



It Is Not What You Think



Sabyasachi Guha

"It is not what you think" offers rare snapshots of Guha's multifaceted personality. Its extraordinary sensitivity, groundedness, penetrating intellect and deep understanding of human nature speak from every page.

When he met U.G. Krishnamurti in 1995, the encounter radically transformed him.

The transformation was not only psychological but fundamentally physiological. To use his words, the preprogrammed natural order was established in his system.

This book provides an opportunity for the readers to discover through his quotes and photographs, the way he functions.



It is not what you think

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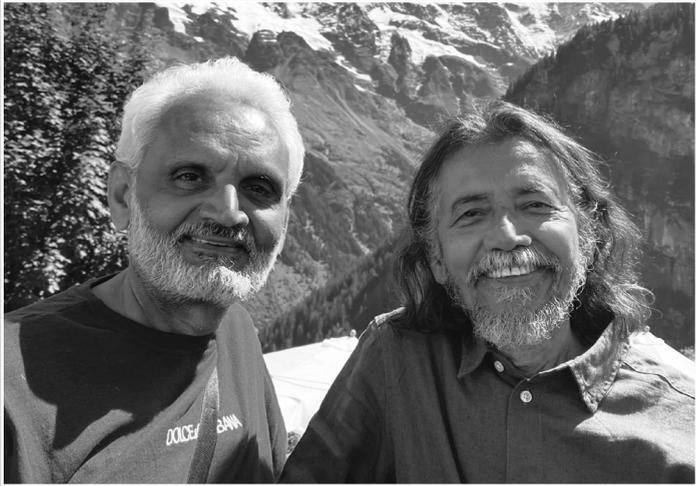
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It is not what you think



Sabyasachi Guha

Compilation & Photographs By
Kishor Chopda



P r e f a c e

UG used to say, "You only need one good friend!" And lo and behold, I stumbled upon that "one good friend!" by the name of Sabyasachi Guha, whom I now lovingly call "G".

UG's books have always had a great impact on me. At the end of 2014, my friend Sanjiv told me about this man named Guha, who had been close to UG and was presently in Mumbai. Naturally, upon hearing UG's name, I wanted to meet Guha. Since I had never met UG I decided to visit Guha out of curiosity.

Then in March 2015, I called Sanjiv. He said he was about to go on a month-long trip with Guha, leaving the very next day. I felt like going along for a few days and somehow managed to make arrangements to join them for a week in Kochi, Kerala. Those seven days were the beginning of something new and unexpected in my life. We continuously talked and laughed all day about the uselessness of spiritual concepts. I cherished every moment

in Guha's company, feeling as if I had known him for a long time. To my surprise I ended up staying the entire month, immersed in his presence and witnessing him "walk the talk".

Each day our morning walk in nature, his intense talks and carefree laughter - it was like being with a live wire! He burned all my misconceptions about spirituality and made me realize that, THIS is the (functional) reality and not THAT! As G would say, "It is not what you think."

G says, "It's a very simple biological machine, and you don't want to accept this simple fact. You seek to exemplify something as higher, greater or better so that everyone thinks you are different and in touch with something exotic. With a false premise, you impose yourself on others."

The impact of his words, actions, energy, and the way he lives his life with deep care and love while giving others everything he has, is simply impeccable and incomparable! Being with him made me realize the things that were not important or necessary for me, and they began to fall away. I started to accept myself and the world as it is.

It made me feel free, light and unburdened. I began pursuing something I had always wanted to do - photographing nature, people and the life around me. Before I knew it, I found myself taking pictures of Guha and his myriad expressions. When he talks to someone he is animated, energetic, charismatic and full of life! I couldn't

stop myself from capturing him through my lens again and again. For me Nature, Life and “G” are synonymous!

This book “It is not what you think” represents the culmination of my effort to express the essence of Guha through images. It also presents his spontaneous utterances, which are grounded in practical, functional, and scientific insights into life and living. He provides no space for delving into imaginary notions of God, enlightenment, Brahman, Paramatman, Oneness, Advaita or any other religious or spiritual concepts.

I feel very fortunate to have met G, the greatest gift of my life. My deepest gratitude goes to him and his friends, whose support made this book possible.

I also want to extend a special thanks to my dear friends, Sanjiv Chowdhury and Hemant Daiya, for their meticulous review of the design’s aesthetic aspects. Their thoughtful feedback has significantly enhanced the final product.

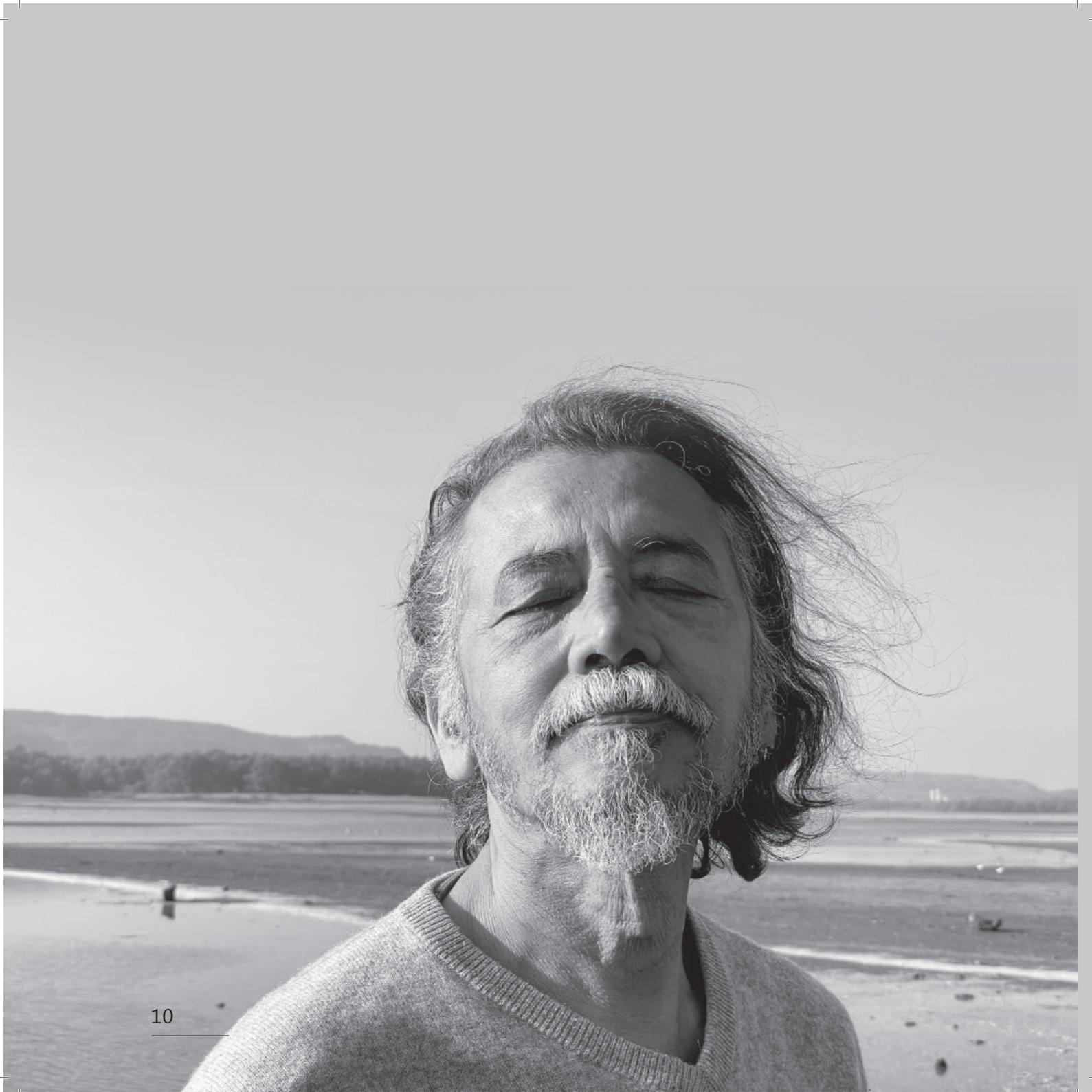
Kishor Chopda



It is the easiest thing to convince
even a top intellectual and make him run
in a loop to get something that
really doesn't exist.

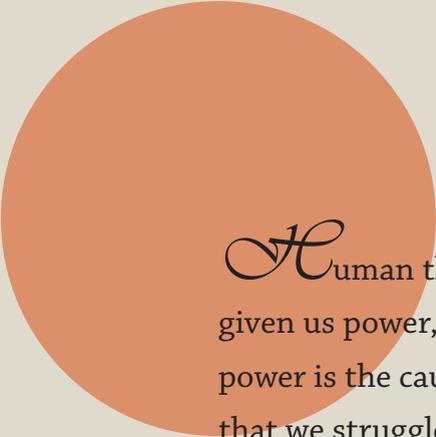
The holy business is like that:
it's the only business where you can thrive without
delivering anything, because
the thing you promise to deliver
doesn't even exist!

In all other businesses,
you have to deliver something:
no one will pay for empty words
and imaginary goodies.



It's a very simple biological machine,
you don't want to accept such a simple fact.
You want to exemplify something higher,
greater, better—so that everyone thinks you are
different and in touch with something exotic!

With a false premise,
you impose yourself on others.

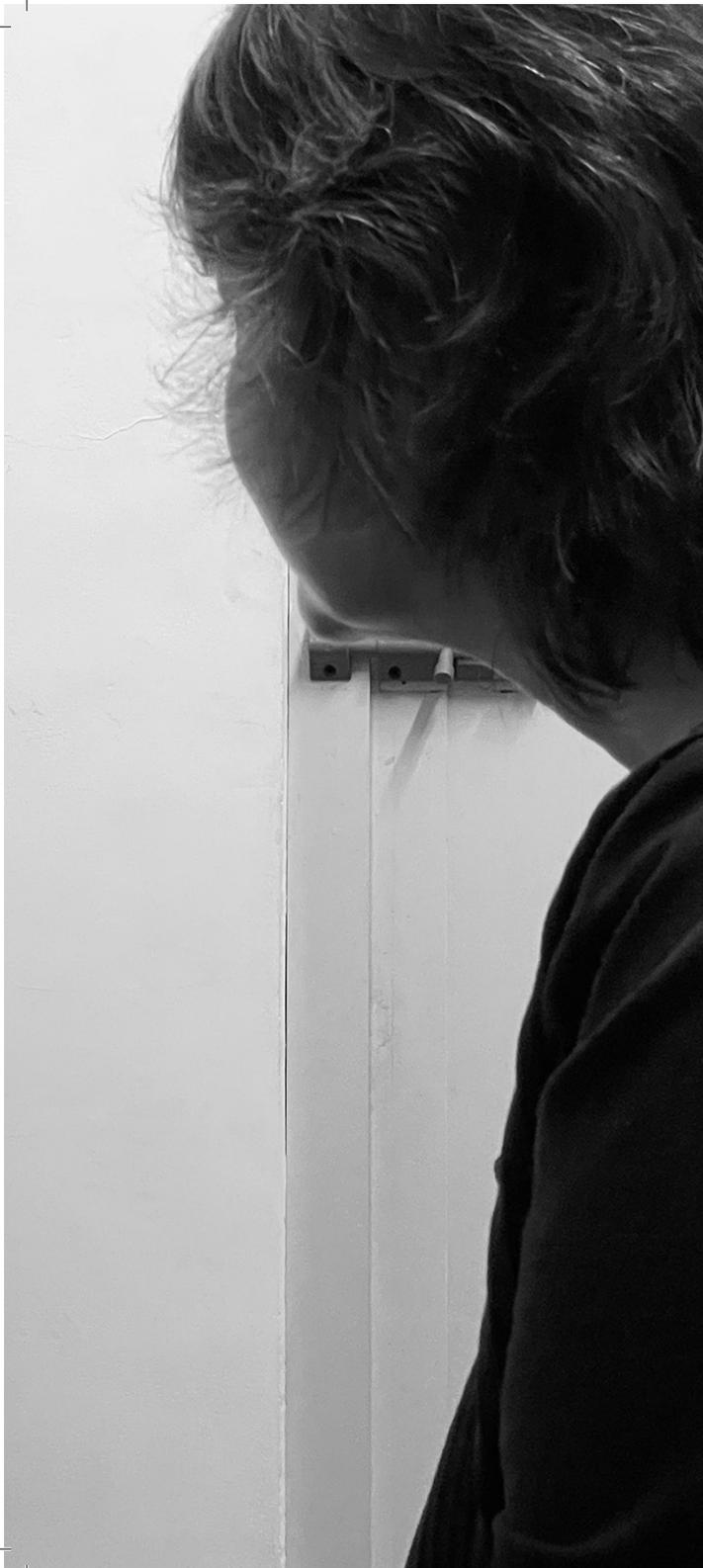


Human thinking has
given us power, and the misuse of
power is the cause of all the mess
that we struggle with.

I call this the “disorder of the
sense of self.”







The sense of self is draining energy from the system, trying to find something that does not exist.

It is a merry-go-round and you cannot get off because you have invested too much energy in it.

