

AM I HEALTHY?



Peace Pace
مریم نور

Am I
healthy ???



health is wealth



peace pace

مریم نور

Age
hypnosis



mind



Hunger



health

Hurt
Anger



hug



Alcohol



Head

Anxiety



Attitude



happiness

Being



belly

Awake



Illness



insanity

Balance



Aware

greed



Bliss



juice

Body



black

birth
brain



Jealousy



forgiveness



food

Laughter



life



cancer

fat



Chakras

Chest



consciousness



Love

message



Dance

Courage
Death



crying



meat



fasting

Depression



Diet



Disease

doctor



dreams

drinking
eating



Drugs



energy



eye

Face



Need



Rebirth

solitude



Suffering

nature



Wounds



smoking

Neurosis



nobody

worry
men



Soul mate



Tears



Reincarnation

Suicide
Fruits



Women



Stomach



Tea

Roots



tension



Talent

Seeds



Rest

water



Overeating



Sadness

therapy



old

Taboos



Yes



Sex

Zero



Pain

Self



Thirst



Screaming

Patience



Sweetness

Silence



Peace



ugliness

Pollution



Power

One



Sleep



Vegetarian

Senses





For word

For whom is this word ? 

It is to me Mewe The writer and the reader is one Am I healthy? do I know what is health? what is pain? what is a dis-ease?

I don't know ... May be you know ... So let us be together and gather what we can ... the first step is the whole trip out of any trap and we keep on playing and we keep on clapping and celebrating our life

Life has no meaning It is beyond words ... just rejoice this now!! Take a deep breath ... we are still alive ... be still and know that I am the amness ... The isness ... The existence ... The only godliness

Dance, sing, enjoy! you need not be serious... It is a cosmic joke! what is there to get? But the achieving mind is always trying to get something, even out of a joke.... Listen to your heart not to your mind....

Life is an adventure... life is not a belief but a constant search for Truth ... and life knows no limitation ... keep going ... break all the bonds all the boundaries Then there is ecstasy !!

An ancient story: 

Jesus, Son of Mary, came once upon 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 Go! said the old man ...

"Prophets before the predicted that I would live for only seven hundreds years. It is not worthy my trouble to settle down."



Life is a wandering, it is not a home ... it is a search for the real home ... it is an adventure. I am born to achieve life, but it all depends on me I can miss it. I am going on breathing, eating, reading, writing, making good money and be a great VIP... a person who has many labels ... and I can go on growing old and moving towards the gave ... but this in not life ...

This is gradual death from the cradle to the grave, a long life but a slow death and millions of people around us are dying in this way ... but what is our way??

To grow old is normal but to grow up is our choice. is our

Grace ... is our eternal life ... what is my choice? what is growing up?

Growing up means growing every moment in our inner

Treasure, in our eternal life, further away from death ... not towards death the deeper you go into life, the more you understand the immortality within you ... A moment comes when you see and you live that death is nothing but changing clothes, or changing houses, changing forms, nothing can die ...

The greatest illusion is death!!

For growing up, just watch a tree ... the deeper the roots the higher the fruits ... this is the balance of nature ...

In life growing up means growing deep within yourself ... that's where your roots are ... How to go into our roots?

Meditation is the first principle of life ... everything else comes after and now is the step or never ...

Now be a childlike who is innocent, unburdened by education, by any rubbish from society or his parents Just listen to your silence ... to your feelings ... to your heart ... not to your

Head ... to your innocence not to your ignorance ... this is the

secret of the sages ... born again a childlike not a childish Drop your knowledge and be a knower ... live your own treasure

Just get rid of all your history ... be simple Be a child And this miracle is possible only by meditation ...

Meditation is a surgical method which cuts us away from all that is not ours and saves only that which is our authentic being ... just be a seeker and go on a pilgrimage

Let us search " who am I? " right now ... who am I? why my goal is to become somebody? becoming is the disease of the soul ... Being is you, and to discover your being is the beginning of life ... then each moment is a new discovery, a new joy, a new mystery, a new life ...

Yes my soul friend ... we are alive but we are not aware of this truth ... now is the only time to know it and once we know it we are it ... It is not in the words that we are reading but in us ... it all depends on you ... on me ... how are we relating to the words

Yes! you are so right ... when the master is alive, perhaps the words will never become alive to us ... because Christ is the son of the carpenter ... an ordinary person ... then his words are dead

My aliveness is not available ... Christ is alive now – here but I am not ... If we are capable of being alert, alive, responsive, it makes no difference ... The master may be dead, but his words will glow and grow in us ... you just have to open your hear

...

Those who were with Christ they are still alive and they cannot help but share the light ... just one seed turns the whole earth green ...

Be who you are ... be the living book The living light and you can make the whole ... just be aware of the great lie all over the planet ... be more conscious ... consciousness is the key to transform the whole of humanit ... yes!

Be the change you want to see in the world ... it is so easy ... just be yourself ... you are the reservoir of love ... of life of light ... you cannot go bankrupt as far as love is concerned ... yes, we can go bankrupt as far as money is concerned

Money is a quantity, love is a quality ...

What is your choice ???

So be your choice ... you are the light The enlightened consciousness ... it is the highest quality possible, there is nothing higher than that ...

Me too I have this fear!! I don't trust a man who is cheating

me!! this is a very impotent kind of trust ... only a Christ can trust Judas ... but I am weak ... I know they are Victims of Victims but I don't forget what

they did for me ... so I am almost alone but not lonely ... I have the book and very few soul friends and looking for a commune to live with and leave with the best celebration I can ...

Trust is a tremendous force, but I am not a living trust yet ... so I live my fear My limits and I keep walking with the light that I have now – here ... and this now will be a new now all the time ...

A new see ... a new breath and birth and death ...

The best now is to be aware of it and face it as it is and accept it as it is without any guilt and any sin ... it is only a sign on my eternal eternity

So let us play around this moment ... play and pray is one ... don't take it very seriously In any breath death will come and destroy everything that we have made out of life

Only meditation cannot be destroyed by death ...

That is the only gift in the world that is not of the world and is beyond ... It is just as when in the morning you wake up, and the whole night and the whole dream is no more alive ... so death becomes meditation

It is a fact, you cannot undo it ... so look deeply into it, you will see your own death coming ... it is a universal Truth ... it is life that brings death Life carries the seed of death in

Itself ... so let us do something which death cannot destroy

Ye ! it is meditation ... the deeper you go inwards, the further away you are from death into health ... health is wealth ...

So let us get out of the emotions into compassion ... this is our message which is beyond any bond

..... any bondage Any age ... any stage ... any sin Any saint It is in the mystery of the sage ... in our inner space This is our choice ... and our grace

How to search for this Truth ? 

The real search is for the inner journey But we go on out all the time ... from one place to another place

Now the world has become very small ... it is not worth traveling ... let us go in The outer is finished ... through scientific technology it has no more any meaning ... all is copy paste so what to do?

Let us be who we are ... being is beyond doing ... let us live our mission and share it without being a missionary Share your experience which comes from your heart, and the more you share, the deeper it will go into your own being ... your individuality will become a sacred force ... you will be with this mystery in every breath ... in every now ... in every here ...

Yes! you can see this world just from the outside ... then it is material ... it is mundane ... out if you look at it from the

inside, then it is sacred, holy ... then you see the oneness ...

Then you see God in every seen

Now is the time to see where there is no God ... this godliness is all over the existence ... Truth is beyond words ... beyond worlds ... beyond dimensions

Yes! you are so right ... existence supports those who are in search of Truth ... its support is

unconditional ... But what is the Truth? which one do you choose? the power of love or the love of power?

Many civilizations have existed on the earth and they destroyed themselves by their own power

Let us catch our own power ... the possibility is now – here or nowhere else ... If you make the effort you will catch the one ray that exists in you, and once you catch the one ray, the Sun is not very far; then through the ray you can reach the Sun, the ray becomes the path

So remember: Find an attention, let it become a continuity in us twenty – four hours a day, whatsoever we do ... write, but try to be attentive; read, but be attentive; eat with awareness. walk, but who is walking? Love, but love fully aware ... is this love or lust ... yes! it is not easy ... but even if one ray is caught, you will feel a deep fulfillment ... why???

Because the quality is the same whether you attain the one ray or the whole Sun ... The drop and the wave and the ocean is one ...

Just be this step ... 

In the morning remember it is a new day , a new beginning ...

Have a decision deep in your heart " that today I am not going to waste this opportunity ... Enough is enough! today I am going to be aware, today I am going to be alert, today I am going to devote as much energy as possible to the single cause, the cause of meditation ... I will meditate in all my acts ... I will do all the activities, the usual day-to-day

work as a worship with a new quality ... I will bring the quality of awareness to them ...

I will listen to my inner power ... my inner silence This will be my choice for today"

Let us give this gift to ourselves Let me love myself ... let me touch my inner treasure My sacred power ...

Yes I can ... it is easy .

Truth is so easy And it has no way but all the ways ... it is the freedom ... so Only those who are capable of being free attain to the easy life ... look at this simple easy way of life ...

Two business Me 🌸

Two businessmen in the center of Beirut were sitting down for a break in their soon – to – be new shop

As yet, the shop wasn't ready, with only a few shelves set up ...

One said to the other, " I bet any minute now some customer is going to walk by, put their face to the window, and ask what we're selling ."

No sooner were the words out of his mouth when, sure enough, a curious old woman walked to the window, had a peek, and in a soft voice asked, "what are you selling here?"

One of the men replied sarcastically, " we are selling ass – holes."

Without skipping a beat, the old dear said, " Must be doing well... only two left ..."



Why not be spontaneous?!! 🌸

Spontaneity simply means now there is nothing to hinder your self – nature from expressing itself All the rocks have been remove ... all the doors have been opened

Now yourself – nature can sing its song , it can dance its dance...

Real spontaneity comes from the center ... its is uncultivated, it is our innocence ... just discover it or rediscover it and live it ... We have lost it because so many laws, moralities,

Characters That's why you have forgotten the language of being just yourself

To be in the now ... in the present moment, disconnected from the past and the future, and lives a totally different dimension ; a sacred vision ... the Vision that God planted in our being ... in the core of our heart ... this is where the seed of life explodes into thousands of flowers

And our life will be no more mundane but it become whole and holy ... this is what health is ... what wealth is No health no wealth ... so take care of your heart too ... be aware of this gift ...

A guy goes to the cardiologist

" Is it serious doctor?"

" yes it is, but if I cannot help you I am sure my father will."

" Oh, that means he is a doctor too!!"

" No he is not! He is a priest!!"



You are right ... the priest is wrong ... listen to your heart ... your own truth ... no mediator is needed, no priest is needed ... live your own power ... your own uniqueness ... do not feel any guilt no matter

what you do ... just be aware of who you are and respect this grace in you

The person who creates guilt in you becomes your boss and you become his slave ... you go to the church and confess to the one who is using you ... he forgives you in the name of God

First in the name of God he created guilt , then he forgives you in the name of God

If you want to get rid of religion, live near by a priest and you will get rid of all religions ... you will live the religiousness of your heart ... it is a love affair in your own life ...

It is time to wake up your heart not your head ... the truth cannot be with you, you have to be with the truth ... the lie is in your head and hands, you can manipulate it, you can make any religion out of any truth ... you can be a follower to any dead power ... you can be a Christian but not a Christ ... so much of you is false, and it is going to die ... wake up now or never Be yourself ... be a victor not a victim

Religion is consolation, confirmation ... But religiousness is revolution ... rebellion Inner evolution ... To be with a Christ or a master is to be ready to die and ready to be born a new ... Resurrection comes after the real crucifixion Live the grace of the inner balance and you will evolve from ignorance to innocence and then to wisdom ... from your Childhood to your manhood ... to your own human –

Becoming ... this is our process for living ... for self – remembering ... to discover our sacred power ... remove the dust from your mirror and you will be who you are

A living star which is beyond words ... just be yourself ... be your nature

Each one of us has his own particular nature ... Jesus has his own nature ... I have mine, you have yours ...and when you grow and glow and flower, you will flower in a different way ...

I have to follow my nature ... no two roses are the same, this is the beauty of our life ... we are unique individuals ... just listen to yourself ... to your heart ... to your body ... be still and know that God is in our being, in the core of our heart ... be who you are and what is natural is easy and right, but because you are not natural you are not easy or right ... our whole upbringing made us artificial ...

It destroyed our nature, it imposed false Truth on us

Somewhere deep down in us there is fear of nature ... that fear created many problems in us, the rotten culture, the ugly civilization, a science against ecology, a religion which is not in tune with us, with our innermost being ... it is time for us to revolt against all history ... now is the time to be who we are To be one with nature

All of us are victims of victims Ignorance is our only

Enemy ... we are taught ambitiousness, and nature is not ambitious ... Nature has no instinct in it to be the president of a country or to be the king of a country

Nature would like to dance, sing, love, eat, sleep, go swimming , to do what you love, to be alive, nature will not bother to become a prime Minister of a country ... nature is not that stupid....

Relax and drop all that is unnatural in you. Just be ordinary! to be ordinary is the greatest gift in the world... it is the most extraordinary Grace in the world ... only very few people have been able to manage it up to now

This civilization that we are living is a fake truth, it has already failed; it is just taking time to collapse ... it has been against nature ...

Man has tried to be very arrogant with nature; he has been trying to conquer nature ... to kill our mother earth ... we are part of it... how can we kill it?? what is the cause of this crime? How can we heal our head? let us come closer to nature and nurture our power of life

We have to learn how to befriend with nature ... not against nature. If we flow with nature in total harmony, love grows, matures, and we become one with the dance of all the seasons.... To be one with mother earth is to know God, to know freedom ... to be the bliss and the joy ...

Let each one of us follow our nature ... just be yourself ... walk your way ... be your original face not copy paste... no two flowers are the same ...

Alone Jesus is beautiful , a precious jewel ... a diamond, but if there are too many, just like him, he will be a pebble on the shore, nothing of worth

You are so right, the whole world has become full of imitation and the whole world is looking sad ... so be yourself ... do not be a hypocrite ... respect yourself, love yourself, create your own foot path ... the search for truth is the only adventure ...

The only risk for the real treasure ... each moment one is in for a great surprise ... each individual has to be a light unto himself or herself

Just be yourself ... drop out all your whole rut ... Be a rebel and live your rebellion ... this is our religiousness ... our true revolution ... a real evolution ... live your own life beyond any political and any light, don't waste your life in struggling and fighting

Love as nobody, with no greed, with no ambition ... and then you can enjoy and you can celebrate and you will spread the ripples of ecstasy to the world ... to other people

Just be free from the past and the future and live this now be in the present ... now is the only time and here is the only space

Now – here

Or

Nowhere

The moment you go away from now and here you are going to end in some kind of madness ... you will not know anything of bliss, you will not know anything of ecstasy ...

Watch your mind and see what are you doing!! we go on living in memories which are only foot-prints left on the sand; or they project a life into the future , which is also as the past, not

Real ... between the yesterday and the tomorrow we are lost ... now is the real or never!!!

How to be in the now? in the present? 🌻

The only key for this treasure is meditation: you jump out of the mind ... out of the past and the

future, you are no more thinking, you are no more dreaming, you are no more

Desiring ... you are in silence ... in stillness ... then you can be in the present and present is eternal ... when you are in the now you are in God

In the present moment you are full of light, that is the full – moon night ... the night is feminine, the day is masculine ... so the moon is symbolically significant ... it receives the sunrays and transforms them. through the moon a miracle happens: the passionate sex – energy becomes compassionate love ... the whole process of the moon is alchemical

...
Moon and love have something in common ... the Moon is feminine, so is love. Even when a man is in love, his love is feminine, it has the same beauty as the moon, the same kind of magnetic attraction as the moon ... the moon pulls, attracts, it pulls our heart energy and it will change our consciousness ... on the full – moon night you are in a different state ...

Dancing on the full – moon night is one of the greatest meditations ... allowing the moon to penetrate you. and when you are in a dance you are vulnerable, more open ...

If you really become drunk with the dance, the dancer disappears and there is only the dance, then the moon penetrates to your very heart, its rays reach the very core of your being ... you will start finding that each full – moon night becomes a milestone in your life ...

If you are dancing meditatively then the ego disappears, the dancer disappears ... only the

dance is alive, now it's as if God is dancing through you, you are no more there

That's why you see a new kind of grace on the face of the dancer, it is alchemical, the body – mind meeting, merging, becoming one tune, one rhythm, one harmony

When this harmony has happened then the soul starts entering into it. the soul can enter into our existence only when our body and mind are no longer in conflict, are in deep love, hugging each other ... this is our sacred power ...

So when the two are no more two ... are no more body and mind but a harmony, the third enters ... For the first time you become a trinity, those are the divine unity in us ...

So let us bring a quality of silence into our work, relax in what you are doing ... let things happen ... be more innocent in it, a Childlike and the door to the divine opens ... whatever you are doing is for God ... God is our audience, what else do we need???

Life is the only celebration... celebrate it... make a festival out of it... sing, dance, love, pray, paint... create music... be one with your work and it is your worship... this is our unity not our duality....

In the world we exist as unity ... as one the balancing is in the centering ... awareness works to balance this duality ... and the moment this duality is balanced, you cannot be reborn again ... you disappear from the world ... you are no more ... only the existence is ... only the godliness ... dive deep in the ocean and you will find the ultimate reality ...

The sacred unity ... the divine divinity ...

