



## You Are That! Gangaji

Hardcover  
6 1/4" x 9 1/4"  
400 Pages  
ISBN  
978591795889  
U.S. \$26.95

*An elegant  
collector's  
edition of  
Gangaji's  
classic  
teachings*

## You Are That! Excerpt: Depth of Simplicity

---

Reality is not what you think is, not what you imagine is, and not what you have been told is. It is not what you believe is, not what you hope is, not what you fear is—but what simply *is*. What *is*, is beyond what can be thought.

To realize what *is*, there must be a ruthless investigation of what is transitory and what is immovable. When I speak of ruthlessness, I do not mean struggle or effort. True ruthlessness is effortless. It must be effortless. Relaxed and ruthless discipline are possible every instant.

*I have wished for that kind of discipline.*

Even wishing is too much effort. Wishing is a thought, a complication, and a postponement.

• • •

*Many people say enlightenment is difficult.*

The great debate, “Is awakening difficult or is it easy?” is similar to the debate, “Is awakening gradual or is it sudden?” Every era will have a great debate, and the people who are debating are kept very busy. Being kept very busy, rather than just being right here, postpones awakening now.

Forget difficult and forget easy. Neither touches who you are. If it is neither difficult nor easy to discover who you are, if awakening is closer than either difficulty or ease, what then?

Who you are is out of measurement. I often point to the ease of awakening because I speak to many people who cling to the idea of its difficulty. If I meet someone clinging to an idea of ease—

*You would say difficult.*

Perhaps, because the solution is revealed when the hold on any idea is broken. When the internal discussion stops, the mind is quiet. In silence, where is difficulty, where is ease?

*You have spoken about difficulty as the unwillingness to directly experience whatever is arising.*

Yes, I have said that what makes anything difficult is if you are unwilling to fully experience it. What makes anything easy is if you are willing to fully experience everything.

What I am pointing to is immeasurably simple. It is more immediate than memory and closer to you than your own breath. Stop the breath, and it is still present.

---

Contact **Beverly Yates**  
(303) 665-3151 ext. 153  
beverly@soundstrue.com

Sounds True  
413 South Arthur Avenue | Louisville, Colorado 80027  
(303) 665-3151 | [www.soundstrue.com](http://www.soundstrue.com)



**You Are That!**  
**Gangaji**

**Hardcover**  
**6 1/4" x 9 1/4"**  
**400 Pages**  
**ISBN**  
**978591795889**  
**U.S. \$26.95**

***An elegant  
collector's  
edition of  
Gangaji's  
classic  
teachings***

What I am pointing to is immeasurably simple. It is more immediate than memory and closer to you than your own breath. Stop the breath, and it is still present. Breathe the breath, and it is present. Forget everything, and it is present. Remember anything, and it is present. Good experiences . . . *present*. Bad experiences . . . *present*. Denying . . . *present*. Affirming . . . *present*. Sublime discussion . . . *present*. Mundane discussion . . . *present*. All feelings, sensations, thoughts, emotions . . . *present*. No feelings, sensations, thoughts, emotions . . . *present*.

Do you see how simple? You are not separate from true self. Tell me any experience you have perceived where awareness has not been present. Just this simple recognition can finish habitual searching for yourself someplace else.

When searching is finished, the revelation of what has always been present is self-evident. It does not become present or grow to presence, but is simply always present.

...

**Contact Beverly Yates**  
(303) 665-3151 ext. 153  
beverly@soundstrue.com

Sounds True  
413 South Arthur Avenue | Louisville, Colorado 80027  
(303) 665-3151 | [www.soundstrue.com](http://www.soundstrue.com)