that part of the book that his Presence being animated in that way would end, and so I was kind of dragging My feet on getting to that section, knowing I couldn't really postpone it in any real way.

Sure enough, that night I did read The Final Declaration, and I felt that the sense of his animation got quieter and quieter. I saw Meher Baba bring Adi Da to the front of Me. As I was standing there – and this is not happening in a dream. This is, I would say, a spiritual experience that was actually happening while I was awake - I saw him bring Adi Da to the front. Adi Da was looking at Me and I was looking at Him, and I put out My hands like this (*Her hands are held out in front of Her, palms up and open*). He came and took My hands and wrapped them in His arms, and We

walked off. Then Meher Baba was just gone! He had brought Me back to that Collaboration.

Immediately after that event, the Eastern Sierras trip\* happened – not this year, but the year before – and He said, ‘Take Me. I want to come as Shavas\*\* with You. I want to come and see Your life.’ And so I went, and He saw My life and how I Work - the hiking, and how I pretty much animate ordinariness in a lot of ways, and He was shocked by the ways I did My Work - in the ordinary, in such a simple way.

Since that time, the Relationship has continued, and recently, I re-remembered when I went on the Washington, D.C. trip, I experienced this overwhelming intuition that Adi Da had changed everything! I didn’t really know the details of that, I just knew that it was really true, and that recently, through reading *The Aletheon*, and My Own intuition, I knew that He had burned the seed of egoity. So the primal “I”-thought of separation doesn’t really, actually exist anymore. As people live, they will come to this Realization; the “I”-thought and its perpetuation, the separate self-sense - each generation will feel that it is not that *real*.

The basis of all human error is the separate self-sense, that which creates all the ego Mummery that Adi Da talks about. He has burned the seed of that! The work of everyone now is to live free of it, and test that! Test it for yourself. Live free of it. Come to the Truth, and live free of it.

\* - For several years during the summertime, Santosha Ma has gone to the Eastern Sierras to do Work there.

\*\* - Living in the Company of the Realizer as family.

I knew that He had really accomplished that, and I'm living in the lifetime of that - the greatest Accomplishment that ever happened, and the greatest Sacrifice. It's pretty amazing! We're just at the beginning of it. He had come and done the Work of it, and He's continuing to show the results – the results of it will be seen.

The whole adventure of mankind is based on the seeking for the separate self-sense to be fulfilled. But if the separate self-sense itself is seen as unreal, then the whole misadventure of humankind is deemed unnecessary, and so real, authentic life can actually occur. We don't have to work from the outside-in, trying to address all the stupid things that egos do. We can address it right at the heart, start right at the heart.

That's the Work that He came to do, and He did do, and that Work is always, forever continuing.

If you look at your life, you might think of an idea you had that you thought was really good, and now you think it's really silly and you don't believe it. As human beings you have passed through many things you believed in, many ideas you thought were good and now you say, *'Well, that's really childish!'* What if the actual thought on which *all* thoughts are stacked, that creates a continuity of all this folly of mankind, was actually just pulled out from under!? You know *Jenga\**? (*In a Bronx accent*) 'Pull it from undah!' Pull that out! And everything has to evolve differently.

That's what He came to do. He says He did it. I know He did it, and it will all unfold. That's the new story of humankind. We only have a short lifespan, so we're not

*Talks from the Heart of the World*

going to see all of it. We're seeing the part we're in now, but it's a good part! It is a good part to be in this part.

\* *Jenga* is a game of pulling blocks 'out from under' a tower of blocks and not have it fall over.



# Trust Your Impulse

September 22, 2013

SANTOSHA MA: You come into this life, you come into adulthood, with all these ideas that basically are run unconsciously, through an unconscious collective called the ‘culture.’ Nobody knows why certain ideas get promoted and others don’t, why we believe in them, why we try to adhere to them. Nobody ever questions if they are actually good for you and intelligent. Sometimes you do question it, and everything seems unfair! *‘This is unfair! This is unfair! This is unfair! Why do people do this?’* Everyone is just perplexed by how unfair everything is!

There is no *real* substance to this ‘Matrix’ here. You have to wake up out of it, and if you wake up out of it, you can come back as a Guru to wake others up out of it, or you can just transcend the whole place, just live a quiet, simple happy life, not participating in any of that for happiness, for any real Reality. It’s just a dreaming vortex! But no one is *consciously* dreaming, and no one has any lucidity in this dream, in this place, and that’s the problem. It doesn’t matter if one manages just a little more lucidity, because you get to a certain place where you only reach the edge of the borders of the dreaming – Door #1, and



Door #2. If all your choices are Door #1 and Door #2 and Door #3, and variations on that theme, what do you get?

DEVOTEE: You get *that*.

SANTOSHA MA: You just get that! You just get more variations of that! And if that's all you ever see in experience, another variation, a little bit better, a little bit worse – anything to stimulate you to believe some more of it - that's all it is! There's no means to see that it is just a big Matrix of dreaming, that everyone is participating primarily in an unconscious collective, and that everybody is blaming somebody, '*The government!*', '*My parents!*', or '*I'm a victim of this war,*' or something.

Everybody is blaming somebody else. There is no one to blame! Is it unfair? Yes. Is there someone to blame? No! The only thing there is to do to is to walk out of there, go to the Realizer, stay with the Realizer, love the Realizer and realize the Realizer! That handles everything! It takes you out of the Matrix. In the movie, *The Matrix*, he takes the red pill to get out of the Matrix. He gets out, and then he has to live a conscious process now. He's not in that world of all those dreams. When he enters into the world of dreams, he is aware that it is a dream for *control*, it's not a dream for happiness! It's not about happiness.

The world is this construct of a whole bunch of collective unconscious ideas about happiness, and it is all mixed up with managing our survival – who gets to have the best managed survival, the easiest, the most fun survival. It is just a bunch of games like that. It is not about waking up!

At a certain point, people incarnate, come into this dream, this Matrix, and they get a feeling that it's not right, and

they get a feeling that they need to get out of it! That's when the Guru manifests in their life. The Guru shows up and begins to tell them what the Real is, and they begin a life in the Real, but you can't have a life in the Real, and still kind of make the world seem kind of real, that it is going to work out, that it's not The Matrix. You have to reject it. You have to see it for what it is.

That is where you all kind of floundered for a long time. The Matrix is a dream of control, it's not a dream of happiness, and the culture is a dream of control. The dream culture is a collective unconscious mechanism of thoughts bouncing into other thoughts, moving along and *this* and *that*, but it's all about you as a separate one, disconnected from the Source of who you Are, the True Reality of what you Are.

You were told you are separate, to *'Go out there, and through experiences you will find how to be happy.'* That is what you were told. Most people don't even get to live a life where they get to survive well enough! They are being tortured, they are being starved. That is the majority of people on this planet. The minority of people who get to be able to survive, and with some comfort, they are told that in that comfort, you will find fulfillment and happiness.

You are told not to trust yourself, not to trust the Source. *'Fulfillment is out there! You have to get fulfilled in all this dreaming of all these minds in experience, where somehow you are going to find it.'* You are taught culturally that you're not going to find it by being yourself and doing exactly what you want.

If you really examine what you want, though, you want to trust your impulse to True Happiness, to True Reality, which means you have to wake up out of the Matrix of untrust - doubting yourself! If you only have one good impulse, and that is to go to the Realizer and realize what the Realizer is Realizing, and you say, *'That's the only thing I want. That's what I'm doing!'*, now, your family is not going to be happy about it, the culture is not going to be happy about it, the TV show is not going to be happy about it. Why isn't anybody happy about that impulse?

DEVOTEE: It's not part of the culture.

SANTOSHA MA: Yes. The culture is just all a bunch of control. It's just a Matrix. Is it benign? No! Is it happy? No. Is it good? No. Is it troublesome? Yes. Is it really complicated? Yes. Is it conscious? No. It's all unconscious. How do you deal with a whole bunch of people that are unconscious? That is your job, everyday! Every day! You see people repeating patterns based on beliefs they have, endlessly, that only deteriorate them, that make them unhappier, destroy their opportunity to be happy. They completely sabotage themselves day after day!

It is just a whole bunch of thoughts that keep traveling around and feed off of each other. And there is no real 'causing agent' to any of it. It's just these lower thoughts that keep building off of each other, and no one inspects them, and no one rejects them as unintelligent or painful. It just keeps going like that. That is why, as you get older you say, *'Oh! The Republicans don't make any sense! The Democrats don't make any sense! My boss doesn't make any sense! It's not fair! It doesn't make any sense!'*, and anybody can say that and be *right!!* That's the funny thing.

But everybody is looking for an original causing agent that got us off on the wrong track. *'There is someone who set up a bad plan that we all have had to follow. There is someone responsible for that!'* But there really isn't anybody.

It is up to each individual to say *'I can do what I want, and I trust myself, and what I want is the Truth, and if I want to reject anything that is not True, that's up to me! It's fine.'* Most people are blind followers, they don't stand in themselves and say *'I can do what I want!'* They are just blind followers, paying tribute to all sorts of beliefs, and we don't know where they originated. We just have a sense that they are not fair, and that they are not good. The problem is, we don't feel that we can *not* follow them, and instead we feel that there is something so inherently terrible or stupid about ourselves that we will ruin it for everybody if we do what we want.

What the secret is about each person, is that they really want to be free! What they really want is to know the Heart. That's what they really want. Their real *impulse* is the true impulse, and in everybody, in each person, this is the *real* impulse they have. They don't have the impulse to destroy each other and the world. Everybody is kind of psychologically destroying themselves because they can't move into their own spirit and determine what they want.

This is why this is a difficult time, and a hard time for everyone psychologically. It doesn't matter if you have more stuff. It doesn't make it easier, because having more distractions doesn't make it easier, and that is why it's hard for someone to know that what they really want is to wake up. That is their real impulse! That is the real, true impulse of every heart of everyone. Burning the seed of egoity has

to do with burning up all these beliefs that are covering up that each heart has the impulse to Awaken, and that is what they want, and they want to be free to *want* it, and they want to be free to come into the Room of It. They want to be free to stay in the Room and Realize It. That's what each heart wants.

You want to be free, you want to Realize God, you want to be The Bright, you want to Awaken, you want to be the Buddha, you want to be Jesus, you want to be the God-Person - you want to be Awake! You don't want to be manipulated by all these minds of unconscious dreaming. You want to go about and just be open and loving and free. That's the deal!

The real impulse every heart has - to do what they want - is not a childish thing of '*I just want to get away with shit and be bad!*' It's *not that* impulse. That is the reaction to not being able to do and go toward what you really want, which is to wake up.

Is it just a few people at the evolutionary possibility of waking up? No! Everyone's at the Door. Everyone is here with that impulse. We are destroying the world because we're not getting to do what we want - which is to Awaken. Everybody has that impulse, everybody wants to be free to follow that impulse, but it has all been squashed down by the psychological Matrix that is all unconscious! When you try to make it conscious, it seems like this overwhelming battle, doesn't it? It really isn't an overwhelming battle. It's just *you* saying, '*I can do what I want!*', and you walk into the Room, and begin. It's just you *knowing* that.

~~

But what you really, really want is to be free in your impulse to Awaken. That is what you really want. It's all covered up with all this kind of gunky stuff! I taught for 25 years to get this gunk out of the way, and all this cultural conditioning, and all the unconscious reactivity, and we examined it. We made some of it conscious, to look at it and decide about it, but the more we looked at it and the more we decide about it, it's just that none of it really means anything, and none of it matters, and it doesn't really matter who is to blame or where it got started.

It just matters that you came into the Room with Me. And so we don't really have to consider *that* forever, and look at that at all. You have to be in the Room, and be Free like I Am, and do what you want! You have to imitate how I Am in the Room, and be that, and be happy! Do that! Be powerful, be happy, be free, and the world is not going to do anything to you, because everyone is basically too busy feeding this unconscious Matrix mind. They don't notice anybody or anything, and they are all so afraid of their impulse, because they believe that the impulse to do what you want is bad.

If you think that doing what you want is good, if you want to put out some good effort and create change, you're just going to struggle with that forever. It's never going to satisfy you, because that's just a branch-off. That's not the *direct* impulse you really have. The direct impulse you really have is to Awaken, and somehow you know that to be really free and to be truly yourself, you have to Awaken to That. Any other impulse can't accomplish it!

The only way you can Awaken is to go into the Room where there is no sleeping anymore. You can't come into

My Company and say, (*voice of unconsciousness!*) 'I'm trying to get fulfilled by this, and this is going to work out, and I'm a special me, I got an Academy Award and look at my cleavage. I'm going to get a face job so I still look young because that makes me feel happy.' None of that is bought here, in this Wakeful Company. Rather, it's just like, 'Oh, don't bother with any of that stuff. Just be here as yourself, as you are. That is it. That's how I Am, that is how I Am as you Are. Just be That. Don't touch any of that stuff.'

But we've examined it, for years! What has been your conclusion?

DEVOTEE: It's all the same, it doesn't bring you anywhere.

SANTOSHA MA: And there's no one to blame about it anywhere either, is there? No.

DEVOTEE: You just have to decide.