Yes! you are divine but you are not aware of it yet, it is in the core of our heart ... of our being , it is your subjectivity ... it is not something to be seen , it is hidden in the seer ... it is a witnessing

One cannot become divine unless one already is. we can become who we are ... just be it, unfold it ... the hidden becomes manifest ... and once we know that at the source we are divine, then a great trust arises that nothing can go wrong ... even if we go as far away as possible, we remain divine ... the sinner is as divine as the saint. there is no distinction at existence with different eyes ... all what you see is divine ... then the world is no more a puzzle, no more a problem, no more a question, not a question to be solved but a mystery to be lived ... this is what godliness is, in me, in you, in all what you see ... it is a quality; it is a fragrance, just be aware of it ... be awake and enjoy this grace ... we are in the same ocean of godliness ... Christ is aware of the ocean , both within and without ... am I aware??

Everyone can be aware of this now ... just watch your thoughts... a relaxed kind of watchfulness ,just seeing, an effortless awareness ...

Once you start working on it, slowly slowly the knack is learned and you will never be the same person again ...

Be aware of this three steps ... first be aware while the act is happening ... becoming aware of the act itself ... anger is there like smoke inside you: catch hold of it and be aware in the act....

Then comes the second step, which is even more difficult ... is remembering before the act, when the act is in the mind ... a thought in you ... it is like a seed ... it can become an act any moment ... catch hold of the thought ... yes you can do it ... you are the watcher

Sitting silently, just watch your thoughts ... just see all the noise in your mind ... and the third step is to catch hold of this process which ultimately results in an act ... the feeling comes first, then comes the thoughts, then comes the act ... a thought is our destiny ... just be aware of it ... you are your own master and your own watcher and your own healer

....

Let us enjoy our seeds

Watch your thoughts

They become words ...

watch your words ... they become actions

Watch your actions they become habits

Watch your habits they become characters ...

Watch your characters they become your destiny

....

Our destiny is in our choice ...



What is my choice? what will make me sad and what will make me happy... each thing has good and bad... love and hate

is one icon... let us see both sides of our vision, let both be there ; there is no need to choose... let it be so....

Let thy will be done 

Do your best and accept the rest ... let things settle

Themselves ... something is going to happen, they simply happen ... life goes on balancing itself ... and then there is a great beauty because there is no violence to any part, they have dissolved into each other on their own ... and a new totality arise ... this is what surrender is ... let thy will be done

....

Yes ! awareness holds all

Man is very tiny if you look at his body, man is very foolish if you look at his mind, and man is very vast if you look at his consciousness

Three things meet in man ... the vast, the infinite, meet in his consciousness ... in his awareness ... that's what you become aware of when you meditate:

Boundaries recede and disappear The body does not contain you; in fact you contain the body ... ordinarily you think, " I exist in the body." It is absolutely wrong ... the body exists in you; you are vaster, you are bigger ... not only bigger ... than the body, you are bigger than this whole universe ... It is awareness that holds all



Be aware of who you are ... awareness without any strain, relaxed ... with no tension Attention without tension, a relaxed kind of watchfulness ... of witnessing, you are so blessed to be just one moment on the right track; you will never be the same person again



Thank you for this question

Let us listen to our heart and the answer is in the question ...

How do I know if someone really loves me? 🌹

Do I know what love is? 🌹

Do I love myself? 
what is love for me? where the love goes? 

To the body? 
to the mind? 

and to our eternal self? 

Love can exist on all the three layers, but its qualities will be different On the plane of physiology, body, it is simply sexuality ... we can call it love , but it is lust, it is sex ... it is hormones ... it is pleasure ... everything material is involved in it ...

You fall in love with a woman or a man ... can you exactly know why you love her?

You have not seen her self yet ... so what have you found in her? it is only a game of hormones, her chemistry This is not a love affair, this is a chemical affair ...

Just think: the woman you have fallen in love with goes to the doctor, gets her sex changed, start growing a beard and mustache

Will you be still loving her? 

So what is love? 

Only one percent of people know a little bit deeper. poets, painters, musicians, dancers, singers have a sensitivity that they can feel beyond the body ... they can feel the beauties of the mind, the sensitivities of the heart, because they live on that level themselves ...

Yes! wherever you live, you cannot see beyond that ... If you live in your body, if you think you are only your body, you can be attracted only to somebody's body ... this is the physiological stage of love ... the artist does not think, he feels ... and because he

lives in his heart, he can feel the other person's heart ... that is ordinarily called love ... it is rare ... only one percent, once in a while ...

It is not easy to be in love ... it is a great risk ... it is like a rose flower ... while it is there so fragrant, so alive, dancing in the wind, in the rain, in the Sun, but by the evening it may be gone, and you cannot do anything to prevent it. you cannot catch hold of the wind in your fist

Very few people are so courageous as to live with a moment – to – moment, changing life... Hence, they have decided to fall into a love on which they can depend ... do which kind of love we know ... most probably the first kind or may be the second... but a new kind of love will arise which is one person in millions ... that love can only be called lovingness

....
The first love should be called sex ... the second love should be called love the third should be called lovingness ...

A quality not to anyone but to existence this quality is such a radical revolution that even to conceive it is very difficult ... This is what compassion is

A day comes when this whole existence is your beloved. that is our potential ... and anybody who is not achieving it is wasting his life ...

Yes , you will have to lose a few things, but they are worthless. you will be gaining so much that you will never think again of what you have lost

Me too I am lost ... I am no more with the crowd ... I am alone but not lonely ... I am in love with myself ... love is the only nourishment for the soul... just as

food is to the body, so is love to the soul ... and by loving yourself you become a rebel

Love makes you rebellious, revolutionary ... love gives you wings to soar high. love gives us insight into things, so that nobody can deceive us , exploit us oppress us


And why I don't love myself? Because we are victims of victims ... they are telling us to love others ... and no Church, no state, no vested interest, has ever wanted people to have strong souls... why? Because a person with love is bound to be free ... to be happy ... and the priests and the politicians survive only on our blood, they survive only on exploitation. they are parasites ...


If you cannot love yourself, you cannot love anybody else either... and they tell us ... " if you love yourself, you will become an egoist ..." If I don't have water how can I help you to drink? A man who loves himself takes the first step towards real love

Real love is by loving yourself ... the first circular ripples will arise around the pebble, very close to the pebble, naturally ... where else they can arise? And then they will go on spreading... throw a pebble into a silent lake and watch what happens ... Be aware that duty is not love, love knows nothing of duty... love is a joy , duty is a burden, a formality ...

Let us live of one nature ... one peaceful world ... one royal family ... you can fill the whole universe with your love ... one seed turns the whole earth green ... so let us be the change that you want to see in the world ...

Just a single pebble can fill the whole lake with ripples ... a small pebble

Turn your light towards yourself first, you are the light, let the light dispel your inner darkness, your inner weakness ... let the love make you a tremendous power, a spiritual force, and once you know your soul is alive, you know you are not going to die... you are immortal, you are eternal ... 

Love gives you the first insight into eternity ... 
Love is the only experience that transcends time... stop wasting your time and start loving yourself ...

Don't condemn yourself ... you have been condemned so much... you are needed as you are ... Humanity has lived under a dark cloud of self condemnation ... you can become part of the whole, only if you have great respect for the God that resides within you ...

God has chosen me to be a vehicle , he has already respected me, loved me ... in creating you, he has already chosen you to be his hands ... He has made you with a certain destiny, with a certain potential, with a certain glory that you have to attain

...
Yes, God has created man in his own image ... this is how Jesus became Christ ... the consciousness of godliness ... But how can you become who you are and the priests say that you are a sinner?? How can a sinner love? that's why there is so much criticism and such a lack of love !!

Love yourself ... this can become the only whole and holy foundation of a radical Transformation ...

The day you can get rid of the original sin, and you see yourself as worthy and loved by God... will be a day of great blessing....

And a person who loves himself can easily become meditative ... from that day onwards , you will start seeing people in their true light , and you will have compassion ... and it will be a natural , spontaneous flow ... you live your eternity... you are deathless, living in a body of death... your consciousness knows no death, no birth ... It is only your body that is born and dies ... But we are not aware of our consciousness

And that is the whole art of meditation; now or never become conscious of consciousness itself ...

By loving yourself, you are no more the self... you are a mystery beyond words and worlds ... Be still and know that we are that which is ...

And that is the only way to save humanity in love and with love without any greed nor any need ... we are the living Truth ... we are the vehicles of the whole ... let us live according to nature not according to others ... we have our own vision and we have the courage to live it ... let us be a sage ... the sage is rebellious

Be a sage ... this is your natural age beyond any cage and any stage ... don't be a sinner nor a saint

The sage does not mean the saint ... the saint against the sinner , he has chosen to be virtuous ... the sinner is one who has chosen vice against virtue ... they are polarities like negative and positive ...

The sage is a beautiful being, because of his wholeness ... he is a perfect circle ... he love all, he contains all, he rejects nothing ... and the day you enjoy your individuality, you are free ... we are born free but our fear is the cause of our bondage ... of our cage ... so alive now why not enjoy this now ... it is a new birth... a new freedom ... free from the dependence of others ...

To ask for another's attention, you have to pay for it ... you will have to be a slave to others ... you can become famous or a saint and people will worship you but you become more and more false you will never be a real rose ...

You will be a plastic rose with plastic smell ... this is what hell is ... be aware ...

The sage is the one who knows who he or she is ... but not according to others ... the sage is the one who lives his life according to his own nature ... he has his own vision ... what is my own vision? Do I have the courage to live it?

The sage is rebellious and lives his own life ...

The saint is obedient, traditional, conformist ... and will be followed by a big crowd ... the sage will have only chosen people who will be able to understand him ... Jesus is crucified and the pope is worshiped ... Jesus is a sage and the pope is a sain ...

The saint has character and the sage has consciousness... it is a tremendous difference ... they are as distant as the earth and the sky ...

To be with a saint is to be with an imitative; to be with a sage is to be with something true, authentic ... to be with a saint is to be with a teacher, at the most ... to be with a sage is to be with a master ...

Once you are yourself ... you know your way and
you live your freedom according to your
consciousness ... your awareness ... your presence
....

Am I present? 

There once was a farmer who discovered that he
had lost his watch in the barn .

It was no ordinary watch because it had sentimental
value for him ... after searching high and low
among the hay for a long while; he gave up and
enlisted the help of a group of Children playing
outside the barn ... He promised them that the
person who found it would be rewarded. Hearing
this, the Children hurried inside the barn, went
through and around the entire stack of hay but still
could not find it

Just when the farmer was about to give up looking
for his watch, a little boy went up to him and asked
to be given another chance....' The farmer looked at
him and thought. "why not? after all, this kid looks
sincere enough."

So the farmer sent the little boy back in the barn.
after a while the little boy came out with the watch in
his hand!

The farmer was both happy and surprised and so
he asked the boy how he succeeded where the rest
had failed...what is the power that helps us to win??
There once was a farmer who discovered that he
had lost his watch in the barn. It was no ordinary
watch because it has sentimental value for him
After searching high and low among the hay for a
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Just when the farmer was about to give up looking for his watch, a little boy went up to him and asked to be given another chance...

The farmer looked at him and thought ... " why not? After all, this kid looks sincere enough ."

So the farmer sent the little boy back up the barn . After a while the little boy came out with the watch in his hand !

The farmer was both happy and surprised and so he asked the boy how he succeeded where the rest had failed ... what is the power that helps us to win??

The boy replied , " I did nothing but sit on the ground and listen... In the silence, I heard the ticking of the watch and just looked for it in that direction."

The moral: A peaceful mind can think better than a worked up mind ... let us allow a few minutes of silence to our mind every day, and see, how sharp it help us to set out life the way we expect it to be

Mind creates illness it creates cures, it creates all kinds of illusions ... beauty and ugliness, success and failure, richness and poverty ... Every thought becomes a thing ... watch your thought ... you live in a kind of hypnosis ... be aware of your minds ... we have many minds but we have only one heart every moment your mind changes ... one moment we are full of love, another moment so full of anger and hate

The heart means the watching consciousness in us ... who is the watcher of the head?

The watcher remains ... only one thing in us is constant, and that is the watcher... only the watcher abides

Yes! you are your own watcher ...

The real silence happens when you start watching the noise of your mind ...

There is a constant traffic in the mind ... it is always a crowd moving in all directions ... Be aware and be a pure witness, then the miracle happens ...

Walking, walk with alertness; don't walk like a robot, like a machine ... when thinking watch your thoughts, just go on seeing your desires ... your fear Your feelings ... your dreams ... your moods ... how joy becomes a great sadness, how sadness becomes a great joy

If you go on watching, your body becomes light

This is who we are ... you will see your mind is no more as active as before; you start seeing things as they are without an inference of the mind ... soon a moment of equilibrium is reached when is the moment when you are neither sad nor joyous ... And that is the moment when bliss is felt... is felt in every moment ... and you live in the middle of the path and this is the total balance this is you ... you can call it the soul, the self, the holy spirit, God or whatsoever forever and ever....

Truth has no name, but to attain it is the ultimate goal of life ... and in that moment all is light, your inner eye has opened ... it is only through that inner eye and that light that one becomes aware of the truth of real existence, and that truth liberates

There is an ancient story in India:

A great sage sent his chief disciple to the court of king Janak to learn something which was missing in the young man ...

The young man said, " If you can't teach me, how can this man, this Janak, teach it to me? you are a great sage, he is only a king... what does he know about love, meditation, awareness, watchfulness???"

The great sage said," you simply follow my instructions. Go to him, bow down to him; don't be egoistic, thinking that you know more. He lives in the world, he is worldly and you are spiritual...

Go to him, he is your master too and you will learn new lessons"

The master had said it so it had to be done ... He went and saw the dance and the wine and all the indulgence ... but what is the lesson??

But okay, he had to be here for the night, so don't make much fuss about it ... the king arranged for him the most beautiful room in the palace, the most luxurious ... But the young man could not sleep the whole night, he could see a naked sword hanging with a thin thread just above his head ...

Now, it was so dangerous that any moment the sword could fall and kill the young man ...

So he remained awake the whole night, watchful, so he could avoid the catastrophe if it was going to happen ... In the morning the king asked, " was the bed comfortable, the room comfortable?"

The young man said, " comfortable? Everything was comfortable ... but what about the sword? and why did you play such a trick? It was so cruel!! I

was tired, what kind of thing is this!! I did not come here to die."

The king said," I want to ask only one thing: you were so tired, you could have fallen asleep very easily, but you could not fall asleep ... why ? Hence you are were aware, alert ... this is my teaching to you My sword is invisible... its name is death. I was not looking at the dance nor at the woman ... I am constantly aware of death ... Death can happen any moment."

You can remain unaware if you think you are going to live forever ... How can you live unaware if death is always close by?

impossible! If life is momentary, a soap bubble ... just a pin prick and it is gone forever, how can you remain unaware?

let us bring awareness to each act ... Walking on the road, walk fully alert; eating, eat with awareness ... whatsoever we are doing, don't let the past and the future interfere ... Be in the now... in the present ... in writing this letter ... in reading this word ... that's what awareness is all about ... are we aware of this now??

becoming aware while the act is happening. then comes the second step ... is remembering before the act, when the act has not yet happened but is still a thought in you ... sitting silently, just watch your thoughts ... how it arises... how it takes form, how it leaves you ... catch hold of yourself in the middle of the thoughts ...

And the third difficulty is to catch hold of this act before it becomes a thought ... the feeling ... the thought, then comes the act ... If you are able to

become aware of the thought, then you will become aware of the subtle nuances of the feeling

Yes my friend, think less, feel more why?

Thinking is a very deceptive process, it makes you feel that you are doing great things ...

But you are simply making castles in the air ... feelings are more material, they transform you ... thinking about love is not going to help, but feeling love is bound to change you

Change from the mind to the heart, from thinking to feeling, from logic to love ... And from the heart to the being ... so mind, heart and being ... the being is our pure nature

Let us be aware of our nature and be our being ... to be or not to be!!! the being is that which grows and glows ... so be your being ... be good and then whatsoever you do is good. action comes out of being ... Being vibrates, being blooms, being has a fragrance about it ... just being near the truth you will hear the silence, the stillness ... the godliness

...
Be a blissful bee, unattached, always moving non possessive, living all aspects of life , all the colors of the rainbow, all the notes of music ... and never be destructive, be creative .

The creative person is divine being, a holy person ... whole and healthy and wealthy

Yes! a laughter is a door to our being ...

Employee to boss: 🌹

My wife wants me to take a holiday tomorrow since the attic, the garage and the garden has to be cleaned ...

Boss: sorry I cannot give you a holiday tomorrow ...

Employee: thanks bos , I knew you would help me



Let us read and re – read this need and one seed will turn the whole earth healthy

Let us be the change that we want to see in the world ... if not you and me who else? If not now when? If not here ...

where?? now – here or nowhere else ...

So be aware of this wonderful description

Cigarette:

A pinch of tobacco rolled in paper with fire at one end and a fool at the other!!



Marriage: It is an agreement where in a man loses his bachelor degree and a woman gains her master

....



Smile: A curve that can set a lot of things straight!!



Lecture: An art of transmitting information from the note of the lecturer to the notes of the students 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



Tears: the hydraulic force by which masculine will power is defeated by feminine water – power ...!!



Conference room: A place where everybody talks , nobody listens and everybody disagrees later on ...



Ecstasy: A feeling when you feel you are going to feel a feeling you have never felt before



Classic: A book which people praise , but never read.



Office: A place where you can relax after your strenuous home life ...



Yawn: the only time when some married men ever get to open their mouth



Experience: the name men give to their mistakes



Fathe : A banker provided by nature



Mise : A person who lives poor so that he can die rich!!



Optimist: A person who while falling from the high tower says in midway " see I am not injured yet!!"



Diplomat: A person who tells you to go to hell in such a way that you actually look forward to the trip!!



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 later



Doctor: A person who kills your ills by pills , and kills you by bills



Doctor, to lady, during her examination: " your heart, lungs, pulse and blood pressure are fine... Now let me check that little thing which gets you ladies into all kinds of trouble!!"