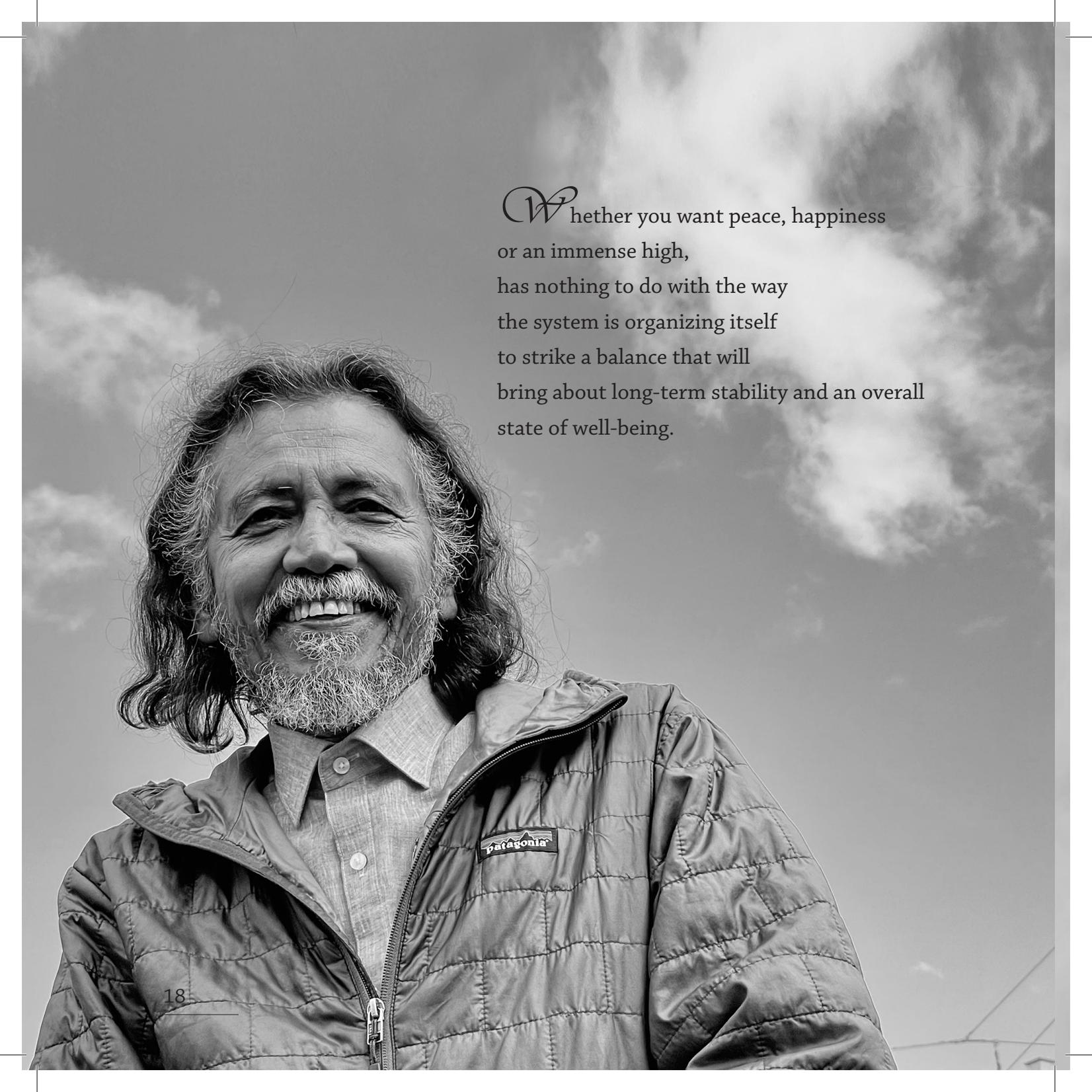
You can't help wanting to believe there is something to what all those people are talking about, so you can't jump off! The hope is still there.

It is such a deep conditioning that only death can free you from it.



You want both pleasure and freedom at the same time, so you get caught up in the game of social dynamics.

That's the foundation of the relationship.



Whether you want peace, happiness
or an immense high,
has nothing to do with the way
the system is organizing itself
to strike a balance that will
bring about long-term stability and an overall
state of well-being.

We have invented
something that cannot be
touched by the mind and yet
we want to manipulate it
with our mind.

Think about it!
I tried, and couldn't even touch
my physical existence without
knowledge.



The description of a state has nothing to do with the way an organism functions.

The description is knowledge-based, and your knowledge is never going to decipher the way you function.

You have created an image
of a state that is free from conflict,
a permanently peaceful state.
There is no such thing!

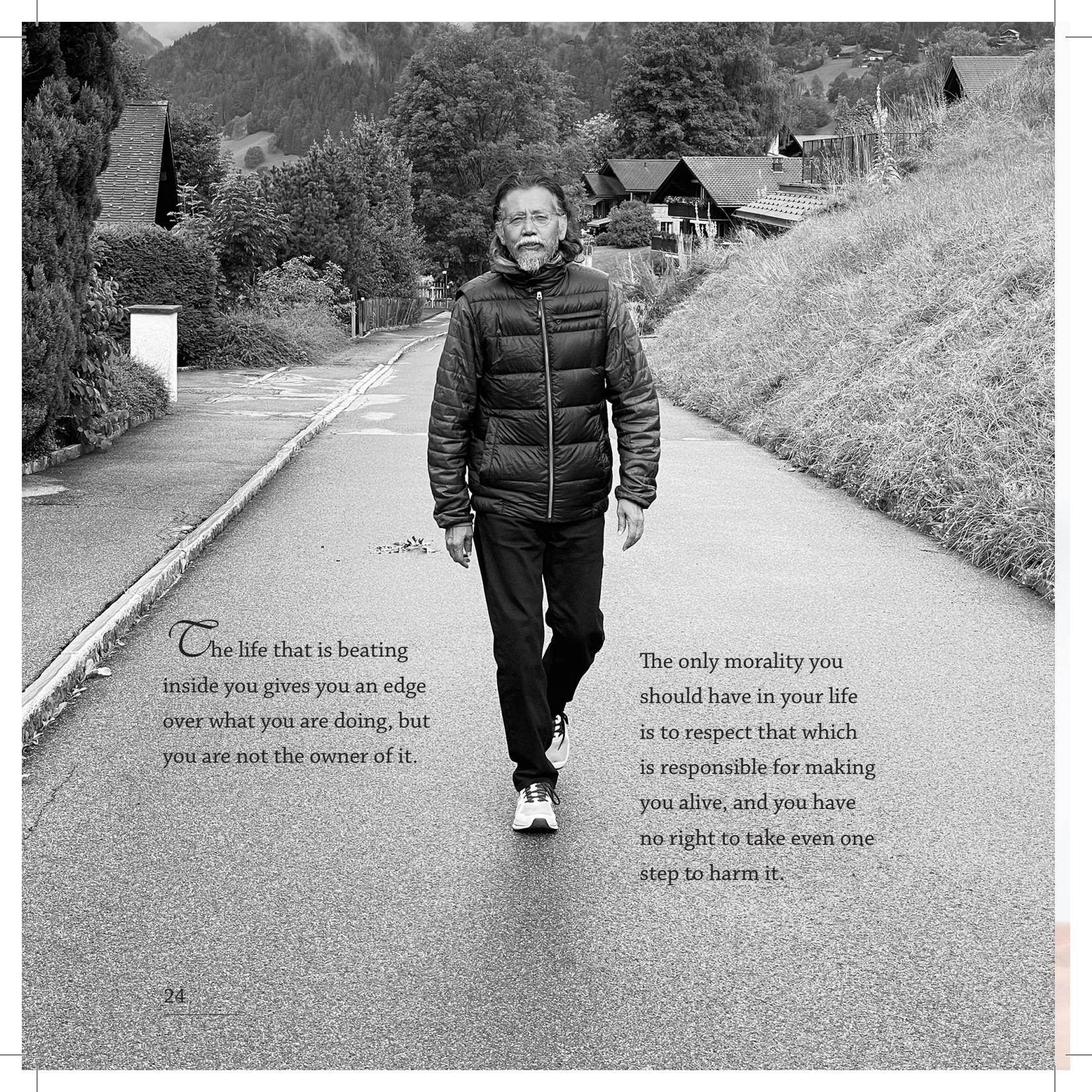
All you are doing in the name
of finding yourself in the
bogus state is numbing
your mind!



Basic dynamics is the competition between information that is played out in our brains as desire, concern, inspiration or aspiration, versus the effective energy available for the system to function at its optimum efficiency.

That is the fundamental conflict and it is dominated by what is called conditioning or 'samaskaras'.





The life that is beating
inside you gives you an edge
over what you are doing, but
you are not the owner of it.

The only morality you
should have in your life
is to respect that which
is responsible for making
you alive, and you have
no right to take even one
step to harm it.

Life is in the living.
Not in thinking about the future.



We didn't create life, life
created us and gave us a very
specific tool, which is the
sense of self.

We don't know yet how to use
it appropriately.

We kill millions of our own
for nothing.







How can you force a child to believe in something that you believe in? His or her brain is developing differently.

How can that brain perceive reality that will match your so-called non-existing fundamental reality?





*R*ight from the beginning
the religious field was created out of fear
and the idea of a fictitious reality.

Anything you cannot prove to yourself,
other than through faith,
has no foundation.

Once you have perceived this fact
you will never ask anybody to believe
in such things.





What religiosity and all other systems have done is kill your sensitivity.

They bombard you with their particular brand of knowledge so that no one else can capture you, and then you remain always under their control.

They destroy your living quality and any possibility for you to flower into an individual.



*T*here is nothing more
sacred than your own life.

If you are not gullible
and do not allow a godman
into your system, he will have
no power over you! You don't
seem to realize it's simply your
power they are harnessing.

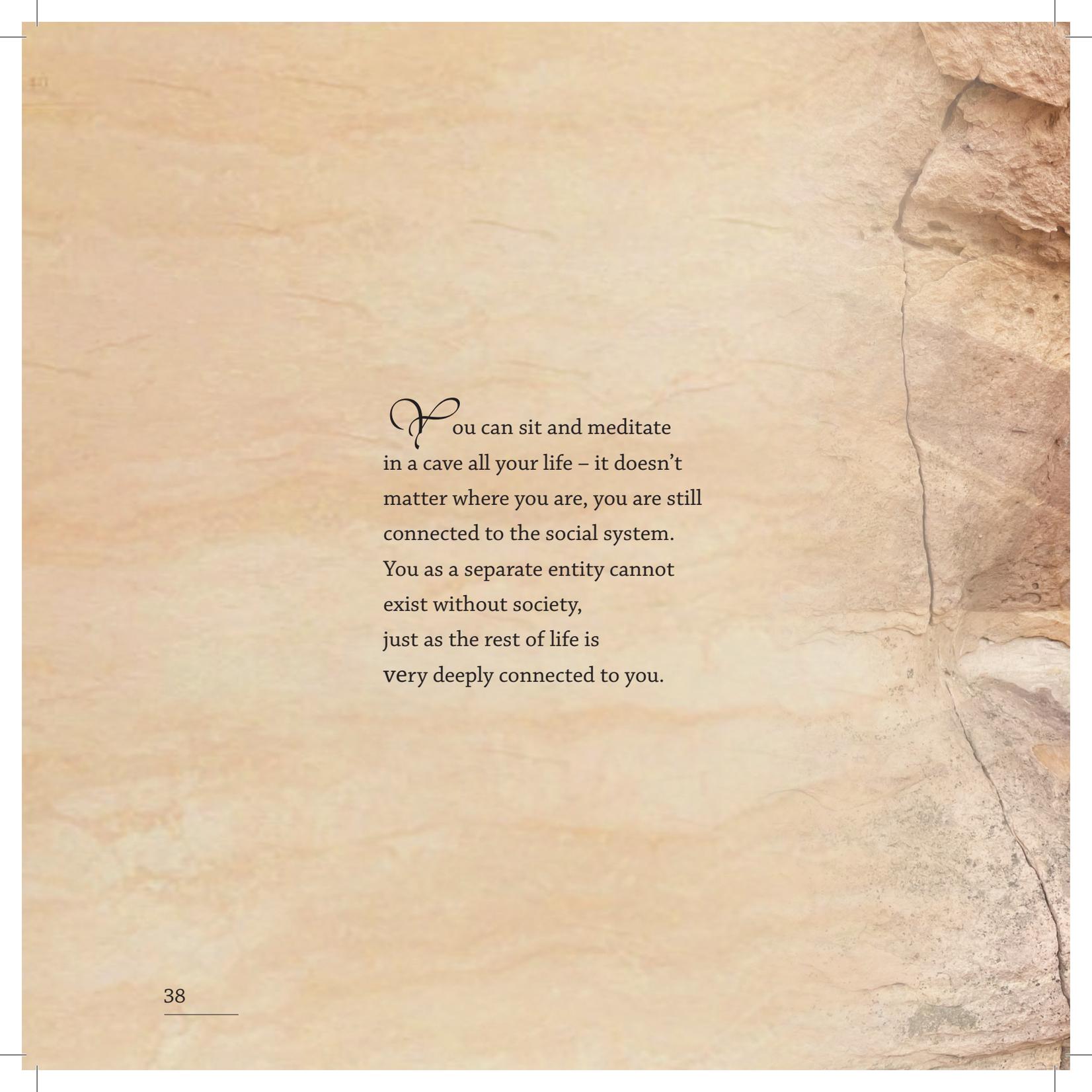
Your fear is his only asset!







Those who suffer most are the ones who are so steeped in the religious belief structure that there is no room for anything else.



You can sit and meditate
in a cave all your life – it doesn't
matter where you are, you are still
connected to the social system.
You as a separate entity cannot
exist without society,
just as the rest of life is
very deeply connected to you.







The system
needs nothing from the culture,
NOTHING!
It is swayamsampurna (complete).

