

# I & I

DISCOVERIES

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CHAPTER ONE

I & I  
DISCOVERIES

You see, the foundational flaw, the base flaw that is experienced by most, is the failure to discover one's personal power. More so, our understanding of power is wrong. We always think power is how much power I have over another. You understand? And this is the basic flaw - misunderstanding power. Power is always for a usage. It is always directed for something outward, worldly.

And if at all we say somebody is powerful, we say it in regards to his position in this world and what he can do.

We say the presidency is a very powerful position. It gives a lot of ability to do things, build things. That is not what I am referring to. The failure of most is the inability to discover their own power.

We will try to understand it today - it's a complex subject. It is complex because there is too much misunderstanding but I will tell you the symptoms of how one lives when one has no power within themselves or have not discovered the power of being. One lives in fight. One looks at life as a struggle, as a fight. One lives without delight. Only when personal power is restored one can be delighted. Only when personal power is restored, one can be in love. A powerless person cannot love. So you must understand the basic misunderstanding.

Not only a misunderstanding, most don't have a clue of what I am speaking about.

If I have 50 million dollars to spend, I have power. My car has 500 horse power, it has power. But when I ask you, do you have power? Do you live in your power? It is a ridiculous question. At most, we refer to a muscular structure.

And we are not even interested, we don't even know. But I give you some things to refer to. You see a picture of a Buddha or a tvasi, he is sitting but if you really look, he is sitting within his power, and because he is within his power, he loves, he is delighted, he is not frightened of this world. He can celebrate. He can reach out to another. But if you watch, most live in unbelievable fear. People are afraid what others will say about them. Can you see? If we are Indian, we are terrified by it. It is more exclusive for Indians, I don't see the Chinese give a damn about what others say. But it is an exclusive right that we Indians have taken over (*Master laughing*). We are a very society-based people. It's ok, just making fun of my own race.

Let me see whether I can communicate to you, it's not an easy thing to communicate.

When there is personal power, I can walk and live in this world, as a sovereign being. One must have a taste but I will describe it, you might have had some moments in it, when you have fallen within, when you are you to yourself.

The first discovery of the beauty of a human being, what you really are, only happens at this point, but almost everybody misses what it means to be a human being, the beauty of being a human being. We read about it, but we misunderstand. What does it mean just to be? Just to sit and just to be.

And incredible things happen. Only when that happens ... can anything else happen. If not, nothing has happened. At most, I have kept myself biologically alive and I live out all the nightmares, fears, anxiety.

It is like this, somebody falls in love, have you seen they are very happy when they fall in love? For a while and then, that same love becomes a nightmare: Will he stay? Will she stay? Will they run away? Will she continue to like me? I have watched and seen - sometimes I think when people fall in love, it is a curse, because they were not that mad before they fell in love. And then all the fights, all the nightmares.

This has to happen because one has to have an incredible amount of personal power to be in love, to stay in love, if not one cannot, one will fail, one will get paranoid, one will go to cuckooland ... which eventually is going to happen.

Scientists say or psychologists say, you must tell your wife 5 times or 8 times a day you love her. I was wondering why you have to tell her so many times ... it's because she will forget. *(Students laughing)* You must have auto sms system. Maybe they have, press ... send. Why do you want to say it so many times? He understands. You have to secure her insecurity. Vice versa too, men also need it sometimes ... in that sense because of the insecurity. If I give you a 15 year old Proton to drive, no worries, isn't it? You brake it's going to fall apart anyway, so you are not that worried. If I give you a brand new Bentley (it costs 1.8 million), you will be even scared to reverse it. Why? By right, that brand new Bentley is a far more able car ... why? It's a question of personal power. Again, this life produces an enormous opportunity for one to live, grow, transform, celebrate ... but we see ... we take this opportunity to be alive and make it a madness ... an unbelievable madness. Why? There is no personal power.

I'm trying to direct the point to see. One does not recognise the power of just being. If I say personal power, you think the capacity to torture yourself, I am not talking about that. Sometimes people say, that man didn't eat for 3 months, wow ... that's not power. Just hanging around with bad cooks.

