

BARRY LONG'S

GOLD COAST TALKS ON TAPE

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“If you are willing, I will take you deeper into being – just as if you were at the meeting itself. I will take you into the extraordinary state of being beyond the person, beyond the thinker, beyond the worrier.”

These tapes provide a record of the ever-unfolding living truth reflected by Barry Long. Listening to the tapes is the next best thing to actually being at the meeting itself.

Barry Long holds regular meetings on the Gold Coast, Australia. The afternoon meetings are recorded and each is available as a two-tape pack (approx 3 hours). The meetings include periods of silence for going into ‘Me’ and questions from the audience.

The tape sets can be purchased from:

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GOLD COAST TALKS 1993

LIVING THE TRUTH

Barry Long held six afternoon meetings on the Gold Coast in 1993.
They were held at the Pan Pacific Hotel in Broadbeach.

23 JANUARY 1993

Side 1 Being and self; looking for the good; right action – Woman must be mastered by man who knows what he is doing: demonstration from letter – Jade speaks to woman on position and place of love in dealing with man – Are you in your place? Situation of man and woman – Going into Me: into this place, abandoning position, this will strengthen you

Side 2 Going into Me: a sacred place, I the subject disappears – Universal truth: giving – Woman: demand and insecurity – Courtesy and politeness – Being true to the situation – I cannot compare my life with another – My place is my life – Getting it right with mum, dad and work – Dying; the primitive sacrifice of life – Glamour: flowing gowns in the ashram

Side 3 Addresses young girls 10-12yrs: the nature of woman and being true to love – One life: previous life and origins of life on earth – Glamour, ecstasy and equilibrium – Spiritual names and attachment to the master – Children copying adults – East and West: cults – Going into Me: the East, no form, going into silence, gratitude

Side 4 Going into Me: taking out the world and giving you nothing – Masters: 'Never Born - Never Died' video – Heart: broken, organic, human, pure of heart – Situation of life on earth – Come unto Me – Get rid of self and mood – Dishonesty in love; man loving more than one woman – Going into Me: blessed relief of not having to be anything – Getting my life right, guided by situation not feelings – Grace and love – Surrender and knowledge

6 MARCH 1993

Side 1 All emotion is past; thinking arises from the past – Joy is always now – Why am I emotional? – Facing the living past with honesty – Me, the source of honesty; my self, the troublemaker – My self uniting with Me – Going into Me: looking without and within, where mind gets the power to see straight, coming home

Side 2 Going into Me: releasing new energy, living the truth – One sense divided into the five senses – Returning home; new vitality in your life – Human mind and divine mind: sense of senses, only one Me – Divine mind: pure intellect, purifying the mind – Self ruins my body – Giving: the solution to every problem – Winning and losing – Right giving with honesty and clarity

Side 3 Pure intellect, the will, willingness to give – Wasting energy: you know what you should give up – Divine will: harmony in all aspects of life – Wanting and giving, taking and receiving – Aligning with the divine will – One pointedness – All of my life is my God – Giving attracts the divine will – God is giving – Going into Me: object and subject disappear, seeing through the speaker and existence

Side 4 Being seen, acknowledgement – Facing the fact: I am going to die; seeing through death – I must give what I need – Time to withdraw and time to come forward – Nothing happens until the time is right – Relaxation and visualisation – Studying without unhappiness – Live just one thing you know to be the truth

17 APRIL 1993

Side 1 Going into Me: through the looking glass, the other side of the mirror – Hell: my self, demons of the underworld, facing myself – What about me? Missing out – Moody one wants to be loved

Side 2 Youth: gaining experience without accumulating emotion – Answering letters from two women*: woman is love and is responsible for love; woman cannot teach man; woman has to be mastered by man (who knows what he's doing); woman must be in command of love – Fixed stars: ideas in the mind of God – Suffering is reflecting on self – Acknowledging beauty * see 'To Woman In Love' pp 87-93

Side 3 Going into Me: going into the unknown – Relative reality: the thinker – How do I get rid of the demons in Me? – How to drop tension to the stomach – Stopping thinking: honesty and action – Facing externalised demons

Side 4 Man and woman living in different houses: giving all or protecting emotions – Ball in the stomach – Dissolving momentum of work with partner – Acknowledgement – Getting the baby out of the bed: everyone in his/her place – Verbal communication needs to match physical lovemaking – Knowing what you don't want – Physical love and virtue: noble man, the ground and field of love

26 JUNE 1993

Side 1 Going into Me: looking at nothing – Rightful place of the ego: protector of the natural body – Going into Me: enjoying the egoic breath – Awareness and consciousness – Getting rid of self for the good of the earth

Side 2 Self always wants to get – Nature of Me is to give – Mystic cross: self being refined and reduced – There is no experience in truth – Looking for experience in lovemaking – Feedback, fulfilment, absence of experience – Woman losing the old experience of love – Body dying with no fuss – Deep dreamless sleep – Going into Me: I am being, no movement of the mind

Side 3 What is it that instigates the lovemaking act? Man's biological urge to make love – Men's excitement in watching sports on TV, breaking attachment – Am I ready to die now? – Fear of nothing; Buddha facing his sexuality and nothing arising – Insomnia, facing what I learned in my relationships – Intimacy and giving everything in partnership – Woman: giving everything in love or being demanding? – Honesty before love – Attachment to dying father

Side 4 Practising being – Going into Me: crossing the point of the triangle, leaving the world of awareness – Getting your external life right – Beauty and the beast: woman, the beauty of the earth; turning the beast into the noble man – Penile servitude; changing the penis back to the original phallus – Will and willing – Change of life in woman

31 JULY 1993

Side 1 Giving God what God wants: What do you want? What would I put before all else? – Wanting or being open to relationship – Arguments: what am I hurt about? – Partnership: individual wants and acting in union – Woman putting children before God: not giving in to sentimental love – Man alone: seeking company, knowing why – Two keys to being responsible; first key: I must not judge myself; the can of worms

Side 2 Taking action – Second key: I must do what I know to be right – What is, is right; is unhappiness right? – Pain without suffering – Where there is not enough love I turn to sex; where is sex demonstrated in your life? – Barry sings a song to love – Three stages of popular songs – What monkeys look like to each other – Man grafted from the original monkey stock

Side 3 World wide shortage of memory: computers – Emotional memory – Values you are concerned with and real values – I must not love my self – Loving children without indulgence – Go by the practical – Decisions and no choice – Deep dreamless sleep – Absence is the place and stillness is the way – Meditation, being, absence

Side 4 Facing and going through your particular emotions – Creativity – Going into Me: into this place of absence – Unhappiness and looking into my life – Psychic ability, the occult, glamour and miracles – Are there other lives? – Ageing of the body – Enjoying my life and knowing the purpose of life

18 DECEMBER 1993

Side 1 Two problems all over the world: cause and effect mind; leaving Me – Explanation of Me – Self consideration, selfishness, feelings – Intelligence: no feelings, looking out of your skin – Going into Me: beginning of freedom and liberation – Who, where and what is Me?

Side 2 Me: the tenderest, sweetest place – Psychic manifestation: the devil – Giving or indulgence: listening to the sad story – Blindness and deception of scientific mind: Stephen Hawking's scientific report – The black hole – Extra terrestrial intelligence – Your brain and sensory universe – Love within reflected without – Going into Me: into the black hole, the moment before the big bang

Side 3 Catch 22 – Getting rid of the questioner – How you know when he or she loves you – What is getting in the way of love? – The value of self – Can there be joy in getting my life right? – Curiosity: gossip at work – Painful self: telling the sad, sad story – Fear of not having enough to retire on – Reading newspapers – Love and attachment – Woman's attachment or man's fear of love? – Pain causing itself more pain – A broken heart – Mystical love and the speaker

Side 4 Going into Me: looking into Me, the formless, looking with intelligence and with feeling – Consciousness and awareness: in and out of time – Addresses young girls: real wedding vows – Anger with children – Unhappiness in children – Happiness or absence of unhappiness – Honesty and right communication – This teaching, going into Me: two hemispheres of one cosmos – Addresses 8 year old: learning from experience; can you destroy the self?