SANTOSHA MA: You have to decide that you are going to reject it, you are done. Rejecting something is not a negative connotation. It just means you outgrew it. You just say, '*I outgrew this. I don't want this anymore.*' When you come into the Company of Already Happy, it is not a difficult thing! It is all easy, everything is easy about it. You come into the room, and your condition is Happy now, instead of you're planning to *get* happy. 'Don't go there. Just be in the Room. Just love Me in the Room, I'll love you in the Room.'

Then you leave and you go out! And you say, '*I feel really good! You know? Going in that Room with Her feels really*

*good! I feel so good, I think I can make this realm happy! I think I can go out and get what I want, and make it work out for me! Because I just came from a Happy Room, and I don't know, I feel better now!' See, you want to use it like an idea, or a drug, or an energy drink! You want to use the energy in the Unifying Field of Love, to go out and bring it to the Matrix, and make the Matrix work out.*

DEVOTEE: Use your sonic screwdriver!

SANTOSHA MA: It doesn't work that way, does it? All you can do is stay in the Room. Stay there! And all of everything is answered, everything is Given freely, Happily. The energy, the buzz of Who you already Are, you begin to realize, *'You know that energy in the Room? I used to think it was just coming from Her, but it's coming from me, too! But it's not like a 'me' me, it's like there's no separation between us! We're all that one big Person of that energy! Wow! So...is there a separate person? Like, am I different from Her? She's different from me, and She's got Her own energy, and I get the energy from Her? She Gives it to me because She's nice? Is everybody else in the world kind of mean and stingy so they don't want to give it to you? What is the deal with this energy?'*

You begin to understand that the energy isn't exclusive to anyone! It is everyone. But the Guru is Aware of that. The Guru is showing you how to be aware of it. You slowly come into the awareness of it. And in that awareness of it, you begin to see, *'It is not a separate thing!!'* We're all arising in this energy, we're all arising in this Transmission of Already Happy. We *are* Already Happy, but see, people leave their Guru to try to use what you know and trust and love in the Room with the Guru, in the world, but you can't! And the more you try to do that, the more you see



that the world is really difficult and unsatisfying, until you really get freaked out and upset, and (*stressed voice*) *'I've got to get back in the Room! Every time I'm in the Room, and then I go out, I go back and I try to make this work out, oh, man, it's worse than ever! Maybe I should stop going into the Room, because this place is worse than ever now!'*

It's because you keep comparing, and keep going in and out, and missing that the only Place there actually is, is the Room. There is no other place. You can't reject the world. The world is not a place. It's just a bunch of lower ideas colliding into each other that build momentum, fall apart, build momentum, and fall apart, build momentum... In the midst of all those colliding ideas, the Guru appears and says, 'Come on! Come over with Me!' And you begin that life. But you keep going back and forth. You keep trying to use the Transmission of Already Happy to somehow take these ideas and make them work, but they are bad ideas! A bad idea - you can't infuse it with more energy and make it better. It is just a bad idea; you have to reject it.

The idea that happiness is outside of yourself, the idea that you can't already be happy – the world supports those ideas. You have to reject those ideas. You can't infuse them with spiritual energy and somehow they will be better. It doesn't work that way. Each person has to come to their impulse and trust it – their impulse, their real impulse – that *'I can do what I want. And what I want is to Realize Already Happy, to know the Truth of Happiness.'* The idea is not to go out and do something stupid, or fuck up things because they are selfish, mean and lazy. There only *are* people who are selfish, mean and lazy because they are not aware, and are not directly moving toward their true impulse. That's why there are all those

things. There can't *be* those things if they are moving into their impulse, and their impulse to do what they want is to realize Already Happy, *be* Already Happy, rather than to get happy through experience, through the world.

I mean, if we were in a higher world it would probably be a little more difficult, because things are a lot more pleasant in a higher world. This world is just a Matrix of mostly just very selfish, lazy, vain, power-corrupt ideas. Being good doesn't really matter here. It's just being able to be special, to win at something, to have more money, to have more looks than other people. So being good has no value, particularly.

No one practices being good here, but in the higher worlds, there is a nobility and a recognition for being good! Doing good deeds, doing loving deeds is recognized. Here being a kind, caring person means nothing! You can be selfish and lazy, and mean as the day is long, and as long as you are not breaking any man-made laws, you can say whatever you want about how good you are, and people will go, '*Ok....Alright.*' The standard is so low, almost anybody can fake it!

There *is* no standard here. There is no standard for goodness. There is no standard for love. There is no standard for peace! There just isn't any peace! There just really isn't any love. There just really isn't anything good here! It's just a bunch of people in their lower nature, hyping everything up, being bratty and spoiled and lazy and selfish.

That the bar is so low kind of messes up with your impulse, though, to go toward what you want, which is to be already free. The only impulse you really have, and it is the most

beautiful impulse of all, you completely suppress, and are cut off from it, that it's a good impulse. You don't know it's a good impulse!

Somehow you have to know that it's OK to want it! That it is your *real* impulse, and that any other impulse is not real. It is just the egoic field of relatability, the unconscious collective dreaming of the world we are living in.

Everybody is ready for Enlightenment! Everybody is ready to come into the Room! But it seems like there are only a couple of people in the Room with Me. Why is that?

DEVOTEE: It's ridiculous!!

SANTOSHA MA: You've got to reject the world. You've got to say, 'My impulse to be free is the truest impulse. It's real, it's true. And that 'There is a Realizer here to show me that!' That is the Person to trust!

DEVOTEE: The only one.

SANTOSHA MA: The only one. Everyone, you cooperate with, you are kind to, but can you trust with that impulse? No! Nobody wants to believe that impulse is real, true or good. They just want to think, *'Well! If everybody did what they wanted, it would just be awful! Because everybody, what they really want, is terrible! It's awful! Because everybody is vain and selfish and mean and rotten!'*, but that is not the impulse. That really *isn't* the impulse. That is the covering up of the real impulse. That's the *lie* around the real impulse! The real impulse is, *'I want to Awaken. I want to be happy as I am, already, now, not some other time! I'm getting old, I'm not going*

*anywhere! My search is not getting anywhere. I'm just getting old and dying.'*

What did you do all of this for? For everybody else who believes that you can't already be happy? That's what you did it for! Unless you go forward with your impulse, into the Room of Enlightenment, the Relatable Field of Unifying Love, you do *this* for everybody else. Boy! You're going to be mad at everybody else, aren't you? You're going to be mad at the whole goddam world – your mom and dad, the government, the Republicans, the Democrats, the Tea Party, where you grew up, where you're living now, your job, your boss – you're going to be mad at everybody!

Anybody can come into the Room of Enlightenment, if they want to. Anybody can. Anybody can be as I Am. Come into the Room of Enlightenment with Me. You have to come in, not as a cynic, but as someone who rejects the world, someone who is ready to come into the Room with that simple impulse, to trust themselves - trust their impulse. You've got to *trust* yourself. You've got to *trust* your impulse. You've got to *do* what you want. And if that is what you are going to do, that is going to bring you into the Room of Enlightenment.

See, that is what you are, that impulse. In your unenlightenment, you are the impulse to come into the Room. Once you are in the Room, you start being the Enlightenment now. You're not separated from God! The only thing you have in your unenlightenment that is the key is your impulse to *come into* the Room of Enlightenment. Not to fix the world, not to get fulfilled by the world – nothing about the world is going to do any of that. The world is just a Matrix of dreams. It is not about waking up. It's about sleeping.

Your impulse is your key, and it is a good impulse. That impulse is, *'I want to come into the Room. I'm ready, I deserve it, I'm true. I'm a true being, so Already Happy is my condition,'* but no one in this world believes that. No one in the world knows that. No one in the world is Awake except when they come into the Room with their Guru, so they have to be in that Room! *'I have to stay in that Room!'*

And you find that That is your condition, Who you really are, and What you really are. And you can never leave the Room once you Wake Up! I don't come out of the Room of Enlightenment and say (*in a stupor*) *'What's going on here? OK...What??'* I just know what all the realms are! All the planes, high and low, I know what every place I go is about. I know what people are believing in. I know that everybody's heart has the impulse to come into the Room of Enlightenment, but they are blocked and obstructed with, *'You can't do anything you want, because your impulse is wrong!'* The only *real* impulse is to come into the Room of Enlightenment, the Relatable Field of Unifying Love. That is the only real impulse each heart has, that each person has! There is no other *real* impulse.

Fortunately in unenlightenment there is a key, all the time, and that key is that impulse. *'I've got to do what I want! I've got to find out!'* That is your key! That is what makes it unbearable not to come into the Room.

That is the Work Adi Da came to do, and He says He has done it, so it is here. I'm an Agent of bringing people into the Room, into that Room that He Is, that I Am. And it seems like slow Work, but it is not always going to be like this. The seed of egoity is broken up! So people are going

to begin to trust their impulse to come into the Room of Enlightenment.

In burning up the seed of egoity, He opened the Door to the Heart of Trust again. It's not just that egoity at its root isn't a cemented idea that everybody believes in. He broke that idea up, but He also opened the Heart of Trust, too. Both happened at the same time, and we'll see some of that in our lives. We'll see that opening more. We'll be happy about it. We'll be doing the work of that. You'll be living that more and more, and why not your Enlightenment? You'll be complete agents of that Freedom. Be Free first, and then everything will adapt and change, and you'll see a world that is quite different from what we could have ever imagined by just trying to work it from the egoic point of view.

OK! That's the deal! You don't have to be optimistic. It's just true. You'll just see.



## 4.

# Stop Feeding the Pattern

*September 30, 2013*

SANTOSHA MA: It doesn't matter if you get what you want, or you don't get what you want. It still equals unfulfillment. That's the gathering of the power. That is taking the Teaching and living it, and using it as a powerful means for your freedom. In Freedom, it doesn't matter if the next experience is unfulfilling, or the previous one was pleasurable, or it disappears altogether! There is no unconscious loyalty to any of it. What you actually feel is free! Free from the implications of experience.

In being Free, whatever arises in experience doesn't spoil your sense of being happy, or your mood, or your ability to love and be present. It doesn't spoil any of that. Being a very powerful person on the Path is taking what you have learned from the Instruction and the Teaching about experience, and living your own experience and saying no matter what you do, whether you get what you want or you don't get what you want, you're not fulfilled in experience!

You bring up your unconscious loyalty to it, your unconscious emotional bondage to that idea – to the idea that you can get fulfilled, and you begin to break up that



emotional loyalty to that idea, that *'I can get fulfilled in experience.'* The wisdom of experience and the Wisdom of the Teaching combine to give you that power to recognize what you know is already true. Then, instead of being sad, or up and down, and sometimes happy and sometimes excited, and sometimes sad and depressed, anything in experience doesn't spoil your mood, because you are free! You are already Free, and that's the deal.

~~

Before you were reasonable about experience, before you were intelligent about experience, you believed this idea – like there really is a Santa Claus – that there really is fulfillment. Then when you went about experience you noticed that, *'If I'm smart enough, I'll figure out how to do my survival correctly. If I'm smart enough I'll meet somebody and we can have a reasonably good experience together. Nothing can be perfect, but it can be doable and satisfactory.'* The unreasonable part, the unconscious part, where your emotional loyalties are, is that not only can it be reasonable and satisfactory, it *has to be fulfilling!* That is where you lose all your power!

You generate a certain amount of power for meditation or practice or Realization, but it all becomes corrupted or falls away because you haven't dealt with the emotional, unconscious feelings that you are loyal to.

~~

In being very powerful, you would be to be able to see the unconscious and make it conscious! That is why when I give you an instruction I tell you actually what to look for so it's not a secret, and it's not hidden to you. It's not affecting you. You can say, *'OK, a Person of Power has*

*given me an instruction about what to look for when I'm losing my power, such as when I'm snarky, when I'm angry, when I'm sad, I've lost power.'* What is it that you are buying, or believing in that is getting you to lose your center? It is this unconscious belief!

The unconscious belief is hidden! Everybody keeps it under there, because it's a childish thing. You are loyal to your childish dreams, and your childish feelings. I'm giving you the power of Understanding. When you get snarky or depressed, you have to go, *'Oh, here's that unconscious program that I blindly, loyally follow, that affects my experience, makes me unintelligent in my experience.'* You choose instead to follow My instruction, remain conscious, unemotional. You hear yourself saying, *'I'm not giving it my power, and feeding it with the energy of emotion. Instead, I am going to stop feeding it.'*

When you stop feeding it, you are just present in relationship. That is called recognizing and releasing the contraction.

~~

You are bound to ideas, and you're stuck in ideas, and you're loyal to ideas, and you feed ideas. If you stop feeding those ideas, what is going to occur? You're going to experience freedom! You say, *'Well, I know how to experience doing what I have to do in this life, but I never knew what it is to experience actual freedom!'* You might say to yourself, *'I know what it is to do a good job at my job. I know what it is to be kind. I know all this stuff,'* but you don't know what it is to be free! This is because you haven't gathered your power profoundly enough to experience it yet. You might have some intuition, some

dreams of it, but what if that knowledge of freedom were to be your every day actual experience?

You have a real opportunity for real freedom, and to wake up, but this is where you have to gather the power, and stop feeding that little childish unconscious idea. With all your emotions, you are feeding it! Being angry is feeding it. Being depressed is feeding it. Being happily related and doing your obligations, that's not feeding it, and thusly your natural boundless freedom becomes evident to you.

