

## **Excerpts of Gourasana Speaking at The Advanced Intensive**

**May 22, 1993, San Diego (42:58)**

**Gourasana:** So what is the final definition of freedom? It's that you've totally have surrendered your will to the will of the Lord. That there is no longer two wills, your will and the will of God. The basic premise of the material world is that the wills become separate, or at least seemingly so. So separate in this world that some people doubt the very existence of God when there is nothing else but God.

This world is about having your own will, and doing what it is that you want to do. Now where the illusion comes in, is that what you want to do, your separate will, is actually something to hold on to... that it actually is giving you something. That by holding on to your separate will, your separate identity, you're going to get something that you're not going to get if you lose that will. So, it is a very frightening thought to the mind giving up your will. If you give up your will, then where is your identity?

So it is the job of the illusion to keep you convinced that what you're holding on to is something of value. It is worth holding on to. It is worth fighting to hold on to. That is why the final step to leaving this world, breaking the cycle of birth and death, can only be taken by a very small number. Because what most people want from God in this world, is they want enough light, they want enough of a connection to God to be happy in this world. So your religious people, they know enough to know that they cannot be happy unless they are more aligned with the will of the Lord, or closer to the will of God. So they take steps to become closer to God and have God more present in their life. This is the primary function of the religions. They are getting a connection to God. There is no doubt about that. But the thing is, is what the majority of the people that are doing that are on spiritual paths, is they want enough of a connection to God to make them happy in this world – and no more. And the reality is, is the path to freedom may or may not lead to direct daily happiness in this world.

Now this present path of freedom that is happening here, is different in many ways

from the traditional paths. But if you study the traditional paths of freedom and you look at the lives of the saints and the masters and the things that they went through, they went through anyway terrible things: tortures, different types of sufferings. But that's what they were willing to do, because they were truly surrendered to the will of God. The most extreme example being Jesus who was asked to be crucified. That was what He was asked to do. He surrendered to the will of the Lord. And what He was asked to do is to die a horrible death like that. That's what was desired of Him by God. This is not the desire of most people seeking God. They want to be happy, and there is a line that you cross over where surrender to God may or may not equate into happiness in this plane and it doesn't matter anymore to you. Because all you want is the ultimate state of surrender to the will of God.

Just like this group gathered here today. You've, you've already crossed over that line. You already know that this isn't equating into daily happiness for you, what you would hardly call daily happiness. It's already come to that. If you want to be happy in this world, and still have a connection to God then this isn't the place to be. Because it's not about that. So the thing is, is what is it about? Does it mean there will be no happiness? Does it mean that there will be no ecstasy? These things will be there, but they aren't the primary focus of one who is surrendered to God. The primary focus of one who has truly surrendered to God is that they just want to do the will of the Lord no matter what that is. And if by the way that equates into material happiness then that's fine.

And the thing is, is your life and the life of someone who is seeking happiness in the material world may look identical, but it is the focus that is entirely different, and therefore the consciousness which is entirely different and therefore the conclusion of your evolution. In other words, you are coming to a state of freedom and they are submitting to a state of bondage by the illusion.

To try to be happy in this world as a separate endeavor is what everybody is trying to do. This [path] isn't about trying to be happy in the world. It's about coming to a state of total surrender to God. Now the fact that this is going to equate into so

much happiness in this world is another thing, but it is a byproduct of the main goal of surrendering to God.

And it is a state that cannot be faked. I mean maybe you can fake it to other people, but you can't fake it to God. In other words, if you say, "I am completely surrendered to the will of the Lord, but as long as I have this amount of money, and as long as I have this standard of material happiness, then I'll be surrendered to the will of the Lord and do whatever the Lord wants me to as long as I am taken care of in this way" – and that's what's really in your heart. "But if He asked me to live in a tent, then no maybe, maybe not." You have to be willing to do anything that is asked of you by God. Anything at all.

Traditionally, what did you have to do to become free? Traditionally, you had to give up the material things, which some of you have done. Some of you have done that where you've given up everything. You've lived in a commune situation, you've given up your material possessions, you've surrendered your whole life, you did all of that. This is a traditional way of doing it. It was the way to get free. To break the bondage with the material world, you couldn't have anything to do with the material world. That is the way that it used to be. Of course it used to be other things also. All breaking with the material world. There couldn't be a relationship between man and woman, because the trouble and the bondage between men and women was so great that if you had anything to do with the opposite sex there was no hope of getting free. All these things are material. These are the traditional ways of getting free.

