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A Conversation With Gangaji Series

Host Hillary Larson

Episode 40

SYNCHRONICITY AND MANIFESTATION

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[00:05] INTRODUCTION MUSIC

[00:10] HILLARY LARSON, HOST: The perfect book shows up at just the right time. You overhear someone sitting at the table next to you that you don't even know and they utter something that changes your life. What are these moments of synchronicity? Are they just coincidence or has your intention or desire attracted these things that have somehow shown up in your life? Maybe some of us have put a good amount of energy into manifesting our hearts' desires, but is there a downside to focusing on what it is we want, if it means ignoring what is already here?

[00:46] GANGAJI: So it's a really important stage. But it, it becomes its own trap because then, you know, it's like, how long is your list and how did you limit yourself in your list? You want \$100,000. Why didn't you say \$1,000,000? And there's a bondage then that happens with that.

[01:07] HILLARY: If there is something deeper than these things that we, let's say, manifest, if there is a peace, a sense of fulfillment that is available to us any time, then what is the role of positive thinking and synchronicity? I'm Hillary Larsen and this is *A Conversation With Gangaji*.

[01:30] HILLARY: So our topic today is on manifestation. And I remember when I was fourteen years old I went over to my best friend's house. And her mother had this record album that my friend was playing and it was a Bette Midler record and it was called Live At Last. And it was a pretty risqué album. I mean she was pretty risqué, but there was something about the way she could express emotion and that she pretty much could say whatever was on her mind I think is the reason why I just fell in love with her music and I fell in love with her humor. And I don't really think of myself as someone who is that much into celebrity, but, but maybe I am. Because I was really, I was just so into her. And anyway, I had all her albums and I saw all her movies, and I read all the articles about her. And then. You know then I went to college and I graduated from college and I moved to New York. And I was gonna work in radio. And the job that I was gonna get, and something happened internally at this radio station and then the job fell through. And so that program director felt bad about that and so he got me a job, like a temporary job, for as a reporter for a publication called Broadcast Week. And it was a trade publication. And it was owned by Cablevision. And we were just small, it was like eight reporters and. So we shared the same floor. And one day, I came to work and somebody had accidentally put the cablevision mail on my desk. And sitting on the top was this invitation for somebody at Cablevision to interview Bette Midler. And so I was looking at that going "what, like whoa". And so I took the mail to the head of Cablevision and I said so "by the way there's this invitation to interview Bette Midler, did you have anybody to do that"? And he said "no, do you want to do it?" And I was like "well of course I would like to do that". And I think the point of that is that, you know, I was just this girl from Oregon, you know, wanting to work in radio and I had this passion

about Better Midler. I always wondered what it would be like to meet her. But what it took for me to working at that particular place at that particular time and have the mail accidentally put on my desk is one of those examples of manifestation that I want to talk to you about today.

[04:12] GANGAJI: Yeah, this could be the crow in the coconut. You know that story? I don't know the whole story and so, but it basically is about a man walking under a coconut palm tree and having visions of the mystery and his power to control the mystery, and direct the mystery. And it just so happens by pure coincidences, a crow sitting in the tree, who dislodges a coconut and falls on his head and kills him. And, so then, the phrase, crow in the coconut, is, is usually used to make fun of how we think we, we create reality, when it's really this matrix of coincidence. But because that's out of our control we like to, you know coincidence, synchronicity, whatever you call is, is pretty awesome, and mysterious in itself. But we overlay on that "oh, it must have been my prayer, or my wish, or my desire, or my love, you, for this star". When, what if it just means nothing? It just, it happened?

[05:36] HILLARY: You're gonna upset a lot of people, today.

[05:38] GANGAJI: I understand. I understand, and I really don't want to be cynical. And I don't want to be dismissive of, of this mystery and I know the power of prayer. But, but I think when we link it up with particular outcomes then we actually get into a very subtle and sometimes not so subtle bondage about "I can make this happen" or "I didn't make this happen". And or "I did make this negative thing happen because I was doing thinking this, or hoping this, or wanting this". And it's a mental bondage where we're actually weaving the fabric of the universe in our minds and it's a limited tapestry. It may reflect the fabric of the universe but, I think it's really important with a show like this that we start by saying that it's very useful if you, you take a moment and recognize you don't create anything. You've never created anything. You're the object of creation. And then in the surrender to that, you can recognize that as this object of creation, you are actually animated by creation. And then THAT is inseparable from the creative force of all, OF ALL. But we aren't taking credit or blame for it then. There's a recognition is this mystery and. And if we don't get locked into actually milking the mystery then we can, we can be awestruck by intentions being fulfilled, or surprise meetings showing up. I mean, you know, somebody else in that radio studio, what organization who had nothing going on with Bette Midler and picked up that, would never have linked all of those things together. But the fact that you did have something going on and it was meaningful to you then the mind goes back in time and does a linkage that's the crow in the coconut.

