

There Is No Outside You -
Three Ways to Reach The Divine
Talk
Rainbow Spirit Festival
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Okay, let us see what I have to say. This is Inkala who is my language medium, so if we are going to speak the same language you have to learn English because I can't manage *Deutsch*, much as I try. That is my first apology. My second apology is for the way I am dressed – like this – because Mishka just told me: “Michael, how come you pick the dirtiest, sloppiest that you have got in your wardrobe?” and I said: “Well, when I dressed this morning it was still dark, so I just grabbed the first one I could find.”

I have been coming to the Rainbow Festival, I was just informed by Mariam, for nineteen years, and I missed just one year. I remember one time in Baden Baden when I began by sitting quietly with everybody – many people, two-three hundred people – and after I had been standing or sitting there for some minutes a few people got up and walked out. One of my guys was outside and he said: “Why are you walking out? What is going on?” This woman said: “*Nothing* is going on.” Then my guy said: “You mean *meditation* is going on,” and she said: “Not even meditation. *Nothing at all.*”

So now I am scared. Now, if I don't speak... you will feel that nothing is happening. The thing is: this is the only time in the whole year – and I travel all over the world – that I stand on a little platform and talk to a group of people most of whom I don't know. Usually in my seminars I talk, but I talk out of what we do in the seminar, so what I am saying relates to our experience together, but this is different: you look like a whole lot of people who have come to watch a movie. (*Michael laughs*). Well, I don't feel like a movie, so somehow I have to adapt to the situation. I have to do this a little while, I have to kind of just tune in. (*Michael moves and claps his hands*).

Now, the title that I have given this gathering is in English: 'There Is No Outside You.' If there is no outside you, then there can be no *inside* you either because they go together. What I mean by that – because obviously there *is* an inside you; you are breathing air inside you, you may have had something to eat and drink already here that has gone inside you, so clearly there *is* an inside you and there is an outside you – is that human beings are multi-dimensional. So also there is an inside and outside, and also there is a union, a unity. There is a

possibility to experience yourself no longer as an independent, separate life or 'livingness'; that you feel that you have stretched infinitely in all directions, and everything all around you includes you. As well as feeling the fact that your body is breathing and you have got pains and aches and sensations in your body and your feet are on the ground, that does not disappear, but that simultaneously with that personal experience of your presence on this earth there is an experience of feeling a unity with the whole of the universe. That is anyway the case, isn't it? It seems to be, to me, ridiculous to assume that we are born out of whatever there is in the universe which can allow us to be created through our parents, the way that we are; that *that* can happen as something that is completely independent of everything else that is going on. As if we are aliens that have popped into the universe to give birth to children, and then when we die we disappear altogether again. From a cosmic consciousness point of view, which I feel you can maybe have this moment, it is obvious that everything that happens in the universe is part of the universe, and that everything that happens in the universe is part of everything that is present in the universe.

That is the holistic point of view, of course, and of course it is a new important approach to the body and illness through the holistic attitude that every part of our body, even the parts that go wrong, are connected to all other parts that haven't yet gone wrong but which are connected both to give health or to give the illness around to the rest of the body.

The holistic view which I am promoting now this afternoon is that *that* applies to the whole universe. A lot of people would say: "Yeah, I'm sure that makes sense," but it's great when it makes more than sense, when you experience it as a personal reality; when you feel that you are somehow flying free and that you are roaming in the whole of the atmosphere of the universe and that when you apply yourself to something on earth and something in your ordinary daily life, that huge space and energy supports you and is with you whatever you might do in your daily life on earth.

Now, how is it possible to listen to that and hear and agree with it and yet take the extra step to experience it? Well, you have to let go to some extent of this separate individuality that you experience, that you know you have, that you live in and through and by. Otherwise there is no space in which to feel what I am describing. If you are full of your daily activities and your likes and dislikes, your preferences and your relationships and your work and that fills completely your consciousness and your reality, then even if you say: "Well, I think that is true, what this man says, and I would like maybe to taste that," it will be difficult.

You have to create a certain space in yourself where it is possible for a part of you to *leave* the level on which you are acting on the earth day by day. You have to change the vibration that you use, which we all need to use in our daily lives, because without the vibration changing you can't harmonize with that which is beyond you. If you are vibrating as a whole, individual human being

with some vibration that is close to the universal vibration, then you are bound to make a connection with it. If you can harmonize and make equivalent your vibration with everything that is around you, then you will experience yourself as being part of it and you will feel yourself to be *included* in that wholeness that is the universal energy.