So people who are in the traditional line will look at this and they won't understand – they won't see what is going on here. Because of course, what is it ultimately about isn't the external – it is a change that is in your heart. And you all that have gathered here today have done the work enough to know just how much change is going on in your heart. That it isn't what's going on outside of you so much, it's what's in your heart that's causing the trouble.

So what is the state that you are going to come to? The state that you are going to

come to is you are going to have what this plane has to offer. You are going to be taken care of. In fact you are going to be taken care of better than you are now, which has been pointed out to some of you in these last couple of days, how you aren't even taking care of yourself. You are not taking care of your body, you're not taking care of your finances in life, you're really not even taking proper care of yourself. So you need to take even better care of yourself than you are. And that's going to happen.

But what is the ultimate state that you're going come to? Even while taking excellent care of yourself and having so many things in this material world, when it comes time to leave, you will be able to walk away from this place without a moment's hesitation, without an instant of hesitation, knowing that in spite of all of this that you do have on this plane, that it all amounts to nothing.

And you may or may not be aware of this phenomena, but every time you have a deep connection with God, every time you have a deep, powerful, spiritual loving connection, there is a part of you that is being reminded that this can't go on unendingly because you are in a body. Your body cannot actually contain the constant state of ecstasy that is waiting for you. And this is something – you're not waiting for the future to find some ecstasy, you're getting that ecstasy now. You have all gotten it. If you hadn't you wouldn't be here and be as dedicated as you are. You have tasted it already. And it's that constant depth of connection that will allow you to walk away from the best that this world has to offer. It is this powerful connection which will allow that to happen, which will allow you to walk away from what all saints and masters and yogis and priests and nuns and every spiritual seeker have been trying to walk away from for centuries – the bonds of this material world.

But the only way that you will attain this state is by wanting God and nothing else. That has to become the focus, that you want God and nothing else and that is truly what you want. And you will do anything to attain that.

If somehow that means periods of your life where materially there's not that much

for you, then you will accept that. Or where there's a sacrifice that you need to make materially to come closer to God, then you need to do that. It is not something that you can fake.

This is the mechanism that binds you or frees you – what I'm talking about here today. This is the crux of the whole matter. Being able to walk away from this world is freedom. The ultimate test being at the time of death. Although you will know before then that you can pass that test. But being able to walk away from it all, but that doesn't mean that you can't have an incredible life while you are here on this earth, because God is going to be your focus. For you, God will be the focus and everything else will be supporting that. So everything you do will ultimately be toward that end – toward that goal.

**Person One:** Gourasana, I'd like to know the difference between aligning your will with God's will, or letting go of your will in favor of God's will.

**Gourasana:** Say it again?

**Person One:** When you first started out you were talking about letting go of your will in favor of God's will. And I've always thought in terms of having a will that aligns with God's will and I was wondering if there's a difference.

**Gourasana:** Yes. I'd have to say that there is, for the purposes of what's going on here. You give up your own separate will. For those of you that have spent any time with Kalindi or Gayle, you've seen how they are like possessed or they can become like possessed. And every waking moment of their day they only have one thing on their mind, and that is how to help you. And if you can look at your own consciousness and see how far you are away from that reality, then you can get a barometer of where you are spiritually. Because one of the symptoms of surrendering to God's will on this path – this process, this is the way of breaking free now – is that you are going to be totally surrendered to God's will, which at this time is to break thousands of people free. And in order for that to happen, that means you are also going to have to come to the same platform that they have achieved. And they are possessed by God. They don't have a separate will,

practically speaking. They can't do something different than God wants them to do. They no longer have a will of their own and God's will. They are totally possessed by God. There is only one will going on and that is God's will – practically speaking. Practically speaking. Very little of their own individual will. Just enough to complain.

*(Laughter)*

**Kalindi:** *(Laughing)* Till the day I die.

A good example is Jesus, and what Jesus had to do. He didn't necessarily want to do that, but God wanted Him to do that. So ultimately, your will's aligned, but God may want you to do something that you don't necessarily want to do and you do it anyway because God wants you to do it. So there is an alignment that happens basically, but on top of that alignment, if God wants you do something and you don't want to do it, you do it anyway.

**Gourasana:** Yes. And there can be an alignment without a surrender. There can be people who are more aligned with the will of God than others, but they haven't really given up their will to God. There is an alignment that's taking place. But whereas again, like Kalindi and Gayle, they're just, maybe they're woken up in the middle of the night, and it's certainly not their will that is waking them up, but they're woken up and they're, all they can do is whatever they're being practically like forced to do or that another will has taken over their will. So, anyway, like that.

