

Boulder, Colorado - QUESTIONS FOR SRI BHAGAVAN DECEMBER 13, 2009

1. Bhagavan, we are so happy to be with you today and are so committed to serving this vision of Oneness here in Colorado. We have over 100 people in the room and are with you and love you so much.

Bhagavan, many of us have experienced a clear shift in perception as a result of our work with the teachings and the deekshas. These shifts, however, do not always accompany a true flowering of the heart. Without the heart being flowered, it seems the process is not complete and we cannot authentically love and help others. What is the relationship, Bhagavan, between the flowering of the heart and a mere shift in perception? We want to help people transform their lives. We want to be extensions of all the love we feel from AmmaBhagavan— that pure compassion, that grace. Please help us with this, Bhagavan.

A: Assume a glass is half-full. You could either see it as half-full or half-empty—which is a mere change in perception. But when the heart flowers, you would feel that you are the glass and the water. You feel connected. Now all human beings are actually connected. We are not separate individuals as it appears to us. This separation is only an illusion. When the illusion goes, you actually feel that you are the other—you would actually feel that. It's not a thought or an idea or a belief or a concept. It's a real, living feeling.

Now, that happens when the heart flowers. Until the heart flowers, you do not realize your real condition where you feel you and the other are one. It's not that you're the same. You're not the same. But you are the other.

Let us say... we do not call this movement sameness, we call it Oneness. Not that you're exactly the same, but you feel, though you are different, you are the same. It's like one being who has got two personalities. You realize that you are the other... not that it's exactly a carbon copy, not in that sense. But you feel that you are two—not separate, but you only are this, you only are that.

Now for that to happen, the heart must flower. Now how do we go about this? Now, the inner world, you should stop all analysis. You should stop all effort. These have no place in the inner world. The problem with us is, in the external world, we've got to analyze, we've got to put an effort. We carry the same tools inside. That's where the problem is. In the inner world, we must put aside these tools. You must not try to understand because you cannot understand. And you cannot put any effort because effort is the problem.

Let us say you suffer from jealousy and you want to become free of jealousy, and you're putting some effort. That effort only is jealousy. You are getting trapped in the illusion that jealousy is something separate and working to be

free of it is something separate, but if you look closely you'll find that that very effort is jealousy. When the effort stops, there is no jealousy at all.

Similarly here, the truth is your heart has not flowered. The truth is you do not feel connected. You feel alienated. That is the truth. There is no other truth. So, you begin there. Do not try to get somewhere—you can never get anywhere. Begin where you are. And the first step is also the last step. Become intensely aware that you do not have a connection, that you do not experience unconditional love—all your love is conditional. All your joy is conditional. All your affection is conditional. That is the truth. Don't feel bad about it. Don't shy away from it. Don't try to explain it away. That is the truth. Hold on to that truth. That's all you've got to do.

The only other support could be a blessing which you could receive. Do nothing else. Wait until something happens. And it will happen very fast. It must happen naturally—automatically. If you try to bring it about, you could try for a million years. You're not going to get anywhere. The only thing is—with effortless effort... effort in the sense that you could bring in some teachings, you can get a blessing, that may be the effort part. Thereafter it's all automatic because you become intensely aware of the truth that you do not have love, that the heart has not flowered, that you do not feel connected. Don't let go of that. It could be two days, three days, four days, as long as you can, just be there until it all happens. Don't even expect something, don't even wait for something. The only truth is: love is not there. Just stay there. That's it.

2. Bhagavan, you speak about how the most powerful deekshas come when we sit with another and really connect with them—listen to them, feel with them, cry with them, touch them gently on their shoulder. Can you please speak, Bhagavan, about this one-on-one sharing of the Blessing versus working with larger groups that can feel a bit more impersonal? Please give guidance for us in Colorado so that we may focus our intentions and efforts to be in proper alignment with the larger vision of 2012.

Having a larger group is no problem at all. Suppose you've got a group of 100 people to whom you must give the blessing. Pick up any one of them and ask them to share about their problem or their suffering. Do it to that single person, that one person, when others are listening and watching. Even if you work on one person, it is the same as working on all others. It makes no difference at all. See, you don't have to work on everyone individually. No. Pick out whomever your heart guides you. Look at the people—their faces, their feelings—and just wait. And somehow from inside it will come—“pick up this person.” Pick up that person; ask that person to talk or share. And then you relate to that person. Just that one person. That is enough. The whole group could move into it. And you could do it for even a thousand people. That's no problem at all. That's the way to go about it.

3. Bhagavan, there are currently no Oneness Trainers in the state of Colorado. Many of us have been sharing your teachings and giving Deekshas for some time now and are ready to become trainers and more powerfully support our local communities. There are so many young people here in Colorado, for example, including over 40,000 at the University. The people here in Colorado are incredibly ripe for this transformation and many of us know we are here on the planet at this time to be a part of this evolutionary shift. The trainer's courses, however, are another four months away and there is no guarantee that all of us will be able to attend. Please prepare us right now, Bhagavan, so that we may be the purest vehicles possible of AmmaBhagavan's love and grace in the state of Colorado.

From your questions, I could clearly see that you people are very, very ripe for this. I have no doubts about it at all. Now, I'm sure that by 2012, there will come a time where it could be possible to make you into trainers through the Skype itself. But for the moment you may have to come to India.

But where we could help you is, since you people are so ripe, especially for your state, instead of waiting for four months, we could possibly arrange something for you in January itself. That is possible. I would love to help you and I'm sure you're going to race through very, very fast; amazingly fast.

I'm so glad that I could speak to you today. Very, very happy.

So could we go into a three-minute meditation now? Later we'll go for much longer meditations. We'll start now.

Love you all, thank you, Namaste.