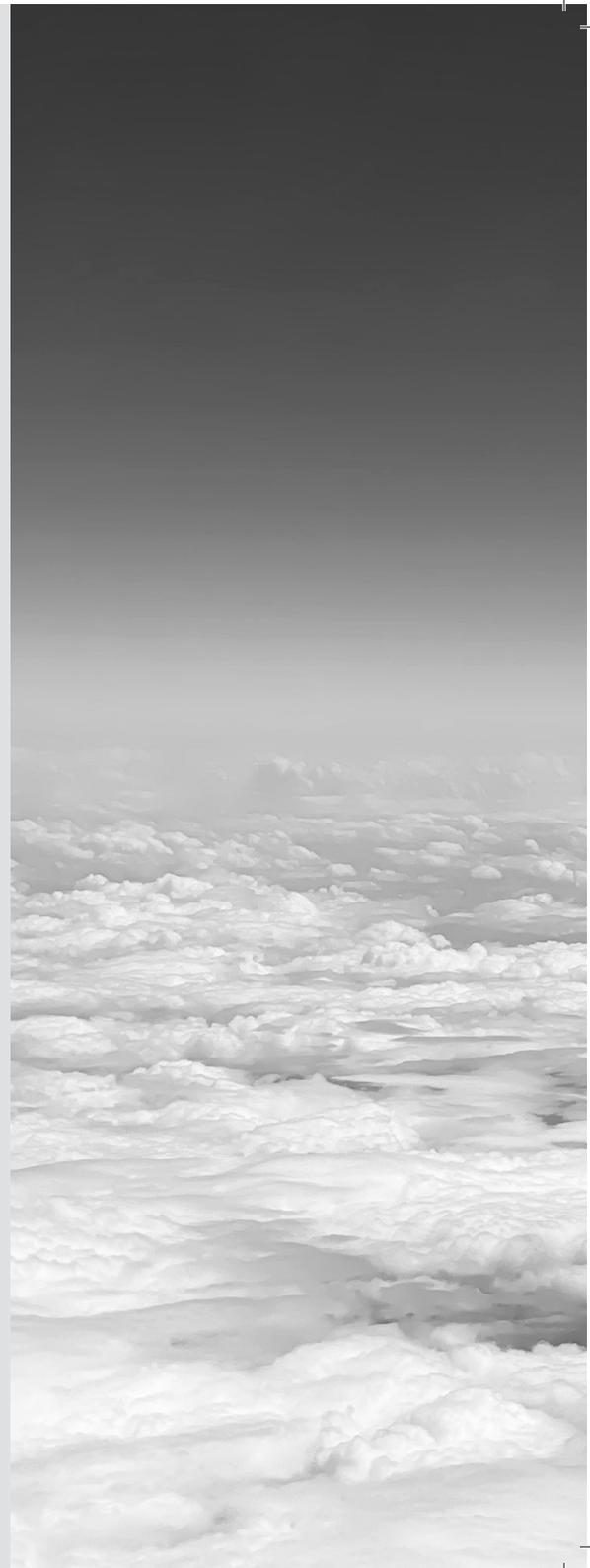
The value of money
in your character
is your personality.



If you have any talent, you should convert it into money. Otherwise your talent is useless. You will end up regretting that nobody values your talent, that nobody understands you. I am not joking. This is the bottom line of our existence.



People who created science are way more passionate and curious than those who created religion and beliefs. Science is based on reproducibility. You know it works, otherwise you would never board a plane. If your son is dying, no God will come to your rescue, but a doctor will certainly help.







What is the meaning of freedom?

The ability to do
what is most
important to you.

There is no freedom
other than that.



*K*nowing the nature of the mind
and the way one responds to life
are two totally different things.
It is not possible to know
the integrated order of life.



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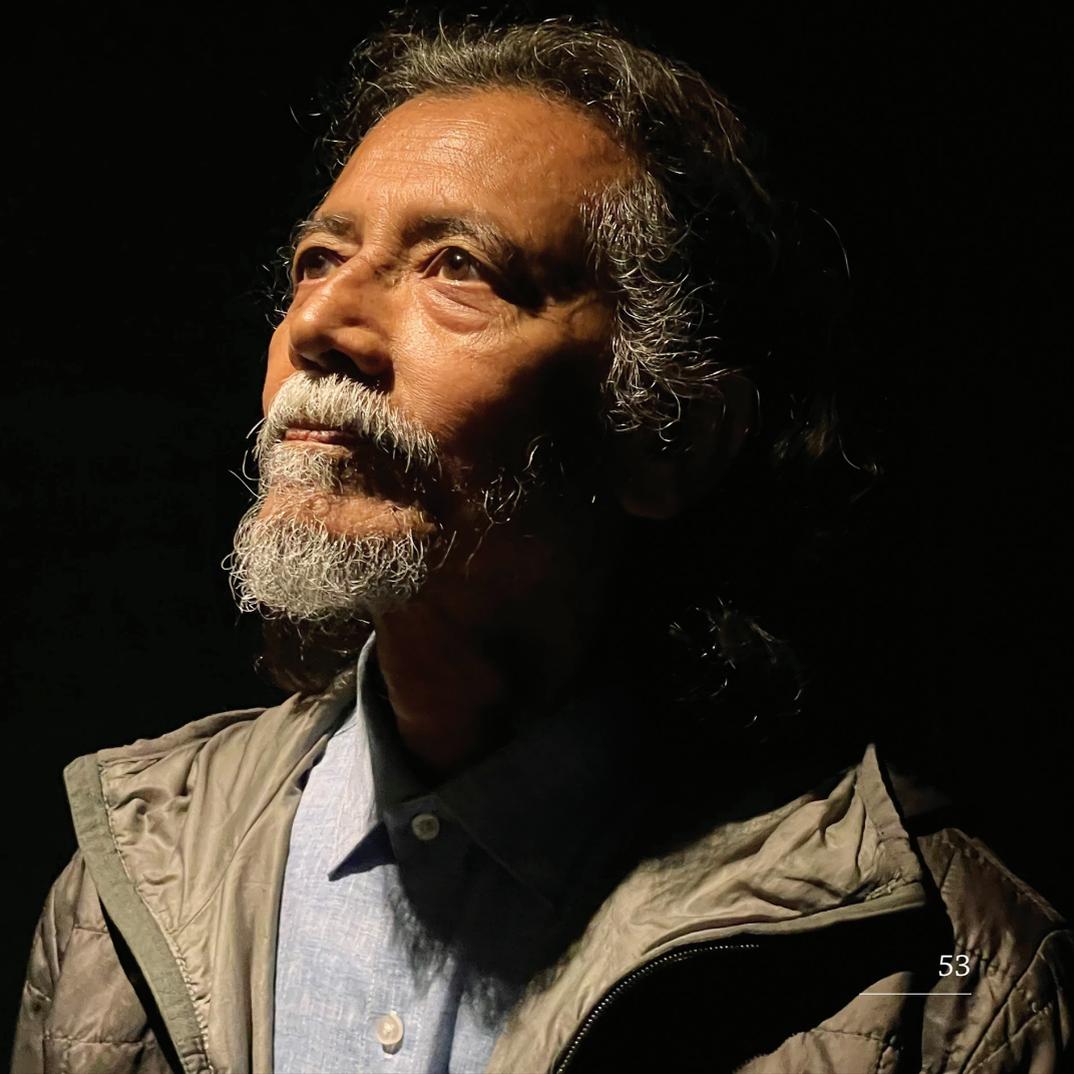
We are all on an energy-draining course because the thought mechanism mostly seeks a specific end. It is an artificial demand created by social dynamics and it is taking a tremendous toll on the integrated system. It constantly translates its demand into harnessing more and more energy and inventing even more ways to accomplish that.

If you want to become
something
and your whole organism is
fighting against it,
you will find it very difficult.

Trying to be something
is wishful thinking.

This is where discrimination
and awareness are very important.

If your discrimination is
powerful enough you will begin
to filter effectively and know
where your energy best resonates.







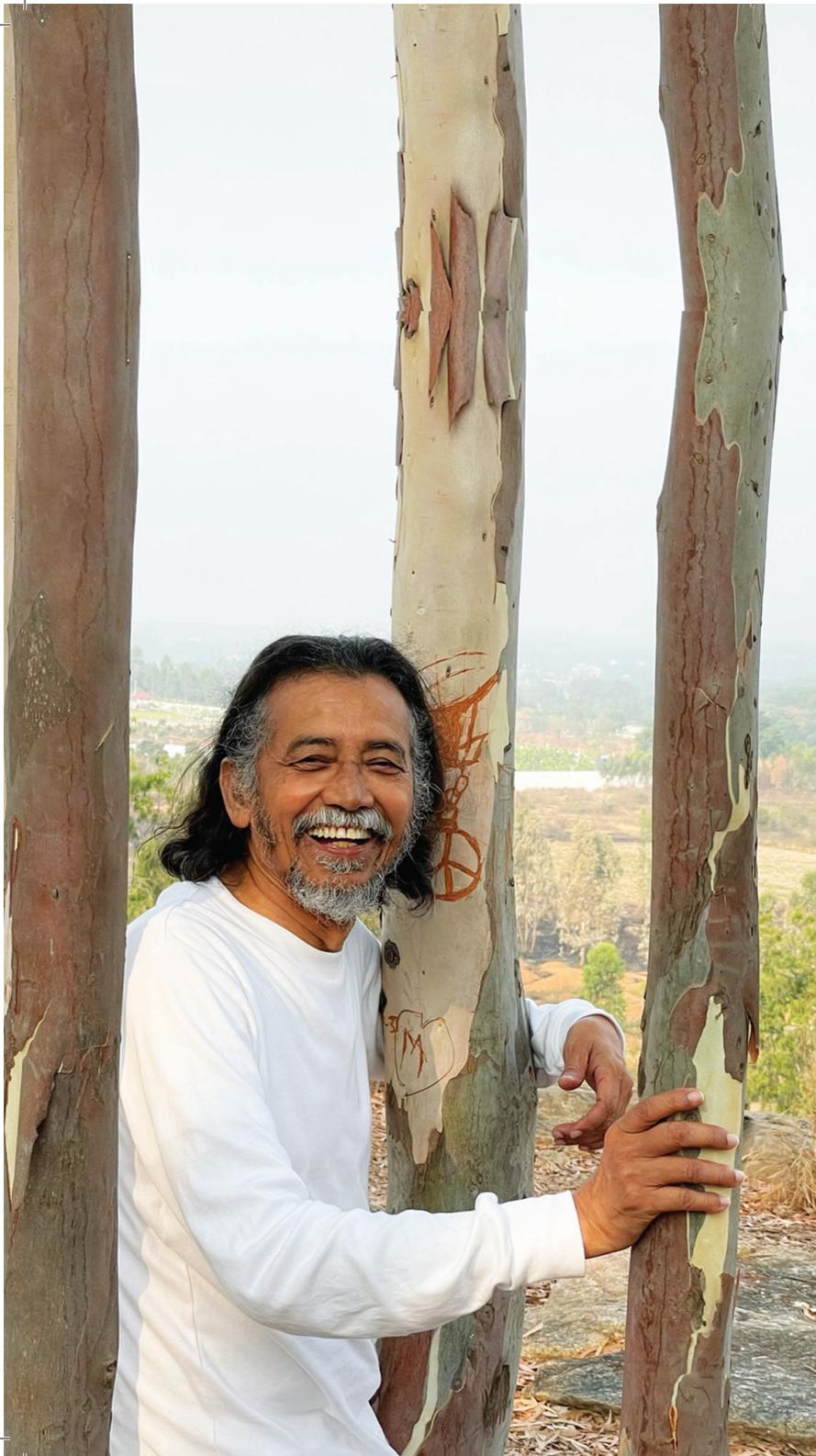
What you
want to do
is not
important,
what you
end up doing
is what you
really are.





Through lack of attention and focus
on what is truly important
for the organism,
vital energy is constantly drained
by unnecessary mental activity.

The physical action engaged in
as a result of this restlessness
is a by-product of unresolved conflict.
All attempts to find solutions
through further activity
do not address the core problem.

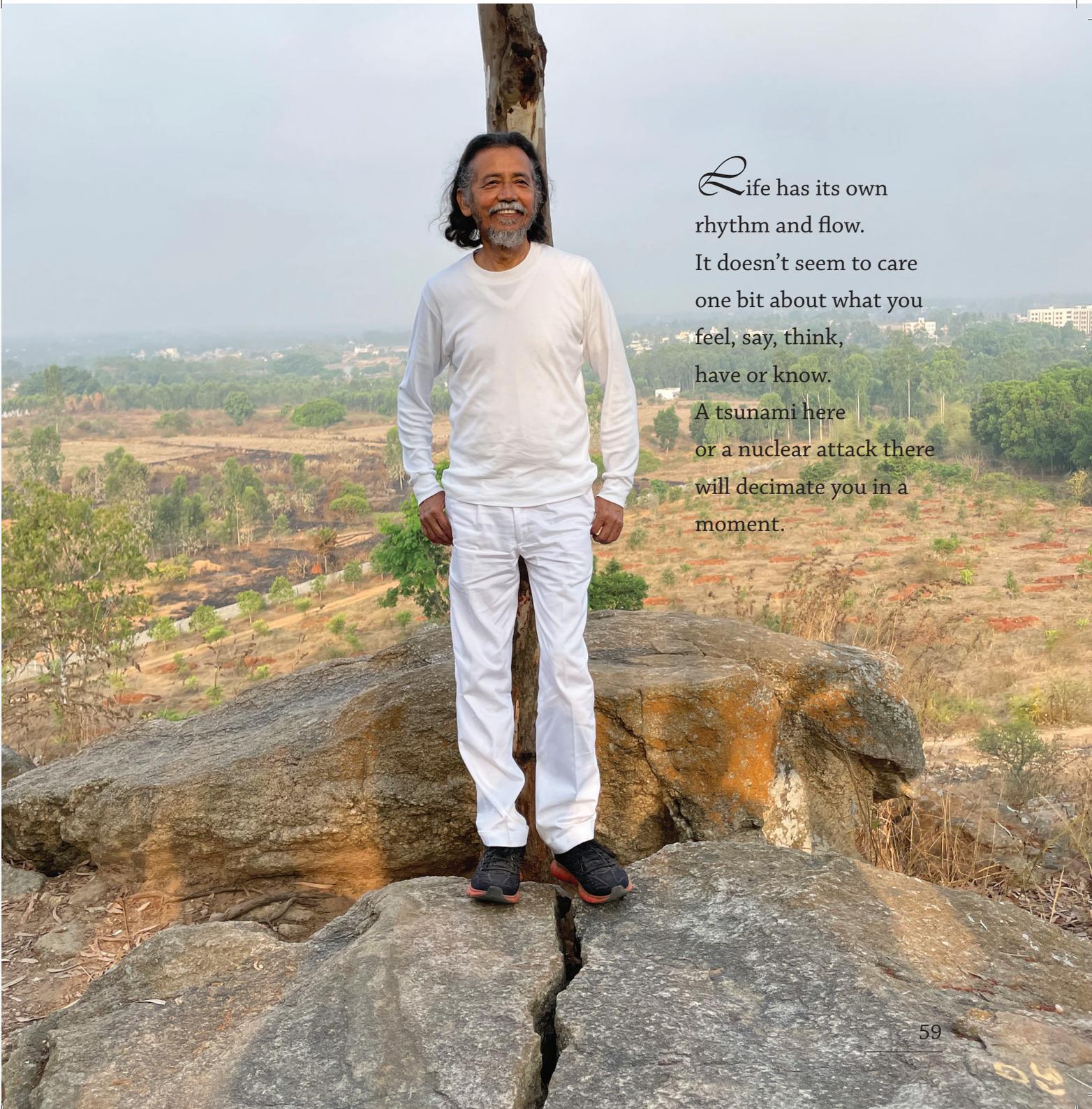


The generalized idea of reality is born out of a belief structure.