Sometimes we think, oh that man gave up this, so he is a very powerful man. No, no, no ... I met a man in India who stood on one leg. Really for many years he has been standing on one leg so he is jammed with one leg. And I met another guy who lifted his hand up and never brought it down, and now it's jammed like that you know. I first passed by ... he is some kind of swamiji ... his hand was up, and I thought he was calling somebody and I looked at him. A few days later, I passed by ... his hand was still up. So I went to see, then they said he is great swami, and he made a decision not to bring his hand down, now it's jammed. He cannot bring it down ... something has happened to the hand, and they think wah! ... no that's not power. I mean I understand in regards to a sadhana, that has a value. That is a sadhana, a rishi's sadhana, but that is not personal power.

What is personal power? You got to understand, whether this life is heaven or hell, whether this life is going to be an opportunity or a curse, whether you going to live and celebrate this life, or it's going to crush you, it depends on personal power. Once you understand personal power - this way, I give you all the scenarios; single man is upset, the married man is upset, so what to do? Be half single, half married? What to do? The man who has got job and responsibility is upset, the man who has no job and no responsibility is upset. Can you tell me a situation in which human beings are not upset?

Man has hair, upset - got to go barber mah. Man has no hair, upset. Can you tell me, what is that you have observed in life, that has not become a problem?

Can you tell me what has not become a problem? We asked for freedom, we have got a lot of freedom. Now we are upset with freedom, too much freedom. We didn't want to be like how our parents raised us, so we raised our children differently, now we have problems with our children. Now I cannot order my child, it doesn't work in my house ... I have to discuss, negotiate (*Students laughing*), ... and guess what happens? I always lose. They out-vote me. Right? We wanted to become Western, and a lot of us started throwing away our veshtis and started wearing jeans, now we are upset.

Can you tell me, is there anything that we are not upset about? Can you tell me one thing that has come to your life that has not become a nightmare, which has only become a blessing?

Truly ponder over this, this is a very important question. Think on it.

The father is there, the mother is there looking after the child, and the child has a problem; "I want freedom." When the child is alone, it cries, nobody loves me, nobody is there to care for me.

What's going on? Have you thought about it?

Have you ever given anything to anybody and over a long period of time it became happiness? Have you seen anything? Have you? You do something for somebody, you think it is going to make them happy, in the extended period of time, it truly was a blessing, and they were happy by it and say, "I was so glad it happened". You don't see it. Think on it. Then I must conclude, we must conclude, we have to look at life in a different way because nothing seems to satisfy.

Can we? Very important. Very important. Can we look at it?

You see, those days when I was young, I mean we didn't have to go through it but ... a lot of people's houses did not have electricity, they had to use the pump gas. Now, we turn on a switch, light comes on. Before we had to take water from the well, now, we open the tap and it comes with chlorine, with everything it comes.

Has it made anybody happier sir? I am talking about the quality of living, the quality of being, has it?

Has it?

We are technologically so advanced, unbelievably advanced, we have shrunk the world ... with a single button, I am talking to people in Canada and all over. Has it changed anything? Has it removed any pain, which we go through psychologically, has it removed? Or have we just invented more things, and to have more ways to be in a nightmare ... think on it. But we are still searching for solutions. We think maybe the next house, the next car, the next relationship ... something will fix everything and I will be happy. And I am putting a point across, nothing is going to do it.

If you are suffering as a single man, trust me when you are married you will be suffering too. There is no debate, there is no question. The difference between a man who is not married and the man who is married is this - the man who is not married is still looking for happiness, the married man has given up hope thus he appears very blissful, very quiet, very calm. (*Master and students laughing*). No I am just

making fun. I am saying all this because my wife is not here. She is downstairs, when she comes up, I will say something else, don't tell her, don't get me into trouble.

Again let's look at it, let me see if I can get the point across.

Maybe the reason, for this is, I have not discovered what it means to be, and what is the power of me being and when I discover the power of me being, that power that I derive from my being is what is required for me to live absolutely. Makes sense? Makes any sense?

But so few discover it.

