

Am I Alive



Peace Pace
مریم نور

Am I Alive??

**Who is asking?
Can I be myself?
Answer me my river...
This is the treasure
Question or Quest?
Thank or Tank?
You and me...
Innocence is the isness
Who can answer this question?
Thank you I...**

**Who is asking?
Ass-King
Yes! The ass of any king can ask for anything!!!
Any royalty can ask for any loyalty... sorry for any
loyal-tea...
Yes he is the king and I am the loyal Fuc-king...
I am his tea and he can sip me any time and I can zip
them all now and no time but a cup of thyme... let us
drink our tea story and go beyond any worry... let us
be aware...
What is awareness? What is the mystery of the tea
time?
Whenever you notice that you are acting out of
unconsciousness stop. Don't be a robot... Don't act**

**out of ego... Have a cup of tea, wake up... then act
with awareness...**

**Tea is a sufi symbol which means awareness because
tea makes us more alert, more aware... tea was
invented by zen and Buddhist, and for centuries they
have used tea as a help in meditationAnd
Tea is helpful.**

**The story is that Bodhidarma was meditating on a
certain mountain in China called Ta... from that Ta
came the name “Tea” that mountain can be
pronounced as “Ta” or “Cha” that is
why we call it “Chai” or “Cha”...**

**Bodhidarma was meditating, he was really great
meditator, he liked to meditate for eighteen hours, but
it was difficult... he would feel sleepy again and
again... so he cut off his eyelids and threw them
away... now there was no possibility of closing the
eyes...**

**The story is a beautiful symbol... those eyes became
the first seeds of tea, and a certain plant came out of
them**

**Bodhidarma prepared the first tea in the world out of
the plants, and he was amazed to find that if you took
the leaves and drank them you could remain alert for
longer periods... so for centuries zen people have
been drinking tea, and tea has become a very very
sacred thing...**

**Tea is the chi... the energy that is our sacred body...
The aura of light... it radiates from our inner being...
from our thought... Thought is a destiny... watch your
mind and be aware of its clouds and let go...**

**Just be a witness... this will pass too... do not ask
why... do not judge... just accept ... and let thy will be
done... we are all connected in this universal play and
we are here to live our role in love and awareness**

Am I aware of who I am??

**I am not my body and all the identity of the mind too...
so I don't know myself... I know nothing....this
nothingness is my only isness...**

Is our only existence...

**So who is asking who? I don't know... I don't exist...
this I is not me... the body is a cup and the being is
the water in the cup and it takes the shape and the
form of the cup... so both are not real...so I don't
know... I am searching...I always feel that there is
someone there somewhere who is alive... but I cannot
say it, I cannot see it but it exists somewhere..**

**I was very thirsty to know myself or any of the
mystery of existence but I gave up and accepted to be
who I am as I am now, here, nowhere else can go...**

**just this here now and enjoy what I am writing or
reading what the universe flowing through my heart...**

**Yes I am asking but not the king, but the king of all
kings... God is the only giver... is always ready and
available to help us but we never ask... Jesus is**

saying: “Knock and the door shall be opened unto you, ask and it shall be given” but I never ask... I don’t know how to ask....I never knock on the door and I go on missing immense power which can be mine just for the asking... but my lips ask not my love... I ask out of greed not out of need... my desire is not love but lust...

Yes! Good to change the desire... to a new color... a new treasure... good to see God in every scene... look into a flower and you will find what you need... I need God... I greed God... I desire to dive deeply anywhere to find the mystery of existence... God is the depth of things... and when you are in contact with the depth of the ocean... immense powers become available to us...

We are not poor... nobody is... we are all rich in everything... we are a royal family and the whole kingdom of God is ours just for asking... why don’t we ask? Yes! The ego prevents us... why? The ego says: “Don’t ask... conquer”... do you want to be Alexander the greed? He was not great at all... His desire was to conquer God, no one can conquer the whole... How can the part conquer the whole? We can only surrender to the whole... “Let thy will be done”... and this is the victory...

Ask and you shall be given... desire and be greedy but change the object... desire to be yourself... to be at home... to be a guest... to be a pilgrimage... to be who

I am... Am is my reality... am-ness is isness... I.. does not exist... it is a false identity, no I & no death... This is a great lie... so who is asking who? So let go and let God is simply a pure am-ness... One is, but one is not separated from it. So why go far? The only ONE is in us... in the core of my heart...

How to see it and be it?

Start cleaning all the junks in the mind... watch your conscious mind and your subconscious mind... the consciousness is our isness... is our beingness... start cleaning your desires for lusty dead objects... watch what did you do today... how did you spend your time... your money... just watch... do I need this toy?

Am I hungry? Am I bored? Why I am buying this object? Do I need? Do I greed? Just look what do you have at home, in the basement, in the attic, in the closet, in many places and on many shelves that you don't need... what is this sign?

What is this attachment to all this junk? Let go... give it to others who need it... share it from your heart to the heart of your friends in the best way and the best cup...

Let us wake up to what we need... buy the most beautiful cup and the best wine... drink it when you

**are in the best time of desire and thirst and throw the
cup... be drunk with the best of the best...**

**You deserve it... you are the living life... enjoy
yourself with your awareness... your witnessing...
your being... with such state of life... all what you do
is all what you love and you live...**

**This is the best supper with Christ consciousness.
From sex to Christ consciousness is our life... is our
trip...**

**The first step and the last step is one and this is our
pilgrimage for eternal life... from eternity to eternity is
our divinity...**

Our sacred immortality...

How can I clean my mind?

Just by being a watcher to my mind!!

I am the master and my mind is a utility... a servant...

**I am the rider and the mind is the horse... I drive my
car...**

**Be the rider and the driver and let your river river-
ring...**

**Let us wear the ring of life... not the ring of suffer-
ring...**

Do you know what a ring is?

Management ring... engagement ring...

marriage ring and suffer-ring...

and then for whom is the bell ringing?

**Wake up and be alive now and dance your wow... take
a deep breath and be grateful... watch all the**

**blessings and every bliss is a kiss from God... from
 this existence... I walk... I breathe... I eat...
 I sleep... I read... I write... I talk... I laugh... I cook and
 clean...
 I do what I love and money is coming... I live on love
 donation...
 I call it do-a-nation... let us live in a new nation...
 new vision not new mission...
 I love to share my vision or his vision with all of us... I
 live with hospice lovers... they are my light and my
 love... David was nine years old when he shared with
 me his vision... it was his birth day and death day and
 resurrection day for us too...
 what is our vision?... what is his vision?**

Tell-A-Vision

**If your vision is for one year plant wheat...
 If your vision is for ten years plant trees...
 If your vision is for life time plant people...
 This is the vision of every Christ... every Buddha...
 every Prophet...every Enlightened being... who is not
 a light?
 who is not love and life? Who is not a unique child of
 Allah...?
 So why not be yourself?
 You know how!! Stop asking and walk your talk...**

**Be authentic in your searching, do everything for it. It
is the thirst who knows the original source of the
river...**

**Maya went from one monastery to another to be a
nun...**

**No one accepted her because she was very
beautiful...**

**So, finding no way, she burned her face, scarred her
whole face...**

**And then she reached a master... he could not even
recognize whether she was a woman or a man... then
she was accepted as a nun...**

**She was so ready... the search was authentic... she
was worthy of the accident, it was earned... She
studied, she meditated for many years continuously...
then suddenly one night... She was looking at the
moon reflected in the pail of water she was carrying...
even reflections are beautiful, because they reflect the
absolute beauty...**

**A real seeker has known so much in the reflection, it
was so beautiful, such music was there, that now a
desire has arisen to know the source...**

**As she was walking along, she was watching the full
moon reflected in the pail of water...
Suddenly the bamboo strips that held the pail together
broke, and the pail fell apart...
The water rushed out, the moon's reflection
disappeared, and Maya became enlightened...
She wrote this verse:**

**This way and that way
I tried to keep the pail together,
Hoping the weak bamboo wood never break.
Suddenly the bottom fell out...
No more water, no more moon in the water
emptiness in my hand...
Enlightenment is like an accident. But don't
misunderstand me...**

**I am not saying don't do anything for it... if we don't
do anything for it, even the accident will not happen...
it happened only to those who have been doing much
for it... but it never happens without their doing... All
our meditations will just create an accident-
proneness, an invitation for our inner explosion...
inner evolution... inner revolution... be ready for the
accident, for the unknown... ready, waiting,
receptive...**

**Without the invitation the guest will not come...
God is the host... we are his guests...**

**Man has to become a host for God... God comes as a
guest...**

**Like mother and child are one...
He knocks on our doors many times, but the host is
absent, asleep, not alert, engaged, occupied,
somewhere else...**

**The host has to become very very alert, only then can
the knock of the guest be heard... in Islam is his name
Al-Tareq... The knocker... the handle is inside the**

**door... you open your home... your door... your life
and God comes in...**

**The knock is not loud and it cannot be, because God
is not, and never is, aggressive... He comes
soundlessly, he comes as a whisper, he comes just
like a small breeze... unless one is very very alert, one
goes on missing... A tremendous alertness and
sensitivity is needed to hear the foot sounds of God
reaching closer...**

**One has to become a host... by saying that I mean:
One has to create inner space in the heart... our
hearts are too full of our own egos, hence we can't be
hosts to God. We have to empty ourselves from
ourselves... when there is utter emptiness inside the
heart, there is no barrier... God enters immediately,
God is immediately found...**

**People ask "where is God?" they ask "where is the
guest?"...**

**We should really ask "How should I become the
host?"**

**Once the host is ready, the guest appears... it is
inevitable, it is one of the fundamental laws of life...
The ancient teaching says: when the disciple is ready,
the master appears.**

**Am I a disciple? Am I a master? Am I a guest or a
host?**

Who is asking? Who am I ?...

You are all... we are all... we are the silence and the word...

once we are aware of this dance... this grace of existence... then we know that we are one icon... front and back... the mother and the child are one... we are one with the one... the painter and the painting... the dance and the dancer... the writer and the reader...

But let us play and share what we can about the disciple and the master... it is only a game... all the stage is for us...

What is a disciple?

No definition of a disciple is possible, but few hints can be given... why?

Because a disciple is a rare phenomenon... it is very easy to be a student because the student is searching for knowledge... he can meet a teacher but not a master... the student functions from the head and then he becomes a teacher, but all that he knows is borrowed, nothing is really his own...

His existence is fake... pseudo... carbon copy... not his original face..

He knows about God, but he does not know God... he knows about love, but he has never dared to love himself...

**Am I a student? Am I a disciple? Be a rebel !!!
Be yourself...**

Yes! Let us keep going in & out...

He knows much about poetry, but he has not tasted the spirit of poetry itself... He may talk about beauty, he may write treatises on beauty, but he has no vision, no experience, no existential intimacy with beauty... He has never danced with a rose flower... the sunrise happens there outside, but nothing happens inside his heart... the darkness inside him remains the same as it is now and was before...

He talks only about concepts, he knows nothing of truth because truth cannot be known through words, through scriptures... and a student is only interested in words, scriptures, theories, systems of thoughts, philosophies, ideologies...

A disciple is a totally different phenomenon... he is not a student, he is not interested in knowing about God, love, truth... he is interested in becoming love and truth and merge in God...

Feel the great difference... knowing about is one thing, becoming is totally different... the student is taking no risk... the disciple is jumping in the ocean to experience life and love not to gather knowledge but to be a knower... and for that he is ready to risk all his life...

When the disciple is ready, the master is ready... they are connected in the heart not in the head like the student and the teacher...

From heart to heart the love of Jesus and John... the disciple starts melting into the master... he destroys all distances between himself and the master... he becomes a nothingness... and in that nothingness his heart opens... in that absence his ego has disappeared and the master can penetrate into his being... into his soul and they become one with the ONE... and to know absolute devotion is to know God... to live the mystery of life...

The word disciple means one who is ready to learn... hence the word discipline means creating a space for learning and being ready to drop all his prejudices... If you come as a Christian or as a Mohammedan, you can't be a disciple... you simply come as a human being, with no prior prejudice, with no belief, then only can you become a disciple... and the next step after being totally surrendered to Allah... to God... you become a master...

Disciplinhood is a process of becoming a master... here there is no more ego...

You can drop your ego only if you come across a person who catches hold of your heart so tremendously that his being becomes more important than your own being, that you can sacrifice all that you have for him... the master is only a vehicle, a messenger, it is God flowing through the master...

When you surrender to Christ, you are surrendering to the visible God... and slowly slowly, as the surrender deepens, the visible disappears into the invisible...

the master disappears... when the disciple reaches to the innermost heart of the master, he does not find the master there but God himself, but life itself...

indefinable, inexpressible...

So the real pilgrimage is from the disciple to the master and the commune and the ultimate law of love and compassion... unless you are connected with a real master who has already enlightened and realized, it is almost impossible for you to grow... the false doors are many, the pitfalls are everywhere... there is every possibility of going astray, the temptations are many... unless you are in the company who has arrived, it is almost impossible for you to reach home...

The real master is like the sun. All his doing consists of his being present to you, is being available to you... the sun rises in the morning and buds open and become flowers... Not that the sun gives them something, not that the sun comes and opens the buds...

Just the presence of the light and the bud starts opening... the opening comes from the bud itself... and the flowering and the fragrance... all comes from us... from you... from the bud itself... plus the life of the sun to the bud...

A master simply makes you aware of your potential... if he has achieved, you can achieve too... he is just like you... he is our mirror... Christ said you are my

**brothers and my sisters and you are like me and
more...**

**If something is possible in his being, if his bud can
become a flower, then why can't you become?
Let this very idea sink deep into your heart, stirs your
whole being, and energies start surfacing, your bud
starts opening... this is born again a human being...
no more body mind... but a living
superconsciousness... and the real disciple is the one
who has come to know how to be present...**

How to be present to the master?

**Have you seen the sunflower? That is the symbol for
the disciple... wherever the sun moves, the sunflower
moves that way.**

**It is always present to the sun... In the morning it is
facing east, in the evening it is facing west... it has
moved with the sun...**

**Wherever the sun is, the sunflower moves. The
sunflower is the symbol, the metaphor for the real
disciple... so is the same for the real lover of God...
wherever you look you see the light and the love of
Allah... God is and only God is... this isness is the
only existence.**

**Yes my beloved us... we are free to choose choice...
what do you want to be? A student or a disciple? A
teacher or a master?**

A Christian or Christ? A follower or a fellow traveler?

**Live your choice with awareness not with ignorance
and you will be aware of who you are...**

**Yes! The master is already a zero, a nothingness...a
pure space, and the disciple slowly slowly coming
closer to this emptiness, starts disappearing,
evaporating... A moment comes when this two spaces
are not two anymore... they have lost their
boundaries, just like the drop of water and the lake...
Look at two candles burning in a room... their light
will become one... you will not be able to draw a line,
you will not be able to separate yourself from your
beloved too...**

**The master is only a window... only a way into the
sky... into God... we will remain grateful to the master
forever because without him there was no sky... there
was only walls... one should not cling to the window...
surrender through him to Allah... not to Buddha... not
to Christ... not to Mohammed but to God...**

**If the master teaches us clinging, then he is teaching
us the world... if he teaches us un-clinging, then he
teaches us towards God...**

**Hence, enlightenment is not a direct work of the
master. It happens through him, through his grace but
not by him...**

**What a great grace to know this secret... the master
teaches us by his presence and by his absence... we
learn so much by his radiant presence... we learn to
be more present, more alert, more total.**

And on the other hand the master is absolutely absent, because he has no ego... nothing like the idea of “I” exist in him anymore... there is absolute silence no-selfness... what Sufis call fanaa...

The master has disappeared... Mohammed has died only Allah is alive... this is the greatest truth because it is the greatest paradox..

To be or not to be... presence of awareness, and absence of the self and the ego... to be close to a Christ is to be touched by his body too... that is why Jesus says: “Eat me, drink me...”

The body is the beginning and the beginning has to be transformed into a being and into God... we are here to share our joy which is beyond words and books and bodies... it is the unknown world of light... unknown world of love... unknown world of compassion...

This is our vision... to be who we are... to enter our inner treasure... the real master does not fulfills our expectations... he really frustrates us, because that is the only way to undo what the society has done to us... that is the only way to live our total freedom... to be who we are... to be a Christ not a Christian... To be a victor not a victim... to be an emperor not a beggar...

Can a woman be a master?

The flowering of a woman is love... mastery is not her goal... she is a womb... she is a receiver... he is a

giver... more women are around the prophets than men... they remain surrendered... they live the intuition... when Jesus was crucified, all the men escaped, there was not a single man... All those so-called “apostles” had all disappeared, but the women were there... they had no fear, they were ready to sacrifice themselves... and he appeared first to Mary Magdalene, not to a man, and she immediately recognized him and said: “So, my lord, you are still alive!” but the male disciples did not recognize him until he ate with them and showed them his hands and feet... very materialistic minds... but for two hours with him, the presence was not recognized... and no one listened to Mary Magdalene...

A woman can be a perfect disciple, and this is how it should be...

she is receptive and shares her love... gives her baby to existence... she is more total than man, her mind is more blessed... because the real thing is to receive the truth... and she becomes luminous, her whole body, her whole being shows this...

she carries an aura... her face glows... she is carrying a new life within her... she is carrying a Christ... a glory of infinite light...

So no need for the woman to be a master... if you can become a disciple, that is the natural jewel... and she will always remain true to nature...

Nature is our nurture and our mother...

Oh my beloved us!!
We are so blessed to be and to know that God and the
world are not two things, it is the one existence...
there is only one existence... seen without love, it
looks material but with love the world becomes a
divine spiritual dome...
We are one royal family under one dome and in one
home...
Yes my friends... Never ask about God... if you cannot
see him that simply shows that you don't have eyes to
see... if I cannot hear him that simply shows that I am
deaf... if we cannot touch him that simply shows that
we are without hands, and we don't have any
sensitivity...
God is not the problem...
God cannot be the problem...
God is not far away...
God is here now...
All that isness, is in Allah and is Allahoo...
So how can God be the problem? God is not to be
searched... where will you search him? He is
everywhere we just have to learn how to open our
eyes of love...
Once love has penetrated your heart, God is there... in
the thrill of love is the beloved...

Ask for your vision... and in the vision of love is the
vision of God... So God is the only real inner
alchemy... it transforms our material life into
mortality... without love, life is a dull affair, gray with

**no colors... with no song... with no celebration...
wake up now... be aware of who you are... ask and
ask for all what you desire...
Let our desire be life... light... love... and laughter...
what else do we need and greed?...
Love changes the whole climate of our inner being
and with that change the whole existence is
changed...
Nothing is changed on the outside... but once you are
full of life.... you are alive... you have a totally different
existence available to you... just take a deep breath
and smile with this joke...**

**They say that marriage makes a man dizzy, and it is
true... as soon as I got a wife, I lost my balance at the
bank...**

**Why do women live longer than men?
Shopping never causes heart attacks, but paying the
bill does...**

Always take a break... and enjoy a joke

**Before marriage: roses are red, sky is blue, you are
beautiful...**

I LOVE U...

**After marriage: roses are dead, I am blue, u r my
headache, one day I'll kill U...**

Getting married is very much like going to a restaurant with friends... you order what you want, and then when you see what the other person has, you wish you had ordered that...

Man: Is there any way for long life?

Dr.: Get married

Man: will it help?

Dr.: No, but the thought of long life will never come...

**Why do couples hold hands during their wedding?
It is a formality just like two boxers shaking hands
before the fight begins!!**

**Wife: Darling today is our anniversary, what should
we do?**

Husband: Let us stand in silence for 2 minutes...

Who laughs?

The ones who are alive they laugh...

**Laughter brings some energy from your inner source
to your surface... Energy starts flowing, it follows
laughter like a shadow... Just watch it!!**

**When you really laugh, for those few moments you are
in deep meditative state... thinking stops... it is
impossible to laugh and think together. They are
diametrically opposite... either you can laugh or you
can think...**

If you really laugh, thinking stops... if you are still thinking, laughter will be just so-so... lagging behind... it will be a crippled laughter... when you really laugh, suddenly mind disappears.
And the whole Zen methodology is how to get into no-mind-laughter is one of the best doors to our divinity... a laughter is a door to our light, love and life... just look around, and you will find a thousand and one things to laugh at... life is full of laughter, full of stupidity... full of absurdities... but if you are serious you will miss all that...

‘Modernization’ of girls
1970: Love me, but don’t touch me...
1980: Touch me, but don’t kiss me...
1990: Kiss me, but don’t do anything more...
2000: Do everything, but don’t tell anyone...
2010: Do everything, otherwise I will tell everyone that you can’t do anything...
Soon... no one to tell... everyone will be in hell... the best place to hail...

Where does our joy come from?
When a child is born, the first social activity that the child brings it with himself is smiling...
This is how he becomes part of society... when the mother sees her child smiling, she becomes happy... because that smile shows health, intelligence, love and joy...

If we can laugh in all sorts of situations, we will become so capable of encountering them... and that encounter will bring maturity to us...

I am not saying don't weep. In fact if you cannot laugh, you cannot weep. They go together... if laughter is dead, tears are also dead... only a person who laugh can weep... and if we can weep and laugh well, we are alive!!!

The dead man cannot laugh and weep... can be serious... if you can laugh when you are ill, you will get your health back sooner...

If you don't laugh you will lose your health and you will become ill... if you can laugh early in the morning you will laugh the whole day... Start and finish your day with laughter, and watch the energy of your whole day... Laugh and the whole world laughs with you... Weep and you sleep alone...

So let us ask... who is asking...

It is a sufi story about asking...

The philosophers, logicians and doctors of law were drawn up at court to examine Mulla Nasrudin... this was a serious case, because he had admitted going from village to village saying:

"The so-called wise men are ignorant, irresolute and confused."

He was charged with undermining the security of the state...

"You may speak first." Said the king...

"Have papers and pens brought." Said the Mulla ...

Papers and pens were brought...
“Give some to each of the first seven servants”
They were distributed...
“Have them write separately an answer to this
question: What is bread?”
This was done. The papers were handed to the king,
who read them out:
The first said: “Bread is a food.”
The second: “It is flour and water.”
The third: “A gift of God.”
The fourth: “Baked dough.”
The fifth: “Changeable, according to how you mean
‘bread’.”

The sixth: “A nutrition for people... it is a nutritious
substance for us.”
The seventh: “Nobody really knows.”
“When they decided, they were only dead minds...
and when they decide from the stomach and the head
what bread is, is not as good as when they know it
from the heart, once they know what bread is, it will be
possible for them to decide other things. But it is or it
is not strange that they cannot agree about something
which they eat every day, and yet they judge others...”
Yes, this is the situation of your so called
philosophers , theologians, doctors of law: they teach
people...but they are parrots..
They have not yet known themselves... what else can
they know? They are not even acquainted with
themselves... how can they be acquainted with

**others? They have not unraveled the mystery that
they are...**

If I don't know myself... how can I know?

If I don't love myself... how can I love you?

**If I don't have water how can I share my thirst with
you?**

**So let us share our care and our dare... who is not a
darling?**

**The world suffers a lot. Not because of the violence of
bad people, but because of the silence of good
people...**

Are you good or bad?

**I am both... but am I aware of this balance? of this
choice!!**

What to do or how to be?

**Let your gestures be alive, spontaneous. Let your own
awareness decide your lifestyle, life pattern... don't
allow anybody else to decide it... that is a sin, to allow
anybody else to decide it... be your own master ... you
are the one who asks...**

Do not ask anyone how to live or how to pray...

It will remain superficial, it will be hypocrisy...

**Let the now decide, let the moment be decisive, and
the truth of the moment should be your prayer... your
own life... your own freedom...**

A famous story about Moses...

**He was passing through a forest and he saw a man
praying...**

The man was saying such absurd things that Moses had to stop... what the man was saying was profane, sacrilegious...

He was saying: “God, you must be feeling sometimes very alone...

I can come and be always with you like a shadow. Why suffer loneliness when I am here? And I am not a useless person either... I will give you a good bath, and I will take all the lice from your hair and your body...”

Lice?! Moses could not believe his ears: what is this man talking about?

“And I will cook for you... everybody likes what I cook. And I will prepare your bed and I will wash your clothes. When you are ill...

I will take care of you. I will be a mother to you, a wife to you, a servant, a slave... I can be all kinds of things... just give me a hint so I can come...”

Moses stopped him and said: “What are you doing? To whom are you talking? Lice in God’s hair? He needs a bath? Stop this nonsense!! This is not prayer... God will be offended by you.”

Looking at Moses, the man fell at his feet... he said: “I am sorry. I am an illiterate, ignorant man. I don’t know how to pray. Please you teach me!”

So Moses taught him the right way to pray, and he was very happy because he had put a man on the right track. Happy, puffed up in his ego, Moses went

away, and when he was alone in the forest, a thundering voice came from the sky and said:
“Moses, I have sent you into the world to bring people to me, to bridge people with me, but not to take my lovers away from me, and that is exactly what you have done. That man is one of the most intimate to me. Go back and apologize... take your prayer back! You have destroyed the whole beauty of his dialogue. He is sincere, he is loving. His love is true. What so ever he was saying, he was saying from his heart, it was not a ritual... it was the asking of his inner king... inner treasure... now what you have given to him is just a ritual... he will repeat it but it will be only on the lips, it will not be coming from his being.”

So who is talking? Who is asking? The mind or the heart?

What is the king asking? What is the beggar asking?
Let us read this story and witness...

A great emperor had gone for a walk in his garden early in the morning, and suddenly he found himself encountered by a beggar who was waiting in the garden, knowing that everyday before sunrise he comes... otherwise who is going to give an appointment with the emperor to a beggar? And he always comes alone, so there is no problem.

The emperor said: “What do you want?”

The beggar said: “This is my begging bowl and I want it to be filled... and this is my condition: if you cannot fill it... and I am not asking with what... gold, silver,

diamonds or stones or mud... I am not saying anything about with that ... my condition is that it should be filled completely... if you accept my condition, then only try, otherwise I can go.”
It was a great challenge to the emperor... he said: “What do you think? I cannot fill your begging bowl?”... he immediately called his prime minister and told him: “Fill his begging bowl with the most precious diamonds.”
The beggar said: “Once again I say to you, beggar to beggar, that there is still time, I can go.”
The emperor said: “What do you mean by ‘beggar to beggar’?”...
He said: “You will understand it a little later on. Just let your prime minister come.”
And he came with a bucket full of diamonds and poured all the diamonds in the small begging bowl.

The emperor and the prime minister both could not believe... as the diamonds fell in the begging bowl, they disappeared... the bowl remained empty...
The emperor was a man of great pride... he said: “Even if my whole treasury has to be poured, this beggar has to be defeated... I have defeated emperors, I cannot allow this beggar to defeat me... he has already called me a beggar.”
The rumor went around the kingdom, his treasure was being swallowed by the begging bowl... crowds gathered, all the diamonds & the gold & the silver and

the money went in the bowl... and the emperor said to the beggar: “You were right, now I am as much a beggar as you are.”

The beggar said: “That is why I was saying, you will understand.”

No my friends... the beggar was not a magician... only a beggar... but this begging bowl is really magical... and this is the secret... This is the skull of a man... I have polished it, made it clean, I found it in the cemetery... I am so poor that I cannot buy a begging bowl from the market, so I said ‘ This is perfectly good’... I washed it... cleaned it... polished it... but because it is the skull of a man, it is never satisfied, it is always asking for more... there is not much mystery in it... your skull is doing the same... everybody’s head is doing the same, “More!”

**Who is the emperor? Who is the beggar?
Who am I? Who is asking for more? Who is asking for the outer power or the inner treasure? Which one do I need... power of love? or love of power?**

Let us live our choice and ask for our grace... Let us be a being not a bowl...

Thank you all...

Can I be myself?

**Self...
Ego...
Soul..
Spirit...
I...
am...
Identity...
Unity
Divinity...**

**Who is asking can I be myself?
Your mind? Your ego? Yourself?
Your ignorance? Such question comes from our belief
system... from our parents... from society and
gossips and schools... let your being ask... you are
not your bodymind ... you are a human becoming...
Yes you can... you are not a garbage can... you are a
sacred power which can change the world from war to
peace...
Yes I can... I am not a pebble but a rebel... a precious
jewel... but be a jeweler in order to know the
difference between a pebble and a jewel...
By being yourself you become the light that God gave
you as your birthright... you are a living torch not less
than any Christ...**

**All what we see is light from light... God from God...
or don't misunderstand me...God is not a noun... not
a name...**

not a person... but godliness...