The lady starts undressing ...

Doctor: No, No ... please put your clothes back on! just stick out your tongue!



A recent archeological study proved that Adam and Eve were actually Lebanese ...

They had no jobs, no water, no electricity, no government, yet they were absolutely sure they were living in Heaven



A man went to God and asked Him

Can I ask you something?

God : of course

Man : what is a million year for you?

God : A second ...

Man : And a million dollars?

God : A penny ...

Man : God , could I have a penny?

God : wait for a second ...



Today I read this seed:

No one has the right to believe, everyone has the right to know...

I want to know the water so I have to drink it ... let your thirst drink the best water with the best cup and you will wake up

Let us experience our energy not read what the lab told us ... life is not an experiment in the mind nor in the hospital ... so let us be with a master not with a teacher ... let us meet and merge with Christ not listen to a Christian ... to be with a being we will have some taste of reality

Once you start losing your ego you see the beauty that is within you and within others ... but a master is needed ... man alone can do a little ...

A man who thinks that he is sufficient unto himself will never open up , will remain close

We are not independent, we are not dependent; we live in a kind of interdependence ... that is the truth

....

To find a master does not mean that you have contacted a

person, but a presence ... he is absent in the deepest core of his being ... and through that absence, a new presence has become available there : God has descended in him Only God exists... so be with a knower This is the door towards our inner treasure

All that is beautiful is inner ... and all our senses are on the same level, but we live eight percent of our life through the eyes... a balance has to be restored ... we should touch also ... when you touch a tree or a woman, something happens very close ... when you see ... something is far away ... In darkness, in

secrecy, in privacy, something is revealed which cannot be revealed in openness ... in the marketplace ... look at the seed... it will never sprout out ... it needs to be in the womb of the earth, in deep darkness where nobody can see it ... there it sprouts and a great tree is born

It does not mean that a man who is alone in his aloneness but not lonely, he is centered, he has friends and he does not need to be with anyone anymore ...

It is just sharing ... he has so much ... he can share... just like the sun ... it is not out of need but out of love

When you share, you flow with existence ... you flow with life's change ... it does not matter with whom you share ... it is not a business ... it is not a contract ... it is simply out of your fullness that you want to give

When you are sharing your joy ... you don't create any duty ... you simply give ... you don't even expect gratitude, you are giving because you are so full you have to give ...

So you are thankful to the person who has accepted your love ... who has allowed you to shower on him ... he has unburdened you ...

So don't look about your loneliness ... look for your aloneness... just watch your mind ... be aware ... become more and more conscious ...

So finally you are only conscious of yourself ... that is the point where you become aware of aloneness ... always look for the positive that is in the negative ... and you will be at the right door

So before you face a problem, just look at the problem, is it an absence of something?

And all our problems are the absence of something ... and once you have found what they are the absence of ... then go after the positive ... the light ... the darkness is finished ... light is the only energy in the whole existence

Let us remember, if we keep doing what we have always done, we will get the same results ... let us be the change that we love to see in the world ...

Being is one, the world is many ... and between mind ... it is like a big tree, an oak ...

The trunk is one ... then the tree divides into two main branches... from which a thousand and one branches grow ...

All the dualities in the world are basically in the duality of the mind. Below the duality is oneness of being ... call it existence or God ... or whatever we see through the mind becomes two ... just like a white ray entering a prism; it is immediately divided into seven colors ... the rainbow is created ... and the white color disappears into the seven colors of the rainbow ...

The world is a rainbow 

The mind is a prism, 

And the being is the white ray ... 

All good, all bad, is just arbitrary, man – made but be aware!!

Be polite with the others and accept them as they are ...

So let us remember that nothing is good nothing is bad ... when this balance dawns in our consciousness, suddenly we are together, all

fragments have disappeared into one unity; you are crystallized, you are centered ...

To come to know that nothing is good, nothing is bad, is a turning point; it is a conversion ... you start looking in; the outside reality loses meaning ... the social reality is a fiction, a beautiful drama: you can participate in it, but then you don't take it seriously ... it is just a role to be played; play it beautifully, as efficiently, as possible ... but don't take it seriously; it has nothing of the ultimate in it

The ultimate is the inner; the indivisible soul knows it ... and to come to that soul, is a good turning point ...

Bodies separate, minds overlapping, and souls are one ...

At the very center of existence, we meet and we are one ... that is what God is ... what Allah is The meeting – point of all... mind is a bridge between the body and the soul ... between the world and God

Live, love laugh and spread more life around the world ...

If the people can listen to our inner treasure all the power people will go mad ...

People who are happy they don't go to war ... they don't harm anyone ... But because we are sexually repressed we are bound to be destructive ... all the armies down the ages have been kept sexually repressed ... their very repression forces them to destroy something ...

Have you ever watched in your own being ... when you are happy, joyful , you want to create something .

When you are miserable, suffering – you want to destroy something ... it is a revenge ... all the armies are kept in a state of repressed sexuality so the moment they get to kill ... that becomes their joy ... at least their repressed energies are expressed ... of course in a very ugly way An inhuman way... But some expression is there

Have you ever notice painters, poets, sculptors, dancers, who are never sexually repressed people ... in fact... they are over sexual ... they love too much and too many

Perhaps one person is not enough to exhaust their love ... they have been condemned by the priests down the ages ... and these are the only people who have made this humanity more beautiful ...

Yes my friends ... unless we create, we don't reach to our fullest dignity ... your creativity brings freedom, strength, intelligence and consciousness

....

We need a great respect for creative people of any dimension ... and we need to learn how to transform our energies so that they are not repressed ... so that they are expressed in our love, in our laughter, in our joy ...

This heaven has to be done now in us ... the time is very short. By the end of this world crisis, either we will enter into the time of a new history or there will be no one left ... everything will be dead ...

A part from neutron bombs, there are death rays which is far easier to spread death rays to kill people, animals, trees ... only dead things remains as houses and temples ... and those death rays are

not visible but they reach a certain destination and destroy all living things

We need more happy people around the earth to prevent the third world war ...

These nuclear weapons and these destructive war machines cannot work by themselves ...

They are being worked by human beings ... behind them are human hands ...

A hand that knows the beauty of a rose flower cannot drop a nuclear bomb on Hiroshima ...

Cannot destroy Iraqi Museum

Cannot fire Baghdad Library

A hand that knows the beauty of love is not the hand to keep a gun loaded with death ... just a little contemplation and you will understand what I am saying ... what are we seeing ...

Let us spread love ... spread health ... share joy ... grow more flowers and more trees ...

Everything that is beautiful, appreciate it ... and everything that is inhuman, condemn it

If you want to change the world into a totally new human consciousness ... let us be the change that we love to see in the world... How can I take this whole earth away from the hands of the devils? what is my choice? Evil or live??

So let us live our choice... I am here to be myself... to love myself... to know who am I and why I am here?? and to help others to be better... to be more aware... more conscious... spread more peace and more joy and live our life as a celebration around the earth... we are one peaceful world... one royal family...

Let us remember....

If we can make humanity happy... there is not going to be any third world war... yes we can... this is why we are here... we are needed to plant peace not war... to live well, to love much, to laugh often...

A secretary got a pen as birthday gift from her boss... she sent her boss a thank – you message via SMS... the wife read the text and angrily shows her husband the message:

" your penis wonderful, I enjoyed using it last night... thanks ."

Conclusion : space is essential in every SMS...

Let us enjoy our space and place and choice

Some seeds from an old lady....

Life is too short to waste time hating anyone...



It is ok to get angry with God ... he can take it ...



Make peace with your past so it won't screw up the present....



Don't compare your life to others... you have no idea what their journey is all about...



If a relationship has to be a secret, you shouldn't be in it....



Take a deep breath, it calms the mind...



Get rid of anything that isn't useful, or beautiful, or joyful...



When it comes to going after what you love in life,
don't say no for an answer



No one is in charge for your happiness but you....



Frame every so-called disaster with these words, in
five years, "will this matter ?"



What other people think of you is none of your
business ...



However good or bad a situation is, it will change...
change is constant law...



God loves you because of who God is, not because
of anything you did or didn't do.



I don't need sex anymore... the government is
fucking me all the time...



Give up smoking is the easiest thing in the world...
I know it because I have done it many times...
thousands of times...



I can give you the flower, but how can I give you the
fragrance???

You have to cleanse your nose and become more
sensitive...



How do I know the truth? 

You are the truth... just ask yourself... you are the
key and the door and the home... Go in... so

simple... but listen to this truth... mankind has created false things for everything... that is true... there is a great market for the false things; for the truth there is almost no competition...

Only rarely a person goes in search, risking his whole life , to know the meaning of life... of existence. It is cheaper to borrow it from scriptures, from libraries, from the past inheritance...

The universities are doing the great job of keeping man away from truth... the learned men, the scholar, the rabbis, the pundits, their whole function seems to how to prevent the seeker from seeing the truth ... why??

Because even if one man comes to know the truth, he creates a great challenge in many other souls, and he also creates an awareness in millions of people that what they have been thinking as true is not true; they have been deceived... All the so called great men are all phoney faces... they are the mafias of the soul... wake up and know your truth....

Once you know the real great man...then you know the false...

All our kings and our presidents are chosen by us, by the masses, and the masses cannot understand what is real and what is false... the masses are blind and dead, they trust any deceiver... anyone who is articulate enough in promising the people becomes a great man...

And you see, every day, your great men disappearing, as their power disappears, their greatness also disappear. It was not something, a

quality of their soul, a manifestation of their consciousness; it was just the chair...

The chair were bestowing on them all their greatness ...

The kings were not chosen; they forced themselves violently on the masses... out of fear, they were accepted; out of fear, they were respected... but greatness is never out of fear...

Greatness is a magnetic force of grace...

It attracts you, not by violence, but by love... by innocence...

" I am the life, the love and the light ."

This is the grace of Christ ... this is the bliss in everyone of

us... but who is aware??

Modern man is not aware and he is in a special situation, why?

Because the old religions have lost their grip, their false truth, and the new religion has not yet arrived... there is a gap...

And we cannot live without religion, it is impossible; religion is such a need... so if the truth is not available, the false becomes prevalent, the false becomes a substitute...

Real religion consists of becoming utterly silent, beyond the mind, beyond ideology; beyond scriptures and beyond knowledge...

It is simply falling into your own stillness, your own innocence... your own infinity and your own unity....

So go in and find out your way. there are ways but don't seek the way... if you listen without any conclusion, you start attaining to clarity...

Don't go to any teacher or any master who supports your head, your ego... so drop your mind and all what you know...


The real seeker goes on and on... and the joy of the journey is so infinite... it is an eternal Hajj... eternal Pilgrimage....

This is the clarity of our being, our mind will be unclouded, and in that clarity is the truth; in that clarity you will see life as it is...

Life is vast and cannot be reduced to any conclusion, but you will be able to enjoy the bliss of existence... you may not be able to make a theory out of it, but

great poetry will arise in you... 🌸

great dance and great love and great compassion...

 your life will become a rejoicing... a new way of celebration...

we cannot start with the truth... we can start only with an open heart... then you seek a totally different thing... you seek methods of enquiry , not ways to God....

All kinds of meditations, are methods of enquiry, not ways to God... yes, if you go on searching, one day God is

revealed... it happens one day when your heart is clearly clear... with no clouds in your inner sky... that which is revealed has all the names and no matter what you call it...it is beyond words ... it is in the silence of existence....

Oh! what a day today? my computer went to the hospital... and now I felt that my body is addicted to this machine... what to do now?

Now is the only time and now is the only space to see my original face not the face book nor the new look... the face that is beyond the mirror, beyond the body....

The sufi say that we have to find our face we had before birth and after death...

Between birth and death, whatsoever you think is your face is accidental... you have seen it in a mirror, you have not felt it from the within... you have looked for it in the without...

Do you know your original face? 🌸

We are only the face of our mirror... and all our relationships are just mirrors...let us listen to what others say to us!!

The husband says to his wife. " you are very beautiful!" and she starts thinking she is beautiful. somebody comes, and says to you" you are very wise, intelligent, a genius!" and you start believing in it.

Or somebody condemns you, hates you, is angry about you . you don't accept what he says, still, deep down in the unconscious it stays....

Now what to do? listen to mirror? trust in mirror?? and each mirror has its own investment... somebody calls you wise, not because you are wise... but he has his own investment... we became a commodity a utility... so be aware of this mind... look at your real face not your surface... your skin you are not your body you are not your periphery; you are your center!!

The accidental man lives on the periphery; the essential man remains centered ; this is the whole effort...

Nobody can exist without a center... the child in the mother's womb remains perfectly aware of the center... vibrates at the center , pulsates at the center... the child is the center in the mother's womb, he has no circumference yet... he is only essence , he has no personality yet...

Essence is the center, that which is your nature, that which is God – given... personality is the circumference, that which is cultivated by the society, it is by nurture, not by nature....

You are the center of the cyclone, but you are not aware of your center, but they are not separate, they are together...

So let us gather our treasure and get rid of our inner tension... and unless we get rid of this condemner inside us, we cannot be truly human, we cannot be truly joyous and we cannot participate in the celebration that existence is... we are in an inner conflict, a civil war...

This civil war has to be dropped... it is only out of totality that suddenly you feel the presence of God all around you and in you. Now is the only time to be a victor. not a victim... let us burn all the history books... forget the past, start a new from a – b – c as if is Adam born again... now we are in the garden of Eden, innocent, unpolluted by any means... no priests, no politicians... no schools... let us be united and accept any adventure, any challenge...

The first day when you recognize this... what the priests have done to you... is a day of great insight... and the first day when you drop all this nonsense is the day of the beginning of liberation...

Do what your nature wants to do... don't listen to scriptures, listen to your own hearts... that is the only holy book... and you will never be wrong....

And listen to your own heart, you will never be divided... you will never be a victim but a victor... you will start moving in the right direction, without ever thinking of what is right and what is wrong ...

Yes, sometimes the heart will take you into dangers... but those dangers are needed to make you ripe... and sometimes it will take you astray... and those going astray are part of growth... many times you will fall... rise up again, this is how we learn and gather power of love...

But don't follow rules imposed from the outside... no imposed rules can ever be right... because rules are invented by people who are victims too and who wants to rule you....

Yes, sometimes there have been great people in the world , a Buddha, a Jesus, a Mohammad... they have not given rules to the world, they have given their love... But sooner or later , their love became a buisness... once the light is gone, we are in deep darkness, and we start looking for certain rules to follow... and the moment we imitate, we insult our humanity... that is what is happening all over the world... carbon copies and carbon copies....

Life is really a dance, if you are an original and you are meant to be an original... a unique individual... who is ready to listen to his own heart not to any other person, listen to your own innermost core... not to any Christ nor to any Buddha and each soul is unique and has a unique way ...

A Christ is a Christ... a Mohammad is a Mohammad and you are you... and you are not in any way less than anybody else... respect yourself, respect your own inner voice and follow it....

And remember... no one can guaranteeing you that it will always lead you to the right... many times it will take you to the wrong... because to come to the right door, one has to knock first on many wrong doors...

That's how it is... if you suddenly stumble upon the right door, you will not be able to recognize that it is right....

Unless we learn what is wrong, how can we know what is right!! But when you live with many fake masters and many fake seekers then when you meet the right light immediately something is lit in your heart... Now you can recognize what is true... keep walking your way and truth will come to you...

So keep spacing out until you are fed up.... To go out is simple... it can be done through chemical means, through drugs, through alcohol, through hashish, LSD, marijuana and much more eating and smoking and you space out...

But no drug can take you in... what is from outside will take us outside... it can create a very beautiful hallucination, then you want it more and more because the reality is not out and to go in you have to change your life...

All our past has destroyed all beauty, all joy in the ordinary world... look at the Lilly said Jesus... look at the Sun and the Moon... look at the trees and listen to the birds... why go on a drug trip??

Going in needs effort, no chemicals can help...
going in means you have to become
meditative....you have to make tremendous effort to
become aware... certainly when you get in, you will
be surprised, that whatever you were getting by
spacing out was just hallucination... you were
wasting your time and the world outside is dull...
watch out yourself what are you doing everyday...
be aware of your time!! watch yourself.....
What did I do today? or yesterday? or just now –
here? But when you get in through meditation, that
is the only way that leads inwards... it transforms
your whole vision...
The ordinary, mundane reality becomes so
beautiful... you don't need to go to any paradise...
the very motivation for paradise disappears... this
very moment it is here...

Now – here or never.... 

Now – here or nowhere 

Just a dash of light... a ray of light will hit your heart
and you become your own self... your own being...
and you will meet the real truth... the godliness in
us... this now this world becomes so marvelous,
that you do not need anything else... and once you
are in... in is our only inn... all those drugs look
stupid, because you were just dreaming and
deceiving yourself... But they are simple and
cheap...

When are you going to wake up and see your inner
– outer treasure??

You are a living light... a living love... a living life...
why suffer? why war? why and why??

There is no answer... just walk your talk and enjoy every step and every breath go in... spacing in is costly, you have to pay for it... I have to pay for it, by my effort, by my constant effort in spite of many failures... it is a real growth... it takes time... but it is worth... yes it is worth millions times more worth than the whole world ...

Why? 🍷

Because it will give you a new vision.... A new vision which transforms this now... this ordinary world into an extraordinary ecstasy....

This is the last supper with Christ...eat my body and drink my blood... you are my soul brother... each one is Christ... is a superconsciousness... is beyond dimensions...just go in and meditation is the only key... you have it... it is in us... now be in a meditation state... just take a deep breath and relax... watch your ego... your mind... the noise in the mind, what do I need? why go out? why smoking? why eating ? am I hungry? am I thirsty? what I am doing for myself? who am I??

