

SOUL

“HAPPINESS RESIDES NOT IN POSSESSIONS AND NOT IN GOLD, HAPPINESS DWELLS IN THE SOUL”. *Democritus*

Whether or not you believe we are ‘human beings on a spiritual journey’ or ‘spiritual beings on a human journey’, we hope this section has something to inspire you.

INTRIGUING INTERVIEW WITH SRI MOOJI

Mooji, an Advaita Zen Master, is a direct disciple of the renowned Advaita Master, HWL Poonja or Papaji. Born in Jamaica, Anthony Paul Moo-Young, affectionately known as Mooji, worked and lived for many years as an artist in London. Today he regularly travels the world speaking with Truth seekers from all backgrounds. He lives at Monte Sahaja in Portugal. Known for his direct, compassionate and often humorous style, Mooji talks to **BALANCE** about what led him down his own path of enlightenment and how we limit ourselves by identifying with our personhood.

You talk about how life emerges through universal intelligence. Was this your life plan?

To be honest, I'm not a good planner! My plans don't work. Before I came into this path or understanding, I didn't even meditate. I was Mr Regular. I worked as an artist and used to make stained glass windows. One day, my partner told me that a young man had come by and admired my work, which was a stained glass window. Later that evening, he returned. His name was Michael, a young, English-born Afro-Caribbean artist. I was touched by his warmth and openness. He told me that he was a Christian, and that he hosted weekly church gatherings in his house. He started teaching me about the nature of Christ.

After an evening of intimate discussion, I found myself asking him, ‘When you pray again, will you pray for me?’ He immediately answered, ‘Yes, why not now?’ There and then, he put his hand on my head and prayed.

When he finished, I uttered the words, ‘Please help me.’ From that moment, something in me changed. A peace so profound and pleasant arose inside my being that I didn't want to go to sleep out of fear that it might pass. But eventually I did fall asleep.

When I woke up the next morning, this peace was still present and I felt as though I'd been lifted into some higher state.



I had a real sensitivity, even towards the sunlight; everything was full of joy.

And it has continued to this day. Although I was brought up in a very Christian background and had come to respect and love Michael deeply for the role he played in bringing me to God, I was to leave his Church eventually. Sometime later, I discovered a book called *The Gospel of Sri Ramakrishna*—and I was never one to read much! Anyway, this book nurtured me internally. Although Ramakrishna is a typical Hindu saint, his wisdom is universal and spoke directly to my heart. On the strength of this, I developed the urge to go to India. Although Ramakrishna was no longer in the body, my intention was to visit Dakshineswar in Calcutta where the master lived and taught. But it wasn't to be. Instead, I met Papaji, who I discovered as my Master when in his presence all vestiges of a functioning ego were finally uprooted, leaving behind a profound emptiness—the vastness of pure being.

People come from all over the world to attend Satsang with you. What does this involve?

Satsang is a Sanskrit term which means association with the highest Truth. Here, Truth simply refers to our pure nature, the source of our being and of existence itself. Satsang is just another name for what we really are and is therefore of interest to the whole world. In fact, any time people come together in search of Truth, we call this satsang. When seekers gather around an awakened being to ask questions related to Truth they don't only get verbal answers but, more importantly, something is communicated energetically, for the revelation of our essential