That is not going to happen in a normal way by you *trying* to make it happen because ‘trying’ is the wrong vibration; making an effort to get there is the wrong vibration. Making an effort can of course, if you make the right kind of effort, loosen the hold that your normal reality and all that is involved in that reality, loosen the hold that it has on you. It can help to create the space that I began by talking about, it can help to create the space that is needed in order to be able to invite the cosmic energy in. So you have to quieten yourself because every time you make a noise – and the mind is always making a noise – every time you make a noise and you listen to the noise and you connect with the noise, then the silence, the empty space, the oneness, that huge opening to *everything* can’t happen. That possibility to vibrate equally with what is all around you is a possibility that already lies *within* you, it is not something you have to create. We don’t have to create it but we have to find it, we have to create space where it can live, where it can be given a space and vibrate and be part of you. The more you can do that the more you will encounter a sense of the wholeness of existence.

Now, the way I try and help that in the work I do everywhere is this: I try and help people to find that space through the process of resonance. It is like the experience I had when I was a young man; of somebody hitting a tuning fork on a desk like this, and tuning forks that were all around the room began immediately to vibrate. So when I am working with my ways to bring people to where I am describing to you this afternoon, I allow myself or bring myself into this unity with the space all around me in the seminar room, and then in various ways I try and communicate that vibration to everybody who is there. Normally that happens with everybody – even with new people – but then it is hard to sustain it, that I understand, because the power or momentum of everyday life and the vibrations that we use to live our everyday lives are so strong and have been there so long that it pulls you back into that dimension again. But when we are together, working together a group of people in a seminar, then everybody in that room is in a way open to finding that which I am describing. This explains what Buddha meant when he said: “If you can’t be with the master, be with the sangha,” which is the people who are in the community of seekers, because everybody in the sangha, in that community of seekers, is in a way offering themselves towards that goal.

When I go into a seminar, as I do most weeks, and I walk into the room and there may be maybe forty, fifty, sixty people there and maybe half a dozen new people, I walk in and immediately what I am describing is present in the room. I am not sure to what extent it has been with those people – many of them have

been with me a long time, so probably they have taken into their lives a lot – but as soon as the energies that I am talking about, which have been awakened in the people in the room come together, then there is an explosion of that energy in the room. So I will not say very quickly that energy space is there, I will say *immediately* that energy space is there. In fact, it is there even before I enter the room and I then make it stronger, because once that vibration, that level of reality, that energy has been awakened in you it becomes alive. It may come alive in a seminar or somewhere else, and then it fades away or disappears for ten years and then you come into a situation where it can happen again, *immediately* it will come again after ten years, after twenty years, it will come. Apart from being the universal vibration that vibration is the basic vibration of the universe. It was there before you were born and it enters you when you are born and it will go back where it came from when you die, and to some extent the part of you that is vibrating with that will *also* go with it when you die. This cosmic vibration that I am talking about belongs to all, and is impersonal, and the ‘personal’ is you and *your* birth and *your* parents and *your* life and *your* death, and if you connect with the *impersonal* then *that* is something that happens merely locally. That part of you which is connected with the universal vibration remains. It was there before you were born and it will be there after you die.

So that is one way of connecting with that vibration; through the process of resonance, through somebody who has found that vibration in him or herself. But there are other ways.

Through silence you will find it because silence is also universal. At first you may have to practise being in silence; sitting in various forms of meditation, watching the mind moving, seeing if you can go beyond the mind, letting the mind go and so on, finding a place of peacefulness. It is important that if you do that – I am sure many of you *do* do that – please not to localize the state that you get in when you sit quietly. By ‘localize’ I mean if you see: “Well, normally my mind is noisy and busy and active and drives me crazy sometimes, and when I sit quietly and relaxed and sit in the right place and maybe do a mantra or whatever, I feel that I move into a quiet place around me.” That can be very helpful in your life – like creating an oasis inside you from time to time – but when I suggest that you don’t localize it, I mean to see that that state that you might go into when you are sitting quietly on your own or with a group or some friends, to see that that space is not limited to you or that little group that you are in; that it can connect with that which is universal. If you do that then the meditation becomes more than a personal meditation, it becomes a *bridge* to the cosmic energy. Once you have used that bridge a number of times, if you go the way of meditation, then that which is on the other side of the bridge crosses the river and embraces you.