When I say " I " I am simply using a word to indicate towards me, but if you look into me you will not find any " I" there...

I have not found...

It is just like when you bring light in a dark room, darkness disappears... your look inwards is a light, a flame and you are see no I but amness... am is your reality, I is your invention. Am – ness simply means isness...

There are two great lies in life: one is I and another is death... death is only a byproduct of I... only the false dies not the

truth... sooner or later reality asserts itself and we have to recognize it.... We cannot go on postponing the truth

The I is our ego, the I brings death in existence; hence the real untruth, the only untruth, the only lie, is I ... dropping it, it dies of its own accord, out of sheer starvation, and then what is left is simply a pure am-ness... a pure oneness. one is, but one is not separate from it...

Jesus says, " when your two eyes becomes one there will be light." this is the great explosion of our real vision... to become one with the one...

Yes! the drop and the wave and the ocean are one...

The ocean can exist without the waves, but the waves cannot exist without the ocean.... The waves came through the action of the winds, if the wind is not blowing, the ocean will be silent and nonwaving...

And the same is the case with all beings... the tree is also a wave, and the man is also a wave, and the rock is also a wave... that ocean is called Allah...

God... Alrahman... so look at the man but don't cling to the surface; immediately move to the depth and see the real myster ...

Let us be one with the ocean, why we are trying to keep ourself separate from it... man is like a dew-drop, existence is like the ocean... only one thing is needed: a jump into the ocean so the dewdrop disappears and so our misery will disappear too... it becomes oceanic, you cannot find it anymore... it loses its old identity, it has become part of such vastness that there is no way to find it... that is why

we go on keeping ourselves away from the ocean...
freedom means an effort to gather courage to
disappear into the ocean....

Oh my beloved writer... I just came home so you
can write the right through me or mewe....

I can't be out anymore... or any more or any less...
the truth is in – out but I am still so weak I can't see
the light in the

darkness... I know God does not speak from the
outside, he or she or it does not speak through the
scripture... He speaks from our innermost core...
But I never hear, because I am in the turmoil of the
head so much that the still small voice of the within
is lost...

Freedom means the science of the stillness of the
mind...so that the inner voice can be heard... once
you have started hearing the inner voice , no other
guides is needed ...

Then God is our guide... then there is no question
of choosing between this or that, then he directs us
towards that which is right...

He is still directing us, but are we available? we are
busy... we are preoccupied... let us learn the art of
making the mind

silent... it happened to Jesus, it can happen to
us....

Every body has the potential to become who we
are... watch your mind... see what goes on inside
the mind... just like a bystander... just be neutral, a
pure watcher with no vested interest in it, like a
mirror... and the day the mind is silent, one hears
the inner voice for the first time and one has found
the guide, the true master...

The outer master helps you to find the inner master....

Once you face your inner garce you are free and you need no one any more... free people will be rebellious... free people will start doing their thing, and the society is very much afraid of such people...

The society wants you to follow a certain pattern, to be a zombie... an immature person can easily become a zombie because he is an imitator...

This world is a world of imitators... listen to your being, it is giving you hits and hints all the time... it does not shout at you, and if you are a little silent, you will start feeling your way...

Be the being you are... and you will become mature... accept your out-in as it is, risking all to be oneself... reality is continuously changing, it is a river, it goes on flowing and glowing and growing...

You have to grow up... the body grows old but you have the choice to grow up... to live your own destiny, you have to respond to the reality that surrounds you.... Things have changed dramatically, but the change has been too fast in this century and it will be faster and faster...

We have to be aware of the situation and respond accordingly... never follow, try to understand... let understanding be your basic law of life... let things come out of your understanding, not out of your memory...

First night in the room:

Wife: please not today, let us spend our first night understanding each other...

Husband: my under is already standing for you...
what can I do? or what can he do??



The immature person functions through mind, through memory... the mature person puts his past aside and brings his totality in the present ...

Watch yourself when something happens and you react.... Watch your gestures, your words, your actions and you will be surprised... Ninety – nine percent they are just echoes, they are true... not from you....

Your parents are living through you... not you... the whole of humanity and its past is living through you... with one stroke of the sword , you become independent...

The words are yours, the gestures are yours ... and by going in, by listening to your heart, you will attain to such power that no power on the earth can enslave you again... Follow your nature... do not listen to any other power... either you are made a slave spiritually or physically a prisoner : these are the two alternatives the society gives you... and watch out!! the society never lets you become aware that there is a source of infinite power within you... God still speaks to all of us as much as he was speaking to Mohammad... but why not to us?

The only difference is, Mohammad was ready to listen and I am not ready to listen...

Mohammad was available and you are not available...

To become available to our inner nature is what we call meditation....

Let us remember these two words...

Character is an invention of the politicians and the priests; it is a conspiracy against us... consciousness is our nature... yes, a man of consciousness has a certain character, But that character follows his consciousness... it is not imposed by anybody else on him; it is his own decision... and he is not encaged in it; he is totally free to change it any momen ... as circumstances change, his consciousness give him different directions and he change his own character....

The man of character is encaged... he goes on repeating the same character... the same nonsense... He is like a parrot, he is a machine, he does not respond, he only reacts....

A man of consciousness responds, and his responses are spontaneous. He is mirror-like... he reflects whatsoever confronts him... And out of this spontaneity a new kind of action is born... that action is the compassion... that action frees us....

You remain a freedom if you listen to your nature...

Your nature is your only mother... your only treasure... your only nurture... if you are sane, then there is no problem... you can live in this neurotic world but if you are insane, then it is a problem...

Ordinarilly, it may looks very difficult to be normal... or non – neuratic in a neurotic world... it is very difficult... if you start fighting with insane men, and with everything they have created, it will be difficult... you can fight only if you are still insane

Or

Let the dead be with the dead... 

There is no need to be with them... there is no need to fight or to change them... just laugh and change

yourself... and don't be serious... a wise man is an actor; he is not serious... you can act; and only if you act, you can help them...

Do not fight them... this is the way of the wise man... be a wise madman among them... then you will be more helpful, because there will be more joy... more affinity; life is only a joke

An angry wife to her husband on phone:

" where the hell are you ?"

Husband: Darling do you remember the best jewellery shop where you saw a very beautiful gold necklace and where desperate to buy it, but I didn't have the money but promised to get it later when I get my salary...

Wife... with a smile and low loving voice: sure I remember it my dear...

Husband: I am in the café next to that jewellery shop!!



Husband sends a text message to his wife,: " Hi, what are you doing darling?"

Wife: I am dying!!

Husband jumps with joy but types... " sweat heart, how can I live without you?"

Wife : " you fool !! I am dying my hair ..."



Wife : Hey Babe , why are you home so early ...??

Husband : My boss told me to go to hell ...



It was a small town and the police was making his evening rounds...

As he was checking a used car lot, he came upon two little old ladies sitting in a used car...

He stopped and asked them why they were sitting there in the car or were they trying to steal it?

" Heaven no, we bought it."

" then why don't you drive it away."

" we can't drive."

" then why did you buy it?"

" we were told that if we bought a used car here we would get screwed... so we are just waiting."



A lebanese guy had 20 \$... He went to a 5 star restaurant for a 300\$ dinner... He couldn't afford the bill, so the manager handed him over to the police... He gave the 20 \$ to the police and went free!! This is called " Lebanese Financial management !!"



Yes! a joke a day brings more joy to our life... but let us be smarter even when there is no laughter...

Mulla and his two friends were considering the problem of what each would do if the doctor told him he had only six months to live...

Robert said: " the first thing I would do be in my mind and liquidate my business, take off my savings and have the biggest trip on the French Riviera you ever saw...

I'd play roulette, I'd eat like a king, and most of all, I'd have girls, girls and girls...."

Said sheikh Abdullah: " the first thing I would do would be to visit a travel agency and plot out to the best places that I have not seen. and I would like to see them before I die:

The Grand Canyon, the Taj Mahal, with the best sexy women... and much more...

Said Mulla: If my doctor said I had only six months to live, the first thing I would do would be to consult another doctor..."



Yes, I am responsible for my body... if you really want to be healthy, be your own healer, your own doctor... learn from your mistakes and no wrong should be repeated, so that we can learn from our pain... no pain ,no gain and the good should be enhanced, and the evil should be reduced....

Not for repentance but for remembranc ...

Do not feel any guilt... the past is past... no need to worry about i . just remember not to repeat the same mistakes again...

Take care of your body; this is the body that God has given to you... do not stuff it with junk food. you listen to its demands... the body never creates any problem; it is the mind that creates problems...

Whether you are asleep or awake, aware or unaware, it goes on loving you, it goes on doing service to you... we should be grateful to our body, it is our home, it is our temple... it is our car... the real prayer arises out of our body, not out of our mind... the body is your nature ...

When the body starts vibrating with the divine, suddenly you will see your soul is also vibrating... your body and soul is one.. Jesus says ..." eat my body and drink my blood ..."

And this is the unity of our divinity

How can we detox our body and mind....

" Detoxing the body to find inner harmony... Dispense with moderation food to the body and to the mind repose..."

This is what every master said and what existence is telling

us...

Health has two aspects to it... one is the physical, the other is the spiritual... the body is our home and our temple, don't neglect it... your foolish, stupid ascetics have been telling you to neglect it... to destroy it... Pythagoras is a man of understanding not an ascetic... not a priest... not a monk ...

He says: respect, don't neglect... if the body is harmonious it helps to attain the inner treasure... your body is a miracle, is a mystery ...

Eat and relax ... this is our first step in our trip ...

Repose is far more essential even than the food... a small fast is good but do not starve yourself... rest is food, meditation is food... silence is food... calmness, coolness, meditateness, aloneness... not rushing anywhere, just being herenow, because then you are deeply in tune with godliness, then music showers on you... and that is the real food... food is God... God is food....

We need to be united as bodysoul...we need a harmony between the visible and the invisible... the food is visible, repose is invisibl... " eat my body and drink my blood." is the unity of Jesus...

The mind people think only of the body, and the spiritualist think only of repose and both remain lopsided... one has a very nourished soul but an undernourished body; the temple is in ruins... and the deity is dead... both are missing something...let us have the best cup and the best wine...drink the wine and throw the cup and wake up...

So be aware of your hunger, of your thirst, and don't go on throwing food inside yourself... become more meditative ... let our work be our worshi ...

When you are full of love, you need not stuff yourself with food... the food is only a substitute, because you are missing the inner food, you are trying to substitute it by outer food....

The man of repose always remains very alert, aware of what he is eating, how much he is eating, He cannot eat more than is needed, and he will not eat less than is needed ... he is balanced...

Just be in the middle ...

Don't hanker for too much attention from people, that is an ego trip... don't try to become very famous, well – known, this and that... that is an ego trip... But that does not mean start trying to become a nonentity, that nobody should know you, that you should remain anonymous, that is again the same trip on the other extreme ... a void both

All extremes have to be a voided... excess is evil according to all masters... and it is. The middle, is virtue... never be an ascetic, and never become indulgent ... don't eat too much food and don't go on long fasts ...

Don't become too much obsessed with luxury, and don't become too much anti - luxury, anti – comfort ...

If you want to wake yourself up, be aware of who you are, you will have to become absolutely alert... you will have to reach higher and higher into your own consciousness ...

The real harvest come only when you make great effort to wake yourself up ...

Yes, I need to wake up... a joke will wake up our
now and live our wow!!

Ology!

A tourist asked a boat guy, "Do you know Biology,
psychology, geology or criminology ?"

The boat guy said, " No ... not any ."

The tourist then asked, " what the hell do you know
on the face of this earth? you will die of illiterac !!"

The boat guy said nothing...

After a while the boat developed a fault and started
sinking....

The boatman then asked the tourist, "Do you know
Swimology and Escapology from Crocodiology?"

The tourist said, " No!"

The boat guy replied, "well today you will
Drownology and Crocodiology will eat you Assology
and you will Dieology because of your
Badmouthology."

*

Let us all learn swimology in the water and in our
inner powe... inner prayer....

Ah! what to say about prayer!!

Prayer is wonder, reverence... prayer is love...
prayer is receptivity for the miracle that surround us.
prayer is surrender to the beauty, to the grandeur,
to this fantastic existence... prayer is a
nonargumentative dialogue with existence.

It is not a discussion... it is a love – dialogue... you
don't

argue... you simply whisper sweet nothings... love
is the very essence of prayer... those who pray

without love, their prayer remains formal... it is an empty gesture with no meaning, no significance.... they can go on praying for lives together, nothing will happen, no transformation. they are deceiving themselves and nobody else...

Prayer simply means gratitude, thankfulness... it is not a demand, it is not a desire... if we desire anything then it is not a prayer, then don't call it a prayer...

Desires are heavy things... they gravitate towards the earth, they can't fly into the sky... when we have pure gratitude, when you are not asking for anything but simply feeling thankful for all that he has already done for you... and God has done to us more than we are worthy of, more than we deserve. what more do we want?

Let us be in this now and look what we have... what God has done for us... He has given us life and love and joy ... He has given us a tremendous sensitivity for beauty... look around you and take a deep breath and be thankful... He has given us awareness... He has given us the possibility of becoming a Christ... a Mohammad...

What more do we desire? this is our only prayer... our only power...

Prayer has nothing to say... it is more of silence... the silence of the grace not the silence of the grave...

Prayer is an offering of our being... prayer is losing yourself in the divine...

Let us listen to God... to this existence as silently as possible and we will come to know what prayer is...

When our mind is completely dropped and our heart throbs with new life and a song is born in our heart, this is prayer...

The moment we are still and silent... we are not into any book nor into any religion... silence simply erases all that you have learned and accumulated... it makes you a child again, innocence and innocence is prayer....

Yes, be a childlike... love your inner child... cry and feel sad... there is no harm in crying if it comes out of gratefulness... if it comes out of joy, if it comes out of love....

Tears are beautiful...

What words cannot say, tears can say... and you feel a deep sadness... that too, is not bad... just as near high mountains there are valleys... we cannot have valley without mountains we cannot have mountains without valleys... both are one, there is no need to be worried about your sadness or your joy... it is our balance, our dance, our grace... thank you God...

The sadness is part of gratitude, blessing, love. it is not negative... it has its own positivity... it is as existential as your joy; in fact, it gives the foundation of all your blessings... a man who has not known the silence of sadness is incomplete... you should know both...

Life consist of contradictions... we should know the day, its beauty; the night and its beauty and they are not separate... Every day brings us the night, every night brings us to the day. it is one wheel, one circle , one organic whole...

Once we understand the mystery of the word whole, then in our life there will be a wholeness... nothing is rejected, and everything is accepted and absorbed...

And to experience life in its wholeness is the one holy thing... the word holy is from the whole...

Remember! The saints are not whole, cannot be... they have not accepted life in its wholeness... they have chosen, they have been calculating... be a sage not a saint... total acceptance... living the balance of bliss...

Enjoy and celebrate everything... once in a while, sadness is such a relaxation so that you can laugh again... it is not against your laughter, they are all together...

In life, everything is joined with everything else... Let us live rejoicing, not renunciation... not "cut off this, cut off that... drop out of the world, go to the monastery... forget your wife, your children, your family... be celibate, fast, don't enjoy your food... torture yourself... don't love your body..."

Renunciation is sick...

Rejoice, that is health... be whole and health and wholeness will follow you like a shadow!!!

Listening to your health...

A man returns home from work to find his wife in bed with another man whose head is between her breasts...

He yells:

"Who are you? What the hell are you doing?"

The man replies,

"I am her doctor, and I am listening to the sound of her heart..."

The husband pushes the man aside and puts his head between his wife's breasts and listen ...

"I don't hear any sounds...!"

He says...

The man replies, " you are not plugged in."

*

Be aware of her breasts... don't trust them or don't trust the owner... she might be a victim of lust or lost in money mind...

Two twins were being breasts fed before going to sleep... one of them was jealous of the other so he put poison on the breast his brother was sucking from... next day they found the next door neighbour, the milkman lying dead...

So be aware of the... Fuck... Suck... Milk...

Let us keep seeking for the eternal truth... It has been going on since the first man came on the earth, and it will continue to the last man... it is not a movement, it is the very core of evolution...

The search for the truth is neither new nor old... the search for your own being has nothing to do with time... and nobody is a founder in it, nobody is a leader in it. It is such a vast phenomenon that many sage people have appeared, helped and disappeared...

But their help brought humanity a little higher, a little better, a little more human...

So what can we do? What can I do? If I can leave just few touches to the generation to come, that's enough... a little more clarity, more beauty, more peace...

We are here to plant people for peace... but we have to change ourselves first... I am responsible

for my body and then I can help others and this is how we grow and glow in light and love...

We don't belong to any fashion, any movement... we belong to the eternity, not to passing phase.. let us keep planting peace, and one seed turns the whole world green

Be your seed and plant it in the best soil and let it grow and glow into a religiousness into your heart... into your being without making a church out of it, but you can be born again a human becoming... be yourself and live your vision... do you remember?

Tell – A – Vision

If your vision is for one year...

Plant wheat...

If your vision for ten years...

Plant trees...

If your vision for life time...

Plant people

What do we mean by people? Are we people? Are we persons? Are we individuals? What is my identity? Who am I? do I know what I am asking? To whom do I belong? Am I a free being? Am I slave? Am I alive? Yes! I am dead and I know nothing and everything!! Yes I am lost in lust... In fear... in greed... in ignorance... in hate and in wars... How can I change this now? Yes! By knowing not by believing I want to know what is a personality... let us read and let us be who we are... thank you!!!

What is personality?

Personality is nothing but an envelope... It is a mask... we act and we speak through the mask just to please the other in order to be used both of us as

a utility... we are poisoning ourselves not nourishing ourselves ...