The Hindus have a beautiful understanding that they have shared down the ages. They use the word sangsara, samsara, sangsara, Buddha used it quite a bit. They said, however you look at it, this life is suffering. They said it categorically, there is no debate. Life is suffering ... are they talking about you suffering or the very nature of life is suffering? The way I see it, the way nature is, it ain't going to make you happy, it's neutral. They said whatever goes up, comes down. It cancels itself off ... it gives you light, it takes it away, it makes it night, gives you light, so every time it comes back to neutral again, thus they have observed, any happiness you derive from this life, you have to pay with sadness. You enjoyed life, you must pay by death. If you have been young, you will be old. They said, however they look at it, it all comes back to zero again. This is their argument.

I agree.

They said there's nowhere to go. At the end, it is all going to end. So they say it's a perpetual sangsara. But that is the same race that discovered meditation. That is the same tribe that created masters, who say, I am eternally blissful. Ah! Now there is contradiction in them. One part you say it is sangsara, everything to hell ... everything. You are happy today, wait, the extent of the happiness will lead to the extent of depression. There is no other way.

Indians have this in their house ... they say, don't laugh, you will cry soon. Indians have this belief; they are not that far from wrong. Almost everything that has made you happy, hasn't it been the extent of what makes you sad. You meet somebody ..., you love the person, the person goes away and you are sad. If you haven't met, you wouldn't be sad.

As you rejoice the tide coming full, you must rejoice when the tide is no more.

You have a family ... a father, a mother ... and they die. It is nature. And then you have to suffer the missing of it ... this is understood. But these are the same people who said, there is bliss, there is celebration. The masters have said, I am deathless, life is an eternal dance, love is the only truth .. they keep repeating it. The Hindus even say Shiva and love are the same thing. I agree. Then there is a contradiction in terms. What is it that they are talking about? One .. I will tell you my view.

One, sangsara is absolutely true, but the moment you come to personal power, you rise beyond it ... the moment your being is present, it can turn the sangsara to bliss. If you can follow.

So there is nothing in life to make you happy, it is the man who is alive, who can transform life to bliss. Thus my eyes must not look at the outside, they look at me. It is not how my wife is that will make me happy, it is how I am with her that will make the difference. Do you see the point? It is not how life is that determines my happiness, how I am in life will determine the difference, and that is the power one has to regain.

You have to understand ... nice example. I think it is Edison who had 9,999 experiments, something like that. Well he was a failure but no, he didn't look at it that way. He said he found 9,999 ways how not to do it, and then he figured out the one way it worked and celebrated it all over the world.

It was he who made the difference to the failure. He didn't let the failure make a difference in him. So he exercised his power, his right to be. Two types of people - people who have allowed the world to have power over them, next, the person who has the power over world. Two different entities. A lot of times people ask me, Master how can you be happy? I say; "I have learnt the art to be happy. It is not that you make me happy, I know how to be happy with you."

This is the shift.

The powerless person remains trapped by life and events. You understand? He needs this, and that, he needs that problem, this problem for him to be happy. But the person with personal power is different. The other day, I was at the golf range, so I started talking to one of the guys who works there ... I think he is from Bangladesh or something. I asked; "How often do you go back?" He said, once every few years. I asked; "How long have you been married? Are you married?" He has been married 16 years. He has visited his wife 6 times over 16 years, each time for 3 months. So that is about 18 months right? Is my maths right? Ya. 18 months over 16 years. Happy that fellow is. He said; "I am going to go back to see her soon."

Like the Westerners will say, must spend quality moments, must hold hands, must have candles ... we Indians don't believe in such things ... (M laughs) it is the power, you can't do enough. There is no way. This is a classic example, and I am sure that his wife would be in love and can't wait for him to come back. I am not saying that it is the ideal situation for love, but I am saying he has the power to be happy even with that.

I know some of you married men are thinking he is so lucky, he can stay away for so long ... that is wrong thinking (*Master and students laughing*). Think on it, what do you want to say? I know people downstairs in the shop who work 12 – 13 hours a day, some of the people work, you see his smile, he is still smiling, he is still happy. He sees me ... Master, tea Master? Sometimes people who have everything seem to be so depressed. Strange ...

So I must conclude to some degree that you should come to that viewpoint. He has lost the capacity you must understand that ... then the eyes turn. You have to understand the difference between a seeker and the sick person - the seeker knows it is him, the sick person thinks it's everybody else.