GOLD COAST TALKS 1994

LIVING THE TRUTH

Barry Long held seven afternoon meetings on the Gold Coast in 1994.

22 JANUARY 1994 *Pan Pacific Hotel*

Side 1 I am God realised, not God – Living not mouthing the truth – God's mind, man's mind – Sexual devil – Masturbation and woman – Going into Me: delusion, clarity of intelligence, children going into Me, the blackness, one with nature – Woman: power, surrender, democracy

Side 2 Woman and sex – Woman: strength, emotion, leaving partner – Young man and woman: sexual experience – Woman's anger at man leaving – Going into Me: feeling of intelligence, sinking without fear – Getting my life right – Salutations on letters – Physical pain

Side 3 End of world: power of God and power of electricity – Giving and giving in – Where does male sexuality come from? – Woman: sexual excitement – Going into Me: coming home – Thinking and looking – Two questions: Is there a time for woman to cut man out of her life? Why have anything else when I am complete? – Anger and insecurity

Side 4 Selfishness in woman – Consciousness, meditation, being – Substituting food for love – Angry, sexually frustrated man – Woman alone – How do I draw a partner to me? – From 11 year old girl: Why is love misused? – Moving or staying and facing? – Monogamy – Forgiveness – Man overcoming self consciousness and fear of woman – Living the truth you hear

27 FEBRUARY 1994 *International Hotel*

Side 1 Body of humanity: each of us is a cell; enlightening the cell – Looking into Me with intelligence – Awareness and consciousness – Knot in the stomach – Experience – Love or comfort? – The Grid pop group – An honest Nazi – Grace

Side 2 Teenagers practising grace – Going into Me: acknowledgement – Visualisation, magical and magic – Obesity and cancer of the body and of humanity – Catch 22

Side 3 Black sun – Computers, information and force – Knowledge – Cause and effect mind – Science, objectivity, subjectivity – Goals, purpose, love – Obituary: Joseph Cotton (actor) – Going into Me: looking into dark starless inner space, coming home

Side 4 Will: introduction – Food and sex – Death of a parent – Being true to the situation – Who is looking into Me? – Predestination and karma

27 MARCH 1994 *International Hotel*

Side 1 Ordinary man – Purpose of life and growing old – Curiosity – Going into Me: returning to where I come from – Teaching child to think – Shadowlands (the movie): the establishment

Side 2 Shadowlands (cont): love – Cosmic value of cancer – Explanation of death to child – Faith, gnostics – Going into Me: emptiedness, facing nothing – A foolish letter: discarnate entities – Programming the incredible robot body

Side 3 Human body is God's vehicle – Going into Me: place of nothing, no trying, the radix – The radial – Fear has no body – Giving up intensity – Earthly experience: waves of self

Side 4 State of enlightenment: level playing field – Beauty – Going into Me: being, the will, no need – Idea embraced by the will – Soul and self

24 APRIL 1994 *International Hotel*

Side 1 Ego and intelligence – Sensitive or thin skinned – Territory and possessiveness – Going into Me: reflect on Me, the holy one, the innocent one – Mind and first heaven – Older woman with younger man – Menopause – Albido

Side 2 Reincarnation: fact, truth and fiction – The cell – New baby body, negative and positive – Predisposition – Reconstitution of cells – Going into Me: be the nothing

Side 3 Death: psychic double – The heavens – Realising the psychic double – Going into Me: sink into nothing, intimations of the psychic double, consciousness and the senses – Seeing truth behind appearance

Side 4 Demonstrating being: everyone a star – Moment before the big bang – The heavens – Pure intellect – Satellites and space rubbish – Self's way and the way of Me – Space between earth and moon – Demonic energy – Cunning – Beyond the moon – Judgement – Your life, your task – Fact and truth of jealousy

29 MAY 1994 *Bond University*

There are a few electrical noises on these tapes

Side 1 Circumstances of my life – Genesis: seventh day within – Top quark and H particles – Second thing first – Going into Me: beyond creating, I am eternal – Condition and conditions

Side 2 Nothing to speak of – The tail: bride's train – Purpose of making love – Nightmares: id-ENTITY – Going into Me: aligning myself rightly with the id

Side 3 False memories – How do I attract this love? – Encountering the id – Emotionality in man – To the older person – Listening to the young – The two hearts: organic and cosmic – Wilfulness: a contrite heart – Solar plexus: the cosmic heart

Side 4 Broken heart: putting man before God – Negativity: not giving – Eternity – Going into Me: the point of eternity, bringing the two hemispheres together – God in existence in man and woman – Jealousy – South African flag – Love and lust – When is it right to share physical love? – Love and sexual excitement

18 SEPTEMBER 1994 *Bond University*

Side 1 Lighting up my potential: the purpose behind existence – Going into Me: hold on to nothing, let go, into the unknown – Goals and purpose, actualizing potential – Human evolution: end of thought – Barry Long sings 'The Place of the Sinking Heart'

Side 2 Going into Me: I am free – Space: what manifests into existence – Intuition and egoic intelligence – Goal setting – Containing exalted energy – Chattering mind – Now is not the present: senses, present and presence – Past and the family – Physical pain

Side 3 Cone of existence – Consciousness and dropping the past – Explanation to nine year old child: subject and object, reflection of my love – Speed of consciousness, spirit – How to leave the baggage behind – Great pyramid of existence – Climacterics of life – Menopause

Side 4 Man's climacteric: 40 years – When the body dies – Lift-off speed of consciousness – Going into Me – Song: 'A Million Years' – Feelings, the feeling and knowledge – Feeling and creativity – Man complete

18 DECEMBER 1994 *Bond University*

Side 1 Everything happens in the human brain – Life here and after death – Guru: freeing human brain of anxiety – God: intelligence of the human brain – Practical explanation of brain to 6yr old – Land of the living dead – Guru: getting rid of forces of the living dead – Love communicates it's alright – Woman 100% love, man 10% something to do – Acceptance, new dynamic, solution – Going into Me: place where nothing begins

Side 2 Going into Me (cont) – Communion and sensory activity – Woman and doing: workaholic – Symbols – Dishonest to life – Accepting my life as it is – Woman and realisations – Man, woman or absence? – Body without emotion – Woman, logical or rational

Side 3 Me, myself – Going into Me: my place of being – Staying with Me: seeing through the speaker, beginning of intelligence and power, nothing arising, knowing and belief, acknowledging Me within and sensory body without, love requires enormous speed – You are the Gatekeeper: allowing in the living dead

Side 4 Gatekeeper (cont) – The crossing: divine will and my will – Acceptance, new dynamic – Vigilance and seeing the cause – Taking action, predetermination – Changing karma: bullets to raindrops – Woman sannyasin addressed – No human brain, no knowing – My transcendental realisation – Lord of karma – Justice – Negation – Myself and Me in harmony

GOLD COAST TALKS 1995

LIVING THE TRUTH

Barry Long held four afternoon meetings in 1995 at Bond University on the Gold Coast.