**Be yourself ... just take off the mask and face your
original face... Don't ask how!!! Stop asking!!! Just be
it!!!...**

**You know the way... keep walking and every breath is
a path to our inner treasure... yes my beloved self...
you are the door to our eternal entity... eternal
divinity...**

**Be yourself ... be in this luminous light... and when
you are in the light, everything follows you, but when
you enter into the dark, even your own shadow does
not follow you...**

**Yes be selfish... you have to love yourself, know
yourself, out of that you will radiate love,
understanding, tenderness, and care for others...
The other is me... is my soul brother... so I share with
everyone my joy... giving is receiving...
Once I know myself I am no more interested in the
outer.**

**Once you become interested in the outer world, there
is no end to it.**

**Why do we have to go to other planets? We went to
the moon and what is the purpose? Why not know
myself? Self-knowledge should be our first priority,**

and once we have known ourselves then we can enquire about the whole world... Religion comes first, science can only be secondary...

Religion is the knowing of our own being... our own center... our own home and the method is meditation... just as mind is the way to go out, meditation is the way to go in... outward and inward... it is up to me to choose how to use my energy... and when you reach the center of your being you reach God because God is nothing but our innermost center... at the center we are one... we all meet... we all love each other... Love is a natural byproduct of meditation...we feel the energy of life in everything... with trees & rocks & stars...

Yes! This is our nature... we are all part of one organic unity and that is the meaning of Allah... of God... so by being myself I am with every self... by changing myself I am changing the other too... because the same sun that melts butter, also hardens clay!! Life is as we think... as we are... so be yourself... shine your own star...

How to shine myself?

So simple... wisdom is self-luminous... just plant one seed in your soul and one seed turns the whole earth green... when truth arrives to our center, wisdom starts flowing and glowing from God through us... through our inner consciousness... from the eternal

**truth... from our self-nature... Bliss is our nature,
intelligence is our nature, living the moment with the
one is our nature... then whatsoever we do is right...
no sin, no repentance... no guilt... we do not follow
any commandments but we live our own
consciousness... our own awareness... so be a light
unto yourself...**

**Yes my us... once we realize that we are with God
then we do not exist... only God is... no I... no
ego...no me...this is the realization but not self-
realization...not ego... so the truth is let go and let
God but with awareness...not with ignorance... feel
your innocence and live your wisdom... this is our
birth light and birth right...**

Few wisdom seeds

**It is very easy to defeat someone, but it is very hard to
win someone**

**When snake is alive, snake eats ants.
When snake is dead, ants eat snake...
Time can turn at any time.
Don't neglect anyone in your life...**

**Never make the same mistakes twice, there are so
many new ones, try a different one each day...**

**Never change your originality for the sake of others,
because no one can play your role better than you...
so be yourself, because whatsoever you are, you are
the best...**

**Don't get lost in the trap of hope. Don't get caught in
the idea that help is coming from outside yourself...
the other is not going to fulfill you... fulfillment is
within...**

**You cannot judge the person because the person is
hiding behind,
the person is a mystery... you can judge the act but
you cannot judge the being...**

**Why do people always try to find fault in others?
There are 5 levels of consciousness... five corners in
our mind...**

First, you are responsible

Second, we are responsible

Third, I am responsible

Fourth, nobody is responsible

Fifth, nothing ever happened...

**People who always try to find fault in others live at the
lowest level of consciousness...**

How can I deal with negative situations?

Resist not... Accept life as it comes... change the attitude, don't fight with the situation... use any stone as a stepping stone not as a stopping stone...

How to stop judging myself?

By knowing yourself you drop judging anything... you are connected with everything... you have to understand why you judge and how you judge... You can judge only the behavior because this is what you see...

You cannot judge the person who is hiding behind the act... the person is a mystery... we can judge the act but we cannot judge the actor... and the act is irrelevant... it will not be right to judge a being through the act. Sometimes you see a smile on his face and deep inside he may be sad or he is crying deep down and does not want to show his sadness to anybody... why bring my wounds to everybody? Who can heal me? Who can help me? Who loves me? Just be yourself... no one loves me only me...

Tears and smiles are very close... if you want to hide your tears the best way is to smile... this is only a mask on your face... how can we judge the mask? You are not what you look... you are not what you act! So all judgments are unjust... judge yourself by your being and the being is such a big mystery and the act is so tiny and small... it does not define anything. It may be just a momentary discharge or flash... Do not miss any opportunity... so what to do? Listen to Jesus... "Judge ye not"...

Let us listen to our story...

Two men were called to a home and asked to carry some trash to a garbage heap. After they had loaded the truck, the back of the truck was overflowing with all the trash...

One man said: “You may get into trouble with the police if we drive through town and the trash blows onto the street...”

The other man said: “Don’t worry, I have an idea. You drive and I will spread my body over the trash and that will keep it from blowing about.”

On the way to the garbage heap they passed under a bridge...

As they drove under it, two men standing on top of the bridge happened to look down and saw the man lying on top of the garbage, arms and legs spread wide...

One of them said: “Will you look at that! Someone is throwing away perfectly good men!”

From the outside that is what we can judge... from the outside it is always wrong... seeing it again and again, understanding it again and again, penetrating it again and again, will not be needed to drop judgments, they drop of their own accord...

Just watch... be a watcher... whenever you judge, you are doing something foolish... it does not apply to the person at all, it can apply only on the act... so be aware & awake!!!

What is the act?

The act is just taken out of context because you don't know his whole life... it is as if you tear a page from a novel and you read it and you judge the novel by it... Is this right? The whole novel maybe a totally different thing... you may have taken a negative part, an ugly part... but you don't know anybody's life in its totality...

How old are you now? How more are you going to live?

How can I judge your history by seeing a single instance of him?

Or you? Or anyone? That is not right. That is just stupid... it will not have any relevance to the man himself.

My judgment will show something more about me than about the other. "Judge ye not so that your judgment will judge you." That is what Jesus is saying...

Your history remains unavailable to me, your being is a mystery to me... how can I judge you?

All contexts are lost, there is just a momentary flash... and my interpretation will be mine... it will show something about me... seeing this, judging disappears... who am I to judge myself?

Do I know myself? Do I know why I am here?

Do I know my sacred book? How can I judge?

Just accept this now-here as it is... let thy will be done!!!

No my friend... no judgment day... everyday is a love day... there is no question of the last judgment day... let us believe in the first judgment day... it has already passed, it is finished... the day God decided to create the world, that was the judgment day...

That day he must have pondered, worried about whatever to create the world or not, but he decided to create it... he judge that it was better to create than not to create... he liked something more than nothing. And what so ever he has created, he is responsible for...

I am not responsible... the whole responsibility is God's or existence's...what so ever good there is belong to it, what so ever bad there is belong to it... We can close the chapter, we need not worry about it... one thing can we say it to us... as we go deeper into meditation we realize that there is no question of any future judgment and no question of even being worried...

As we become silent we start feeling the love of God pouring from all sides... we suddenly become aware that we are being taken care of... We are not ignored, we are not something accidental, we are intrinsic to existence... God needed you, that is why he created you...

That was the judgment... but it is over...

Let us judge Enrico...

Hey... Enrico... go and tell my wife Lucia that I am coming very late tonight...

Enrico knocked the door and said: “Your old man is late tonight... how about we go up the stairs and have little fun...”

**Lucia is shocked but he said: “I give you fifty dollars”
“How dare you?”**

“A hundred... then... well... I will... give you two hundred dollars... just for a half an hour and your husband will never know...”

Lucia takes the money and Enrico has the time of his life...

When Phylchi gets home and asks his wife: “Did my friend tell you I work late?”

“Yes he stopped here for a minute”...

“And I hope that he gave you my salary... Two hundred dollars”...

Can we judge this action? We all love such jokes... a joke a day keeps the worry away...

Life is only a joke... just watch your monkey mind... what are you doing for yourself? Take a deep breath... if you are not breathing fully, you cannot live fully... once breathing is perfect everything else falls into line... breathing is life... but we ignore it... this is why we are not aware of our life...

Yes! Take a deeeeep breath and be ready to get the best bank bomb account... something to think about...

Imagine that you had won the following prize in a contest:

Each morning your bank would deposit \$86,400.00

**In your private account for your use... however this prize has rules... the first set of rules would be:
Everything that you didn't spend during each day would be taken away from you... you may not simply transfer money into some other account, you may only spend it.**

Each morning upon awakening, the bank opens your account with another \$86,400.00 for that day...

The second set of rules:

The bank can end the game without warning, at anytime it can say "it is over, the game is over!" It can close the account and you will not receive a new one.

What would you personally do? You would buy anything and everything you wanted, right? Not only for yourself, but for all people you love, right? Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every cent, and use it all, right?

Actually this game is REALITY!!

How? What do we mean???

Each of us is in possession of such a magical bank. We just can't seem to see it... The magical bank is time...

**Each morning we awaken to receive... a great life
86,400 seconds.**

As a gift of breath... of life... and we go to sleep at night, any remaining time is not credited to us... what we have not lived up that day is forever lost... Yesterday is forever gone... each morning the account is refilled, but the bank can dissolve your account at anytime... without warning...

So what will you do with your 86,400 seconds? Aren't they worth so much more than the same amount in dollars? Think about that, and always think of this:

Enjoy every second... every now-here or nowhere else... now is the time and here is the place... Let this be our grace and our choice... Take a deeeep breath and enjoy every second of your life, because time races by so much quicker than you think... So take care of yourself, be happy, love deeply and enjoy life...

Now is the only vow and the only wow!!!

How rich we are... and how blind we are... we are like the moon... light and darkness is the icon of our being... let us be who we are... to be or not to be is our being... Let us be who we are... to be or not to be is our being... what is my choice??

I want to be free... I want to fly high in my inner-outer sky...

I don't want to be a slave to any wave... I am the ocean and the drop... I am the nothingness and the

existence... I am all and none and one with the ONE...

I am what I am...

This amness is the mystery of each one of us...

Why not be who you are? Why be in a bowl?

Listen to this story...

There is an ancient sufi parable:

A man gave to a sufi mystic a present, a golden bowl with beautiful fish in it... the sufi looked at the bowl and the fish and felt very sorry for the fish, because the bowl is an imprisonment...

He went to the lake and he was tremendously happy in liberating the fish. He threw the fish into the lake. He was happy that at least now the fish can have the whole lake, the great freedom, the space that really belongs to her...

A golden bowl although it is golden but it is a box... a cage...

Then he thought, what will he do with this bowl? So he threw the bowl also into the lake... the next morning he went to see how the fish was... he was surprised: the fish was in the bowl... why??

The fish was in the bowl and the bowl was in the lake... what had happened to the fish? She had again chosen the bowl... Now the bowl is in the lake, but the fish is not in the lake, the fish has entered into the bowl again... she has lived so long in it, it is her home...

The mystic thinks it is a prison, but not the fish, she may have been afraid of the freedom... we are very afraid of freedom, more afraid than of anything else... you will be surprised to know that people talk about freedom, but when freedom is really given to them they become afraid, frightened, scared, because freedom is vast, unmanageable, uncontrollable... you cannot dominate it... slavery is small, it is smaller than you... you feel good with it... you seem to be big compared to your slavery...

But compared to your freedom you are nobody, a nonentity, a nothingness... and who wants to be a nothingness?

Everybody wants to be somebody...

Even though one has to live in a prison, one is ready... if you can be made the head of the prisoners... a president, a prime minister, or something like that you would like, you would love to live in the prison rather than be free and nobody... Why do we look for fame? Why do we need attention? Why VIP?

VIP is very ignorant person... who wants to be the real being? Who wants to live like Christ? Like Buddha? I want to show off my frame and my fame... this is the foam and where is your flame?

Why not live my truth? Why not walk my path?

The first requirement for attaining to truth is the capacity to be free, the capacity to be nobody... the

ego is the greatest barrier... the ego can exist only in a golden bowl, it can't exist in a lake... it is bound to melt, merge and disappear... but who wants to be nobody?

Who wants to be a human becoming? Who wants to live the truth? Lies are good for the ego. In fact, the ego is the greatest lie, it feeds on other lies too... although truth has a way of coming up again and again...how so ever repressed, it surfaces, because it is truth; you can repress it only for the time being... and to repress truth you will have to be constantly on guard... of course you will get tired, you will need a little rest, and whenever you are resting the truth surfaces...

The truth comes in your life again and again, just like the waves in the ocean... you can go on denying it, but it never denies you... you can deny Allah... but Allah never denies you... he loves us more than any other creature... this is our treasure... How blessed we are!!!

Keep searching for the truth... but how?

Listen to this story...

A man went in search of truth... the first religious man he met was setting under a tree, just outside his own village... he asked:

“I am searching for a true master. Please tell me the characteristics of a true master.”

The fakir told him the characteristics... his description was very simple... he said: “You will find him setting under such and such a tree, his hands making such and such gestures... that is enough to know he is the true master.”

The seeker started searching... it is said that thirty years passed while he wandered the whole earth... he visited many places, but never met the master... he met many masters, but none were true masters... he returned to his own village completely exhausted... As he was returning he was surprised, he could not believe it: that old man was seated under the same tree, and now he could see that this was the very tree that the old man has spoken of: “He will be sitting under such a tree.” And this posture was exactly as he had described... “it was the same posture he was sitting in thirty years ago... was I blind? The exact expression on his face, the exact gestures...!!”

What did he do?

He fell at his feet saying: “Why didn’t you tell me in the first place? Why did you misdirect me for these thirty years? Why didn’t you tell me that you are the true master?”

The old man said: “I told you, but you were not ready to listen. You were not able to come home without wandering away. You had to knock on the doors of a thousand houses to come to your own home, only then could you return. I said it, I said everything...

beneath such and such a tree... I was describing this very tree, the posture I was sitting in, but you were too fast. You couldn't hear correctly, you were in a hurry... you were going somewhere to search... searching was very important for you, the truth was not so important... but you have come! I was feeling tired, sitting continuously in this posture for you... you were wandering for thirty years, but think of me sitting under this tree!! I knew some day you would come, but what if I had already passed away? I waited for you... you have come!! You had to wander for thirty years, but that is your OWN fault... the master was always here."

**It happens many times in our life that we cannot see what is near, and what is far attracts us...
The distant drum sounds sweeter, we are pulled by distant dreams...**

**Listen to your inner dream and drum... your inner truth is your inner treasure... do not listen to me as if you are listening to poetry or music...
Listen to me as one would listen to death... listen to me as one would listen to transformation...
I bring you a message of transformation, not a drug to sooth you...
I don't bring a tranquillizer to you...
So when my words hurt you it is far better, because then there is a possibility of some change happening.**

When my words become painful to you, unbearably painful, then something really good is going to happen... because those words will make you aware of your reality, where you are, and those words will make you clear about where you should be... how things should be and how things are...

Yes! My beloved readers and writers... when the master speaks it is a flow of glow which has pain and gain...

Thank you Osho... thank you Jesus... thank you all lovers of truth and the lovers of the only mystery there is...

Truth is beyond words and sounds... but I need a stick... I need a book... a friend... a medium to help me find my door and go in...

Yes! Meditation is the only key but thank you for helping me in how to use my master key and surrender to my inner treasure...

Yes! Without forgiveness I can't face the real isness of my amness...

For-give and it will come back to you... we are all victims of ignorance... why not be a childlike? Why not watch how the children play and cry and forgive and live the love that lives in us... listen to this... a story tells that two friends were walking through the desert... during some point of the journey they had

an argument, and one friend slapped the other one in the face...

The one who got slapped was hurt, but without saying anything, wrote in the sand:

Today my best friend slapped me in the face...

They kept on walking until they found an oasis, where they decided to take a bath... the one who had been slapped got stuck in the mire and started drowning, but the friend saved him...

After he recovered from the near drowning, he wrote on a stone:

Today my best friend saved my life...

The friend who had slapped and saved his best friend asked him: "After I hurt you, you wrote in the sand and now, you write on a stone, why?"

The other friend replied: "When someone hurts you or hurts us we should write it down in sand where winds of forgiveness can erase it away... but, when someone does something good for us, we must engrave it in stone where no wind can ever erase it..."

Learn to write your hurts in the sand and to crave your love in stone...

Let us joke with God... how can we and where? God was missing for six days... Eventually, Michael, the archangel, found him resting on the seventh day... he inquired, "Where have you been?"

God smiled deeply and proudly pointed downwards through the clouds “Look Michael, look what I’ve made.”

Archangel Michael looked puzzled, and said: “What is it?”

“It is a planet.” Replied God, and I’ve put life on it... I am going, I am going to call it Earth and it is going to be a place to test balance.”

“Balance?” enquired Michael, “I am still confused.” God explained pointing to different parts of earth: “For example, northern Europe will be a place of great opportunity and wealth, while southern Europe is going to be poor... over here I’ve placed a continent of white people, and over there is a continent of black people... balance in all things.”

God continued pointing to different countries, “This one will be extremely hot, while this one will be very cold and covered in ice”... The archangel impressed by God’s work, then pointed to a land area and said: “What is that one?”

“That is Texas, the most glorious place on earth... there are beautiful mountains, rivers and streams, lakes, forests, hills and plains... the people from Texas are going to be handsome, modest, intelligent, and humorous, and they are going to travel the world... they will be extremely sociable, hardworking, high achieving, carriers of peace, and producers of good things...”

Michael gasped in wonder and admiration, but then asked:

“But what about balance God? You said there would be balance.”

God smiled: “I will create Washington DC. Wait till you see the idiots I put there.”

It is a joke... but every laughter has its own treasure... why the two Bushes are changing the whole earth into a bush? Why Texas has the greatest number of cows? What happened to us when we eat too much animal food? How are we killing the cows? Remember the story of the children of Adam and Eve!! Who killed who? Why the meat eater killed the grain eater? What is this message? If I kill any animal... or any tree... with what power I am doing this? Where this anger is coming from? Christ is giving us bread and wine... every enlightened being lived the same truth... truth is one in different cups... but we are fighting about the cups not about the wine... when are we going to wake up?

It is your decision... now-here or nowhere else... Now is the only time... here is the place... and it is our choice... my choice... I am my own master... I am free to be myself... to be the being that God created... let me remind myself... who am I?

**Why I am here? Can I hear my heart?
So why war? Why not warm arms to hug and share
peace not cut each other's into pieces...**

**Let us be still and take a deep breath...
Yes from the soles of the feet... how & why?
The lower part of the body is one of the problems with
many people, almost the majority...
The lower part has gone dead because sex has been
repressed through the centuries... people have
become afraid to move below the sex center...
In fact many people live in their heads, or if they are a
little more courageous, they live in the torso.
At the most, people go down to the navel but not
beyond that, so half of the body is almost paralyzed,
and because of it half of their life is also paralyzed... it
is like no roots are connected with the earth...
So we are hanging like ghosts, unconnected with our
nature... our mother... we are half dead... what to
do? Unless we start breathing from the soles of our
feet, we are not connected with our soul... breath is
our life... our energy... our light... so we must go
deeper in our breath beyond the physical body toward
the whole together...**

**So let us go on feeling more and more in the feet.
Sometimes just stand on the earth without shoes and
feel the coolness, the softness and the warmth.
Whatever the earth is ready to give in that moment,
just feel it and let it flow through you...
Allow your energy to flow into the earth and be
connected to the earth...**

**If you are connected to the earth, you are connected
to life...**

**If you are connected to the earth, you are connected
to your body...**

**If you are connected to the earth, you will become
very sensitive and connected and that is what is
needed... to be one with the one... one with
existence... this is the whole holy relating... God has
no other hands than ours to use... so let us surrender
to existence... to God... to Allah... not to a person...
not to a group... not to nature but to love... to
compassion... and this is the state of being a Christ...
A Buddha... a light... nothing is higher than this level
of being... one who achieves this unity... the
unconditional love... your life is fulfilled, you are
home... home of eternity... of divine divinity...**

**Yes! I have a deep longing for the home but it has
nothing to do with the physical home... my real home
is in a commune... but now I live alone but not
lonely... I have the book that I love and few soul
friends who are not near by... and being in the Arab
world... I feel unsafe all the time... no freedom... only
dogmas and by force... ignorance all around...
compassion but only in words... in reality we are into
emotion...**

**I want a commune... in India or any place where real
Osho lovers are there... lovers of truth and I will be
with them... Let us wait and see... meanwhile I live my
vision and my joy at my home and we share what we**

**can to plant people for peace... and real home is in...a
very deep place, in the inner core of my being, but to
go there is a long journey and dangerous...**

**Yes we can live in our house, but still the truth
remains that the home is not outside... the kingdom of
God is within...**

**In this world you are never at home, to convert my
house into a home is a trick, it helps but like a
tranquilizer... it is like a blanket, this is why we create
nations, countries, churches, temples, communes, but
it is never outside... go in!!!**

**Where we are now is very good house, make it as you
like, as comfortable as possible... but still the truth
remains that the home is not there outside.... the
home is an inner thing, inner treasure... inner
mystery...**

**We are all homeless... pilgrims... guests crossing a
bridge... we wander and wonder... we are dying in
every breath, let us flow with the river of nature... I
was not here and I will not be here too...**

**I can be in a tent or shelter but it is not “mine”...
eternity is the only immortality...**

**The moment you call anything “my” or “mine” you are
falling into ignorance... nothing belongs to us... we
don’t exist... we are only a shadow of the truth...**

Once is a homeless wandered in the very nature of things... time is impermanent... time means the temporary. Time cannot have any eternal home in it... to make a home in time is to make a house on the sands, or to make a signature in water... you go on making it... it goes on disappearing...

**Let us be aware of who we are now-here??
Why we are here? Let us listen to our heart... to our being... the truth is in the inner treasure... it can be lived but cannot be said... listen to what Christ is saying in us... look at the children... watch how they live... be a child... be innocent... we are here to play... to love... to share peace and joy... to work what we love... every work is worship... do what you love and money will follow... trust God...trust existence... who is giving us this moment? The breath? The senses?**

Who is writing and reading?

Let us live and love and laugh... life is a joke... don't be serious... we came with nothing and we go with nothing... why so much towers & powers and pebbles? You are a jewel... enjoy your joke...

**A French man asked an Imam: “Why do you make your wives and women put the hijab and the veil?”
The Imam took two pieces of candies and unwrapped one, and then asked the French guy: “If you had to choose one candy, which one would you take?”**

**The French man chose to take the unwrapped candy...
the Imam smiled and said: "You see, it is the same for
our women."**

**Cover and discover is our adventure... All things in
life are temporary. If going well, enjoy it, they will not
last forever...**

**If going wrong, don't worry, they can't last long
either...**

Are you hungry?... let us enjoy this meal...

Cannibal menu

**A cannibal was walking through the jungle and came
upon**

**a restaurant operated by a fellow cannibal. Feeling
somewhat hungry, he sat down and looked over the
menu...**

US Tourist \$5.00

Broiled Missionary \$10.00

Fried Indian \$15.00

Baked Congressman / Grilled Senator \$100.00

Roasted Lebanese Politician \$5000.00

The cannibal called the waiter and asked:

"Why such a price difference?"

The cook replied:

**"US Tourist are a dime a dozen. Missionaries are
tough old birds but very cheap, Indians are also quite
freely available, the senator and congressmen are so
crafty that it is difficult to catch them.**

But, have you ever tried to clean a Lebanese politician??? They are so full of shit, it takes us all day to clean just one of them!!!”

One day a girl brings home her boyfriend and tells her father she wants to marry him... after talking to him for a while, he tells his daughter she can't do it because he is her step brother...

The same problem happens again four more times!! The girl starts to get pissed off. She goes to her mom and says:

“Mom... what have you been doing all your life? Dad's been going around laying every maiden in the town and now I can't marry any of the five guys I like because they have turned out to be my half brothers!!!”

**Her mom replied: “Don't worry darling, you can marry anyone of them you want, he isn't really your dad.”
For every question there is an answer!!!**

Yes! Not an easy question but the answer is in you...

So much noise in the building what can I do?

Yes my friend... not easy to be with such a crowd... not easy to see God in New York... how can we relax in the city? In the house where you have a family!!!

How can I relax with a monkey mind? The noise is out and in... where can I go? How can I do meditation in such a situation?

Who can answer us??

May be this story:

I was staying in a village which was filled with many dogs... they all gathered in the night around the rest house where I was sleeping... it was a good place, big trees, and shadows, and they might have been resting there every night... so I was staying there, and one minister of a particular state was staying there...

The minister became very much disturbed because the dogs were barking, creating much nuisance... half the night passed and the minister could not sleep, so he came to me...

He said: "Are you asleep?"

I was fast asleep, so he came near me, made me wake up and asked me: "Please tell me how you could fall into sleep amid such noises all around... at least twenty to thirty dogs are there, and they are

fighting and barking and doing everything that dogs ordinarily do... so what to do? I cannot sleep, it will be difficult for me... the next day I have to go again on a tour... I will leave early in the morning... sleep doesn't seem to come, and I have tried all the methods I have learned and heard about... I chanted mantra, prayed to God, I have done everything, but nothing happens, so what to do now?"

so I told him: "Those dogs are not gathered here for you or to disturb you... they are not even aware that a minister is staying here, they do not read newspapers they are completely ignorant, they are not here purposefully... they are not concerned with you,,, they

are doing their work... why you are getting disturbed?"

So he said: "Why I should not? How not to? With so much barking, how can I go into sleep?"

So I told him: "Do not fight with the barking, you are fighting; that is the problem... not the noise. The noise is not disturbing you, you are disturbing yourself because of the noise... you are against the noise, so you have a condition. You are saying: 'if the dogs stop barking then I will sleep.' The dogs won't listen to you... you have a condition you feel that if the condition is fulfilled, then you can sleep..."

This condition is disturbing you... accept the dogs! Do not make a condition that if they stop barking then I will sleep... just accept... dogs are there and they are barking, do not resist, do not fight, do not try to forget those noises... accept them and listen to them... they are beautiful... the night is so silent, and they are barking so vitally... just listen... this will be the mantra... the right mantra, just listen to them."

So he said: "Okay! I do not believe that this will help, but as there is nothing else to do, I will try."

He fell asleep, and dogs were still barking... in the morning he said: "this is miraculous, I accepted them, I withdrew my condition."

I listened. Those dogs became very musical, and their barking, their noise was not disturbing. Rather, it became a sort of lullaby, and I fell into deep sleep because of it..."

**So what is my problem? What is your trouble?
Let us face our fear... our pain and live the gain of this grain... plant it in your soul and you are the best soil...
and one seed turns the whole earth green... let the others bark and you do your own choice... All what we see is a grace and we have our role to play on this stage...**

Be yourself and this is why we are here!!

Answer my River

There is a river inside me...

where does it come from??

where is it going????

How can the rivering heals by body???

What is our priority

How is the river is one with the sky????

What are the new ten commandments????

Yes! There are many rivers inside us... and each river is rivering, this is a sacred energy that rivers in us to go beyond any barrier...

Every organ in my body has a river that keeps flowing from our physical body to the being and the soul & beyond any step on our trip... your body is a gift from God... use it... enjoy it... love it & take care of it, don't stuff it with junks and don't starve it, listen to its own demands and become attuned to your body, it is your home & your temple...

I create problems to my body, the body never creates any problem, it is the mind that creates pains and illness so let us be grateful to this holy gift... let us river with the rivers in it... let us flow towards the ocean and live the mystery of swimming... the ocean is in us... we are the existence... we are all what we see and beyond any seeing and knowing and the creativity is our divinity but God is the source of this grace and we die and merge in the godliness of this existence... we are here just for few steps and we cross the bridge... be a sage and this is who you are... Just take a deep breath and be grateful to this now... we are still alive... enjoy every breath and keep walking your path...

**Let us live our path, every breath is a new path... it is
a new birth... death and birth are one icon... inout...
Keep breathing & walking this moment... at-one-ment
with the one...**

**The universe is one, together, and God is keeping us
together with the only truth... but we have a choice
towards this truth... we have two ways... negative or
positive... the yes-sayers and the no-sayers.**

**The path of affirmation in the path of great effort... one
has to make all the effort that is possible, one has to
put oneself at stake...**

**The other path is through negation, the no-sayers...
both doors are available and you reach home... let us
understand those keys as clearly as possible,
because much will depend on them: you will have to
choose your choice. They move in different directions,
they reach the same goal...**

**The positive path is a positive approach towards God,
a reaching towards God, a seeking, an enquiry...
The negative path is just to keep the door open, not to
go, to seek, not to enquire, just to be receptive, womb-
like...**

**The first is the male-oriented path,
The second is the female-oriented path,...
One has just to be in a let-go in the second:
No will, but surrender...**

One has just to allow God to be, no reaching for him, let him reach you... simply be silent, empty... Give space so that if he comes you are available, you remain available...

On the path of will you have much to do, on the path of surrender you have nothing to do, exactly nothing to do, only nothing to do...

These paths can be named in a different way too...

The first path can be said to be the path of the ascetic... which means exercise... many methods & techniques...

The second path can be called the path of mystic, no exercise, no methods, no technology...

On the first path time is a must. You cannot be immediately enlightened... methods take time, exercises take time, preparation takes time, and you will have to wait for many lives... the enlightenment will be gradual, it cannot be sudden...

