



“When attention and presence are one, mind is nowhere to be found. Mind has no power by itself.”

power. If you are interested in the mind, it gets empowered by your attention. If you have no interest in the mind, it is hardly noticed. This is a simple thing, but it is something that the whole world misses.

As soon as you discover that you can witness the mind's functioning with detachment, you are free of it. The trouble is that in the moment when it is pulsing, we believe what it is throwing at us, and when we believe it, we believe it into existence and are then caught up in its traffic. A thought without belief has no power, it doesn't even register, but a thought with belief can create huge suffering. The mind is one baby you don't need to pick up whenever it cries for attention.

As you grow in the simple way that I point out—to remain as the 'I am'—you will start to see all this more clearly. Your ingrained psychological thoughts will crumble away. Mind's seeming power will

diminish quicker than you can imagine as you discover your true position as the unchanging awareness. If you take life too personally, then you will have trouble with your mind. When you are impersonal, the mind becomes your friend and everything flows as harmony.

How do our readers step into that way of being and living?

When you have a strong sense of personhood, it's very difficult to step out of that. But with guidance, we are able to see that the idea we have of who we are is only a phenomenon inherited from conditioning. Who you think you are is only the idea you have about yourself at any given moment. Nothing is fixed here. It's the nature of ideas to come and go. We have had many different identities throughout our life. Which version is true? Well, actually none of them. They come and go just like clouds in the sky—

a play of transience. As this is grasped, one unexpectedly finds oneself in and as the state of untroubled being behind the fickle facade of personality.

All that you conceive of as yourself and your life is a passing show. You must recognise yourself as the witness of each and every move and be one with that unmoving seer. Develop the habit to stop identifying. Perceive but don't identify personally. These are powerful tablets of understanding and as soon as they are swallowed, they begin to release their power inside your being. Their effect is tremendous inside the human spirit. Your world opens up into a new universe as you continue to flower into wisdom and perfect understanding.

We cannot continue trying to solve things through the mind alone, for it is saturated with conditioning. Sometimes I say that you have to be the cow that jumped over the moon. You have to be that one who jumps over the moon-mind and transcends its pull. It's not difficult at all. Actually it is quite easy, but only if you are ready and open enough to try. Most fortunate is to find a teacher who makes it very simple for you to see what is obvious, yet obviously missed. Once you recognise truth, a great unburdening is experienced and a mystery begins to unfold. This is the greatness of satsang. It's not setting you on a course for freedom in instalments. There is immediacy here—quicker than Zen!

What is humanity's role in all that is?

My truest answer would be that humanity's role is to become aware of our true nature. A human form is a great gift of consciousness, for in this form we can see, feel, meet and be one with God—the supreme reality. Life becomes fully alive when we discover, beyond the shifting sands of the mind, that our inmost reality is unborn and imperishable awareness. Every other role is only a role in temporality. All that we perceive is passing, impermanent. To discover one's true nature outshines every other achievement or attainment. Are not all human beings searching for lasting happiness and peace? We have different ways of searching for this, but underlying all the urges and impulses in the human kingdom is the search for the eternal. Satsang is your chance to discover this in and as our own timeless self.