GOLD COAST TALK 9 APRIL 1995

Side 1 Do you want to suffer any more? – Shock and taking action – Being true to your feelings; love is not a feeling – Eastern language – Stop acknowledging your feelings – What you fear is coming; the dread of being born; the life process – What can I do, not what do I feel – The still mind and Eastern teachers – Enlightenment of the burden of feeling – Going into Me: the absence of myself, my natural place, a sensational place

Side 2 Believing in feelings – Authority of master consciousness: the loving father – If I learn to be me, will I be happy all the time? Birthdays and children – How do I get back to Me from thinking and feeling? – Achievement without thought: how to create a novel – Philosophies and falsehoods; leaving the senses; videogames – Suppressing feelings and knowing what you are doing – Breaking up old illusion and confusion – Going into Me: knowledge of peace, a place of no position

Side 3 Ascending your mountain and coming down into existence – Interpretation of feelings, likes and dislikes – Sensation, making love, feeling and boredom – Thou shalt not kill – Everybody pays back for the wrongs of humanity – Alone and lonely, interpretation of feelings – Going into Me: with eyes open – Inner perception: washing machine inside – Pop songs and their content; Barry sings ‘The Place of the Sinking Heart’

Side 4 Being true to the situation and going against my feelings – Going into Me: a place of non existence – Facing emotion in young children; compassion and serving humanity – Coldness of universal love – Free will, free choice, wilfulness – Feeling and psychic knowledge – Honesty in partnership – Facing moral dilemmas: knowing what you are doing – The Wailing Wall, perpetuating sentimental feeling – Purpose of life – Sensational life and feeling life

GOLD COAST TALK 21 MAY 1995

Side 1 Taking psychic prisoners – The Internet and seduction by this intermediate world – Psychic freedom, psychic stroke and heart attack – Childhood memories and need of therapies – Energetically releasing psychic prisoners – Cross of suffering – Going into Me: the vital, where there are no prisoners, love seeks nothing for itself (11 mins of silence)

Side 2 Visiting wounded psychic prisoners or setting them free – Where all wars, starving people and concentration camps come from – What intelligence is; wanting and action – Going into Me: there is more good than not good (10 mins of silence) – Intermediate world and virtual reality; the young are more and more unable to love – Keeping in touch with Me – Keeping my psychic system pure and healthy

Side 3 Difference between man and woman – Woman, rivalry and doubt – Interaction of love between man and woman – Two sexes trying to merge; loving the same gender – Interaction without merging the sexes – Vital and vitality – Woman and insecurity – Realisations in man and insights in woman – Each has a load of negativity to transform – Going into Me: each has a place guaranteed by the grand order of things – Addresses children: mother’s and father’s wisdom visited on the child

Side 4 I will always be bringing more love into this world – Communion with the most high, not asking for anything – Reason for humour and laughter – Can you have thoughts when being in Me? – Man and realisations, irreversible change and being born again – Does psychological death have to be painful? – Turning towards home and facing the guardian of the threshold – What is grace? – One of Barry Long’s realisations

GOLD COAST TALK 20 AUGUST 1995

Side 1 Angelic realm, a place of absence – Condition of the public and state of the people – You have to go through feelings – Sensation and interpretation of life through feeling – Feelings mean that you are not taking

action – Love is not a feeling – In enlightened state there is no feeling and no thought – Death of a loved one – Psychic experience and reconstitution of cells – Letter from England on reincarnation – Question: nature or nurture?

Side 2 Impersonal life, giving up the person, freedom – Interest, belief, direct knowledge – Man laughing for no reason – Parent's question: how can I help my child? – Going into Me (6 mins silence) – Living is the process of enlightenment – Letter about division of the person – Political correctness: eliminating man and woman; homosexuality – Eighth wonder of the world – Science is rational and not logical – Are you ready to say goodbye?

Side 3 Freedom: what is it to be free? – Feelings come from interpreting my life – Sensation is a universal truth – There is no need to express feelings ever again – Going into Me: to the universal place (5 mins silence) – Asking the right question when looking at feelings – Being in a wheelchair: accepting life as it is – Intuition comes from sensation – Woman facing her violence and self destruction; the negative cells – How to give up smoking

Side 4 Pain of human love – Have I loved enough so there is no need to say goodbye? – Impersonal and divine love – Longing to walk with woman: longing requires action - How can woman put God before man? – Man/woman love: what about invalids and people who can't make love? – Finding joy of young girl after 55 year destructive relationship – Passion leaving relationship with arrival of child – Do people who have not been in touch with feelings need to express them? – Feeling is the source of thought

GOLD COAST TALK 3 DECEMBER 1995

Side 1 I have given up dealing with people's problems – New teaching: I'm doing well; illness, physical death, studying – End of Course in Being; being is a more responsible state than doing a course – Give up suffering, stop considering your feelings – Going into Me: being is the life of every creature on earth (11 mins silence) – Awareness and consciousness in harmony – Don't think about last night's movie – Pain hurts: getting rid of what hurts – Self improvement is the problem

Side 2 Is thought always there? – State of enlightenment is no feelings and no thoughts – Without feelings what about intimacy? – Sensations and feelings, making love – Feeling sadness when somebody dies – Cleansing tears – You love it – Going into Me: this is what I love (7 mins silence) – Being, the power behind the body – Stopping the distraction of thought – Ten year old girl asks about feelings when someone is murdered – Sensation of loss in animals and humans – Dilemma: service versus inaction

Side 3 Looking and thinking; designing, refining ideas by looking – Getting your life right: looking, thinking, ignoring, facing, freeing the cell of poison – I'm doing well even when I have a problem – Universe gives you what you acknowledge – Confusion and looking straight; life presenting conflicts – Going into Me: place of God (15 mins silence) – Facing fear is the way through fear – Take one thing with you and live it – Friends talking about the past – How to reach the state of being

Side 4 Declaring 'I love it' – Yesterday's movie: giving up attachment – Control and manipulation; children, pain of self – Are Barry Long's books necessary? – Love of it is the same in everybody – Difference between spiritual master and spiritual teacher – Everybody is enlightened – Is it possible to realise truth and not love? – Saying goodbye to parents; death of mother, writing and visiting – Being with Barry Long

GOLD COAST TALKS 1996

LIVING THE TRUTH

Barry Long held five afternoon meetings in 1996 at Greenmount Resort, Coolangatta on the Gold Coast.

GOLD COAST TALK 18 FEBRUARY 1996

Side 1 Simplicity is the character of God – Do you give up your self for your partner? – Life is simple, if only you don't look back – A gift to the children: I will never be unhappy in your presence – Anxious caring: parents with children – God, the embodiment in matter – Death – God realisation – Going into Me (9 mins) – What is happening with these silences? Darshan, a state of being

Side 2 Being with Barry Long; the holy state – Going into Me (7 mins) – Letter to Barry: when you are no longer in your body . . . will you still be my master? – When you deal with your emotions, you do a deal with them – Is love an emotion? – Question from 6 yr old girl: can emotions die when the body dies or can they die when you are alive? – Is there any way I can protect myself from the emotions of the dead? – No more negativity; no more judgement – Is there any difference between judgement and observation?

Side 3 Question from 6 yr old girl: why do people say it's bad when it is raining? – Hell and the Church of England – Experience and emotion: we have to keep the experience and dismantle the emotion – Tradition: I have no followers – Karma: each of us has to live a part of the past of the human race; by being with the master consciousness you eliminate karma – Going into Me (15 mins) – Nothing arising: when the washing machine stops

Side 4 Being in your senses – Be still and know that I am God; the most unhappy people on earth are the busiest people – Eastern and western culture: eastern culture is basically devotional; the western way of knowledge has degraded into knowing – Divine will: God is not pernicious – You are here because you love 'it' – Going into Me (4 mins) – Consciousness and awareness

GOLD COAST TALK 17 MARCH 1996

Side 1 Being: the rarest state on earth – Going into Me (5 mins) – Spiritual realisations: being is the source of realisations; the realisation of immortality takes all fear away – You and I are animals; self consciousness in tamed animals – Feelings: in the state of being you can't have any feelings – Dunblane killing of schoolchildren: looking deeper than the events; to mourn is human ignorance – Letter to Barry: I trust

Side 2 Children murdered: karma? – Addressing the children: your life has got to be lived out according to you, not your parents – Going into Me (7 mins) – Trust – Sense of danger – Children expressing opinions: observations require no opinions – Violence in man – Barry answers a letter: anyone who takes marijuana will have trouble stilling the mind and getting their life in order – Question: we've virtually got no friends left . . . is this OK?

