



Deep Inquiry: Not for the Faint of Heart, by Gangaji

Authentic spiritual inquiry reveals the joy of fresh insights and revelation, just as artistic or scientific inquiry does, but if we cling to the latest insight as a thing we know, that thing grows stale.

To be of real spiritual value, inquiry must be alive and fresh. Regardless of what we remember or have discovered from the past, each time we truly inquire, we return to not knowing what the outcome will or should be. No doctrine is needed for discovery. No concepts of multiplicity, duality, or non-duality are needed. In fact, we must put aside all of our doctrines and concepts for our inquiry. All that is needed is the willingness to be unattached to the outcome, conscious, and truthful.

Deep inquiry is not for the fainthearted or weak-minded. It is for those who are ready and willing, regardless of fears and discomforts. It is the challenge and invitation to mature. It is the invitation to give up past reliance on others' discoveries while allowing those discoveries to encourage and even push us into our own inquiry.

Inquiry is not a coping mechanism. It is not present in human consciousness to provide certainty or comfort, except the sublime certainty that one has the capacity to discover truth for oneself. It is a stretching mechanism. It calls on the mind to stretch beyond its known frontiers, and in this way inquiry is support for maturing and evolving the soul. It frees us from the need to define ourselves to experience being ourselves. It is both humbling and a source of profound joy, but it does not provide a neat package of new definitions and stories.

The challenge in inquiry is to be willing to directly discover what exists with no reference points. Inquiry is no small challenge, for it requires facing the death of the inner and outer worlds as they have been constructed with no knowledge of what will take their place. We have the experience of releasing our constructed world when we fall into sleep, and we cherish and need this experience for our well-being on all levels.

The challenge of inquiry appears in releasing the constructed world while remaining conscious.

- Gangaji

[http://www.huffingtonpost.com/gangaji/spiritual-inquiry_b_1286294.html]