Real freedom is never about feeling safe! Real freedom is about feeling boundless! Feeling safe is unhappy, because everything changes and disappears, and what does it disappear to? The Light. What does it arise from? The Light. It's all the Light! And what is the most attractive thing to see, and Be and Recognize? The Light!



5.

## Transmission and Preparation

*February 8, 2014*

SANTOSHA MA: You can sit in Transmission, dream of Transmission, feel Transmission, have your mind stop, and then, in the next moment, you can go and identify with anybody else's mind who is seeking conventionally, with all the 'special me', 'victim me' ideas of fulfillment in experience. You can hook up with those minds again, and when you hook up with those minds, the holes in your subtle physical body that you have get bigger. They tear open more.

I'm trying to give you a metaphor to understand that Transmission has a job, it is a force. But there are all holes in your subtle physical, and those holes come from you identifying with belief systems that reinforce the separate self, the self contraction, *that* knots up the body mind.

When you believe somebody's idea about a separate one and how to get fulfilled, or that you are a victim in

experience, or that you are a hero, or they're a victim, or they're a hero – if you believe any of that, it tears the subtle, and with the subtle body being torn, Transmission force just goes (*Her hands fall down and out.*) *Swish!* It just goes out. It just dissipates to nothing.

Stopping the dissipation is your job! That is why you have to go to work and do the practice! You have to always be doing the practice. When I was doing My sadhana and I was at art school, I encountered all these minds seeking in art. I saw what was going on, I saw all the beliefs. I didn't hook up to the beliefs, I was detached, I did My work. I wasn't at home traumatized by all their beliefs and all their seeking or their personalities, and the ups and downs of the personality. Why? There weren't holes in My subtle. It wasn't draining out the Transmission, and at night when I met My teacher, or saw My teacher in the subtle realm or in dreams or physically, the Transmission that they Are would continue to deepen in Me, and the force of that Transmission would unlock all the knots in the body mind, and as all the knots loosened and un-did, all the seeking mind, and all the beliefs that everyone had that reinforce the separate self-sense could not touch My mind. My mind was untouched now. My mind wasn't going around sucking beliefs up, and somehow buying into them and believing them and feeling really terrible afterward.

That's sadhana! *That's sadhana!* How do you get *there*? That is the real sadhana. What you're doing is kind of a preparation for it, but you never stop preparing the way you are preparing. Why? It's because you think this preparation period is somehow the sadhana! It isn't the sadhana yet. It is the preparation for sadhana. You think you can stay here and My Transmission is going to catch you on fire somehow. It is not going to work that way, it

is not going to catch you on fire. In fact, you've been caught on fire and doused it out yourself several times already! You keep dousing it out. Some of you had more capacity to come into the fire and get ignited years ago than you have now! How does that happen?

DEVOTEE: Too much preparation...

SANTOSHA MA: Too much preparation, and that is not it. You identify with preparation as the real process, and it is not. Rama used to talk about that. He said this process deepens if the first attention and the second attention become lined up. In other words, what is going on internally, subtly, should agree with what is going on externally. People are always thinking and acting in a way that is contrary to what you see. Or vice versa – they are always giving you a perception or saying something that they are not acting on, but they really want you to believe it.

When I was doing My sadhana, it was lined up that way. When any mind came and said *'Believe this, do this, this is happiness! Recognize this as important or special!'* it would just fall off Me. Nothing could move Me out of that position. That's locating Happiness or Consciousness, when you can't be moved out of that position, and everywhere you go you see people playing out the game of the separate one, and it doesn't stop you! It doesn't mess you up, it doesn't screw you up! If a really handsome guy comes into the room, you don't have to start thinking that somehow he wants to have sex with you, because it doesn't touch you – he is just a guy in the room. If people are trying to get famous for music or art in the room, it doesn't have to affect you. You don't have to go anywhere!

When the Buddha was sitting under the tree, first the hallucinations came to take him away from his meditation on the Divine, and they were terrible. The first kinds of thoughts are all scary stuff, but as it went, the most beautiful maidens tried to seduce him, and those were the higher thoughts - whatever is beautiful and pleasurable in life are the higher thoughts - and he stayed in his meditation. All the hallucination of how one can be fulfilled broke! He remained unavailable to any of that seeking and any of those desires.

You can't assert, *'Well, a little bit of this and a little bit of that, and I'll go home and meditate'* is the practice. You have to patch up all those holes in your subtle body so the Transmission can do the real work, and so the Realization can occur. It's not your mind that is going to Realize you! It's all the obstructions that are there, present in identifying with mind, that break up! You have to let go of all mind to wake up, everything you like, everything you don't like – all of it has to be let go of, and accepted as the unreality that it is.

And yet, Realizers function with no drama, and no trauma. They function simply and ordinarily and efficiently. No complaints. You can see Me do ten things at once while you are still just remembering to pick up your umbrella.

~~

The Transmission is going to do the Work of freeing you of your identification with the body mind, but you have to do the work of preparing for that. You have to be responsible for your attention, and if you just say, *'Well, Enlightenment is good! But I should be able to think about some pleasurable things – that should be alright. Enlightenment shouldn't be against that!'*, that is a 'gray

area' kind of philosophy. Enlightenment is not against anything, at all, but with that kind of thinking you are creating holes, separation from Enlightenment.

Identifying with any quality of mind, high or low, is suffering. You have to get really clear about that. Once you are really clear, the process of Transmission starts to go deep, and so you have this self-protection device in you that doesn't allow the Transmission to go deep, because you don't want that kind of Freedom. You think that kind of Freedom is too terrible and terrifying, awful.

Well, what if you were sitting in the room, and all sense of being different from everything ends, there is no 'I' thought formed, and there is no 'I' thought that connects to anything. What would that be like? Well, that is Perfect Freedom!

You've had little hits of Transmission where your mind slows down, you feel a kind of relief, and released a bit, and that feels really good, but what if that relief and release went *completely*, where you never got up and went back to (*gestures a clench*)? You have to be ready to live that way, see? And if you are not ready to live that way, you will try to (*hard clenching*) tense back!! You will try everything to tense back, and you will probably achieve it.

Well, that's what everybody is doing! 'I'll be bound in identifying with this body mind so I can have these nice sensations of being a body mind,' but you all live enough to repeat these sensations over and over again! Is that steak so good? Is that sex so wonderful? Everything that is *wonderful* also has an edge of consequence to it.

~~



You have to be prepared. The level of enquiry that you *do* understand is to help you with the beginning preparation, and then progress to the level of enquiry where you have seen mind for what it is, as well as other peoples' minds, and now you don't attach yourself to it anymore because you are happy with staying located as Consciousness, where your ego doesn't want to run out like there is a fire in your house, *'Ahhh! I've got to get out of this house!! It's Consciousness! I'm located as Consciousness, not the personal self! Get me out of this house!!!!'* (laughter) *'That's too free! It's too hot in here!'*

Because it seems hot, it seems like a fire when you are standing there at that level of enquiry, and all these mind forms are assaulting you, and you want to identify with them. It seems like a hot fire in the beginning of being located at that level of enquiry. It doesn't seem easy, but the Transmission – there is also Bliss in the Transmission along with that fire in the beginning.

The preparation work helps you to enjoy the Bliss, and stay located as Consciousness, but there is that fiery work that is going to get done by the Transmission, and if you can stay, without identifying with mind as your self, or with the loss of mind as a terrible adventure, then the Work will be done. The Transmission will do Its Work.

It won't seem so fiery as time goes on. It will just seem so *True*. And the clarity of that Truth will seem so beautiful. You won't feel a Bliss all through your body, you will just feel that the beauty and dignity of that Clarity is just the most beautiful, like the best done song, or beautiful painting. It is just clear. It is clear, it deserves and is Awe.

That is what you begin to experience as your own in being Free. Having no mind is not just sitting around and feeling this heart chakra opening and you feel Bliss. It's not really that. There is an aspect of that, but it is that Clarity, that nothing is Real, except what exactly *Is* Real. In other words, the mind, and your identifying with generating the separate 'I' in experience, is not Real. Really understanding this frees you from all implication of all experience!

~~

To have a Teacher, it's easy to locate Reality because they are right there in this form, they are the Doorway There. Putting attention on this Doorway, you are in the Transmission of it. That's why it is so great to have a Teacher, because your attention and regard is actually located on your Teacher!

Then you are actually in the Teacher's real Transmission field of no mind. You are bringing Them with you at your job, and you are living in Their Transmission of Who They Are, and that is not a personal self.

For you to really have Awakening and Realization, the Transmission process does have to occur. A lot of people think they can understand the concept of Freedom, come across someone with authority and the transmission of That, and they have a moment where the mind feels released, and then they go home and say they are Enlightened. But then the contraction occurs again, and they keep experiencing the release over and over again. In real Enlightenment, you don't keep experiencing the release over again. Once you are released, you are released forever.

What I'm staying clear about, and want to stay clear with you, is that preparation is preparation. You have to get to this stage for the Realizing to occur, and that is the Transmission process. Without that, it's just preparation, and faulty preparation at that, because real preparation would get you here.

The mind creates this gray area where somehow you are progressing, and that you are a deep spiritual aspirant because you have been at it for twenty and thirty years, and sometimes it takes a really long time to give up your seeking because you really believe in your personal self so strongly. You really believe what the rest of the world believes so strongly and adamantly, that you will live in experience and find a way to improve upon it to get happy. Even though as you get older, it seems just a repetition of the same old stuff – no one is getting happier, and despite knowing that you are just aging, and everyone is going to die, somehow you want to still work on another strategy of how to make experience work out.

~~

Basically we are living in a culture where you count on a certain amount of mental, physical and emotional stimulation through different kinds of experience with food and drugs and entertainment, and you can live your whole life distracted in these superficial levels of pleasure and say *that* is happiness, but no one is happier when they get older! The more pleasure you manage to control or have without too terrible consequences doesn't amount to great happiness. It just doesn't go anywhere! No one is coming to these conclusions, because underneath everything, everyone is just afraid they are going to die.

As Adi Da says, ‘You can’t really love until you face death.’ You can’t. You’ll always back off from real Love because you are scared you are going to die. This is because Love requires sacrifice of your ego, and if you are afraid of death, afraid of your ego ending, you can’t sacrifice it.

The question is, how prepared are you at this point, at this time? I don’t know!

DEVOTEE: I have to tighten things up!

SANTOSHA MA: (*laughs*) If you feel that way, and you can see what you have to tighten up and *want* to, then you are ready. You’re ready to do this preparation.



6.

# **There Is No Insider, No Outsider in Love with Avatar Adi Da Samraj**

*February 28, 2014*

SANTOSHA MA: Avatar Adi Da Samraj is everyone's Heart, and He is Intimate with everyone. There is no outsider. There is not 'some guy' over in Illinois who is a jerk that Adi Da is not his Intimate. There is nobody like that. It only seems to be like that because of what?

DEVOTEE: The contraction.

SANTOSHA MA: The self-contraction. The identity of the insider, or the outsider. There is no insider, there's no outsider. If you say you love Enlightenment, if you say you love Him, you say you love Me, you don't have to

doubt it, because you *know* it! If somebody else comes into the room and says the same thing, you don't have to doubt them.

That is the way you should feel about Enlightenment, about your own life. It doesn't matter – experience doesn't matter, it is unfulfilling, but you must inwardly know, 'My life matters to me, and my love and my intimacy with my Guru, with the Divine, matters to me!', and you live *that*, like it *does* matter. You're not just saying it, but you are living it in your life. And if you can know *that*, live *that*, remember *that*, love *that*, then everything will be undone! You'll be happy!

How do you get happy? Be in Love. Be in love with the life of Enlightenment, with your life, the life and love you have for the Sacred in the form of your Guru. There's no outsider! I think now that Adi Da has dropped the body, it is more obvious there are no insiders and outsiders of Love, are there?

He can appear to all. He has appeared to all. All can be touched, all can be felt, but the part that has to happen is you have to love. You have to want to love. You have to love Love. You have to love like He is your Intimate. If you love your Guru, you *will* want to think of your Guru. You will want to share everything with your Loved One, and if they are not physically in a body anymore, does that stop you? Why should it? Otherwise, what else are you going to be doing, other than complaining in your mind?

Instead of that, you can use your mind and your emotions to share your life with your Beloved! You can live as loving, ecstatic people, if you want to!

Alright!





7.

# Equanimity

*May 22, 2015*

SANTOSHA MA: Sadhana is regard given to the Sacred, allowing the personal to be disused, not to be invested in. You don't use that credit card anymore. You cut it up. Every experience is a means to practice equanimity, which is the basis and foundation for noticing and living in the Sacred.

The emotions are not something that happen to you. They are something you use to deal with the experience you are in, but you all think emotions are just happening to you, and that experience is making them happen to you. No, this is how you have developed your emotional relationship to life over all these years. This is what *you* have done. You have responded in a way that generated certain emotions under certain circumstances, and you keep doing it, and it doesn't work.

You have dialed up these great strategies involving these great emotions to everyday experience. That's why you don't have any equanimity. Dialing up these great strategies is how you generate a sense of yourself. When you feel the most afraid, you consequentially feel you are a personal self the most. When you feel really sad, you consequentially feel you are a personal self the most.

When you're really *mad*, you consequentially feel you're the personal self the most. However, when you are just walking in nature, you're just feelin' groovy. (*She starts singing... 'neh neh neh neh, feelin' groovy'...*) (*laughter*) You don't feel like a personal self when you are feeling groovy. What do you feel like? Just open. Just open flow.