Side 3 Violence, sexuality & sensuality – Question: childhood conditioning? You have no conditioning as long as you forgive everything – Question: can you tell me what judgement is? Be true to the situation, don't judge it – Going into Me (6 mins) – Therapists and master consciousness: when you are with Me you are ready to be a being; that does not require any therapy

Side 4 Anxiety – Keeping the mind still when engaged in action and when sitting in stillness – Why is art often so ugly? Praise of pain or praise of God – Greatest art for man and woman – Physical pain: the great healer is Me – Letters about massage: the truth of massage – Stress and tension at work – Being a Sunday Christian or living the teaching – Question: what do I leave behind? You give in so many ways . . . there is a sub-plot here – I trust Me inside

GOLD COAST TALK 19 MAY 1996

Side 1 What is the purpose of your life? What have you done today of purpose? – Negativity and self judgement – I am the intelligence, Me is the substance – Self doubt is self judgement – Going into Me (6 mins) – Being with the master consciousness: darshan – The purpose of meditation – Romance and what we have lost; The Accolade – How does woman put God first before her man?

Side 2 Woman in command of love – Question from 7 yr old: why do I have unhappiness in me? – What is the difference between romantic love and falling in love? – As an enlightened master did you have fear or self doubt when you found out you had cancer? – Cyclic flow of death into living and living into death – Going into Me (7 mins) – My health; the cycle of life – Romance and graciousness; generosity of spirit

Side 3 Love has purpose – Intelligence in matter; bringing up the speed of the flesh – Feeling sad when someone dies or partner leaves – How do you help small children with their emotion? – Monogamy – Question: I can't and don't want to forget my mother who died – Going into Me (8 mins) – The spider and the web – Theoretical science: what good has it done for you?

Side 4 Science is destroying our romance – The mind of God; if there are no senses there is no universe – Spiritual communities – Experience of being with someone who is dying – Question: I find it beautiful to be with like minded people in a community – What is the dynamic of two people coming together? – You can't make a decision to be enlightened: you must know what you don't want – Purpose and responsibility

GOLD COAST TALK 15 SEPTEMBER 1996

Side 1 Only now is real; to be now is to be my body – Vital state – Being the body – Direct knowledge in the body – Sensation and interpretation – Correspondence between life and the body; cancer – Death, suicide and karma

Side 2 Death, suicide and karma (cont'd) – Channellers – I have no right to be angry – Suicide rate and young people – Body cleansing and diet – Monks, exercise and the spiritual life – Human beings have to evolve into beings – Divine spiritual correspondence: we are communicating through space / love – Going cold: absence

Side 3 Intelligence and union with Me – Going into Me (11 mins) – Intelligence and the reconstituting self – The life you are living is absolutely right; getting rid of negativity – Compromise; the only freedom is to be free of my self – Fasting – Be as nothing

Side 4 Side 4 Consciousness: process of making space and individual bodies – Hardness of the world – Question: as everything comes from this great divine consciousness, wouldn't the evolution of the world be towards something better? – Question: I always thought feeling was something good and could be trusted? Direct knowledge and interpretation

GOLD COAST TALK 1 DECEMBER 1996

Side 1 Purpose of love and purpose in life: man, woman, new and longstanding partnerships, being alone – Going into Me (12 mins) – God has no opposite; beauty is your own state – Judgement and looking in the mirror – God is beauty, my being is beauty

Side 2 Beauty – There is only one truth – Angels and spirit guides – Going into Me (9 mins) – Question: is the watcher the thought? – Enlightenment: if you seek you will not find; you become enlightened by becoming natural, ordinary – Don't fall in love with your work: stay detached by being grateful to God

Side 3 Angels, imagination and wanting: only now is real – You have to be a real woman when man doesn't want you – Question: what is it to be normal? – Introducing children to the truth – Question: should I bring children being brought up in the Catholic faith to your meetings? – Question: if a woman is fully committed to giving up sex and her partner is only partly committed, should she compromise? – Question: I'm having difficulty stopping thinking; long partnership ended today – A gift of love

Side 4 A gift of love: it may not continue – Going into Me (7 mins) – Power of being: the gnostic masters and martial arts – Love of previous partner: nothing is guaranteed in love – Question: is physical pain and affliction caused by emotion? – Most beautiful woman in the world – Question: how should a woman respond if when she says 'I love you', the man says 'you've got an attachment'? Casting pearls before swine

GOLD COAST TALKS 1997

LIVING THE TRUTH

Barry Long held five afternoon meetings in 1997 at Greenmount Resort, Coolangatta on the Gold Coast.

GOLD COAST TALK 9 FEBRUARY 1997

Side 1 Love at 82 years old ~ Being together in love and merging in the flesh ~ Prostate cancer: don't be afraid, look at the quality of life, making love ~ Degenerative disease: you've got to change your life ~ Going into Me (10 mins) ~ Consciousness and intelligence: there are no conclusions in consciousness, deep dreamless sleep ~ Enlightenment: independence has to be given up

Side 2 Consciousness: stillness is the way ~ Tantric love: tantric workshops, tantric master ~ Changing your name ~ Unisex ~ Question: the difference between love and attachment: attachment to food, to partner and to sex ~ Question: conflict between man and woman having different things to do and doing everything together ~ Being open to love: man is the means of woman realising love ~ Question: I'm having difficulty being here. Loving your self, homosexual love, you cannot love everyone, loving the whole, I come from beyond the stone age

Side 3 Every young woman born in this society is going to have a broken heart. Why does society accept this? Karma can be modified. The cause of all wars is man's sexual frustration ~ Divine nature comes through your nature ~ Going into Me (9 mins) ~ Question: after we make love I want to get up and dig holes and she wants me to stay in bed until 12 o'clock. You have to die to your self

Side 4 You have to die for love ~ Time sharing with women ~ Question: I don't know what it is to be loved by man. Woman must be in command of love, you must make man be responsible and take you on ~ Question: having a baby and studying: will this interfere with love between me and my man? ~ Question: could you clarify what is the death of the self? ~ What you want first is an honest love

GOLD COAST TALK 13 APRIL 1997

Side 1 The light: how you dim your light and how it shines in love ~ God, take whatever is necessary to make me more pure. Can you say it? ~ Going into Me (5 mins) ~ I am an earthling; I have become a worldling ~ Question: do you need to have a belief to know that this is the way to go? ~ Question: my son was killed. Your tape on death gave me comfort. Still there is the sense in me of disbelief and horror ~ Art should edify the consciousness; it should demonstrate the nobility of man and glorify the love that woman is

Side 2 Art: the nobility of man demonstrated in the picture of a man about to be executed who is protecting a child ~ Contemporary art shown in a pop singer's cartoon ~ Homosexual carnival and degradation of woman ~ Homosexual boy aged 13 ~ The great art: love brings all to life ~ Self expression is not art ~ Abstract art, abstraction from the earth, colour ~ Nobility of man: how can man be noble today? ~ Going into Me (5 mins) ~ Effort and effortlessness; give up making decisions

Side 3 Man changing jobs; stop making decisions; bring God into your life ~ State of choicelessness ~ What is God? ~ Going into Me (5 mins) ~ Question from woman: how can I deal with my partner's anger? ~ Stillness and the reaction of the mind ~ Indulgence and the selfishness of living in isolation; overcoming self to give love

Side 4 Compromise and being obliged, especially with family ~ Mass cult suicide and ETI: I cannot judge it ~ Decisions and looking eg building a house ~ Choice, authority in your life, doubts ~ Sexual frustration is the cause of all anger ~ Is there sex in woman? What man has done to woman, generation after generation, from the beginning of the corruption

GOLD COAST TALK 1 JUNE 1997

Side 1 The human condition: seeking a cure, giving it up; getting the power to overcome the human condition; giving up useless chat ~ God is truth: What is truth? ~ Going into Me (5 mins) ~ Being in between action ~ Fight and argument; living the truth; the mind and the human condition ~ Question: What brought about this condition in the first place? ~ Question: Is there more than one truth?

