

An Interview With Guha

Q: What does the term self-realization mean to you?

Guha: I found that there is no self to realize. I spent 5% of my drive with all my intellect and tenacity to physics whereas 95% went in this direction. Day in, day out I did not think of anything else. I sleep with that thought, I get up with that thought, all day it churns in my brain; it drove me crazy. Ultimately, I found nothing there. I could not find a self, forget about soul. To me, there is no soul, no self, let alone super soul, god, etc. That's why I don't believe in reincarnation either. If there's no self, what will reincarnate? I never closed my eyes and asked anything or any help from anybody. Ask whom? Even in my dreams such thoughts don't arise.

No power on this planet can tell me I will show you your soul. No way. Because the one who talks has no idea about soul otherwise they would never claim such a thing. A person who has delved deep within to understand the intricacies of this knowledge game will appreciate what I am saying. But each one must play their own knowledge game and realize how it ends up in a circle, just like chicken and eggs; it's a cyclic logic. There can be no logical understanding about it.

Q: What were the Vedic seers talking about then? How did they come up with a concept like Brahman?

Guha: My point of view is totally different about the whole thing. Let's take the prayer *O Lord, take me from unreal to real...* Most of the time it gets us nowhere but once in a while a seeker like you finds their system which was under enormous pressure to find Supreme Truth undergoing some kind of a neurobiological transformation. Suddenly, it gets a tremendous amount of alleviation from the misery of the oppressive drive and you are somehow freed from that pressure! The

natural consequence of this to the brain is that you become extremely powerful because all that unwanted pressure is lifted. Your entire so-called mental movement gets an energetic boost as the whole hog has been thrown out and your body begins to reverberate with powerful zest, acausal joy. It has fallen back into its natural rhythm, its natural order. It's an order that cannot be explained in any other way. The system is not obeying you or following your instructions anymore and going "down"; it freed itself. They (seers) believed they found a link to the Being, Brahman. But this didn't occur because of prayer otherwise it would be a chain reaction. It's like everyone will be guaranteed to pass after five years in college. So, when prayers, penance, devotion, etc. didn't work or produce desired results they realized their error and concluded, "To whomsoever it chooses."

Incidentally, our sense of self, which is nothing but the essence our knowledge, is singularly incapable of getting in touch with the in-situ workings of the physical organism. It's outside the realm of the knower, it's not Brahman.

Q: So, there's no seeking, no enlightenment, no soul, no self?

Guha: First, don't say there is no seeking. There's no search only if you are completely convinced that there's no enlightenment or god or every thought and every feeling is controlled by a Supreme Being. Second, if you are really sincere, you should not listen to me. Third, unless your search is like a thirsty man in a desert looking for water you are not going anywhere. This is a 5000-year-old question and people are breaking their head in every corner to find an answer and you think you're going to get it just like that? At the same time, I believe, there's no such thing as spiritual potential whatsoever. Potential is only related to human social survival.

Q: How can I know myself?

Guha: Nobody can teach you that. No matter how much I tell you, it's not going to work. It is a self-generated tremendous hunger, a hunger that nobody can give anybody. It has to be there (in you) otherwise you will never bother about such things. It is only when you have been searching in your own system repeatedly and struggling with many conclusions, in the dark, and when you hear someone who explains things in a certain way, it clicks. Only then you feel some resonance, 'OMG, he is saying something which sounds like my inner inquiry, whatever I was reflecting on, there it is.' That solution will hit a real note inside you. Otherwise there's nothing to teach - no giving, no teaching. I did not learn anything from U.G., I knew everything he knew, information wise. I read J.K. even more than him. However, U.G. was in that circle day in, day out, listening, talking, discussing - that has a different punch. I didn't do that; I was reading J.K. by myself.

Q: J. Krishnamurti wrote at length about freedom from the known. What is your view?