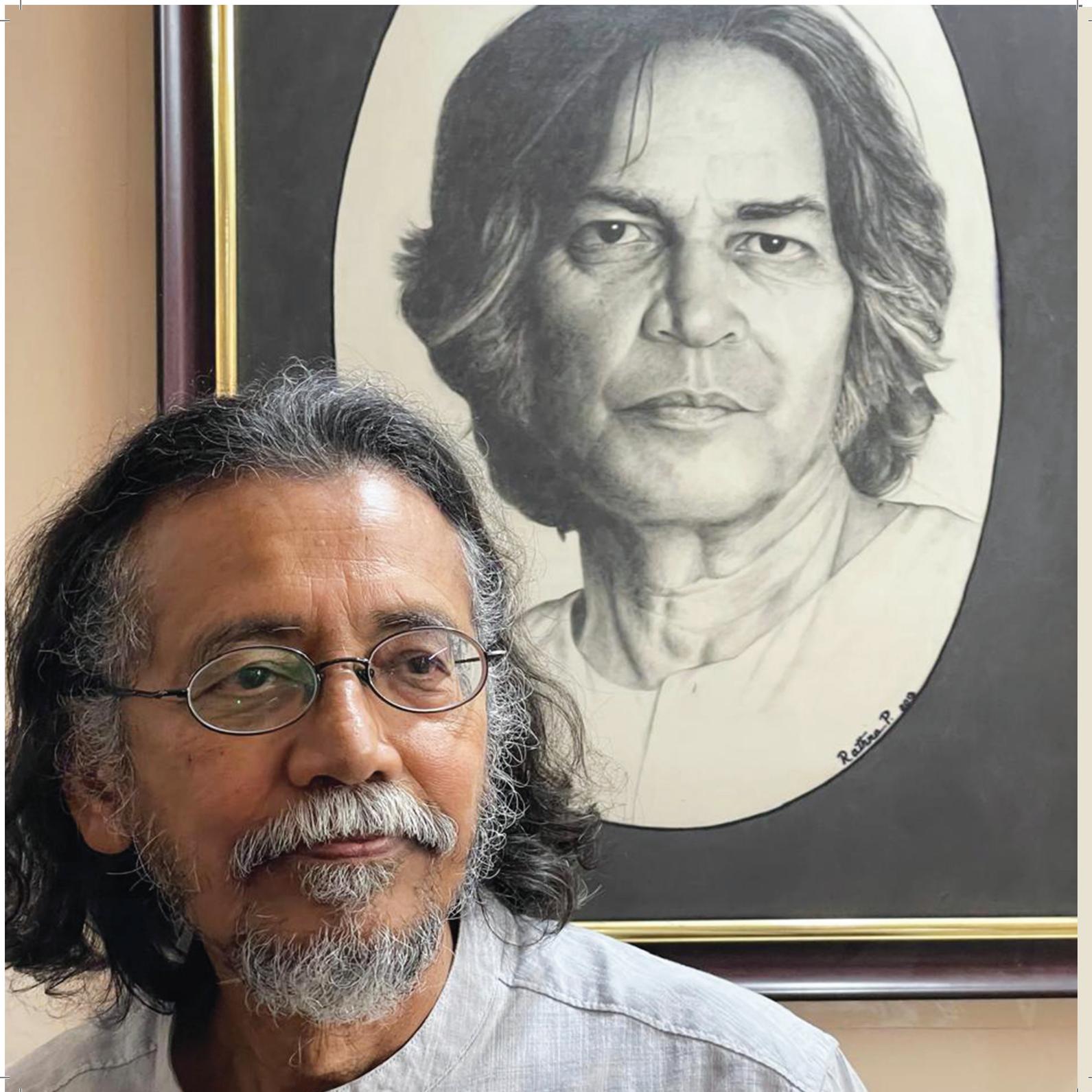
It has nothing to do with life.

The reality which is expressed in your life and living is what I call Functional Reality.

That which functions and also impacts you.



*L*ife has its own
rhythm and flow.
It doesn't seem to care
one bit about what you
feel, say, think,
have or know.
A tsunami here
or a nuclear attack there
will decimate you in a
moment.



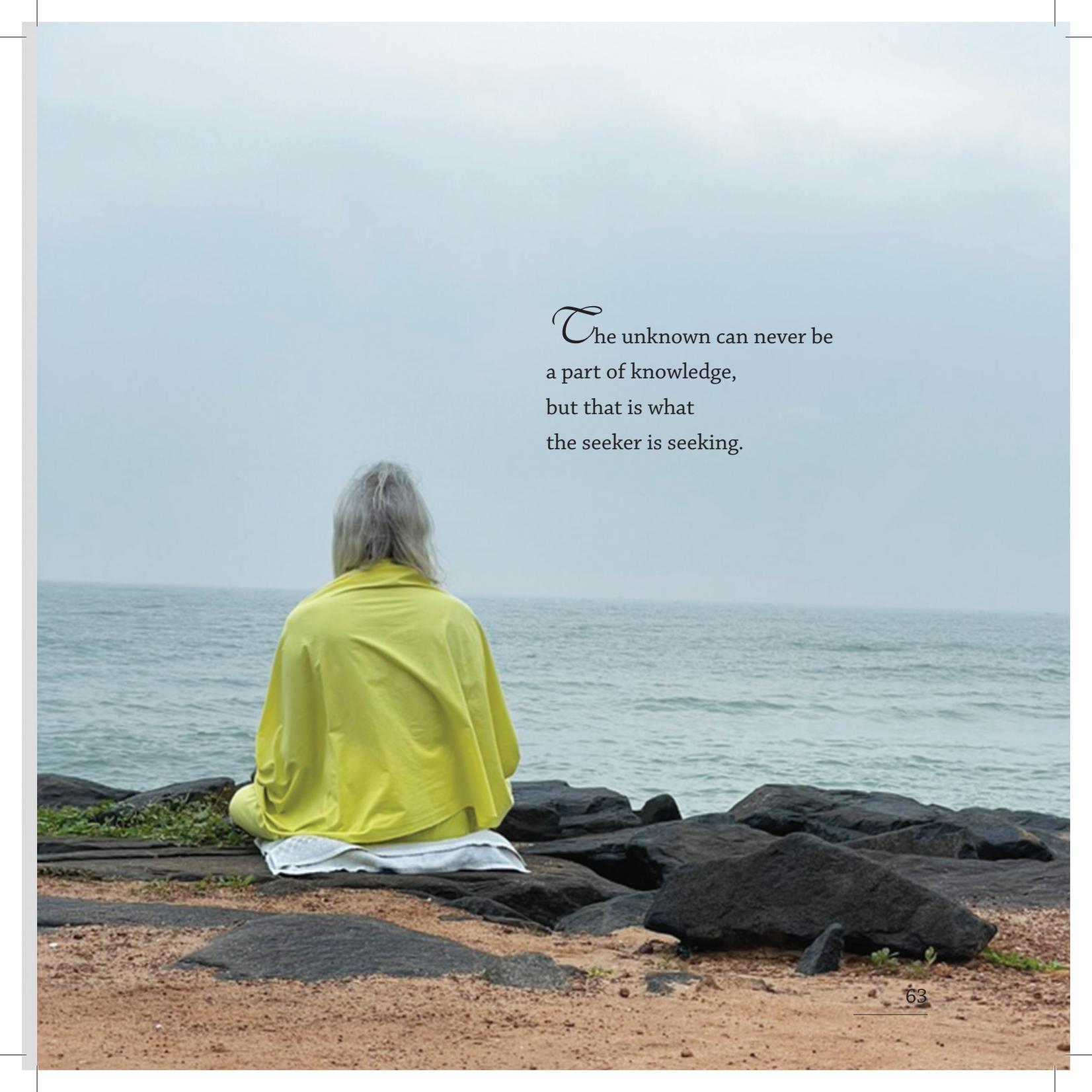
If you accept someone else's
expression of their system
as valid and true,
and try to imbibe it,
you will be miserable for
the rest of your life!

There is nothing one can talk about,
look at or listen to without conditioning.

Whatever you hear and see is through
those filters of conditioning.

You are the result of conditioning.

There is nothing you can do about it.



The unknown can never be
a part of knowledge,
but that is what
the seeker is seeking.

 feel that there is energy inside us
that makes us what we are.

Mother Nature has given us so much,
and we are so resilient and so powerful
that no matter how much we torture
ourselves, she still forgives us
and the next morning allows us to go
through the same junk all over again.





If you have any
respect for life,
you cannot look at
anybody
other than just the way
they are.



When the way you think
and the way you live
become one,
then you can exist with
minimum conflict in society
and attain a state of equilibrium
with the life around you.





Sadhana is a sincere demand
from within a human being
to resolve the conflict
that is not allowing him or her
to be in harmony with nature.
As far as I'm concerned,
that's all that is there.



There is so much additional energy in the body when it is not stressed by anxiety, worry and goal-oriented activities.

Your thoughts are draining life's energy.
It is the body's struggle.

It wants to maintain equilibrium at all times,
but the sense of self is obstructing it.

The body is trying to break down the
“experiencing structure” to live more fully.



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MOBILISÉS POUR VOUS

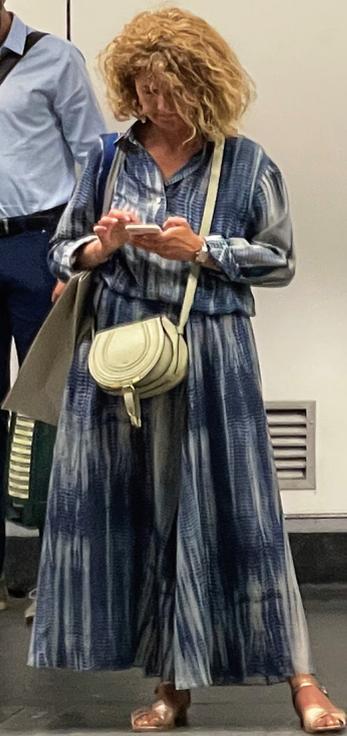
Chers voyageurs,

Les missions de proximité que les équipes sont appelées à accomplir sont de plus en plus nombreuses. Elles sont essentielles pour assurer la qualité de service et la sécurité de nos voyageurs. Avec le soutien de l'État, nous nous engageons à recruter des équipes dédiées à ces missions. Elles sont essentielles pour assurer la qualité de service et la sécurité de nos voyageurs.

- 1. Nous développons une politique de recrutement ambitieuse: en 2023, 4 000 postes en CDI, 1 000 contrats d'alternance et 100 contrats d'insertion sont à pourvoir. Nous rendons ces postes plus attractifs, notamment grâce à la revalorisation salariale.
- 2. Nous renforçons les équipes de maintenance avec le recrutement de nouveaux collaborateurs et l'investissement dans les équipements. Nous renforçons également les équipes de maintenance des matériels.
- 3. Nous renforçons nos équipes techniques: conseillers de voyageurs et de bons citoyens pour réduire les délais d'intervention en cas d'incidents matériels.
- 4. Nous équipons certaines zones de séparation et veillons à limiter les incidents sur les voies.
- 5. Nous prévoyons l'installation de nouveaux postes de secours automatisés afin de intervenir plus rapidement en cas d'urgence et de réduire les délais de réparation.

à demain

POUR Re-Franco



 Ne pas descendre sur la voie
Danger de mort



Knowledge has become an addiction, just the way we are addicted to cell phones.

We have forgotten all about the quality of life.

We think the only way to decipher the meaning and purpose of life is through the knowledge game.





The social structure is controlling you in every possible way.

The status quo is nothing but an imposition of certain ideas that you accept and it is based on give and take.

You give whatever is needed to get what you want.





Whether you use thought to solidify the image of God or money, the effect inside your head is literally the same.

You are still under the burden of the thinking mechanism.

You may as well MAKE MONEY.