Now, for instance, I *never* meditate anymore. I never did very often sitting meditation. I did many of the dynamic forms of meditation, I have *created* many

dynamic forms of meditation and I also did some sitting meditations, but I don't sit in meditation anymore because I don't need to. I just reach out, I throw myself out into the cosmic space, that creates a meditative space in me, and when it does I can sit completely still for an hour or more – even with a group sometimes – and it is completely effortless. It is not even an effort, it is just the way things are. It feels like a totally relaxed space that is everywhere and in everybody and in everything. It feels like the essence of everything, including all activity that is *not* still and silent.

So another way to get to that connection that I have been speaking about this afternoon is in fact to find the silence. First to work for the silence, maybe to try and establish a certain silence, then to feel the silence filling you, and then to see – instead of stopping there and say: “That was great” – to see that that silence and that *serenity* that you might find has its counterpart all around you in the universe.

Now, what happens when that happens is that not only do you *connect* with that universal energy but the feeling of your centre shifts. I would often say to people, maybe I say it to you now, I would say to people: “Please put your hand on the part of you where you feel the centre of your being is; maybe your heart, maybe your...” Where do you feel the centre of your being is? Hearts, bellies, a couple of heads, nobody down here, (*Michael points to his genitals*) though that can happen too! Then somebody says to me: “Michael, where do you feel your centre is?” and I point up here. (*Michael points to the sky*). Now people laugh, but it is true; I feel my centre is here. My *centre* is here, *I* am not up here. I am not up here but my centre up here *includes* the human being in this form, in the body standing here, but it also includes everybody here. It includes everything that is anywhere that I find myself participating with.

When I go into a seminar now and see people here, then my experience of people in it is *as* strong, and when I start working even *more* strong, than my experience of myself – on an energetic level, that is – and the more I include the people out there and their energy in my reality the less I need to be concerned about the one who is standing here. Because my centre is up there I have an option. I have an option to feel what I call myself with myself, or to feel what I call myself with all the people who are around me. If I make the choice, as I do always, to include people around me as the most significant part of my reality, then energetically I can familiarize myself with each person that is there in this space that I *include* in my reality. If you are in that space – never mind if you are with a group of people as I have described, if you are walking in the forest or out in the fields or in the mountains – it is the same thing. Of course, sometimes nature forces its way into people, and people who would not agree or feel that they have had the same experiences that I am talking about this afternoon with the universal energy; that suddenly, as I am sure a lot of you know, you are walking out in nature and nature can simply *crash in* on you. You feel that you

are more forest, more mountains, more flowers, more garden than you are yourself.

Where is your centre then? It is not a 'centre,' it is not just here and this is you. All this is beauty around you and it has hit you and you commune with it, suddenly it is part of you. In that moment, if it happens to you next time, say: "Where is my centre now?" You will not feel that it is in here where many of you have pointed to (*Michael points to his body*). You might feel: "Sure, it is touching me in the heart," but you will not feel that your centre is here, because what is out there and what is coming into you from nature feels even more strongly present than you feel present yourself.

That is how it is when you are in love, isn't it? One of the features of really being in love is that the other whom you love becomes more important than you are. Many people would die so that their children could live. I would think most of us, if we had an opportunity to save our children's lives and sacrifice our own life, we would do it. So where is your centre then? Your centre is not in here, your centre is in your family, your centre is in your children, your centre is in *love*. Actually, the centre *is* in love. Your self simply slips out of yourself and you fall into the space of love, and you *are* love. The parent that throws himself in front of a gun or something to protect his child, he or she is *love* in that moment. Then, when the situation is over, you may go back to yourself again.

These are examples of what I mean by saying that to conceive always that the centre of us is simply in ourselves and we are an isolated person and this is the limit of our reality, the body or maybe a little bit around the body and everybody else in their individuality: this is not the fact at all. You see, when you jump into the cosmos or you jump into love or you jump into nature, what happens is that the subject-object duality vanishes in that moment. When you say: "Oh my God, this beautiful view" or "this beautiful garden," in that moment you say: "Yes, but I am here, looking at the beautiful garden." That will not feel true, that will not feel right. You are saying: "But I feel I have *joined* the garden I am looking at, I have joined the mountains all around me." This is the divine experience; to feel that you have united with God or with Jesus or whatever or with simply love or with the Oneness of everything. That is the highest experience of holy men. Then they have got possessed. That means they have given themselves up to the divine, and the divine lives through them and love spreads from them everywhere. As I see it, that is the highest goal that any of us can have. Everything else dwindles compared to that. All human success and achievement and attainment pale beside the cosmic connection and the unity with the divine.