**Person Six:** Can you talk about the area of the mind and how to best deal with it on this path, because I know it's my biggest obstacle.

**Gourasana:** Controlling the mind and controlling the senses. This again is the traditional path of freedom – it's always been about controlling the senses and controlling the mind. And to be free in this world, you need to be in control of your mind and your senses. People mistakenly think that freedom means doing whatever you feel like doing. But the reality is your mind and your senses are dictating things for you to do and if you follow the dictates of your mind and your senses, then you are totally lost and you are totally bound. Freedom means that you have control

over your mind and your senses, that you are telling them what to do. They are like material mechanisms that you can control. But if they are controlling you, then there's havoc in your life.

This is an important point for everyone to understand because that is a misunderstanding that goes on in different degrees with different people. Again, that freedom means doing what you feel like. So, if you're free, and you're in the middle of the store, you can take your clothes off and you know, whatever, because you're free – you're no longer bound by this material world and its rules. But that's, it's not any whim that passes your mind. That's not what freedom is about at all.

So, anyway, this is one thing. That it is important that you control your mind and your senses and that they are not controlling you.

And the reality is, it's a loss of control that usually plunges people into unhappiness, doing things that they know they shouldn't do but they have no control over it.

**Kalindi:** (*To Gourasana*) I'd like you to talk about, maybe you can spend a few minutes now, talking about the area of guidance and the need for guidance on the spiritual path. Ultimately that's what the problem is. You don't know, and you have to get to the point where you're willing to trust somebody that does know.

**Gourasana:** Right. This is something that is happening that isn't going to be solved in a couple of minutes answer, and these types of different problems that everyone comes across is where the guidance comes in. And without the guidance, you're lost. You really need to understand that, and come from a place of humility in understanding that – and trust. Of course, trust in the guidance that's being offered. The ego would like to defend itself and doesn't want to be told what to do, so to come to the proper state that you need to accept the guidance is also a very important thing. So not only is it essential that you take the guidance or that you come and get guidance, but that you really hear.

And the reality is, is so many come and they ask for help but they're not really open – not open enough, that's for certain. And they're resisting the help and they're

defending themselves and yes – and basically what it really comes down to is you think you know better. This is just talking about the problems in the area of guidance. You think that you actually know better. That maybe Kalindi or Gayle or whoever it is you're talking to really doesn't understand the whole picture, but you really do, so you'll take some of the help, but they don't really quite understand the whole thing, or whatever. So that's the area of trust.

But without the guidance, you won't make it. Without the guidance you won't be able to get free. It's absolutely essential, that is one thing on the path of freedom that has not changed. You've always needed a teacher. You've always needed a master. You've always had to have that guidance. And without that guidance there are so many ways that you can get lost on the way. There are so many ways. Practically they're unlimited – the different ways of illusion that are weaved for you to get trapped in. There are so many ways. As soon as you have a religious experience, and you have a vision, it can go right to your ego and you can think, "I'm so wonderful." But it's the being of illusion that thinks you're so wonderful, not your true self. And you're caught there. There are so many people who are caught there in the new age. They're having religious experiences, they are having connections with God, but they're taking them and they're going right to their ego with them. And they don't see that, they think that they are that being. And they think that they are so great. So you're even taking a spiritual experience itself, which while it's bringing you closer to God, is also binding you if you're taking it to your ego. Of course they're not open for guidance.

And in the same way some of you are not also as open as you should be about guidance because your ego is there. And basically you think you know better, and this is suicidal.

And when you asked earlier about is everyone going to get free? (*Speaking to the woman who asked the question earlier.*) Yes, everyone whose sincere desire it is and everyone who really lets go, but there will be some who will defend their ego until their death, and they will not get free.

Your trust in what's going on here has to increase and it has to deepen on a daily basis until you will truly trust the guidance. Like they had the example of the snake and the stick in India. How the spiritual master says, "Pick up that stick." The disciple picks up the stick and [the master] says, "What are you doing, you're holding a snake," and [the disciple] drops it. He [the master] says, "Why did you throw down the stick. I told you to pick it up." He [the disciple] picks up the stick. [The master says,] "That's a snake, what are you doing, are you crazy?" Like that. Just get to – actually it's an illustration of like a kind of mindlessness that you come to. A kind of mindlessness that is extremely mindful mindlessness. In other words you're going to be very conscious of what's going on, but there has to be a trust in those that have gone before you. There has to be a trust in the guidance that takes place, because without that guidance you're lost.