Side 2 Can science enlighten us? 'Us' can never be enlightened ~ Going into Me (4 mins) ~ Being and awareness ~ Niceness: are you too nice to be straight? ~ Single woman: she must accept her life as it is now; longing will push away what she wants ~ Walking from left to right: the symbol of human existence ~ Use of the word God and concepts of God; religions and poetry; seeing things straight; the truth detailed for these times

Side 3 The public is stupid but the people are not ~ Repeating experience; attachment to the experience of love; why did I get my heart broken? ~ Woman: heavy-heartedness; the deep past in her; woman is nothing; gratitude for her life ~ Karma and the trick of Maya; accepting my life as it is ~ Going into Me (5 mins) ~ In the light of the degeneration in the world, isn't God in charge of everything? The answer is in myth; integrity of God

Side 4 Truth is in myth, not in scientific theory ~ Man and the pursuit of sex ~ Man's responsibility for what he has done in the world and his failure to love woman ~ Studying Zen Buddhism; living Roman Catholicism ~ Buddha and Mara: facing sex ~ Mixing in the world: I love my ordinary man ~ Question: Woman's fear of sex ~ Tension in the body and symbols ~ Pressure on a man of love to participate in sexual jokes at work

GOLD COAST TALK 14 SEPTEMBER 1997

Side 1 Princess Diana's death ~ Barry's health ~ God in existence and God out of existence: God in existence is love and God out of existence is truth; realising God in and out of existence ~ Letter to Barry questioning 'that love is only found through true love between man and woman' ~ The speed of light is the speed of consciousness

Side 2 Science is a religion ~ The cemetery is filled with indispensable people ~ Medical science ~ Going into Me (8 mins) ~ Consciousness and awareness ~ 'The sacrifice to God is a broken spirit, a broken and a penitent heart': story of David and Bathsheba ~ Human condition and state of love ~ Self judgement

Side 3 What is normal is not natural eg political correctness and the elimination of the female gender ~ As man leaves woman he actually leaves the earth ~ Psychic recurrence: what goes into the psyche comes back ~ Helping people on drugs ~ Every man is looking for a woman; you only think about what you don't have ~ Question: I have this desire to be understood by man. Fitting and suiting; platonic relationship ~ Question: I spend my day in the fear of death. Abandon all your beliefs and notions ~ Question: I close off when my woman is angry

Side 4 Don't go into pain: if you talk about pain, you get pain back ~ Question: I've closed off to man; how do I start to be intimate with him? ~ Grumpiness in the morning; love stirring up the past ~ Containment: you made this pain, now cop it! ~ Question: woman not feeling loved in a relationship ~ Going into Me (4 mins) ~ Love is not a feeling; nothing arising ~ Getting it right at the beginning of a relationship

GOLD COAST TALK 7 DECEMBER 1997

Side 1 The simplicity of truth and love. Concepts and ideas ~ The body is love in existence, the perfect instrument for love: with my body I thee love ~ Truth is the idea behind the body, out of existence. Truth begins with honesty: are you honest in love or are you indulging your self? ~ Experience is supposed to teach you about love: to demonstrate what you do not want

Side 2 Your divine sexuality is your passion for life ~ Going into Me (5 mins) ~ Woman is God in female form. Man is God in male form. The way to see God in form is to love ~ Degradation of love: the word 'fucking'. The art of love ~ Question: Does one have to feel guilty if the mind takes one into self indulgence? ~ Pure sexuality is normal in everyone, the error is to convert it into sex ~ The existential being ~ Love is the only reality in existence ~ The creator, consciousness behind us, pure sexuality

Side 3 Truth and love, two aspects of God I have realised: God splits itself to know itself ~ Question: Are there any shortcuts? - I want to do it on my own without relying on anything outside of me ~ Woman needs to be loved ~ Pleasure and excitement in lovemaking ~ Question: How do I know I am not pleasing my self in lovemaking? Thought and excitement are the past and pure sexuality is now ~ Man's realisation of truth is tested by woman coming into his life

Side 4 How can I help my daughter who says she has been molested by my ex-husband? ~ Man is sexually possessed ~ Man separating from sexual possession ~ Where does guilt come from? ~ Give up thinking in the good times ~ Concepts and living what you know to be the truth ~ Models and concepts ~ How to communicate truth and love to a child ~ No more negativity: giving up self judgment ~ In God's mind there is no negative, only the good with no opposite

GOLD COAST TALKS 1998

LIVING THE TRUTH

Barry Long will hold five afternoon meetings in 1998 at Greenmount Resort, Coolangatta on the Gold Coast.

GOLD COAST TALK 8 MARCH 1998

Side 1 Character and personality; character is wellbeing; personality is the frontal face of the person; defending your self; effect of alcohol ~ Purpose in relationship ~ If ever you are angry, you are not being honest ~ Character is good that has no opposite; personality is winning/losing ~ Going into Me (6 mins)

Side 2 Question: I would like to be free of insecurity - what can I do practically to overcome that? The monitor; conscience ~ Question: What if your partner is not interested in the spiritual life? ~ Physical ailments ~ The fact of death ~ Question: How can I put your teaching into practice when I'm still dreaming about my past love? ~ Question: Do the personality and the self take time to die? ~ Detachment from partner when there's a child; keep things practical; explain the truth of life to the child

Side 3 Clarification of ego and self; the capital 'S' higher self ~ Choosing a lover from your self; you've got to be practical; alcoholics and drugtakers ~ Parenting: everything has to be practical ~ Ego and instinct ~ Woman's intuition ~ What benediction did you receive today? Gratitude ~ The earth and the world; scientists are driven by the world ~ Question: I don't seem to be going as deep as I want to go into love; familiarity

Side 4 Making love morning, noon and night. Woman is the mystery and man is the means. Acknowledge what you love and don't particularise it ~ Question: Does the divine life include being by yourself and not being with woman? Realising God out of existence and God in existence; celibacy; secrets ~ Going out of existence in lovemaking. Lovemaking leads to the truth and truth leads to love ~ Question: Resistance to making love ~ Question: Restlessness in man and stillness in lovemaking ~ Question: How can I go deeper in making love without cutting off out of fear? ~ To be content; longing; thy will be done

GOLD COAST TALK 5 APRIL 1998

Side 1 Back to basics: how to reach the place of Being; the belly, the source of self, tension in the belly, the past; being beside your self; you have to get a new vision of what it is to be good ~ There is nothing to hold on to in Being; telling the children about past experience lodged in the tummy; it is bodies that make love ~ The secret behind existence is death ~ Going into Me (5 mins) ~ When the washing machine stops

Side 2 Question from 8 year old: Do people still have their past when they lose their memory? Senility ~ Registering the sensation in the tummy; doing what is right for you ~ Everything happens in the body ~ Question: When I'm going to sleep I seem to accelerate into the void and I'm afraid. Facing the death energy; hello silence my old friend ~ Emotions rising out of the stomach ~ Woman's consciousness is in her vagina

Side 3 Letter from woman: men confusing sexual attraction with love ~ A vision I had 35 years ago and its implications for us: It is the Lord! ~ The difference between the Lord and God ~ I live in paradise on earth ~ Going into Me (4 mins) ~ Question: Who is aware of the self in the belly? Mind, psyche, spirit and eternity; man-hood and woman-hood ~ Using the mind to observe the sensation; the mind goes still and the sensation disappears

Side 4 Effort and effortlessness ~ Question: Confusion between eastern traditions of celibacy and this teaching of tantric love. You don't need a celibate body, you need a celibate mind ~ What you put into the psyche, you get back ~ Letter from man: How can I surrender my independence? ~ Letter about letting go ~ Question: Do I have the love of God in me? ~ Question: How can I love more and give up everything without being a wimp? ~ Letter about harmony and fighting. You shouldn't need to try to teach each other ~ One of those incredible things

GOLD COAST TALK 14 JUNE 1998

Side 1 Living in harmony: emotionalising difficulties turns them into problems ~ Are parents fit to raise children? ~ Taking action, looking and thinking ~ Acceptance ~ The two transcendental principles of love and truth ~ Going into Me (5 mins) ~ Surrender or quit: if I have to surrender anything then I have a problem

Side 2 Question: I have a difficulty with my 8 year old daughter who continually challenges me ~ Question: I have had severe neck pain for a year: difficulties with father ~ Not holding anything against my partner. Woman has to earn her vagina ~ Suffering ceases when I cease thinking about it ~ Emotional and mental pain goes into the psyche: the solution is to want nothing ~ Question: How can I get rid of ambition and wanting to succeed?