Given that, the reason for why your practice doesn't go deeper, where you live and realize the Divine, notice and give your regard, love and give away your ego and your personal self, is because you don't have that equanimity yet.

You are still playing the game of advantage for the personal self *really hard*. Alright, so you are faking it, and what are you faking? All sorts of emotions! All sorts of sympathy. All sorts of everything. All this fakery creates 'me', the sense of 'me'. It's all fakery! If you're not faking, then you are just in the flow. You're feelin' groovy, not faking it. You're feelin' groovy!

If you're feelin' groovy, is that now the special Divine status you have? No. Feelin' groovy, truly, is just the absence of the ego, the fakery.

If anything in the past bothers you, and you feel disturbed about it, and you feel like you have to go over and be upset about it, you ain't doing sadhana! You just aren't, because what is the past?

DEVOTEE: A graveyard.

SANTOSHA MA: Yes. The past and future are nothing. Why carry a lot of strong emotion around nothing? That you ever do is because it gives you a sense of self. *I can't*

*bear it! I want to feel groovy! I don't want to feel a sense of separation, but I can't let go of my son, because he is mad at me. This makes me feel really separate!*' Well, just let go of it! You are with your Guru now. Meditate on Groovy! Don't meditate on crappy!

Everybody goes around and creates an identity based on over-reactive strategies that have been unconsciously developed. That's why this practice is a conscious practice. What is not conscious and untrue has to be seen, and when it's seen it is now conscious. When you see something and it's not good, and you know you have the freedom not to choose it, you won't choose it! The only kind of sense of identity you can ever achieve is based on your reactive-un-groovy-faking-it relationship to experience. You can't win! It's set up to be a losing game.

Either you are groovy now, or you are never going to be groovy! You don't start doing practice when you leave this Room of the Unifying Field of Love. You're groovy right now, or you are not ever going to be groovy. You come to your Teacher and say, *'I really want to be with You, and I really want to realize the Self, but I have all these problems I have to take care of first.'* No! This is the place to get groovy! This is where you are groovy! If you can't do it here, you can't do it anywhere.

It's as if you asked, 'What does water taste like? I would love to have some water. In my culture we only have half a glass a day. What would it be like to have a whole bottle?'

Well, here's a whole bottle!

'But I can't drink it now!' (*laughter*)

That is how everybody is acting. Why? It's because unconsciously you are committed to an identity, and that identity is based on this whole game of the Mummery Avatar Adi Da talks about, which is pursuing and living, and reacting to experience. What you are living and reacting to, basically, is not really even happening most of the time. Why are you *that* afraid? You're making it up! Why are you *that* sad? Nothing sad is happening to you. Why are you that mad? It is never that serious!

You've been living in these extreme emotions over all these ordinary every day experiences. That's why people are crazy and insane, because they are living at a heightened emotional reactivity to everything, which doesn't really call for those strong emotions. What does it call for? Mostly common sense, problem solving, some compassion, sympathy, kindness, patience, integrity, dignity. It doesn't call for being *really* sad, and *really* mad, and *really* scared, and yet, you've all lived in those heightened emotions.

You can think that you've been doing the practice for years, and you should be getting somewhere, and you might be close to Enlightenment and you just don't know it (*laughter*). No, because you are still living in the Mummery as an ego, and dialing up all these strong emotions all the time. They can't be unconscious. They have to become conscious.

Say someone comes by and they give you a look and you don't like it. Maybe they weren't even really looking at you, and you get all mad!! You have to say, 'Wait a minute, dial that back, jeez...' Being able to see it, and dialing it back, that's the foundation practice. That's

equanimity. That's balance. You're not reinforcing the separate self. You're not creating ego anymore. If you don't create ego anymore, and you live in balance, what happens? The Divine becomes recognizable. You recognize It as yourself, your True Self.

You haven't been able to recognize the Divine because you are living the game of a pretender of someone separate. You know why no one ever gets happy? It is because the game is rigged! No one can ever practice creating a personal self and get happy, because you primarily have to dial back all these emotions to really be happy. Once you dial back all these emotions, practice *that*, then you're groovy! You're not faking it anymore as a personal self. You're not faking being a person anymore. Then wow! Just open flow, feeling groovy.

DEVOTEE: You're just groovy. You're not groovy and patting yourself on the shoulder at the same time!

SANTOSHA MA: You're not the 'groovy guy!' You're just 'groovy!' There's not a 'groovy guy', there's just 'groovy!' There's not a 'groovy girl', there's just 'groovy!' But there are a lot of fakers, and they all have your names.

Every part of life, no matter what age you are, has this similar need for either calling up a strong emotion, or dialing it back, but what happens to people who are older? They seem more afraid, or more angry, or more sad. Why is that? They have dialed it up all the time, never doing the practice of dialing it back. Sometimes people have to dial it back or they lose everything.

You can say, ‘I come to the meditation hall, I do mala, I do service. I must be getting really spiritual now.’ It’s a common mistake beginners make. What has to change? You have to develop equanimity by being in experience in the right way, with the right emotions. Emotion is not happening *to* you, the same way this is not happening to you – when you lift your arm – you decide to lift your arm. It doesn’t require a lot of thinking about it, nor do the emotions require a lot of thinking about it.

I can inspire you, you can be in My Transmission field. I can show you what it is to live and be happy, and you can enjoy that in My Company, but unless you do this conscious part of this practice here, you are just throwing away your own Enlightenment. You’re creating a personal self based on this game that Adi Da calls The Mummery, where most of your emotions have become so whacked out.

That is why when people go to see their Guru, they want their Guru to solve all their problems, instead of hanging out and being groovy! If someone knows how to be in the groove, be groovy, I want to hang out with them, but then you want to talk about your problems, and they are all dialed up, like you are this intense victim of life. You’ve got a chance to be groovy, so be groovy!

When you come into the Company of the Guru, it’s time to notice and be groovy. It’s not time to bring your problems and have them get solved. It’s time to be groovy now, to learn how to be groovy! (*laughter*) And so you have to dial everything back that isn’t being groovy. You have to leave all your problems by the door, and when you leave you have to take groovy with you! When you tend to want to go over, be afraid of or sad about problems, you must first realize there isn’t any problem. You’re just dialing up

a lot of emotion for nothing! When you're in your room by yourself, in your nice comfy bed and you're (*crying*) 'I'm so saaaa-aad!' (*yells*) 'Oh, I'm so mad!!!!' (*whines*) 'I'm scared...' (*laughter*) What are you doing?

DEVOTEE: Insanity.

SANTOSHA MA: You're practicing insanity, because you're actually in a nice bed, feelin' groovy, and you decide not to be groovy! You decide to be all those things. Nothing is happening to you right now.

If you go through life and dial all that back because you see, 'That's not really an appropriate response right now...nothing is really happening,' you'll find out that you can live in being groovy!

See, the personal self is never the happy self. It's always the impersonal self that is the happy self. The personal one is full of complaints and fears and anger, and disappointment, wanting something to happen, or to not happen. That is the strategy of personal self that everyone asserts is 'me', but no one investigates, and says, 'Hey, I'm not "me", I'm the groovy one! I'm the groovy one!'



## 8.

# Loss and Renunciation

*September 11, 2015*

SANTOSHA MA: All of life is a lesson in accepting that you are going to lose everything, and for every experience in life you find pleasure in, and base happiness on, like getting married, having a kid, buying a new car, there are all the other experiences that have to do with loss.

Today is 9-11 Anniversary, and all the people, many many thousands of people, are still remembering their loss of the people that died that day, unexpectedly. They didn't do anything. They were just showing up to work and they died, and everyone left behind has to remember that, and also has to understand and work with loss.

Eventually, when you die you lose everything. You become a complete renunciate – no body, no mind, no nothing – no objects, no relatives, no nothing. In life there are experiences of loss that teach you about renunciation, and of course, those that are unexpected make you a reluctant renunciate of a place or thing or object. A big flood comes and it takes your house, so you now renounce your house. Your house has been renounced for you. You didn't have a choice.



Spiritual practice is, on the other hand, a choice based on a conviction, and that choice is that you are renouncing your very own self as a separate one, renouncing your ego, or the activity of seeking for status, attention, gain, or benefit for yourself. You are willing to give all that up because you have a conviction, and that conviction is to wake up, to be here to wake up, not to *acquire*.

Everybody that's lived a life has to come to terms with this, that on the road to *acquiring* happiness, states, people, and places, through earning it, hoping something nice happens, through being given it, they are also losing these people, places, things, and objects along the way. How someone comes to terms with that helps them to make sense of their real humility in life, their real position here, and what it's really like to live. Those who cannot come to terms with it get really strange, crazy, aberrated in ways that become very isolating, disconnected from the Unifying Field of Love, disconnected from each other.

You have to make sense of the loss. This is how you can have a good death. Before you lose everything at the end, you have to make sense of loss as the Divine Plan, as the lesson of life, as the lesson of Happiness, the lesson of Love. To make sense of loss as a lesson of Love is very, very difficult for people, very, very difficult.

When you lose somebody through death, you *forever feel* that loss. You don't *forever feel* that they *have* arrived in the Unifying Field of Love in which you are also arising, in which the heart, the relationship, the love always continues. You mistakenly feel ripped off from that love. I assure you, in a real renunciate life, in understanding loss, the feeling that you are ripped off from love is not really

there. You won't feel that way. You will instead forever feel always the Unity.

That is why if your Guru is in the body or not, your Guru can appear to you through dreams, visions, intuitions – any way possible that is possible, or impossible! They can appear to you and guide you through the lesson of life into the Unity with Them as the Sacred. There is no limit on that. Whether I'm in the body or not, or you are in the body or not, there is no limit to love and this continuity in that Service, in that capacity, to Realize Unity.

As older people, have you made sense of loss? Have you made sense that you are losing? You are losing your physical agility, you are losing your memory. You are losing everything to do with body, and lots of things to do with mind. Knowing different people that have come and gone in your life, different situations, different jobs, different places to live, different cars - things have come and gone - have you understood loss?

That is why I wanted to talk about renunciation. Renunciation is the renouncing of the ego reaction to loss. It is not the renunciation of happiness. It is not the renunciation of love. Renunciation is renouncing the *reaction*, the ego reaction to loss. That's all it is! You're just going to renounce your reaction to loss.

What is real practice with loss? What is the real practice of losing something? Loss is the hint. There is always a hint in loss of the Unifying Field of Love, of the True Unity of everything. When you lose something, where did it go? Is it hiding behind the seat? Did it fall off the planet? Did it lose its body? What happens to things you lose, people you lose? Where are they now? Well, you are here to

realize the Self, to realize God, so you have to have, at least, the conviction that they are with God, or they are *as* God, or they will return to learn and *be* as God – that everyone is evolving to the perfect renunciation of this idea of being separate from God. That is why they are renounced.

~~

Your love, here, is to lose ego, and regain True Self, to unpeel the layers where you act out the drama of acquiring ‘myself’, fulfillment, loss, and your reaction against it. Many people get very bitter and reactive when they lose something, and conversely, many people get very deluded by whatever they seem to gain in this life, and deluded means they become the ‘special me, separate one’. Both instances of ego are loss of feeling of that Unifying Field of Love, with the Sacred.

What is renunciation then? Renunciation is living a life where you are not a seeker anymore, where you are not seeking in experience looking to be made special, looking to be fulfilled, because you know that everything in life is really not based on fulfillment, but actually based on loss. You are going to lose *everything*. Every lesson in life is not about how to get more pleasure and more pleasure and more fulfilled. Everything about life is showing you, you are going to lose something, now, later, more, and more, and more.

Eventually you are going to lose your whole body mind mechanism. What is left when you lose that? If you haven’t established the love-intelligence and the recognition of yourself as the Sacred, it’s just going to be very difficult. If you don’t know who you truly Are, when

you lose your car, your engine, you don't know how to get anywhere anymore. You're just going to be completely bewildered, and that is everybody's response to loss. That is the ego's response to loss - being bewildered by it, driven mad and reactive, and yet, everyone that has ever lived has died, and everyone has gone through the loss of a dog, a person they cared about, a job they liked – anything, *everything*. We've all experienced loss, but very few people make sense of what loss is, what it is trying to show and teach you, and in what kind of relationship you should live to it.

A renunciate life is an intelligent life in relationship to your conviction of who and what you really are, and also the recognition of what loss is. You have to understand loss.

~~

Being faithful serves in your conviction that you are here to understand the loss, and also to live happily and convicted of the Sacred. If your body hurts, there is still this Sacred happiness, your love of the Sacred. If your mind is not quite as sharp as it used to be, there is still your love. Nothing can touch the love of the Sacred. The Sacred loves you right back, and there is no break in that continuity ever, due to your strong conviction. If you are searching for the ego, for your personal self to get fulfilled, your conviction is weak, and you break the realization of that continuity. You don't get to enjoy The Unity of the Sacred. You are looking for yourself, so when loss comes, you are very pissed off.

A renunciate life is living a life where you live very deeply and profoundly in that conviction. And you begin to thus feel that relationship always with you, always guiding you.