This shift, in the East, we call them disciples. Until this shift has happened, the person is not a disciple. That he knows it's him, his eyes are looking at the right place. And the place he looks upon is, do I have personal power, or in being, can I see the power in just being?

I know I am not being very clear, but it is not a very clear thing to say.

See there are many types of situations you know. Just last week or so I went to a fishing village and I went out with a couple of the fishermen ... it is not easy work, out in the sea ... they were pulling the net, so I just hung out and watched them do it, they were so happy. They were happy.

I have seen depressed people, you know. They live in beautiful houses, they have people looking after them, 18 maids running left and right ... depressed. I am like, what's up? These people are out there - the sea is not even stable, the ship ... it's moving, and I even have trouble sitting. Those guys are pulling up the net, taking the fish, making RM200 or something ... happy, telling jokes.

But then, you see others, because they can't get a parking spot, they are ready to kill somebody. No I want you to observe life. For real, observe life. The moment you have no personal power, you will try to go to life and try to find the power in life, and the moment you give away your power to life, you completely become powerless, and you must remain sad, there is no other way.

If you have grasped this a little bit, just a little bit, you've got a hint of what I'm saying ... now we must discuss, and enter this question; What is the power of being? In being, what power is derived? And how can one come to be? These are very difficult questions, we will enter it slowly.

Very few people come to this ... I am telling you in life. Very few come to this. Sometimes, people take refuge in education and they think that will give them power, no that has not proven anything yet. Yes it gives you an edge but not power. Sometimes, people take refuge in money and think that will give them power, but it has not done it because again and again we see people from nothing become something and make great differences and people who have everything, get messed up.

Now we are looking. We are looking and pondering, is there a power in my being? Is there a power in my being? You have to understand, even people who have been with me for awhile, question this question. You cannot listen to my answers. It has to hit home for you. You have to come to see it for yourself, you cannot borrow my sight. I can give you the insight but you have to have the sight for yourself.

I am saying, when you can be, when you have come to your being, a power explodes in you, only when that power exists, can you live ... and live absolutely, only then, you will live out your destiny, you will do what you are meant to do, you will celebrate this life. And this life will be a gift of quenching. Then it would have been a worthwhile trip. If not, you are caught in sangsara because you have given your power to a changing thing. You are happy one moment, the next moment it becomes sad. And once you are caught in that changing, it is going to eventually erode you. And I think this cruel joke is played by existence for this reason you know. This cruel joke is played for a reason, so you will stop holding on to that and fall back to you.

I give you this question before we go into it slowly - How do you derive power, from where? What is your source of power; for you to go on living, for you to go on dreaming, for you to go on hoping, what is the source of your power?

You see, I will tell you a small story about what happened to me. When I first came to KL, I don't know ... 26 years ago or something ... I was supposed to go off to do law in London. My father didn't have money at that time because he spent it on my elder brother's studies. So I was put in a situation ... 2 more kids waiting to go to school, they have to do their degrees too. But somewhere I had to rely on myself. I had no support. Absolutely, zero. It was a very hard time but one thing it did for me ... the biggest blessing was that I had to learn to rely on me, my situation was not going help me at all. I had to rely on my own self, my own ability and the more I learnt to rely on me, the more I found the power of being. My own power, which is yours too. If at all I have accomplished anything, that accomplishment was the by-product of me coming to recognise the power of being.

There is a poem worth repeating 1,000 times; they say the bird rests on the branch, not in the strength of the branch but on the strength of its feathers. Have you seen when the bird rests on the branch ... it's not resting knowing that the branch won't break; it has faith in its feathers and if the branch breaks, it will fly away.

The shift between hell, the shift between failure, the shift between suffering, the shift between being abused, is when the shift happens from me relying on the outside for power, to me discovering my own power.

If I love somebody and I don't have power over me, I will always be scared. What happens if the person goes, I cannot survive, and that fear most often will mess the love up.

But when you have, I will give you a little insight ... I'll give you this ...when you discover your personal power, it is a very wrong word but I have no other word to use, when you discover the power of being, that is a better, in your being you discover your power, for the first time, you rise as a creator.

Gurdjieff says, you become a doer. He said until then, you are not a doer. You are nothing but a reaction. He said, for the first time, you can act and he goes on to say, he who can act can love. And he who can love, is. And who is, is all.