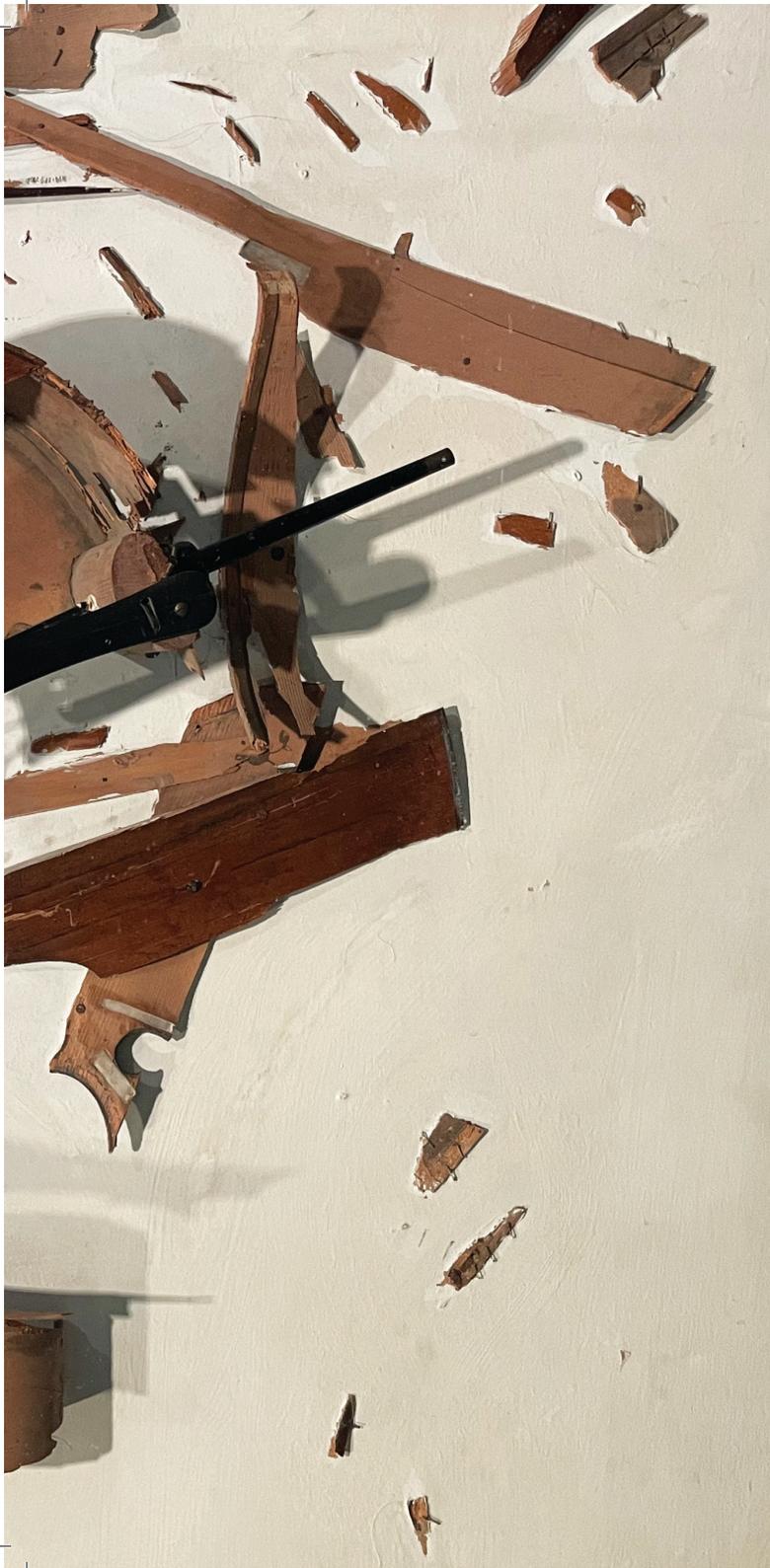
We believe that
our ideas are more real
than our existence.

We give our life for them.
That dynamic is wrong.





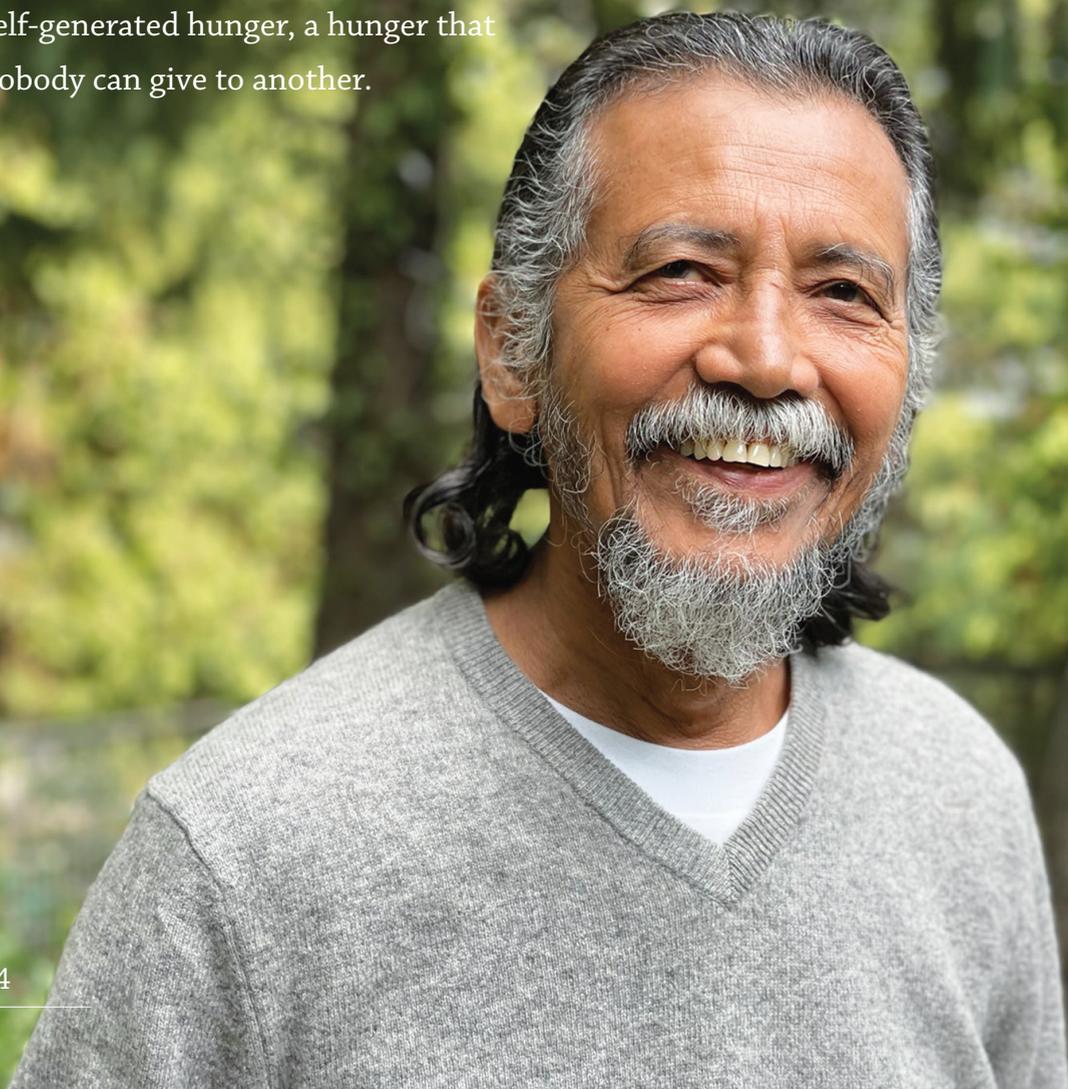




*R*elationship means
you want to impose your
ideas on others.
It breaks down eventually.

Q: How can I know myself?

G: Nobody can teach you that. No matter how much I tell you, it's not going to work. It is a tremendous self-generated hunger, a hunger that nobody can give to another.





No mother bird can
make its baby fly.
The baby will have to get the cue
from the mother and fly on its own.
Period.

We are no different.
But we have been told that somebody
else can solve our problems.

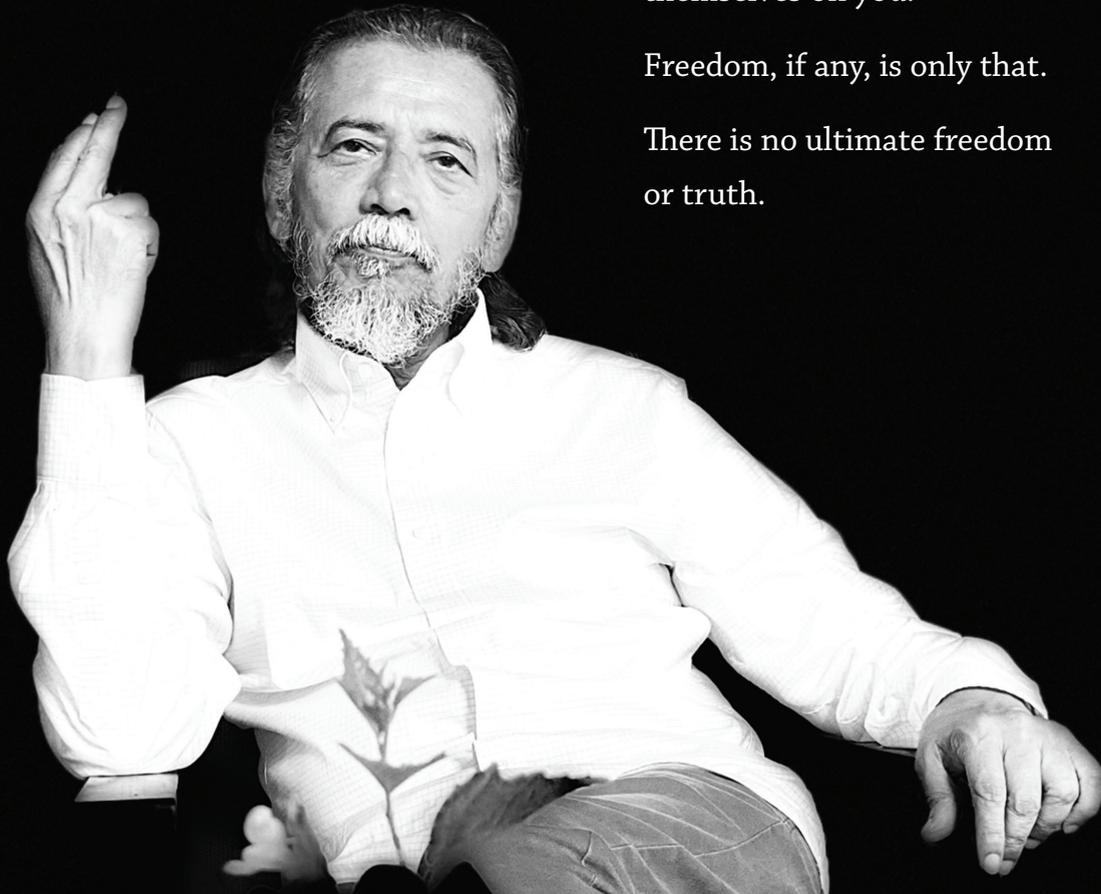
If jealousy goes you go!



Earn money, stand on your feet,
walk with your head high,
never impose yourself on anyone,
and don't let anyone impose
themselves on you.

Freedom, if any, is only that.

There is no ultimate freedom
or truth.





Do what you do best.

Don't put your head
into anything else,
because it's all useless.

One must discover one's own core well-being and gravitate towards it one-pointedly.

Suppose there is a waterhole in the jungle where all animals come to drink, even though there are dangerous predators around, the thirsty ones must still devise a way to access it.





A man with short blonde hair is performing a handstand on a paved city street. He is wearing a grey t-shirt and bright red corduroy pants. He is balancing on his hands, with his feet tucked up towards his head. A white hat lies on the ground to his right. The background is a blurred city street with buildings and a fire hydrant.

You have no
choice but to play
the survival game.
That is what your
intellect is there for.



Why should
you be answerable
to anybody
on this planet?

The only way
to exercise
your freedom
is to have
enough money.



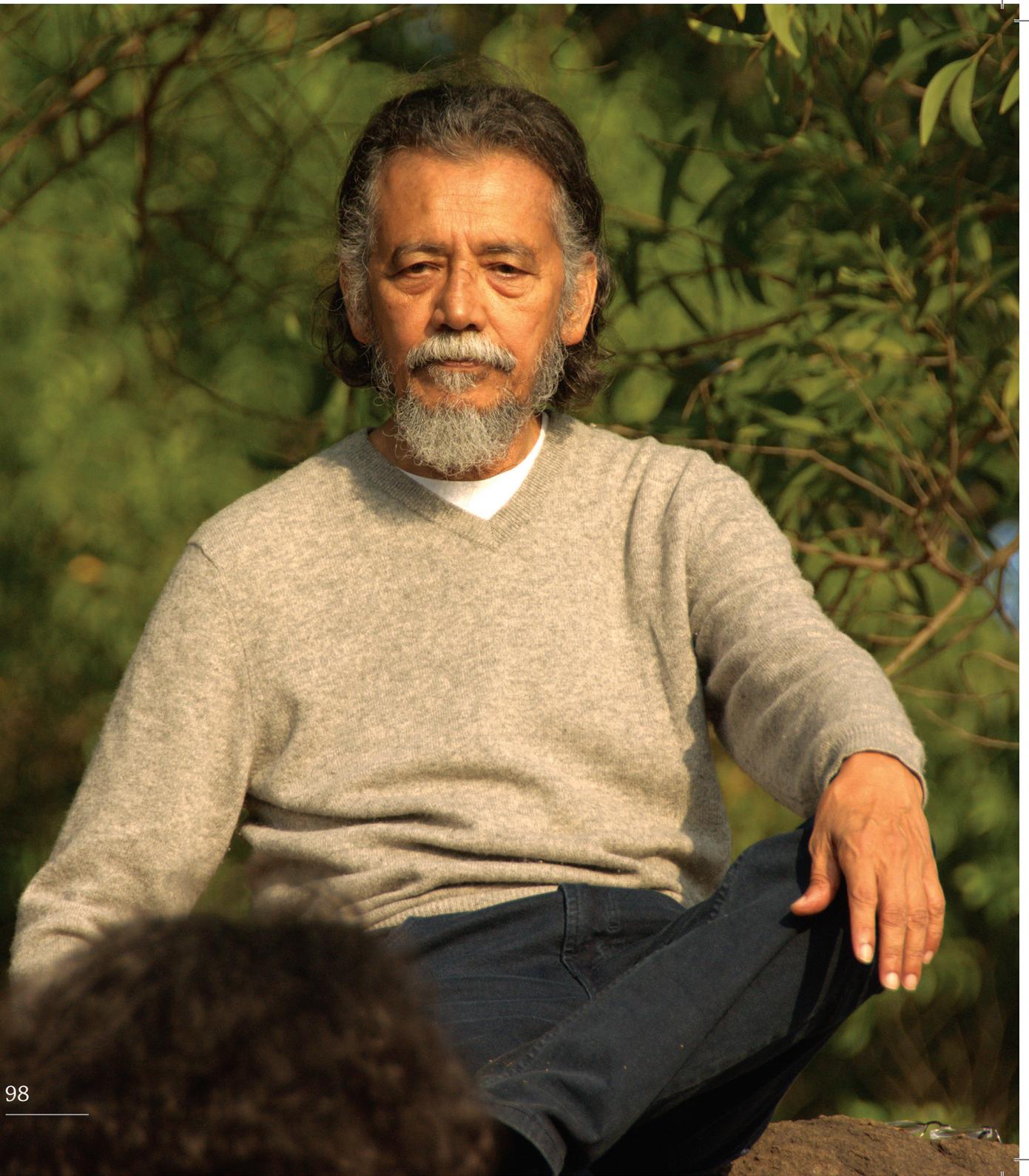


To address our well-being,
we have to address the
well-being of other living
things on this planet.





