Last year Mooji welcomed Sharon Henshall into his home to drink tea and share his wisdom. The first part of this interview appeared in the Spring ‘12 edition. As the interview continued, Mooji’s dialogue deepened, pointing to something far beyond words.

Back in March 2012 I had been invited to interview Mooji, a man whom had caught my attention following watching him speak on YouTube. His wisdom had made me stop in my tracks. It was a week before print and so editorial space was tight. I’d managed to include some of the interview and hoped to write up the rest for posting online. Time disappeared and it just never happened. Since then I’ve attended a silent retreat with Mooji, watched countless more YouTube offerings and felt his words resonate in a more profound way. As space became available in this winter issue, I felt compelled to return to that time spent in Mooji’s company. His words, which even if beyond instant comprehension, reach out to the very depths of our soul.

Q. Why do many of us find life so challenging?
Much energy is being wasted because we are in the wrong identification. We seem to be functioning a foot away from our actual place, at a place where we are living in a kind of a mental construction of who we are. That is where our attention has been living – as soon as we recognise that this place itself is phenomenal and is being watched from a deeper place, a truer place. As that begins to really sink in, the whole game of experience and life changes.

Q. Why do we find doing ‘nothing’ harder than doing ‘something’?
Whenever we hear a profound question, we will need a few times of hearing it because we are so conditioned in the way we perceive something new. First come to the place where you recognize that everything that you call your life is only what has appeared in front of you in some way – you have chosen something, identified with something. All these experiences have reported to you and you have acknowledged this is true: I think this. I can’t like that. However it may be. You are essential to the life you call existence, but you who are you, is there? Who is witnessing life?

For those who have the urge to look, something begins to take place because the mind expects to find something tangible. I say the mind is an instrument for measuring and interpreting change and variety. It always has to look for something phenomenal so that it can find a measurement of. At first people may say yes I can see it’s my idea of who I am, that is seeing life. But what is seeing that? And then, oh, yes, you can’t argue with the fact that it is also seen. But by what is it seen? And then you have to step back from the world and be able to see in that moment there is the absence of the seeker, because the finding is discovered itself somehow. And in the absence of the seeker, there’s a kind of completeness.

Q. Why is it so many of us can’t grasp this?
But what has actually happened is that there is a rope around the waist of the seeker and the seeker gets pulled back out again into an identity. It’s deepened into the ocean of existence and then something pulls it out – I don’t know if you want to call it karma, destiny, tendencies. This seeker who has been pulled out is not your definitive Being, it is not your essential Being, it is still the idea of who you are. But when it is plunged into itself, in that instant, it knows it is the Self.

When it came out it goes into a state of amnesia about being there and seems to plunge into the ocean of its own Being. In that moment there is the absence of the seeker, because the finding has discovered itself somehow. And in the absence of the seeker, there’s a kind of completeness.

Q. Why do we have to return to familiar states because it feels grounded – it feels a context of Being?
When it’s really known in the heart you are never going to fall for it again, not completely – you can enjoy the game but being awake to the reality that it is all of the Self. When you are in the identity of being a person, good will feel good, bad will feel bad, opposites will seem very different and real, and each thing seems to have its own unique existence. Whereas from the place of the ‘real’, all of them are images or forms of the one reality and you’ll know this in your heart, not just the mind.

How you find this out is by seeing that all the things you were looking at were not it – they amount to delusions and distractions. Then in the real place of seeing, it’s almost as if your Being exhales… nobody lets go, but the letting go happens. It is quite something and when the seeing actually settles into itself, I feel that all the Beings in the universe, the unseen ones, are rejoicing, all the cells in your body are rejoicing with this. Maybe it’s a very poetic way to say something like that, but I know in my case that something feels true in saying this. In that moment you are seeing how the magnificent game is just right the way it is – even with those who have not yet seen, there is still something perfect. Our mind is in resistance to it for a while, because in a way it seems we make a choice, that we must try to discover ourselves as and through the mind or through the ‘Being-less’. It takes a time, a wisdom, a grace, to bring that slow cooking to where it is really ready to be prasad for God’s mouth. If we try by holding onto identity we will struggle. But once the humility comes to really slow you down, you begin to see in a true and authentic way – you will come to see forces are there to help you, to guide you. They become the midwife to your own rebirth.

Read the first part of the interview on the articles page of our website: www.inspiredtimesmagazine.com. Details about Mooji’s satsangs & retreats can be found at: www.mooji.org