I leave you with this question for a few minutes to digest - where do you derive your power from? What is the source of your power? Where do you get your power from? Some get it from knowledge, some get it from morality - I am a holier man than you, I don't know ... people get power from all kinds of things. I have seen women get power from being upset, they are upset, as long as they remain upset they got power. If they laugh, they lose power.

Where do you derive your power from?

And that will tell you where you are at in this life. Please do give it a thought, this is a difficult subject. Just take a few minutes to think on this.

CHAPTER TWO

I & I  
DISCOVERIES

You don't need anything. To yourself you are enough. The whole idea of needing is when you are crippled. You see down the ages in the East, we have this word called surrender. It's always used in regards to surrendering to somebody else. No, no. It is surrendering the sangsara, to fall within, to know ... as I am, I am enough. And you are free.

But we live in a world of fear, so we make people get entrapped with us, we entrap people, all kinds of nonsense we do. With that we miss. You see, you will ask me, Master, how about love? Love is love. It's not a need. It is an overflowing. It is an expression.

You don't need the other. You just love the other. There is a difference. So the power when one comes to oneself, as one is, one is enough. This is the initiation in I and I.

You go through the 4 stages. The first is beyond influence. Once you are freed from influence, you are back to you. There is nothing of this world you actually need, for your inner need. You to you is enough. Then this life takes on a different meaning. For the first time, it is not sangsara. It is a celebration. For the first time, it becomes magic.

Like education, for now it is survival then it becomes something else. Education is more a tool for celebration, more of a tool for expressing better.

The highest beauty that can be given to you is to reveal to you, you to yourself is enough. And the highest gesture you can do for another is to show them that. You to you is enough, everything else is secondary. Everything else is perishable.

But this is hard for the brain to understand because most people's brains live in fear. We hold on to money, we hold on to this ... I am not saying they are all wrong, I am not saying give them up. But I am saying that's not where your real strength comes from. When it happens accidentally to you; for me it happened very accidentally ... I was very young. At six it somehow happened, because there was a situation that was set up for it to happen. I was separated from my mother for 2 years, I had to go and live with my uncle for whatever reason. So I had to fall back on me, there was no outside, I could not bond with anybody outside. So I had to fall within me ... there was nobody else.

But somehow it didn't become a trauma, it became an awakening. It became one of the most blissful states. You know what is the blissful state, when I have given up all the holding of the outside, me to myself I have come. Me to me, I have come ... almost naked. Just me to me, without holding on to anything else.

The real understanding of the word surrender is this - when me to me I have fallen in, and I have learnt to rely on me to me in my being and there is a promise that comes with it; Whenever you to you, fall in you ... your mystery is revealed to you, your magic is given back to you. You see, this is the trouble, you never come to see your magic, which is your beauty, because you held on to something else. You have a magic, everybody has. And that magic appears as your beauty. And until you experience that beauty, this life has no real meaning. It is just a brain that is afraid, looking for refuge in this life. It is just moving

from one fear to another fear. First fear, no money, now got money, must keep money, get more money and it just goes on, but the fear never vanishes. It never disappears.

The Eastern understanding is this, they understood life is sangsara, you were born, you will die. Don't talk too much. Everything changes. You marry a beautiful woman, she will grow old. We guys don't grow old, but the women do. *(Students laughing)*

Everything changes, we know. Everything decays, and you look at it. Then, they said, then how? If I am happy, I am going to be sad. They know the cycle. They said you have been in this cycle for many lives. What is the way out?

I and I. Me to me; when I am freed from all this.

You see for now, you have to take my word on it ... for a lot of you, if you haven't had the taste, but you will get the taste sometimes you know ... if you are surfing, or you do something where you have to rely on you, you jump out of an aircraft with a parachute, when you have to rely only on you. There are moments when it happens, you know. When there is nothing else to hold on to but you to yourself, it happens.

I was in Whistler, and I met a world class snowboarder. I don't know whether Asians know what snowboarding is, it is ... just take a board, stick your legs on it and slide down a mountain and pray that you don't fall. But it is a beautiful thing, I learnt it, I love it. And he was asking me about meditation, about this. And I said sometimes when you are sliding down, and all you have is the reliance on you and you alone, that state that you are in, is what you seek in sliding down the mountain, is what the yogi's attain permanently.