Guha: The one who is seeking freedom from the known does not know what he's asking. There's nothing in you which can operate without the known. You as you know yourself, the knower, exists because of the known. No thinker, no thought. It's not freedom you are seeking. You really don't want freedom or god. Basically, you want something that will overcome your problem, fundamental problem. You are not honest enough to admit that. Just because J.K. talked of emancipation, everybody wants it without understanding the implications of asking such a thing. It's like you want the bonfire but you want the fire to burn only the bad stuff, you want to keep all the nice things, your scriptures intact. The fire will burn away the toilet paper and your shastras in exactly the same way. There's no difference. You want selective purging. That's not freedom. "Nirvana" is total burnout.

Guha: There was no guru-disciple relationship with U.G. The meaning of guru was lost after I met him.

Obviously, something triggered in me because of U.G. If somebody asks how I can be so sure, my answer is, I don't know. My point of view is it was U.G.'s proximity that triggered the whole thing. There's no scientific explanation. I cannot give a DNA test and conclude that U.G.'s DNA affected my DNA in a certain way. Such things can't be explained yet.

Q: You say you are an ordinary person, but you also say you found no self in you, which most of us can't claim.

Guha: (Laughs) That's not an extraordinary thing. Accepting that is the simplest thing. I don't think anyone found that there's a self in them other than responding in a particular way. What you see here (pointing to himself) is whatever is left behind. Every human being who lives in society using information which requires a thoughtful learning process will have some idiosyncrasies, unique personality traits like quirks about food. These are the residuals. If I say I am free of all these then I'm smoking something (laughs). This is how I function. If they say he's just an ordinary man, I say, YES! I am just an ordinary, normal person like everybody else. On that point I agree.

Q: What is your core message?

Guha: I don't have any message. If I had one, I would organize it because organization is a much more efficient way to impart information to a lot of people at the same time. I would designate people to spread my message. I talk to you, that's it, it ends there. Since there's no message, you don't carry home anything, any essence, when you leave otherwise you would not ask me such a question. I talked to you so much that you even wrote a book, *Life Finds Its Way!*

I know I cannot generate any interest in anyone. I'm not giving you a sales pitch. I'm not saying anything with the aim of helping humanity or any such thing. Nonetheless, if someone comes to me with a question, I want to put this whole thing on the table to show them what the meaning of their question is, what are the implications and how far they can go. I will try to show them the nature of information and its working inside us.

Q: What advice do you have for us?

Guha: Be healthy and earn lots of money. When I say healthy, I mean I don't want to see you depending on me or someone else all your life. Whatever natural gift you have, I want it to flower. In that flowering, health is the most important aspect. Every single human body wants to be healthy, meaning it wants to grow to its full potential and express all its talents. That's what I call well-being, not that you should like me, that you should be always aligned to my point of view, be a great devotee of somebody or a follower of some guru or believe god of a particular religion.

Q: So, according to you, my well-being means I should be independent.

Guha: Exactly. One of the most important aspects of independence for human mind is freedom from conflict, the sorting out of two conflicting ideas. It must take place inside oneself. A conflict-free resolution is only possible when there is freedom from unnecessary attachment to both ideas.

Q: Why does the mind want to know, seek all the time?

Guha: Hey, I am asking you that question! I don't want it because I have seen that it's an exercise in total futility.

Q: But you did want at one time, didn't you?

Guha: I DID want that more than anything on this planet. In that process I lost everything that the society values - ethics, morality, social injunctions, emotional tags, everything. That's why I don't know what love is. I don't feel anything.

Q: Then why do you make yourself available to everybody day in, day out?

Guha: It's not out of love! That has nothing to do with loving somebody or having a relationship with them. No. I was so emotionally overwhelmed by U.G.'s gracious hospitality in all aspects that I promised myself if somebody comes to me with sincerity, I will never tell lies to them and never refuse to tell the truth either. I will never send them back with an excuse and neither will I stop telling them about the reality that I have perceived. I will never tell them go and search and you will find god. I am so lucky that I found a friend who did not do that to me. U.G. didn't tell me something to make me happy which did not operate in him.