



THE DELIGHT OF LIVING

Dialogue with Students
Dhyan Vimal | Malaysia 2018

Dhyan Vimal Institute for Higher Learning

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You see, one of the most important things is to come to the delight of being alive. You may not understand those words.

Right now, we are functioning from the primal brain. It's like a condition – a hundred million years of conditioning is operating and this conditioning is so strong, it is just there. **If you take the 6, 8 and 12, it's the primal demand for survival, sex and inclusion**, it's all about survival. This primal demand is working on a lower octave.

The problem is that the demand takes over and most people just fall victim to that. That is why you must arrive to it quite deliberately. I don't think it happens accidentally. It's quite deliberately that you slip out of that trap, into this biology awakening.

In the past, they asked you to be a celibate, a monk – all this is nothing but for the 6, 8 and 12 to be rested. A celibate would not be chasing after sex.

If you were a beggar, you wouldn't worry about your survival, and if you were a monk you would be alone.

So they addressed the 6, 8 and 12 and it was somehow a technique to allow the lower to lose its grip so you could get to the higher octave. Right now, for most the higher is never at play and this is the prayer, this is the effort, that somehow the higher octave comes in. For example, if you say, "I was not me. Oh my God, I failed to be me," that means for a while the 6, 8 and 12 took over. Then that which is the more was not functioning.

And you must understand graduating to the more is not so simple. Your biology must let you out – a hundred million years of evolution must relax. **You cannot force it but somehow by placing you rightly, that part rests, and then the more can be**, that's the delight of living. Otherwise you live and die very unconsciously, being obsessed only about the 6, 8 and 12 and the inflammation of it and nothing more than that ever comes. Even if the more comes, it's nothing but a pretence to live out the 6, 8 and 12. That is why someone must come to the delight of living.

If you take love, the love that transcends the 6, 8 and 12, has got nothing to do with survival, sex or inclusion or this is not at play. Suddenly you see there's the delight of love. For example, if you go to a nice museum or to an art gallery and you look at the art, it appears art is appreciated.

If you take the world of art, it's nothing but money running it. Van Gogh's painting is so raved about because they sold it for 60 million pounds, so you can see survival has stepped in.

Your biology must let you out – that hundred million years of evolution must relax. You cannot force it but somehow by placing you rightly, that part rests, and then the more can be, that's the delight of living.

The delight of living is that there is something more at play beyond just this.

You see in my early days I taught Mastery. Mastery is the art of creation, the art of knowing what you are creating and what will unfold. I actually taught it in the beginning. I said without this, I will not teach you anything more. It was to rest this, that you have mastered your survival. That you will find your mate, you will be included.

So when you have personal mastery, the 6, 8 and 12 can rest and when it rests, the delight of living can come. But this much can be said, no matter how much money you have, no matter how many people that know you, no matter how many girlfriends or boyfriends you have, that does not correlate to resting the 6, 8 and 12. When that area relaxes, somewhere you will slip into it and then suddenly there is the transcendental truth.

When people fall from any one of these three, it's either the obsession of survival, the craze of sex, or the fear of being alone. Just these three, and if they fall into one of these, then that's all that is the obsession. I am saying come to me but not for the 6, 8 and 12. I am not asking you to deny it, I am saying find me, by finding the more from the 6, 8 and 12 in you. That's the delight of living. But the problem is that you may not be able to face this; you cannot evolve because you have created an image as though you are beyond 6, 8 and 12.

There's nothing to do, in the stripping of that image, that identity, and allowing it to be whatever it is, it will rise and put itself right and in that rested-ness the more happens.

When they talk about the great fear in the ancient teachings, it's all related to the 6, 8 and 12, that's the great fear, the biological fear. I know if the right situation is presented, you will slip out. **So the inquiry is about why the delight of living happens for some but not for others.** That's the inquiry. Otherwise, this effort, this journey will again be about the 6, 8 and 12 in a very reversed hidden way.

Is there a reality beyond that? For example, if you fall in love, is the reality of that love beyond 6, 8 and 12? If it has nothing to do with survival, sex or inclusion, then it is real, then it is the delight of living. Then you have something, then the meaning of life is revealed, then living has a true meaning. There is a certain completeness to you, that's slipping out, that's truly transcendent, when that comes ... only then you are. Until then, only the biology is with its fear there. Until then only the animal is there, **the hundred million years of evolution is the only thing that is kicking and operating.**

So you are acting more like a machine than a human being. The effort here, and you must not misunderstand, is not about asking you to rest the 6, 8 and 12 or to avoid it, but to position it in a way that the more comes alive.

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This is very difficult to be understood by the common man, he cannot understand this, he cannot imagine a reality beyond 6, 8 and 12. He just colours it differently but ever so often it happens, someone slips out of it. That grip loosens and then the more comes and it's very strange, when the more comes, they seem to have mastery over the 6, 8 and 12. The 6, 8 and 12 is a play, they understand it's a play, it has no power over them.

Falling to it, it's the only power you have, it grips you. **Going beyond it, it becomes your slave and then this new reality opens up.** Something far more becomes available, and until the far more is lived, and entered, you will never be done. This organism will not reach its own perfection, its own completion.

So the study is to come there, not to be a victim of this lower movement, but when I say this, you must please remember, this same statement is what caused this problem. Now people create an image that they don't have 6, 8 and 12.

So you are acting more like a machine than a human being. The effort here, and you must not misunderstand, is not about asking you to rest the 6, 8 and 12 or to avoid it, but to position it in a way that the more comes alive.



I am saying the image won't do, you must actually allow the biology to evolve, provide it with the right environment which is an existence beyond image, in that the biology will evolve.

It is not true that if man has money, he will be secure. It's not true. You see this in rich countries too; they seem to be more insecure than people in poor countries. Poor people seem to be able to find rest. In rich countries, people seem more restless. In poor countries, we know that the outward doesn't do it.

It doesn't mean that when you are included by everyone that you will rest. Now the restlessness that you might not be included will be more, so no outward event can settle that. Just by living the confession of the 6, 8 and 12, something rests and then the delight of living comes alive and only in that delight of living this truth of enlightenment, awakening and the more, comes alive. Bringing it to the lower, the lower will destroy it for itself.

Now I know for most there is this part that is more than this, if not you could not have survived this far. Now it's actually a movement of the more, not a wrestling with the less.