A toxic personality poisons his own being and he drips poison... it can be a heritage... If you have lived with people in your life who had a negative attitude towards life... I am a victim too... they told me to become like Jesus... they are not interested in Jesus at all, but just to condemn you and me and us... they are the great poisoners of the world ... politicians ... they are everywhere, hiding in many ways. Their heritage is really, big... they have dominated the whole history...

Let us look at the nourishing personality, it is totally different... It has no ideals, it just looks into life and the reality decides its ideal.. It is very reasonable, it is never perfectionist; it is holistic, and it always looks on the good side of things... this personality is always hopeful, radiant, adventurous, Trusting and not condemning... just accepting...

Once you become aware of the type of personality you can move from the toxic to the healthy... and you are here to be yourself... your choice, nobody else... from toxic to nourishing personality where you will be yourself and you meet many poets, painters, musicians and more and more creative soul brothers and soul sisters...

By and by you say goodbye to the toxic type and welcome to the nourishing type... and you will enjoy more, and you will become more meditative...

Just enjoy and move to what it fits your beings... look at life with deep hope, it is really beautiful... and don't wait for perfection... then you will never enjoy...

God reveals himself only to the N type, never to T types. He reveals himself only to those who can take nourishment from him , not only that, but to those who can share others..

So just relax, enjoy, accept and the problems will disappear...

Don't tell me you have no problems... the mind is the only problem... you are the creator of your problems... the creator must be change, the problems drop on the periphery... all what you have to do is: rise higher in your own consciousness....

Yes! Truth is very easy... just read and listen... your body is a personality with the layer of formalities, socialites... It is needed; nothing is wrong in it... you meet a person on the road, you know him... something has to be done... Not that you mean it, but it is a social lubricant; the layer of the lubricant... It helps smoothness... It is the layer of:

Good morning

How are you?

Fine ? Nice weather...

Great to see you....

Use this layer but do not be used by it... then you are stuck, you are sick – minded....

This layer is the chicken shit layer; dead, dry... many people or most people live in this useless formality...

The second layer is of roles and games....

The first layer has no contact with life, the second layer sometimes can have glimpses... we do say: I am the husband, you are the wife, I am the father, you are the child . I am the president of the united state, the queen of England... I am Hitler... I am the

pope... I am the richest on the planet... this is the layer of role playing.....

It is a play; one has to play many roles but one need not become fixed in any role... And, one should remain always free of roles; roles should be like clothes, you can any time jump out of them... nothing is wrong in it if you are aware of it, but if it becomes your life and you don't know anything beyond, then it is dangerous... then you go on playing a thousand and one games in life and you never come in contact with life... it is a real bullshit...

Then there is a third layer: the layer of chaos... Because of this third layer people are afraid to move in ward; that's why we get stuck in the second layer...

In the second layer everything is clean, clear... the rules are known, because every game has its rules... If you know the rules, you can play the game... Nothing is mysterious in the second layer... but not so in the third... it's chaos... tremendous energy, with no rules!!

You become afraid. The third layer brings you fear...

That is why when you start meditating, and you fall from the second layer to the third, you feel chaos. suddenly, you don't know who you are!! No more me.... No more I... who am I??

The world of who is who, is in the second layer, the bullshit layer... If you want to know about the second go and consult the book who's who... they are published all over the world... the names of the power people... the VIP... all the names of the

people who are of the second layer are in the history books... in the rulers rules....

But in the third layer suddenly you are aware that you don't know who you are!!!

Identity is lost... History is lost... tomorrow is lost... rulers are lost, tremendous chaos, a vast ocean in a storm; beautiful if we can understand... if we cannot understand; very very terrible.

This third layer is the gift of our first glimpse, the first vital glimpse of life... if not we will go neurotic... yes, we can remain alert in this third layer, aware, meditative, that chaos turns into cantered, not aware... If you are aware it becomes a cosmos, an order, and not the orders of human rules, the order of existence, the order done by God... not man – made... this energy helps you to transcend... suddenly you are above

chaos... you are in the mystery of the divine unity...

Then, there is the fourth layer... If you pass the third, only then can you enter the fourth... If you have faced the anarchy of the inner world, then you become capable of entering the fourth ...

The fourth is the death level, the death plane... after the chaos, one has to face death, the chaos prepares you...

On the forth, if you reach, you will have a sudden feeling of dying, you are dying... In deep meditation when you touch the fourth you start feeling that you are dying... you are no more... only God is

The fifth is the layer of life... of godliness... of existence... the energy becomes absolutely free, with no blocks. you are free to be whatsoever you want to be... Energy becomes spontaneous...

These are the five layers... you have to go backwards, to the original source... to the original roots... coming back home... back to our originality... becoming again a child...

Then, when all layers of your onion are peeled off, it is an arduous feeling and many tears will flow... so let us peel the onion of our personality, it is hard, but it has to be done, otherwise we live a false life, and we live a sick life...

Once we live life, we know that there is no birth and no death... life is an eternal celebration ... Everything has to be celebrated, everything has to be lived, loved... nothing is mundane and nothing is sacred... all is sacred, from the first step to the beyond and before from the first step to the beyond and before and after . from the body to the spirit... all is divine..

So let us celebrate not worship... when we worship, something is evil and something is live... and then there is a constant conflict, repression and all joy is lost...

Celebration is a totally different dimension... you celebrate, you don't divide... prayer is as beautiful as drinking wine... all is one... celebration unites and it creates a togetherness in the world... the duality disappears and there is unity, and with unity there is joy because there cannot be any conflict... the celebrator has no goal; he has attained it already... it is present – oriented, but you worship for future – oriented...

So let us celebrate every now without any form, it is alive, and it is divine, there is nothing profane, all is

from Allah and in Allah and all of us are one with the one....

For whom we are here? I feel so depressed and no one to be with...

I just got this phone call and this question gave me energy to share with us what is in us... one has to become more accepting of all the ups and downs in life... there is a rhythm: sometimes you will feel that you are in tune, sometimes you will feel that you are not in tune; that is natural... It is like day and night, Summer and Winter.

One has to learn the shadow part of everything

If I cannot accept the shadow part, I become disturbed... and that disturbance will make things more complicated...

When something beautiful happens, accept it, feel grateful; when it does not happens, accept that too and continue to feel grateful, knowing that this is just a resting period

For the whole day you have worked, and in the night you fall asleep, you don't feel miserable because you are not working and earn money and do a thousand and one things...

So work and sleep and enjoy it all... every now is a new life as it is, just take a deep breath and live the new path and see the Sun and nature and nurture yourself....

Let us enjoy our joy....

Husband to a newly wed wife

Husband to a newly wed wife: I could go to the end of the world for you....

Wife: thanks, but promise me you will stay there for the rest of your life...

*

Your husband needs rest

Doctor: Madam, your husband needs rest and peace, so here are some sleeping pills...

Wife: Doc, when should I give them to him?

Doctor: They are for you!!

*

An airline introduced a special package for business men . Buy your ticket get one free for your wife...

After great success, the company sent letters to all the wives asking how was the trip...

All of them gave the same reply...

" which trip?"

*

In an African Safari, a Lion suddenly bounced on Bob's wife...

Wife: Shoot him!! Shoot him!

Bob: yes, yes... I am changing the battery of my camera ...

*

A laughter is a door to our inner treasure....

What is a natural death?

It is the end of the natural life... natural health... just the way the animals live, the birds live, the trees live... allowing nature to flow through us without any obstructions from our side, as if you are absent and life is moving on its own... life lives in you...

Only an awakened man can die a natural death...

So only very few people in the world have died naturally...

We are conditioned to be above nature and this is how we destroyed our natural life ... we are born as a natural being ... you cannot go above yourself ...

we can go deeper into nature, we can be more natural than animals ... we can explore nature in all its dimensions ... we have the capacity and the freedom to explore ... and nature is our home ... and then death is a joy, is a celebration ... you die with deep gratitude ... you lived your flame of light ... death is not something to be afraid of ... death is the highest level of life and it is something to be earned, to be deserved ... death is the flower on the tree of life . it is not the end of life but the crescendo.

But we need to know how to live and how to die, only those who know to live rightly know how to die rightly ... and then death is a door to the divine ...

Death is a kind of sleep, a deeper sleep ... you will be born again in a newer body with a newer treasure, new challenges ... this body is old and one has to leave it; it is just a dwelling ... so the first thing:

Death is not the enemy ...

The second thing:

Death is the greatest experience in life if you can die consciously ... if you are not afraid of it, If you can be alert and you can see that you are not the body ... then you will see you are not the mind either, and you will be just a flame of awareness, and that is the greatest benediction ever So don't think of death as illness, and enemy ...

At the moment of death your physical body and your spiritual body start separating ... their ways are going to be different ... the physical body goes to

earth, and the spiritual body is on its pilgrimage onwards to a new birth, a new form, a new womb... So if you are beside a friend who is dying ... just tell him, " you are the healthier being ... the witness of both the bodies; the body of dust and the body of being ... you are only awareness ... a pure consciousness ."

Then his death would have been a totally different phenomenon... an aura of light ... and this death would be the last death ... the great death

This death is a moment of celebration ...

At the moment of death, you don't have any ambition ... whether you are rich or poor makes no difference; whether you are a criminal or a saint makes no difference ... death takes us beyond discriminations of life and beyond all stupid games of life ...

So let us be aware of who we are and accept death as it

comes ... in a very loving way ... we can change death into enlightenment ...we have the right to live and leave peacefully...

They are two aspects of the same energy ...

So let us understand illness, and go through it silently, witnessing it, seeing it, it is part of life ... so you all have to rejoice, dance and sing and celebrate birth and death ...let us be aware that I am not the body, I am not the mind, I am not the brain, I am not the heart either ... I am the real nature ...

Just to be born is not enough, one has to learn the art of living, that is the A of meditation, then the art of loving, that is the B of meditation, and the art of

laughing, that is the C of meditation... and meditation has only three letters A,B,C....

Nobody really dies, one becomes part of eternity so let our tears be part of our joy in sharing the best send – offs ... remember!! No birth and no death, we are visiting this earth ... we are crossing this bridge to another bridge ...

The bridge is always within you . you are the bridge, and you can bridge anything ... whenever you are in a state of witnessing you can bridge anything. Just watch, a pure seeing, whatsoever it is, and you will be surprised that in seeing without any judgment, bridging happens ...

Those who can remain a silent witness to all that goes on around have bridge hell part of it, because that witnessing energy is always a transcendental force ... it cannot be reduced to anything objective

...

That is self- remembering ... be a watcher and remember yourself ... witnessing is the master key ... only one key opens all locks ... Be a witness and the witnessing ...

Once you dance from your heart ...you are no more the dancer... only the dance is a live ... no more you ... the dance is the living grace ... when you dance meditatively your dance starts dancing with the divine ... the mind is no more ... this is the divine quality: now it is as if God is dancing through you, you are no more ... only God is ...

There is nothing like dance as far as meditation is concerned ... no dancer and the dance; there is only dance...

So let us dance our way to God, this is the meaning of ascension of Christ into heaven, which is within us, the inner kingdom of joy, of celebration ... and in Russia, they have a church where you dance and sing and shout and do what you feel ... and an old grandma Botovitch, comes up to the front of the Church, she prostrates herself under a huge statue of Jesus nailed on the cross, and then lifts her head and plants a big kiss on Christ's feet ...

Officer Molotov, of KGB, has been watching grandma closely from behind a curtain ... He marches over to the old woman and says, " would you kiss the feet of our great leader Gorbachev, like that?"

"Sure, " replies Grandma, " If you nailed him up like this !"

*

Let us share what we know about the cross ... Jesus become enlightened only at the last moment on the cross ..." Let thy will be done, Let thy kingdom become ... " It is the total surrender to God ...this is the let go and let God ... let go of the ego ... of the mind ... of the evil and the devil ... this is the unity of our inner divinity ...

The divinity of the trinity ... body mind and soul are one whole and holy spirit ... that is who we are ... the royal family of God... But what is the cross?

To many masters, the cross is important, not for the same reasons as it is for the Christians . to them the cross is important because Jesus was crucified, and the cross has become a symbol of the crucifixion ... to the Zen and the Sufis that is absolutely wrong, that is a kind of life – negation, that is worshipping

death, that is making too much fuss about the crucifixion ...

So Christianity is " Crossianity"

Because it is not concerned with Christ, it is more concerned with the cross ... I also love the symbol of the cross, but for a totally different reasons; not because of the crucifixion but because Jesus became enlightened on the cross ... the inner cross ... the inner balance ... the inner let go and let God ... Jesus became aware of the immortality of his ultimate being ... this is the beginning of eternal life ...

Total acceptance ... let thy will be done ...

In Islam, Jesus was not Crucified ... no one can kill the light ... Jesus is the light and the life and who can put the truth on the Cross? It is only a symbol of the truth that liberates us all ...

The truth is in us ... in our awareness ... and there are many devices, many ways and methods of meditation to create awareness, to wake up our sleeping intuition ... and once it is awake, then there is no need to tell you what is good, what is moral, what is bad; your awareness will guide you and it will be fresh and young and always to the point, because all principles become dead. And those dead principles are the cause of wars, they don't fit our reality, our nowhere ... our moment ... A conscious human being is just like a mirror, he rejects reality and he responds accordingly ... His response is moral...

So let us change the whole emphasis from action to awareness . from emotion to compassion ...

And if more and more people can become aware, the world will be a totally different place ... A man of awareness will not go to war ... will not follow any dead idea ... any dead duty ... you may find good words, by politicians or priests, but the reality is turning human beings into butchers ... into killers ... listen only to your heart ... Trust only your truth ...

Why are we killing people whom we have never even met ... the man you are killing has a mother and a family and he has done no harm to you; neither have you done any harm to him ... we are victims of ignorance

Let us be victors of innocence ...

If the world becomes a little more aware, conscious, soldiers will throw away their arms and hug each other, sit down together under a tree and gossip

The politicians cannot force all the armies to kill, to murder... neither can the popes, the religious leaders convince anybody that for God's sake you have to kill...

Strange!!! Because God has created everybody ...whomsoever you are killing, you are killing God's creation ... we are killing our brothers and sisters ... we are destroying our mother earth... why war?

When are we going to wake up??

Let us be the change we want to see in the world ...

If not you and me who else?

If not now, when? Now – here or nowhere else ... now is the time here is the place for peace not for pieces

Yes! You are so right... all the priests and all the politicians are against the peace ... against the Truth ... the whole world is against the Truth ... they want us to be slaves not rebels ... so trust only yourself, nothing else is needed ...

Everything else follows on its own accord... whenever somebody points at fault about you,

Don't get angry ...

If the dog bites you do you bite him back? ... May be the other is true, this is what he knows, he is far away from you ...that is why a master is needed to show me my wounds ... and unless I see my ignorance how am I going to get rid of it?

I am with a real master to be diagnosed, to be dissected and to be destroyed ... so that my real nature can arise, bloom ...

When you are ready the master is ready ... It is like two candles burning in a room; their light will become one ... it is not a relationship because the dewdrop has become the lake, the lake has become the dewdrop...

The master is only a window ... one should not cling to the window; should not be a follower to the master ... if you are a Christian you don't know Christ ...so surrender To God not to Christ ... do not worship any master ... just be yourself ...

People need dead masters ... let our faith be with God, the master is only a finger pointing to the moon, don't worship the finger ... let your way be towards absolute freedom your absolute joy ...

An old guy goes to his doctor and when he gets there, he discovers the Urologist is a very pretty female doctor ...

The female doctor says, " I 'm going to check your prostate today, but this new procedure is a little different from what you are probably used to ...

I want you to lie on your right side, bend your knees, then while I check your prostate, take a deep breath and say "99"

The old guy obeys and says,"99"

The doctor says, "great"...now turn over on your left side and again, while I repeat the check, take a deep breath and say "99"...

Again the old guy says, "99."

The doctor said, "very good, now then, I want you to lie on your back with your knees raised slightly...I'm going to check your prostate with this hand, and with the other hand I 'm going to hold on to your penis to keep it out of the way .Now take a deep breath and say, 99."

The old guy begins, ...

" one ...two ...three...

*

You don't stop laughing because you grow old. You grow old because you stop laughing ...

Thank you for this question ...

Why do millions of people in the world become fanatics?

More than millions and zillions are fanatics ... for the simple reason: by becoming a fanatic, you avoid all experimenting; by becoming a fanatic, you escape from thinking on your own, feeling on your own ... by becoming fanatic, you throw all responsibility on somebody else's shoulders ...

Remember, you are responsible for your life ... it cannot be thrown on somebody else ...

You will have to think ...

You will have to feel

You will have to meditate,

You will have to walk your talk ...

Your responsibility is absolutely yours ... But there are many ways to reach home ... from one side, you may come across beautiful valleys and rivers and trees... From another side, you may not come across any river, you may not come across trees at all, you may come across only rocks and rocks ... From a third side, you may come across glaciers, virgin snow that has never melted ...and we all reach to the top of the highest mountain ... the inner mountain ... these are the people who are liberal ... Such people cannot be stubborn, they cannot say, "this is the only path" because from the top they can see that there are many paths ...they can see many pilgrims arriving, reaching from different routes ...

And each route has its own world ... Buddha followed a certain route . But he was very lucky to have three enlightened masters; he reached the top by at least three routes ... his vision is not narrow

...

Jesus say, " my path is narrow but straight."

Mohammad says, " Every breath is a path to our new birth and new death .. every work is our worship..."

Our life is a free choice ... Live your choice Be aware of yourself ... meditation is the key of our divine door ...

Drop your past and it is not a question of attaining, it is only a question of becoming aware ... conscious, alert, awake; not a question of achievement ...