Side 3 Vibration and resonance between man and woman ~ Man and woman's virtue: woman mustn't take on a man with troubles ~ Question: Should I continue with a troublesome relationship or walk away?

Side 4 Question cont'd: Isn't there a lot I need to work through and learn about myself? ~ Mature people and those without a partner ~ Question: Is it right that you can only really live love if you are already living in a state of total freedom? ~ Question: What if it's not possible to be with you regularly? ~ Question: I am having a lot of difficulty coming to terms with a car crash injury ~ Question: Is it better to allow my emotions for a short period rather than trying to drop them immediately? ~ Acknowledgement of transmission of love ~ Experience of chronic injury

GOLD COAST TALK 13 SEPTEMBER 1998

Side 1 Don't make a dogma: live the truth ~ You are not living the truth if you weep. Everybody departs or dies ~ Going into Me (6 mins) ~ Consciousness: every moment of your life is registered in consciousness ~ Barry reads part of his epic poetry ~ Existence is about undergoing experience: how can you understand if you haven't undergone? ~ A master who doesn't teach

Side 2 Why I don't meet with enlightened masters ~ God can't enter your body while unhappiness is in you ~ Question: I'm confused about feelings and emotions ~ Question: How do I deal with anger? ~ Question: How can I stop persistent thought patterns? ~ Question: What do you mean by awareness?

Side 3 Written question: Can primal therapy help to access the unconscious? ~ Question: If we don't recognise our emotions, how can we free ourselves of them? ~ Question: What is the intense, dark passage between sleeping and waking which makes me emotional? ~ Going into Me (5 mins) ~ Man and woman are made in God's image ~ The first object of my teaching is to realise God within, outside of existence

Side 4 Woman is the prize of existence and man is the means of the realisation of this prize ~ Question: Are you saying that on my own I can't find God? ~ Question: What makes me undergo situations again and again? ~ Question: Pregnancy, children, contraception: what do you teach? ~ Question: Lovemaking without orgasm ~ How to stop attachment in love

GOLD COAST TALK 20 DECEMBER 1998

Side 1 Realisation of the truth ~ Vital body or life body; seeing a dead body; excitement and passion ~ Going into Me (8 mins) ~ Can you give up being moved by emotion? ~ Consciousness, intelligence, sensation ~ Question: If you don't express emotion is it gone or suppressed? ~ Question: Is not expressing emotion and having the knowledge that I don't want it, the same as dissolving it?

Side 2 Question: I am confused after breaking up my partnership ~ Do you want to argue with your lover? ~ Question: What is the basic human need? ~ Question: Where emotion comes from ~ Question: Is there any good sorrow when someone dies? ~ Question: As a single mother it is difficult to get order into family life without yelling. The genius of being a mother ~ Question: When I have a good laugh or cry I feel better ~ Question: How do you find a compatible partner? Is it a commitment?

Side 3 Going into Me (9 mins) ~ Getting your life right; compromise; accepting life as it is ~ Question: If you're emotional does that mean you can't be trusted? How do you overcome attachment? ~ When a woman is not loved enough she gets emotional ~ Question: I'm confused whether the partnership process is rightly bringing up emotion to be faced, or whether I'm with the wrong partner. If I love him why do I get irritated about small things?

Side 4 Question: By asking a person to change, isn't that asking them to compromise? ~ Question: Are your mother and father a good microcosm of your relationships? ~ Going into Me (8 mins) ~ Purpose of experience; wanting and desire ~ Question: A man declared his love for me and then withdrew it; what should I do? ~ Giving up to God my ideas of who I am ~ Question: When you gaze around looking at the people, what are you doing?

GOLD COAST TALKS 1999

LIVING THE TRUTH

Barry Long will hold five afternoon meetings in 1999 at Murwillumbah Civic Auditorium, near the Gold Coast.

GOLD COAST TALK 21 MARCH 1999

Side 1 Mantra: God, God, God, love, love, love ~ Multiplicity of being ~ Immortality ~ Two things in existence that don't change ~ Going into Me

Side 2 Going into Me cont'd ~ Question: There are sensations locked in my body that I can't go into with my awareness ~ Miracles ~ Letter from man: Do healers and therapists need to be cautious because the energy of their patients can enter them? ~ Letter: My life is right, but what do I do now? ~ Question: How can I get rid of an anxiety to do with my parents? ~ Question: Illness caused by disturbance about business

Side 3 Mantra ~ Sivananda student, celibacy and control of the senses. Interpretation of the senses turns desire into wanting ~ Question: I've been without a man for a year, it is good but desire rises occasionally. Woman's desire to make love at the time of ovulation ~ It is pain that thinks. Consciousness knows I am immortal ~ Question: How can parents tell their child what they're doing with their life? ~ Going into Me

Side 4 Celibacy and the Hindu religion ~ Question: What is the difference between making love and sex? ~ Question: Is it natural for a woman who doesn't want children not to have the inclination to make love during ovulation? Maturity of woman ~ Question: I've been joyous in love, but now I'm getting more and more unhappy ~ Question: I get irritated with my partner; she has another teacher and I've been to several teachers ~ Question: I want to write to my former fiancée as part of getting my life right ~ Woman with man who doesn't want to commit himself exclusively to her

GOLD COAST TALK 18 APRIL 1999

Side 1 Arriving on time for meetings ~ Prostate cancer: it is my body that is afflicted, it is not me ~ Existence is the place of suffering ~ The real I and the false I ~ War is about killing people ~ Going into Me

Side 2 I am the truth and the false self is the spoiler ~ We are animals with spirit ~ Question: I have parted from my violent son - is that the right action to take? ~ Question: Is emotional elation also false? ~ Question from child: Why do we come out of the state of one and then try to get back into it? ~ Question: Is the end of the world still approaching?

Side 3 Conceptualising the teaching eg having 'shoulds' and 'should nots' ~ Enjoying yourself too much ~ Question: What is the right response to physical pain? ~ Question: Why do I get pain in my testicles?

Side 4 Question: As the human body is 80% water and water signifies emotion, is it natural for us to be emotional? ~ Sitting on a chair instead of on the floor ~ Question: Why does my body shut down during making love? ~ Question: How can I not get involved in other people's stories? ~ Question: I am a pregnant single mother, how can I get my life right? ~ Gratitude for the teaching ~ Sex and nudism ~ Attachment to the beauty of the earth

GOLD COAST TALK 6 JUNE 1999

Side 1 God immanent and God transcendental ~ Realising the Lord ~ Are you acknowledging the good in your life? ~ Going into Me

Side 2 Cancellation of the European Session and replacement with 5 day Australian meeting ~ People asking the question 'what should I do?' Living off concepts. Specific answers lead to contradictions: to get the idea behind the words is the solution ~ Don't care what people think of you ~ I keep saying the same thing over and over again ~ Question: I experience God in woman but it is not always in me when the external reflection of woman is absent

Side 3 The distinction between soul and spirit ~ Get rid of the agencies between you and God ~ Learning from the pain of parting and moving up to a new octave of life ~ Letter: I used to think as a child that everything was static ~ Human nature keeps going into what hurts ~ What brought the Buddha to his senses?

Side 4 Buddha, Buddhism and religions ~ Going into Me ~ Question: What is the point of being in the body? ~ Question: When I realise nothing, am I back where I started from? ~ Question: Is there a relationship between my sensory awareness of the spine and the vital being? ~ Question: Does knowledge come before realisation? ~ Question: When you talk about after death and coming back into the vital being, are you saying that this happens in a random way?