I've always asked when you go about your life, do you take Me with you? I mean that quite literally, too! I mean, if I was standing next to you – because I have lived with all of you for years and years, so you know what it's like to live with Me, and you know how I understand life, and how I am Realized, and so you have the Voice of Realization with you. You've seen it demonstrated to you under all circumstances.

I've always said, 'Take Me with you.' And when you're going out there, and going about your life, and you're about to do something that is egoic, that isn't continuous of the realization of the Sacred, of Me being with you, ask yourself, 'What would Santosha think of me doing this, or choosing this?' If you go about your day, and never really ask yourself that, that means that you are either in a coma, or you want to go about and have your own independent self, and that your faithfulness to Me is not that important to you.

A life of renunciation is where I am with you, in which I am always asking you, 'Are you with Me now, or what are you doing? Are you with Me now, or what are you doing? Are you loving Me now, or what are you doing?', where you allow these questions to be asked by Me all the time. I'm with all of you all the time! If you allow yourself to be faithful, to have the conviction that you are with Me, serving Love, not serving ego or being a reactive ego, that is renunciation! To be a renunciate you do it every day as often as you can, as often as necessary, all the time, because in asking these questions, you strengthen your conviction and assertion that I am with you.

If you want to instead say, 'OK, I come to Friday night meditation, and I'm part of this service. But the rest of it

is my time, and I do whatever I feel like,' if you want that, you've had it! The result of it is, in the face of loss, in the face of not being fulfilled, you are upset, you're mad, you're depressed, you're reactive. You feel disconnected from the Unifying Field of Love, from the Sacred, and you have to live with that. I'm not going to fix that up for you. You have to bring Me with you to fix it up! I'm not going to fix it up. I lived with you all these years. So of course in all these years, I've shown you what the choice is! If you're not choosing renunciation, you're going to get the same results everyone else in the world does, which is suffering being not convinced of the Sacred as your true love relationship, and so can't deal with loss of any kind without making up crazy hysterical reactions.

Some of you are getting toward the final push in your life, and you can just go the way of loss and reaction, or it can go the way of the Walkabout with Me, really walk with Me, bringing Me to everything that is required of your life to keep an intelligent life.

The example of the Realizer is that They experience what you experience, the suffering, the loss, the pleasure in experience, but the Realizer said, 'It's not enough. It's not True.' And They felt an intuitive love for something that was so Infinite, and bigger than all that. They had to follow it, and do what was necessary to live That, to be It, to know It, to love It. They had to keep doing that. The difference with you guys is...you just are trying to hang out with Me and hope it happens, (*laughter!*) but it's not going to happen that way. I can save you a million times from the consequences of your ego, but that is still not going to cause that true love to Awaken in your heart, to live it. You have to just say, 'However badly I love, I love. And I want to love more.'

What I've seen with older people is that they don't know how to deal with all the loss, and with the big loss that could happen any minute to them, they are just hysterical. They are not established in love beyond experience, beyond just being a body mind, so it is misunderstood as just a terrible annihilation of everything they are familiar with, instead of it being understood as the embrace of the complete Freedom of the Love of the Divine! The Divine is not going to let you down. You are letting yourself down. You have to stop doing that.



## 9.

# Be Informed by Your Death

April 22, 2016

SANTOSHA MA: Who thinks they could do a *lot* better at their job? (*All hands go up!*) That their line is too low? (*She glances around.*) OK! If you are actually entering into the cooperative relatable field of your job, then over a period of time, your capacity to do that job increases, and you feel more satisfaction from your job. That's how it works. Satisfaction only comes through increased capacity to do the job better, to do the task better! That's the only way you get it. There is no other way. All of this fulfillment you are trying to look for, and you think *Enlightenment* is going to give it to you - it doesn't come from there. It comes from doing your best.

If everybody raised their hand and said they could do better, well, then why not? Try! Try to do better. And if you try to do better, you're going to feel more satisfaction. And you won't mix up satisfaction and pleasure with Enlightenment anymore. You will know that Enlightenment is another depth, is something else than satisfaction.



Do whatever you want, but don't do it from ego. Do it from being informed by your death! You're going to die, the body-mind is going to die. What you really are is neither living, nor death. What is it? Consciousness. Be informed, as you are still identified as a separate one that is going to die, be informed by your death, and not by your ego! And what do I mean by that? I mean if you have an impulse toward something, do it, but not from the ego point of view. The ego point of view is, 'If I do *this*, I'll be special, and I'll be smarter than Margaret, and I'll be better looking than so and so!' The ego point of view is all about self-reference, but there is no satisfaction in any of that.

If you try something, say, 'Well, I'm just going to die anyway, so I'll try this. I've always liked it. I'm going to do it!' Then once you do it, it informs you if you want to do it again, and then it informs you some more! If the *attraction* doesn't leave, then you want to do it again. As long as it doesn't really hurt anybody or degrade anybody, then you find out something. What are you going to find out?

DEVOTEES: Whether you want to move forward in it...whether you want to keep doing it...

SANTOSHA MA: Yes, whether to move forward, whether it's satisfying. If you live a life, and maybe you tried 15 things, and 10 were very satisfying and you continued to do that, that would still be 10 more than what most people are doing. Wouldn't you agree?

DEVOTEES: Yes.

SANTOSHA MA: Yes. That's how that works. Can you possibly be satisfied in this life, even though there is

suffering? Yes! You can be satisfied. But you're going to have to be informed by your death, and not your ego. With ego, on the other hand, you say, 'Well, I was thinking about doing this,' and go around and tell everybody, and everybody says, 'Oh! You should do it!' You try a little bit, but don't get all the compliments, don't get any status. From ego point of view, it's all just trudging along trying to do something. And you say, 'Why should I do this? Nobody cares!' That is an ego trip about whatever you are attracted to.

The ego always talks you out of everything. You have a life that is mediocre, you show up for work, you do the least amount possible. You know you can do better but you don't. You come home and you complain about it. You feel like 'I'm so stressed out...' You're stressed out because you don't have any of the satisfaction of anything you've done! You're just looking for your ego to be fed by whatever you are doing.

Like I said to you, you've been a social worker, and you seem to care about the downtrodden people, and how to create a better circumstance for everybody, and an opportunity, but you don't really study the craft of it! You don't really look at it and say, 'What's happened this week with that? What am I doing? Do I have any ideas that I could look into, and try to follow up with?' You just think, 'What does Mary think of me this week? What does so and so think? How is my boss doing?' You're thinking of your self-satisfaction and success in terms of the 'pecking order', your apparent social order and connection, rather than what are you attracted to, and how does that inform you? If you were going to die, would you really care what your boss thought about you? Or would you care about how well you are doing at the job?

Everybody wants to do their job better, and change something that makes it better for everybody else. Do you agree? (*Yes...*) Maybe you don't want to personally, but in general. Everybody complains how sucky so and so is, or the boss, but what are *you doing* to actually bring about that change? You talk about so and so's ego or immaturity, or their lack of skill or ability, and you can complain about that. But what are *you* doing by being there for 5 years, 10 years and 20 years that creates anything different, and that everybody benefits from?

What are *you* doing?

The whole world is primarily on an ego trip, and creating the ego identity which says, '*What do I get? How do I look? Do people look up to me? Am I getting recognized?*' No one is saying, '*You live this life. It runs out after a while, and obviously between birth and the end you have to do something. You have to trust somebody, and you have to do something. What am I willing to be myself with, and do, and not be part of another group telling me how to do it?*'

*'What am I willing to do to be myself in this?'*

The only way to get satisfaction is to be *informed* that you only have a limited amount of time, and then you die. What would you want to do, or what would you want to do on any given day, as the day appears? What kind of decisions are you making when something appears, when something you see, like a hill that you are attracted to, but you *don't* walk up that hill, because it's going to involve a little walk? Or you hear a song in your head and you *don't* go to the guitar because you're a little tired and it is going to involve

something. How do you get the satisfaction that you are looking for?

DEVOTEE: You have to do it.

SANTOSHA MA: You have to follow those things! You can be the person that says, 'I believe that a government is a good idea, and can create positive and good change for people, and that the country can improve because of it, but all I'm going to do is criticize everybody who is running, that their ideas or what they are doing isn't good enough!' Well? What's *your* idea?! Instead of asking, 'What is so and so's idea, who is running?,' I think people should ask, 'What are *my* ideas about what could work? What am I doing now, within my own relatable field that is part of that? If I believe that everybody should have opportunity, and I know three people, I should help those three have an opportunity!', instead of putting it all in the hands of some figure who is running for election.

'But how do I get going?' You do what you can in your circumstance, and if you just have an impulse in the social service arena, that's where your impulse is. If it is in the creative field, that's where your impulse is. Not everybody has to duplicate everybody else's field, or be a part of that, but the same kind of learning, how to be informed by your death, and how to achieve satisfaction by *you* being the one who comes up to something and changes things for yourself and other people, is required! Learn, instead of complaining about other people, judging their mistakes or their laziness and selfishness. How would *you* do it?

You could say, '*Well, I really only care about Enlightenment. I don't really care about changing the world or anything like that.*' How would you do that for

yourself? *'I'm going to meditate more deeply each day. I'm not going to leave my meditation until I feel I've given it really my best.'* That is one thing, and then if you are with somebody else that says, *'That's what I'm interested in, but I'm interested in serving the Guru in some way,'* then they have to be able to come forward and be sensitive to Me. Really sensitive, and really get to know what real service is!

Another person says, *'I just really want to be able to meditate, and locate myself as Consciousness, and not just as mind and ego-I. Let's talk about meditation, how we are doing it! Are we doing it that way every day?'* Another person comes and says, *'Let's call each other on it! Let's not bullshit each other and say these wonderful things that aren't true, but let's really say, 'Wow! How deep is it going? Are you with Santosha in your heart?'*

Meher Baba used to say, 'I am free, but I am bound in your heart, in you.' What did he mean by that? That he is with you, as you Are, but you are binding him, because you are interpreting him, Who you are, through the mind, through the separate vehicle, identity.

Again, if you were to be informed by your death, you would say, 'Why don't I try and see where things go?' Say you have a really strange idea for how to create a landscape. You go, *'Jeez! I'm really attracted to it!'* Well, you go out in your yard, and you do the best you can with it. Then you look at it and say, *'This is kind of cool! It's not great, but it's kind of cool. I'm glad I did it, and I want to try something else!'* Then you keep going, and you keep going.

Then one day I might say to you, ‘This area of the yard, it needs something. Have you got any ideas?’ And you go, ‘Well...,’ and then you really have a real idea, a real capacity to work at it, and a real capacity to do your best with it now.

But if with everything you say, *‘What’s the least amount I can do and still look spiritual?’* or *‘I’m too spiritual to do anything!’* or *‘I’m going to assert that just walking is spiritual!’* what are you doing?!

DEVOTEE: Fooling yourself with it.

SANTOSHA MA: Yes! Why fool yourself?! Why do you want to fool yourself about your own spiritual understanding, or your own impulse? I say you came here because you had an impulse toward Enlightenment. Where is that impulse? Why doesn’t that dominate, and is the central point of your life? Why is it only kind of there, secondary to everything else? Why is the impulse toward Enlightenment never the central thing that informs all your decisions?

DEVOTEE: The basis of all your actions...

SANTOSHA MA: Yes!! That is why My sadhana was fulfilled in Enlightenment, because it did! Every decision, every thing, every opportunity that came along was informed by that, by ‘How does this relate to Enlightenment, to the process of Enlightenment?’ Not that you sit down and meditate a few minutes each day, maybe you make Me an apple pie or something, and that covers that, while the rest of your life is an egoic search, where you never noticed you can never be satisfied ever, ever. Ever! In fact, if you noticed, you get less satisfied, worse,

crazier, more ridiculous, more unrelatable, more impossible. You live in a field of fantasy when it comes to your life and how you are relatable. You think everybody likes you! And then everybody in the whole town is saying, '*God! That person is impossible!*', and you don't believe it, and you don't even know it is happening. You can't see it!

How can you get to a place where you can't see what is going on? Because that's how the ego is. It creates a fantasy, and it doesn't allow what is going on in the relatable field and the field of experience to really change anything about it! If you were to be informed – not by your *ego*, and its fantasy that you are always the innocent special one, and no one gets you – but if you are *really* are informed by your *death*, you will say 'Well, why not try this? I'm just going to die!'

And you *are* just going to die! From the point of view that you are still living at, you are just going to die! You are not going to be free. You're not going to be Enlightened. You're just going to die, and have to come back and be identified as ego once again, to be a fearful ego, a scared ego, one that won't generate, one that won't be relatable, one that won't grow and develop. So I say, be informed by your *death*! Not your *ego*.

Whenever you talk yourself out of anything that seems good to you, that is the ego. (*Addressing a devotee*) You used to sit in your head and talk yourself out of millions of things all of the time!

Ego.

As soon as you say, ‘OK! I’m getting up, and I’m going to do this!’ and you start doing it, and you flop around, you figure things out, you get going, you get frustrated...but in the end, you still have *something*, and you go, ‘Oh! I can do something more with that!’

That is *not* ego. That is you living in your life.

If something comes along, and you have an attraction, and you’re willing to bring real energy to it, there is no line there, is there? No.

Why does everybody want a line? Then they go, ‘Uh! This is too much! Too stressful!’ Your ego is creating that line, and your ego is giving you stress because of that line! That line your ego has decided to have *is* the *stress* you have.