So listen to your hearts, be with the master that you love, go beyond your mind. And the mind is so powerful, that's why it destroys your intelligence Intelligence has nothing to do with the mind; intelligence has something to do with the heart...

Let us be aware of our intelligence, our intellect is full of garbage, be aware of the difference and get rid of this domination We are not here to obey anyone but to be free and listen to ourselves ... to love myself first ... not to be stupid...

Stupidity is obedience, and obedience creates stupidity ...

Do not listen to any kind of explanation... stupid people simply follow whatever the society says ... now be finished with all your past ...all dead explanations, Trust your heart ... be still and know that God is in you not in heaven ... we are one with the truth ...

Truth has no name ... do not believe in the scriptures; believe only in your own experience

Nobody has the right to believe ...everyone has the right to know ...Be a knower not a follower ... be a fellow traveller ... a soul mate ...a mirror to any master ...any sage ...any light ...we are a royal family not a loyal family ...the family of this existence...please don't believe in what I am writing or saying... unless it becomes your own understanding, nothing is going to help ...

Yes my friend! Once you know yourself ... you are whole and healthy and holy and you walk your talk

... and then you are like a mountain; nothing can shake you .they blame you or hate you or love you, it does not touch you, it makes no difference in your life ... remain like a mountain ... this is what a knower is...

Once you live your inner treasure, you don't look at the outer pleasure ... once you live love you know what lust is ... live your own immortality, your own divinity your own totality

This is what courage is ... don't be with the crowd ... don't be a coward !! Don't be afraid, live your life as it is ... you are your own master, Trust in yourself ... you cannot make a man believe in nonsense if he has self – trust ...

All the religions of the past were death-oriented not life-oriented... love your life in its wholeness ... the ultimate truth is in the core of our heart ... it is very near, don't go very far ... it is in this now ... it is hidden in the immediate ... the immediate is the ultimate

We are here to hear our heart, to help each other to understand " who am I?" ... to unburden all our guilt feelings ... there is no sin ... the only sin is to say that there is a sin ... once you start trusting your own being, no politician, no priest can exploit you.... Yes! We need to be trained in the law beyond law, in the discipline beyond discipline ... do not be a slave ... be free, become alert from inside and listen to the law of love that glows and flows from our inner lecture ... inner discipline . Become responsible, so that whatsoever you do, you do with a certain order, a certain cosmos in it; so that your

being is not a chaos, so that your being is not a mess ...

So there are two types of discipline: one, that can be forced from the outside ... and the other can be done only by masters not by priests ... it can change your inner treasure ... they don't enforce any force on you, they make you simply more aware, so you can find your own discipline ...

Any discipline that comes from outside, is destructive ...

Mohammad gave us only one discipline ... the discipline of transcendence ...

of being aware

If you are aware, you know what to eat, you know what to do ... you know yourself ...

you become free

to be free is the search for your own being ... your own awareness ...

awareness brings its own discipline like a shadow . and then the discipline is beautiful... then it is not like a slavery, then it is like a harmony. Then it is not as if enforced ... then it is a flowering out of your own being, a blooming ...

so do whatever you feel is good for you ...

punctuate this joke your way ... it is our joy

A woman without her man is nothing ...

How do we play with it ?

Men: A woman, without her man, is nothing ...

Woman: A woman: without her, man is nothing

*

If you do not live it, you do not feel it

See if you can walk your talk ...

A man was walking down the street when he was met by a particularly dirty and shabby-looking homeless man who asked him for a couple of dollars for dinner ...

The man took out his wallet, extracted ten dollars and asked, " If I give you this money, will you buy some beer with it instead of dinner ?"

" No, I had to stop drinking years ago," the homeless man replied.

"will you use it to go fishing instead of buying food?" the man asked ...

" No, I don't waste time fishing, " the homeless man said..." I need to spend all my time trying to stay alive ."

"will you spend this on green' fees at a golf course instead of food? " the man asked ...

"what disease would I get for ten lousy bucks?" said the homeless man ...

"well, " said the man "I'm not going to give you the money. Instead, I' m going to take you home for a terrific dinner cooked by my wife."

The homeless man was astounded ." won't your wife be furious with you for doing that? I know I 'm dirty and I probably smell pretty disgusting ..."

The man replied, "that's okay. It's important for her to see what a man looks like after he was away or he has given up beer, fishing, golf and sex."

*

A man came to visit his grand parents , and he noticed his grandfather sitting on the porch, in the rocking chair, wearing only a shirt, with nothing on from the waist down ...

" grandpa, what are you doing? Your weenie is out in the wind for everyone to see !" he said ...

The old man looked off in the distance without answering ...

" grandpa, what are you doing sitting out here with nothing on below the waist? " he asked again ...

The old man slowly looked at him and said, " well ... last week I sat out here with no shirt on, and I got a stiff neck ... this is your grandma's idea ...

*

From sex to super consciousness is our trip but we are in the trap of this sacred energy ... it is a raw energy, it has to be transformed and through transformation there is resurrection ...

Rather than transforming it, religions have been repressing it. And if you repress it the natural outcome is a perverted human being ...

Sex is the lowest center of our existence and Samadhi the highest, the seventh center ...

It is a ladder of seven rungs ... and sex energy has to be moved rung by rung to the seventh where it opens up like a one – thousand – petalled – lotus ...

One becomes enlightened ... don't seek for it ... don't desire ... just let go of your mind ... let go and let God ... let it happen on its own accord ...

If you are creative, you will transcend sex without repressing it, because your energy will become creative : you will not need to go in to sex, the very need will disappear ... you will have a far higher bliss, the lower is bound to disappear when you have the higher in your hands ...

Never drop the lower, try to attain to the higher then the life becomes more beautiful, more healthy, more whole ...

A real poet while producing, creating, composing, forgets all about sex ...sex is animal, art is human ...

Sex should be more fun than such a serious affair as it has been made in the past, It should be like a game, a play: two persons playing with each others bodily energies ... If they are happy; it should be nobody else's concern ... they are simply rejoicing in each other's energy ...

The future will have a totally different vision of sex . It will be more fun, more joy, more friendship, more a play than a serious affair as it has been in the past. It has destroyed people's live, has burdened them so much ... and unnecessarily!!

It has created so much jealousy, possessiveness, domination, nagging, quarrelling, fighting, condemnation, for no reason at all...

Sexuality is a simple, biological phenomenon ... It should not be given so much importance . It's only significance is that the energy can be transformed into higher planes; it can become more and more spiritual .

And the way to make it more spiritual is to make it a less serious affair ... sex contains a grace which is non-sexual ... that is the real center of the whole sexuality ... that is love ... soon one can create it without sex, without any need of the other ... then love becomes a pure fragrance ... the seed is in a bondage; the fragrance is free, the fragrance is freedom ... is liberation

Be aware of who you are ... are you a body? are you a mind? Are you a slave to others? what are you doing? For whom you are working? where is your money going? Where is your time going? just be a watcher!!!

To be an individual living in total freedom, upon your own feet, drinking from your own sources, and that is the beginning of our ultimate flowering

The so-called VIP ...or recognized people, or honoured people, are full of rubbish and nothing else ... But they are full of the rubbish which the society wants them to be filled with ...and the society compensates them by giving them rewards

...

Any one who has any sense of his own individuality lives by his own love, by his own work without caring at all what others thinking of it

The more valuable is your work, the less is the possibility of getting any respectability ... and if your work is the work of a genius , then you are not going to see any respect in your life ... you will be crucified, stoned, condemned, and after few centuries, statues of you will be made

Your books will be respected ... Because it takes hundreds of years for humanity to pick up that much intelligence as a genius has today ... the gap is vast

...

Yes my beloved master ... you are the ocean and I am a dewdrop in your heart ... you are beyond any name, any words, any book, any birth and any death ... you are the living truth that has no name

...

All what I read and write is from your ocean, from your existence, from this mystery that you are sharing with us ...

Yes! I was a dead personality with the crowds, being respected by the idiots became I was a slave according to their manners, their expectations ...

To be respected by this sick humanity, you have to be more sick than they are ... more stupid and more dead .. then they will respect you ... But what will you gain?

You will lose your soul and you will gain nothing ... you will have the world but you don't have yourself ... here you are an emperor but there you are a beggar ... Be who you are right now!! Win yourself and you will be the winner of your inner

Yes! I am alone but not lonely ... the truth is my only support, but no one has the courage to face the truth ...

In the old time, mystics used to move around the country, challenging anybody who has opposite opinions ... for a public discussion ...

And those discussions were not with any hate, they were full of love for each other, respect for each other ... they were not to prove that I am right and you are wrong ... Instead, they were a search, together, to know what is Truth ...

The truth is not mine nor yours ...but it is possible that my opinion may be close to truth, and your opinion may not be so close; or your opinion may be close to truth, and my opinion may not be so close ...

And these discussions around the country raised the level of consciousness and intelligence of people ...

This is the freedom of expression, and freedom to convince others, or to be convinced by others ...

The war of words is the best war ... not the war with arms ... why kill? Why not heal?

The world needs warrior of intelligence ... and if your opinion is defeated, your honesty should still be a winner ... at least your honesty will be your triumph ...

Look at the ordinary masses, they can't see even few steps a head, they are blind. And they are the majority...

They live in such unconsciousness that there is no hope to be aware ... what to do?

If we can create a great momentum in the world for meditation, for inward journey, for tranquillity, for stillness, for love, for God... If we can create space ... for God to happen to many, many people ... humanity will have a new birth, a resurrection ...

Now, the greater part of humanity is living in hell ... let us learn from this pain and plant peace not war ... let us learn something from Christ and Mohammad and few others ... Truth is one with different cups ... let us learn from Pythagoras... we killed him and many of his disciples ... they could not use the doors that he had made available ...

Let us be aware of the great synthesis of the great lovers of peace ... let us join the east and the west, the science and religion, of intellect and intuition, of the male mind and the female mind, of the head and the heart, of the right and the left ...

Let us try our best to create a great harmony that can transform us and give us a new birth ...

We have the solution and we have the cure ...It is in us . In the core of our heart ...it is so near, no need to go far ...let us go in ...

Now is the only valuable time ... it comes only once in twenty – five centuries ... when the wheel can move in a new way, can take a new direction ...

We all have to risk, and we have to risk all that we have ... and risk it with great joy ...

Because what can be more joyous than to give birth to a new man ... to become vehicles for a new man, for a new humanity??

It is going to be painful, as every birth is painful, but the pain can be welcomed if you understand what is going to happen through it, if you can see the child coming out of it . then the pain is no more pain ... it is a birth for the mother and the child and the father and all of us ... all of us are happy ...

So let us be a womb ... woman has a womb so the man too ... an energy field ... it is a great synthesis, east and west are one ...

And if we can make this impossible thing happen, man will live in a totally different way in the future ...

He will not need to live in the same old hell ... Man can live in love, in peace ... Man can live in great friendliness ... Man can live a life which is nothing but a celebration ... we can make this earth divine

...

Yes, this very earth can become the paradise ...

But where is the knower who is planting peace? everybody thinks that he already knows what is right, what is wrong; what is good, what is evil ...

You can see it within yourself ... and you can see it without you ...

The more I know myself, the more I see my ignorance and my stupidity ...why I am writing? To whom? To myself! Yes! I am the reader but I am alone ...the crowd does not see what I see... every seer is alone ...

You can move in the world, and you will find everybody is a knower ... but we are all victims of victims ... each generation goes on giving its, diseases to the new generation ... they call it wisdom ... it is bullshit ... it is nonsense ...

Where is the mother? where is the father ? no more human being... who is going to listen to the children and teach them what they need?? We are all conditioned from the past and we live what we are told. And this is one of the most dangerous situations. when you don't know and you believe that you know it already, then all doors of exploration and enquiry are closed... you never ask; there is no need ... you already know the answer... we are simply repeating our old answers which is not going to solve the problem ... we are walking dead ... and out of date ...

Why I am so stupid?

Because I am fighting against darkness ... the whole morality, is a fight with something which in itself is not ...

Hate is not real, it is just the absence of love. Anger is not real, it is just the absence of compassion. Ignorance is not real, it is the absence of enlightenment ... sex is not real but the absence of

celibacy ... And the whole morality goes on fighting with that which is not ...

Morality tries to fight with darkness, and religion tries to awaken the light which is hidden within... it does not bother about the darkness, it simply tries to find the light within ... once the light is there darkness disappears;

Put the light on and the darkness is off...

Do not fight with that which is not ... no death ... no darkness... no sin ... seek the thing of which it is the absence... then you will be on the right track ...

There is only one transformation, one revolution which comes from your being ...

Being is a positive phenomenon , once the being is alert, awake, conscious, suddenly darkness disappears ...your being is of the nature of light ... light is the only Truth ...

Now or never is the only truth. the only answer from our consciousness, our own being, our own awareness, our now not our past ...

It will be one with the moment; it will be responsible ... you do it because you are it ... your own godliness is responding, not Moses, not Jesus ... let us relate to the now ... to the present ... yesterday is a history ... tomorrow is a mystery ... now is the only present ... am I present??

Once you are present ... you are alone ... you are no more part of the others ... you are around and around seeing what is going on but you are not with them nor part of them ... only witnessing ... watching ... you come alone ... you live alone and you leave alone ... this is what a pilgrimage is

Take a deep breath and keep walking your path and trust existence ... it loves us all ...

Existence is a mirror ... whatsoever we do to it is returned in a thousand fold way because it is returned from all directions, from all dimensions, from all planes of existence

Existence is a live, but the only thing is that we have become indifferent and cold ... let us be who we are ... At the center be meditative, at the outside be loving and the whole existence dances with us ...

Let us be in this dance, this is our new religion, it is an endless celebration ... this is the only prayer, the only real worship... there will be much dancing and singing but not to any god, just to existence itself, just a playful heart is enough....

A new dimension ... it is neither right nor left . it is moving upwards; it has a different vision of life ... it is up!!!

What is up? The past is down, the old is down; the familiar is down ... the unfamiliar is dawn ... But the mysterious is dawn too ... the unknown too .. Be up ... wake up ...never belong to the dimension of the down but the dawn ... the up ... fly high in your inner sky ... real religion gives us wings to go into the infinite ...

When the totality is there, there is no self left, no mine or thine... the more we lose the ego ... the I, the more it becomes melting, merge in the bigger space we have ... the dewdrop becomes the wave and the wave becomes the ocean ..

The total is a very mysterious cloud. you cannot pinpoint it, you cannot indicate it; " this is it ."

It is so big and it spread all over ... It is beginningless, endless, it is infinite ... from infinite to infinite is our divinity ... our reality ...

Let us look at the reality of this joke ...

Why Indian students are so disliked in USA?

It was the first day of a school in USA and a new Indian student named Chandrasekhar Subramanian entered the fourth grade ...

The teacher said:

Let's begin by reviewing some American History.

Who said, " Give me liberty, or give me death?"

She saw a sea of blank faces except for

Chandrasekhar who said: Patrick Henry, 1775...

Very good!

Who said "Government of the people, by the people, for the people, shall not perish from the Earth?"

Again, no response except from the Indian Chandrasekhar .

"Abraham Lincoln, 1863..."

The teacher snapped at the class: " class, you should be ashamed... Chandrasekhar, who is new to our country, knows more about our history than you do ."

She heard a loud whisper:" Fxxx the Indians ...

Who said that ... she asked ...

Chandrasekhar put up his hand

General Custer 1862

At that point, a student in the back said:

I 'm gonna puke."

The teacher glared around and asks:

All right! Now, who said that?"

Again, Chandrasekhar says :

" George Bush to the Japanese prime minister, 1991."

Now furious, another student yells:

" Oh yeah? Suck this!"

Chandrasekhar jumps out of his chair waving his hand and shouts to the teacher:

Bill Clinton, to Monika Lewinsky 1997 ...

" you little shit ...If you say anything else, I 'll kill you!"

Chandrasekhar frantically yells at the top of his voice:

" Michael Jackson to the child witnesses testifying against him, 2004

The teacher fainted. And as the class gathered around the teacher on the floor, someone said: " oh shit, we're screwed!"

And Chandrasekhar said quietly: I think it was Lehman Brothers, November 4th 2008

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Who is writing this word? Who is reading it ? I don't know ... it is not the pen ...although my penis big ... I mean my pen is big... but I am not aware of who is peeing nor who is playing ... if you know ... let me know ...

You are so right ... God is the only knower ... but where is this God?

God descends, not only in Jesus but in everybody. this incarnation is not only for once, it is an everyday incarnation ...

When a child is born to you, God is incarnated. When a seed sprouts, God is incarnated . when a flower blooms, God is blooms ... It is only God,

there is nothing else ... Existence is synonymous with Allah ...

And God can go on incarnating in millions and millions of forms ... He remains inexhaustible, that's what all sacred books are saying it and the existence is living it ... and giving it to all of us and to all the worlds and this is the real infinity ...

Yes! Reincarnation is known by Jesus and all the enlightened beings ... Jesus said, " I am before Abraham was and I will be coming back."

He knew about it perfectly well, but there is some other reasons why he did not talk about it , why he did not preach it ...

In India, for almost five thousand years before Jesus and before Mohammad the theory was there and was thought . And it is a truth. All the Indian religions agree upon it ... this is the only truth that all of them agree upon it ...

We all agree, in science , in all religions , that God is the light of the existence ... we are all light from light but never the same flame ... it is glowing and growing like the river rivering ... we are a verb not a noun ... an action ...it is the same continuity ... it is a flow ...

But why the source of all the three religions that have been born outside India ...not talk about reincarnation directly?

For a certain reason is that Moses was aware of it ... Because Egypt and India have been in constant contact ... It is suspected that once Africa was part of Asia and that the continent has slowly shifted away. India and Egypt were joined together, hence there are so many similarities ...