[07:56] HILLARY: I think on the deepest level I agree with you.

[08:01] GANGAJI : It's good to start there.

[08:02] HILLARY: Yeah, so, so can we start there and actually work backwards maybe? Because..

[08:08] GANGAJI : Or we could go deeper.

[08:10] HILLARY: Ok, alright but, I think I just wanna, I mean, there is such a culture, especially in spirituality of this whole idea of manifestation and the law of attraction.

[08:20] GANGAJI: Well that's what I'm addressing, really.

[08:21] HILLARY: Right, exactly, me too. So what I wanted to talk about is just my observations because I in, in my lifetime there have been times when I have put my attention on manifesting. Like, what do I want in my life? And I'm not talking about on a superficial level. It's not about a car or a house or anything like that. It's a deep, like a deep prayer, is what you were talking about. And mysteriously things have shown up that they're hard to overlook. You being one of them. I remember standing in my kitchen over twelve years ago and, and just sincerely putting out a prayer for a teacher. And I pretty much was describing you.

[09:06] GANGAJI: What happens when we do something like that we're actually opening our minds. And when you open your mind you can see or discover what's been there all along. You shift from some kind of reality that's maybe focused on your suffering and in that reality that's focused on your suffering, there appears some maturity, or a coconut drops, or something happens and you recognize now I want something bigger, and part of that is I want a teacher. If, if you phrased it in some other way, you would have seen some other thing. It's just in your willingness to open, yes, then your reality is generated by that. You actually see what's here. There's a teacher here, the teacher's here, there's beauty here, there's success here. So if we look at the law of attraction as really the capacity of our minds to be bigger than the way that we have been trained to be, then the attraction is actually your sight or your senses, or your interpretation of reality. Shifting to a bigger aspect of reality or a particular aspect of reality that you denied to yourself.

[10:32] HILLARY: Well as a parallel to that, if I look at, and I'm certainly not an expert in this area at all, if I look at quantum physics, and just the idea of like, not really doing something with your mind, it's not like thinking something into existence. It's more like, opening up to a certain resonance or vibration, and then something out there matches that resonance or vibration, that seems to make sense to me.

[11:01] GANGAJI: But that's STILL separating yourself from the movement of particles and waves or whatever it may be, that's already matching, and repelling, and moving. There is still this ME that is somehow observing that rather than the recognition of "wow, this is the movement of the universe", inseparable from your mind, or your idea of "I" and "me". So that's how we can go deeper into that and that's why I often say to people, yes, make your prayer, your intention that you discover the truth of yourself. And then they, the good fortune that follows that may not even be seen as good fortune by someone who hasn't made that prayer but when you make that your prayer, then even events that happen to you, difficult or painful, or having to do with loss, are supporting this grace of discovering the hugeness of who you are. So in speaking of manifestation and the title of our show I would say our tendency is to limit ourselves, even to limit ourselves in what it is that we think we want. And then our vision just turns to that, our focus or our capacity to see. You know when Papaji would go for walk in India near his house and we would go with him I was always astounded that people just didn't fall down on the street, and and kiss his feet, and say "oh my God, look at this light that is shown". And but the yogurt maker saw a potential customer and you know, that's where their vision was trained, that's what they wanted. That was their law of attraction – "here comes a customer. I'll get this money. This will then go to this". And it's possible that this law of attraction is, is opened so that you be absolutely attracted to the truth without knowing beforehand what that is. The willingness to discover the truth.

[13:28] HILLARY: And that truth can vary from person to person obviously.

[13:30] GANGAJI: Well, relatively speaking but it's fine with the universal truth, who one is.

[13:36] HILLARY: If you look at teachers like Ramana and Papaji, and in many great teachers over the centuries they talk about that, you know, the world of the mind, the world of our perceptions is actually illusion. So I sit here across from you and wonder if you are not just a resonance that has or something that has arisen because of a resonance I have, a certain.