I have another disciple in Vancouver, his name is Peter Williams, an ex CNN cameraman ... he likes surfing. We see big wave, we run right? They go towards the big wave. A bit mad. They too stick a board and catch the wave and ride it. You know if you miss it, you die, it will slam you against the rocks, but he said sometimes when he is in the tube and he is riding, it is like being with god, but he is using the word god. I am saying at that moment he is with himself. There is no greater ecstasy, no greater bliss.

The trouble with many is, they get caught in this world. We think our ego, our image will do it, we think this, make people believe this. We are so caught up, we need somebody to look at us in a particular way, only then we have power. We need to manipulate this, we need to make ourselves this in the eyes of the world ... but one to oneself is constantly missed. The students of I and I, know this, and we seek it.

Remember this; knowing it is one thing, seeking it is another, attaining it is a whole other thing.

Because the brain has been designed, to take refuge in something outside. It always goes away. It goes in smartness, it goes away into knowledge, it goes away to this, it goes away to that, it goes away to images, it goes away to ideas. Very rarely does it put everything aside and fall to itself, for itself. Why did we miss this? Why when we were raised, we missed this. We were raised in fear. We didn't send our children to school to celebrate. We sent them hoping they would get a good job. We teach our children

good behavior not because the behavior will feed them, we teach them so they will be accepted by society. You must understand your entire conditioning is fear based. You were not built in strength.

I say this to you, you don't need anything, in regards to you, in regards to your wellbeing. You learning to rely on you, for you, learning to fall within you and when you have that taste, suddenly you realise all is right. Suddenly you realise all is actually love. Then you realise, all is actually beautiful, there is nothing wrong. All is perfect actually. And something else happens, a new energy starts flowing in you.

I call this energy the energy of creation. I want to call it the Brahma's energy. Krishnamurti called it the creative void ... whatever name, it doesn't matter. A new energy, and this energy can get things done, this energy makes things happen. Just by your will, but it is only available if you have abandoned everything and fallen back to you. It does not mean you don't be with the person you love, you be, but you don't abuse. It doesn't mean you don't study, but the knowledge is not the refuge, you are the refuge. Even the knowledge is taking refuge in you.

The first time you have the taste of this absolutely, like when you did the initiation, it happened, it started settling in, but you will have the satori. The first time it really happens is a satori, when you fall into you for you. I tell you the most significant experience or truth in anyone's life is when it happens to oneself. Then one lets go. One doesn't live with fear anymore, one is aware of danger, doesn't mean one crosses the road without looking, but fear doesn't possess. That sense of courage is needed by the brain to evolve. I am telling you your brain is still evolving. For now, it is a potential. It is trying to evolve. And when that brain evolves, it is capable of being in tremendous intelligence, that brain is capable of being in tremendous love, that brain can be in brotherhood, it doesn't look at another as an enemy, it looks at the other as a friend, it looks at it as itself. But you must understand this. We have taken refuge in so many things.

You see, whenever we are afraid, we take refuge in something. Like in my hometown, I don't know whether it happened in your place, we used to walk by a Japanese graveyard, somebody said to carry a nail, because the Japanese ghosts are afraid of nails, I don't know why. (*Master laughing*) This is a ghost. But a many people will carry a nail, they took refuge in the nail... because they failed to rely on themselves. That is why the first exercise in I and I is the capacity to rise to self-reliance, to fall within oneself for oneself and to act in absolute intelligence. That is why the first lesson of it is to be free from influences so you can come back to you, for you. Like right now, try this ... as you look around, don't rely on anything, not anybody around, just fall back into you. You to yourself.

Like if you have a Master, a guru, you will not find him outside, if he is the real one. In your I and I, you will find him. If you find him outside, that is wrong. When you turn within you to yourself, there you will experience him, not outside. The outside is a lie, the outside is a mirage. When you go within, you to you and you be, you will find him there. And something happens, you don't have to make an effort in this life you know. It goes. You see, no tree sets goals. Have you seen trees set goals - this year I will grow 3 ½ inches and give 21 and a half fruits. Do you know, in this world nothing sets goals except human beings. I have caught many fish, I have yet to see a fish with a goal.