On the negative path it can be absolutely sudden, it can happen this very moment. Time is not needed because exercise is not needed. You are not to go anywhere, you are just to sit silently, you have just to be in a let-go... let go and let God... one need to wait... the path of the mystic is mysterious... cannot be explained...

The path of the ascetic is explainable: it is very scientific, very logical... step by step it can be explained, it can be analyzed, divided in easy steps...

the steps can be made so small that everybody can take them, even a small child.

But the path of the mystic is very mysterious, hence it is called the mystic path... no degrees are possible, no small step but a quantum leap, a jump into the unknown, sudden, like lightning... naturally it cannot be explained logically... the logical mind will be at a loss...

It needs great understanding, not based on logic but based on intuition... it is a great adventure into the unknown... you take the jump in the ocean and you move upwards...

On the first path you go step by step, moving upwards.

On the second path you simply take a jump into the abyss.

It is a bottomless abyss, it is emptiness, it is absolute nothingness... you disappear... these are the two paths, and everybody has to decide in his innermost core of being what appeals to him or her...

It is difficult to decide but it has to be decided, otherwise you can go on doing things which will not prove of any meaning... if you can take the jump then there is no need to any yoga... any technique...

If you cannot take the jump, then there is no point in just sitting and waiting...

You are here for a reason beyond any season...

What is your role? What is your action?

The oath of action is very paradoxical... you have to act and yet deep down you have to remain inactive...

in stillness, not even a wave... remain in the world and yet not being of it... surpass it, transcend it... do not renounce the world, rejoice it but go beyond it...

First you have to learn action to go into inaction... This is what awareness is... what witnessing is... you are no more the dancer but the dance which happens without any effort...

Yes my friends... we have to work hard but not by force, let our work be our prayer, our love, our worship... not war-ship...

Let us do what we love and money will follow... listen to your heart not to your mind... listen to Christ and you are another Christ and more... the river is rivering... just be patient.

Patience is the greatest religious quality: if you have patience nothing else is needed... it is total trust...

“Let thy will be done” and you will be in ecstasy...

“God is looking after me”... why worry?

The religious person is one who is relaxed with existence, who does not push the river, on the contrary; who dissolves into the river and says to the river... “rivering is the goal”... keep flowing...

Don't be a follower but a fellow traveler...

One should learn to be patient, to be ready to wait with open doors, with a welcoming heart, but not in a hurry, not demanding, not forcing things... and the less we force things, the more quickly they happen... the more we force them, the longer it takes...

The word “patience” became associated with the ill people, we call them “patients”. It became associated with the ill people, with sick people, for a certain reason: healing cannot be forced, you have to wait, you have to allow nature to work...

All that medicine does is to help you to wait, it gives you hope to wait... let the heart wait... this is what religion is, it is a spiritual healing. One has to be patient, so much so that one need not bother about the result. One should be in the present, in the now, in the here, and in deep trust that whenever the time is ripe it is going to happen, it has nothing to do with you, with us...

Mohammad said: “Do the work and leave the result to Allah... that is none of your business.” Use your brain but the result is God’s...

Dance madly, and if your whole energy is involved in it, a moment comes when suddenly you see the dance is happening on its own...

There is no effort in it... it is action without action.

Let us be serious!!

A grade 5 teacher one day asked the children in her class to make rhymes with their names...

First up was Dan.

My name is Dan, when I grow up to be a man, I want to go to India and Japan, if I can, if I can, if I can...

“Very good” the teacher said to Dan...

**She then asked Sally that it was now her turn...
My name is Sally, when I grow up to be a lady, I want
to have a baby, if I can, if I can, if I can...
“That is good Sally”, the teacher said “but may be one
day you will change your mind.”
Next up was little Johnny... he was the naughty one in
the class ... here is his rhyme:
“My name is Johnny. When I grow up to be a man,
never mind India and Japan, I am going to help Sally
with her plan, I know I can, I can, I can...”
Yes you can... everyone can be a human becoming
not a garbage can...
Beloved star... let us be who we are...**

**Let us have more fun...
“Honey”, said the husband to his wife, “I invited a
friend home for supper.”
“What? Are you crazy? The house is a mess, I did not
go shopping, all the dishes are dirty, and I don’t feel
like cooking a fancy meal!”
“I know all that.”
“Then, why did you invite a friend for supper?”
“Because the poor guy is thinking about getting
married.”**

**Generous wife!!!
Since the wife was eight months into her pregnancy,
the husband had to sleep on the floor to avoid any**

**regrettable mistake, which might happen pretty easily,
for he had been desperate for any sex touch...**

**Feeling sorry for her husband, she gives him 500
bucks,**

**“Here, take this and go to the woman next door, she
will let you sleep with her tonight... only tonight!”**

**The husband grabs the money and leaves quickly... a
few minutes later, he returns, and hands the money
back to his wife and tells her: “She said this is not
enough, she wants one thousand...”**

**The wife’s face slowly turns red with anger, “Damn
that bitch... when she was pregnant and her husband
come over here... I charged him only five hundred...”**

The guy collapsed!!!

So let us live the laughter with our river...

**Let us keep rivering forever and ever... no
destination...**

From infinity to infinity is our eternal divinity...

**Whenever we are in love with flowing things, moving
things, we have a different vision of life... the modern
man lives with asphalt roads, cement concrete
buildings... these are nouns, remember, these are not
verbs... the towers don’t go on growing, the road
remains the same day and night...**

**Man has created a world of nouns and he has become
encaged in his own world, and he has forgotten the**

**world of the trees, the world of the rivers, the world of
the mountains and the stars...**

**Nature is not a noun, it is a verb... the river is
rivering... everything is a process...**

**God is not a thing... not a name... or a noun... but a
process... we are a human becoming... life is by
living... it is an eternal journey...**

**This is what we call pilgrimage beyond any age and
any cage...**

**Let us wake up from our sleep... our dream... our
rituals... we don't know who we are, we only know
what others say about us... we are alienated from our
self... let us jump out of this robot pathology...**

**This is what we need... jump and be the seed of
wisdom and you will become who you are... be
enlightened...**

It is easy to say it but how to be it?

You are right... but light is your birthright...

So why not be yourself?... be light... what is light?

**When you go in, into the world of absolute reality you
will come across a golden veil, very beautiful, so
beautiful that many have become enchanted and
stopped there...**

**All darkness disappears when you see the golden
light, so psychedelic... you have never experienced
anything like it... this is what home is but not what
you see it is much more beyond... you will penetrate
this light to reach the very center of reality...**

When you come close to a flame, the flame is surrounded by golden light. Remember, the golden light radiating from the flame, but the light is not the flame itself... when you look at the sun you see a golden light radiating from the sun... but they are not the sun... and this sun is nothing compared to other suns which are far bigger... and all the suns are nothing compared to the ultimate reality... Kabir says: “The moment I penetrate into my innermost core I found it was as if suddenly millions of suns has arisen”

Many scriptures of the world say: God is light, they have thought the golden light is God itself... God is neither light nor darkness, he is both and beyond the duality, transcendental to duality, go on remembering you have not come home yet... Go on enquiring, go on exploring... at the last moment there is an explosion of light... this is who we are... an atom of light for peace...

The light that you see is a great mystery beyond any science... the eyes cannot absorb this secret... in the beginning it becomes very dark but very soothing... very relaxing... the inner darkness is far better than the outer light and the mystic will become adjusted... Let us listen to what science says about the atom... Matter consists of electricity, and if you go on dividing then finally the atom is divided into tremendous light... only electrons remain... that is the whole theory of the atomic explosion, of atomic energy... A

single atom, when it explodes, becomes such a great light...

When on Hiroshima and Nagasaki the atom bombs was thrown, never before had such light ever been seen, tremendous light and explosion; just for a few seconds, a great light all over. If it is possible by dividing a small atom which cannot be seen with the bare eyes, then one has to think, meditate; maybe when the inner cell of life , the atom of life, the atom of our being explodes, the same may be happening because life is the same energy, out and in... matter and consciousness it is the same energy...

Physicists say the atom explodes in light, and mystic say the soul explodes in light... they seem to be in deep agreement... one more thing... sound and color are one; each sound has it is own color... sound is nothing but vibrations of electricity, and electricity is color, light. When a ray light is broken through a prism, it becomes seven colors. When those seven colors meet again it becomes white... there are seven sounds just as there are seven colors and they have something in common...

Just as seven colors disappear into one color, white, seven sounds disappear into one sound, the sound of silence...

In a deep silent night, sometimes you hear it. Or if you close your ears tightly, suddenly inside there is a sound. If you become deeply meditative and all thinking disappears, then you will hear the deepest.

If you continue meditating, one day or other you will move to this inner light. And this is a point of great crescendo... the music is tremendous, the melody is tremendous... it is the ultimate... and the light is tremendous... and both are together, as if two aspects of the same energy...

Thank you for reading and for listening to the words in between the words... if we listen with total attention there is no need to remember what I said or you read... it becomes part of you... when you eat something, do you remember what you have eaten? What is the use? If it becomes part of you... it becomes your blood, your bones, your being... Jesus said: "Eat my body and drink my blood" You digested what you ate... and you converted your body and your being into Christ consciousness...into your heart... into existence... be still and know that you are God... there is no god but God... whatever you see this is god... the godliness... the nothingness... just listen, be there, totally with the sound that surrounds you... that pregnant silence becomes the door to Allah...

Let us be grateful to this moment... we are so blessed... we can't count our blessings, but we can share this story...

A sufi master, after each prayer he would say to the sky... "Your compassion is great... How beautifully you take care of us, and we don't deserve it. I don't even have words to show my gratefulness, but I hope

you will understand the unexpressed gratitude of my heart.”

They were on a pilgrimage, and it happened that for three days they passed through villages where orthodox Muslims would not allow them even to stay in the villages, there was no question of giving them food or water. For three days without food, without water, without sleep, tired and frustrated, the disciples could not believe that this man Junnaid, their master, still kept saying the same things... before it was all right... but still he kept saying:

“You are great, you are compassionate, and I don’t have words to express my gratitude.”

On the third evening when he had finished his prayer, his disciples said: “Now it is time for an explanation... for three days we have been hungry, we have not had water, we are thirsty, we have not slept, we have been insulted continually, no place has been given to us, no shelter... at least today you should not say ‘you are great, you are compassionate’ for what are you showing your gratitude?”

Junnaid, the master, laughed. He said: “My trust in Allah is unconditional. It is not that I am grateful because he gives this and that... I am... that’s enough...”

Allah loves us as we are... accepts me as I am... that’s enough. And I don’t deserve to be, I have not earned it. Moreover, these three days have been of

tremendous beauty because I had an opportunity to watch whether anger would arise in me, and it did not arise, whether I would start to feel that God has forsaken me, and the idea did not arise... there has been no difference in my attitude towards existence...

Let thy will be done...

My love has not changed, and it has filled me with more gratitude than ever... it was a fire test, and I have come out of it unburned... what more do you want? I will trust Allah in my life and in my death. It is my love affair... it is my personal contact with reality... and there is great harmony... I am completely at ease and at home."

Trust is the outcome of deep meditation so it is up to us to be who we are... be yourself and this is our choice... this is the grace of God to all of us... we are the family of this existence... we are all brothers and sisters but we are not alive... we are not aware of our true identity... we listen to the dead... to the mafias of the soul... listen to your heart.. Who am I? Why I am here? Where do I go if I died now? What I am doing now? Do I love myself? Relax and watch your mind...

What is my priority in life? What is my choice... My best gift for myself is this test... I will share it with
US...

A professor stood before his philosophy class and had some items in front of him...

When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls...

He then asked the students if the jar was full... they agreed that it was... then he picked up a box of pebbles and poured them into the jar... he shook the jar lightly... the pebbles rolled into the open areas between the golf balls... he then asked the students again if the jar was full... they agreed it was...

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else... he asked one more if the jar was full.

Yes!! Said the students... then he poured two cups of coffee into the jar, effectively filling the empty space between the sand... the students laughed...

“Now” said the professor, “I want you to see that this jar represents your life... the golf balls are the most important thing... your God, family, your children, your health, your friends, and your favorite passion, things that if everything else was lost,

And only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else... the small stuff. If you put the sand in the jar first, there is no room for pebbles or the gold balls...”
“The same goes for life. If you spend all your time and energy in the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness... play with your children, take time to get medical

checkups... take your partner out to dinner... read about natural ways of healing our body and our life...

Take time to clean the house and share what you don't need...

“But do not forget to set your priorities... take care of the golf balls first, the things that really matter... the rest is just sand...”

One of the students raised her hand and asked what the coffee represented... the professor smiled... “I am glad you asked... it just goes to show you no matter how full your life may seem, there is always room for a cup of coffee with a friend.”

Beloved friends... what is your priority? What is your wish now? What do you want to do? What is your feeling? What is your fear? Your worry? Why? Just face your choice...

What is my choice now? What do I want? What do I need? What do I greed? Am I bored? Am I honest with my feelings and my choice?

Yes! I am free to choose what I want... what I feel, what I greed... what I need... what I don't know... but walk your talk... take the first step... jump... move on...what is your choice?

You can choose to be miserable or blissful... Start looking in this way... in each situation, first try to find out what will make you miserable and what will

**make you happy... always look at the light in the
darkness... be grateful for any pain... any disaster... it
is meant to be... see the good in the bad...
Each thing has the positive and the negative to it...
When we are not very perceptive we see only one
part... the other is there but you don't see it so you
don't feel ambiguous... the other is there and you will
see it one day but there is a basic built-in mechanism
in the mind that allows you to see only one at a time...
so when you hate a man, you hate, when you love,
you love... but you don't see both together...
Let us have a bigger vision and it is the whole
picture... hate love is one... let both be there, there is
no need to choose...
Total acceptance.
Let it be so... this is our nature... you remain in a
witness...
a choice-less and sadness will disappear... no
emotion anymore only compassion...**

**There is no need to choose... do your best now... use
your brain and heart and yourself & being in its
totality... you are a whole holy being...
Let things settle themselves... let thy will be done...
God has no other hands than ours to use... we are the
servants of Allah... the children of this existence... put
any name and any verb...**

What do you think? That if you don't choose things won't settle? Things will settle... something is going to happen, things always happen... they simply happen... life automatically goes on balancing itself... the world will not stop, it keeps dancing all the time... they are like man and woman, they meet and merge and a new totality arise... a new divinity...

This is what surrender is... let the will of God will be through us... do not follow the bad... do not follow the good... but the sage is beyond the sinner and the saint... he lives the both... he is aware and awake and this is the secret of the cross... the choice-less awareness... the purity... we are the medium of God... God lives through you... let thy will be done... be a witness... be aware... and let our work be our worship... why war? Why hate? Why not be what God wants us to be? Why not live this choice... I am your servant... your beloved... your shadow... use me... I am ready every now to live my divine vow!!!

Let us listen to this story...

There are people who are attached to wealth and there are people who are attached to poverty...but it is the same attachment...

A dervish who went to visit a great sufi master. Seeing his affluence, the dervish thought to himself, "How can Sufism and such prosperity go hand in hand?"

After staying few days with the master, he decided to leave... the master said: "Let me go with you on your journey!" ...

After they had gone a short distance, the dervish noticed that he had forgotten his begging-bowl... so he asked the master for permission to return and get it...

The master replied: "I left all my possessions, but you can't even leave your begging-bowl... thus, we must part company from here."

The real sufi is not attached to wealth or to poverty... so you need not renounce... live in the world but yet you are not of the world... to willfully insist upon being in poverty or upon anything is an ego trip... the real being lives without any will of his own... if it happens to be in a palace or a hut... he is happy... if it happens to be that he is a king, it is okay... to be a beggar... that too is okay... he has no preference... he simply lives in the moment... whatsoever God makes available to us, is the best for us... total acceptance... now-here or nowhere else... we are alive as we are... thank you God... we are your shadow and your truth.

How to drop the shadow and be the truth...

A small story...

Once long ago a pilgrim found himself in the desert... it was a starless night, the sky like black lacquer, the dusty wind blowing at his hair and beard, and the rocks hurting his stumbling feet.

The pilgrim had hoped to reach a great spiritual master beyond the wilderness, but now that hope was gone... he might well die of thirst before morning... what to do?

He prayed to God for help... Immediately, his foot struck something that was not a stone... it was a silver bowl filled with water... he drank all he could, and then he fell asleep... when dawn awakened him, he reached once again for the silver bowl... it proved to be a human skull... and what he drunk was dirty thoughts,,, he vomited and kept walking and he found his master at the temple of the skull...

What is this sign? He asked God for water... it was just his belief; created by his thirst... he was dying, he was on the verge of death, his mind must have dreamed must have projected... in a human skull he saw a silver bowl, he projected. And he thought the brain-fluid was just pure ice-water... he drank it... and when he saw the truth, he vomited and in that discharge, something dawn in his consciousness... he could see that it is all mind game... all our worlds are belief-worlds...

So when he knew the mind game, he laughed, he must have understood the very root of it all, and there was no need to seek the master... he is in the human skull...

He must have come back dancing, celebrating a totally different man, born again a free being... he is no more asleep in thoughts, in the mind... his clarity has become absolute, whose consciousness now has transparency... this is what freedom is, what enlightenment is... this is who we are... this is a self-realizing

**“Who I am” or rather realizing “What I am.”
So be aware of the mind... of the belief system... Good and evil are in our mind which keep changing all the time... they differ in each society, each race and each nation... what goes on changing cannot be time... once you know the self and be the self then the self will communicate with you...**

What is Karma?

A theory, a dogma, a belief, a concept... when we accept any theory or any concept , it may be comforting... but if it is not based on our experience, it has no validity... like sharing the word water... we have to be thirsty ... the thirst will be the quest and the answer...

Thank you for asking!! My mind is asking... but let my being answer not my brain... we are the living book... we are alive...we are one with life and love and light and laughter...

Ask and the answer is in us... in your being... in the core of the heart... go in & listen...

How can I deal with negative feelings?

Resist not... accept the shit as it is... it is a great discharge...

a healing touch... do not fight with it.

Change the attitude... ignore the ignorance with grace... and this is a way that helps us to achieve our goals... it is better to live the bitter as it happens...

celebrate whatsoever is happening now...goal orientation involves future, future involves insecurity, fear... pain and again too... life is an adventure... this is the beauty of the risk... jump in the ocean and then think... and do not forget to meditate regularly... and this is the path of enlightenment... become more and more conscious of your acts... your thoughts and your feelings...

Think less, feel more... thinking about love is not going to help me love, but feeling love is bound to change me...

Let us change from mind to heart, from thinking to feeling, from logic to love... from love to living in loving... life is by living... the river is rivering... let us be a verb not a name and a noun... but be action and attain to non-action... you dance then the dancer disappears in the dance happens on its own without action...

Existence is the eternal dance... just be a watcher and witness mother nature... feel it and be it... listen only to your feelings... to your heart... to your being... be a

rebel... be your own commander, do listen to your own “ten commandments”... put all the fun in it...

- 1- Never obey anyone’s command unless it is coming from within you.**
- 2- There is no God other than life itself.**
- 3- Truth is within you, do not search for it elsewhere.**
- 4- Love is prayer.**
- 5- To become a nothingness is the door to truth... nothingness itself is the means, the goal and attainment.**
- 6- Life is now and here... or nowhere else.**
- 7- Live wakefully.**
- 8- Do not swim,... float**
- 9- Die each moment so that you can be new each moment.**
- 10- Do not search. That which is, is. Stop and see... “If you really want to know who you are, you have to be empty just like Christ or any other treasure... or mirror... infinite emptiness... but if my mirror is dirty this is my ego... my mind... my ignorance... let us listen to our innocence and be with a real Christ consciousness... real godliness... real existence...**

Yes my us... existence is very generous mainly in jokes... a joke a day keeps the junk away... let us smile...

An American man was seated next to Iranian girl on the airplane, when the stranger turned to her and said:

“Let us talk. I’ve heard that flights go quicker if you strike up a conversation with your fellow passenger.” The little girl, who had just opened her coloring book, closed it slowly and said to the stranger: “What would you like to talk about?”

“Oh, I don’t know, since you are Iranian, how about nuclear power?” and he smiles.

“Okay” she said, “That could be an interesting topic. But let me ask you a question first... A horse, a cow, and a deer all eat the same stuff-grass. Yet a deer excretes little pellets, while a cow turns out a flat patty, and a horse produces clumps of dried grass. What do you suppose that is?”

The American, visibly surprised by the little girl intelligence, thinks about it and says: “Hmmm, I have no idea.”

To which the little girl replied: “Do you really feel qualified to discuss nuclear power... when you don’t know shit?”...

**How can a blind man talk about the light???
It is our arrogance that talks about all what we see,,,
this is our enemy... it is the ego which creates
blindness and darkness, and unless the ego
disappears life remains a hell...**

Hell means disharmony within us and within existence too...

The moment we become harmonious with the coin, then we are in heaven...heaven and hell are not geographical... they are in us... they disappear the moment I become disidentified with the mind...

When I am silent, I am in heaven... when I am disturbed, I am in hell... so where do I want to be? It is my choice!!? What do I want to do now? Can I add more beauty in my home? In myself? In my earth? Let us need this wish... this will... this well...

“Don’t leave this earth unless you have made it a little more beautiful...

Remember one thing: That you should not leave this earth unless you have made it a little more beautiful, a little lovelier, a little more loving... to me, this is the only strength, the only power, that we can transform life, we can transform consciousness... your creativeness will help you to become enlightened, just as enlightenment brings an explosion of creativity. My trust in existence is absolute. If there is any truth in what I am saying, it will survive... the people who remain interested in my work will be simply carrying the torch, but not imposing anything on anyone... I will remain a source of inspiration to my people... I want them to grow on their own... qualities like love around which no church can be created, like awareness...

**which is nobody's monopoly, like celebration,
rejoicing, and remaining fresh, child-like.**
**Yes ... I want my people to know themselves, not to be
according to someone else, and the way is in...**
**When mind knows, we call it knowledge... when heart
knows, we call it love. And when being knows we call
it meditation... the priests are the greatest con men in
the world. They have sold something which nobody
has ever seen, which nobody is ever going to see...
my whole approach is to give you back to yourself...
you have been stolen. You have been covered,
conditioned in every possible way... my whole work is
to make doors and windows in you...and if I can
withdraw all the walls and leave you just an open sky,
you will know what religion is...**
**I am not giving you a new set of dogmas, beliefs,
creeds, ideologies... not at all... my function is totally
different... my function is take away whatever you
have got and not to give you anything in its place...
and there is no need to substitute anything...
creativity is your intrinsic potential... just a small
discovery on your own and you are a different being,
because now truth is born in you...**

**The pseudo-religions depend upon disciplining the
mind... the real religion's first work is to put the mind
aside... All that you have to do is watch... just like the
light disperses the darkness, watchfulness disperses**

**the mind, its thoughts, its whole madness...so
meditation is simply watchfulness... awareness... it
inverts nothing, it simply discovers that which is
there... and what is there?**

**You enter and you find infinite emptiness, so
tremendously beautiful, so silent, so full of light... so
fragrant, that you have entered into the kingdom of
God... you have entered into Godliness”**

Who is sharing with us this treasure?

**Yes! A Christ... A prophet...A master...
Existence...The Stillness... Let us say it again and
again... Let us hear it and see it and carry it in our
inner core... inner being... this is the only truth...
Let us be who we are... thank you our beloved master
of freedom... this seed will grow and glow in our
darkness and it will be the tree of life and light and
love and laughter... this is our only treasure... thank
you God...**

**When I say God I don't mean the person up in the
sky... God is a presence of the innermost core of our
being, it is our own presence. It is not a meeting with
somebody else... he she is the innermost core of my
being... that silent core, that space where nobody else
can enter you... that private, that absolutely intimate
virgin space... your interiority is God... is Godliness...**

**Is nothingness... is existence... is
“that which is”...**

**In that silence is the truth... the shrine of life... take
the jump into it... that is the only essential place... if**

**we miss it we miss our whole life and the great
opportunity that life has given to us... if we reach this
essential core, we are blessed, we have arrived
home...**

**The moment you know who you are you have found
God, the God of the mystics, not the God of the
priests... and in that very knowing and finding we find
freedom...**

Your own God, is your own freedom...

Your own truth...

**Be yourself and be aware of you're the whole
existence...**

All is Allah... All is God...

**Yes! I am responsible for my own growth... whatever
is my feeling, I am the cause... and meditation is the
door to get out of my misery. And there is nothing
which is better than the state of a meditative mind...
be in communion with existence, merge and melt in
the ocean... the fish will die if it is not in the ocean...
we too belong to God... we are one with the whole...
When a dewdrop steps from a lotus leaf into the ocean
it does not find that it is part of the ocean, it finds it is
the ocean...**

**“La Ilaha illa Ilahu” means no god but God... and this
is the ultimate goal... the ultimate realization... there
is nothing beyond it...**

**All what we see or beyond what we see is God's gift to
all of us... just be in your innocent silence and
existence opens all its beauties to you...**

**And as it goes on growing you go on growing, and
there comes a moment when you have reached the
very peak of your potentiality...
The greatest secret of your being... no words to say
about the truth... it is an experience in our being... in
the core of our heart... in our stillness... be still and
know that I am God...
I am godliness of the nothingness...**

**This is the Treasure
What it is it???**

Where is it???
Am i w aware of this treasure????/
Is it only in nature????
How to have it now????
how to be it now????

What is our treasure?
Where is this treasure?
Let us use some of it... health? Wealth? Power?
Miracles? Wars? Freedom? Long life? Laughter? Sex?
Money? Fame?
What do I want now? What do I need now? What do I
desire? What do I greed? If I have all the money I want

**what do I buy? What do I do? Where do I go? Why?
Why?**

Why travel? Why go there? Why not be this now-here?

**Why not ask myself... why I am here? Why do I want
to eat? Am I hungry? Why any thought makes me
happy or sad? I feel sleepy and I just woke up... why?
Am I awake? Am I aware?**

**If death comes now where do I go? Is there life after
this life?**

Do I know what life is? Am I alive?

**Oh!! Let me go and have a cup of something or eat
anything or watch any screens or run away from such
questions...**

**Oh! A piece of chocolate... or a time of peace?? Peace
of mind...**

**I am lost... lost in lust... I don't know what do I want or
need or greed or desire... I feel sleepy even though I
slept all night and now is a great sun rays in my
room... let me go to the kitchen...**

**I did not go to the kitchen but to push the button of
the internet... then to the fridge... ate chocolate...
came back here to be with this paper... is this my
power?**

**I am a robot... a living machine... or a slave...but
why?**

**What is this routine? Am I a robot? Am I a remote
control? Who is pushing my button? Just for few**

**minutes let me watch my mind... this is the monkey...
jumps all the time... where to??**

How to be a watcher?

**The real silence happens when I start watching the
noise of my mind... there is a constant traffic in the
mind... not in my mind... it is a mind... all the crowds
are playing in this skull... all came from the society...
just stand by the side of the road and watch without
judgment... just sit on the bank of the river, watch the
flow of the river, just being a pure witness...then the
miracle happens...**

**Who told me to go to the bridge? Who pushed me to
come back here and write? Who is moving me and
pushing me to do all what I am doing? Am I hungry?
Am I thirsty? So why go eat and drink? Why bored?
Why & why the fly will fly high in my inner sky... just
live every now as it is... now and here only....**

**Let me be aware of my body and its action... walking,
walk with alertness... not like a robot, like a machine...
when thinking, watch the thoughts... just go on seeing
what desires are jumping in the mind... let us watch
our feelings and our moods... just few minutes ago I
was so happy and now so sad... why? How joy
becomes sadness? How sadness becomes joy? Just
watch...**

**Do not do anything ya Maryam... just watch your
mind... your self... your being.. who is pushing me??**

If we go on watching, tremendous things start happening.

Our body starts becoming pure of all kinds of toxins and poisons... we will see that our mind is no more as active as before... more gaps will grow and glow and we see our real reality... real divinity... soon a moment of balance will come... no sadness & no joy and this is the bliss...

No more peaks and no more valleys all those polarities will disappear and only God... only love will be alive... only oneness with the one... and in that moment all is light... our inner eye will see the truth, and that truth liberates us...

Truth cannot be taught... but can be caught... catch it... discover it within your own soul... it cannot be borrowed from any books... look in and be it... truth happens in our silence... where there is no desire... no thought... no-mind... just like a child... it is from heart to heart... not from head to head...

So let us be with the truth... with myself... with my inner light... inner master... if I am with the truth, I am with God... this is our only nourishment... only at-onement with existence... Don't cling to persons... to masters... they are insignificant, truth is significant,,, you know it... you know how to go in... meditation is the only key to our inner treasure...

Yes! I am the truth... I am the way... I am the life...

This I is our amness... so why go far... go in... you know your key... right now take a deep breath and be a watcher of your mind... breath in and out and live this bliss... this wealth... no way to the truth, because the mind is the wall, is the barrier that creates the ways, the mind has to go... the mind is a structure not a treasure...