Now, I don't say this like a teacher: "You have to go for that, and that is more important," I am saying that when you find it it is clear that what I am saying is true. Nothing will give you the bliss that it gives you to unite with the divine. Nothing will bring you into a state of love for *nothing* in particular but in general, the state of love in you rather than a love *for* somebody. Nothing will

bring you that more than this divine connection. Then you will feel that you have achieved as much as any human being can achieve, as much as you could ever have achieved, and you will die with a smile on your face: “That was that. It was beautiful and marvellous and I have found, I think, what is the peak of human experience.” That is more than feeling pleased that you have had a good life and you have loved your family and children and have been successful and you have had many friends and you have helped many people. That is also beautiful, but compared to what I am saying it is a small thing. Another thing about that is that if you have achieved many things in the world as a human life, then you feel: “Well, I have done that,” and you will say: “That is the end of that, now goodbye!” If you make the divine connection you will not feel that. You will feel that you go off into that which you have discovered, that you will live on, or *something* that is you or was you... That somehow life will go on and existence will go on or *reality* will go on even now when your body has finished functioning properly.

So that is another way of getting there. I said you can make it through resonance, through connecting cosmically with someone who is connected with it, that you can do it through finding the silence and letting that silence expand to include everything, but there is another way.

The third way is to realize your human personal potential totally. If you live everything that you feel inside you totally and fully and completely, then you will leap out of that completion into what I am talking about. If you hold nothing back, if you are afraid of nothing that holds you, that stops you from expressing who you are and what you feel you are... That will change, of course, but the more you express totally what you are the more you find there is further on to express totally. So you may not feel that you are in touch with your totality, your full potential – most people are not in touch with that at some stage in their life – but the way to full potentiality is to live whatever you are aware of already as your potentiality. To trust yourself to live what you find there, to have no fear or little fear, and simply say: “This is who I am, aha,” and then the next day or the next month you say: “Oh, that was not who I am. Now *this* is who I am,” and so you express that. “Ah, that was *also* not who I really am,” and then you go on and on until you finally feel you have blown everything away that was in the way and you are just whole, a big circle, and complete. The big circle, then, if you feel inside yourself a big circle, then that circle will join the huge circle, and that is why the circle is a symbol for enlightenment. That is why Zen masters, often when they get enlightened or when they die, they take a crayon and go: “Phuit!” and there is a perfect circle. You can only do that if *that* is in your nature. You can’t do it by measurement, by being careful. If you try doing it being careful you will make a mess of it. It has to go: “Phuit!” like that, “and that expresses my nature.”

That is the third way: to complete the circle of who you are on the earth as a person, as a human being, in your relationships, in your job, with people, with

friends, in your activities; to make a full circle, let that all happen, and that circle will be swallowed up by and join the complete circle. Then you can relax, then all the work is done and from then on the cosmos will do everything for you. When I say, as I said before, that you reach the state of divine connection – you feel your life is complete and you are high and you are in bliss most of the time, you feel simply a state of love for everything and everybody around – that is not all there is to it. Your life is still there, your work is still there, your friends and family are still there, your house is still there, the neighbours are still there, your relations and friends and acquaintances are still there, and you are with them. To convert that divine connection into a relationship with other people is another beautiful addition to the state that you have reached. That doesn't mean that from then on you are always sweet and kind to everybody. The way you express that divine energy has to mix with who you are; who you are in your circle and through that circle that you are on earth, the way that you are with other people when you find that connection will be specifically particular to you. So if you were entertaining before you will be even more entertaining now, (*Michael laughs*), if you were a light person before you will be even more light now, if you are an affectionate person you will be more affectionate, and if you are a bastard... (*laughter*). Maybe you will *still* be a bastard, but in a positive way. (*Michael laughs*). Some teachers *are* bastards, you know, and that is the way they work. There are many examples in the past of bastard masters, or masters being *tough* with their students and disciples, but behind it was a great love. You can help people out of their shells by coaxing them out and stroking them and being sweet to them, or you can take a hammer and go: “Bang!” and that pops the chicken out of the egg – or pops the goose out of the bottle.