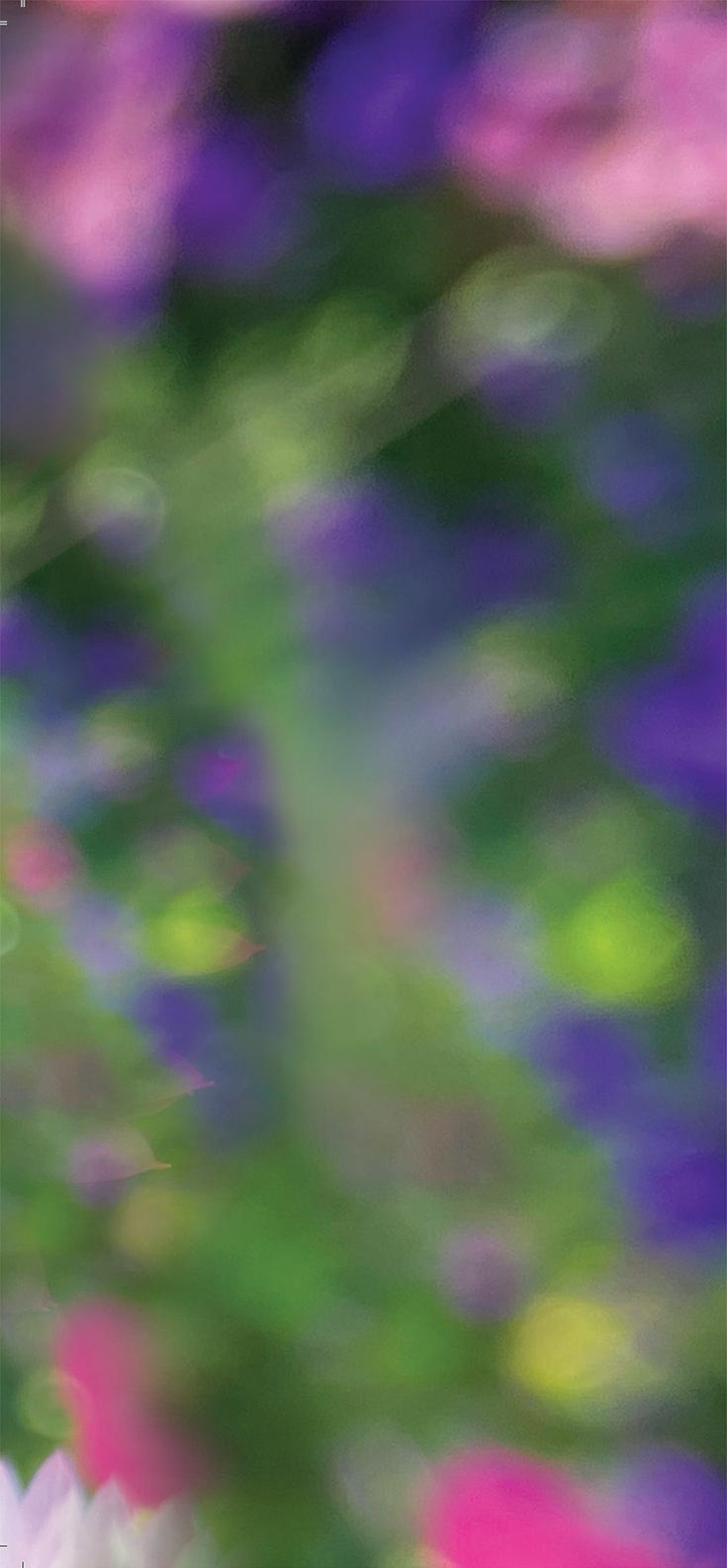
If the subject is true to itself,
if the drive is so important and
urgent that it is aligning itself
with the movement that is most
congenial to its flowering,
then everything that is necessary
is supplied by life itself.





Even without being
consciously aware,
if I systematically use you to
get what I want,
it is fascism at work!





If the conditioning
of the social dynamics
loses its ground in you,
you begin to function at
your best.

The human body
is working for itself,
by itself and it is
part of nature.

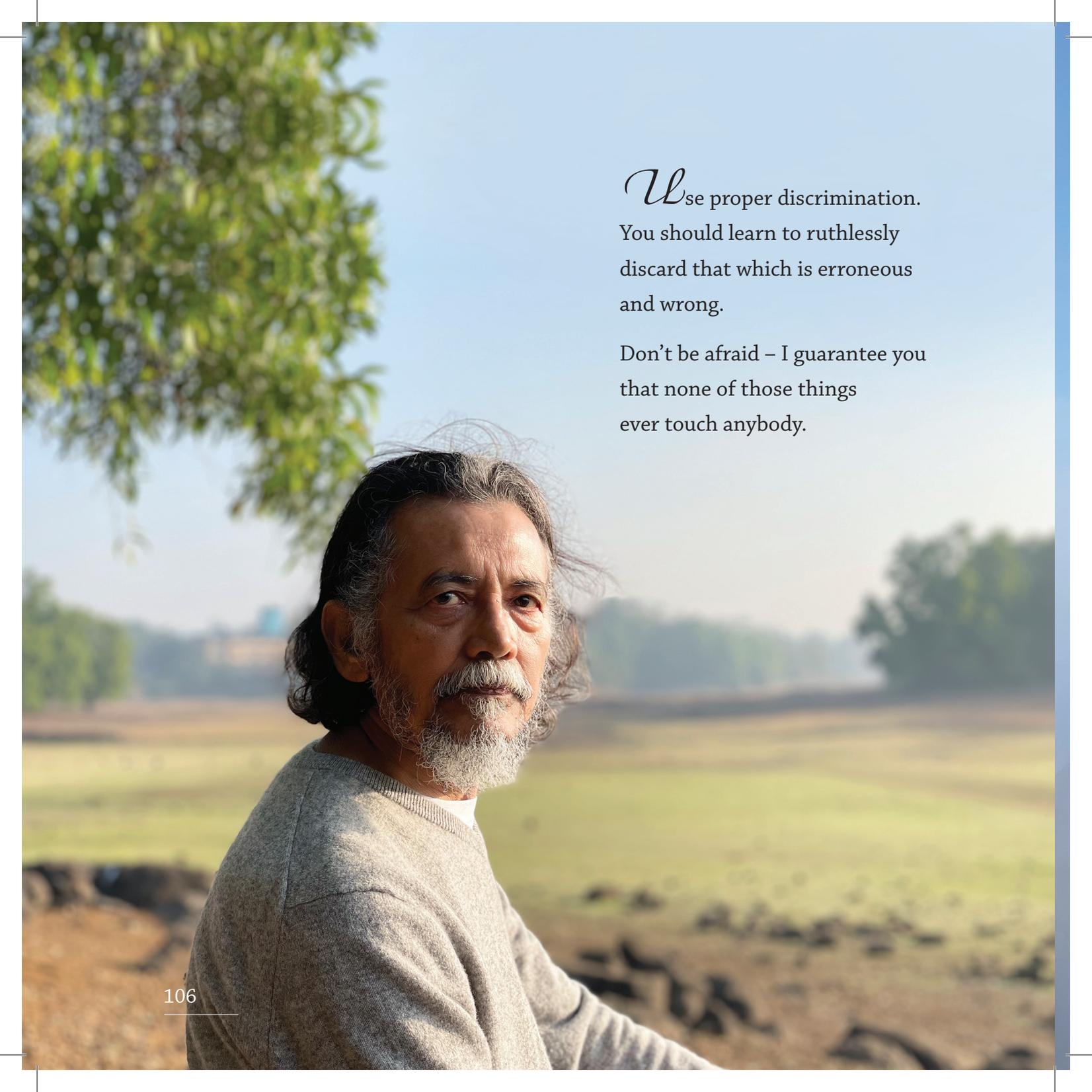
No matter how
much you try
you can never be
sure how or where
it came from.



The system is
not interested in the
acceptance of any
belief structure.

It becomes a burden.





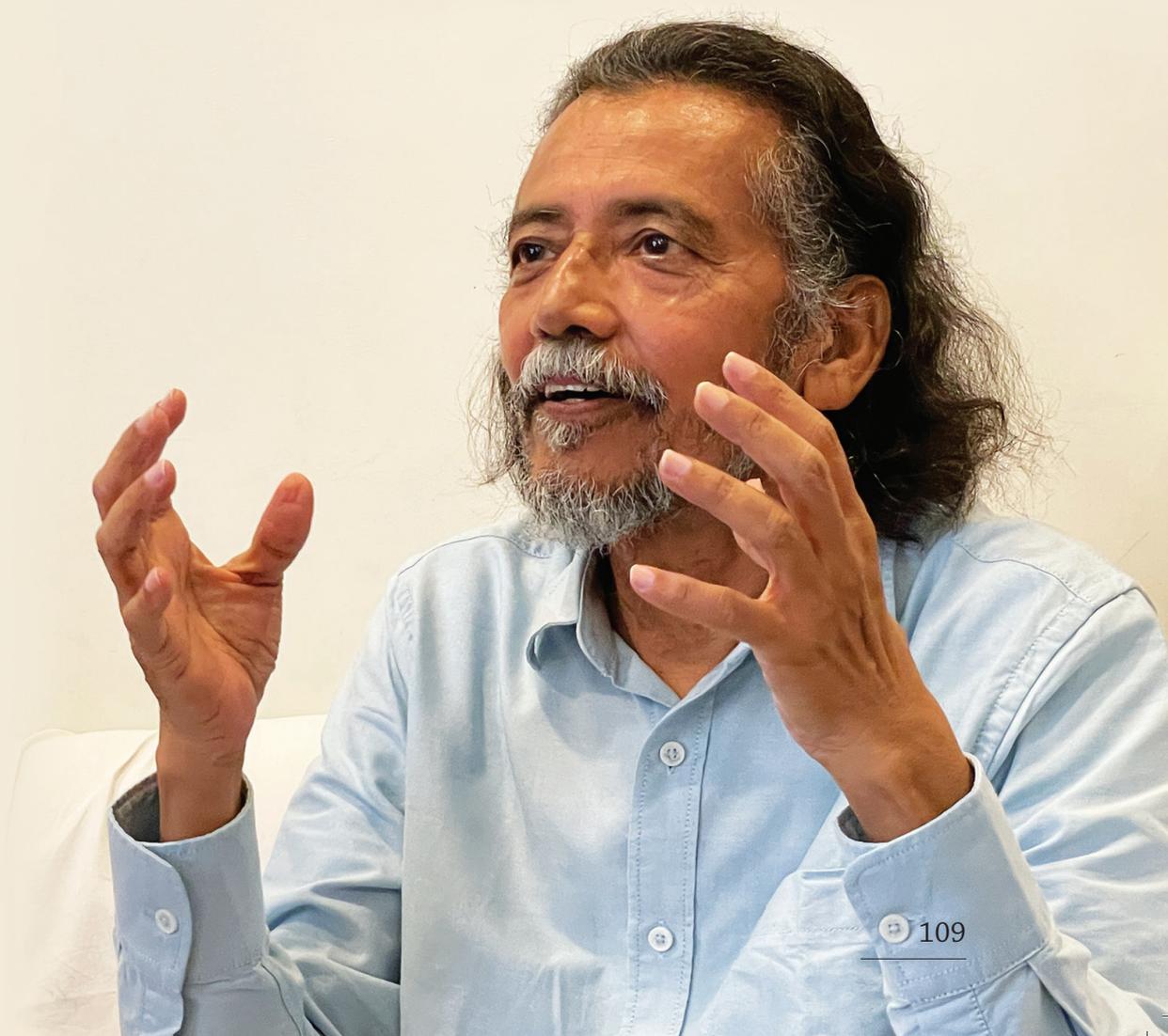
*U*se proper discrimination.
You should learn to ruthlessly
discard that which is erroneous
and wrong.

Don't be afraid – I guarantee you
that none of those things
ever touch anybody.



It is not a question
of surrender, but rather your
inability to accept
that there is nothing
to understand.

Through continuous thinking
you are unnecessarily
wasting your energy.
No other form of life wastes
energy like that.



I am a product of the body.

I am not a separate entity.

When I say the body,
it includes the brain.

The process through which our body
creates memories, and the movement
involved in recollecting them
creates what we call “me”.

That’s my simple understanding.



Sensitivity is the name of the game.

It is a fundamental property of the individual system, but we numb it and make ourselves dull, so that our will cannot be obstructed. Religion and social influences, which want us to achieve certain goals have destroyed sensitivity.



If there is any such thing as truth,
it is this: I have nothing that you
don't have, it is just not possible.

I cannot be in possession of something
mysterious or otherwise that you don't have,
and I have no illusion of any kind about this.



Any answer I give you will not make an iota of difference to your living condition because you are not interested in finding an answer.

You are caught up in the seeking game and it has become an addiction.

You are nothing but an activity junkie constantly living in hope; the process has turned you into a machine.