**Kalindi:** I also had to trust on my path. I had to trust Gourasana. I had guidance in a body. And there were many things that I had to do. There were crucial points for all of us. I remember for Gayle, also, there came points where she, it was very critical that she took certain steps or she wouldn't have made it. She wouldn't have made it. And there were things that I had to do that I really didn't want to do. But I said yes, I trusted the guidance and I just felt everything as a result of saying yes. But I trusted and I went forward very quickly. But I had to trust and if I wouldn't have trusted I would never be where I am. Just like, you can see how much help everybody needs just to get their material life together.

Can you understand how much help there [is needed] and support? Just to get working out your body, there takes so much support. There's whole organizations created, spas and everything, just to help you to work out your body and learn how to do that. What to speak of the hardest thing, the hardest thing to learn – how to get free. So for people to think that they don't need a teacher – you need a teacher in every area of your life in this place. Whatever you're doing you have to learn from someone. That's an area that everyone's blinded to. How do I do it? And everyone's constantly searching for guidance, in books, this place, that place, every other place. And there comes a point when you're seriously wanting self realization. And when

you want it seriously, then guidance will be standing in front of you, and then you have to trust.

**Person Eight:** On our first night here when we were doing sharing, Gayle asked me, "Will you sell your house and move to San Diego," and I said, "Yes." And right away there was a lot fear and lot of resistance about it. And I remember that two days before I took the original seminar I was driving to work and it came to me that I should sell my house and move to San Diego and get what I could get here and take it back to Austin so that I could help that center to grow. And so that seemed to me like guidance of another kind. Could you talk about that please?

**Gourasana:** That specific guidance?

**Person Eight:** Whether we get guidance of another kind as well, and how do we know to trust that kind of guidance?

**Gourasana:** There's areas of guidance that are being left alone more and more, and that have to be left alone as an organization. But the Core went through with Me guiding them, and like My guidance with Kalindi, it frequently didn't follow logic and reason, which is very hard for people. And as dedicated as you may think you are, if I were to go into that mode, and you could no longer understand it with your mind, then it becomes very difficult. Then it really is a trust issue. If you can no longer understand it with your mind, if it doesn't make sense, one plus one no longer equals two, then it becomes really hard. And that's just one thing. I'm just talking about one area, which was something that was special about the Core and Kalindi. And they really had to go – I mean they really had to put up with one thing one day and another thing the other day and it didn't follow logic and reason in any way. I'm mentioning that – this isn't a direct answer to that question right at this point – because I wanted to continue on with this discussion about the guidance.

But, if you want to understand everything with your mind, you're really going to be in trouble on this path. Even as it is, and it's been, you might say, cleaned up a lot to where it can make sense – where at least it can appear one and one equals two, sometimes.

So this is an important area of guidance. Not only accepting the guidance, but if you need to understand everything with your mind and it all needs to make perfect sense to you, you're going to be in a lot of trouble. And this is where the trust comes in. The trust has to come so greatly in the guidance that you just basically do it. You can try to achieve some understanding in the discussion when you're getting the guidance. Whoever you're talking with, of course, during the discussion, you can come to some conclusions – but there are certain points where you just have to trust and you just have to move, because you are blinded to being able to see what is being done with you. You can't understand what it is. You can't understand that you're truly stuck in an area and that you really need to do something to break free from it. Or even if you have a glimpse that you need, you don't have enough trust to do it. And you need to come to a point of complete trust where you can take the guidance.

The thing is, is where we run into trouble as an organization is giving you specific advice about what to do. And while it may be a benefit to you, it hurts us as an organization. So we have to back away from giving specific guidance in areas. And while that still may go on to some extent, like selling your house, something practical like that, this is something that you really are going to have to understand for yourself. You're really going to have to understand it clearly for yourself. So that we're not dictating your lives for you and controlling your lives. This is very important as an organization, that you are in control of your life and that it is ultimately up to you and whatever you do. So you can listen to advice, but you – again in specific areas like who you should be with, if you should sell your house, get a job, and everything like that – you can listen, but ultimately you have to be careful about making your own decisions. And this is, anyway, like in all areas, you're going to be making decisions which may help or may hurt you.

