

## PRAJNA

As Justin said, “There is within you *That Which Knows* and that is your teacher. That is the true teacher.”

What more can be added to this very profound statement? When one thinks about it...and truly, truly feels it, there’s not much else to say. So, when preparing to talk about Prajna at this year’s Teachers Conference, I briefly toyed with the idea of simply quoting Justin and spending the remainder of the time looking at the audience, or filing my nails or whistling. I decided against that when the Conference Planning Committee asked for a general outline from me.

I essentially asked Prajna to let me know what I’d be saying at the Conference and wrote something down for the Committee (while silently praying that they wouldn’t hold me to it!)

When standing before the audience, I was very clear that I wanted to state a disclaimer. I explained that I was simply sharing my ideas, beliefs and understanding from my experiences, period. I had nothing to prove or disprove and had no interest in convincing anybody of anything. Most importantly, I asked the audience to throw out anything I might say that does not resonant as truth for themselves.

I shared a story that had happened several years ago in which I was traveling with a friend and we were frustratingly lost in spite of numerous attempts to find our way. Suddenly I heard/felt, “Pay no attention to the buildings. Pay no attention to the traffic. Pay no attention to your co-pilot. **Let nothing outside of yourself distract you.**” Then my T’an T’ien felt like it had sprouted energetic hands and took hold of the steering wheel. I focused entirely on the awareness within the T’an T’ien and responded to internal prompts to take certain ramps and exits. Amazingly, within minutes, we were no longer lost.

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I have discovered that Prajna is not logical or rational and could give a rat’s butt about “what’s next”. This moment-to-moment guidance that is Prajna operates in the NOW and doles out information on a need-to-know basis. And the ego doesn’t like this!

Some folks often like answers, explanations and a plan well in advance. Many like things to ‘make sense’ and are often heard saying, “I’ve got to figure this out.” Prajna doesn’t need to figure things out...Prajna simply is. Our invitation is to trust this and follow it.

A few years ago another friend and I planned to take a 10 or 12 day trip to Italy that included a cruise. Since neither of us had ever been, we were both extremely excited about going. As the trip approached, however, something in my stomach didn’t feel right.

This unease *didn't make sense* to me so I tried to *figure it out*. The feeling in my gut persisted so I called my friend and she had felt the same thing! So....we *tried to figure it out* because *it didn't make sense* to either one of us. After going 'round and 'round without getting any logical answers, I suggested that perhaps we should just let this trip go. Instantly, my stomach completely relaxed and I knew. There was my answer. We cancelled the trip without knowing why other than our guts didn't feel right.

A month or so later, a volcano had erupted in Greenland and, as erupting volcanoes do, spewed smoke, ash and lava into the sky. Transportation was grounded. Hotels were booked and cruise ships sailed away.

After sharing this story with the audience, they broke up into groups of four and did a "Prajna simulation" exercise. One person (the Dreamer) shared something with their group that they've always wanted to do. Two people (the Naysayers) in the group stood in front of the Dreamer and told them all the reasons why they couldn't reach their dream. The fourth person in the group stood beside the Dreamer and whispered words of wisdom and encouragement in their ear. The Dreamer decides (as we all do) which voice to listen to. Everybody switched places.

While the groups were doing the exercise, Conference Co-Host, Judy George came up to me and asked if there was time for a woman to sing a song.(?!). Something (read: Prajna) told her to ask me and my gut (read: Prajna) shouted, "YES" even though it *made no sense*. Judy pointed the woman (Gail Terriff) out to me and, when the audience had finished their Prajna simulation exercise and returned to their seats, I had asked Gail if she wanted to sing a song. I explained to the audience prior to jumping off the stage, "This is Prajna in action, people."

After a surprised look on her face, Gail graciously agreed to this impromptu turn of events and proceeded to sing a cappella, a beautiful song about Knowing Who You Are. As we sat with eyes closed listening to this moving song, I smiled from ear to ear and humbly gave thanks.

This is Prajna. I've since learned that I am the Prajna Guru.....FOR ME. And you, Dear Ones reading this, are the Prajna Gurus for YOU. Dig?

April Leffler

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