

## ***Mooji is a Guide to Truth***

It is about experiencing being without any mental concepts, influences from outside, preconceptions; just being from which unconditional love will arise.

We do not die. This is a myth. For only that what we are not can die

His infinite humility, devotion and love will always touch deeply. Tears start running. Laughter will arise.

## **Mooji – a non-teaching Teacher**

***Just as the philosopher's stone will change everything it gets into contact with into gold, in the same way will the presence of a self-realised human being transform the heart of the seeker merely by being the way he or she is. Eva Hofmann tells us about an extraordinary Advaita teacher.***

To write about a teacher who claims not to be a teacher leads us direct into the matter: Advaita – Non-duality. Simply be.

Mooji is well-known by more than one and a half million people, either personally from satsangs whenever he travels from England (London) through the world to North and South America and India, or in Europe when he is invited by disciples in Italy, Spain, Germany to give satsangs. Or also by the innumerable clippings from satsang recordings on his website, on YouTube and other channels, which his sangha and other creative friends offer online. Quite often I heard people say after satsang that a video clipping had given them the push to meet Mooji personally: Spontaneous deep love for him had arisen when watching the video.

### **From artist to mystic**

Who is Mooji? When reading his biography we will learn that he was born in Port Antonio, Jamaica, on 29th January 1954, moved to London in his teens to join his mother and that he now lives in Brixton, a part of London. In the past he had been known as Tony Moo, but now the many spiritual seekers and friends coming to see him from all over the world call him lovingly Mooji. Mooji used to paint street pictures, glass windows and taught arts at a college in Brixton, London, – until 1987 when he happened to meet a Christian mystic.

This meeting completely changed his life. He had a direct experience of the divine and this completely changed his consciousness. A deep desire

to abandon himself to the divine will arose in him. He stopped teaching, left the kind of life he had and after a period of retreat during which his sister took care of him and offered him loving shelter, his spiritual “teaching” - which he does not call teaching - developed without any efforts of himself. The people who crossed his way were attracted by his being, the way he behaved and the deep peace which had developed in him: satsang started.

### **Spiritual connections**

A deep and important experience for Mooji was his encounter with Sri Harilal Poonja, known as Papaji. Rather “by chance” Mooji happened to travel to Lucknow and joined satsang with Papaji in November 1993. He stayed there for several months, as he recognised that Papaji was his guru. Mooji sees himself as a disciple of Ramana Maharshi, too, the wise man from the Arunachala mountain. At the foot of this mountain is situated Tiruvannamalai, a big city in the state of Tamil Nadu in South India. A sculpture of Ramana and a photo of Papaji accompany Mooji in each satsang.

In 1994 Mooji travelled with Papaji’s blessing for the first time to the ashram of Ramana in Tiruvannamalai and since 1999 he has offered satsang in “Tiru” – as the city is called lovingly by many people - on a regular basis from December till February; Mooji openly invites all those people who sincerely are looking for truth, no matter from which background they come.

### **In satsang**

Mooji lets himself be lead through the illusions of every inquirer, he chimes in, asks further questions, explains, emphasises that he is not a teacher, that he does not want to teach, that he just points to some things.

In a playful way Mooji will lead away from the mind, to “This is what you are”. Many faces shine with love for Mooji, for life. His infinite humbleness, devotion and love will touch many people deeply again and again. Tears will flow, laughter will arise. On those days when Mooji stays on after satsang and embraces everybody who comes to him, it is deeply touching to see how he accepts everybody in a loving way. His indescribable, strong presence makes a big impact on all who meet Mooji - also in those people who do not understand any English, do not have any interpreter and “only” are near him in satsang.

### **Who am I?**

The central question “Who am I?”, that Ramana Maharshi gave his disciples to guide them in meditating, is Mooji’s subject as well. Quite often the seekers who come forward are asked this question. However, he does not expect any answer to this question, but he points out that answers are cheap, and that everyone should ponder this question inwardly. The point is to experience who asks this question, the point is the direct experience of being, of an impersonal being, free from a “bad smell” how Mooji calls it sometimes. The focus is on experiencing being without any mental concepts, conditioning, preconceptions; the focus is on simply being from which unconditional love will arise.