These are all fear based, but this is only for the person who has come within. When you come within, that energy will take you where you should go. And it will always be beyond what you imagine you can be. What you can imagine you can be is limited. You will be surprised at the things that come out of you. You will be surprised at the things that happen. For the first time, life is magical. It is not more linear, it is quantum.

Like a lot of people are so afraid of their future. They don't know what is going to happen to them. It is because they fail to be in this. Once they enter this, all is magical, all is right. This is my observation, my insight into this. The moment you are in your I and I, nothing can go wrong.

The way I see it, it is an impossibility. It will move from one rightness to another rightness to another rightness. Even if you have to die, it would be right. It will be time to go. Anything longer will be nuisance.

So you must understand. For the students who have been initiated at least to the first rite, or all three rites, this is the understanding you are exercising, which is to let your hand go from holding everything to falling back and absolutely being in trust with you.

Not to hold on to anything. Not to hold on to an argument ... I am right, you are wrong, hold on to a projection, hold on to a thought, I am this, I am that ... but just to be, to oneself.

Ramana Maharishi used to say 'the real self', back to you and the eyes are freed of all illusion, all entanglement, you fall back within you. Remember the truth I share with you, has been shared for as long as I know, for thousands of years, same thing. I just say it more stylishly. That's all. It is the same truth said in so many ways, now, I present it in a way you can grasp it. I say, be I and I, you to you, you to you ... back to you. There is no glorious experience than that. No greater bliss.

Many ask me you know, I have this problem Master, that problem ... All these problems exist because you miss this. Once you come to this, there is no problem. Problems vanish miraculously, and I am telling you, nothing else is doing it, you are doing it. Your power is doing it. But to develop that faith, to trust in that, is so, so difficult. So, so difficult.

Because of our programming, because we have missed. With anything you take refuge in, it reduces you. Like this, if you take refuge in knowledge, as far as your knowledge is, your strength is. Anything more becomes unavailable. If you take strength in your muscular state, as far as your muscular state allows, that's all your strength, then you fail.

You don't take refuge in the supreme strength. I am saying it doesn't matter who you are, you fall back into this, the supreme strength is right there, right now, and you actually don't need anybody. As you are is enough. And that enough always wants to love. And then almost everything you do is an expression of love, but the trouble is, almost everything people do, they do from lack. They do to hold. People hold on to each other because they cannot be alone. That is why it is again karmic, again sangsara.

I would like to show you, if you choose to go into it, this is something you will experiment on your own - a effortless state of being, in which you live in rightness, and the rightness writes its own history, and its own future. All enfolds very organically, naturally. No fight, no violence. I believe, only when enough people can be in this, the world will have a chance, not until then.

Until then, out of the fear we will slaughter each other. To have some kind of peace, we will rob each other, we will forget to share. We will abuse each other.

Now, I would like you all to try, just a small exercise today - for the students who have been initiated into it and for those who have not, you can give it a try. Just for a few minutes, just drop everything and fall back to relying on you. Whatever you see, drop it. You just turn within and rely on you. And be there, for you to yourself. Don't include anybody. Just you to yourself.

And for a few minutes, try to be in that silence.

Let's try it for about 20 minutes. Right. From time to time, I will have somebody ring a bell. The bell is to remind you to come back, don't hold onto anything. Like if you see, the bell is a beautiful thing you know. You ring it, the sound goes out but it comes back to itself. It doesn't leave, it goes and it comes back to itself. Like if you drop a pebble in the water, the ripples go out but it comes back to itself, so you come back to yourself.

Now for 20 minutes, let's try this. Find a comfortable position and do this.

CHAPTER THREE

I & I  
DISCOVERIES

You see, I live a prayer every day. My prayer is, that you come to this, as how I have. You come to see, as you are, as you being is, all is enough.

For now, you have to take my word for it. For some of you, you have had a taste of this. That just falling within is enough, nothing else is needed. All else is just an expression of your love. Life is not a movement to quench yourself, but it is a birth from a quenched state. It is an overflowing.

The Hindus have this ... when they move into a house or have a ceremony, they will boil milk, and they will wait for it to overflow, and then the ceremony begins. Very significant. It must have been born out of this understanding. From overflowing start everything not from lack.