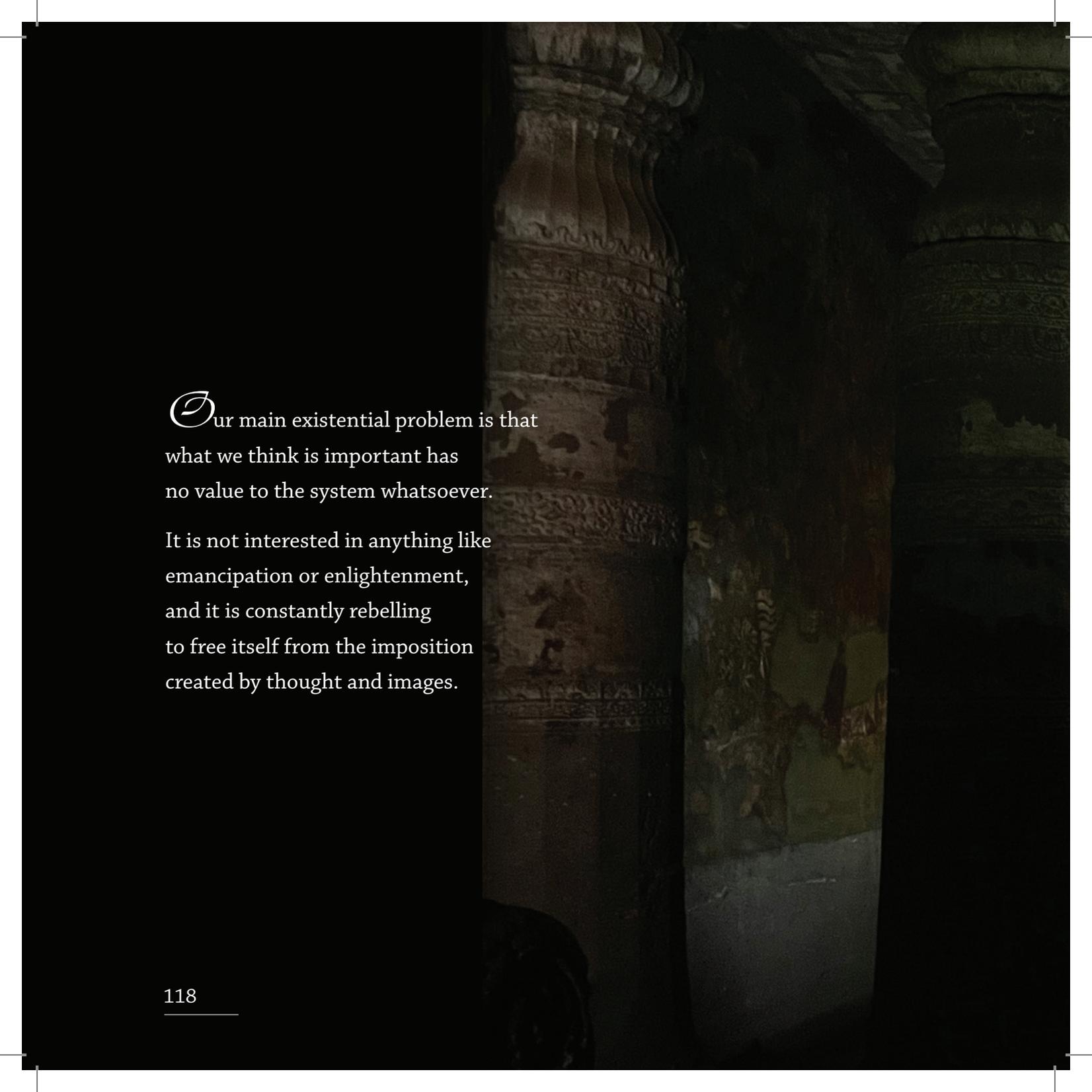






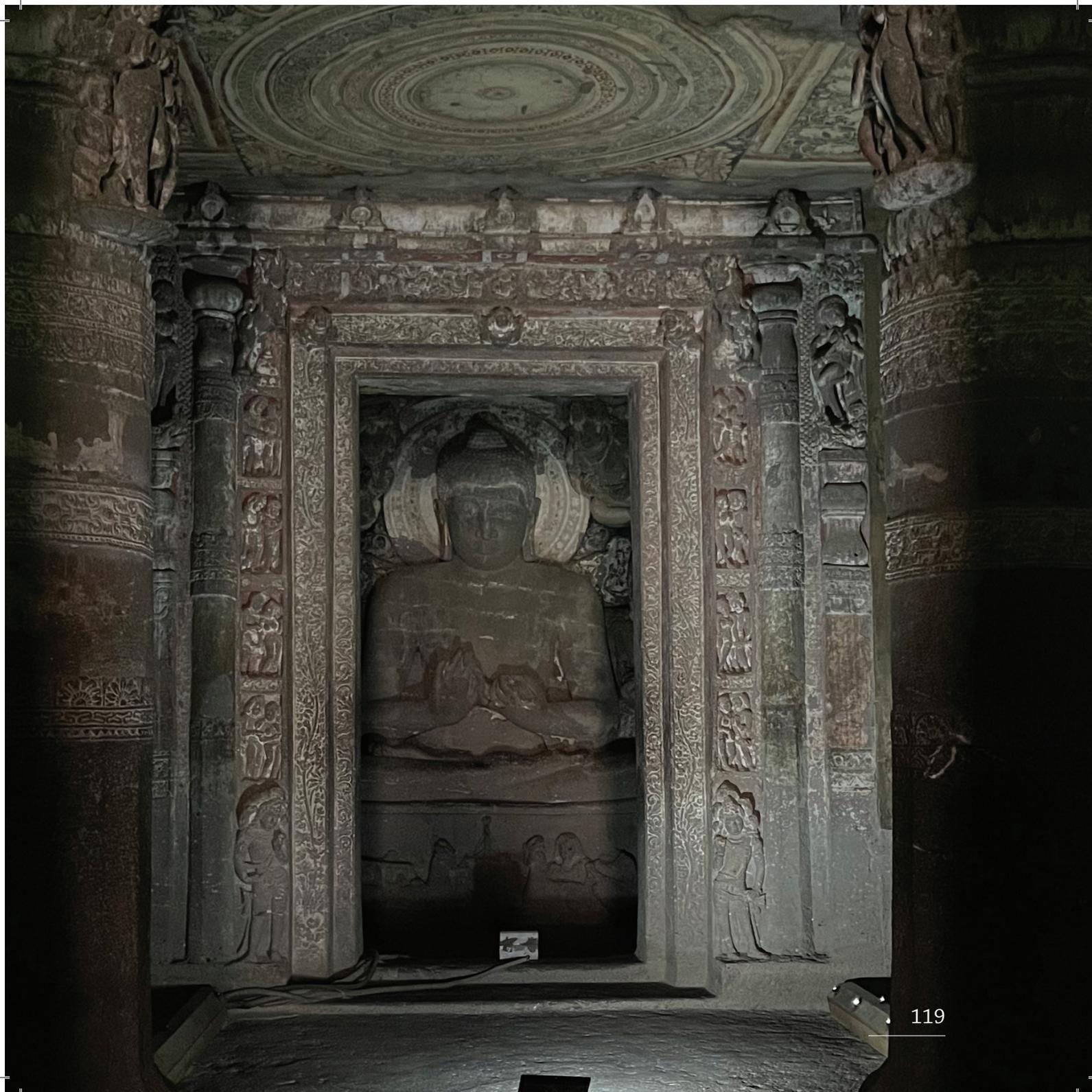
If you are not afraid of the future, you have no reason to bow down to anybody on this planet. Anybody, no matter what he has.

It is 'that' that makes you compromise, you don't have the guts to take care of yourself.



Our main existential problem is that what we think is important has no value to the system whatsoever.

It is not interested in anything like emancipation or enlightenment, and it is constantly rebelling to free itself from the imposition created by thought and images.



Our ability to think gives us an opportunity to understand ourselves and the things around us.

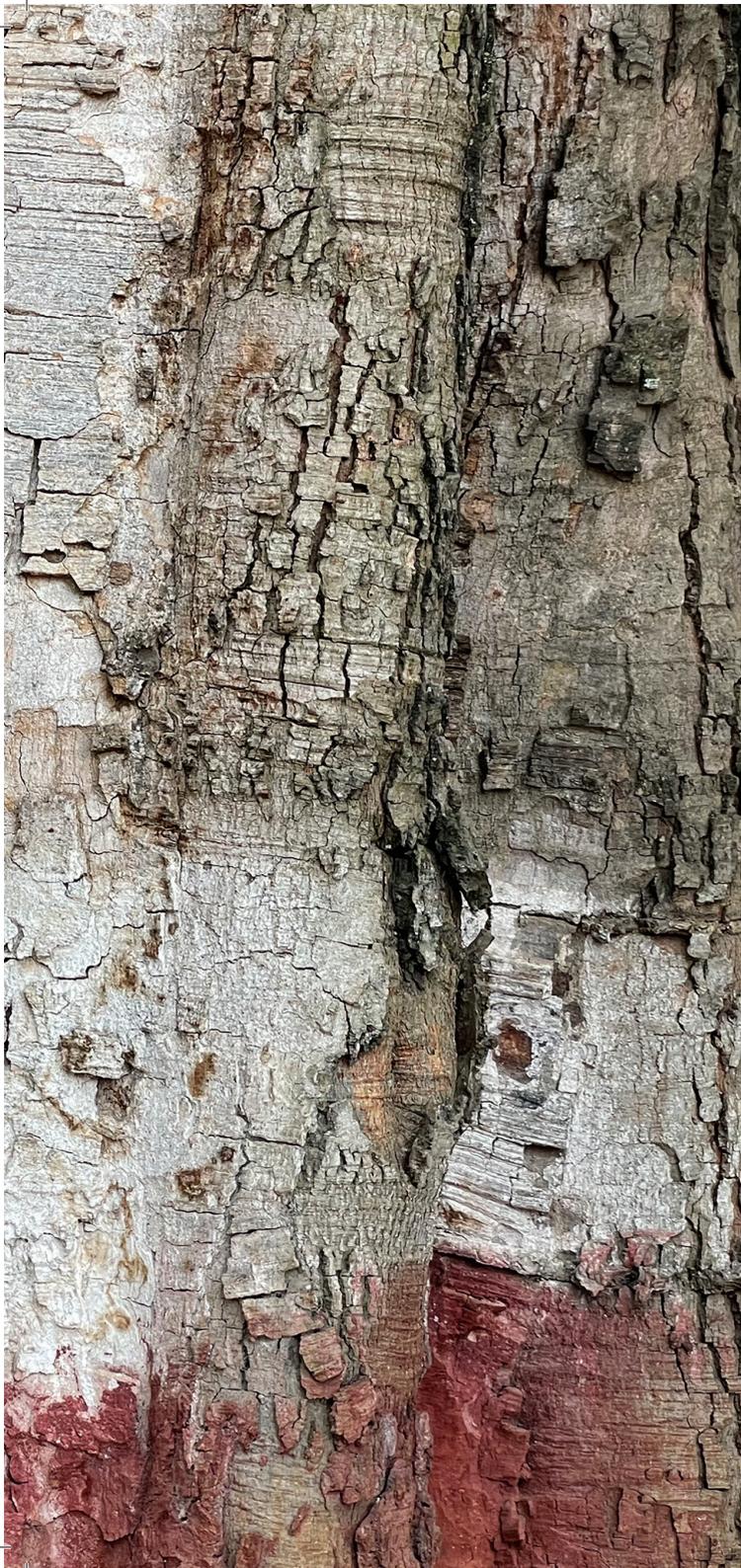
In the process, we create a massive functional reality as well as a powerful thinker.

There is no such thing as a fundamental reality or truth.









Trying to give shape to
the unknown is the
most defective endeavour
of our intelligence.

How can you praise the
unknown?

It's a paradox, isn't it?

Think about it.

It is not possible to
create a system of thought
that will address the
general well-being of the
entire human society.

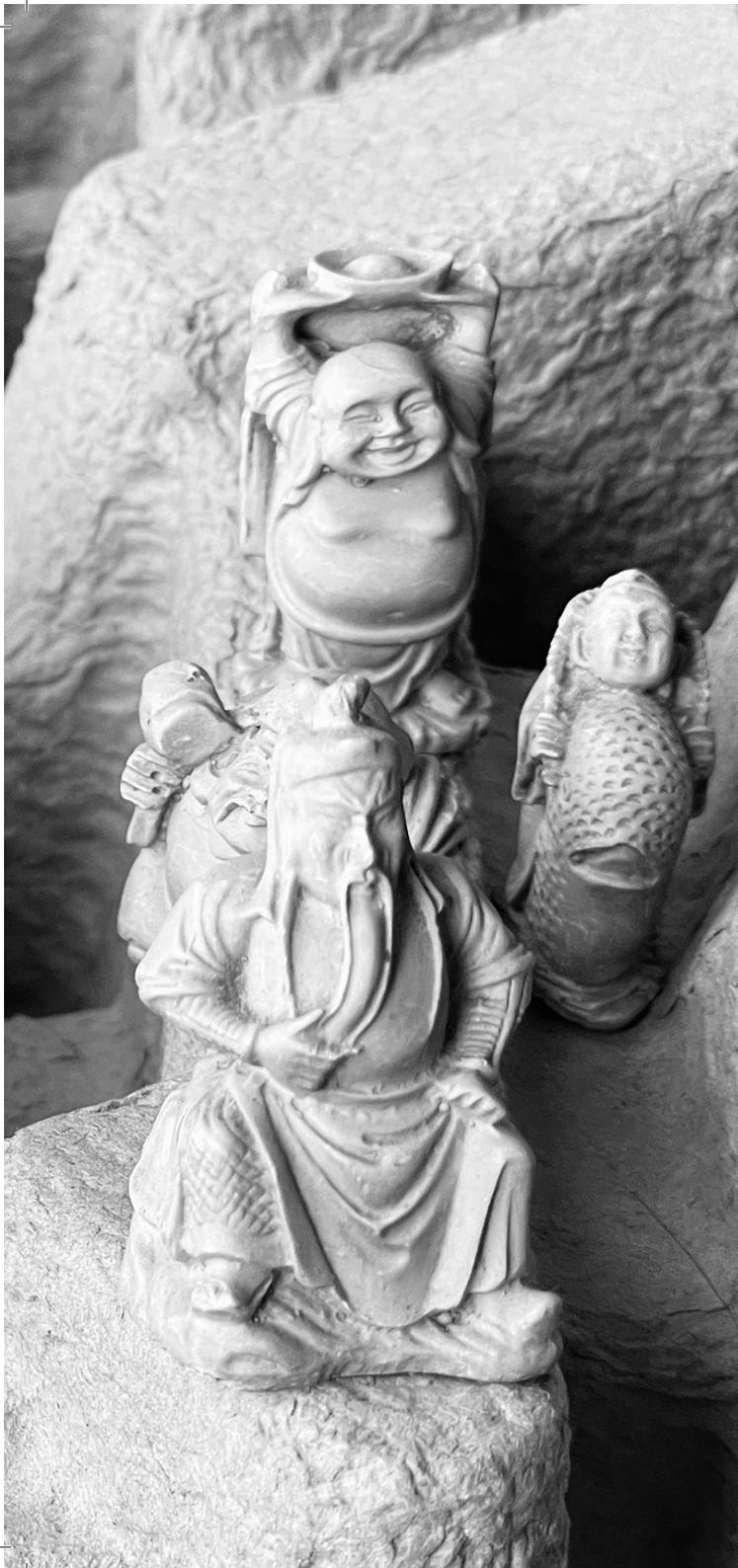
It is the mind that looks for
permanence.