A point in everything I have been saying this afternoon... I have pointed out that it is a journey, which of course it is, but it is a journey not to some excess place but to the natural state. We are all born, actually, into that state, and sometimes it is clear to me that all nature is in that state. When we look at trees, flowers, rivers and streams, and birds for me particular; you look at them and somehow they look great or it is very beautiful, but you get into this space where you are at one with that and you see that they are expressing, really, the state that I am saying we can achieve. This light that fires and brightens and consumes you as a human being is also in all that lives.

So for me the basic human capacity is defined by the word ‘love.’ If you are at one with everything you are at one with everything that is *in* that everything, and how can one part of the same thing not have love to every other part? But love is a human thing. I think, most things that are in this space that I am talking about... I am not sure if one tree can love another – maybe they can – but love, then, is somehow our highest possibility. It is only of any use to someone who is living. Beyond individual life love doesn't seem to have any meaning, but what for me is behind the love is something else, and that is l-i-g-h-t: light. I guess that is why it is called ‘enlightenment.’ Partly it is called enlightenment because

you realise what you have never realized before: “Aha!” but also because then you feel you are standing and living in the light, and I guess that is it. As I said: even if you find it and you are still alive, then you can live it.

I am talking, you are listening, maybe feeling this or that, maybe you are sceptical: “It is always possible, maybe he is right,” but to find that, as I see it, you have to make it the most important thing in your life. Not the only obsessive thing in your life, I don’t advice that at all, but that whatever you are doing there is this *aim*, this opening, this search, this reaching out to this cosmic space somehow around, even when you are doing something which is right here with this person or with this talk or with this action or with this computer or whatever it is; that somehow: “Yeah, yeah, yeah, I’m doing this, I’m applying here, I have to do this, it is part of my life, but at the same time I am still open to that which is up there, I am still feeling a connection with that which is beyond and all round.” Also, that which is up there is intelligent. That which is up there says: “Hi! Look kids, there is somebody down there who is interested in us.” (*Michael laughs*). “I mean *really* interested in us, not just somehow curious. Not holy. There is someone who recognizes that uniting with the one energy is the principle purpose and completion of a life. So let us go and take his hand or her hand. Let us show them that we are happy to receive him or her. Let us give them the gift.”

To sum up: resonance works. Meditation, silence, connecting with the ultimate silence works. Living your life to its full potentiality, that also works.

What happens then is this famous Eastern term of ‘sunyata,’ which means ‘emptiness,’ or is translated as ‘emptiness.’ What happens in emptiness is that whatever comes *in* to the emptiness *comes* in and it is full, but it doesn’t stay. All these things that hurt us; anger, resentment, sadness, jealousy, all these things that drive us down, they stay and they stay and they stay because we have a plot of land inside us where we stick them in. We even sometimes *cultivate* them; something that happened years ago, some jealousy or somebody hurt you and again it comes up because we cultivate it, but when you find sunyata and you see that it is empty, in comes something that functions, acts, does its thing: “Phuit,” and emptiness is there again. You can’t plant anything in emptiness, it has no roots, so everything just comes and goes. Buddha said: “Look for that which neither comes nor goes.” That space that I am talking about, that doesn’t come and go. It has been there since the cosmos began, if it ever began, and as I have been saying, things come into that emptiness, and they go because they can’t become part of that which neither comes nor goes. If you find that which neither comes nor goes, then even if *you* come and go, as we all do, this will not. If you are connected with that, then something in you or part of you will also be in that which doesn’t come nor go. So, see you there! (*Michael laughs*).

That is it for now. You know, sometimes at the end of a talk I ask for questions, and often I don’t because as now I have been talking for more than an

hour. I mean, I am pointing at something which is beyond ideas and words and concepts, and I am hoping that maybe a part of you has gone into that space – and if we had questions and answers it would all come down to the head again. So, if you have any questions please write to me, and I always answer all my mail. If you want to, maybe, have a little taste of what I have been talking about, then as you probably know I have a time here tomorrow where I will do some of this energy work which helps people to find what I have been talking about this afternoon.

Thank you for coming, I am flattered that so many people came, and maybe what I have been saying will help you on your way to your goals in life or beyond life. Goodbye for now. (*Applause*).