GOLD COAST TALK 12 SEPTEMBER 1999

Side 1 Seeing God in everything: God is the beauty of the earth ~ The truth of the Aboriginal dreamtime ~ Science and the spiritual life ~ Mankind: what about woman? The archetypal structure of the psyche ~ Acknowledge the good of the earth ~ Going into Me

Side 2 Going into Me cont'd ~ How do women handle being fighter pilots when they menstruate? ~ Karma, the past repeating itself ~ Attachment to Christianity. The Gospels of Philip and Mary. Jesus' love of Mary Magdalene ~ Menopause

Side 3 Male mid-life crisis ~ Jealousy: the fundamental difficulty in love between man and woman. Envy. Indifference. Living a lie ~ I have realised God. Priests are interpreters ~ Love is cold to the world because emotion is warm ~ Death should neither be mourned nor celebrated ~ Question: What is time? ~ Question: What is the difference between Jesus and Christ?

Side 4 Christ and Jesus. Do not particularise: there is only God. ~ Going into Me ~ Reluctant acknowledgment. Acknowledge everything ~ Difference between talking and speaking: I talk about things, I speak of God, love, beauty and truth ~ Question: Is there any good in science? Have we made it up? I live in paradise ~ Question: Sometimes when I hear you I don't have the ring of truth, I just don't know

GOLD COAST TALK 19 DECEMBER 1999

Side 1 Being simple as I get closer to death ~ Shopping around with masters: stay with one master ~ Degrees of God realisation ~ Where is love in existence? ~ Conversation between King Arthur and Merlin from 'Camelot' about how to handle a woman ~ Going into Me

Side 2 Going into Me cont'd ~ Question: Since being with your teaching I have been to other teachers and felt that I got something from this, so I'm in a quandary ~ Question: Recently I could not open up to love a man ~ Being late for the meeting is dishonouring the truth of your being ~ Question: I find it quite difficult to come into my heart centre ~ Question: Is there anything that women need to learn to be able to love a man?

Side 3 The truth of menopause ~ The consciousness of the womb; vaginal awareness and vaginal consciousness ~ Going into Me

Side 4 Going into Me cont'd ~ Question: My sister has been ill for some years with M.E. ~ Question: I am a sannyasin. As far as I understood Osho, his message is basically the same as yours ~ Question: Will you give me a Sanskrit name? ~ Barry sings a song: As Time Goes By ~ Passion, glory, the timeless

GOLD COAST TALKS 2000

LIVING THE TRUTH

Barry Long will hold four afternoon meetings in 2000 at Murwillumbah Civic Auditorium, near the Gold Coast.

GOLD COAST TALK 20 FEBRUARY 2000

At the beginning of each session Barry makes a comment about his 'umbilical cord'. His remarks refer to the microphone lead which trails behind him as he enters.

Side 1 Personalising your life ~ Looking and thinking ~ What is life? ~ Hearing, knowing, realising and then living the truth ~ Life is an enormous pressure ~ Death and depersonalising life

Side 2 The great cyclic movement of life and death ~ Going into Me (4 mins) ~ Meditation is only a stage, not the end ~ Do not fight illness ~ Question: How do I listen with my whole body? ~ The four stages of living the spiritual life

Side 3 Quote from the prophets: 'remember thy Creator in the days of thy youth . . .' ~ The world's greatest mind hasn't been able to work out what woman wants ~ A caution about realising and being able to contain the truth; psychic possession ~ Vaginal awareness and vaginal consciousness: human pleasure and divine pleasure

Side 4 Questions: Can a man be in a similar state to woman's vaginal consciousness? Does man lose interest in sex at a certain age? Could you speak about awareness and witnessing? ~ Question: Are you in a lineage of spiritual teachers? ~ Question: Do you say that man should never ejaculate in making love? ~ Question: Is there a difference between personality and self? ~ Question: How do you reconcile the choicelessness of accepting things as they are, with the pursuit of joy, positivity and happiness? ~ Question: How can I move on after the break up of a long relationship?

GOLD COAST TALK 18 JUNE 2000

Side 1 Four men in the teaching with cancer: facing death, the end of hope, dying without fear ~ The spiritual life is about equilibrium ~ Going into Me ~ What happens to a man when a woman of consciousness leaves him; facing the pain

Side 2 Facing the pain cont'd ~ Song: Bitter Cup ~ Choice: did you know that every choice is wrong? ~ Question: How long do you look and not make a choice and is that the same as not taking action? ~ Satsang is an eastern word: I call a spade a spade

Side 3 Burning out the pain ~ Each of you has a challenge which is the circumstance of your life ~ What it is like to be a human being here on earth ~ The psyche and the different levels of God realisation

Side 4 You are provided with the master who fits your level of consciousness ~ Question: Can you speak to us on singing, dancing and celebrating? ~ Question: Can you speak more on human love being warm and conscious love being cold and sharp as a razor? ~ Ruth and ruthless ~ Question: I am one of these people who holds satsang ~ Question: I am finding it difficult to be open in love, to receive

GOLD COAST TALK 17 SEPTEMBER 2000

Side 1 Perfection: the earth is perfect like your life ~ Acknowledging the good expands your consciousness ~ Instinct, consciousness and awareness ~ Achievement ~ Death was made by God ~ Life is good: just acknowledge the good and you will be transformed ~ Going into Me ~ Question: How can I stay in consciousness when you are not here?

Side 2 My transcendental realisation ~ Just love him ~ Website, woman and love ~ Celibate man ~ Question: To which situation should I be true? ~ The black cloud ~ Every child will suffer ~ Black cloud of unhappiness ~ Advaita and illusion

Side 3 The rose has lost its smell ~ Scientific mind and progress: the race from the fear of death ~ Vandalism: lack of discipline and boredom in children ~ The cause of domestic violence ~ Grief comes from ignorance ~ Angels in your life

Side 4 Angels ~ Christian religion ~ The meaning of lady and gentleman ~ Question: Is there a process of re-evaluation after the death of a partner? Death is a purifying process ~ Death of a father ~ Cooking food ~ Question: Did the gods create existence? ~ Question: I can feel and smell the presence of my grandmother who died, but I don't understand it ~ Question: When religions engage in untruth, eg the crusades, why isn't it self-evident that an evil is being perpetrated? ~ Death of my partner, a wonderful thing for us both

GOLD COAST TALK 17 DECEMBER 2000

Side 1 May I speak to you of death? Men who have helped this teaching who have recently died ~ What you really are is intelligence. It will give you whatever you focus on ~ Consciousness exceeds the speed of light ~ How do you have a choice when you're dying? ~ Hope comes from having a future

Side 2 Going into Me ~ There is no gender outside existence ~ Whatever you start naming, you get ~ Going into Me ~ Sex is the pursuit of love ~ Imagination and romance ~ Question: Woman working in the world and passion ~ Question: I feel ready to die but also have some fears

Side 3 Predispositions: people are born with different dispositions ~ Religious ceremonies ~ The purpose of existence and death ~ Going into Me ~ The pain of birth and the pain of death ~ The sixth dimension

Side 4 Physical pain ~ Going into Me ~ Everyone is asked to sit on a chair ~ Are you ready to say goodbye? ~ What is a real sannyasin? ~ Question: I just lost someone who I loved ~ Question: A friend killed herself and I feel sad when I hear her name ~ When Barry Long dies

GOLD COAST TALKS 2001

LIVING THE TRUTH

Barry Long held four afternoon meetings in 2001 at Murwillumbah Civic Auditorium, near the Gold Coast.

GOLD COAST TALK 11 FEBRUARY 2001

Side 1 Everything that you enjoy is God; God is the lot, the whole ~ Instinctual intelligence and the animals ~ Self-consciousness ~ Love is acknowledgement ~ Story about the bull; testosterone is irrepressible ~ Female animals coming into season

Side 2 Going into Me ~ Instinctual intelligence, instinctual love and lack of consideration ~ The greatest love is gratitude to God ~ Question: Why do I want to escape from this space? ~ Question: How can I handle continuous physical pain?