Truth is a bird on the wing, not a bird in the cage... The cage may be of gold, but a cage is a cage... a prison... truth can never become a prisoner... it is freedom from all the past and the future... it is in living this now-here or nowhere else... so if you are ready to be free be free... this is our birthright...

No one needs the other... enter your own inner treasure and this is the foundation of life and freedom... this is the source and the goal... be free and fly high and become freedom itself... God is freedom... be free... freedom from the self itself is a total freedom, absolute freedom... freedom from politics, from religions, from all kinds of bondages... be yourself the moment you know "I am neither the body nor the mind" you have become free... and freedom brings peace, bliss and God...

This mystery is in us... so why not go in and be it... just relax... take a deep breath and be grateful... breath is polluted but still free... breath and be free and fly high...

Let us fly in our inner sky... use your wings and open your cage and be a sage not a saint... be who you

**are... don't ask for degrees and labels and titles...
don't beg any attention from any position... you are
the living power of love... not the begging bowl of
power... be your treasure... know yourself... and this
is the only truth to live...**

**Let us search in the land of the moths... it is a story of
a moth, it tells that one night, when a young one was
flying with his friends, he looked up and saw a
wondrous white light hanging between the branches
of a tree...**

**It was the moon, but as all moths are so preoccupied
with the candles, street lamps, and other lights that
they are constantly circling, our hero and his friends
had never seen it before...**

**With this sight came a sudden and firm resolution.
Our moth would never again settle for flying around
anything else but the moon... and so every night,
when the moths would venture out from their resting
places and each head for a suitable light, our moth
headed upwards towards the heavens...**

**But the moon, although it seemed always so near,
remained always beyond his finite capacity for flight.**

**He never, however, allowed his frustrations to
overcome him, an intact his efforts, though
unsuccessful in making him into a lunar astronaut,
yielded him one unexpected dividend...**

**For while his friends and family, his neighbors and co-
citizens of moth-land all reviled and ridiculed him,
they all preceded him to the grave in the fiery**

incinerating death of their kind, burned to a crisp in one of those accessible flames they had set as their goal...

The old one died peacefully at a very ripe age, beneath the cool white shine of his beloved.

So what is our choice? What is freedom? Are we interested in the moon? Are we able to attain the impossible?...

Freedom means now we are entering into a journey for the unknown shore... the impossible is I-m-possible... this walk is very dangerous, but through this danger one is reborn... born again a human becoming... through this longing, is the passion for the impossible... and something integrates in us... in you... in the thirsty soul for the real source of the sacred grace...

No-thing is impossible... if we live for the possible, we are a good citizen... but what is the point? So unless you have a glimpse of the impossible, and you create a desire to the impossible you are not alive... you are impotent...

Unless we grow up and live our meaning... our reality... our divinity in life... we are not alive... let us live our grace... our choice...

What is my choice?

Not to choose is my choice... is my grace... let thy will be done... but let my awareness be alive and be who I am and do what I am... know what is good and what is bad and go beyond both... Live the unity... the purity

**of this divinity... let God live through us... let us do our best and surrender to the whole... let the good and bad dissolve into each other. They are like man and woman. They can meet & merge and melt in the only one there is... life is eternal and things go on smoothly and so perfectly... this is the divine dance of existence... be a watcher and let go and let God... Do your best and surrender to the better...
Now our better laughter...**

**Boy: May I hold your hand?
Girl: No thanks, it isn't heavy.**

**Girl: If we become engaged will you give me a ring?
Boy: Sure, what's your phone number?**

**Girl: I think the poorest people are the happiest.
Boy: Then marry me and we'll be the happiest couple, and I would go to the end of the world for you!!
Girl: Yes, but would you stay there??**

**Yes! A smile is needed... Let us feel more our senses...
Purify them... Let us ask for the divine and taste it too and smell it too... the divine can enter in us through our senses... only when the divine bread of Christ enters in our senses does the ultimate happens...**

“Eat my body and drink my blood”... it is a divine unity with Christ... with God... let all our senses open up and grow and glow in light, love, and laughter... this is the secret of the last supper with Christ... Last bread and water from a living consciousness... what else do we need? Let us desire our meal treasure... who am I? why I am here? Let us hear our silence, our stillness... the essential core of all religions is not different, but different egos are in conflict... unless the ego disappears life remains in hell... the ego is the rock and it does not allow our life to flow... what to do?

Meditation is the only key... let the ego go and you will be free to live... let go and let god... this is the door to our being... to our divinity... to our unity... there is no other truth... it is one truth in different cups... It is our choice to wake up... now is the time and here is the place...

Now-here or nowhere else...

Let us be in this now-here... this vow... this wow... this is the secret of nothingness... not-a thing... there is a life but not a thing... and this will pass too... disappears again into nothingness... and we see it happening everyday... where are the ones who passed away?

Look at nature... from a seed a tree arises, you just cut the seed and see... no tree is in it... no branches... no fruits... just emptiness... and from a seed a great tree and from each seed, millions of seeds... a single seed can make the whole earth green... it has so

much potential, although you cannot see it by cutting it...

So everything comes out of nothingness and back to nothingness. Hence there is no need for attachment... attachment will bring misery...

Don't get attached... then there will be tears and you will miss the flower... Enjoy this now, it has come out of nothing, and it will go back to nothing...

This nothingness is godliness... is love... is compassion... is all the names and this sounds and the silence...

But the silence of the grace is not like the silence of the grave... there is life and death but once we know the source of this mystery then we know the secret of the seed in us...

Let us be a knower... Let us experience our being... by being who we are... we live the awareness of this nothingness...

Beloved master... how does one overcome to pull toward sex? Can this energy go upward?

All what you see is energy and it has been going downward through the sex center continuously for many births, so when any energy is created it will first try to move downwards...

Man gives his energy from down to the womb and the baby is born downward to mother earth... this is the body energy... but we are not a body but a being... and the gravity is a law downward but law of grace is

upward ascend... The ascension from Jesus to Christ... this is our energy... even a rock is a pulsating energy...

Existence is energy... my body... my mind... my soul... the difference is only of different rhythms, different wavelengths, that is all... you can see your thoughts...

If we live in harmony not in conflict we become whole and holy, and in that experience is God...

The divinity of the trinity and then the fourth is nothing but the organic unity... the at-one-ment with the one...

When you are happy with yourself, blissful as you are, grateful as you are, then you are with God... that is the feeling of total unity... not that you see God, there is nothing to be seen... God is the ultimate seer... it is witnessing...

Don't waste your energy... you are love... Jesus is saying: Resist not evil, be thankful to the one who hits you. Be aware, your energy is precious, and you have only a limited amount of it available... the more you save it, the more will be given to you... use it for peace not for war...

Just become a great container of energy... let it flow without any motivation, it becomes delight. That is the moment when you have started pouring into God and God starts pouring into you... God is the highest energy of life... and the sexual energy is the first step

of this trip... the only way to go beyond is to go through...

Life is an opportunity to grow, don't avoid it... if you avoid it you will remain retarded...

Accept whatsoever God has given... he knows better than us... do not repress any gift, make it as pure as possible, because it is your sexual energy which will create many things in your life...

This is a well known fact, that great poets find that they are transcending their sexuality naturally... great painters, great dancers, great musicians have always found it very easy to go beyond sex, but not the so called monks and saints... they have found just the opposite... the more they tried, the more they got deeper in the mess...

This fact has to be meditated upon... A musician creates music, hence his sexual energy is used in a non-sexual way... A dancer creates dance, he needs not create children. He becomes a creator of something higher...

When you are with the higher why go to the lower... keep growing up... create treasures not numbers... animals can create children, that is nothing special to man... in fact animals are more productive, even mosquitoes can defeat us!! That is nothing special in us... let us give birth to a Christ... to a Buddha... not to a Christian or to a Buddhist...

So what is our way?

Either repress sex or transform it... so be what you want... what is your choice? Yes! Be yourself, be

**creative... create music, poetry, painting... writing...
create something with great love... bring something
new into existence and your sex will be fulfilled on a
higher plane and there will be no repression...
Let our sex become more and more love and less and
less lust and let your love become a little higher & that
is prayer... from lust to love to prayer... this is the
ultimate transformation...
From lust to compassion is our vision... this is what a
meditative being is... he lives his energy without any
fight but with total light... do not repress your friends,
it is a blessing because it is the source of all your
creativity... do not be a monk... be a man...
Creativity is sexual, basically sexual... when the
painter is lost into his painting it is the same orgasmic
joy that two lovers have when they meet and merge
into each other... a moment they are no more
separate... the painter is lost with the painting, the
dancer in the dance... and the reader in the words and
the silence in between the words...**

**If you accept your sexuality, if you embrace it with
deep love and gratitude towards God, knowing that it
is his gift so there must be something in it which has
to be discovered... it is not to be rejected...
Rejecting it will make us uncreative, and the
uncreative person remains a miserable person... that
is why saints look so sad... with such long faces,
almost dead and stinking... be a sage but not a saint...
accept life as it comes... remain a silent witness to**

all... this is the most profound secret of all the awakened ones...

So let us remember the sacred power of sex... The energy of sex... the energy has been downward for many birth... so when any energy is created it will first try to move downward... the baby moves downward in the womb and comes out... that is why meditation sometimes will create more sexuality in us because we have generated more energy than before... just be aware of it... do not struggle with it...be aware of the habitual passage... be aware of sexual images, let them come, do not cooperate with it... it will stop at the right moment and the old passage is cut... not suppressed... you are just aware... and the energy is conserved and the quantity wants to move upward... by its very force, a new passage will be open... a new door... your energy will transcend towards the eternal growth.

When energy goes upward you will be more sexually attractive to others, because life energy going upward creates a great magnetic force... be aware of this gift...

The attraction will not only be physical, it will be etheric... you will be attractive and the opposite sex will be irresistibly drawn to you.... Why?

There are subtle vibrations that are created by your etheric body; you have to be aware of them... the type of attraction that will be felt by the opposite sex will differ... it will take so many different forms but

basically it will be sexual... At its roots, will be sexual.

But you can help these people. Even if they are attracted to you sexually, they have become attracted to a sexual energy that is moving upward...

And they too are not ordinary sexual beings... upward moving sexual energy has become an attraction, a magnet... law of grace... the energy is from heaven and earth to go up...

Ascending power... heavenly mystery... this is the secret of every lover of God... from sex to Christ consciousness... from the body to the being...

So with such energy you can help the others... yes! Help them; this is why we are here... this is who we are... God has no other mediums than us... he has no other hands than ours to hug and heal...

Let us share a smile...

He said to Me!!

Why is it difficult to find men who are sensitive, caring and good looking?

I said to him... they already have boyfriends...

He said to me... why are married women heavier than single women?

I said to him... single women come home, see what's in the fridge and go to bed...

Married women come home, see what is in bed and go to the fridge...

Salvator goes to see his doctor because his wife keeps on having children... doctor Fig gives him a condom and tells him to follow the instructions and his wife will have no more children...

A month later, Salvator is back...

“My wife is pregnant again”

“Did you follow the instructions like I said?”

“Sure doc. It says stretch it over the organ before the intercourse, well we got no organ, so I stretch it over my violin”

“Kiss means: Keep It Short Stupid”...

Let us keep it short sweetheart and go in... to our core of our being and know this secret...

Hold the hands in a very prayful mood and start a mantra...

“Ah... ah... ah...” loudly, but not very loudly... and move with that ah... ah... ah...

Move with it... do it for just five to seven minutes not more than that... just before you go to sleep, sit in your bed and just bring the energy out...

Move very slowly, very gracefully, don't become violent. That is why I am saying not more than five or seven minutes, because if you do it more, you will become more and more agitated, and then the prayer will be lost...

After seven days, be in the same posture but change the sound “Ah” to “Aha” that will go still deeper... aha... aha... aha... after 15 days feel your feelings...

first “Ah” for seven days and the “Aha” for seven days... the sound “Aha” can give tremendous grace. God happens as an ‘AHA’ experience... God is not a proposition but an exclamation... so you start. The energy is going very well, prayer will be helpful... and this is your prayer, nothing else... be alert and aware of what is going in your being... you can also add... ah... aha...ahoo... the last sound is from the sufi secrets ... Allahoo... yahoo... The secret of sounds... sounds of love and gratitude and thanks giving...

**Ah... creates silence...
Aha creates joy...
Ahoo starts giving thanks and expressing gratitude...
and it would be helpful to burn incense through the meditation...
Use the same incense every night... that enters into your bio memory and it starts triggering things... so just burn the same incense every night... and never burn that incense at other times otherwise you will lose track... Let it be associated only with this meditation...
So let us dance our way to Allah... this is our only path... what are we here for? What is our vision? Why war? Why not peace??**

**If not you and me who else? If not now when? Now-
here or nowhere else!!! Let us wake up now... who am
I makes a difference!!!**

What did I do today? Or now??

**Let us read the words and in between the words and
the lines... let the gap be our door to our divinity...
take a deep breath... how blessed we are... we can
breathe in and out... it is still free and available and
polluted... take in light... give out love... this is who
we are... God is in our innermost core of our heart...
why not heal our body-mind and being? Why kill when
we can heal??**

Take a deep breath and be blessed...

**Yes! We are blessed... Bliss is the Everest... there is
nothing higher than that... just now... count your
blessings... they are soooo much that you have to
share it...**

**A tree will blooms only when it has so much life to
share... it has to sing and dance and sway... it is
sharing her joy with the whole universe... that is
exactly what happens to a blissful person... so why
wars? A happy person does not go to kill... let us
bloom not bomb...**

**Blissfulness is our birthright... just ask for it... and
meditation is the key... let it happen in our being...
just open the windows and see the sun... it is there for
us but we close our doors... we are in darkness which
is our choice, our own creation...bliss is a fragrance
of meditation...it means become more and more**

**silent...a watcher...a witness...more alert...more
aware...**

“Who am I? Why I am here?”

Let us watch the noise in our mind now!!

Our minds are too busy! Why?? What is this noise??

**Why carrying all kinds of rubbish... stop this inner
wars... just watch it...and through watching a miracle
happens...whatsoever you can watch starts
evaporating and then you are left with a deep
silence...Be still and know that I am God... this
amness is in us...**

**Yes my beloved mewe... we are reading...we are
writing...we are flying with our monkey mind...we are
there but not here...why are we lost?? Just remind
me...that yesterday is a history...tomorrow is a
mystery...now is the only present...let us open up this
gift...let us live one seed of it...and one seed turns the
whole earth green...**

**Yes you are so right... I only see the skin of the
seed...only my body...my outer layer of my face...my
mask...why not look and see my original face...I am
not what I see...I am a beam of light from the creator...
so why be in such darkness? We are not the body... it
is limited...we are unlimited consciousness, why live
in a dead cave? In a dark hole!!**

**You are vast and somehow you have been forced to
live in a small space... you are doing it to yourself...**

**Each time you die, you die with a desire or many
desires...those desires bring you back into new**

**wombs, those desires give you another body...let us
change the object...let us desire God...**

**Tonight before we go to sleep let us vomit all our
desires...and let us ask for the eternal truth...we
belong to eternal, we are the beloveds of God...of
existence...once we know this...we live it...then what
happens does not matter...we are rooted in the
ultimate nature...the eternal divinity...**

**Yes! This is who we are...the family of God...the real
royalty...not loyal to any law or any commander or
any power but to our real eternal treasure...real inner
trust and this is our truth...**

**Trust is the ultimate breakthrough... it helps you to
know the truth on your own. And truth liberates only
when it is yours...your truth cannot liberate me... it
creates bondage and nothing else...face your own
original face, your own fear...your own feelings and
ask yourself why? You are feeling hate, anger,
sadness...what is your question now?**

**I have been living with a man for a year who likes to
be with other women also, and I do not know how to
handle my jealousy...**

**Who is not jealous? Jealousy has nothing to do with
love...you are using the word love and it has nothing
to do with love...what do you know about love? If you
know anything about love, you cannot ask this
question, because jealousy is never present in love...
and whenever jealousy is present, love is not
present...**

**Jealousy is part of possessiveness... this is my home, this is my husband, this is my son & so on & on... and if somebody else tries to trespass on your territory, you are angry...or if your house is bigger than my house, I feel jealous...
If you love, jealousy is impossible, it is not possible at all...**

One can be loving but that will be a totally different kind of love...more like a friendship or compassion...it will not be a relationship nor a relationship... you give out of abundance, you give because you have it. You don't bother about whether it is responded to or not, whether he loves you or not...

The question is how to transform sex into love... then jealousy disappears...if we drop comparing, jealousy will disappear...each individual is unique and incomparable, your being is yourself...nobody has ever been like and nobody will ever be like you. And you need not be like anybody else either...

God creates originals...he does not believe in carbon copies...so sit in your room and face your original face, just let the jealousy be there... look into it and you will be aware of who you are and you start getting a transcendental feeling that you are just a feeling...be a witness...be alert and awake that you are beyond senses...you are here to be yourself beyond bodymind... start loving people...you cannot prevent the man from loving others, he has lived that way...if he does not go here and there, he will feel suffocated... and he will take revenge on you...he will

**not feel so loving ...let him live his nature...you too.
Be free and independent...**

**Now the woman is educated, she can have a job, she
is as free as man is... she can meet people, she can
fall in love, she can enjoy life...**

**The problem of pregnancy is irrelevant now. The pill
has been one of the greatest freedoms...but the old
mind persists, and it is not a small thing...**

**Since ages we are conditioned... and that
conditioning has penetrated in all of us...**

So what to do?

**Stop nagging your friend...he is not your husband and
you are not his wife...we are friends for life...the more
you nag, the more you throw him into somebody
else's hands...because he becomes tired, bored with
you, and he would like a change... a relief to another
problem too...**

**Then, become courageous...tell him that you will also
move in the same way...just make it clear to yourself
and to him also...there should be only one standard
for both of you...the misery arises because he is
having fun and you are just sitting there thinking of
him...**

**Gather courage, and tell each others what do you
want. Make it clear that you are to follow certain
standard...when two persons decide to live together,
then a certain rule of conduct has to be evolved...but
be aware of what you are doing and why? ...Yes! few
side affairs are always good and helpful to keep the**

marriage running. If there are no side affairs then the marriage becomes really a boring phenomenon...

How can we live with the same man, the same woman?!! The same talk, the same look, the same love?? Life is not a routine... just be free and be honest and be yourself... a totally different quality of love and life and laughter...

Then there is no conflict, no fight, no jealousy... nothing of the sort... there is a calm and quiet, silent, relationship... when you are also moving into a new love and he is moving into a few new lovers, both are always in a kind of a honeymoon, meeting together is always beautiful... then things never become old and rotten... just a little courage... and it will happen...

Yes! Let us risk our life... why fear? Let us live our nature and paradox is our life and our nature... it is not strange, but we are so much addicted to logic that whenever life reveals itself to us, it looks strange...

life has been continuously taught to us... that contradictory things cannot exist together... logic says day or night... “either-or” is the mind law... but life is all together. Whenever you reach to the deepest sadness, suddenly you will see it is turning into happiness... Or, you reach to the deepest happiness and you will see that it is turning into sadness... At the center they meet, only in the periphery are they separate...

It is just as if you make a circle, and from the center you can draw many lines towards the periphery... on the periphery, the lines are very far away... move towards and center and by & by they come close & clear.

And exactly in the center they become one point... All paradoxes meet within you, meet in existence... only in the periphery of the mind are they separate... Deep in you, life and death are both one... deep in us, happiness & sadness are one... deep in us God & the devil are both us... deep in us, this world and all the others are both one, this shore and the other shore are both one... you and me are one... If you are really happy, tears will come... tears of joy... sadness and happiness are the real life... the real ocean in its depth is not only the waves...but beyond what we see... If your happiness cannot cry and weep, it will be shallow, it cannot be rich. In the depth, the sadness becomes a song, a tremendous beauty if silence surrounds you, and a song is born out of the depth...

The sadness is there, the happiness is there and you are neither, only a witness...this is the meeting of existence, of opposites...and we transcend...no identity but the unity of the trinity...sadness and happiness and you are the witness...what is your choice? What is your identity? Sadness or joy? Good or bad? But both are the two aspects of the same coin, and you are the master...

The coin is in my hand, I am not the coin...so I live the strange experience and I am a stranger...you are a madman and a mystic too...you laugh and you cry...don't be afraid. When you feel lost, remember God, and listen to your innermost core...God is so near, why go far?

Don't create barriers or blocks, just lean on the shoulder of your beloved and you go on...that phase has passed and keep on walking and flowing...

Spiritual growth has many danger points...if you escape from those points once, you become afraid forever...

So trust yourself, trust your master...and go on... There is nothing to fear, because the closer you are coming to yourself, the closer you are coming to real sanity...the further away you are from your center, the further away you are from sanity...

The world may call you sane, but you know that you are not...

Is this action a sane seen?

A man is taking a walk in central park in New York... suddenly he sees a little girl being attacked by a pit bull dog... he runs over and starts fighting with the dog...he succeeded in killing the dog and saving the girl's life...

A policeman who was watching the scene walks over and says: "You are a hero, tomorrow you can read it in all the newspapers: Brave American saves the life of a little girl." ...

**“But I am not an American!” says the man...
“Oh, what are you then?”
The man says: “I am a Saudi.”
The next day the newspapers say:
“Islamic extremist kills innocent American dog” ...
Who is sane? Who is insane? What is our choice?**

**My choice is to be blissful not to be miserable!!!
So what will make me happy? What will make me sad?
Each step has its good and bad, let us hate and love
together...it is a built-in mechanism in the mind that
allows us to see only one at a time...
So when you hate a man, you hate...when you love,
you love...but you don't see both together...when we
become more perceptive, we use both, the negative
and the positive...it is a good sign that our
consciousness now has a bigger vision and we don't
have a choice but total acceptance...
There is no need to choose. The negative is there, the
positive is there, let it be so...we remain free... a
witness... a choiceless...let things settle themselves...
Let thy will be done...
Life automatically goes on balancing itself...things go
on smoothly and so perfectly...and then there is great
beauty because there is no violence to any part...
They have dissolved into each other on their
own...they meet and merge and melt in
existence...this is what surrender is...don't choose.
Let things be...you know what is good and what is
bad and you go beyond...**

**Be a sage, not a sinner nor a saint...live in awareness
without any choice...let go and let God...let God live
through us...**

**Become a medium, then God lives through you...then
whatsoever happens is divine...it is neither good nor
bad... it is simply divine...**

**Divinity is unity of our living trinity...our self soul
spirit... let us unite and be who we are and with this
awareness we live our love ...**

Love is the only way

Love is God...

Can you show me where there is no God? No Allah?

**There is very beautiful story in the life of Nanak,
another great mystic of the same caliber as Kabir...**

**Nanak went to Mecca, he went with some Muslim
travelers who were on a pilgrimage...they reached
Mecca, the holy stone of Kaaba...it was evening and
the sun was setting, and they were very tired...and
Nanak immediately fell asleep...**

**The travelers, the companions, were very much
surprised. They used to think of Nanak as a very holy
man, but he was doing something stupid...his legs
were towards the Kaaba when he lay down and fell
asleep.**

**They become very much afraid, this is a
sacrilege...and by the time they could do something
about it, the chief priest came, and he said: "Who is
this man? Is he an atheist, he does not believe in**

God? He does not seem to be a Muslim... throw him out of here!"

He said: "What is the matter?"

They said: "This cannot be allowed... your legs are towards Kaaba, and this is a sin." Nanak laughed uproariously, and he said: "You can put my legs anywhere you like, but, one thing before you do it, tell me if this is not so: wherever my legs are, they will always point towards God... why???"

Because Allah is everywhere...this is the secret of La ilaha illa Ilaho...

No god but God..."

Up to this point, the story seems to be absolutely realistic, then it becomes a parable...the priest was very angry; he took hold of the feet of Nanak and turned his feet away from Kaaba...and the parable says Kaaba turned towards Nanak's feet... and he moved him in every direction, and Kaaba turned to that direction...

Now, it is a parable...I don't say now it is realistic...half the story seems to be exactly right...the other part is very poetic...true, but not factual...it is very significant though...

God is everywhere...once you have found him within, in the core of our heart, then you will find him anyplace and everywhere...then you cannot find a place where he is not...

**But don't start the journey from the outward...go
in...we are one in the center...one in our
heart...mewe...you and I...all what we see and what
we don't see and don't know are one with the ONE...
So why war? Why hate? Why killing? We are one
family...a family of love...why not be who we are?
So don't start going to any place...any temple...go
in...to our inner treasure, to our holy source, then we
see the holy grace is our only choice...All is Allah...let
the heart see not the mind...**

Where is my heart?
**The physical heart is not your real heart...the real
heart exists just behind the physical heart... it exists
in the soul, in the center of the soul...
The physical heart is the center of the body and the
spiritual heart is the center of the soul...they both
exist together, side by side...when something vibrates
in the spiritual heart, you will feel echoes in the
physical heart too...
It has been happening down the ages to all
meditators...whenever you go deep into meditation
this is bound to happen and great love will arise out of
this bliss...yes! Let us have a love attack in our heart
not a heart attack...
Yes! When our spiritual centers start opening we will
have love attacks...**

Let us all enter the cave in our heart, if you enter you will enter into God himself...the heart represents love and the head represents logic...use the law but be used by the love...

Such sweetness surrounded Buddha...Jesus...and Mohammad and many more...why not you and me? Why not us? Why not live through the heart? When? If not now when? If not you and me who else? Our heart is our total being, and when we are total we can know the total...only the similar can know the similar... this is our only treasure...the heart is always true...

Let us be the truth...

**Question
Or
Quest?**

Life is a quest not a question...

The ego is very much interested in questions and very much afraid of the mystery

No question is to be taken seriously...

Questions arises out of something wrong... when one has innocence there are no questions...

When you are ripe you can understand...

The answer will be given but not in words...

What is a question?

Who is asking? Where does it come from? Why I am asking? Where does the answer come from? What do I need? What do I greed? What do I desire? Who am I? Who is asking all this bullshit questions? Yes! Yes! It is the mind... but who is this mind? When I ask for water it means I am thirsty...it is the thirst...or I am not thirsty I am bored...I ask for any game to play with...but what is a thirst? A desire? A question? A quest?

What is a thirst?

Truth is possible only if one has a total thirst for it...thank you Christ...blessed are the thirsty souls... it is not a question of intellectual enquiry...it is a question of life and death...it is like a man lost in the desert and is thirsty... and his whole being is thirsty, it is not only the mind, each cell of his body is thirsty...no wonder why God gave us wine for our new birth...our new vow is...born again Christ not Christian...

Yes! I am thirsty to be myself...not what others told me...a new identity... a new reality...a new divinity...this is my thirst.

I want to be myself...a new resurrection... a new energy,,, a new heat which is in the core of our being... that very heat burns the barrier between you and reality; that very passion proves to be a fire... in the fire the ego is reduced, God is, Truth is... and once we live the truth, we are free... we are alive... we are this isness..this existence...

Truth has nothing to do with doctrines and dogmas, theologies, ideologies... it has something to do with trust, with love, with being at ease with the world, however it is...

There is an ancient story of a Zen monk... Every night the king used to go on round of his capital in disguise, to see whether things were all-right or there was some trouble which he was not allowed to know... is somebody is miserable? If he could do something, he wanted to know it directly, not through so many mediators and bureaucracies. He was always puzzled by a very beautiful, very silent man, always standing under a tree. Whatever time of the night he went, the man was always standing there silently, just like a marble statue...

Naturally, curiosity arose, and finally he could not resist the temptation to ask this man what he was guarding, he could not see that he had anything... in fact he was standing naked. The young man laughed and said: "I am guarding myself, I don't have anything else. But guarding itself, being alert and aware and

**awake... is the greatest treasure... you have much, but
you don't have the guard."**

**The king was puzzled, but intrigued by the beauty of
the man and by the authority of his words.**

**Every night they used to talk a little bit, and slowly,
slowly a great friendship arose...the naked monk
never asked, "Who are you?"**

**The king asked him: "I have been asking so many
questions of you, but you never asked me 'who are
you?'..."**

**The young man said: "If you know who you were, you
would not have been asking all these questions... I
don't want to humiliate you, I simply accept whoever
you are. I never asked the trees, I never asked the
animals, the birds, the stars... why should I ask you?
It is perfectly good that you are, and I am perfectly at
ease with you and with everything."**

**The question is a tension; it arises deep down from
fear. One wants to know the other, because the other
may turn out to be an enemy, may turn out to be mad.**

**The other has to be made predictable, then feels at
ease... but can you make anybody predictable? Why
asking? What is the question? Who is asking? Who is
responsible? If I know myself do I need to know the
other? So the asker and the question and the quest
and the question mark and the answer are one... in
me...**

**I am responsible...the response ability is in me...what
was the answer from the young man to the king?**

“Nothing can be predicated. Everything goes on moving into more and more mysteries, and I am perfectly at ease; whatever is happening is a joy. Each moment whoever you are, you are good. I love you, I love everybody...I simply love. I don't know any other way to relate with existence.”

