

## Message 380

Paris, 4 March 2020

### Corollary to Message 379

1. Looking intensely at 'What-Is', Listening deeply and not merely accepting, rejecting, justifying and condemning; and Learning independently therefrom are indeed important in our daily living.
2. There is an "Electric Beauty" of Insight and Energy of understanding 'What-Is'. Vegetarian diet and no addiction in any form, lead you to this 'Electric beauty'.
3. No personal or political motive, no false values are indeed required.
4. You cannot train yourself to be attentive. Just be aware that you are inattentive. This awareness **IS** attention.
5. Death is the death of the 'Me', not of Life.
6. Incarnate **Now**, for the Insight to **Be**.
7. Find out what is hidden in the psych "I" — a network of images and influences
8. Perception is action!
9. There is no one to ask and no where to go. Just keep moving inwardly and silently.
10. Shibendu has no expectations from the Kriyabans. Yet kriyabans are always ready to do everything for him! Is this not a great mystery and Grace?
11. There are no 'messages' of Shibendu Lahiri — only movement of Life and Energy of Understanding, which belong to all sensitive human beings including kriyabans.
12. World religions made promises of salvation, carefully capitalizing on fear and desire that reduced Heaven to a commercial product, to be bought and sold, giving rise to moral corruption of innocents and gullible. Sway of the organized religion and the church scandals are amazing. Social connection and psychological comfort, in difficult situations, seem to be the only offering of the temples, mosques and churches.

Let Nothingness (Freedom from psychological time) be at the beginning as also at the end.

**Jai Nothingness**