And it is not strange that South India is black; it has partly Negro blood in its veins, it is negroid, not totally, but if Africa was joined with Asia then certainly the mingling of the Aryans with the Negroes must have happened, and then South India become black ...

Moses must have been perfectly aware of India ... you will be surprised that Kashmir claims that both Moses and Jesus are buried there ...

The Tombs are there, one for Moses and the other for Jesus ... they saw what happened to India through the theory of reincarnation the theory of reincarnation made India very dull... time-unconscious ... it helped people to postpone ... And postpone for tomorrow, then today will remain the same and the tomorrow never comes ... And India knows how to postpone not only to tomorrow but even to the next life ...

Mohammad never visited India but was perfectly aware, he was very close to India and there was constant traffic between them... so they decided to use a device to create intense longing, now is the only time to be with Allah ... there is only one life, this is the last chance ... the first and the last ... do it now !!!

India was a very rich country, it was the golden country of the world ... And in a rich country, the greatest problem, is boredom ...

Now America is in the same situation ... so what to do? Be poor and listen to our own religion or be bored and die and next life you will be better ... you will have a better woman, a better home ...more

money ... just accept yourself as you are ... it is the will of God ...

Jesus saw this device and he created another way ... there is only one life. It works good when the master is alive, because he is the soul of it; he manages it in such a way that it works... once the master is gone, the device falls out of use or people start finding new interpretations for it ...

So be aware, be watchful of any device that comes from any priest ... don't waste time ...listen only to your heart ... face only your choice ... only your grace ... wake up now ... now or never is the time ... do not postpone the truth ... every now is a special occasion ... a new birth ... a new path ... listen to David... " let's say, your holiness that you die tomorrow . A flower blooms on your grave after a few days. A cow comes and eats the flower and next day it shits ... I go for a walk , see the shit and say... "Ah, my beloved rabbi, you haven't changed a bit!"

Thank you for this great question ... and as we know that the answer is in the question ... It is our thirst that takes us to the river ... to the source ... so we are asking what is our highest experience?

The ultimate experience is of God ... is the onement with the One

The ordinary man's experience is in his body, the yogi's to the invisible body, and the experience of the self – realized man is of God himself ...

God is one; physical bodies are many. The spirit within us is one ... but our experience is around the exterior body alone; and as result of this imbalance, we suffer ... so what is our experience???

The difference between experiencing and indulging is that of awareness; there is no other difference ... Now what are you doing? Are you aware of this act!! if you are not a witness to it, if you remain unconscious, robot like, then it is indulgence ...

If you are aware, then it is experiencing ...

Jesus is eating and I am eating: as far as the outer view it looks the same; but Jesus is experiencing, I am indulging ... He is more aware of his being ...

A Sufi Master was asked, " what is your spiritual practice?"

He said, " Nothing much; it is very simple: when I feel hungry I eat and when I feel sleepy I go to sleep."

The man said, " But that's what we all do!!"

The Master said, " there you are wrong, because I have live like you, I have both the experiences .. I have lived like a robot, so I know the difference . you eat when you are not hungry, you eat because it is time to eat, you eat because the food is delicious, you eat because you are invited to eat ... you eat because you are bored ... you don't care what the need is. you sleep because it is habit ; whether you need it or not is not the point . And while you are eating you are not only eating, you are doing a thousand and one other things

And when you are asleep , you are dreaming ... the whole night your mind goes on and on creating dreams upon dreams ..."

Now I am writing and reading and eating and thinking and looking out through many windows ...

But am I aware of this now ?? No for sure ...

I love to live in a commune where few seekers are on the path of experience ...

Experience as many dimensions as are available to you ... Become a Gardner, become a shoemaker, become a carpenter ...

When you do some scientific works , it is not only a question of something happening in the outside world ... but something happens inside your consciousness; if you start painting, then the painting will have something of science in it .

All great discoveries up to now have happened through people who were trained for something else, but were courageous enough to enter into arenas where they were amateurs

A country remains a live only if people are multidimensional ... America is the most a live country in the world now for the simple reason that people are trying every kind of thing, from mathematics to meditation, everything is being tried ... change is a constant law ...

When a man has lived with many women , and has done many kinds of work – has been a doctor, a shoemaker, a carpenter, has been an engineer, naturally he is very rich. Each woman that he has lived with has imparted some color to him , and each kind of work that he has done has opened a new door into his being . slowly slowly, many doors of his being are open; his consciousness expands, he becomes whole and holy and healthy...

You are your experience. the real person always remains homeless, a wanderer. a vagabond of the soul. He remains a learner ... and whatsoever you are learning learn it in its totality ... go into it as if it

is your whole life. 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.

So be total, and go to the very depth of it ... let every work be your worship... and the work goes on happening inside ... in the depth, and in the height of our life ...

Truth is our experience; we have to live it ... it is not through philosophy but through life ...

We have to get down from head to heart ... it is through the heart that we feel, that we experience ... the heart is our real center, the head is only our circumference ... it is a computer, use it when you need it but don't be possessed by it ... be a master of your mind, never be a slave of your mind ... let the heart be the master, and the mind be the slave ... the machine ... the servant ...

Be aware of your mind, it gives you dreams and visions out of a certain greed, or out of a certain desire ... the mind fakes all kinds of illusions, don't be a victim

Yes! it happens to people in many situations, but those situations have to be something extraordinary ... the samadhi tank gives us a very special apace: darkness, isolation ... no sound, and you are floating in water ... you are back in the mother's womb; it is a spiritual experience but go beyond it ...

You become as intuitive as the small child in the womb and in innocence something can happen which is not part of ordinary time and space ...

Space and time both can disappear and you can see and feel you lover ... Christ or osho or any

light... any presence. remain available to strange experience, because that is how many people go on denying tremendous opportunities ...

Whatever you see, don't be afraid... don't be disconnected ... this existence is yours This existence is very friendly... it is our mother and our treasure and our mystery ... let us be in the existence and be part of this play ... it can happen any now in any place and any space if you allow it to happen...this is beyond body ... this is your spirit which is beyond science ... beyond mundane life ... higher than any level, you cannot explain it, you cannot catch hold of it and you cannot show it to others

Many people experience such spiritual touch but they don't tell others. because others will think they are crazy ... or people will think that they hallucinated , or people will think that something is wrong ... or they themselves think, " something is wrong with me, because this is not ordinary experienced by others, then why me? something is wrong with me, deny this experience, forget about it!"

It you ask people lovingly , many people will reveal mysteries to you... the mystic experience is not rare as people think, and the mystic experience has nothing to do with religion as such it happens in many space which are not thought to be religious at all

It happens to mountaineers, many times, because climbing in the mountains, alone, in a dangerous situation, suddenly the mountaineer becomes aware of a presence by his side, not only that but

they talk with each other and the presence has said ..." I am a friend, don't be worried, I am protecting you. there is no danger... go on climbing"

Sometimes a man is lost in the jungle and after one or two days, no food, no way to go out ... exhausted, suddenly he becomes aware of a presence which says ..." you are safe, you will get out , don't be worried ..."

But these people never say these truths to others.... In sports many times mystic experience happens to surfers, even in wrestling ... so the martial arts has a great presence of death and fear ...

If you really go deep into them, the ego will go... let go and let God... and you enter into a new space, unknown to you, unexplored by you on your own but as if possessed by God

Let thy will be done 

And the kingdom of God will come to you and you see the light and you live the truth...

Whenever such things happen, accept, don't deny them; don't start calling them imagination, projection, hallucination, deception But there are false coins and real coins ... presence from the heart and presence from the mind and you will see the difference but accept both

Remain available to the dimension of the strange, the mysterious, and that will help you tremendously ... if you remain available, more and more experiences of this kind will start happening

We are not a body ... we are a sacred being

Don't think that life ends with arithmetic, there is magic too... and by magic I simply mean that the


strange also happens... " magic" is now a condemned word, because we have forgotten the magical dimension of life...

The word " magic " comes from a very great mystic; his name was Magi... before Christianity Magi's religion was the greatest religion spread all over Europe... that religion was called " Magic " Christianity destroyed much that was valuable... be a magician again but from the being, from the core of your heart...

Arithmetic is good as far as it goes, but it does not go far

enough... logic is good as far as it goes, but it does not go far enough... and there is much more to life than logic... the modern mind is with Aristotle... and because of this there is so much boredom... people look very dull, because the sense of the mysterious is no more there which goes on keeping you wondering

If a man is capable of wonder he is capable of knowing God ... if a man is capable of awe, of love and respect, he is capable of knowing the unknown... the godliness... the stillness... the existence ... the presence ... the mystery of now

Experiences, out – of – the – body ... 

No need to be worried or afraid ... it is just that for the first time you are having some out – of – the – body experiences, you are moving out of your body ... it is a good experience but very frightening ...

One feels disconnected because we are so much identified with the body and when you are hovering beyond the body you naturally feel disconnected... the body feels so alien and foreign, as if it is

somebody else's body... it is scary but it is beautiful ...

It is one of the very valuable experiences on the way... allow it, don't be worried... hover around the body, remain disconnected

Soon the connection will happen but it will happen on a new plane now, it will not happen on the old plane... you are disconnected from the old plane, disconnected forever... and once you are connected again you will see that you are entering into another body, a new body. it will be a very new feeling because it is a different plane...everything will become alive again and you will be connected but you will never think about yourself as " the body ." that idea has gone, that idea is no more relevant... you have transcended that idea... it is something very valuable... welcome it....

Yes! I am not my body... and there is no need to make any hectic effort to get connected... that's what you have been

trying... if you make any effort, at the most you can be connected with the head because that is the closest point where you are hovering ... just near the head, on the top ...

So if you try much then at the most you can connect with the head, that is the closest ...

No need to be worried, remain disconnected... if you become too afraid just take the locket in your hand... that is the purpose of the locket: to bridge when you are feeling unbridged it will immediately give you a bridging ... you will feel very very calm, quiet, settle and the harmony will arise without any

identification... your identity is broken and it is a valuable step towards growth ...

Man is not the body, we only think that we are the body. that thinking is disrupted... now we have to learn a new way – to be in the body without being the body; the body will be a house and you will be just a resident. you will never be identified again so don't try to be... if you try you will drive yourself crazy unnecessarily and you will miss a great opportunity

The west cannot understand it yet... if you go to a western psychotherapist he will think something has gone wrong... you have lost your mooring in the body; you have to be rooted again. He will give you electric shock or something so that again the body can be forced into the old pattern and the soul can be forced into the old identity .

But in the East we have been longing for this! there are a thousand and one methods to create this. for years people work for this... they fast, they do yoga, they meditate, just to come to feel that they are not the body....

Once it is seen, then you live in the body again but the vision has changed, the perspective is different

...

You are different... every now is a new difference.... This is our uniqueness... our existence

So let us be our being... let us live every opportunity in our unity... in our own divinity... we are a quality not a quantity...

We are not a number... remember that you are not a number... you are a sacred treasure, listen to your own lecture

Our lecture is the song of nature... it is a symphony with existence... this is our feeling... a spontaneous out flowing... a joy... a play... a laughter... a dance... a cry... a fly... it is the merge of our togetherness... we share who we are, become more sensitive, become more loving, more receptive and sooner or later all of us are bound to get pregnant with existence... we are the ocean... we are all what we see and all what is beyond any bond and any word... just let go and let God...experiment this now... never lose any opportunity which can give you a joy, or something unfamiliar...

Never cling to the past and always remain open and experimentative... always ready to walk on a path which you have never walked before... who knows? even if it proves useless, it will be an experience ...

Edison was working on a certain experiment for almost three years and he failed many times ...

All his friends and his students, became completely frustrated....

He would come every morning happy and bubbling with joy, and ready to start again. it was too much: seven hundred times he failed... and he is still trying again with joy !!

Everybody was almost certain that nothing was going to come out of it... the whole thing seemed to be useless... just

a whim... they all gathered together and said... " we will become mad!! this man goes on being happy


and every day he comes and starts again as if he has completely forgotten that three years have been completely wasted ."

They talked to Edison and told him, " we have failed seven hundred times. now it is a complete failure... we have not achieved anything... we have to stop .."

Edison laughed and said..." what are you talking about? failed? We have succeeded in knowing that hundred won't be of any help if there are one thousand ways so we have closed seven hundred... now there are only three hundred there... we are coming closer and closer to the door of the truth... so we know the wrong doors and we keep on searching this is a great achievement !!"

This is the basic scientific attitude; if you can decide that something is false, you are coming closer to the truth... truth is not in the market but in us... we have to experiment... never think that whatsoever you are doing is perfect... it is always possible to improve upon it.... To make it better ...

If you want to better yourself, be with

better people, not butter people ... 


with a sad person, you will also feel sad... if a really sad person enters in this room, you will feel that something has gone

wrong... because his etheric body affects you immediately... He becomes an exploiter... because his own etheric forces are so depressed they start feeding others ...

A sad person will make you sad ... 

A depressed person will make you depressed ... 

An ill person will make you ill... your etheric body will lose its energy... he will exploit, he will feed on you...

When someone is happy and enters, immediately you feel a happiness around you, because he is throwing so much etheric force... He is really giving you a feast; he is feeding you... He has so much he is overflowing 

When a Christ moves around , you are a guest and he is giving you a feast... you feel so alive, so refreshed... something has entered within you ...

What is entering ? *

He is so overflowing with his energy... and whosoever is at peace with himself is always .

Over flooded, because his energy is not wasted in unnecessary nonsense in which we are wasting over energy. He is always over flooded, and whosoever comes can take

Jesus says, " come unto me... if you are heavily burdened, come unto me... I will unburden you."

Really he is not doing anything; it is just his presence ...

It is said that whenever a god – man, a Christ, a Mohammad, moves on the earth, around him a particular milieu is created ... scientists have even measured it. they say it is twenty – four miles ...

Six Chakras and the seventh is your top up... the wake up godliness in you... no more four corners in our being, but the unity of our divinity... the trinity in each one of us is united with the oneness ...

With the existence

And for twenty – four miles in the whole radius everyone is flooded with his energy: knowing not

knowing, friend or enemy, following a Christ or opposing him, it makes no difference

Is following, you are flooded more, because you are more open; if opposing, you are flooded, but not so much because you are closed, but the energy is flooding... so live your grace and be who you are

....

You are such a reservoir of life that for

Twenty – four miles around you

In all directions you shine light, love and life... what else do we need and greed and desire ???

My beloved master... you are the only answer to my fear... all the food is junk and I don't know what to eat to be healthy and spiritual. also, many religions say that the food you eat does make a difference to our spiritual path ...

Is there anything you can tell us about food ? 🌍

It is the other way round : food cannot make you spiritual, but if you are spiritual your food habits will change ...

Hitler was vegetarian and cruel to the extreme and violent; you can be a non – vegetarian and kind and loving ...

In India there are communities who are vegetarian and non – violent but they are not spiritual... we have to know a very important thing about food...

If you are violent and your food is vegetarian, then your violence will have to find some other way of expression... Hitler was vegetarian but he killed millions of people. It is natural, eating meat gives release to your violence or killing will release your violence if you are violent ...

So if you know some hunters you will be amazed... they are very loving people.... Their whole violence is released in the hunting. but a businessman who is vegetarian has no way for his violence to be released... what is he doing??

His whole violence becomes a search for wealth and power; it becomes narrowed down .

But it happens the other way round... it is so easy if I change myself... Buddha came from a royal family... violence must have been easy for him... he is part of a warrior family... and he went into a deep meditative effort, a twelve – year long silence change his inner essence... when the essence change the expression changed; when the innermost being changed, his character changed ...

But that character change was a result...a consequence of his new life... born again a human becoming... so if you become more meditative you will become more and more vegetarian automatically... you need not bother about it

Mohammad ate meat but with awareness... He ate whole grain every day and very rarely a small piece of meat ...

Let us be aware, if it happens, that only through meditation vegetarian food comes into you not through mind manipulation, it is good... But manipulating by the mind, that vegetarian food is good... is not going to help anything... listen to your heart not to your mind....

The basic change is going to be in you and then everything else follows ...

If you meditate long enough, it is impossible for you to hurt anybody for food... you become spiritual...

just for food killing animals, birds, seems so absurd, unless there is nothing else to eat....

Take care of what you eat and what you wear. if you use tight clothes you will feel uneasy... tight clothes belong to a tense mind, loose clothes belong to a relaxed mind .

But the inner change is the first change and everything else is just a consequence ...

If you reverse the order you will miss then you will become a food addict ...

There are people who are living only on water and others only on air... but it has happened... science may be able to find the basic chemical change and then will be able to survive on water; then science will change your body chemistry and you will survive just on air

So someday there is going to be a scientific discovery that some body changes will help you to absorb directly the sun and then fruit will not be needed... so you live only on the sun rays... cosmic rays

I don't say change body, I don't say change food, I don't say change sex... I say change your being and then things will start changing....

Why is so much sex needed ? 🌹

Because we are tense, sex becomes a release... our tensions are released through it and we go to sleep; if you repress it, you remain tense... or you will go mad... where will you release your tensions then?

Yes! wars and eating and all what is going on... our violence will have to find many channels...

Change yourself and food will change, clothes will change, sex will change. But change should come from the innermost core, it should not come from the periphery... deep down in us is the ocean, no wave ... just be still and

know that I am God ... 🌹

the godliness

the existence ... 🌹

first go deeper into your sea and meditation is the key... is the way and from there comes the truth and the change... once you are there you become your own master... now whatsoever is unnecessary can be dropped... and can be dropped without any struggle and fight ... light is our nature ...

our only treasure

Nothing is dropped by fight, you stop smoking and then you will start chewing gum... you need something to do with your mouth... just look at a small child. whenever he feels tense he will put his hand in his mouth, he will start chewing his own hand... this is a substitute for mother's breast, and food is relaxing...