This is faith: not knowing another way to relate with existence except love, except a total acceptance...

The king was so impressed. He knew well that a man who has renounced the world, even renounced his clothes, and in cold winter nights goes on standing alone in his silence, is bound to refuse his invitation... a simple expectation of any human being... but he said: “I have fallen in so much love with you that the whole day I wait for when the night comes and I go on my round... I am always afraid that some day you may not be here.

I want you to be closer to me. Can I invite you to my palace? I will arrange everything as you want.”

There was not even a single moment's hesitation and the man said: “This is a good idea.”

The king was shocked. One expects from a saint that he has renounced the world, he cannot come back to the world, and the saint would have risen in honor and respect in his eyes...

But the man said: “This is a perfect idea!! I can just go with you right now. I don't have anything to carry with me, no arrangements have to be made.”

The king was in doubt. Perhaps he has been befooled. Perhaps this man is not a saint, he has only been pretending and must have been waiting for this moment. But now it was very difficult to take the invitation back... What to do? How to act? What is the best choice?

No other choice, so sadly, reluctantly, he had to take the man whom he had desired so much, loved so much, his company, his presence, his eyes, his every gesture... He gave him the best place where his guests, other kings and emperors used to stay... He was hoping that the saint would say: "No, I don't need these golden beds and marble palaces. I am a naked monk, more in tune with the trees, with the wind, with the cold, with the heat."

But instead of this, the man became very interested. He said: "Great!! This is the right place!"

The king could not sleep the whole night, although the monk slept the whole night perfectly well in those luxurious surroundings. From that morning the monk's responsibility in the mind of the king went down everyday, because he was eating luxurious food, he was no longer naked, he was using the costliest robes... he was not worried about women, the most beautiful women were serving him and he was quite at ease, as if nothing had happened... he looked just the same as he did naked under the tree...

But it was too much; it was becoming a wound in the king's heart that he had really been befooled, cheated.

Now, how to get rid of this man? He is not a saint...

One day he asked him: "I have been carrying a question in my mind, but have not been courageous enough to ask."

The man said: "I know... your question came to your mind when I accepted your invitation."

The king was again shocked... he said: "What do you mean?"

He said: "I could see that very moment the change in your face, in your eyes. If I had rejected your offer, you would have respected me, touched my feet. But I don't reject anything... My acceptance is total. If you are inviting me, it is perfectly good. When I said the palace is right, it is not the palace that is right... I am right wherever I am..."

I was right under the tree naked, I am right under these royal robes, surrounded by beautiful women, all the luxuries... Naturally I know you must be very puzzled. You look tired, you look sad you don't look your own self. You can ask me the question, although I know the question."

The king said: "if you know the question, then the question now is that I want to know what is the difference between me and you?"

The young man laughed and he said: "I will answer, but not here because you will not understand it. We

will go for a morning walk, and at the right place, at the right moment, I will answer.”

Yes my soul friends... the question and the answer are one... the answer is in the quest...

Where did they go?

They both went to the horses for a good morning ride, and the king was waiting and waiting... it was a beautiful morning, but he was not there to enjoy the morning, only the young man was enjoying...finally the king said: “Now this river is the boundary of my empire... beyond the river I cannot go, that belongs to someone with whom we have been enemies for centuries...we have ridden miles, and now it is no more time for me.. enough is enough..it is getting hot, the middle of the day.”

The man said: “Yes, my answer is...this is your robe, this is your horse...” and getting off his horse, he took off his robe...he said: “I am going to the other side of the river, because I don’t have any enemies...this robe was never mine, and this horse was never mine...just one small question: “Are you coming with me or not?”

The king said: “How can I come with you? I have to look after the kingdom. My whole life’s work, struggle, fight, ambition is behind me in the kingdom. How can I go with you?”

The man said: “That is the difference. I can go, I don’t have anything in the palace, I don’t have anything to

lose, nothing belongs to me... as long as it was available, I enjoyed

the suchness of it, now I will enjoy the wild trees, the river, the sun.”

The king, as if awakened from a nightmare, could see again that he had been mistaken. That man had not been deceiving him... he was authentically a man of realization. He said: “I beg your pardon. I touch your feet. Don’t go, otherwise I will never be able to forgive myself.”

The young man said: “To me there is no problem, I can come back, but you will still start doubting, so it is better that you let me go. I will be just standing by the other side of the bank under that beautiful tree... whenever you want to come you can come... at least to the other shore...and see me...I have no problem in coming back, but I am not coming back because I don’t want to disturb your nights and days, and create tensions and worries.”

The more he became reluctant, the more the king started feeling sorry and sad, guilty about what he had done. But the young monk said: “You could not understand me because you don’t understand the experience of suchness: wherever you are, you are in a deep love relationship with everything that is. You don’t have to change anybody, you don’t have to change anything, you don’t have to change yourself.

Everything is as it should be; it is the most perfect world...

This is my faith, this is not my belief...it is not that I believe it is so, it is that I experience it is so.”

So ‘faith’ in the world of Christ has a totally different dimension, a different significance...it is not a belief... belief is always in a concept... a God... a heaven, a hell... a certain theology... a certain system of ideas...Belief is of the mind and faith is of your whole being...Mohammad lived the experience of faith and gave us our freedom to experience the only truth...The only Allah in us...but who is a real Muslim? Why wars? Where is our compassion? Why not love? Why not peace? Why not listen to my inner treasure? Why borrow the experience of the others? Faith is our own immediate experience...we can believe in God, but we cannot have faith in God...I don’t believe in believing... I want to drink my thirst... my quest...and live the feeling of the water...live my life...experience my hunger and be my treasure...

You can have faith in yourself...in all what you see...faith is existential, experimental. The man of faith knows how to let go, how to surrender, knows how to flow with the river and not push it... yes! He lives in danger but danger is his shelter... insecurity is our security... “Let thy will be done...”

“If let thy will be done” then I am alone... I am a nobody... aloneness is very fearful, very painful, what to do?

Just face your fear, feel your aloneness... are you bored? What is in you being now? Pain in your body? In your mind? Yes, it is fearful and it is painful, and one has to suffer it... Nothing should be done to avoid it, nothing should be done to divert the mind, nothing should be done to escape from it... one has to suffer it and go through it...

This suffering, this pain, is just a good sign that you are near a new birth, because every birth is preceded by pain... it cannot be avoided, and it should not be avoided because it is part of your growth... this mystery should be understood in order to help us go through it, and if we go through it knowingly, we will come out of it more easily, born again a human being...

Why is there pain and why you are alone?

The first thing is that your ego gets ill... not you... your ego can exist only with others. It has grown in relationship, it cannot exist alone. So if the situation is one in which it can exist no more, it feels suffocated, it feels just on the verge of death... this is the deepest suffering... you feel just as if you are dying, but he is not who is dying but only the ego which you have taken to be yourself, with which you have become identified... it cannot exist because it has been given to you by others... it is a contribution... just be yourself... wake up now!!!

How?

Leave others and be alone... but not lonely... think of it this way: when you are in society, people think that you are a very good person. This goodness cannot exist when you are lonely and alone because this is what people thought about you... Now those people are there no more... your image cannot be helped... it has become foundationless... By and by it will disappear and you will feel very bad because you were such a good person and now you are no more... Not only good people will suffer, bad people too... all of them wants attention... when many people consider you bad they give you attention. They cannot be indifferent to you, they have to be aware of you. You are somebody, a bad man, dangerous... like all the politicians and the priests and the power people... When you move into loneliness, you become nobody. That bad image will disappear and you were feeding on it, your ego was feeding on it... so bad man and good man are not basically different, both are gaining the egos... their mediums differ, but their goals are the same... the bad depends on others, the good also. They exist in society... the saint and the sinner, they exist in society... Alone you are neither a saint nor a sinner but a sage... how to be a sage??

Be alone but not lonely... aloneness is the only miracle, the only bliss... all that you know, or given by others about yourself will fall... by and by it will disappear... you can prolong your ego for a certain period and that too you will have to do through imagination, but you cannot prolong it for long. Without society you are uprooted; the soil is not there..not in the others.. from where to get food... This is the basic pain... you don't know yourself... you are a personality, unless this false face disappear, the real cannot emerge... unless you are completely washed and become again clean, the real cannot be... by living alone all that is false can go... and all that is given by society is false...

All that is born in you is real. All that is you by yourself, is real, is authentic... The false must go, you have invested so much in it, you have been looking after it so much. All your hopes hang on it... so when it starts dissolving you will feel fearful, afraid... destroying the whole structure...

But you have to face this fear and you will become fearless... bravery is just part of fear... go beyond it all... you become fearless only when you go through the deepest fear of all, that is the dissolving of the ego, the image, the personality... this death is the door to immortality... a new womb to a new birth... born again your being... yourself...

If just for three months you can be in total solitude, in total silence, not fighting with anything, allowing everything to be, whatsoever it is, within three months the old will be gone and the new will be there... but the secret is allowing it to be, Let thy will be there...

Let thy will be done!!

Be a witness, and allow whatsoever happens to happen... fear has to be faced to go beyond it... and don't ask what to do. There is no need to do anything. Non-doing witnessing, just allowing it to be... remain passive and let it pass. It always passes... when you do something, you are holding your ego... your mind... your society, you are creating a new society in which you can live... your ego... your mind. You are creating an alternative society. You remain in the same trick, the same trap...

To be solitary means not to create an alternative society. Just move out of any society, out of any group... leave all the comforts, all conveniences, all that society can give...

It will be painful, but if we can pass through it, if you can, if I can... Yes!! We can... I can!! And the highest bliss is just near... All types of pains and inconveniences will be there... but this is part of growing and glowing, part of solitudes, part of regaining yourself... this is austerity, and we will come out of it new, with a new glory and dignity, a new purity and innocence... born again

A human becoming

**Our second birth is our divine being... our divinity,
our immortality...**

**So don't do good... be good and then whatsoever you
do will be good... because action comes out of
being... Being is primary, not action... being vibrates,
be near a Christ and do not listen to what he is saying,
just be near him... be near a baby... near a tree...if you
can be silent near a Jesus, you will start living his
silence, and that silence will make you so fulfilled, so
overflowing with love and compassion.**

"Be still and know that I am God"

**This amness is our identity, our reality... so let us be
who we are in our aloneness...**

**Enjoy people because they are manifestation of God,
but remember the other side is there also... when you
are fed up with others, then move into aloneness and
enjoy it to the full... it is just like when you are hungry
you eat, and when you are full you stop eating...**

**Yes, when you are in love you feel aloneness... Love
yourself, only then you are alive... you can be alone,
you can be with the worlds and you are beyond it
too...**

**Unless man is capable of being alone he is not only a
shadow without a soul...
he is the living truth..**

**Celebrate aloneness, celebrate pure space, and a
great song will arise in your heart... the song of
awareness...**

**Just be aware of your bodymind. Slowly, slowly, you
become alert about each gesture, each movement...
then you become aware of your thought. And when
your body and your thoughts are at peace you will feel
that they are attuned to each other too, there is a
bridge. Then your awareness will glow and flow into
your feelings, emotions, moods and more... into the
eternal bliss... Bliss is the goal and awareness is the
path towards it... just be alone even in the crowd...
Be alone but not lonely...**

No need to pray or to chant any word or ask for any help just watch your thoughts and it is only a test...not easy but there is no other way...

I am reminded of a sufi story...

A great emperor asks his wise men to give him a mantra of such a type that it can be used in any dangerous, fatal situation...any advice is always particular, and he wants a mantra, an advice, the essence of all wisdom, so that it can be used in any situation whatsoever, whenever there is danger... the wise men are very confused, very disturbed, and in a deep anguish. They cannot find such an essence of all wisdom...

So they go to a sufi mystic and he gives a piece of paper and says: "This should not be opened unless there is really danger!! And then the advice will be there."

So the king put the piece of paper under the diamond of his ring. There are many moments when the danger approaches, but something more can still happen...

Even death approaches, and the king is just on his deathbed, but still he cannot open it, because he remembers still more is possible... but his wise men say: "The promise must be fulfilled. Really, now it is irrelevant what is there, I have not felt any danger at all. Whatsoever the danger is, it is the answer, it is the cure... I am only a guest crossing a bridge..."

Danger can never become the ultimate unless you are identified with it, and then anything can become the ultimate, just anything! And the king said: “Now I am not worried at all, whatsoever... the man is wise, the sufi knows, I am not concerned about what he has written.”

Then, the king died without opening the ring. The moment he died, the first thing his wise men did was to open the ring. There was nothing; it was just a piece of paper, not a word, not a single word of advice...

But the advice worked, the mantra worked... the thought worked... a thought is a destiny... So be centered in your host, and remember nothing is happening to you. All that is happening is just the guests, visitors, they will come and go, it enriches you, you become more mature... you are the immortal... you are a Christ consciousness... you are the existence... you are not bodymind... you are beyond...

Be your being... be with all the guests but don't follow them...don't be involved with them, don't become one of them; remain the host, and then the ultimate happening happens, then the ultimate explosion becomes possible...once the witnessing soul is known, you will never be the same again. The whole world disappears and you are transmuted into a new dimension of bliss...Jesus become Christ...you too become yourself. Identification is misery...

**Truth is a mystery...be a mystic...be your
amness...this is who we are...we are the shadow of
God...God has no other hands than ours to write
with...has no other eyes to see with...no other ears to
hear with...so why not be who we are??**

**Non-identification is bliss...To fall in love and hate
with guest is misery... to transcend them, and to be
centered in oneself is bliss...so be who you are now-
here or nowhere else, just a dash of light and no more
fight...why war? Why not use your arms to hug not to
bug?? It is only a simple spelling mistake that caused
a war!!**

**A man went for a vacation and sent a message to his
wife: "Having the most wonderful time of my life...
wish you were HER"!!!**

**Her or here?? And the war started... this is our life...it
is only a joke...why war?**

**Why not empower yourself? The power of love or the
love of power? What is your choice? What is your
look? What is your book?**

**Life is a book we all read it,
Love is blessing we all need it...**

Always be happy...

Always have a smile...

**Remember in this world we are just for a while...
So why war? Why worry?**

**Let us play with the mirror...
Mirror Gazing...**

Mirror gazing is an interesting experiment to help us know our self more. It is based around the process known in medium circles as transfiguration. This is where the faces of spirits can appear over the human face...

In the activity of mirror gazing you supposedly see these spirit faces over your own face as you gaze into a mirror...I am told to carry out this process it is a good idea to ask for help from spirit evoking love and light. A simple prayer for protection, a few choice words that you can create yourself incorporating help and safety from spirits with the emphasis on love and light... you can call upon a loved one in spirit...a holy spirit...a Christ...an angel...any lover...

Call for any spiritual guide that you love to protect our mortal life here on earth...Ask for the divine forces of light to guard and protect from all that is not of the light and you perform this process with the highest of spiritual good...

To perform mirror gazing you sit in front of a mirror in a darkened room. I have seen this performed in candle light; two candles placed a distance behind the person performing the mirror gaze.

The idea is to start by gazing into your own eyes, reflected back to you. Eventually your eyes will soften their focus, allow this to happen and try and maintain this soft focus...you should attempt a state of relaxation and let your mind empty of thoughts...

If you feel that your mind starts to wander and you begin to think of all things you still have to do and the

things you must do then begin to focus on your breathing. Be aware of the air you take in and then release, breathe in and breathe out being aware of the process. Remember this can help to empty your mind of mundane thoughts if you feel yourself slipping out of a receptive state of being...keeping and being relaxed is the key to this process...

Apparently being relaxed heightens your spirit vibration...

It is a case of just observing what happens...

You will begin to see something; The important thing is to keep in that relaxed and receptive state of being. Remember to concentrate on your breathing if you slip out of receptivity...

You will see other faces that will appear over your own...

If the faces make you feel uncomfortable ask your guide to bring through only pleasant images...

Remember it was you who requested just love and light and for divine forces of light to protect you. You asked for protection and your guides and loved ones will comply...

You can even do this between people and see what images occur between you both. For it is likely that even just looking to the side of each others face will bring about images and transfiguration.

Once completed, you are supposed to thank those you called upon to protect you before closing down

the session...that is the process of mirror gazing or transfiguration.

Once you know yourself, you don't need any mirror... we look in the eyes of other people, if they think we are good, we think we are good... All that you know about yourself is collected from others.

Others who don't even know themselves... once you know yourself, you are your own mirror... your own inner treasure...

Just sit silently and look at your face... at your body... at your mind and go in to your being and feel sacred temple... Live the sacred message...

The body is the best beautiful building... this sacred architecture creates mystery in us... God who made our body is aware of what is this art...

Do you know about the pyramids in Egypt? It is our face... our nose... our energy of breath...

When for the first time, in the beginning of this lost century, the pyramids were opened... the biggest pyramid was opened first... they had remained closed for three thousand years... and the scientists were surprised to find a cat, dead inside the pyramid... but not deteriorated, no sign of deterioration, no sign that it has been dead for three thousand years... when the pyramid was being closed somehow the cat must have remained inside and must have died...

But there were no signs... it looked as if it had just died, and they could not figure out what is the matter? Finally they decided that it was because of the shape

of the pyramid... so if you sit in any structure in the shape of pyramid, you will fall into deep silence and meditation without difficulty...

And a dead body can be preserved in a pyramid shaped grave, it will not stink, it will remain fresh, as if it has just died this very moment...

Now pyramids are being used and sold in the market, you sit underneath them, and they are health-giving... they don't do anything, just their shape reflects the rays of the sun in such a way that you get only the health-giving rays, and the other rays which are not health-giving are reflected back... the very shape is the cause...

It shows that the people of those times were aware that certain shapes of clothes, of buildings are healthful, some other shapes are not healthful. Now we don't bother about this truth, we don't think about it. When you are making a house you don't think whether this house is going to give you health or sickness, long life, or is going to cut your life short...

As mind disappears and leaves behind a silence, a space of meditation, your vision about everything that you do is completely different... if you are painting not with mind, but with the clarity that your painting will give you health, insight, peace, silence, to any one who will just look at it... it is a feeling... a growing up... a glowing up with light and love and life...

**What is the art of nowadays?
Our music is very poor... so is our painting and all our
doings and our actions...**

**Why we are not creating any spiritual peace? Any
meditative silence? More often it is sexual... it
functions on your sex center... it makes you closer to
the animal rather than closer to the Buddha or
Christ...**

**Classical music takes you very high, beyond your
reach: perhaps you would not have been able to reach
alone. Just listening to that music and you have gone
for a new journey, far away from your thoughts, far
away from your emotions, into spaces of eternity...**

**Oh God! Help me how to be available to you...
If I am ready God is ready... but where am I? I am here
and my beloved is there... are we united?**

**Are we connected? Am I available? Am I able? Where
is my ability? Love has no time and space... truth is
available to me if I am available to truth...**

Christ is always here but do I hear him? Do I call him?

Am I with the crowd or alone in my aloneness?

**When you find your own space within... then even in
the crowd, you remain in solitude because now you
know how to create an inner space... you remain
centered...**

**Nobody can interfere with your inner space... inner
grace... inner treasure...**

Now is the time for everybody to become a Christ... a light ... in some way or other... otherwise life will not have any meaning, it will not have any salt, it will not have any taste at all... it will be a great waste...

So by becoming a free being you will be working in your inner world to create a space there... An infinite space can be created there because you can throw out all the junk that is inside... throw the desires, the thoughts, the past, the future, the dreams and you can create a great space of stillness...

That is what meditation is all about: Throwing out all the contents that we are carrying inside so the room is empty, so that you can feel yourself surrounded by infinite vastness... and the vastness is divine... that is solitude...

Solitude is not loneliness, it is aloneness... it is not negative but

positive... the experience "that I am present"

We start feeling ecstatic...the sheer joy of being, of breathing... of sharing and participating in existence... it is a wonder to be... the wonder of wonders...

Bliss can never be the goal, it is a byproduct of our solitude... then wherever you are, you will be silent in your own stillness... Be still and know where is God!!!

**“Be still and know that here is God...
I am God... just listen to me...
Be with me” wherever is Christ is you are...
Any light is us... any truth is us... we are one with the
one...**

**Ask and listen... but who is asking? What is a
question? What is a quest? What is our thirst?
Life is a quest not a question, a mystery not a history,
we live the history in our head, but the mystery in our
heart, it is experienced... we dissolve in it... so any
question you ask it has an answer but from the mind
and it dies but the mystery remains and we
disappear...**

**Just see the difference. In philosophy the problem
disappears, but you remain... in religion the mystery
remains, you disappear, you evaporate...**

**So let us be aware of this truth...
The ego is very much interested in questions and very
much afraid of the mystery... we ask Jesus all kinds of
questions but we crucify the mystery... we are afraid
of the truth... we support the answers and each
answer has its own turn in bringing more questions...
it is unending process, that is why philosophy has not
come to any end... any conclusion...**

**Questions are food for the mind... we play the game of
answering only to go beyond the mind...
From mind to no-mind... from thoughts to no-thought,
from questioning to living... and when you start living
the mystery we call it a quest... then it becomes a
totally different phenomenon... you are no more in the
question... but in the quest... in your inner center...
you experience the quest and the thirst...
The question will be outside you, on the table, but you
are not part of it... you are it... you are the quest and
the question and the answer... you are the
experience... you are the dance and the dancer...
there is no division between you and the other... you
are the ocean and you are diving deep within
yourself... in the real quest there is only one question,
“Who am I?” and all else leads away, and finally even
“Who am I?” starts dissolving in the mystery of I-
amness... the only I there is... Am is our reality, I is
our invention... Amness is isness... I is a great lie and
also death... no I no death...so I is the only lie... what
is left is pure am-ness... one is, but one is not
separate from it... we are at-one-ment with the only
ONE there is...
The existence... The Godliness... The nothingness...**

So God is not a person but only a presence, he is the innermost core of our being... God is a code word for "That which is"... the whole existence is overflowing with godliness... Truth is beyond words and beyond silence...The more you ask about God, the more you are lost in your lust...in your mind...Go beyond mind to no-mind...and watch your questions, they come from the mind...from the ego...destroy them!! The question and the questioner...Who is asking? Cut the very roots of the mind...and the tree dies too... When all questions disappear, the answer is found, never before it...The answer is never found by questioning, the answer is found by dropping all questions, the answer is in your own question... in your own silence, your own experience. Unless you live your joy, your godliness, questions will go on arising...

All questions are ridiculous and stupid... Each question has a certain meaning. It shows something about you... about your unconsciousness, just because it has arisen in your mind it shows some quality of your mind...

When you have innocence, you have no questions...Innocence wonders, it does not question...it lives the experience and has no asking...but the mind feels happy when it asks, when there is silence and nothing to ask, the mind feels at a loss...be your being not your brain...when there is no question, dance, sing... it happens only to fortunate people...

When you ask serious questions, the answer will be a joke... who can answer what is the meaning of life... life is by living it...and there are no right answers, only light ones...just given and taken lightly by those who know that they are playing...life is a play...this is the game between a master and a disciple...

When you ask something, don't be attentive towards the answer, be attentive towards the master, because he is the answer... he is the light and the life...his presence is the answer...

When you are with a Christ, just look at him, if you watch him, you will receive an indication... it is silence, the way he looks at you in that moment, the way he walks, the way he behaves, the way he talks or remains silent...is the answer...is the truth, but cannot say it...you have to catch it...

If you go to a real master, learn to be attentive to his presence, don't be too head-oriented... A right answer will be given when you are ready, when you are ripe.

Even if you have not asked, he knows what is troubling you within... but if you are not ready and something is given to you it will not reach you, only in a certain readiness can certain things penetrate you...

When you are ready, you are open, receptive...The answer will be given but not in words, the master will reveal it in many ways.

Sometimes we ask questions which are so dead but in a beautiful cup... But the real master is not there to fulfill your curiosities, because they are childish...

when you ask a certain thing it may be just intellectual, but you would like an answer just to become more knowledgeable... but your being will remain unaffected...

Then a master is not interested, because he is interested only in his being...

When my whole being is hungry and thirsty for life, the answer will be given to me and it will become my blood and my being... just like the last supper with Christ... this is my new birth...born again a human becoming...A kind of rebirth is needed...The second birth is a virgin birth...and then you are innocent again...

This innocence is higher than a child's, because it is a gift of nature...given by God and will be with us forever...and this innocence is the mystery of the sage which cannot be taken away, it is the climax, the crescendo of growth...

There is no further growth...this is the mystery of godliness in us...in the core of our heart... This bliss is beyond time and space and beyond word and silence...

Thank or Tank?

**What is our choice?
Thanks on you or tanks on you?
Why killing? Why war?
Why conquer?
Why anger?
Let us open up the dictionary of the world and see
why fight?
Why not light? Why love of power?
Why not power of love?
What is death? What is life?
Why bug? Nag? Hug?
Peace or piece?
Amen... Omen...
One or Onesness**

**Beloved us
I am drunk and lost. Standing on the cross-road and
not knowing where to go. What is my choice? It is a
great crisis... cry-sis... how can I fly in this choice?
The Chinese word for crisis is a picture not a word...
Two small ideograms: One means danger, the other
means opportunity...it will depend on me. If I go on
reacting out of the past I will be committing suicide. It
is dangerous if I have the intelligence to see that the
problem is a new touch to wake me up, then a new**

**answer has to be lived... this is a great opportunity to
mewe...**

**Passing through a desert I will attain a great maturity
and great integration... this is the cross... Jesus was
so thirsty and was lost on the cross and said from the
deep core of his heart: "Let thy will be done!"**

**And he became "Thy" "Thou"... One with the ONE...
On the cross he became a Christ. He became aware of
the immortality of his ultimate being... it is not
crucifixion, not death, but the beginning of eternal
life...**

**So what is my choice? Time or eternity? The cross is
far more ancient than Christ... Hitler knew the real
symbol... The swastika... The two lines, horizontal
and vertical...**

**Time and eternity... We are here to live our cross.
Mind moves in time, and hands are part of time... the
vertical line represents meditation. It is jumping out of
the mind.**

**Just be a witness and you know that there is no
death... we are immortals, only the body dies. Then all
fears disappear... What else do we need???**

Need or greed?

**Spirituality is the highest need... We need layers of
foods...The first plane is for our physical life...The
poor person cannot ask for music...he asks for bread,
clothes, shelter...He is so hungry he cannot be
sensitive to any higher thing...When body needs are
fulfilled, then comes the higher needs...music, arts,**

poetry...then comes the spiritual needs...Spiritual needs are the most luxurious needs... they come only in the end...they are like flowers...

If the tree is undernourished it cannot have flowers, remember it... Jesus gives bread and then the wine... this is the joy to share... this is the “I celebrate myself”

When you are aware of yourself then you know that existence needs you...God needs you...we are here for a reason beyond any season...

In the vision of God or existence there is no distinction between the small and the big...A grass leaf is as precious as any great star...We are all one with the one... we are interdependent... We are at home with God...no one is an outsider nor a stranger...One soul family...

Remember: We need many things in life but the greatest need is to be needed...you are not useless... your goal is sacred... we are all connected with this need... God has no other hands than ours... How blessed we are... Let my need be done... We are one...

When we say one... it means oneness...one peaceful world...one peaceful family...one peaceful choice...

**What is this oneness?
The nature of day and night**

War and peace, man and woman, active and passive...if we become one then the whole is created; both meet and become one, that oneness is the search...

Jesus is saying: "When your two eyes become one there will be light." That is the ultimate orgasmic experience... when we meet as man and woman, it is an exterior meeting...just a glimpse of lust or pleasure... But when the two eyes, the two flames, the two hemispheres of your consciousness join together that is the sacred treasure... that is the meeting and melting and merging with the ONE...

So what is my choice?

To be rich? To be greedy? To plant peace? To be one with the ONE? To be myself? Do I know what do I need?

How can I chose? What is choice!! Not my choice? Choice by itself has both alternatives: you can choose to be miserable or to be blissful... Start looking in this way: in each situation, first try to find out what will make you miserable and what will make you happy...

Right now, I am choosing what makes my tongue in pleasure... the best spring water and nuts...it was a mind choice and now what is the level of my choice? Am I one with my body? Do I feel guilty when I eat bad food? Why not enjoy the yesno together? Why be in the mind? Just accept this now-here as it is or nowhere else you are alive...

Each breath has the positive and the negative to it... so be receptive and see the both sides of the moon... hate-love in one...

So when you hate a man, you hate; When you love, you love. But when you don't see both together...Naturally, to see one thing at a time is more comfortable because you can choose easily...Be in your bigger vision and that is choicelessness... Let both be there, there is no need to choose...The negative is there, the positive is there, let it be so... it is how it should be. You remain choiceless... let thy will be done...

Even if we don't do anything something is going to happen. Life automatically goes on balancing itself... just enjoy the joy and the dance of the existence... share what you care... your joy... your being... and do not feel any misery or any guilt... just total surrender... let things be...