There is no forever in
anything.









*F*irst you should look to see whether the Reality you have been promised you will achieve is operating within you. If it is not, it is either that they have been lying to you or it is just not for you! If it is not for you, it's fine, everything is not for everybody!

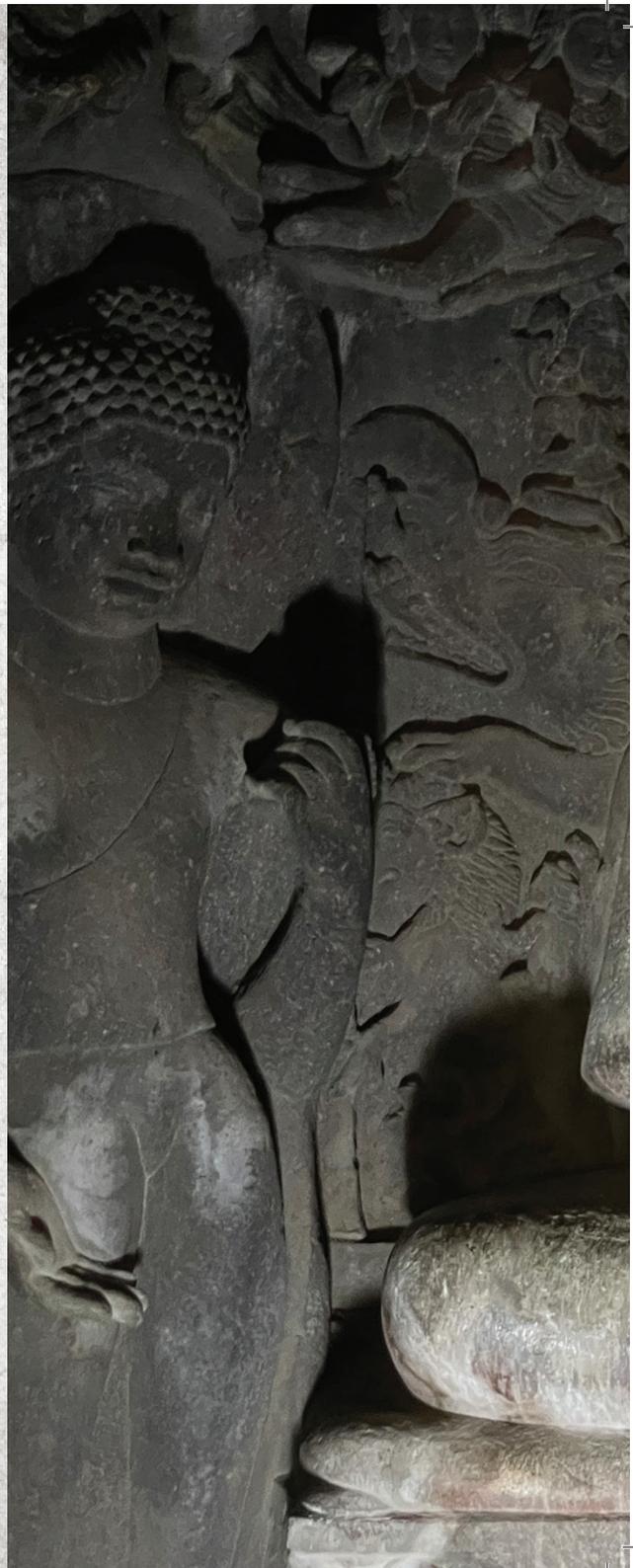
One way or the other, the search for Reality ends there.

Oneness is a concept.

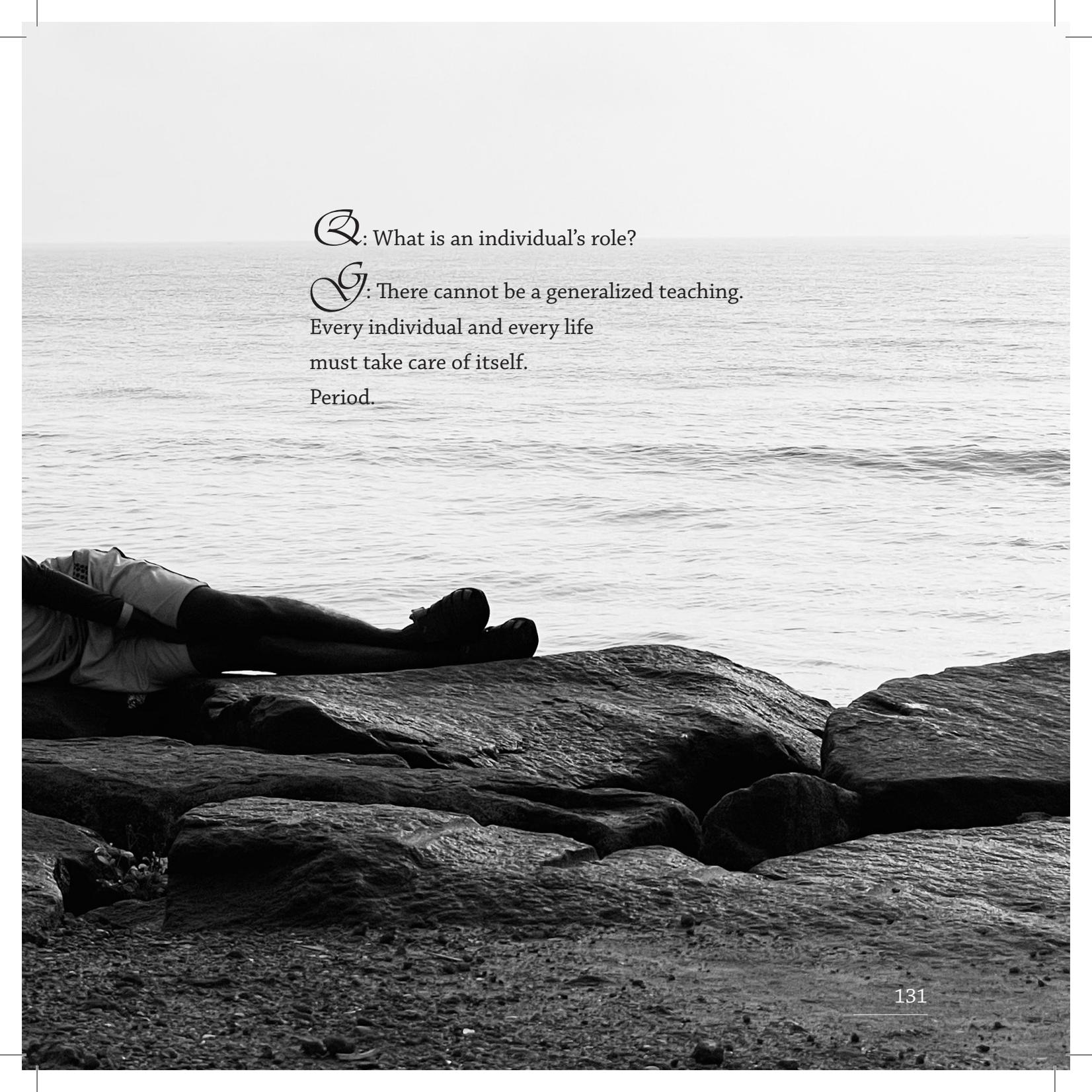
You are never one
with anybody.

As long as you are thinking,
you are separate.

No one can say that he is
in a state of Advaita.







Q: What is an individual's role?

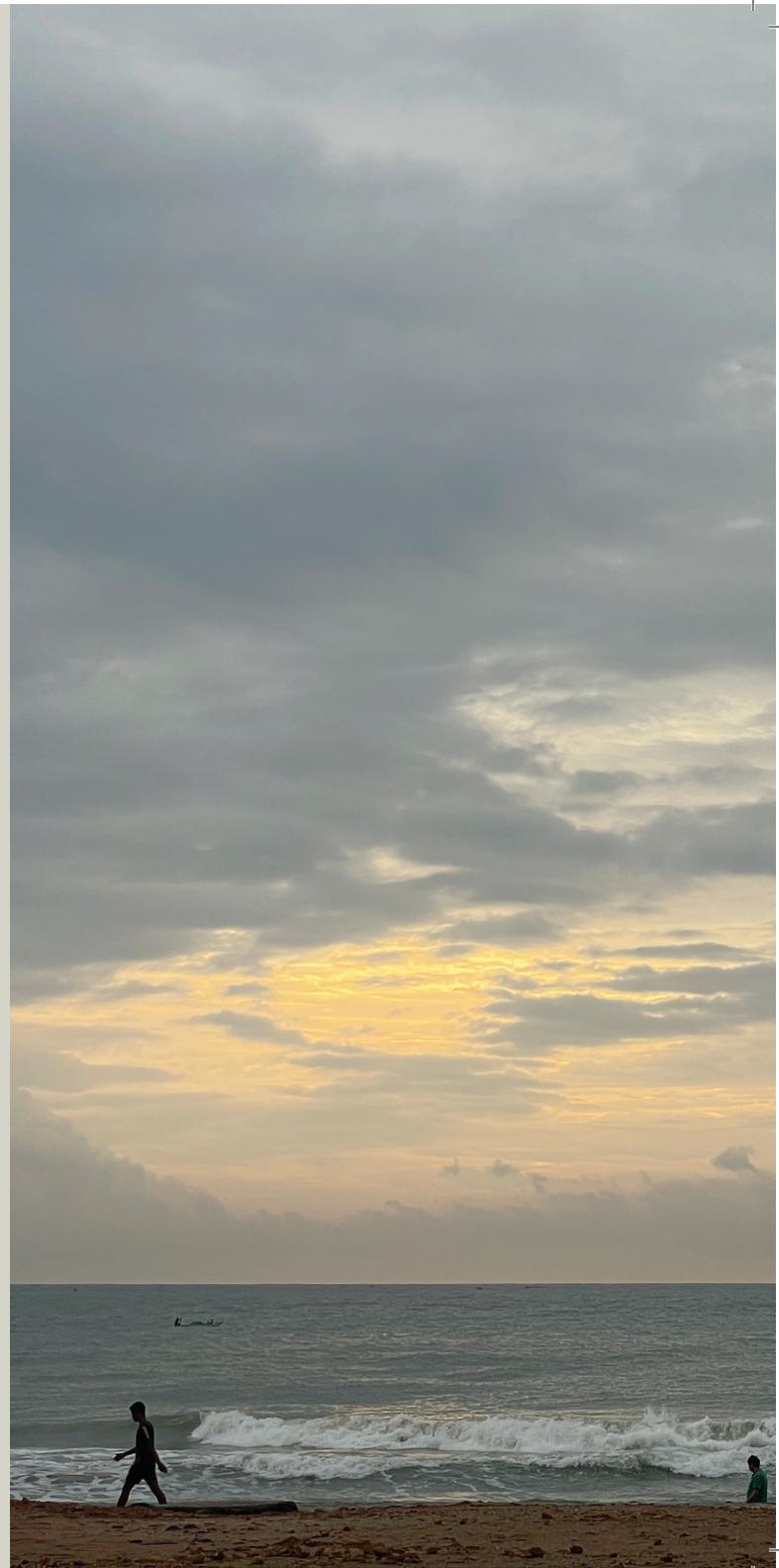
G: There cannot be a generalized teaching.
Every individual and every life
must take care of itself.
Period.

Life is nothing
but a movement.

It is a harmonious existence
with your surroundings
and with yourself.

There is nothing more than that.

There is a sense of freedom,
stability and the absence of
conflict when this rhythm of life
unfolds within oneself.









Even now,
I often don't know
what to do.

But most of the time,
I know very well
what not to do.





By claiming there is a
Paramatman you imply
that you know it.

In the process, you are actually
reinforcing your own
self-importance and
inadvertently conning people.

There is no such thing as a
Paramatman that you can
know or understand.

Q. What advice do you have for us?

G: 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 always be
aligned to my point of view, be a great devotee
of somebody or a follower of some guru
or believe in the God of a particular religion.







Kishor Chopda is a self-taught photographer who loves to capture Nature, People and Life around him.

He met Guha in 2014 and was so captivated by his presence that he began travelling with Guha and photographing him extensively.

In his unique style, Kishor has brought together photographs and quotes of Guha in this collection of Quotography which is the art of pairing unique quotations with complementary images.

It Is Not What You Think

Our main existential problem is that what we think is important has no value to the system whatsoever. It is not interested in anything like emancipation or enlightenment and it is constantly rebelling to free itself from the imposition created by thought and images.

Knowing the nature of the mind and the way one responds to life are two totally different things. It is not possible to know the integrated order of life.

Trying to give shape to the unknown is the most defective endeavour of our intelligence. How can you praise the unknown? It's a paradox. Think about it.

Human thinking has given us power, and the misuse of power is the cause of all the mess that we struggle with. I call this the "disorder of the sense of self".

There is nothing more sacred than your own life.

To me there is no reality other than functional reality. That I can function is my reality. All the other realities are mental projections.

– Sabyasachi Guha