Side 3 My job as a living master ~ Inner space ~ The value of astrology etc ~ The king of inner space ~ Levels of God realisation ~ The mirror of supreme being ~ Question: If inner space isn't God, what is?

Side 4 Question: What about God realisation? ~ Question: When I die do I become God? ~ Leela, the divine game ~ Evolution and involution ~ Question: I have a fear of inner space ~ What Buddha said ~ Question: What is the effect on inner space of having a loved one? ~ Question: Is instinctual intelligence linked to genetics? ~ Being moved and being touched ~ Question: How do you reach stillness when the mind has doubt and fear? ~ Question: When I have a sense of love, my curiosity stops, does that make me stupid? ~ Question: Being a woman with my nature of love, I have a fear of not being able to support myself with work

GOLD COAST TALK 24 JUNE 2001

Side 1 God is whole: when you particularise God you must suffer ~ Living in your senses ~ Intelligence behind the brain ~ Putting God first ~ Feelings in the gut ~ Going into Me ~ Alien visitation at menstruation

Side 2 Putting women in the front line ~ Thou and thee ~ Question: How can a man help a woman through menopause and a hysterectomy? ~ Not identifying with the emotions of menstruation ~ Question: Why has the snake been used as a symbol of temptation? ~ Question: How can I be more giving with people who are dying?

Side 3 Inner space: the mirror ~ The spiritual life: cleaning the mirror of clutter and clamour ~ Intelligence: seeing, knowing and realising ~ The truth behind astrology, hand reading etc ~ Going into Me

Side 4 Grace: the will of God ~ Homosexuality and love ~ Question: Does a man reduce the love between the woman and child? ~ Question: Do you see a special relationship between father and son? ~ Question: Is my friendship with a man preventing me from being open to another relationship? ~ Question: Do men enjoy or need romance?

GOLD COAST TALK 30 SEPTEMBER 2001

Side 1 May I speak to you of life? You are mortal because you worship death ~ Holy war ~ Ask me any real question about the events in New York city on 11 September: somebody has to tell you the truth ~ Question: Why did I laugh when I saw it on TV? ~ Question: I don't understand how it has affected me, the events seem to be far reaching ~ The bigger picture; human nature; the end of our civilisation; religion; what are you serving with your life? ~ Question: What is the process of losing my attachment to living?

Side 2 You cannot try to be good ~ Going into Me ~ It takes tragedy to bring us together, which is a tragedy ~ All the prayers have collided ~ Question: What can I do to get back to life? ~ Question: My trust was shattered, how do I cultivate trust? ~ Question: When I saw what happened there was nothing in me at all, is this a lack of compassion? ~ Question: Did America do anything to bring this on themselves? ~ Question: Can you speak yet about the new time after the great wipeout?

Side 3 Ivan and Krishnamurti, my wonderful teachers ~ The Matrix which extends through living and life ~ Going into Me ~ How would I tell if I am attached to what I am doing? ~ Question: Do the terrorists make use of the matrix? ~ The intelligence in the blade of grass

Side 4 Be life: stop being spiritual ~ Nobility ~ Question: If I don't acknowledge or act on a thought, does it still create karma? ~ Equilibrium ~ Question: What gives power to the thought? ~ Question: Is there a place for prayer to ask for help in states of confusion? ~ Question: What about my inner guidance?

Side 1 No joy, no sorrow. What is beyond joy and sorrow? ~ Nirvikalpa Samadhi ~ The world is based on knowing, and the truth brings knowledge ~ Love and the mystery, love God first ~ I don't remember, but I never forget ~ The Islamic religion, the interpretation of the mullahs and martyrdom

Side 2 Christianity, St Paul and the gospels ~ Islamic artistry ~ All religions are a celebration of death ~ Western world believes only in greed and material gain ~ Do you live what you say? ~ Question: I find it hard to break out of my beliefs and express love in my marriage ~ Questions: How do I know what to say and what to live? Do you go on this journey alone or do you include someone else?

Side 3 Getting your life right ~ Intelligence is seeing the fact ~ We invented the rat race ~ Do you owe someone something? ~ Going into Me ~ It takes effort to reach the effortless state

Side 4 Questions: Who is this thing that is transforming yourself? Is this intelligence within your volition? Can you explain God not doing the dirty work? ~ Questions: Isn't everything including emotion an expression of consciousness? Why do you need to say 'I am enlightened'? ~ Question: Can you give your views on vipassana meditation? ~ Question: Is it possible for me to accept my suffering? ~ Question: Why are you angry with the people, aren't they asking for help? ~ Question: I have been experiencing a broken heart for 3 or 4 months ~ Question: I see a woman for only a few weeks every year - am I wasting my time? ~ Question: Life constantly gives me situations to show me where I'm not free

GOLD COAST TALKS 2002

LIVING THE TRUTH

Barry Long held three afternoon meetings in 2002 at Tweed Heads Civic Centre, on the Gold Coast.

Side 1 I am God mad; good morning God; God is everything; I love the whole; give thanks every moment to God ~ Buddhism, looking for enlightenment and trying to free everyone ~ How youth walks ~ The female in woman is grace ~ Give up the particularisation of the religions ~ The value of your life ~ Question from man living in Israel: What should I do?

Side 2 I don't tell people what to do ~ War and surrender ~ Love is an emanation of self-knowledge ~ Going into Me ~ Question: How can I stay in this state? I have a problem with my mortgage ~ Question: What can I do about loneliness? ~ Our senses love where we were born ~ What do you reflect on?

Side 3 Gloria, gloria, God is light; light behind the sun; the father of lights; God immanent and transcendental; the bushel over our light ~ My son and ice cream ~ Consequences of every thought, word and deed ~ What's your service to mankind? ~ Going into Me

Side 4 Going into Me ~ Reincarnation and recurrence; ignorance and the great intelligence; to die innocent ~ Question: How do we dissolve the emotions? ~ Question: Aren't the people who practise religions, for example the Jewish religion, doing the same as us, therefore there is no right and wrong way? ~ The Messiah ~ Jewish

quotations

GOLD COAST TALK 16 JUNE 2002

Side 1 Meditation; relative intelligence; have you released all your prisoners? ~ Innocence is to hold nothing against anyone ~ Focus on pure sensation in the body ~ Focus on the solar plexus

Side 2 Focus on wellbeing ~ Question: How can I go deeper, through the tension in my solar plexus? ~ Question: The sensation in my body that wants to rise, is it emotion?

Side 3 Barry Long reports on his health ~ Do you have abundance in your life? ~ Two aspects of God: personal God of the religions; impersonal God and the matrix ~ Taking a position

Side 4 Question: It appears that some people have harder lives than others, is this true? ~ Woman acknowledges Barry Long ~ Robotics; virtual sex machine ~ Question: As I let go of my prisoners will my experience of the matrix change? ~ Question: Have you anything to say about taking morphine when you are dying?

GOLD COAST TALK 22 SEPTEMBER 2002

Side 1 Being here; what is true in your experience; the pure sensation of the body; emotional sensation; addiction ~ Going into Me ~ Stillness is the way

Side 2 Question: Love of your self, is the self the thinker? ~ Question: Are intelligence and consciousness entirely separate? ~ Question: I am sometimes in places outside my physical body ~ Question: Is intelligence intuition? ~ Question: I have recently had a baby and have no urge to make love ~ Question: Immunisation for children ~ Question: How can you be intelligent and still in the working world? ~ Question: How do I get rid of my emotions?

Side 3 Letter from woman about food: woman and food; woman is starved for love; the charade of man and woman's love; imagination; sexual wanting; dissolving the image of food ~ Question: Can you speak about a loving relationship between two women?

Side 4 Question: What about the wanting and yearning for true love? ~ Question: I made friends with myself and now it doesn't matter to me what my partner does ~ Question: What can I do about my guilt regarding the suffering of my partner's ex wife and his children? ~ Self knowledge ~ Going into Me