Mooji commits himself to every single person, does not argue in favour of any special, specific meditation practice which we will recommend. No, he emphasizes that no special practice is necessary, that only mind asks for direction. You do not have to walk towards a goal, because we are all already awakened, only the mind will interfere again and again. Just like clouds on the blue sky, thoughts, concepts, feelings will slip in front of the unchanging consciousness and sometimes will even conceal it completely.

This experiencing of living and being here and now, which has no past, no future, and also has no birth date, no gender, no name, is possible for everyone, says Mooji. And many people experienced exactly this, following his words: “Don’t pay any attention to your thoughts, that will kill them, this way they lose their power.” And again and again he will point out: “You are that, you are that in which everything comes up, what is seen. You are that – invite everything.” He once expressed it by this picture: “Wherever you go, a garden will develop, however, you are not a gardener.”

For Mooji nothing human is alien. He knows that the range of expressions is surprisingly manifold, if consciousness plays in the form of human beings. Truth is infinite and also here right now, it is not necessary to travel there. Mooji is a guide and signpost to truth.

### **First encounter with Mooji**

It was quite natural for me to see and hear Mooji and to stay with him (in the heart). His word destroyed quite a lot of concepts right in the first satsang session. When I sat in front of him and realized the infinite emptiness in his eyes, something laughed and cried in and out of me, I was shaken and a new phase of life started. And even if everyday life still sometimes puts me through the mill, even if fears come up, all that will not be able to take up much room in the wide consciousness. Along with it love will flow, and peace is felt just like joy in experiencing that here and now everything is all right even if pain(s) is/are there, and this basic feeling will not stop; it is unchangeable in spite of all changes.

Children love Mooji. They cling to him, seek to be near him and even in satsang they come up to him. He listens to them attentively, too, takes them seriously as if they were grown-up, and answers their blunt children's questions in a loving and paternal way. Here, too, simplicity, clearness and comprehensive understanding is to be felt.

### **Mooji on death**

Often disciples will address the theme of dying in satsang and their fear of dying. Mooji will then tell them that Ramana did not have any fear of dying, not as a young boy, when Ramana suddenly had the feeling that he had to die and lied down on the floor motionless in order to experience this process in full consciousness and completely awake without any fear. Many years later when Ramana's disciples lamented that he would have to die soon as he was very ill, Ramana then replied that he soon would experience his "finest hour".

Mooji points out that that what we are will not die, cannot die. Only the body will dissolve, that what we are will leave this mortal body and this is the most natural process in the world. We will not die, Mooji says, this is a myth. For only that which we are not can die.

### **An attentive sangha**

A sangha formed around Mooji with people who are full of creativity and have accompanied him on his journeys for many years. His retreats and satsangs are characterized by attentiveness and devotion to him and the participants, and at the same time all people around him are open for all arising situations and requirements. The number of participants in his satsangs is continuously and steadily increasing. Mooji's "crew" is faced with numerous tasks, however, it is not only organising they are preoccupied with, you will always feel that they live love. And again and again I experienced how the "Moojis" carry his love and peace into their environment, meet irritated and over-worked or sick people with soothing understanding in everyday life.

Meanwhile two books came out of Mooji's satsangs: "Before I am" (2008) and "Breath of the Absolute" (2009). The simplicity and radicalness of his works sometime remind of the words of Zen masters. In his first book Moojis tells the readers: "Use my words but don't hold onto me. Look for yourself. Look by yourself. It must all be your own discovery."

### **Mooji in short**

Mooji is living love, powerful love that does not shrink from tearing off the blinders from the eyes of people. He will also utter uncomfortable truths; he sees clearly whenever somebody is entangled in the traps of mind and will not escape the lure of ego. Just as infinitely manifold and different human beings are, just as manifold and varied are his answers to the questions. His words flow in freedom, "it" will talk, not a person with a personal message, teaching or intention is hiding behind the words. He talks with and out of the infinite wisdom of the wise men of this world. Om shanti.

*Eva D. Hofmann*

**Eva D. Hofmann**, born in 1952, focus on zen buddhism and advaita, loves India, works in Frankfurt on Main/Germany, translates spiritual literature form English into German.

**Info in the internet:** [www.mooji.org](http://www.mooji.org)

German translations from Mooji's satsangs under:

[www.mooji.org/dialogues\\_de.html](http://www.mooji.org/dialogues_de.html)

Satsang-Videos also on YouTube

**Contact by email:** [germany@mooji.org](mailto:germany@mooji.org)