Be a sage, not a sinner nor a saint, but the one who knows what is good and what is bad but has gone beyond both. And he is no more interested in those divisions... he lives a choiceless awareness... that is purity...

To live without any choice means to let God live through you... if you choose then you don't allow God to live through you... we are only a medium... then whatsoever happens is divine, it is neither good nor bad, it is simply divine...

Evil is live and all is from God... Let us celebrate this now with its wow... what else can we be?

**Yes my beloved nature, what else can I share? Only
few seeds of thank you and few smiles on Tank on
you...**

**How can I thank you? You don't need it anyway... you
are such a great give without any expectations...**

Do your best expect the worst.

**Thank you for giving me your seeds. I will plant them
in my soil and it will sprout any now... the spring will
come and the grass will grow by itself...**

"Thank you all"

**Whenever there is a prayer it is thanks for something,
not even for something but thanks for all that is...**

**Whenever grace is received, you feel gratitude. On
God's part it is grace, on the receiver's end it is
gratitude.**

**The only way to thank is to pour love. Always give
more than you get and you will never feel this trouble
that you have been feeling...**

**God gives us a great gift of potential. The only way to
return the gift in gratitude and thankfulness is to make
the potential actual... let us be the seed and let it grow
and be a living light... let us walk our talk... let us
show our love... let us shine our thanks... whether
there is God or not is irrelevant, thankfulness is a
must... if we start thanking, we will find God... there is
no other way...**

Life is a gift, but we take it for granted... hence we don't feel any thankfulness. And not to feel thankfulness is to be irreligious, to feel thankfulness is to be religious... Thankfulness is the very core of religion.

Just by being myself is a constant thankfulness... with each breath we are saying thank you God if we are aware of who we are... Look at the face of a child, his very breathing is a thankfulness; with each beat of his heart he goes on saying thank you. His thank you is not verbal, it is existential...

His being is prayer... to be in the presence of such a child or a being will help us to have some taste of prayer...

Some taste of thankfulness. That taste will start a new journey in your life... the inward journey... this is

The real pilgrimage

The real pill for your age

The real pillar for your treasure...

When we are going to wake up and go in? In is our only inn... no other place of grace other than our inner choice... this is our life prayer... our only power... let us be grateful to this bliss... this is who we are... an eternal mystery which has no past and no future... only this moment... this present... this now-here or nowhere else...

God is now-here in our inner heart...inner prayer... inner silence... the silence of existence...

The silence of the grace not the silence of the grave...

When a prayer is just thank you, it is a prayer...

“Be still and know that I am God.”

Stillness is in us... in existence... in this nowness...

just be aware of this moment... never ask for anything... you have all what you need and what you want and what you desire and what you greed... nothing more is available... take a deeeeep breath and feel the thankfulness in the core of your being... of your heart...

Never ask for anything in a prayer... never say “Do this, do that, don’t do this, don’t do that.” Never advise God...

That shows your irreligiousness... that shows our lack of trust... our ignorance... He knows me much more of myself... he loves me more than anyone else... so why ask? Why beg? Be who you are... you are an emperor not a beggar...

A religious life is a life of spontaneity. A religious life is a life of flow, of dynamism... A religious life is a life of prayer... a life of thank you... a life of living your being, it is something that surrounds you like a climate... it is something like a deep gratitude...

Looking at the trees, or looking at the stars, or looking at the sea or at the mirror, a tremendous urge arises in you to say thank you... you be it not you say it... you are it... “Thank you” not knowing to whom your thank-you is addressed... not knowing who is the creator of this now or the moon or the sun... not knowing who is reading or who is writing... not knowing at all but thank you all...

**So why tanks? Why not thanks?
Just one letter will give you the power...
The power of love?? Yes!! Thank you
Or
The love of power? Or Tanks on you!!
What is our choice?**

**Life is a choice... is a choicless choice but with
awareness... let thy will be done... they will and our
will is one... we are the river and the sea and the
ocean...**

**But once the river is not rivering any more, then it is
something else... it is a name... a noun... not a verb
but a virus... not a verse but a curse... then it has
become a big tank with its stinking and sinking
power... or a dead lake, but it is no more a river... no
more a verb.. no more a walking talk... why so much
tanks? Why so much hate? Why so much wars since
Adam and Eve? Is this our life?? Adam or demon?
Eve or evil? Who are we? Why we are dead? When we
are going to wake up?**

**When are we going to plant peace not war? To live in
peace not in pieces!! When? If not now when? If not
you and me who else??**

**Why our history is full of wars? No peace at all... the
so called peace is a space for preparing a bigger
war... “What about the third world war?”**

“I don’t know about it... but in the fourth world war there will be no one alive to tell about the third one”...

This is what all the priests and the politicians are planting... is there any hope for peace???

Yes! Peace comes to us when we are innocent...

When you are cunning the door is closed... Never destroy anybody’s innocence, never create doubts in somebody who is innocent, because once trust is destroyed and innocence is broken, then it is very, very difficult... it is just like a broken mirror...

Peace can exist only after meditation, not before it. That is a simple existential law... before meditation only lust... only greed, only hate & fear... before meditation a transformation comes from innocence to ignorance but do not forget that you are an animal and not really a human being but after meditation you become a human being... a Christ consciousness... a peace planter... you plant people for peace... and out of your humanness, peace flows...

Remember that you are not a number... you are a member... you are not a person, not a mask... but a being who is free of hate and anger and lust... whose sexuality has become a transformed phenomenon, he is also free of money, is also free of ambition, is also free of the desire to be famous. Immediately all those things disappear from his life. The moment sex energy starts rising upwards, the moment sex energy starts

becoming love, prayer, meditation, then all lower power disappear and only the power of love... the power of peace and the power of compassion will hug all this planet and beyond any bond...

Oh! For-give me! I want to play pieces not peace...I want to fix this puzzle... just be a child and let us play some stupidity... life is a laughter too... let us smile beyond the mile... let us listen to this call... this ring...

Caller: Hello, can I speak to Annie Wan?

Operator: Yes, you can speak to me!

Caller: No, I want to Annie Wan!

Operator: Yes I understand you want to speak to anyone. You can speak to me. Who is this?

Caller: I am Sam Wan. And I need to talk to Annie Wan!! It is urgent...

Operator: I know you are someone and you want to talk to anyone!! But what's this urgent matter about?

Caller: Well... just tell my sister Annie Wan that our brother Noe Wan was involved in an accident...

Noe Wan got injured and now Noe Wan is being sent to the hospital... Right now, every Wan is on his way to the hospital...

Operator: Look, if no one was injured and no one was sent to the hospital, then the accident is not an urgent matter!! You may find this hilarious but I don't have time for this!!

Caller: You should be sorry. Now give me your name.

Operator: That is what I said. I am Saw Ree... So rude!! Who are you?

Caller: Yes!! You...

**This is the talk of all the peace makers... this is why
we have no hope for outer peace... go in and you will
face your original face...**

**Let us watch all our thoughts... all our talks... all our
walks... all our works... Let's have a look at our open
book... let us see the real seed that we planted in our
soil and soul...**

**Then no wonder why we are living the war all around
the world... watch the news... nothing new... only the
names and the dates... the history is repeating the
same theory... the same misery...**

**Yesterday is a history... tomorrow is a mystery... now
is the only present... Let us open this gift..the
dictionary... what is the answer... or its treasure... or
its answers???**

The Dick-tionary that we care and carry...

School: A place where papa pays and son plays...

**Life insurance: A contract that keeps you poor all your
life so that you can die rich...**

**Nurse: A person who wakes you up to give you
sleeping pills...**

**Marriage: It is an agreement in which a man loses his
bachelor degree and a woman gains her masters...**

**Tears: The hydraulic force by which masculine will
power is defeated by feminine water power.**

This is her power to catch his dollar...

Lecture: An art of transferring information from the notes of the lecturer to the notes of the student without passing through the minds of either...

Conference: The confusion of one man multiplied by the number present...

Compromise: The art of dividing a cake in such a way that everybody believes he got the biggest piece...

Dictionary: A place where success comes before work...

Conference room: A place where everybody talks, nobody listens and everybody disagrees later on...

Father: A banker provided by nature...

Boss: Someone who is early when you are late and late when you are early...

Politician: One who shakes your hand before elections and your confidence after...erection...

Doctor: A person who kills your ills by pills, and kills you by bills...

Classic: Books, which people praise, but to put them one the shelf and not to read them for yourself...

Smile: A curve that can set a lot of things straight...

Office: A place where you can relax after your dead home life...

Yawn: The only time some married men ever get to open their mouth...

ETC: A sign to make others believe that you know more than you actually do...

Committee: Individuals who can do nothing individually and sit to decide that nothing can be done together...

Experience: The name men give to their mistakes...

Atom Bomb: An invention to end all inventions...

Philosopher: A fool who terminates himself during life, to be wise after death...

Yes! We are the living book... The book which has no letters and no numbers... it is empty... its emptiness is our amness... our isness... our existence...

This is our divine look... our divinity is in our unity...

Let us look and cook and throw the book... Who is teaching me now how to breathe? Who is writing?

Who is reading? Who is drinking? What is thirst?

What is hunger? Why Why? Yes!

Let go and let God... just be a child and go wild... dive the feeling and not the mind...

Listen to your heart not to your head... you are your own master... your own boss... your own power... your own treasure... be yourself and listen to this story...

The Cruel Boss...

There is this Smith who was working for a multi millionaire as a house guard... one day, while millionaire was driving out to catch an early morning flight to conclude a business deal, Smith ran out from the guard house and stopped the boss car right in front of the gate ... He said:

- Sir! Sir! Are you going to board a plane?

- Yes, why? Asked the boss...

- You had better cancel the trip, last night I dreamt about the plane going to crash.

The boss decided to cancel the trip... and said to Smith: "You better be damn right for this is a million dollar deal"

The following day, there was a news report that the plane which the rich man was supposed to take had indeed crash landed...

"Thank God, I cancelled the trip."

He called the guard, gave him his salary and fired him... why did he do that?

**Think first... use your brain... use your brains!!!
Still no idea?? Come on... it is quite easy... Still drawing a blank???**

Just imagine you are Smith and you have saved your boss's life... OK, since you do not want to use your brain like Smith before you talk to your boss...

Here is the answer... here is the Thank or the Tank...

Smith was supposed to guard the house at night...

Not to sleep and dream all night!!!

ADVICE: Go back to work and don't try to save your boss's life. It is not worth it!!

Save your ass... this hole is much more whole and holy than such an asshole...

Thank you my ass...

Oh! Please my boss... sorry my ass... please forgive me... this joke is running through my hole... let us smell it... I mean smile it...

Father Murphy wants to raise money for his church and he has heard that there is a fortune to be made in horse racing. However, he does not have enough money to buy a horse, so he decided to buy a donkey instead and enters him into a race. To his surprise, it came the third... the head line on the sport page reads:

“Priest’s ass shows”...

Father Murphy enters it in another race and this time it wins. The headline reads:

“Priest’s ass out front.”

The bishop is so upset by this kind of publicity that he orders father Murphy not to race his donkey again...

The headline reads:

“Bishop scratches priest’s ass”...

This is too much for the bishop... so he orders father Murphy to get rid of the donkey. He gives it to sister Angelica and the headline reads:

“Nun has best ass in town.”

The bishop faints... he then informs sister Angelica that she must dispose of the donkey... She sells it to Vic for ten dollars...

**The next day the bishop is found dead on the dinning
room table with a newspaper clutched in his hand...
the headline reads:
“Nun sells her ass for ten bucks”...**

**Who wins? How can we conquer this existence? It
was there before you ever were, it will be there when
you are gone...**

**How can we win against this race?? We are such a
tiny part of it... The whole idea is absurd. A wave is
trying to win over the ocean, your hand is trying to
win over the whole body, the whole idea is absurd...**

**Relax, be in a let-go... win yourself not the world...
know yourself not the other... love yourself first and
then let your love be alive with the life...**

**Live with nature as an intrinsic part of it. Cooperate
rather than conflict...**

The very idea of survival of the fittest is utterly wrong.

**Survival in itself is not a value either. It is not a
question of how long to survive, it is a question of
how to live totally, deeply intensely, passionately...
then even a single moment of total life is more
valuable than long life of a hundred years...**

**Take a deep breath and be thankful that you are
alive... you are a being not a box... you are a right
light not a wrong fight... when you enter into the world
of absolute reality, all darkness disappears and there**

is such a golden bright light, it is so beautiful, so blissful, that you go beyond any duality... truth or God is beyond anything you see...

**So why fight? Why not be the right light?
This is our nature... our real treasure... Let us be who we are any now... any here... Let us hear... Let go and let God...**

Thank you God...

Yes our beloved us... Let us open our arms very wide and hug each others very widely and wildly...

First: What is wrong in being wild? To be too much civilized may be dangerous... when you become too much civilized you become plastic. The wild rose flower has a beauty... more natural than us... we are no more wild, no more naturals, we are antisex... anti eros... this is why we go to war... we kill... we worship money and power...

A man who is really in love with love will not bother about becoming the president or the prime minister of a country... The man who is really living his eros will not even go to church or to temple, because he has found the real temple of God. Love is his prayer...

Then where will these priests be, and the politicians?

It is only through ears... through sex that we transcend, never otherwise... Anything that has been lived totally is always transcended...

People who have not lived their eros, have been afraid, will remain confined to it... Their sex will become cerebral... it may disappear from their bodies but it will remain in their heads... which is not the right place for it!!

People who have lived their sexual lives naturally, with no inhibition and no taboo, one day come to a point where it simply disappear, not through fight but through understanding... this is the real unity with our divinity, our inner woman and our inner man meet and merge...this is the ultimate meeting with the sacred virginity, no need for the other... the need for the other has disappeared...

Then you know that any other is your mirror... we are one with everyone... why go to war? Why kill? Why not hug everyone?

Yes! I hug you! Why bug and nag? Let us hug and heal every deal... it is very well known that unless a child is hugged, kissed, he misses some nourishment. Just as the body needs food, the soul needs love... you can give the child all the physical needs but if hugging is missing the child will not grow into a wholesome being... he will remain sad somewhere deep down...

It has been observed that if a child is not hugged he starts shrinking, he can even die, although everything else was provided for, but he became isolated, he became disconnected from existence... but nothing dies in us... the inner child is always there...

We are just like an onion... layers... but if we peel the onion soon we will find fresher layers inside... go on deeper and you will find more and more, fresher layers... the same is true about man... the innocent child is in us is alive and to contact that child is by love...

Hugging is such a loving energy... if you hug somebody with warm arms, you come in contact with the child... and with the hugger too... that innocence is always healthy and whole... it is uncorrupted... you have reached to the innermost core of the person, where no corruption has ever entered, you have reached to the virgin core...

This is what life is... this is what awakening our awareness... let us hug our inner child... inner treasure and this is the only power of life...

Yes! Let us live our life... it is the only truth and the only treasure and the only power... there is no other God than life... so allow yourself to be hugged by life in all its forms, colors, dimensions and beyond any bonds...

Let us live our life and cross our bridge as a stepping stone... from road to road is our adventure...

Jesus met an old man who lived on a mountain in the open air without any shelter from heat or cold... Jesus asked him why he had not built himself a house...

“Ah, spirit of God!” said the old man. “Prophets before thee predicate that I would live for only seven

hundred years... it is not worth my trouble to settle down.”

Life is a wandering, it is not a home. It is a search for the home and not easy to find my space... my place... my choice...but how can I decide? What life I want to live? Now how am I living? Am I alive? Am I below animals? Am I above the angels? How do I know?

Yes! It is a very dangerous choice... the sea is uncharted and I don't have any map... a small boat and the sea is very stormy... and who knows whether the other shore exists or not?...

Yes! Life is a pilgrimage but it begins when I leave this shore, its security, its comfort, its power... can I leave and trust the ocean and the mercy of the storms, and the existence of the other shore...

Moving towards the other shore with this trust, risking all, real life begins... and real life is a real religious life... real life is what freedom is... what awareness is... are we aware of who we are?

The first step in awareness is to be very watchful to your body... slowly slowly you will become alert about each gesture, each movement... and as you become aware, a miracle starts happening: many things that you have done before simply disappears, your body becomes more relaxed, more attuned, a deep peace and subtle music pulsates in your temple... in your mystic jewel...

Then you start becoming aware of your thoughts, the same has to be done in every thought... watch your thoughts, a thought is a destiny...

It is more subtle than the body and more dangerous too... write what you are thinking and you will see your mad mind... why?

Because we are dead... we are not aware of who we are... our thoughts are our life... just watch your thought and you will change yourself... then slowly slowly the bodymind is one and attuned with the cosmos and they support your moods, your feelings... your emotions... so bodymind and soul are one bridge to your spirit... your whole and holy spirit... then you are aware and awakened to your own being... your own Christ consciousness... your own light... your own bliss...

The body knows pleasure...

The mind knows happiness...

The heart knows joy...

The being knows bliss...

Bliss is the goal of freedom and awareness is the path towards it... so let us be on the path of the right awareness without any strain, relaxed... with no tension... just take a deep breath and be so blessed to be aware and grateful to this moment...

I am at-one-ment with this now-here...

Thank you God... Thank you for your love...

Right awareness means attention without any tension, a relaxed kind of watchfulness, just seeing, let your

inner child and your innocence be one with your wisdom... you are all the stage and all the age and the holy sage... so why not be who we are... life is a joy and a joke... let us smile all the mile...

David is going to join the army, so he goes to visit his girlfriend, Dilda, to say goodbye

“Oh, darling” cries Dilda. “I don’t have a picture of you!”

So David looks in his pockets, and all he has is a photo of himself standing naked... he cuts the picture in two and gives her the top half...

Next he goes to visit his old grandma to say goodbye...

“Oh, dear boy” says the granny. “You can’t leave without giving me a picture of you.”

David does not know what to do, but remembering that his granny is half-blind, he gives her the bottom half of the picture... She looks at it with delight and says: “Just like your grandfather, God rest his soul. A nice bushy beard, and his necktie always hanging to one side.”

Yes! Let us enjoy our bell... our belly, our ring and ring...the first ring is the love ring... then the engagement ring... then the marriage ring... then the sufer-ring & then the bell ring and goodbye from hell to hell & from bell to bell & from ring to ring... let us enjoy it all... is your phone ringing? Go and listen...

Telephone ring at night
Husband: "If it's for me then say that I am not at home."

Wife answers: "He is at home."

Husband: "What the hell?"

Wife: "It was for me!!"

So the hell and the bell is us and for us too... enjoy every now... it is a WOW... it is how we look at it... it is my choice... what do I want? War? Peace? Hug? Bug? Nag? Life? Death? Amen? Omen? Good? Bad? Both of them???

The whole of them??? I can and you too...Let us go beyond??

Then why not be myself? Why not walk my talk? Why not know this now? My choice is to be... to know... to experience the water not to read about it... not to believe in believing but in living... in the experience not the experiment in the lab but what is in my life...

What do I do? I do nothing!! I read what I need and what I greed and what I desire and I listen only to my master of freedom... my inner lover... I read only his book and I hear his silence and be with his presence and he-she has no name and no body and you know it if... you go in... in is our only inn...

Meditation is the only key...

Every breath is a path and a key to life and death...

No birth and no death but crossing the bridge...

Which bridge? What is the bridge??
Without love there is no God and no bridge...
God does not exist unless your heart is full of love...
not full of emotions... but love...
People go on talking about God, arguing about God...
All those arguments are futile, dead minds talks... the
authentic seeker will create a bridge. Love is the
bridge... only the loving heart knows the reality...
The bridge is always within you... you are the bridge
and you can bridge anything... whenever you are in
the state of witnessing you can bridge anything... just
watch... a pure seeing, whatsoever it is, don't judge
but see... this is bridging...
Those who can remain a silent witness to all that goes
around have bridged the good and bad... the market
place and the mystical kingdom... you may be in the
shop but you hop in the inner home too... you are in
the world and not part of it... just cross it... witnessing
is always a transcendental force... it cannot be
reduced to anything objective...
So learn to witness more and more... the outer and
the inner... this is self-remembering... you are a
witness... Ashhadoo in Arabic... in Islam... it is
beyond seeing... it is witnessing which is the master
key of the mystery of life...
Only one key opens all the locks... love and look and
see and witness and you are home... you crossed all
the bridges... Home is our eternal dome...
This is the highest blessing... Amen...

Yes! Amen... Ameen... Aum...

**Hence every prayer ends with ameen... it means:
Lord I say yes to you... a total yes to you... no better
end than this yes... yes to God... yes in so many
ways... yes I am ready... yes I am available... yes I am
able...Impossible is I-m-possible... I am able to be a
pebble or a jewel... let thy will be done, Let thy
kingdom come! And the moment you say yes to God,
blessings starts showering on you... to say yes is to
become blessed...**

**Just a simple word “Yes” can change our life... this is
the real evolution... the real revolution... freedom is a
way of saying yes... saying “ameen” to God... Amen
to existence...**

**Let us be full of love so we can be full of yes... not
easy but no other way... This is our only harmony with
nature... with Allah... with God... with existence...
then you are no more separate, you have fallen in
rhythm with God...**

**This simple “Yes” contains all the religions of the
world...**

**Trust, love, surrender... name it... if we can say yes
with the totality of our heart... we said it all... all that
can be said... if life is lived in its totality, the priest is
not needed at all... no medium between you and
Allah... you are directly in contact with God... you are
living in God...**

God is pulsating in you... just rejoice! Say yes! And in your joy... your rejoicing you will come closest to God...

**Then what about the No?
To say no is the easiest thing for the mind... yes is the hardest thing... Why?**

Watch your mind how many times it says: No... and when you say it, you feel powerful... yes opens the door... no closes the door... Even if you need to say no, say it in such a way, that it becomes positive no God but God...

La ilaha illa Ilahu...

It takes the form of yes... from negative to positive. The no has limits and yes arises within your hearts... this is our nature... now it is our own flowering... yes to life... yes to love... and this is who we are... a bright star...

Thank you God... nothing else can we say... not even by saying it or seeing or being it but beyond any bond...

Just visualize you are more and more... beyond words... beyond mind... beyond body... beyond the world of objects...

Leave all what you see and think and feel and know behind... Go on moving till you can find a place, a space where only your consciousness or the existence... or the amness... anything which has no word any more... no frame... no content... no cup but a wake up touch... a mirror is mirroring nothing... that is our real home...

No words to say the truth it is beyond words...

“Be still and know that I am God”

Let us play our games and enjoy our rules and our toys... Let us learn from our children... they are a new edition of consciousness... but we are cripple every child... our ignorance is our enemy... once I know this I can face it... let us face our fear... let us cure the cause... I am the cause...

Thanks or tanks? Think twice before you choose...

No life and death... never born never dies... no sin and no guilt... just know yourself... read... meditate... be alone but not lonely... do not trust anyone only yourself...

No one loves me only me... my amness... my body... all others are into emotions... love yourself and then you love the world... the other is your mirror... your teacher... your master... we are immortals but we don't know the truth... we believe what others told us... listen to your inner treasure... inner lecture... inner silence... and READ books that touch your beings... you are bodymind and soul and beyond... I read what I love... I do what I love... I live how I love and nothing else is needed...

Do what you love money will follow...

Live simply so that everybody else can simply live... Ask yourself... what do I need? What do I greed? What do I want? Be honest with your mind and your

**emotions... be free from all the past and the future
and live this now-here...**

**Life is this seed... in this now-here or nowhere else...
this now is the seed for eternity... Live it with WOW...**

Yes!

**How blessed we are... take a deep breath... we are still
alive... Let us live this now...**

**Now is the time to wake up. Now begins the search
into our inner treasure... this “Now” is very sacred,
very significant. It simply says: “You have lived a life
of illusions, now, begin your life... you have lived a life
of worldly pleasure, pain, misery, problems, you have
searched in many directions and you have found
nothing... now, begin the enquiry into God... you have
lived through the ego, you have lived through the self
and you are tired... you have come to a cul de sac... a
dead end... and there is nowhere to go anymore Now-
here or nowhere else...**

**You have accumulated money, you have power, you
have fame but nothing has been of any fulfillment...**

now is the only time...

**Every Adam has to go astray... Every child has to love
God, has to go far away... only then, when darkness
becomes too much, anguish too heavy... then comes
this now... it is time... total surrender... let thy will be
done not mine...**

I have everything but I don't have myself...

Now death of life... now Omens or Amen...

Now-here or nowhere else...

It is our choice... we are free to choose... what do I want?

Yes! A book... I do have it... and being in a commune... I was in the best commune of my life... but now back to my roots...

The roots of my body... there is no commune... we are few soul friends... we are planting the commune... and I live alone but not lonely... I love my bodymind and myself and beyond... the inner river is rivering and this now is a great blessing... let us keep breathing and living and rivering...

Yes my friends... we can know our birth and our death and this is the gift of the omens... count your days in the womb and the same timing is before you die or you leave this earth to go to another womb... you can feel your date if you listen to your omens, your body indications... you will be ready to receive death which is another birth... many people they know it and feel it and go to a peaceful place to leave the body and to go to a higher mission... for a greater life... in a more unlimited life... to be absorbed by the cosmos... by the whole...

We are one with the one... so no birth and no death and no sin... just relax and start searching for your immortality... for your life... your being... your eternal life...

The body is limited but the being is unlimited consciousness... We belong to the eternal, to infinity... and we are the beloveds of God, of

existence, this gift is enough to get rid of all tensions and worries... then what happens does not matter.

What matter is this now... Where I am? Who I am?

Where are we going?

The answer is in our heart... in our actions... in our experiences... what did I do? What I am doing now for my home... not here... this now-here is the seed for my soul... am I ready?

One seed turns the whole earth green...

Many Christs gave me many seeds... what did I do with one seed? What did I add to mother earth? Let me check in my inner life... what did I do the last twenty four hours? Good and bad... just watch your mind... what am I doing now?

This may be my last moment... take a deep breath... do I hate anyone?

Yes! Can I forgive them? Yes! When? Not now?, later?... but death is coming now... why take anger with me? Anger is danger... okay! What to do? Don't ask... do it... call and ask forgiveness... both of us are the cause and both of us are the cure...

Yes! I did it... I have few enemies that are on the surface... but go deeper and deeper and watch your mind and clean and clean and be clear and sharp and short... meditation is the key of awareness and a living master and go to good communes where you

**clean your mind and dry cleaner too... no programs...
deprogram all the history and live this moment at-one-
ment with the one...**

**Thank you my beloved friends... my beloved
enemies... my beloved mewe... I talk because I can't
walk my talk... I have to see it in order to be it... the
more I look into my master's eye I know how dead is
my i... the ego is dead and ruling me... I am a slave to
my ignorance...**

**The more I know the more I say no to the yes!!
I can't look at any book anymore... the cover is
enough to uncover me... the title will show me your
jewel and my pebble...**

**You thank me and I tank you... you forgive me and I
have nothing to give... All is from you and to you...
you are the now and you are the here and no-body is
here to hear me only you... Do I deserve you??**

You and Me

**Who are you?
Who is me? Who are we?
Is mewe us?
Are we real?
Am I watching my moods?
Am I living this moment?
How to be a witness to this now?
Am I home?
Where is my natural home?**

**What is nature?
Am I natural?
Why we are afraid of nature?
Where is my original face?
Is this civilization real?
How can I conquer the truth?
Where are we now?
How can I live my own way?
How can I go beyond my brain?
What is the gain?
The kingdom of God!!
The life, love, light and laughter...?????**

Mr. You! Thank you for being here... but are you a man or a woman? Oh Yessss... forgive me... you is you...are you bodymind and soul?? The creator created you, you are here for a reason and no one is like you, and no one will be like you either. You are needed as you are and what a great grace he has gave you...

God is not a factor but a creator, not an assembly line, but a mystery light. Each of us has been made not according to a mold, not according to a certain fixed pattern... he has touched us in his unique brush, has given you a certain shape, a certain being... you are original, you are not a copy. He treasures you more than you do yourself... if you are lost, it is his loss... It is very clear that I don't love myself, I don't respect myself... I did so many mistakes today... the same

and same pain and where is the gain? Why we are self-condemners? Why we are victims of the priest? Why not love myself as I am now? By loving myself, I will be giving respect to God... To respect the painting is to respect the painter, and to love the poetry is to love the poet... to love what you are reading is to love the reader...

**Yes my us... we are the visible truth. The creation is the visible proof that the creator is the isness... Love the creation, celebrate it. This is the only way to celebrate God and yourself!! What is your verse? Say it... "I am the closest creation of the creation... I am his unique individual...
I am the creativity of the creator..."**

To be you means to be free and to remain young forever. The body will become old but you can remain in your youthfulness forever. Why?

Because consciousness knows no aging, it never grows old, it is always young, always fresh... it is the real virginity... the real divinity... the real immortality...