To feel that anything could come along one day and blow your mind, and you find yourself participating in it and growing in it and loving it – that can happen at any second, at any age, and why it’s not happening is because the ego has drawn a line and feels a lot of stress. But you never suspect it’s that *you* are creating the stress. You did it! Nobody else did it. You did it! If you are locked up in your head going, ‘*Uhhhh, this and that and this and that and this and that...*,’ all *that* leads to is doubting everyone, doubting Enlightenment, doubting your Guru, doubting your friends, doubting everything! You then are unable to act and follow any attraction, are unable to be informed by your death, so what are you going to do?

What are you going to do? You’ve *got* to follow your impulse, the real attraction! But you have a line – ‘*Well, I go to work and I come home, and so that’s enough! And I’m all stressed out by that, so fuck it!*’ That’s it!! And



then you say, *'I don't know why I'm unsatisfied! I've been on the spiritual path forever, and I'm getting nowhere!'* The reason you are unsatisfied is because you have created your own line that is your own stress, and you are unwilling to follow any attraction and put some energy into your impulse, because you have decided that you don't want to participate in your own life. *You* have decided that!

Somehow when you are in a social relatable field at work, you go, *'Nothing to do with Love and Enlightenment here!'* I don't know why you have created that line. When I was doing My sadhana I used to go to art school, and I was relatable, and felt the Divine there as Life Itself. I didn't feel it was separate, or that I was losing My love and capacity to recognize the Divine because I was at school doing art. And there were a bunch of egos seeking artistic fulfillment. They were trying to figure out how *they* were going to be successful and wonderful without really having to put that much into it, which is part of the ego trip, isn't it? Yes. *'You don't have to put that much into it! You don't have to love it so much that you're always doing it, do you?'*

Yes, well, you do. Anything you love really comes to that, whether it's a person, whether it's an art form, whether it's a sport, or it's Enlightenment, it always comes to that, where it takes over your whole life. It always comes down to that.

In your service, if that's what you say is important, then it comes down to that, and in it, you have to get better and better at it, and become more and more sensitive to the One you are serving! And in meditation! How can you sit and have just a mediocre, boring meditation where you haven't

really lived in your heart? How can you do that, and how can you have *another one* like that?

Just think of something you really like. ‘I love chocolate chip ice cream. I’m not buying the crappy chocolate chip ice cream, I’m going to buy the good stuff!’ Well, that’s good, you love something! If you say you love meditation, then you have to have the best quality there, too, and how do you get the best quality?

DEVOTEE: Give everything to it.

SANTOSHA MA: Yes. You must be willing to drive all the way to Visalia down the hill to get the best chocolate chip ice cream. You’re willing to bring your cooler so, on the hot days, it doesn’t all melt by the time you get back. You come back and you run to the house to put it in the freezer so it doesn’t melt, but then you sit down and meditate, and you’re like (*She looks around at the ceiling, checks Her watch, says*) ‘Uuuhh, ten more minutes...’(*laughs*) Well, obviously you have no passion for meditation whatsoever! Why do it?! You’re not going to get anything out of it unless you have that kind of dedication and passion. Why bother?! In fact, I think it’s an insult to meditation to do it like that. Why bother?

Why bother to take a bad photo? Why bother to do anything badly day in and day out for years and years? Why bother?! Obviously, it’s not for you! Obviously. You can say, ‘*Well, I want Enlightenment, so I have to meditate, don’t I?*’ You might want to look at that another way! I would say meditation is not for you! Being informed by your ego, you assume that if you meditate every day, no matter how it’s not for you, and no matter how little you bring to it, you’ll eventually get there. No.

Now you're thinking, *'What does She mean? What is She saying?! I shouldn't meditate anymore?!'* I'm saying you decide. You decide whether or not you're just putting your time in, and never *really* showing up for it, and struggling, loving it, and then showing up for it more *because you love it*. If you're not having *that* process, then you might decide, *'Meditation is not for me.'* I can't *tell* you everything that's for you. You have to find out. You have to fight for and care about something! What are you willing to care for? No more saying all the right things to look good, but only really faking it. You're willing to fake it, not actually make it.

Why be willing to fake something if you are not actually making it? What kind of satisfaction can you have in that? You're just going to have stress. That's all!

I think I can relieve you of that stress just by telling you what I'm telling you tonight, that if meditation is not for you, then it's not for you, fine. If you still want Enlightenment, then you are going to have to figure out another way, and what's that way? Well? That's where you have to care about Enlightenment enough, and it's not going to involve another Guru, and reading other books and saying, 'Guess what? Now I'm doing kundalini breathing!' It's not that.

If the satisfaction was there, there'd be no stress, or hardly any, at any time. It would just be the stress of following your next impulse, and how you are attracted to it, and how it's bringing you into this understanding. Then you find yourself spontaneously meditating, naturally meditating, and then sometimes you might even formally sit. You find yourself doing japa all the time. You find yourself where

the room fills up with Divine Brightness, and you know that *that* is the Condition that everyone is in, and that you are in *That*, that you Are That. And that begins to live you more and more. Where is the dissatisfaction? Where is the stress?

If all you ever care about is being social, and having a buzz hit from somebody else, or a sexual hit or an emotional hit, go out and have a lot of friends! Keep doing it, keep generating the experience, see if you get better at it, see if you are having more fun. If you're not having more fun, you might say 'I don't know if this is for me...'

To have that kind of self-responsibility, instead of giving it to Me all the time, and then taking what I say and making it into an impossible stressor, your personal failure that somehow I am responsible for - I'm not buying that.

DEVOTEE: (*speaking of other devotee*) It's that you just don't want to do it.

SANTOSHA MA: It's just that you don't want to do it, and it's fine. But for your own Enlightenment, and your own love, be informed by My Words, and My lifestyle and My Transmission. But also be informed by your own death, and what are you willing to do? If anybody feels like, '*Uh! My job's stressful, this is stressful, this is stressful, this is stressful...*' it's because you haven't brought Enlightenment to it, and why is everything stressful? Your line is too low, and everything is falling apart all the time. If everyone showed up at their job, and everyone was trying to do better and better all the time, imagine what your jobs could be like?

DEVOTEES: It would be more creative...get more done...more simple.

SANTOSHA MA: It would probably be about 150% better.

DEVOTEES: Yes! More fun...

SANTOSHA MA: Yes. You would actually look forward to going there. Why does everybody want to retire?

DEVOTEE: They are burned out from the stress they created with their low line! And they blame everyone.

SANTOSHA MA: Yes, everyone is being blamed for feeling unsatisfied, but there's nothing stopping you from being satisfied except you. Maybe you're not the next Pablo Picasso! Maybe you're just somebody that likes to draw, and then other people like it and say, 'Can I buy it?' You do more, and other people say, 'Could you do one for me? I'll pay you \$50.00,' and then before you know it, you have a thousand dollars a month to count on, that you have a hobby that's turned into generating some good income for you. Then you keep learning how to do it better.

See, the ego trip is, 'If I'm not like Pablo Picasso, and *that* famous and that recognized, I'm not doing it. It's too much stress to do this!' But if you love something, why is it a stressor? What are you going to do? You look at that mountain, and you go, 'I always wanted to go up there! But it's too hard, I'm old.' 'I'm young.' 'I'm too busy.' 'I don't have the right shoes...blah blah blah.' What if you just *had* to go up there and do it, and you did it? You might say, 'I want to do *another* one!' That's what happens. If

you have gotten anywhere with anything in life, you had to get to the next one.

But no one has gotten there with meditation, so I don't know about meditation for you guys. You can make up your own minds about that, but what have you been willing to do because you've been attracted beyond that low line of being mediocre and settling and getting by? What have you been willing to do? If you let all your spiritual competitive ideas die, then who you are and what satisfies you will become spiritualized by your willingness to generate your own experience and be responsible in it. You will become a deeper person, a more capable person. Instead of being in competition over her pork roast or something. It's so silly!

Look at all the things I've done! In My 50's, and now I'm in My 60's! Because it's based on what I can do not having drawn the ego line that you've drawn! I'm not doing anything to look better to you guys, or to get famous. I'm doing stuff because I find it amazing to do it, and to enjoy it, and if anybody can say, 'Wow, that's kind of cool!' then I'm glad they are enjoying it. If they didn't enjoy it, I don't think I'd stop doing it because of that. I think I'd just stop doing it because I was dead, the body was dead.

And I might do it afterwards, because I see Adi Da and We do art together, and it's a blast! So it's never going to end. He was a creative Avatar, and I'm a creative Spiritual Master, and it's never going to end, because that is Our aspect. The same way with what your aspect is. But you are always just putting your toe in, and then your ego judges, 'Is it worth it? Am I getting it? Do I look good?'

See, I love meditation! When I was 18 I would sit up in the attic and meditate. To Me, everything is meditation. I have to force My thoughts, because otherwise I'm not here very much. I want to *do* stuff! I don't want to just sit. I want to do stuff! I'm an artistic Master, so I want art. I want to be around art, I want to play with art, I want to do art, I want to see other art, I want to have connection with people who love art and are participating, and I want to show them how to generate as a means of complete Freedom, complete Truth, complete Love. I want to show them how to keep the ego out of it, and how to play in it without ego.









10.

# Love Has No Limits

*May 13, 2016*

SANTOSHA MA: You have to find out what is not true, what didn't work, but most people's hearts get broken, and they are so brainwashed into buying into an unloving assumption, to 'Go for yourself since you're just going to die!' They are not able to take the next step, which is to assert that Love is real. They are not able to do that.

The whole world needs to be on the spiritual path. That's the only goddamned thing you should be doing in your life, nothing else, and yet, you survive, you do your job, you raise your family. All the requirements that are part of maintaining and living a life are all here, but they are not here for the pursuit of reactive pleasure. They are here because we all have to live and help each other, and survive, and create food, and have jobs, and take care of each other.

That, instead of the pursuit of some kind of kingdom, or some kind of reaction against death – you do it because you are all here to live Love and Realize True Self. And that's the only purpose of life. There isn't any other purpose, and yet, that purpose is seen as ridiculous and is suspect, and just some nice little hippy-dippy philosophy! Everybody who is really in doubt of real Realization, real life, real Love, their philosophy is supposed to be the philosophy that everybody accepts as the standard, and by which we judge *this*. Well, good, but now that you are all getting

older, and you've seen people in your generation starting to pass, what do you see about their passing? You don't see anything that resembles a life understood. You just see distraction and fear, and shutting down. Pushing through life in reactive crazy ways; more drugs, just shutting down, not being loving and relatable to others, being bitter; and wanting to be just taken care of, not wanting to participate in your life anymore - that's what you see!

If you lived a decent life, were a decent human being, where doing the fair thing, the right thing, the kind thing, always mattered to you, you will have an intuition that you are here as a part of a bigger picture, and not as just a body-mind, trying to get by, trying to get through it, or trying to have its own kingdom to get fulfilled. You will have an intuition, and that intuition is all those cool spiritual beings that are living here or are on the other side. They just *want* you to have what is True! They are not trying to use you just so they can step over you so they can get fulfilled. There really are loving beings!! And you have to be those loving beings for yourselves and each other, and whoever else you come in contact with.

~~

Instead of complaining about the government, the world, the politicians, the teachers of this or that, it's *you* that has to be loving, and if you take the right step that love is true, love is real, and believe in *that*, have faith in *that*, there is all this help and opportunity waiting for you. But if you say, *'No. It isn't. I'm just going to go out and do drugs. I'm just really depressed. My best friend died, so I don't have to be relatable to you now. I don't have to enjoy loving you now,'* you do all that, and you can't see any of

the opportunity that is *always* waiting for you! Waiting! Waiting! It is trying everything!

But it's like being at that door where once people die, people say, 'I can never love that person anymore! They are dead!! I can't think of them as being in my heart. I have to think of them as just totally separate and gone, and I miss them!' And they are on the other side, '*Ohhh!! If you only knew! Come on!! I'm just with you!!*' Well, how can dead people be with you? Well, how can *living* people be with you, if you're not loving!? They can't be with you either! You don't let them! You're not *letting* anything happen to you! You're not letting yourself feel anything else.

You can be in this world and say there is no other world, and not love at all, and allow no one to come into you and love you and be related to you at all!

Love doesn't have any boundaries like that. It really just doesn't! But unless you actually test that out, and stand in *that* position... You know that old saying, 'Give peace a chance'? Well, to give peace a chance, you can't get revenge, you've got to turn the other cheek, you've got to stand in the loving position. And then you will find out that peace is *real!* And the same with Love!

You have to stand in your love of Love. Instead of saying, '*Whatever happened to me was all sucky and bad, therefore there is no love!*' you've got to say, '*Well, maybe everything that happened to me was sucky and bad because I was around sucky and bad people, and I was acting sucky and bad!*'

As soon as – and you can be 95 – you stand in love, you do love, the whole world opens up now. It's like a totally different place for you, at any time! That's why people have these emotional conversions that happen to them, where they are going along and their back is all bent over, and they are all crabby and mean, and then they meet an intuition of Love, which is served by higher beings, or Realizers, or lovers, and all of a sudden it's like, *'Everything is different!'* And it is possible! It's possible to be here in Love, and to give love, and yet it was the same world five seconds ago!