Like I want you to come to see for yourself that there is no lack in you. You see, over these 20 years I have been doing this ... people have come with almost every known problem, all kinds of problems, from financial to emotional to psychological ... and from my deepest observation of it, this is the answer to all of it. See, your life is unique you know, very hard for anyone to advise. You are unique by yourself, it's very hard to follow anybody else's way. So almost everything that is said by somebody, is their way, not necessarily your way. But when you come to this, when you are, to yourself ... your way would be born. Your right way would be born, and only then rightness happens.

Once I went to India, I visited a place where a Master named Vallalar lived. A very beautiful man. In one of his songs, he said, "When will rightness prevail? When?" This a question, he put, he said, "I cry for the day when rightness will prevail." To me rightness will prevail when you are right with you. Then your life is right by you. That is the magic. The ultimate magic.

But for now, you have to take this, just in the strength of my faith in it, because this world does not necessarily support it. It constantly creates fear. One fear to another fear, to another fear, to another fear ... and constantly make you grab onto something outside of you, not you. But it happens as it happens and sometimes it will happen to all of you. Most often after the initiation it will happen. Somewhere for no reason at all, you fall within. And then, the whole thing is revealed. Then you are different. From that moment, you act differently. You will act from a source that is unknown to many.

Then truly this life is a celebration. This life is a bliss. No more sangsara. No more pain. The answer is so close but it takes so much work to get to it. I have been repeating this for so long, and I'm going to go on repeating it because sometimes, after repeating it over and over, then your brain gets it. Sometimes you understand it mentally, but actually you can't do it.

That is the sadhana.

You see, I do this for many reasons but one of the reasons is; in your beauty, in you rising to your rightness, will this world attain to its rightness, will beauty prevail in this world, so you are enormously significant. We cannot leave it to one individual. All have to rise to this.

The faith I am asking you to participate with is, if I can learn to fall within me for me, if I can learn just to be in my own I and I, all is right. Just that faith, not asking anything else. I am asking you to experiment,

not even just to believe, maybe you can rely on my faith on it, but you experiment. When you fall within, you to you, all settles.

And I also know something happens biologically, something happens to your brain. The brain changes. Something is awakened in the brain. Scientists are in agreement with me. Now, they are beginning to discover what I have been saying or what all the Masters have been saying. They can measure it to some extent, what happens to the brain, something evolves in the brain. You see, we know the brain deteriorates. People get depressed, people get all kinds of mental problems.

This is a reversal of it. And then pure intelligence is in action. And to me, that pure intelligence is what is light that has been referred to down the ages. The light is the light of intelligence, pure intelligence.

And again, I share with you my faith - when you are in this, all falls right, your life is unique to you, it will take you where you should go, it will provide you with the opportunity you need, the education you need, the awakening you need, to live out you absolutely. And that should be the desire, the effort of all, to live out one's life absolutely, to walk away from living in fear, into a state of absolute courage in being alive.

In the attainment of this absolutely, in the East they call it enlightenment, one has become pure intelligence. But it is going to take effort on your part. The effort is to allow this understanding to enter, the effort is to go beyond the fear, the effort is to transcend the wrong programming.

You see, you can't see but I can. You don't know what a miracle you are. You don't know what a magic you are. You have no clue how amazing you are. How actually enormously beautiful you are, and not seeing it is the suffering. In missing it is the pain. And all pain is an indication that you are missing it.

Now, when you rise to this, you are a blessing to all.

And the blessing is not that you become the all to the other, you show the other he is also all. You see, when I stumbled upon this, many thought I was something special, which was not true. I discovered what it means ... what is so special to be a human being, that means it exists for everybody too. It doesn't belong to one person. It's everybody's right. It is just up to you to enter into it.

Now, before we finish, as customary in the I and I exercise, I would like you to be silent for a moment, and share whatever you have come to, whatever this energy, this love, this celebration, to all who need it, to all of humanity. Wish it, will it, share it, for they too may find the same peace.

And for the people who have done the I and I, we will get together regularly, sit like this and go mad together. I don't promise you anything else. We just get together, we go mad and have a party. We celebrate. And we reaffirm the commitment, the faith, to live this out. Now, just for a minute, please be silent and then we will be done for today.