[14:07] GANGAJI: The illusion is that you are separate from me. That this resonance, appearance of form, name and form, is an aspect of oneself, the totality of oneself. It's not an illusion as, as it's actually a whiteout here and you're just seeing a form. It's an illusion just as you mentioned with quantum mechanics that there's some separation between wave and particle, that there's any separation between you and me. And so when your attraction is to know yourself, then your mind opens and you discover yourself. It's an undeniable prayer, because it is the truth. It's the absolute truth and it's an endless truth. It's the bounty that's wanted in our more superficial aspects of what gets called the law of attraction. You know, the churches teach prosperity and then when money, or success, or fame is a proof of God's love for you, that's all a very complicated universe of you, and someone who's going to give you what you want, and what you will feel when you have what you want. And so to me that's a very limited and suffering law of attraction. Because if you don't get what you want, in the terms that you have defined it, somethings wrong with you. You're not doing it right. You should do it better. You should love God more so God will give you more of what it is you want.

[15:54] HILLARY: Well I've spoken to a couple of people that really clearly are not fans of law of attraction. And the argument they have is – what about the people in Africa and they don't have any food and they don't have any water – well what are they, just not good manifestors? I mean, it's a good point. And I was thinking about, I think it was two years ago, I was watching this documentary on Woody Allen. And what I found interesting is that he actually thought the opposite. Like he, a movie will come out and he's certain it's going to be a flop. Well, that's proven, I mean, he's had some flops, but you know, by and large he's considered a hugely successful movie producers. So it's like, hmmm, like how does that work?

[16:43] GANGAJI: Well as you see, it just doesn't hold water. It's, it's a fluid law. It works for certain people and not for other people. It's, everyone wants to survive, that's our initial, animal, creature, non-spiritual, just instinct, it's survive. And not everyone survives. So we don't always get what we want. But once we turn our attention to actually wanting, what is bigger than survival, wanting to discover the truth that is, was present before you were born – you as relative form – and is here during your existence as form, and remains after you die. Then this law of attraction, your mind is acknowledging its attraction to its source. It's then not about accumulating things, or money, or even happiness, it's not about happiness as an object of your desire. Happiness is then a by-product.

[17:56] HILLARY: There's a, a certain question I found that I ask you – not in every show – but almost every show, and the reason why I ask you this question is because there's a way that it, no matter what your answer is, it flips a light switch. And the question is, before you

met Papaji, maybe you were one of those people that “oh I’m gonna do a vision board this year”, or I’m gonna, like what is it in my heart of hearts I want for the year?

[18:27] GANGAJI: Absolutely. Sure, I did that in New Years’ – was the time to do that – and a list of intentions. I was part of that whole wave of creative visualization and, and I experienced directly the shift in my life when I started turning my attention to what I wanted rather than my attention on how I was wronged, or hurt, or suffering. It was from the negative – I turned my attention from what I didn’t have to what I wanted to have and, and there was a light turned on, a light switch. So it’s a really important stage. But it becomes its own trap because then you know, it’s like how long is your list and how did you limit yourself in your list? You want \$100,000, why didn’t you say \$1,000,000 – and there’s a bondage then that happens with that. And it becomes a superstition. You feel if you don’t make it, if you don’t do that, if you don’t visualize exactly what you want, you will lose. And so that’s the opportunity to just stop and lose everything in this moment. Lose – don’t have anything. Don’t have any future where you will get something. Just in this moment then, what’s here? And THAT’S the discovery of this endless bounty that has nothing to do with things – and I’m not against things – I like things. I’m a human being. I’m a female human being. I like things. I like, I like good food. I like good clothes. I like to travel well. It’s not against any of that. It’s just the recognition that as pleasurable as all of that is, it doesn’t touch the depth of who I am. And that’s why if you’re in a prison cell, or you’re in dire poverty, or you’re in a moment about to lose your life, there can often be this dissolution of non-essentials so that you aren’t thinking about what you would want next. You are just here. And there are plenty reports of the beauty of that, of the grace of that. Grace is here.

[20:55] HILLARY: Actually was really interested to hear what other people thought of this topic and so I, kinda went on a little mission and I found people that are regular followers of this radio show. And they are from all over the world and some of them have written into Gangaji Radio, some connected via Facebook, some of them have been on the With Gangaji Forum. It’s just such an amazing mix of people and I, I have to say that the majority of the people, if not all actually, on the subject of manifestation they had learned from you that manifestation for them turned out to be just a lot of work. When you gave them, I’m sorry, I’m speaking very generally, is like, to just stop all that, it was just this huge relief. And then a recognition of what is there, that was always there in the midst of the manifesting. So their stories were beautiful. And I want to actually ask you a question, though, from Matt. Matt is from Canada and Matt had a great question because he was kinda talking about how. Well actually, let me, let me read to you what Matt says so. Matt says “I think the key principle is that we manifest what we think and feel not from moment to moment, but what we’ve truly thought and felt throughout our lives, especially those powerful subconscious desires and fears. I think an interesting question then becomes, what is the best way of staying true to stillness within when there has been a history of thoughts and emotions that create an energetic pull from this? Is it best to just repeatedly bring your attention to stillness again and again? Or is it best to spend time trying to directly understand and work with or release one’s past conditioning?”