The world is just a perceptual realm based on whether you love Love, or you don't love Love. Whether you believe in love, and live love and do the actions of love, or you don't believe in love, and don't do the actions of love. It is the same world, but you will experience one thing, while other people are experiencing another thing, and you don't want to be with the first group. (*laughter*) You want to be with the second group!

Find out!!! Being good creates opportunities to really know, feel and generate love, and that feels wonderful. You never get to know that, because you don't *do* it. Mostly, in being 'good', conventionally you have to turn in your homework so you don't flunk out and get punished. It's all about being punished or something is taken away from you.

But if you did it for that motive, that is just a fear response. What if you instead wondered to yourself, *'What is it to come into the room and bring love into the room? I'm going to try that!'* And once you try *that*, you immediately experience something profoundly beautiful! What if you go, *'I want to live there!'* You guys haven't gotten *there*

yet, but you're not in the old place where you just want to blow it off because you are all mad and reactive about death. You're not there anymore either. You're not believing what the mass of humanity believes in anymore.

~~

SANTOSHA MA: When you are young, and you first hear about death, it's really shocking, isn't it? But is it really terrible, though?

DEVOTEES: No.

SANTOSHA MA: It's just shocking, though. But has there been anything else in your life that shocked you? *(laughter)*

DEVOTEE: Yes! All kinds of stuff!

SANTOSHA MA: There you go! But that doesn't make it bad, particularly, does it? That is what you have to look at. But when people are afraid of something, then you automatically think it's bad. And what are people afraid of?

DEVOTEE: What they don't know.

SANTOSHA MA: Pretty much everything they haven't experienced before! Almost anything new, anything different, yes.

What if you really love those in your life, and you're on your deathbed, and you say, *'Wherever I am, know that I'm loving you! Don't think that just because my body isn't here anymore, that that love has stopped.'* What would that give you? You have to live knowing that is true, and

that you want to give that to others, too. Whoever you really love, just say, 'We're not separate you know, with the body dropping now. I'm *with you*. Whenever you love, I'm with you. Whenever you're struggling, remember love. That is what it's about.'

They are not with you to change your diapers, or make you spaghetti and meatballs! No. They are not with you in that way. They are with you in another way. Through the vehicle of Love, whoever you love is always your love! It doesn't change! You don't love them in the past. You love them in the now. The same way your son loves you from the East coast. You love him, right?

DEVOTEE: Yes!

SANTOSHA MA: You don't see him that much. Do you ever have any doubt that you love him?

DEVOTEE: No!

SANTOSHA MA: If love is just guaranteed by how much continuity you had with that person all the time, then a lot of people that you do love, you wouldn't be loving them, and you wouldn't be claiming you love them. Only people you see every day, you love, and yet, you see people at your jobs every day, and you don't love them! (*laughter*) It isn't about continuity! It's not about sameness.

Alright! We covered it!





11.

## Unblocking the Blocks

May 20, 2016

SANTOSHA MA: Everybody wants *something* more beautiful! That *something*, however, is not a *something*. It is actually a real Realization of It. How do you get to Realization? You have to unblock all the blocks. That's what you are doing. You're unblocking the blocks.

Some of the patterns hold all the blockages exactly in place. For example, your beliefs of how you are separate, how you must get fulfilled, how terrible life is, how you are going to die, and how life is unfulfilling – all that, the reactivity, all the disappointing emotions, all the ideas you have - support the separate self-sense that can't be fulfilled. This is the dynamic that has to be undone – the separate self-sense that wants to be fulfilled, or is upset it can't be fulfilled. You bounce back between both places; '*Oh! It's all exciting now! I'm getting fulfilled!*' or '*It's terrible now! I'm not getting fulfilled.*'

That whole *mechanism*, and how it perpetuates the separate self-sense, and dislocation from the Relatable Field of Unifying Love, and recognition of the Sacred as living all, that's why this work of understanding, recognizing and releasing the self contraction has to get done. What I've seen is one on one, bonding with you, hasn't done it. It's

given a lot of background to be able to still be in the room and have some humility, and see that you're not here to be fulfilled by Enlightenment or Me. You've seen now it is another process than what you thought, but you are still here for the old assumptions.

Now it is time, in the remaining years of our work and life, that everybody gets beyond the same mechanism informing you that you're not fulfilled. *'I gotta get fulfilled!'* That mechanism is what is being undone, and so if you are not trying to get fulfilled, and are not feeling disappointed or excited about it, what is going on with you? You are *here*, located now, in a recognition of the Sacred as Living you. That's what is left.

That is what nobody has gotten to live to any degree. You've had sporadic spiritual experiences of that, and some people, when they have spiritual experiences of that, they think they are Self-Realized now, but that is just the beginning of being able to live there, and to practice there, and to have that fulfilled, where the knot of the separate self-sense actually dissolves, and there is no separate one *ever* again.

The separate one is an imaginary identity in the first place, and yet, to get rid of the separate one, you have to go on this imaginary journey. That's why it is creative! You can imagine all of it, but now you have to imagine what works to serve being undone, rather than holding to the pattern of *'I want to get fulfilled in spiritual life, but I'm not! Something is wrong with spiritual life!'* Nothing is wrong with spiritual life!

You can't get fulfilled by Who you really are, you can only Be Who you really are. Once you are Who you really are,

it's just a natural thing. It is not like *'Wow! It's me! And I'm Enlightened! And it feels grrreat!!'* No, it is just natural to you. When other people describe their suffering and the self-contraction, and how they are unfulfilled and how they are seeking, and how they want to get fulfilled – I don't get it! I don't really live there! It is different! I'm just open right now, exactly as I Am, not separate from the Sacred, but on the contrary, Being the Sacred.

We have established that Self-Realization is not that pattern, based on My instruction, being a role Model and based on My transmission that I have given you. Yes! I think this year is going to be fabulous if you get on it! Maybe you can have some real un-doing of your patterns and belief systems where you try to get fulfilled in that area. If you know that nothing is going to fulfill you *ever*, but that isn't terrible disappointing news, how would that affect you?

DEVOTEE: It would be freeing.

SANTOSHA MA: Yes! It would be very freeing. But see, you view all that news as what?

DEVOTEES: Bad!

SANTOSHA MA: Bad news. There is something in the emotional vehicle that is locked down into the pattern of *'I have to get fulfilled here.'* And so your mind can say, *'I can study this and see that this belief is causing me all the trouble,'* but if your emotions are all locked down into it, you are not releasing it, are you?

The mind can say, *'Hey, yeyah! That's a bad idea!'* And the next minute you go and do the bad idea! And you go

(loud whining) ‘Well, I have to do it! I want it!!’ (laughter)  
And the mind says, ‘That’s a bad idea!’ The mind and the emotions are actually the same thing. They seem split when you have an idea that seems good, but nothing in you wants to do that idea! (laughter) They seem split only at that time; otherwise you recognize them to be the same unit.

~~

SANTOSHA MA: The assumption is that the Sacred is *not* available to ordinary everyday people, that everyday people are just trying to stay alive, just trying to get fulfilled through some kind of material connection to the world, and that the Divine is *not* Living us all, and is not here to be Realized as True Identity. The Big Secret has always been a big secret throughout humanity, but not really! Whoever is willing, learns the secret!

You can see how it happens. It happens through links, the Circle and the connection. You’d be surprised. I’ll just put out an example: Somebody shows up one day and they really just become an intimate part of the Circle, and they jump right into the work, and you go, ‘*How did this happen?*’ Then somehow you notice and you get the secret information revealed about all the links that are made or established to create a life where someone can actually *do* the work of really living in this process.

You don’t know! You don’t know what is going on, but it is pretty magical, and it is pretty wonderful how the Self is creating all that. It just takes whatever it is, and it is unconscious, and It moves it around to become conscious! God is not here to fulfill you, and God is not here to make

you suffer or to make you decide between good and bad. God is here as you Are, and is Realizable as True Identity.

Some forms and ways of doing things or seeing things, where you stand as a pattern, can be killed off so something new can happen, a new pattern! That is the transformation of the Divine, like a phoenix! It keeps rising from the ashes of what went before, but what is coming up now is always more potent! It is up to you to use that Empowerment with each other in the Circle.

The days of creating spiritual ego are gone! The days of using spiritual information as a means to prove that you are spiritual are gone. The time of just really being accountable for understanding what the separate self-sense is, and how you are animating the self-contraction all the time – that is the time now! Once you get onto it, it's pretty easy to *not* do it – once you really understand it. And that is why the Circles are set up, because some of you said to Me, *'I'm doing it, and I don't really get I'm doing it! I know I don't feel good, I don't feel related or connected to the Divine or the Source, but I don't know what I'm doing!'*

Over this period coming up, and after understanding the struggles of the last year, you're going to get to know it! And if you are really being empowered and inspired by each other, if you are being instruments of that Sacred purpose, then it's not going to be a huge, terrible, embarrassing sense of *'I feel humiliated by this process.'* Doing this work is just going to feel like, *'Oh!! Yes! Now I get it more. Yes, I can do that! Alright! I get it!'* More and more of that is going to happen.

It's like walking a walk that is a little hard – you've got to get up that hill, but once you do it, you look back at what's

your favorite event, and it's always the thing that required the most out of you. No one says, *'Well, just walking down to the lake for five minutes was my most wonderful moment and walk,'* no, you say, *'Oh! When I went up Half Dome!'* or *'When I did this!'* or *'When I did that!'*

It is always the struggle that empowers your happiness — your happiness that, 'This is True! I know this is my intuition, my feeling of it!' Your feelings won't be hooked up to defending the self-contraction! They will be hooked up into empowering the release! Recognizing and releasing it!

Alright! It's done!



12.

## Bliss of Being

May 27, 2016

SANTOSHA MA: You know, there is a term called Bliss of Being? Well, without any thoughts, even if your knee hurts, your eyes are tired, your back hurts, your stomach is growling – it doesn't matter what the body is doing – there *is* such a thing as Bliss of Being! But it is prior to all your thoughts, and all your sensations in the body. What does Bliss of Being feel like if it has nothing to do with feeling Blissful as a body or as a mind? Well, it is hard to describe! It doesn't anchor onto anything to make it True. It doesn't have to possess anything to make it True. It doesn't even need a body! It doesn't even need a mind for there to be Bliss of Being! So it is hard to describe.

It's like taking a bad idea, and realizing you have a better idea, and knowing you don't have to work at changing anything about the bad idea anymore. You just do the good idea and *poof*, all the bad stuff leaves you! That is spiritual practice! If you are really following My instruction, then all the bad ideas you thought were good, you realize, *'These suck! I'm not going to do them anymore! I'm going to give attention and regard to True Freedom, to Enlightenment,'* and then you find that life is wonderful!

Spiritual practice is producing great results all the time for you! Once you get great results, who wants to go back to the bad ideas, the self-serving ego ideas that only cause suffering? Who wants to go back to that?!

You can't be a *fan* of spirituality and think that is the same as being in the game. There are so many people that love sports. They watch sports, they don't play sports. And they come in the next day and say, '*That guy! Player so and so! He missed the ball! He should have done this!*' They are all experts, but those fans neither intend to endure what those athletes endure, nor can they endure it! So why are they acting like *they're* the experts and they get to judge the athletes? Why are they acting like *that*?

Possessing!! The ego possessing game! They are enjoying dominance, being dominant! But if they actually went in the room with the players, they'd have to prove their qualifications to be there, or to be in the game, and they don't have anything to prove it with! A lot of talk and philosophy is no proof! Get out in the game!

If you are not *really* Free, you're not really Already Happy, everybody knows you're *not* doing spiritual practice. You can have all the philosophy in the world. Real practice is going to produce real results.

Your ego is the strongest possession you have. You don't want to give it up. You are only going to let go of it when you find out it's a really bad idea! Then you are going to say, '*Uuuh! Wuuuuh!*' (*laughter*) You still think it is a good idea! As long as you think it is a good idea, you can hear all the spiritual philosophy, and you can go to a lot of other teachers who have great spiritual philosophy.



Everybody can be sitting around talking super spiritual fan club nonsense, and ‘What of *this*?!’

But they’re not actually *in* the game; and the game is to take the Guru’s discipline and criticism of your ideas, of *all* your ideas, of your idea of the separate self-sense, and every idea you have ever had as well, to get down to the last one! You have to take My discipline and criticism. If you go home and say, ‘*I don’t really have to do what the Guru says. That wasn’t right! I should just do what I want! I’m already enlightened anyway! Isn’t that the teaching?!*’ No, it isn’t! (*laughter*) You are just trying to assert your dominance over Enlightenment, that your mind is dominant on Enlightenment. Your mind is your very obstruction to your Enlightenment, and you can’t chop off your own head, can you?

DEVOTEES: No.

SANTOSHA MA: Nowadays, most people *like* armchair spirituality and fan club spirituality. Whoever has been around Me closely knows that they have to take what? They can’t ego dominate Me and possess Me to make them happy, to give them pleasure! I’m not here to make them happy! I’m here to show them what Happiness actually Is, and that *that* idea of happiness is suffering. They have to learn that.

If you get to possess Me, then you won’t learn it, and whoever you possessed or got possessed by, you didn’t learn about happiness by that, did you? No! Never! What did you learn? Suffering! Yes, and how awful it is.