Anyway, what is good about this is it's going to put more pressure on you to get like, you may say, confirmation from within. It's going to push you to get that confirmation within. So if you hear something like that from without – what you should do – it is going to push you to also get it from within, so that you are acting

on your own volition and not being coerced or something.

**Gayle:** Can I respond to that too?

**Gourasana:** Yes.

**Gayle:** Millie, I was also responding to your desire or exploration in this area because you had already shared with me a couple of weeks ago when I asked you a question, "How seriously do you want your freedom?" And from you, you said, "I would give up everything and move to San Diego." So in that horseshoe situation – and you stood up there and said, "I want this more than anything," then I'm just throwing out, I'm addressing an openness that you have, as Gourasana just said, for you to further pursue for yourself if this is the next step for you to take. So in that I ask you, "Are you willing?" I'm looking for willingness. "Are you willing to sell your house, change your job, and move to San Diego?" And you just screamed, "Yes!" And you see – a couple of days later you're still exploring this, but it's got to come from within you. Is this the next step for you to take? Will you benefit spiritually? Is this right for you? Is this the next step? Do you know this is the next step? And so maybe you say, "Yes" and you come and have this experience with us, maybe for a year, and then you take it back to Austin and then you infuse them with everything that you've gained. Do you see? So that's what I was doing with you – responding to an openness that you already had for exploration. You know, this life – you'd have to change a lot in your life. And then also, maybe you're going to explore this area within your consciousness, "Do I need to do this next?" And then make the decision, "No, I need to stay there in Austin and help Elise." Do you see what I mean? But it's created an openness for you to decide what it is that you need to do.

**Person Eight:** Yeah. Okay, and I still have a question about where that original impulse came from, when I hadn't even taken the seminar and didn't know what it was. Is that guidance from elsewhere? Or did that come from inside myself?

**Kalindi:** You're trying to find out if you can trust that. Where did it come from? Can you trust that guidance?

**Person Eight:** Yes, what happened back in October.

**Kalindi:** So Gourasana, maybe you can talk about trusting the guidance from within. Because a lot of times it's real guidance, it's coming from God and you need to act on it, and sometimes it's just coming from the illusion. So maybe that area can be talked about.

**Gourasana:** That's why you need the outward guidance. Because, because as we've discussed before, the inward guidance can be faulty. It can not be the truth, or it can have truth to it but it can be off – so it's basically contaminated. You can, you can pretty much count on that. Well you can count on that, that it's not going to be all the time accurate. And that's why you need the outside guidance. So when we talk to people about that you can't totally trust it, it doesn't mean that we don't want you to continue to be open to that, of course, and hear and be receptive to that, because you do. You want always to keep that as a wide-open channel.

But if you're hearing one thing from within, and you come here and you hear something entirely different, then it comes down to trusting again this guidance. You can trust the inner guidance, but if it is totally going against the grain of what's going on here, then again it will come down to a trust issue of what's going on. Because of course, people hear things from within that are just nonsense, or that are coming totally from ego and are not direct guidance at all. But that, that's being nurtured already. Like the way Gayle is talking, and she's dealing with people like this with great care. Nurturing their own ability to tap into this inner guidance also. But you have to make sure that both align.

The way they put it in India is that actually you want a confirmation from three sources. And that is you want it from within, which is [what] they call God, you want it from the guru, and then you also want it from scripture. Well, we don't rely so much on the words. Words. (*chuckle*) But so confirmation, basically you want to have confirmation of your internal guidance. You want to make sure that what you are getting internally is also being confirmed outwardly. And there will come a point where it will always be the same. But while you are on the path, and while you are still being controlled by the illusion, you need to make sure that your inner guidance is confirmed by the outer. So again, the outer is just essential. You have to

be listening. You have to be listening.

And along that line, in order to listen to the guidance, you have to be asking. And a lot of you are not asking for guidance in areas that you really need it. But of course, this is a question of surrender and when you are going to be ready to surrender more.

But if you want to get free in this lifetime, some of you need to move a little faster. This is just another point. You have to understand something about the illusion, is that all the illusion wants to do is make sure you don't get free in this lifetime. So if it can't get you to stop this work, then its next objective is going to be to slow you down. Because if it can slow you down enough, then you won't be able to get free in this lifetime, and then it can deal with you in the next lifetime, and whatever tricks it's going to use in the next lifetime to capture you.

So you can continue the work, and again this goes back to, "Is everyone going to get free?" The reality is, is everyone is not because the illusion is going to slow you down enough so that you just won't have enough time to make it. It's just going to slow you down enough.

So move as quickly as you can.