[22:53] GANGAJI: Depends on what you want. You know, if you want to understand and work with, you’re free to understand and work with, but if you lose sight of what is already always still then you’ll be trying to get something that will give you that, and that’s back to the law of attraction. I love what Einstein is reported to have said in terms of what Matt’s talking about the attitude that one has and Einstein said that his way of approaching a day as the day began, was “how is the world a friendly place?” And that so your attention is in looking

for that. It shifts that and that's, so yes, let's call that then, you are attracted to how is there friendliness here. Where is there friendliness? And of course that's seemingly external to yourself and also includes the internal world

[23:58] HILLARY: Yeah because I mean, I think that's so true because when I, if I consciously look for good through the course of the day, I see good through the course of the day.

[24:08] GANGAJI: Yeah, and how to you see a day when you're feeling wretched, you know, it's so clear then. That, you know, you're seeing through the filters of your own intention. So you are then attracting where you are coming from. Come from silence. Come from peace – you do - anyway. And then see. Then you don't have to work to get to silence. Silence is not then on your list of objects to achieve. It's, it's the source of who you are.

[24:44] HILLARY: Figard from Norway talks about synchronicity and manifestation in his mind being new age terms in a way of getting desires fulfilled. And he says “when staying true to the love that holds everything there is no need to strive for manifestation and everything just is and happens in its own natural way”.

[25:04] GANGAJI: Beautiful. Well it's true isn't it?

[25:05] HILLARY: Karen from Long Island she says that – her question was about the – what about the people who are in agony and suffering – it's like, what do you make of that? We've already discussed that, but she was kinda talking about the web of everyone together, how we're all connected together and that we all grieve. We all suffer. We all love. We all benefit in some way. But it's a kind of collection of this whole.

[25:33] GANGAJI: Well then your prayer for bounty is not limited to your particular form or your group. It's, it's like Papaji's prayer for peace – may there be peace among all beings of the universe. May there be love. This is a prayer. It's a, and it, and the outcome of that is that you see peace and love. And in your seeing peace and love you are actually being peace and love. So may you be at peace. May you recognize love in the universe. And may that spread to all, all people. May the capacity to stop in a moment and open to the riches, the bounty, the grace that's always here, the silence that's always here be heard by those who don't know of its existence. May we live in peace.

[26:41] HILLARY: I would like to finish this conversation by saying what I've noticed about you. And what I've noticed about you is that I've never seen you grasp. And that I would describe you as somebody who just lets life unfold. And my question to you as we finish this conversation is, where do your hopes and dreams fall in the midst of all of that?

[27:13] GANGAJI: You know I think I said it in my prayer for peace. And I, I, if we are aware of grasping, and that's what has to happen with everyone, just to be aware of this tendency to grasp, then we are aware of suffering. And if you want to be free of suffering, you are aware of that tendency and you just stop in the midst of it. And so I don't know about hopes or dreams but I do have a prayer and an intention that all beings recognize the freedom that's here. That we live in peace. That we wake up collectively. That our planet is saved.

[28:17] HILLARY: Gangaji was going to address the subject of grace this month, but it was clear that we needed to devote a whole episode on that. So in the next few months we will be releasing *The Generosity Of Grace*. That's the name of that one. I really want to thank all of the people that contributed their input for this most recent topic on synchronicity and manifestation. You were all great and smart and sincere. And I thank you very much. If you have thoughts or ideas for Gangaji Radio, maybe you have something you'd like to say about grace, you can write gangajiradio@gangaji.org. And to sign up for Gangaji's live monthly webcast go to gangaji.org – that's the website and the information there is right on the home page. Searching For A Teacher is the title of next month's episode. When it comes to a spiritual teacher, are you in an open, or a committed relationship? With everything that's available to us via technology these days, how do we know when to actually stop? What does it mean to call off our search? I'm Hillary Larsen. This has been *A Conversation With Gangaji*. Thank you so much for being with us. We'll see you next time.