If you come here and say, ‘*Everything, and how everyone acts in the world is actually suffering, there is no fulfillment*

*in any of this...*’ then you are ready to consider what suffering actually is! But if you come to your teacher and say, ‘*Oh! I still want to fall in love with someone! Make a lot of money and be successful in the world! Can’t I have both? Enlightenment and that?*’ Well, there is not an and/or about any of it! It is just that you’re still really attached to your original ideas of fulfillment, so you’re not ready for Enlightenment.

You think that all your happiness comes from some kind of happiness combining with some kind of sensation in the body, or some kind of relaxation of the mind. You can think that when you feel happiness, it is coming from some kind of combination of the body and the mind, but what if it was *never* coming from the body and the mind when you feel happiness? That would blow your mind away, wouldn’t it? Well, it is not really combining with the body and the mind!

The Bliss of Being is something you really can’t describe, because all description is talking about some sensation in the body or the mind as happiness. What if you took sensation all away, that you were happy right now, and it had nothing to do with any sensation in your body, or any relaxed, happy state in the mind – no thought, no sensation. Well, that is Bliss of Being. What does that feel like? There is not a real description for it, because all descriptions would have to say ‘*Well, my body feels this!*’ or ‘*My mind feels this!*’ That is why it kind of defies description.

That is the Realization. That is the only True thing there is! But you think the true thing is when your body feels good, and that *that* is happiness, and when your mind feels relaxed, that *that* is happiness. That is what you think

happiness is – that it has to combine with something. You're walking down the street, and you go, '*Oh! I feel really good. I'm happy!!*' Then you say, '*It must be because I'm having lunch with Bob!*' or '*It must be because I love these pants! They are so cool. That's why I'm so happy!*' (*laughter*) That is what you do!

Happiness can never just own Itself, it has to be possessed by the body–mind idea. But the body–mind idea doesn't have anything to do with Happiness! The body is just doing its thing! The best the body can do is sexual pleasure. The second best thing it can do is not malfunction. (*laughter*) That is good! It's not hurting. That is the best it can do! It is not hurting you. How about the mind? Can it think such wonderful thoughts that you just get *so happy*? If it can, then why don't you think that all the time? (*laughter*) Why are you thinking any other thought? Because it is not really geared for that, is it?

DEVOTEES: No.

SANTOSHA MA: There are sensations and thoughts in the body and the mind that you get some pleasure from, but Bliss of Being, Already Happy, has nothing to do with combining with those sensations. In your pursuit of Enlightenment you always thought it did, didn't you?

DEVOTEES: Yes.

SANTOSHA MA: Who has been doing meditation from this idea point of view? (*Hands go up.*)

OK! That is why meditation hasn't come alive! Because you are just practicing an idea, looking for a sensation in the mind or the body. That is what you are looking for, and

so that is the kind of meditation you get. If you get some sensation in the body, you approve of it, or some sensation in the mind, then you approve of it, but it doesn't really contact Bliss of Being, does it? No, because you're putting attention on that instead of *not* putting attention on that. You're trying to make a certain outcome happen.

You can't make Bliss of Being happen, because It is being overlooked by you doing that! Unenlightenment is just you doing the ego, so you never *recognize* yourself as Bliss of Being! It is because you're *doing* yourself. You're making yourself up all the time. *'I'm this person who thinks and feels this. I am an individual, I am separate. I'm trying to pursue my happiness.'*

Spiritual life is the opposite of what the ego is always tending to do! When you sit and meditate, if you still operate as the ego, then you do meditation from the ego point of view as well. Which is... looking for some sensation in the body that pleases you, or some sensation in the mind that pleases you.

If you weren't looking for it, what would it be? It's hard to describe! We have all these words to describe sensations of body and mind. We don't have words to describe Bliss of Being, what is prior to body-mind, what the Source of body-mind is. We don't have words for it, language for it, because we're not interested in it here, in this realm.

Are you looking for sensations in the body and the mind when you meditate? (*Yes.*) Then you could have a whole meditation practice for years and years, and you could qualify how well you are doing! You'd say, *'Wow! I had more of these sensations, and more of these ideas. Good! I'm doing well!'* It has nothing to do with what I am talking

about, though, and no one ever asks Me anything about meditation, so I just think you are all doing ego meditation rather than *meditation*, because if you were living in meditation you would look differently, act differently and feel differently, and have something different to say.

You're not looking for the separate self to be undone. You're looking for it to be fulfilled! That is the whole motive of egos, but, while you are going along, this stupid thing called suffering seems to get in the way all the time! (*yells*) You can't make sense of it, it's annoying!! What can you do with it? Try to avoid it, distract yourself from it - but you don't make friends with it, and you don't make sense out of it. You don't let it inform you. You don't let it humble you.

The only way to Realize the Self is to be undone. Everything you are doing is trying to accomplish something, and it is futile! It frustrates you. That is where people blame the Guru, or spiritual practice or something. They feel oppressed by spirituality. They feel oppressed by the Guru's demands, maybe. They leave their Guru, and why do they leave their Guru? It is so they can have the fan club version of spirituality, where they can just look for sensations in their body and their mind that are pleasurable. They want to call *that* enlightenment or spirituality.

It is funny, because someone who has five minutes of genuine experience still knows more than someone who has twenty years of being in the fan club. Five minutes of experience can teach you a lot more than twenty years of being in the fan club. You've got to get in there. Imagine if you really put your life in there. What would happen? You *wouldn't* be looking for sensations in the body,

sensations in the mind to try to *possess* meditation and make it *worth it!*

Well, its actual worth is the secret you have to find out! What you find out is nothing else matters! Your own life doesn't matter. Your death is coming for you. If your life matters so much, why do you have a death coming for you? To teach you humility! If you are really humble, you might be willing to sit there and *not* look for sensations in the body or the mind, and just sit there. And just sit there. Be quiet. And then you get up and say, *'That was the Bliss of Being, but I have no way of owning or describing or possessing any of that. It's just wild and free. I can't do anything about it!'*

Then you begin to sense that there is no such thing as doing something! It just gets more subtle, the unraveling of all the sense of (*clenching Her fists*) *doing* something and *possessing* something and *having* something and *winning* at something!! It all starts to unravel. All that big contraction around your heart and around your navel and your head – it all gets to relax! There is no place that anything has to produce anything, and that's it. There is no description for this! It can't be owned or possessed. People will say, 'Well, what *good* is it if you can't own it, possess it and try to sell it to other people for a lot of money?' (*laughter*)

It's not any good by your *idea* of good. It is not for you, but *It is you!* Ha-ha! The joke's on you, ha-ha!

Alright!





13.

## The Unifying Field of Love

6/10/2016

SANTOSHA MA: How do you love? How do you love? Well, we all live in this big relatable field in relationship to everything - people, places, trees, everything we come across and that we care about. We are in a relatable field. How do we relate to everything, and how do we relate directly, come into it? How do we relate there?

The relatable field, if you are relating not through ego lens, not through 'me' and 'mine' and 'them' and 'other', but truly through a relatable field, it unifies you. It unifies you and reveals the Unifying Reality of Love. And Love doesn't have labels. It doesn't have ownership. It doesn't have the 'other' in it. Someone who lives truly in the Unifying Field of Love can go anywhere, love everyone and anything at any time, and always serve that Love because they are living *As that* Unifying Field of Love.

Egos go everywhere, and they measure everything up, and they measure it up according to status and pleasure, which distorts love! It's not real Love. It's the fake love. That's why a lot of people don't really know how other people feel



anymore. They can't see what other people feel and how they affect other people. Are they really in a Relatable Field of Unifying Love, or are they on an ego trip?

*They can't look at someone and see, 'Oh. They're not happy with what I am saying. Or they are bored with it, or they don't like it. I'm just talking about myself, just praising myself. I want to look good to other people, and I'm telling them "Here's the good news about me!" instead of what they actually, really experience about me. I don't want to know that. I don't want to see that. I want to see them just listening to me, and getting along with me and believing what I am saying.'*

Nowadays with instant everything, the relatable field is really corrupted through the ego lens of 'special me' and 'mine'. All language, when you hear someone talking - even though they are suffering and they will complain about life - they will also keep giving you the message of how great they are. They will keep going over that, sing praises of themselves, and they never notice how other people receive that. When someone complains, they don't notice how people are receiving that, if they feel a sharing in suffering, or feel put upon by them. They don't notice what people are feeling.

There is a way to share suffering that's really in the relatable field of Love, and there is an ego way of doing it, where people just blab on about whatever they are mad about. People don't notice how they are being received. How do they feel? Do they look uncomfortable and bored, or are they mad, or tired, or they want to run out of the room? Almost nobody can read anybody anymore emotionally, and pay attention to the information, and enter into the real relatable field.

People just go on and sputter their ideas, and say, *'These ideas are mine, what you are relating to!'* And nobody is relating to the ideas you present. They are actually relating to how they are experiencing you right now, and because you are not caring, and have no self awareness of what they are feeling right now, they don't believe anything you are saying. Everybody has gone through life not believing the next person and the next person and the next person! It is because when you enter into the relatable field with others, you are entering it with 'me' and 'mine', instead of with the unifying attention and regard of every living thing that you encounter.

If you are walking down the road, and you just gaze at a tree, and you feel that Unifying Field of Love, that you and the tree are the same - that Love, that Reality - then you've got a little thing, a vibe going on, feeling groovy with that tree! And you begin to notice that you love that tree. And you walk by it all the time, and you always feel *'I love that tree.'* Now how many people walk by a tree and say *'I love that tree, and I know that tree loves me'*? Nobody except Me! (*laughs*) Actually sometimes trees will find a way to speak to you in a way that they are saying, 'Listen! Do you want to hear my story?'

But what do you have to do first? You have to say 'A tree is a very wonderful, living being, living in the Field of Unifying Love like I am!' You have to give everything *that recognition!* If you are walking around giving everything *that recognition*, what would it be like? Everything is going to be talking to you! What would *that* be like? You have to really listen a lot! You can't go around saying, *'Here, this is who I am. I'm up the hierarchy of living creatures. I'm going to burn you later!'*



is in your life has their own freedom to come and go, and if they want to stick around it is because they feel that Unifying Field of Love with you. They enjoy that. If there was nobody that ever existed in the world except Me, I wouldn't be lonely still, because everything is arising in the Unifying Field of Love. I would be as I Am!

There could be two people, there could be 8 billion people, but they are all playing the game of competition, and possession. They want to own *you* and possess *you* if you have good things. They want to be above you. You could be really lonely in that, in the sense that egos don't really love and relate to each other. When people said, '*Well, if I live alone I'm just lonely, I'm just by myself,*' it is because you don't really enter the Unifying Field of Love. You are cut off from True Love, True Being as yourself, and as everything that is arising as That.

How can anybody feel lonely and alone in a world that is so full of everything, so full of people? It is because you look at everything as the object of your desire and your fulfillment, and because no one is coming forward to fulfill your desires and your fulfillment, you feel cut off! As soon as you do a kind action you smile, you relax your stress. It's just like, '*Oh, I just sit in the room. Beautiful pictures, sun is setting, everything is OK, everything is wonderful.....time to do dishes!*' (laughter) That is how it is!

Every once in a while you notice where you *really* stand, where you are *really* located, and you know everything is as it Is. Everything is Perfect. Then, that requires you to do stuff! You go do that stuff! When you start doing stuff, you want to acquire some power doing stuff, but everything has a consequence. The only thing that doesn't have a

consequence is recognizing Love. Everything else in life does have consequences.

The funny thing is, if you are in the Unifying Field of Love – people see you, and you see them, and you are there in the heart – then at certain spontaneous times, they'll do almost anything for you! Then you will feel the same way back, and do that, but when you do it through ego you can't get anybody to do anything, and they don't want to, and you're forcing them into it, and then vice versa, you're being forced.

Life is pleasure without you trying to *make* it be pleasurable. Because unless something terrible is happening to you – you have a terrible shooting pain in your chest, or your friend just died on your doorstep – it is just pleasurable anyway! But you're not noticing it. You only want the ego version of pleasure.

If you don't deal with the consequences of your choices, why do you want people to lie to you that you are somehow doing a lot better than you are doing? In the ego version of love, that's what people who love you are supposed to do for you. But what if you actually used that information and changed things? Then you would be knowing how to be relatable in experience, and you would actually notice the Unifying Field of Love in experience, and you would go, *'I can just sit here and enjoy that right now.'* Then you get up and say, *'Oh! Time to make my bed.'* Whatever the next demand in life is – it is always something.

No one can live a life where you are just stuck sitting there, *enjoying* the Unifying Field of Love, and nothing else! (*laughter*) Nobody has that life! You can walk It around with you! You can take It up the mountain with you, be a part of It in the mountain!

If you are in relationship, if you are noticing and recognizing Love, whatever problems there are, are solvable, and they move and they change. Then you are feeling really high again, feeling Love again! Most people are just isolated into their own lonely little world of how ‘special’ and ‘better’ they are, and how they are a victim of the world.

~~

In talking to someone about something you love, and asking them what’s fun for *them*, what *they* like – people just come alive! Then you enjoy hearing what they like, too! It’s not like you are just ‘enduring’ then, because they come alive, and they are generating this excitement. You feel, ‘Oh! This is kind of fun!’ You get actually interested in what they like, because they are happy, and you are relating to them in Unified Happiness!

That’s the Unifying Field! See how It Unifies.