The physical age is the body that is born and will die but you are never born and never will die... you are not part of time but your consciousness is beyond time, it is part of eternity... part of godliness... and to enjoy this joy is the real immortality, the real reality...

The real life is to be alive in your deep silence, still, rooted in your being... nothing can be higher and

**nothing can be deeper than that, because it is God's
mystery... God's bliss... and this grace grows in
you... arises in your inner sun...**

**So be aware of who you are and once you know the
first step of this trip then you know who is the other...
you... me... we... us... they... it... that... all is our
mirror... our treasure...**

**This is our real identity... our real divine unity... our
real divinity... when you become one, there is silence
and in that silence you can hear the voice of God, in
that silence you can start feeling the presence of the
divine, the communion with the whole by being a
whole holy being, you become the super
consciousness of existence...**

**Yes! Existence is in us... we are one with existence...
with any isness... any love... existence loves us all...
Let us go in beyond any word and all what we see and
feel is our own reflection, our own mirroring, our own
echo...**

**Once we start loving all that is... all what we see and
feel... with great intensity, with a fire in our heart... we
become so warmed up, the whole existence becomes
warm towards us... it always pays in the same coin...
It is meaningless to me but not to Christ... not to any
enlightened heart... we are in love but not the real
lovers...**

**When Mohammad became enlightened he saw the
whole existence is light... whatsoever we are,
existence is that for us...**

**Now, all over the world, thinkers are very worried that
existence has no meaning. The only think in us is to
look why we lost the capacity to create meaning...
why I become cold and dead and indifferent??... what
to do to be awake??**

MEDITATION!!!

**This is the only key, just be aware of your inner
center... watch your thought right now and love will
be the circumference... once you are aware in your
center... the other is me... is my mirror... so love will
shine out of this warm feeling... you are me... it is so
delightful to be warm...**

**At the center be meditative, at the circumference be
loving and you will see the whole existence
changing...**

**It is the same existence... in fact you are changing...
but once you start changing, the whole existence
changes with you... can we be it now? Yes!!!**

**Let us be it... let me forgive all my enemies... every
enemy is in me... so is God in me... so let us be it...**

**Who is the great wound or hate or fear?
Do a list now... start watching them as they are... he
did so and so to me... all the bad actions... let them all
go... now what is the good action... just one... look at**

**it... be watchful... me too I have good and bad...
Jesus became Christ after he watched his thoughts...
his feelings... he fasted and prayed and he asked
God... and the answer came...**

“Love yourself as I love you”

**God is my creator... God is Love... Love is God...
Love is by living it... Love is light and light does not
see any darkness... in fact I am changing not the
existence but by changing myself the whole existence
is changing with me and in me... we are one with the
one and change is a constant law... the river is a verb
not a noun... is rivering and life is living... love is
loving and this is how we grow and glow...**

**Pain or misery arises because we don't allow change
to happen... we cling to our dirt... let us clean it... let
us be clear and clean so we can see the truth and be
it... this is who I am... this is who we are... a flow of
life... a glow of light... why fight? Why pain? Why
trouble??? be a jewel not a pebble... be a bliss... then
nobody can disturb your bliss...**

**Let us live our change now... let the river keep
rivering as we are writing and reading, then all is
good, then we are never frustrated... this will pass
too... the pain and the pleasure... keep playing this
play and we are here to play...**

**Let us keep playing with our minds, with our moods...
a great story to enjoy...
Mastery of moods**

Whether you are happy or unhappy, remember, “This, too, will pass.” This key allows you to become master of your moods instead of their victim...

A great king who employed many wise men felt frustrated with his riches. And a near by country, a country more powerful than his, was preparing to attack. The king was afraid of death, defeat, despair, of old age. So he called his wise men and he said to them: “I don’t know why, but I must find a certain ring... one that will make me joyful when I am unhappy and at the same time, if I am happy and look at it I must be made sad.”

He was asking for a key, a key with which he could open two doors: The door of happiness and the door of unhappiness. What was he asking? He was asking the mastery of his moods... he was saying that he wanted to become the master of his moods, he no longer wants to be a victim of them...

The wise men consulted each others, but they could not come to any conclusion. Finally they went to a sufi mystic and asked his advice. The sufi just took a ring off his finger and gave it to them, saying: “There is one condition. Give it to the king, but tell him that he should look under the stone only when everything is lost, the confusion is total, the agony perfect and he is absolutely helpless. Otherwise he will miss the message.”

The king obeyed. His country was lost, he was fleeing the kingdom just to save his life. The enemy was

following, he could hear the horses... and his horse died, then he ran on foot, and he came to a dead end.

There was just an abyss...

At the last moment he remembered the ring. He opened it, looked behind the stone, and there was the message, it was:

“This, too, will pass...”

What is this now? This situation? This pain? This fear? This moment? Where I am now? Man always stands on the crossroad. Each moment is a crossroad... where can I go? What can I do? What do I need or what do I want or do I greed to do? Am I lost?

Do I need to write? Is this a writing or only a vomiting? Where is the turn? Where can I look or what can I choose?

I can turn the mind to meditation... why go to the past or to the future... now take a deep breath and be a watcher... watch this present, drop all the rest and relax in this bliss... I am breathing... I am seeing... I am reading my feelings... I am alive or living as I can... just drop the history and the future will disappear too... live this nowness... this moment is all there is...

Now has its own noise and its own silence, I accept it as it is and where it is... and then life starts moving in a different dimension, altogether different, then we are on a different adventure... this different now is the base and the vase of a new flower and a new fragrance...

Now-here or nowhere else... this gift is still unknown to me and it is the most unknown gift in our life...

**Oh what a great gift?!!! Every moment is dead too...
once it is past it is in the history. Then drop it... no
more yesterday... now is the only day... the only ray,
don't cling to it... when it is no more, it is no more...
you go on glowing more and growing more in your
life... that is what Jesus means when he says: "Let the
dead bury their dead."**

**The past is dead. Go on dying to the past... and every
moment die to the past so that every moment you are
born anew. That is the way of free beings... then you
know what life is, what joy is, what a splendor to be
your being!! Just to be is enough, more than
enough...**

"To be or not to be"

**It is such a benediction that we cannot repay
existence in any way; we can only feel grateful...
Just to be in this moment at-one-ment with the one in
us...**

**Am I hungry? Am I thirsty? Am I sleepy? Am I tired?
What is my feeling now?**

**Christ is saying: "When I eat, I only eat, when I sleep I
only sleep." Somebody said: "But nothing is special
in that, everybody is doing it." Jesus laughed and
said: "If everybody is doing it, everybody is
enlightened."**

**Eating, simply eat, be with it... let it be your prayer...
your worship... be aware of what you are doing and
being... who is eating? Who is walking? Don't go
ahead, don't jump here and there... Mind always goes**

ahead or lags behind. Remain with the moment... we have no other time... we are not sure what the next breath will be... be in this now...

In the beginning it will be very difficult to remain with the moment and sometimes the moment may not be very happy... you are angry and then the mind starts thinking of repentance, or tries to do something so that the anger never happens again.

Sometimes you are sad, so you put on the radio or TV, or you start reading a book or eating or doing anything in order not to feel your sadness or your anger or your feeling... you want to divert the mind... But are you more into sadness or more into happiness?

Sadness is more... so what to do? To run away to another way... it is a constant habit to go somewhere else... why not face our fear? why not face our feelings? Let us be with it and it will change... anger becomes forgiveness... sex takes on a different quality, it becomes love... fear becomes courage... If you start living with the moment you will see that your being will be a miracle, it has a magic to it.

Happiness will become deeper not on the surface anymore but more into witnessing and awareness mind is never in our birthright but awareness is where we are... become more and more aware and alert. In the beginning it is not easy but do not fight with the mind simply call it back... “come”... the eternal now

will come home and you are at home and the tuning happens... and the reality is revealed... it was there but now you are here at home...

Where is my home?

It is not where my body is but where my being is... the physical house is a need and a must but my body is the home for my sacred being...

This is where I live my stillness... my inner kingdom of God... in the core of my spiritual heart... it is a cave of the global mystery...

Yes! We are the mysterious mystery... this is the only truth, the profoundest truth: That life in its totality, in its organic wholeness is absolutely a mystery. It is not a problem that can be solved, it is not a question that can be answered. No amount of knowledge is going to demystify it, it will remain mysterious...

Why the trees are green? Why not red? Why not blue? The trees are green because they are green...

This is the acceptance of the ultimate truth... ultimate mystery that nothing can be said, it is so...

Whatsoever we know is just superficial, very superficial... whatsoever we know is only fooling ourselves... when we ask who is God? God is that which is... such isness... such suchness which is beyond feeling... such is the ultimate nature of things... Why? Who? What? Any question is from us

**to us... no answer... we are the answer in our inner
lecture... in our inner stillness... in our nothingness...**

**Be still and know that we know nothing... This
nothingness is the mystery of suchness... such is the
ultimate nature of things...**

**So what to ask? What to know? What to be? No
"what" anymore... just be in this now... in this being
as you are.... Just watch your mind... face your
feelings... take a deep breath and be grateful you are
still breathing... don't ask why & what... not if and
but... just be in this being... in this suchness...in this
nature... this is our nature...**

**I say what is natural is easy and right, but because we
are not natural anymore so we are not easy nor right...
look at mother earth... no wars... no killings... only in
us... our whole upbringing made us artificial,
arbitrary, it destroyed our nature, it imposed so many
things on us that others wanted it to be... all what I am
and what I know is from my parents and all the
others... I became a garbage can... why? We are all
victims of ignorance... let us look and see...**

**There are vested interests, they or we say us... all of
us would like to be in a certain way but not in the
natural way... we are afraid of nature... somewhere
deep down in man there is a fear of nature... that fear
of nature has created many problems. It has created
an ugly civilization, a rotten culture, an anti natural**

technology, a science against ecology, a religion which is not in tune with your innermost being...

It is time for us to revolt against all this that has happened to humanity in the past!! How to revolt? Why asking how? What is this ignorance? What is this fear? Watch the children who are still natural... face your inner child...

But why is man afraid of facing the original face?

Take off all the masks... be yourself... just stop listening to your mind... be in this now and live its beauty... how blessed you are in this pain, this poverty, this fear, this suchness... Yes! This will pass too... we are walking our road to go abroad and onboard in our inner ship and this is our spiritual worship not mind worship... keep swimming in and out and keep watching... be a watcher and witness your nature and this will nurture us...

But why is man afraid of nature? Why I am afraid of my nature? Of myself? There are reasons.

The first is: nature is bigger than my ego, and if nature is allowed, the ego cannot be in control. Then nature will control us and we will not feel free but we like to be in control... to be a slave... so I repress my nature and please take care of me and I feel that I am a master...

With nature you are not the master, you are nobody, you don't exist... it was before us and will be after we

leave but the ego creates everything, the ego creates morality and morality is against nature...

For example, what can you do if you fall in love with a woman who is not your wife?

The falling in love is natural, but you have to look to other things: your marriage... your prestige... your society... your religion...

Your respectability, your future, your salary, your job, your business, not only in this world but in the other world too... you will have to answer to God why you fell in love...

It is better to prevent nature, to close nature off completely, so you remain confined in the rules and regulations of your society, culture, religion... we are thinking of being ambitious... but nature is not ambitious... it has not such instinct to be a somebody, a president or prime minister or a king or a pope... Nature would like to dance, sing, love, eat, sleep, go swimming, take a sunbath, but nature will not bother to become the president of a country. Nature is not that stupid...

Relax and drop all that is unnatural in you... all pretensions, pseudo coverings, masks... just be ordinary!!

To be ordinary is the greatest extraordinary thing in the world... why? Because the desire to be extraordinary is very ordinary... hence to be ordinary

is really extraordinary, only very few people have been able to manage it up to now...

Every Christ is ordinary... every Buddha... every prophet... every sage and every enlightened being...

This is our nature ... this is the nurture of our inner treasure... why not be who I am? This amness is our only isness... our only existence... How to be my nature?

Just watch your ugliness... where is our original face?

I become very ugly through civilization... it is not a blessing... it is a fake truth... it is a curse... we will have to find the real civilization if not you and me who else? If not now when?

This so called civilization had failed because it has been against nature. Man had tried to be very arrogant with nature, he has been trying to conquer nature, which is utterly ridiculous... we are part of nature:

How can we conquer it?

How can I conquer my arm? My eyes?

We are the nature...

To fight with nature is to fight with myself.... How can we do this? Why I am killing myself? It is so foolish and so suicidal that later generations will not be able to believe how man committed such a crime... how can I kill myself... my brother... my whole holy treasure???

Man has to learn again how to live with nature, with the forest, the mountains, the oceans... this is our

**goal... we are one with this truth... with this breath...
the moment we are against nature, our love energy
turns into hatred. If we flow with nature in total
harmony, love grows, matures, becomes more
integrated. And the maturing love is the greatest gift
of life... love is God... it brings joy, it brings freedom,
it brings blessings...**

**What is my human nature? How can I nurture it?
There is no particular nature. Each has his own
particular nature... Jesus has his nature... I have
mine, you have yours... no two footprints are the
same... you are unique... so is everyone of us... so
when you flower, you will flower in a different way...
Everybody has his own seed & root and fruit &
fragrance and this is our grace and our choice...
We do not follow anyone but we live our seed... our
need... our different ways... it has to be so... I have to
follow my nature... you too follow your nature...you
have your own nature... be who you are and do not
follow anybody... be a fellow traveler with a Christ not
with a Christian...**

**Live your own way... walk your own talk... be your
own being... no two people are the same... the cups
are different but the content is different too even
though it looks the same... the identical twins are
different... so live your uniqueness...**

**Think a row of Jesus standing in a queue. It will look
ugly. Alone Jesus is beautiful, a very precious
diamond a unique jewel... but if there are too many**

**just like him... a copy paste plastic people... he will be
a pebble on the shore and has nothing to share...
Be your nature and nurture our mother earth with your
grace and your choice...**

**What do I need to be my nature?
Spirituality is the highest need... I am not bodymind...
not a brain... not a self... not a soul but a holy spirit so
why not be myself and start growing and glowing...
First step take care of your body... you know all the
needs... eat, sleep... rest... have all what you need
and then move to your sense and do what you love...
any art... music, writing, dancing... then comes the
meditation, prayer, the search for the ultimate source
and goal of life. Why I am here? Where do I go?
I need existence and existence needs me too... this is
the most luxurious needs, they come only in the end,
they are like flowers... flowers are possible only when
there is an overflowing energy, too much to contain...
then the tree bursts forth into thousands of flowers,
color and fragrance... the tree is enjoying its being,
celebrating itself...**

**I celebrate myself now-here
God loves us... what else do we need?? We have only
to allow his love to penetrate our hearts... this is a
true truth... just trust the truth... change the word God
to existence and things become simpler... existence
loves us, otherwise we would not have been here...
you are not an accident... nobody is... no accident by
accident...**

Existence needs us... we need each others... we are one with the ONE...

Am I natural?

Let us say it again and again!!!

No... not at all...We are not natural... we are so blind that we don't see how we are and who we are and why we are so dead... walking deads... Let us talk and bubble...

What is natural is easy and right, but because you are not natural you are not either easy nor right... our whole upbringing made us artificial, arbitrary, it destroyed our nature, it imposed on us what others wanted us to be..they dropped their egos in us and upon us... we are victims of victims... there are vested interests, they would like you to be in a certain way, they don't want you to be natural... they are afraid of nature...

Somewhere deep down in us there is fear of nature... that fear has created many problems...it has created an ugly civilization. Yes! Ugly civilization, a rotten culture, an anti-natural technology, a science against ecology, a religion which is not in tune with your innermost being... it is time for man to revolt against all this that has happened to humanity in the past!!! But why are we afraid of nature? Nature is my mother! There are reasons... since my childhood I hated my mom... she was bigger than me... how can I love her?

**Bigger than me!! Not me but my ego... my
ignorance...**

**So is nature... is bigger than my ego, and if nature is
allowed, the ego cannot be in control... so easy... then
nature will control us... and then we will not feel that
we are in control... and we would like to be in
control...**

**So rather than being natural you repress your nature
and you claim only a small spot of your being, only
one-tenth of your being, which can be controlled by
your ego... then you feel that you are the master...
with nature you are not the master, you are nobody...
with nature you are nowhere, you don't exist at all...**

**And the ego creates everything, the ego creates
morality and morality is against nature...**

**Let your heart listen to this... what can you do if you
fall in love with woman who is not your wife?**

**That falling in love is natural, but you have to look to
other things: your marriage, your prestige, your
respectability, your society, your religion, your future,
your salary, your job, your business, not only in this
world but in the other world too. You will have to
answer to God why you fell in love. It is better to
prevent nature, to close nature off completely, so you
remain dead in the rules and regulations of your
society, culture, religion... you are taught to be
ambitious and this does not exist in nature... mother**

**earth loves the ant and the tree and you and me as
one truth...**

**Nature has no desire to be a president or a king or a
prime minister of any country... Nature is dancing and
singing and eating and will not bother to become a
beggar or an emperor... nature is not that stupid...**

**Relax and drop all that is artificial in you... all your
masks just be ordinary... to be ordinary is the greatest
gift in the world, the most extraordinary thing in the
world, because the desire to be who you are is very
ordinary... only very few people have been able to
manage it up to now...**

**Man has become very ugly through civilization... this
is not civilization... who is going to start this star? If
not you and me who else? If not now WHEN?**

**This civilization has failed because it has been against
nature. Man has tried to be very arrogant with nature,
he is trying to conquer nature, which is utterly
ridiculous... we are part of nature... How can we
conquer it?**

**To fight with nature is to fight with oneself... it is so
foolish and so suicidal that later generations will not
be able to believe how man committed such a crime...**

**We have to learn again how to come closer to our
mother.... Our forest... our mountains... our oceans...
let us live joyously with nature, not against nature...
let us love our nature not hate our nature...**

To know a mature kind of love is to know God...

Each one of us has his own nature and when you flower, you flower in a different beauty... different way and different quality... let us follow our nature... let us choose our jewels from our pebbles... attain in your own ways... do not compare yourself with any Christ or any Buddha or any enlightened being...

Be yourself... Live your own way...

You are unique, otherwise you will be a copy paste...

Be your original face not a mask to please others... just imagine a row of Jesuses standing in a line... it will look ugly... alone Jesus is beautiful, a precious diamond, but if there are too many just like him, he will be a pebble on the shore... nothing of worth...

Be yourself... love your nature... attain your own pain and gain... you have your own private tools...

The teacher of nature was lecturing on map reading.

He spent the class explaining about latitude, longitude, degrees, and minutes... towards the end of the class, the teacher asked his students: "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude..."

A student's voice broke the confused silence, and volunteered:

"I guess you would be eating alone sir."

Let us enjoy our aloneness but not our loneliness...

Yes! Be alone but not lonely...

It is beautiful to be alone, but be in love, be with people... enjoy your time to the full. And when you are fed up with others, then move into aloneness and enjoy it to the full... it is a very natural process, it is just like when you are thirsty drink all your cup... So go in when you are fed up with the out, and go out when you are fed up with the in and remain a witness... a watcher... live the two sides of the icon and say yes I can... let us enjoy this smile... An elderly widow and widower were dating for about five years. The man finally decided to ask her to marry. She immediately said: "Yes". The next morning when he awoke, he could not remember what her answer was! "Was she happy? I think so, wait, no, she looked at me funny..." After about an hour of trying to remember to no avail he got on the telephone and gave her a call. Embarrassed, he admitted that he did not remember her answer to the marriage proposal. "Oh", she said. "I am so glad you called... I remembered saying 'Yes' to someone, but I could not remember who it was." Let me say it to myself... I love my mirror... my only treasure... my only innocence and my only wisdom... and we are all one soul under one dome and in one home...

Yes! Life is a joy and a joke... don't be serious!! Those who take life seriously become sick... let us play, it is all playfulness, from the top to the bottom. It is a song

**to be sung, a dance to be danced, a love to be lived...
but with utter playfulness...**

**The moment you become serious you become
blocked, the flow stops, you are cut off from the
universal energy... we cannot dance when we are
serious because seriousness is sadness... is
business... it is only calculation... asking “why?”
“what is my profit?” “what am I going to gain from it?”
Business is good in the market place but not in your
inner space...go to the peace place and be a witness
with joy... with innocence... with total trust... the more
we move inwards, the more life appears as fun...
playfulness has to be the color of our life... Let it
vibrate in every cell of our being... let it be our real
dimension for our divine divinity...**

**In the west, God is a business father... counts our
sins and the gates of heaven are guarded with naked
swords so that Adam and Eve cannot enter again
easily...**

**This attitude of God is old- fashioned... this approach
is very neurotic... God is love... God is compassion...
so let us live with eastern God... the flute player, the
dancer and the singer... he created us in order to play
with us... to have some company... a man and a
woman and he falls in love with all his creations... so
let us love and play... we are here to play...**

**Play your choice... play peace... just relax and let go
and enjoy this moment as it is... count your
blessings... take a deep breath... I am alive... I am
reading... I am writing... this is my play... my joy to
share what is in my flow...I see... I walk... I talk... I
sleep... no bombing near my house... I have all what I
need... my desire is to live simply so that everybody
can simply live...**

**Yes! I am mad... I live this now-here... I go back and
remember but I am a member not a number... not a
consumer... we are a sacred power... the power of
love not the love of power... be aware of who you are
and what do you do with awareness... to be it or not to
be... be or not to be is our being... to be or not to be is
our only vision...**

How is your feeling now? Bored? Sad? Lost? Lust?

My friend gave me this seed... he said:

I always feel happy, you know why?

**Because I don't expect anything from anyone,
expectations always hurt...**

Life is short... so love your life...

Be happy and keep smiling...

Just live for yourself

And

Before you speak... listen... before you write think...

Before you spend earn... before you quit try...

Before you pray forgive...

Before you hurt feel... before you hate love...

Before you die live...

This is life... feel it... live it and enjoy it...

**You are so right easy to say it... not easy to live it...
but we try... we experience the water... drink it... be
aware of it so feel your thirst and go to the source... if
you are a witness to what you are being and doing
then it is indulgence... if you are aware, then it is
living the experience...**

**Jesus is eating and I am eating... he is experiencing
and I am indulging... the difference is not in the act, it
is in my awareness... Where I am now? Who is writing
and who is reading? Am I living this moment at-one-
ment with the one?**

**Am I aware of what I am doing? Physically I was
eating, but psychologically I am not there...**

**A master was asked: "What is your spiritual
practice?"... He said: "Nothing much, nothing much
to brag about, it is very simple: when I feel hungry I
eat and when I feel sleepy I go to sleep..." He is living
his doing, he is no more a robot, he is aware of what
he is doing....**

**I eat when I am not hungry, I eat because it is time to
eat, because food is delicious, because I am invited to
eat... I don't feel the need but I follow the habit... so
while you are eating you are not only eating you are
doing thousand and one other things... the whole day
and night the mind goes on dreaming... we snore day
and night... are we aware? Are we awake? Are we
alive? What is happening in me? Inside my
consciousness??**

to be conscious is to be alive...

A country remains alive only if people are multidimensional... keep learning in every step and be a wanderer, a vagabond of the soul... remain a learner and keep rivering with the river... and whatsoever you are learning learn it in its totality.

Be total, it is only through totality that one learns. If you are totally in love, then love reveals its mysteries... if you are totally in poetry, then the world of poetry opens its heart... truth is an experience... we have to live it, not in the head but in the core of the heart...

The best suggestion is, always remain open to know and experiment... and never become a dead head, never think that whatsoever you are doing is perfect... it is always possible to improve upon it... it is always possible to make it more perfect... let the river keep rivering... change is a constant law... the more we know, the more we know how much we don't know...

A black man named David applied for a job and a white man also named David applied for the same job... when the results were in, both men had scored 19 out of 20...

The manager gave the job to the white man... Why? He said: "We have made our decision not on the correct answers, but on the question you got wrong"

**The black asked how? Tell me how would one
incorrect answer be better than another?
The manager said: “Simple... on question number 7,**

**The white guy wrote down: who knows ??... and you
wrote “neither I do”... so let us live the I... the amness
in our identity... the being not the brain... the core of
the heart in this now not in the past... now is part of
my brain not part of my consciousness...**

**Let this now-here be our whole and holy
consciousness ... we use the brain as an instrument
to remember our daily life... but don't be used by your
memories... don't be used by your brain... you are a
being... you are the master of your two hemispheres
of the brain... bridge them for your being... let science
and spirituality be one with your mystery...**

**The right represents logic, calculation, arithmetic,
science... because these things are praised, the right
hand is praised and it belongs to the left
hemisphere... what about the left hand? It is
connected with the right hemisphere of the brain,
which represents intuition, psychic powers... love...
poetry... meditation... because all these feelings are
condemned, the left hand is condemned...**

**Yes! We can bridge the two powers and we become
one with the balance of nature and in our inner
treasure... Logic and love... this is the ultimate law of
life...**

This is the meeting of earth and sky... of man and woman...

And in the meeting, God is known...

This is the sacred bridge... the rope of compassion... the oneness with existence... this is the highest peak of ecstasy... you have attained the whole... you have become holy... this is the secret life of Christ, Buddha, Mohammad and many more...

What are we doing to our brain?

We are brainwashing our two hemispheres and we are no more connected with our roots so we follow the priests and the politicians and we are no more into the religiousness of the heart... this is the psychological violence all over the world... they destroy our memory and we become slaves to the power people...

The atom bomb is not such a great danger as these secrets are, because the very soul of man can be enslaved through them... can they do it to Jesus? No! Why... they can destroy his memory but he lives the moment in his holy consciousness, not in his memories...

But what about us?

We don't really have any consciousness separate from the memories, so if our memory is destroyed our consciousness is destroyed... we don't know how to

function without the memories... so for the new generations, the coming world meditation is a MUST...

Why? Because only that can protect us from political dictatorship... nothing else... no matter what they do to our brain, meditation is our protection... live this now-here...

Now! All over this planet, particular electrical shocks to the brain from all this mobiles and TV and all the so called high technology... this is all electric stimulation, and they will erase our roots, our memory. But we are here in this moment at- one-ment with the One... the brain is a mechanism...

But the being is beyond any bond... if we are in a meditative state... in awareness... we breakthrough not breakdown... we reach to our heart no matter what they do to hurt us... "Let thy will be done" even on the cross... no logic anymore only love... the meditateness means the art of transforming the opposites into complementaries... then there is a breakthrough... you enter into a new world... into the kingdom of God... a new vision... a new perspective...

In a new sense you are again mad... that is why Jesus is known as mad, Francis used to call himself mad... Mohammad majnoun Allah... they are not sane the

**way we are sane, they are somewhere else, they are
above us... they are home and we are homeless...**

How can we reach home?

**Meditation is the key to our sacred home... to the
kingdom of God... to cross the bridge with awareness
and keep walking and keep loving and being who we
are...**

**But!!! We need a master... a real lover of Allah... not
easy to find a loving light... but we keep searching
and when we are ready the master is ready...**

**Let us keep holding the key in our heart... every
breath is a path of meditation... this is the art of
transforming madness into Christ consciousness...
into Sufism... into light... and love and life... into
existence and stillness beyond any word and any
world...**

**Meditation is the art of taking us beyond brain,
beyond logic and yet keeping us in our sanity...**

**Meditation is the greatest gift ever... the greatest
discovery ever made... and no other discovery which
can surpass meditation...**

**All the enlightened beings... all the prophets... all the
sages... lived the mystery of meditation...**

**To be in a meditative state is the immortality of our
divinity... of our infinity...**

This is who we are... the royal family of existence...

Beloved us!

No word to say anymore about life, love or light... let us laugh... laughter is a door to the kingdom... let us smile:

Fred is at the office working very hard and plays golf every Saturday... his wife invites him for his birthday to a local strip club...

The doorman at the club greets them & say: "Hey Fred! How ya going?"

"Who is he?"

"He is my golf friend"

When they are seated, the waitress ask Fred if he would like his usual drink coor's ... the wife asks:

"How she knows your drink?"

"She is the waitress from the golf club... she knows what I love."

A stripper comes to their table, throws her arms around Fred & says: "Hi Freddie, want your usual dance?"

The wife, furious, grabs her purse and storms out of the club... Fred follows and both jumped into a taxi...

Fred tries to explain the situation but the wife does not listen... she is screaming at him... calling him all the words... the cabby turns around and says: "Geez Fred... you picked up a real bitch this time."

Fred's funeral is this coming Saturday...

**Let us all join arms and hug our neck... we are still
alive... take a deep breath and listen...
A man got two wishes from God... he asked for the
best drink and the best woman ever... Next moment
he got a bottle of water and mother Teresa... so be
aware and be specific or you will be fedup...
Innocence is the Isness...**

**The innocence of the child?
The innocence of the mad...?
Is ignorance our innocence ?
Where am I? in which state?
Am I a child? Who are these children?
Who is my child?
How can I treat him?
Do we have a family?
Why live in a commune?
Life is a laughter...
Life is a choice...
Positive & negative...
Let us joke and joy...**

**Innocence!!!
Who is innocent? Raise your hand!!
Real innocence belongs to the Buddhas... to Christs...
to Prophets... to Sages... they have lost their first
childhood in knowledge and then they became aware
of what they have lost... this is the second birth which**

is the true innocence... it happens only after you have reached your very core through awareness... this is the resurrection... you are born anew...

The most important thing is the innocence of the sage who is beyond the sin and the saint... no good and bad... but beyond anything... it cannot be corrupted anymore... the innocence of the sage is beyond any stage...

Our evolution is from innocence to innocence...

The first one is ignorant... the second is knowing in luminous awareness... the first one is a gift from God to every child but the second one is our own effort... our worship, our earning. It is eternal whatsoever we attain consciously, only that is ours but what is given to us will be taken away...

Let us work hard for our homework... it is our life work for our eternal being... Adam became Christ & this is our pilgrimage.

Be yourself not part of the mob... of the crowd... you are born whole and holy... keep growing and glowing in this grace... in the grace of gravity... of eternal divinity...

Divinity is our natural innocence but we don't know who we are because we are a crowd, and the crowd is noisy... when you become yourself, there is silence...

there is oneness... there is aloneness... only by becoming your natural self you will attain to silence, to divinity. And in that divine silence you can hear the

**innocence, the voice of God... you can start feeling
the presence of the divine...**

**When you are one, you will be able to have a
connection with God, with the holy whole. This is the
communion with the godliness in us... the existence...
the stillness... “Be still and know that I am God”... this
is the only truth that lives in the core of our heart...
Who is not divine? Who is not innocent? But we don’t
know who we are... it is at the very heart of our being.
If it was outside of us, we would have touched it now
by now and easy to see, but to go in is not easy... it is
the greatest adventure and very risky... Leave all what
you see and be a witness for the only truth there is...
it is not something to be seen, it is hidden in the
seer... it is a witnessing..**

**We can only be who we are... we are all divine souls...
just unfold this gift... the hidden becomes manifest
and a great trust arises that nothing can go wrong...
Even if we go far away we remain who we are... a
divine innocence...**

**The sinner is as divine as the saint. There is no
distraction at the root, at the source... we are one with
the godliness in us and outside us... God is not a
person, not a noun... but another treasure... a rivering
river with this mystery. The whole existence is
overflowing with godliness...**

**There is no division with all what we see... existence
is divine... start looking from your heart and see the**

**divinity in every scene and you will be so surprised...
you and me and the tree and the good and the bad
and the mountain and the valley are all from God,
what a new vision?? How blessed we are to see such
beauty in a simple way... in a new light... then the
world is no more a puzzle, no more a problem, no
more a question to be solved but a great mystery to
be lived...**

**Once you know this simple grace then you live your
divine choice... your godliness which is all over... the
only quality from this divinity... it is so clear and so
near... why go far?? It is the fragrance in any choice
we choose... just be aware of who you are... who am I
makes the difference... I am one with the creator and
he loves me more than anyone else... let us wake up
now-here or nowhere else... Christ is awake, I am still
asleep... when are we going to know our self?? We
are exactly the same... we are brothers and sisters
with every Christ and every Buddha...**

**Let us remember that we are all one with the one...
participating in the same existence, breathing the
same godliness, living in the same ocean of love...
Every fish knows this truth... why not me? Why not
you? Why not us? Let us be who we are and no more
war but one peaceful world... one divinity, one
childhood and one innocence...**

Let us learn from our children, they are here to teach us how to be a childlike not a childish...

They are far closer to God than me. They have come just now from God's home... they are still carrying the smell... the fragrance... the smile... the love... the only innocence there is... they have not yet forgotten, it will take time for them to forget... Yes! They will be

conditioned by us and we destroy their innocence...

Children are new editions of consciousness... one fresh entries of divinity into life... Be respectful... be understanding... but I am no more ready to learn from them... I am lost in the lust of needs and greeds and ignorance...

Yes my beloved reader... our children are the flag of innocence but we are the victims of victims... we are the cause of this inner pollution... let us be a victor and know the truth in the child and in my heart... let us live this divine energy in all of us... we are the children of God... why not be who we are??

Yes my beloved us... Let us remember as much as we can what is childhood? Child? Children??

I am a mad being, let me flow from my madness and we read what we need... why we want a child? Where is the real one? let us read...

When a person is alone there are no problems really... the only problem is that he feels lonely and that is not a big problem at all, because if one starts being a little alert of that loneliness it turns into aloneness... and

we can enjoy it... I am alone... I have no friends... no family... no one but the book that I love and live and share and very few soul mates... I live alone and I have all what I want and what I need to be who I am... I live the saying... “Do what you love money will follow”... I share what we are reading... I share my joy in many ways to plant people for peace not for war... anyway, you are in the same way too... but why we want children?

When a person is alone he feels lonely, he feels he is miserable, then he finds a partner, falls in love this and that... no more honey moon or money moon and we need a new step to wake up... only when he has got into a relationship or relation-shit will remember how happy he was before... but now it is too late... a baby is coming... a new trouble... a new mother and father... now the third person is even more dangerous... we don't know who is this guest!!! You cannot choose the child!!!

We cannot choose the child... we choose the man or the woman but being pregnant with a mystery is a blind game... the child comes in... then one feels it would be better if one were without a child, but now it is too late....

Why do we choose these things?? We are lonely... we are bored... what to do? Watch the society... what are they doing? They want to avoid themselves, they want to escape from themselves... it is not love, it has nothing to do with love, they simply don't want to be lonely... it is an escape... so they find a new step... a

somebody and that person also is lonely and seeking and searching for somebody...

Now two bodies are together and a great bomb-body... it is not going to give any joy... it is just a joy for few moments and back to misery and new ways to exploit each others, dominate each others, be jealous, and always afraid that the other may leave and then again they may be lonely... so they cling to each other, and the more we cling, the more heavy the relationship becomes and the more we start thinking how we can be alone...

But now they are committed, they have promised, now it is difficult to go against the promises so they carry on the suffer-ring... then they start thinking "Why not have a child?" A new toy... a new trick to escape from the trap...

First you escape from yourself, fall in love, then the relationship becomes heavy... you want to have a child so that you can escape into the child, so you can forget about the husband, so you can look after the child and you can live through the child and you can hope and dream through the child... that is again another pain...

Yes! Escape from any trap... go in... in is our only inn... be alone but not lonely... be yourself... you are a great treasure... a great evolution... a great revolution... a great invitation to know yourself and be free... you don't need any other... every other is your

**mirror... once you are who you are... you are home...
you are not lonely, your aloneness is the greatest
miracle... you are love and in love... you are a father
and a mother and a lover and a liver... you are alive
forever and ever... you are no more a body but a
being... a human becoming... a holy mystery from the
whole holy existence... just wake up and meditate few
minutes a day... just be still and watch your mind...
your self... your soul...and you are all... you need no
one... you are the one... be who you are and be
grateful to this moment... to this now... take a deep
breath and you are beyond any bond...**

**Yes! My heart too is flowing from the river of my
childhood... my inner child... who is this mystery?
Every child is born with such great energy. But we
destroy it, we paralyze every child, we cripple every
child. And our churches and our temples and our
priests have done the greatest wrong to humanity.
They are the greatest criminals in the world, they are
the real sinners... they are so dead that they don't**

**know what they are doing... they are against life...
against Christ... against humanity... but who wins?**

Yes! Truth is the only danger... the only winner.

Let thy will be done.

**Ah! What a grace to live our choice... you don't know
how you would have been if you had been allowed the
total freedom from the very beginning, if your laughter
had been free, your love had been free, your joy had
been free, and you had not been hindered, distorted,
forced, channelized in certain directions...**

**No child is interested in money, because no child is
foolish... no child is interested in being the president
of a country or the prime minister, because no child is
so stupid... his interests are far more natural. He is
interested in the flowers, he is interested in the
butterflies, he is interested in the pebbles on the
seashore... he is interested in dancing under the
stars, in dancing in the sun... he knows he is the
unique son of the ONE...**

**Who is not the unique child of Allah... of God... of
existence?? Who is not one with the wind? With
nature? With the ocean? Every child is interested in a
totally different things... but we divert all his energies.
We say: "No need to climb the tree, no need to climb
the mountain. Climb the ladder of success!" What is
our success? It is an absolutely mediocre process,**

unintelligent process... “Climb the ladder of success.

**Be more rich than others. Be competitive... be
jealous... be possessive... Fight.”**

**Fight for things which are meaningless... then you
lose your joy, then you lose your laughter... then life
seems more like a nightmare than like a beautiful
joke... be yourself... hug your inner child... be a victor
not a victim... stop being a beggar... you are an
emperor... you are a royal child not a loyal child... you
are with God... with the creator... you are the treasure
of existence... you are beyond body-mind... beyond
labels... beyond words... just be aware of who you
are... why you are here... just be still and listen to
your inner stillness... ask this mystery... why I am
here? What is beyond all what I see and think and
know? What is this now?...**

It is not impossible to know... it is i-m-possible...

I am a jewel not a pebble... not a label...

**Yes to my mother... to her womb... she is the home of
my body... and my father too... woman is womb+m=
woman!!! how blessed we are to chose the best place
for being such a sacred time in such a sacred place
and space... now we are in the womb of our earth and
sky... the natural nurture of our earthly mother... what
a mystery is this birth?**

**But a childbirth up to now have been very ignorant...
the first things doctors do is hang the child upside**

down and hit him on the buttocks... Do you expect a child to laugh? Is this a loving welcome to the world? Putting the child upside down and giving him a hit!! A good beginning!!!

No wonder why we cry!! No wonder why we are who we are and war is our worry and the only power we carry!! Where is the natural birth? You went in with love why don't you come out with love??

Now there are a few doctors working in a different direction... more midwives are giving home birth in a natural way... but are we going to wake up and live our life in a natural way??... one with nature... one with everyone... one with myself... one with my ignorance and my innocence and my wisdom... we are all under one dome and in one home and from one womb and why not be one with the ONE???

Where is the natural birth? Go to the natural people... to the ones who are living with mother earth... they give birth on the earth just like all other animals... why not us? Where are the few conscious so called doctors??

Now there are a few doctors working in a better way... they bring the child out of the mother's womb in a more natural way... they don't cut umbilical cord immediately because that creates crying, that is violence... they leave the child on the mother's belly

with the umbilical cord intact... then they give the child a good bath, a hot bath: they put the baby into a hot tub of exactly same temperature as in the mother's womb, in the mother's womb the child is floating in water... the water has the same contents as sea water... he starts smiling... it is a really beautiful reception... we don't see if the darling is a boy or girl... we welcome... we set free after the dad cuts the cord... and we love you as you are... you are a living light... a divine divinity...

And not with blaring tube lights, that hurts the eyes of the child... in fact, so many people are wearing glasses only because of the foolishness of the doctors.... The baby has lived for nine months in the darkness of the womb... then, suddenly, so much light, it hurts his delicate eyes... we have destroyed something delicate in his eyes... what to do?

The child should be received in a very dim light... and the light should be increased slowly slowly so that his eyes become accustom to light...

Naturally the child smiles at the loving welcome... childbirth is such a natural thing, there need not be any pain... in fact, those who know, they say that childbirth will become one of the most ecstatic moments of a woman's life if she cooperates, nothing like it...

No sexual orgasm can go so deep as when the woman participates with the process of the childbirth.

Her whole existence vibrates with a new life; a new being is born... she becomes a vehicle of the divine... this is the birth of Jesus who became Christ... this is the birth of Fatima who became the mother of her father the prophet Mohammad... Such birth gives the mystery of creativity with the creator. Every fiber of the mother vibrates with a new tune, a new song is heard in the deepest depth of her being... she will be ecstatic...

No sexual orgasm can be so deep as the orgasm that can be attained by a woman when she becomes a mother, but nowadays just the opposite is happening.

Rather than being ecstatic a woman passes through tremendous suffering because she fights... she is not giving birth to a new light... but more fight... where is our motherhood? Where is our fatherhood? Where is our childhood?

Yes! Where is my childhood? Where is my child? It is in me... this isness, this existence, this godliness is in us... my child is not the one who used my womb but the one who is still in my womb... just now go to the mirror and look into your original face and see your inner face... your inner child...

The outer child is born through you , but does not belong to you... he has chosen you as a passage, but he has his own destiny... He is free... born free... fly in your inner outer sky... no one can force us any

choice... Live your choice... do not impose anything upon anyone not even on myself... my inner being knows how to live this now with existence... this is our childhood... our natural birthright... our freedom to be who we are...

Love your child as much as you can, but don't give your thoughts to him... invite him to dance with you, to meditate with you... just a simple way to help them towards the right path... do not push or force them but just invite them... it comes when it comes... meditation is an invitation from God to all of us... but you can persuade... just invite with tremendous love and respect...

Dance, sing, walk, sit in silence with him... by and by he will start connecting with the inner truth... the only play there is... the only pray which is.....

Yes!! we are here to play prayfully... let us play meditation, then the play becomes us... we are in a meditative atmosphere... it is easy to make your child a Christian, or a Muslim or a Hindu. You have just to impose a certain ideology, some laws and dogmas and this is the real destruction... why? Because the person will never be free to explore... he is no more your child, nor your friend, but your enemy... and you are no more a mother but an ignorant teacher imposing all kinds of dead laws...

Let us share the meditation energy... the law of love... the light of existence... the birth right of our

freedom... let us share who we are not wearing any masks...

So never be untrue with children because they will feel it, they will know it... and once a child comes to know that his parents are untrue, his whole trust is lost. That is his first trust in life, his very base, and if that is lost he will become a skeptic... then he cannot trust anybody... he cannot trust life, he cannot trust God... if my mom and dad are not good so is the one who is far away...

You cannot deceive a child... he knows it... he has the intuition... and his innocence is his teacher...

Once a child learns, and every child is going to learn, it is impossible to deceive him... there is no method discovered up to now on how to deceive a child... he simply knows where you are, who you are... it is intuitive, it has nothing to do with his intellect... but with his immediate feeling... he simply looks through and through...

He looks at you and you are transparent... so never be deceptive... love him and allow him to be a little meditative and much is possible. That is why it is a great responsibility to be a parent... you are the freedom giver to your child... so take care of yourself and your child...

Children are very earthly, down to earth. They can accept your screaming because they also scream

when they feel like that... they will feel a bridge between you and them if you scream... the only thing is to be done is, don't feel guilty about it, otherwise your guilt will be disturbing. Your guilt will create problems for them... why?

They will start feeling that they are the cause of your guilt, they are making you feel guilty... guilt creates guilt... so scream when you feel like it. The only thing to remember is to balance it by love then love him from your heart,,, so scream and love madly... hug and dance with them and let them feel your madness...

Mom and Dad are madly in love with me!!! She loves me and she has the right to scream also... the child feels your feelings... your love and your madness... so live your balance and this is our grace... so if you hit your child from your heart, this pain will heal his pain... a warm hit from the heart of a loving mom... and right on time...

Do not repress your anger... love the warm moment as it is... warm and love... but if you come few hours later and the child is doing nothing and you hit him... now the whole thing has gone cold... now you find some excuse... "Where is your homework?" now this is cold war and you are taking revenge... what about the child?

The child cannot understand why... he has completely forgotten what happened six hours ago... he never carries any memory that long. Then a distrust arises because he thinks the mother is somehow totally different from him... when he has done something wrong, she smiles. And when he has not done anything wrong, she is ready to slap him or scream. And a cold scream is heartless. So be warm. They are your children, you are their mother... and love is not only in the mind. Do an action, scream, sing, dance, hug him, let him feel your body, he is part of you in pain and in pleasure...

He needs your natural power just as you are, whatsoever you do is right to him... it is a great misfortune that our children are growing in small families and they grow up with small minds, but in great communes they will be far richer because they will be gathering so much from everywhere, so many people, so many possibilities, so many lifestyles... and this is real education for the child...

The real education means becoming aware of the multi-dimensionality of life. If the children are living only with you, then certainly they have only one type of life to understand... they will become addicted to you, and that will be their problem for the whole of their life, they will know only one kind of woman. Now, the problem will arise, they will never find a wife like you because there is nobody else like you. So your son will suffer because he will look for a wife

who is like his mother, because he knows only one kind of a woman, and he cannot find one like his mom, so now you have created a problem to your son... he loves you, he can only love a woman like his mom... but no woman is exactly like his mother... so what to do? He will love someone who has few things like his mom, and he will hate her too because few things are not like his mom but will be against his mom... he wants a copy paste woman... or mother woman!

Hence all lovers hate and love each others and fight and quarrel... he wants her to behave like his mother... the only woman that is in his mind... but she cannot and she will not and she should not... what to do?

Go eat pee... nuts...

What is she expecting?

She is expecting that her husband should behave like her dad... so complexities arise... more conflict and more fights and fires... and is this love? Is this hate? Is this marriage? This is the grave of love!! The cage of freedom!! The death of birth and every breath...

What to do? Where to go? How to grow?? Let us grow in a commune... the best place to go... in a commune, if there are a hundred people, so many woman, so many men, your child will become acquainted with so many people, he will not be addicted to you. He will be nourished by all these people... you will not be his only mother, all those many women and many men

will give something to him... he will become friendly with all of them, he will chit-chat with them... move with them... feel them... so many uncles and so many aunts. His concept of a woman will be a choice not a force... a richer concept, he is not narrow, not addicted to one person... be adjust not addict...

Life is a choice... so let us be open and wide and fly in the sky not in a narrow corner forced by our parents...

So let us never ever hanker to one lover in our life...

he & she will never be mother nor father fixated...

That is one of the most fundamental reasons of neurosis in the world... that people are parent-fixated... if it is possible to live in a commune then nothing is better than that... the bigger the commune, the better... choose a better group not a bitter grave...

live your choice... your grace... your open space...

A man was saying that he was toured around the world looking for a perfect woman... one listener asked him: "Did you find her?" He said: "Yes! But she was looking for her perfect man..."

A young porter in Washington is brought to court for raping one of the maids...

The maid said that she was leaning out of the window to watch the president of America drive alone the street below in a parade... the porter lowered the window on her and trapped her, and had his way with her...

“But miss” says the judge “Why did you not start screaming?”...

“What?” Cries the horrified girl “and have everyone think I was supporting Obama?”

Oh my beloved me!

I will confess to you... me to me... I am lost... I am bored... I don't know what to do? Where to go? Where I am? Whom to ask? I trust no one... who can help me?

Just relax... feel that this is the last few minutes you have and death is coming... what to do? Take a deep breath... no one will be here... no one was here... all of us are going home... take a deep breath... the greatest mystery in life is not life but death... it is the culmination of life, the ultimate blossoming of life. Life is a pilgrimage towards death... but no death... calm down... enjoy this moment... don't be against death or you will miss the greatest mystery... and you will miss life too... so why lost? Why bored? Why all those whys? Go in... in is our only inn... what a big fuss!! Why confess? There is nothing wrong! There is no sin! No guilt! Only fear out of ignorance...

Let us die now, lovers die into each others... the waves dies in the ocean... every moment we are dying into a new moment... so why worry?? Just enjoy this now... it is the only present to live... not yesterday nor tomorrow...

Now-here or nowhere else..

You are in this now and in this here... I know nothing else... nowhere else... let us enjoy this truth... let us breathe... let us drink and let us ask for the best... A man who is alert and aware, a man who is a man in the real sense, integrated, centered, grounded, will laugh in the face of death... of fear... of ignorance... be where you are and enjoy breathing...

Listen to this quiz in the flight... yes! A fight in the flight...

A mother and her young inquisitive son were flying Singapore Airlines from Singapore to New York...

The son, who had been looking out the window, turned to his mother and asked: "If dogs have baby dogs and cats have baby cats, why don't planes have baby planes?"

The mother, who could not think of an answer told her son to ask the pretty flight attendant, "If dogs have baby dogs and cats have baby cats, why don't planes have baby planes?"

The flight attendant responded: "Did your mother tell you to ask me that?"

The little boy admitted that she did. “Well, then, tell your mother that there are no baby planes because Singapore Airlines always pulls out on time... Now, let your mother explain that to you”!!!

You too! Pull out of any negativity just on time... and now is the only time... face your feelings and know why... what is the cause and what is the cure... so simple truth is very simple... your feeling is negative? Yes? Okay!!

We have chakras or wheels in our body... seven points... the third one is loaded with negative emotions... that is why our stomach becomes disturbed with such emotions, we all express it as “I cannot digest it”. Sometimes, when you cannot digest a certain thing, you start feeling nauseous... you would like to vomit...

After vomiting you feel very relaxed... those repressed emotions don't allow the energy to go up... we go to the priest... to the psychologist... but who listens? Who feels your feelings? The pill? The bill? Yes! The bull is much better than any doctor!! Your passage is blocked and you need a sage man... and this listener is in us... in you... in the core of your heart... relax... take few deep breathes and watch your blessings...

**how blessed we are... writing... reading, breathing...
feeling... and much more...**

**Express the negative and allow the positive... go to
the garden and chop wood... walk... dance... laugh...
cry...primal therapy is just scream therapy... after this
relaxation, the balance arises between the negative
and the positive, and the passage will open, then the
energy can move higher... this is the polarity
balancing which is a great help to our health... use all
the methods to heal your energy otherwise man is
doomed...**

**Let us wake up now and grow our positive energy.
The negative has to be broken. The positive should
always be ahead, then you will not fall back... all what
we are carrying in our hands are stones not
diamonds... you... me...we...us...all are in the same
fuss...**

**Let us be aware of who we are and what we are
holding... let us know the difference between the
pebble and the jewel...then we live our choice... let
the positive happens first then the negative is not
such a big problem... once you see the truth the false
will fall on its own accord...**

**So do not forget the truth!!
The new priest was coming to visit and the mother
gave little Emma some instructions if he asks your**

**name say Emma Jane and if he asks how old are you
say you are eight years old, and if he asks who made
you, say God made me...**

**The priest came and putting down his hat and Bible
saw little Emma and patting her head asked... what is
your name little cuty? Emma Jane.**

**And how old are you Emma Jane? Eight years old
said mom... well... well... isn't that fine!!**

**Do you know who made you Emma?
The little girl hesitated for several moments and then
she replied: "Mama did tell me the man's name but I
have forgotten it."**

**So be aware of your being... who are you? Who made
you? What you are doing here?**

**A surgeon, an architect and a politician were arguing
about which of their profession was the oldest...**

**Mine is, it began when God removed Adam's rib to
make Eve. Said the surgeon...**

**My profession is older said the architect... it began
when God created the world out of chaos...**

Yes said the politician... but who created the chaos??

**Me too... let us share our laughter... a joke a day
keeps the worry away...**

**A tramp knocked at the door of an inn names George
and the Dragon.**

**"Could you spare a poor man a bite to eat?" he asked
the woman who answered the door...**

No, she screamed and slammed the door... a few seconds later, the tramp knocked again... the same woman and said... “Get out you good for nothing and don’t you ever come back... “

After a few minutes he knocked again and the woman came to the door...

Pardon... but could I have a few words with George this time?

Life is the inn called George and the dragon, we can ask to have a few words with George too... I ask myself... who am I? George or the dragon? Yes! It is my own choice to be what I want... let us live our choice... and each moment has its own power... negative or positive? We can choose to be miserable or to be blissful... start looking in each situation, what will make you sad and what will make you happy and it is your choice...

This has to be the approach of every person, then your life naturally becomes a blessed phenomenon...

Look at the gain in every pain... at the joy in every question and in every answer... life is a joke...

What is the difference between communism and capitalism?

In capitalism man exploits man.

In communism visa versa...

Who is your father?

A schoolboy was asked by Khruchev when he was in charge of soviet Russia...

**Ni Kita Khruchev is my father.
And who is your mother?
The communist party...
Very good boy!! Now tell me what would you like to be
when you grow up?
An orphan...**

**Jon and Boris are sitting in a restaurant in New York
discussing communism...**

**In America we have such freedom, for example
anyone wants to, can walk right up to the steps of the
white house and call president Obama an idiot pig...
Ah, we also in Russia have equal freedom, anyone
who wants to can walk right up to the steps of the
Kremlin and call president Obama an idiot pig...
This is our freedom... freedom of the self and freedom
from the self... the second freedom is the absolute
one...**

**You need no one... not your ego and not your self...
you are beyond any bond and any word and any
world... be your own freedom... be the freedom
itself... this is the bliss of God...**

**Yes my soul friends... let us live the truth not the lie...
Truth never comes from the outside... so nobody can
teach you the truth... it is a transmittion from heart to
heart... it arises from the deepest source of our
being... it rises up... it is our height and our depth... it
is beyond structure...it comes as a surprise... it**

comes when it comes... when we are ready... those
who are capable of being free attain to it...
Jesus says: Truth liberates... but it has to be my own,
Jesus is liberated but not the Christians... it has to be
an inner transformation.

But we lie because it gives us a specialty: the lie is
private ... it is my own creation... truth is universal...
this is an ego trip which is the greatest lie in the
world... but we trust the gossips... but let our
gossiping also have a quality of poetry and creativity
in it not a destructive gossip... what are gospels?
They are gossips about God, about truth, about
beauty, about grace... Let us gossip about this
wonder that surrounds us... gossip about the
unknown...

All the parables of Jesus are gossips and all the
stories of the Sufis are gossips and let all what we are
writing and reading be our gossips but from heart to
heart... it heals, it does not hurt...

Let us learn our gossiping from the silence of the
trees and the rock and the stars... let us live the
positive silence and share it from our songs...

Let us keep on gossiping...
What is the difference between truth and a lie?
And Rabya said...
Only four inches...
Hassan was puzzled and asked her again... I don't
understand what do you mean?

**The difference between the ear and the eye is the
difference between the truth and the lie...
The lie is all that you hear from the ear... the heard is
the lie... the seen is the truth... truth is your own
experience, your own vision and your own silence...
A young man made application to change his name
according to the provision if the law...**

What is your name?

Bill Stinks, sir...

**Well, I can understand why you want it changed... and
what do you want it changed to?**

William Stinks, sir...

**Stop deceiving yourself... there are many of us who
are incapable of deceiving. We waste our life in
thinking whether to do this or not to do, to be or not to
be... and we are always hesitating, we can't act... and
without action life is futile...**

**Without decision there is no possibility of growth...
just take the jump even if it is wrong... a new step is
possible otherwise no change is possible...**

**A man found the truth... a little devil came running to
the old devil and asked him... what are you doing
here, a man found the truth and our whole business is
at risk...????**

**Cool down my son, smoke a cigar and my people have
already reached there!!!...**

**I am coming from there and I have not seen any
devils!!!...**

The old devil said: “Devils are not needed, my people are the priests, the rabbi, the popes, the imams... the politicians... they will organize the truth and once the truth is organized it is finished... it is dead... they will surround the man and they will not allow the people to approach him... they will interpret the man and in their interpretation the truth will be lost...”

Man lives in a world of choice, hence we are free to decide... what do you want? You can fall below the animals, you can rise above angels... you can exist accidentally or you can exist with decisiveness... What is your choice? Very few people will choose the life of choice, commitment, involvement, because it is dangerous, because the sea has no map and you have a very small boat and the sea is very stormy... Do you trust?

Are you sure the other shore exists or not? Why leave the shelter on this shore? Remain here...

Yes my soul friends... life is a risk... the real pilgrimage begins when we leave this shore...

It is a shelter, its security, its comfort, its power and prestige are in our hands but what is in our hearts? In our beings? Why are we running up and down on the same shore? It is mere occupation, befooling ourself and others...

Yes! Let us trust... if this shore exists the other must exist too, because one shore cannot exist alone... moving towards the other shore is our choice and our

share and our care... yes let us risk all what it dies...
let us go towards that which does not die...
Let us begin seeking for the real road... real life... and
real life is the religious life... this is the immortality of
our truth... the world of absolute reality... here no
darkness but the center of reality... the ultimate
truth... the innermost core of our being... this is the
sacred light... and the light is so blissful that you keep
going beyond any veil of lights... keep on exploring
beyond the duality...
Transcendental to duality until darkness and light are
no more only the oneness... the isness... if you
become one with the ONE... you are no more only
God is...

This is not the end of the book...
It is not the last page...
No beginning and no end...
We are the living book and let us read what we see
and what we feel and keep going in-out and beyond
any bond...
Life is an eternal eternity
To remember that we belong to this divinity, it is
enough to get rid of all tensions, worries... and
beyond all barriers... then what happens does not
matter. what matters now-here and nowhere else...
The immortality...
No beginning and no end...
To continuously remember this secret is the whole
secret of freedom...
Of truth...

**Thank you existence...Be still and know who am I? am
I alive?**

**This is our eternal pilgrimage... beyond age... beyond
cage... keep flying high in your inner sky...**

Good bye..

Peace Pace

مریم نور