When this child grows, if he takes his thumb in public you will think he is foolish, so he takes a cigarette... it is accepted... now more smoking became no more breast – feeding... so look and see in all the places you see kids are smoking and more and more sex attack mainly for breasts, even an old man, dying, is obsessed with breasts....

Don't go on escaping problems... let us face our pain... our fear... our problems... our tense...

meditate, relax your tension without any object into the sky, allow your pain to come out ...

Let go... and they will drop now... it is so easy... why carry shifts in us.. don't pay too much attention to what you do, pay much more attention to what you are... who you are... why you are here... being should become the focus, and doing should be left to itself... when being change , doing follows...

It is easy to change the world, but it is very difficult to change myself... one bomb will kill the planet but one breath will heal my now... now or never....

Yes, my dear self... now – here or nowhere else... what are you feeling ?

I am not feeling good... I feel frustrate ... what can I do ?

So what!! face this feeling... you must be responsible for it... you are creating it... you are reaping the crop which you go on sowing... if you expect too much, you will be frustrated ...

Expectation is Frustration ... 

But we go on expecting; then frustration is our game... face it... don't ask, be... and then you will be surprised, whatsoever happens is good ...

Don't do good... be good... and whatever you do is good... if you are not expecting, you are full of joy, thankfulness, gratitude...let us do it today ...

Don't expect, and you see your whole day becomes a play...expect, and your whole day becomes a hell ... so cure the cause ...

Whenever you feel miserable, go into it is up to you. if you want to drop the effect, then avoid the cause; then become aware, more and more aware... do I want to be a victim or a victor? what is my choice?

look at what God gave me! what he is giving me!!
Gratitude is our prayer and our power!!!

Yes! Repression is always bad... it means you don't understand your life energies... it means you are forcing your energies into the unconscious, there, they will go on boiling and you will go mad ...

Our energy has to be lived...it is a great gift for our liberation... if you are repressed you are in a bondage... just be in the middle way, the golden mean... neither be repressive nor be indulgent . Be watchful, be alert ; be friendly to your energies... unless that happens , you will never feel at home in existence, you will never feel blissful , you will never feel what God is; you will never feel what

liberation is ... 

so be a none not a nun ... 

when a young nun comes to tell the mother superior that she has sinned with a man and asks for forgiveness, the mother begins packing a suitcase... " oh, please don't put me out!" the young nun cries ." where will I go ? what will I do ? "

" I am not putting you out, it's me that's leaving... for thirty years here it's been nothing but forgiving. now, I'm going out to get in on some of the fucking before it's too late !"

Said the mother superior ...

Let us have a joy... a true joke!

Flight desk assistant in Sydney deals with a difficult pass ender with humour ...

An award should be given to the virgin Airlines desk attendant in Sydney some months ago for being smart and funny while making her point when

confronted with a passenger who probably deserved to fly as Cargo

A crowded virgin flight was cancelled after virgin's 767s has been withdrawn from service... a single attendant was re – booking a long line of inconvenienced travellers...

Suddenly an angry passenger pushed his way to the desk. He slapped his ticket down on the counter and said, " I have to be on this flight and it has to be first class ."

The attendant replied, " I 'm sorry, Sir. I'll be happy to try to help you, but I 've got to help these people first, and I 'm sure we'll be able to work something out ."

The passenger was unimpressed. He ask loudly , so that the passengers behind him could hear, " Do you have any idea who I am?".

Without hesitating, the attendant smiled and grabbed her public address microphone: " May I have your attention please ...

May I have your attention please..." her voice heard clearly through out the terminal..

"we have a passenger here at desk 14 who does not know who he is. If any one can help him find his identity, please come to desk 14."

With the folks behind him in line laughing hysterically, the man glared at the virgin attendant , gritted his teeth and said, " Fuck you! "

Without flinching, she smiled and said, " I 'm sorry, Sir, but you'll have to get in line for that too."



She is living in the moment... in the center... this is real spontaneity, it is raw, uncultivated, just like a

child... living in the now, in the present, in your self nature... no acting, no reacting but responding with the fact...and it does not hurt anyone... we are all right and we are all wrong... so why not play our role?? why live in so much sadness and so much tension and intention ...

Life is only a laughter... why not enjoy it as it is... up an down is our dawn and take a deep breath... it is a new birth... a new path....

Let us enjoy our repression and our expression

...🌸

Once you know what repression is... you already expressed it ...

What is repression ? 🌸

Repression is to do things which you never wanted to do ...

Repression is to be the fellow that you are not ...

Repression is a way to destroy yourself ...

Repression is suicide, very slow, of course... but a very certain , slow poisoning ...

Expression is life, repression is suicide... Don't live a repressed life, otherwise you live not at all... live a life of expression, creativity, joy . live the way God wanted you to live,

Live the natural way.... 🌸

Listen to your instinct, listen to your body... listen to your heart , listen to your intelligence ...

Depend on yourself ... 🌸

Go wherever your spontaneity takes you , and you will never be at loss ... and you will be at the divine gate of grace

The higher comes through the lower... we are this treasure... through the body grows the soul... through the soul grows the holy spirit....

But be aware !! unless you love yourself you don't know your soul... unless you love your soul, you don't know your spirit ...

You are a whole holy health... and to be healthy is to be in love with your divinity... with the divine unity of your trinity...

So be selfish, because the word selfishness has been concerned so much, but to be selfish, simply means to be yourself. and a person who has not loved himself, how can he love the neighbour?

First you have to have it... it is like beggars begging from each other, each thinking the other is the emperor... sooner or later, the reality manifests itself; then there is misery, suffering...

Then you think you have been cheated... it is you who are responsible not the other... to know anything , you have to begin with yourself...

Two difficult things to achieve:

To plant your ideas in someone else's head

To put someone else's money in your own pocket

....

The one who succeeds in the first one is called a teacher... and the second is called businessman... the one who succeeds in both is called a wife. the one who fails in both is called a husband




Remember, if you think too much of success you will constantly be thinking of failure too... they come together , they come in one package. just be in the

now – here . Don't look ahead too much, otherwise you will miss the immediate step... success comes of its own accord... leave it to itself... you harvest your work... if you do good or if you do bad.... It is up to you. watch up your mind... either the old mind wins and there will be a global suicide and humanity will disappear from the earth, or the new man will be born... and humanity will take a new direction... the new man will be born... who is ready to slip out of the old man, old skin and become a born again being... a human becoming... who accept, birth and death as celebration... all that comes has to be received with great gratitude, as a gift from God.

So let us be naked of all beliefs just like a child, let us know by our experience... let us listen to our heart not to our head... and meditation is the only key....

Never become a Christian, become a Chris ... this is who you are... we are a royal family not a loyal family... not a lawyal family... we belong to this existence... to God.... To the only godliness there is... to the royal kingdom of the only creator... this creativity has no name... reality is nameless....

What is your reality ? 

First bring your misery to the level of reality and then watch

it... because only reality can be observed, fictions cannot be observed.

Once the reality is there it is objective, watch it... why I am sad? why I am afraid? watch it? be the watcher... And suddenly a great realization happens:

You are the watcher, you are out of it

First, watch it, then try to snap out of it... snap your fingers and slap face and wake up!!

If you are positive, then nothing is negative for you. if you are negative, then everything will be negative for you ...

We are the source of all that exists around us, we are the creator of our own world. and we are not living in one world . there are as many worlds as there are minds... let us unite and be one with the only one there is...

Let us accept anything without any excuses ... enjoy the

noise...it is a music... do not fight, do not resist ... flow with it... flow with the river not against it... the mind is always trying to go upstream, float downstream, and the river will become a boat, it will take you... then you have become one with the flow

....

Yes, let us accept and respect who we are as we are. But at the same time, keep grow and glowing into the best change... do not remain as you are... you have so much potential in you... a great possibility of growth... just with a little effort... any change... and you can become

A light unto yourself.... 🌸

Whatever you are, enjoy it... But there is much more, so don't stop at it... you are at the first rung of the ladder... keep walking... you can be on the final, the ultimate!!

Nobody is a sinner... we commit mistakes, this is the only way to learn... and it is a good training....

Let us enjoy this gift, whatever existence makes available to you is for your good... just use it, and

keep your eyes on the faraway stars... they belong to you... however far they are, they are not beyond your reach...

Yes! you can reach to any thought... any idea... you can win the whole world, but your heart is such a mystery that the whole world becomes meaningless....

The moment you have it, it becomes nothing meaningless... when the goal is achieved, you are finished... you will need another desire...

All desires are in the mind. and mind is the wall, not the bridge , all desires are insane because desire means living in the future and the future does not exist... what exist is the present... now – here or nowhere

Now or never 🐼

Desire without any goal... without any object... transform your desire... desire is creativity... desire means longing to expand, to grow and glow and let go and let God. When we start seeking God only when God has already started seeking us...what is the use of having all the world and I don't have myself ?

find your own way... your own path... your own key... to me... the book is my best companion... and Osho is my only master... so feel your will and you will find your way...

yes, I have few friends, a friend of virtue... a soul mate – one who has some grace, who has some flowering, who has an energy field of life; in whose company you feel energy of the beyond... something starts dancing in you; whose presence helps you to soar high....choose a friend, and then

you will be able to choose a master... because the master is the ultimate friend... choose good friends, and then one day you will be able to choose the ultimate friend ...

People are great secrets each person is carrying a great secret... if you listen to it, you will be tremendously benefited... we are the living book... nature is the living treasure... now it is up to us... to you... to me to follow or not to follow ... it is our choice to follow our head or our heart....

Yes, let us have a soul friend... a friend who is not in jail... who is outside, who is free... who is not in jail like me... who can supply things to me, who can give me the map , who can bribe the guards , who can take the jailer away for picnic, who can manage a thousand and one thing... yes , you can find such soul friend... your thirst will take you to the source... Friendship is possible between equal human beings, totally free from all bondage of society, culture, civilization... only living true to their authentic nature... who finds a faithful friend,

Finds a treasure ...

Life without friend is like sky without sun
Friendship is a single soul living in two bodies... if not you and me who else? if not now when???

Pigeons 

Mulla complained to the health department about his brothers ...

" I have got six brothers. we all live in one room, they have too many pets... and no one is good friend with me... one has twelve monkeys and another has twelve dogs... there is no air in the

room and it's terrible!! you have got to do any help, do something about it,"

Have you got windows? asked the man at the health department ...

" yes, " said the Mulla ...

" why don't you open them ?"

" what? " yelled Mulla, " and lose all my pigeons? "



A drunkard was in court and the judge said" you have been brought here today for drinking... Do you understand? "

The drunkard replied, " Fantastic, thank you my friend, when do we start?"



Lady 1: If you don't like your husband why don't you just leave him and go???

Lady 2: well, my friend, I don't like doing anything that will make him happy....



What is the problem of our pain? of our unhappiness?

Yes! sex is the problem ; all other problems are by products... and unless man comes to a deep understanding of sex energy, it is impossible to help him....

Why? 🌸

Because a basic mechanism has been used to make a man a slave... you cannot make me a slave unless you make me feel guilty...

Guilt is the trick to enslave anyone. first make him guilty. and you can make anyone guilty only with something that is so natural that he cannot go

beyond it easily... and sex is the most natural source of life...

We are born of sex. your every body cell is a sex cell, all your energy is sex energy, so if religions teach that sex is bad, sex is sin, they have condemned you completely ...

And you are condemned totally that you cannot leave it, now it is a sin... and you are unholy and neurotic...

Now you are possessed by priest and by politicians... if you are at ease with your sex you don't go to temple . then you are free and you are not guilty, so what is the need to go to war or to anywhere?? not even to hell or heaven. you are here and now ... so contented: then life is here not far

Stay here don't go there !!! 🧠

Sex was used as an exploitative thing... and kings can use you only if you suppress your se ... you cannot create wars if you do not suppress sex... a suppressed mind always in the mood to fight...fight... that is the only way to release his sex...

So kings, emperors, they cannot allow soldiers to have a sex life...

If you make love, wars will become impossible... and if you cannot love, then the energy will move another way; it has to move... then it will move toward wars...

Reich is worshipped by few beings... He is the light of the existence...he said that sex is the problem and all other problems are just false... are by –

product of the true cause... let us cure the roots not cut the branches ...

It is very difficult to bring truth to humanity, because humanity is based on lies.... Humanity is neurotic, it is suffering because of its lies... But everyone think these are truths... the moment you say the truth, society will kill you... so you cannot be helped by any one... help yourself by yourself....

Be at ease with your body. Be at ease with the earth. Be at ease with your energies... only then can you become your being...

Your own master 

Yes! sex is the basic problem... and if your sex problem is solved, you are a different man or a different woman... because then all the perversions simply are no more, you have resolved the base... and when sex is solved and it is not a problem for you, not a fight, when you have deeply accepted it and said a deep yes to it, then you can transform it... because that is the energy which is alive in you...

When you are dead, that energy will go on and on , more and more... you are just a wave in the sex ocean: the ocean continues, and the waves go on , die and disappear... the ocean continues...

When you allow sex to become life, then suddenly it is transformed into love... then you are at ease in the world and with existence....

If you reject sex, you will go on and on rejecting; and ultimately you will reject life... then suicide is the only thing worth doing... we are already dead but not yet buried....

I am for everything, and everything can be sacred and is sacred...we must know the way how to make everything sacred ...

Every poison can become an elixir, it depends on us... on Me..

on we ...

Let us change our life energies... from sex to Superconsciousness ...

Yes, it is an energy inside us that goes on changing, and that it has nothing to do with outside circumstances... it is something inside us a wheel inside you, that goes on moving... just watch it, and it is very beautiful, because in being aware of it, something has been attained... now you understand that you are free from outside excuses..

. and your mood goes from happiness to unhappiness... so they depend on your unawareness... on our ignorance

Just be a watcher... simply watch without judging... as if you are sitting on top of the hill , and in the valley clouds and sunrises and sunsets come ... sometimes it is day and sometimes it is night... just be a watcher on the hill far away ...

Being a watcher you support your wisdom... wisdom happens in the innermost shrine of your being ; it is never borrowed... it has nothing to do with knowledge, information; nothing to do with scriptures, doctrines, systems of thought ...

It is your own experience...

Individual ... Authentic....

You have known, you have arrive ... then it is wisdom ... wisdom is love...



whenever you start arguing with somebody, you are more concerned with your ego than for the truth... Truth is needed first and then you can share it or express it....

Who can we be it?

Only alone with meditation, with no mind meditator between you and existence... when you are not in meditation, you are separated from existenceand that is your suffering ...

It is the same as when you take a fish out of the ocean and throw it on the bank ... but he belong to the ocean... he is part of the ocean he cannot remain alone... this is why I miss the commune...

Meditation is taking off all the walls which creates misery and once the dewdrop falls in the ocean, it finds it is the ocean ... and there is nothing beyond it...

But now all the religions are rituals. they created a statue and they teach us " have faith in Christ and you will be saved."

Drop all the logics and the laws and trust only yourself, you don't need somebody to interpret for you what a beautiful sunrise it is ...

The whole existence is available for us... all that you need is just to be silent and to listen to existence... there is no need for any religion, there is no need of any priesthood, or any organization... trust in the individual... just be in a state of silence... innocent silence

And existence opens all its beauties to you... to us...

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....you can call it...
Christhood... Islam...

Imaan... godliness... enlightenment...whatever... it
has no name...so any name will do...

Just be ...and being is beyond any bond and any
word...

Truth is in us... Truth is that which works... if it does
not

work, it is not true... the lie is that which doesn't
work, it cannot work... it cannot work because it
goes against the universal law...Truth works
because it is in harmony with the universal law...

Believe only in that which works... and then it is no
more belief, it is trust...because you have seen its
work... you know it corresponds with the ultimate
law of life ...

Drop all knowledge... all philosophies... all
foolosophy...let your eyes be empty , empty of all
... those empty eyes become full of truth... Truth is
freedom... Truth is a bird on the wing , not a bird in
the cage

The cage may be of gold, may be studded with
diamonds , but a cage is a cage... keep flying
towards the unknown, because once you have
known i , it is only for stupid people to repeat
it... new visions are for the intelligent persons and
that's what the bird on the wing represents ...


A free being has to get rid of all cages: of religion,
nation, of caste, or ideology... so that one day the
whole sky opens up and becomes available to him
...

We are one peaceful world ... we don't belong to
any corner but to the only treasure ... to the only

fire... this time is a very ripe time... either the Truth is going to win or the ugly politicians are going to destroy the whole earth , the whole of life...

Only one thing can prevent them from destroying the world, and that is spreading meditation, silence, love, joy, dance; making the whole life a celebration , a continuous ongoing festival....

Everything has to be celebrated, everything has to be lived, loved... all is sacred... from the body to the soul, from the physical to the spiritual...

Everything is divine!! 

Yes! You are divine too but you have not known it yet. it is at the very heart of your being... it is not something to be seen... it is hidden in the seer... it is a witnessing... it is a sacred mystery in us ...

Christians missed the mystery of Christ, they forgot the whole message contained in the metaphor...

Christ is a metaphor: that if you know, God walks on earth, drinks with you, eats with you, holds your hands, hugs you ...

The people who lived with Jesus, they were also very doubtful ...that's why he had to say " A prophet is never accepted by his own people ..."

They were waiting for a Messiah who would come from the clouds... and this man is like us, comes from the womb, as everybody else comes... so nobody protected him... all his disciples were impotent... they escaped... they were friends only when everything was going well...

When the journey becomes rough, then it was not their cup of tea ... then they escaped; then they simply denied him...

God or godliness walked many times on the earth in a very visible form, but we too cannot accept many masters in a very luminous form, because he has to be like us...because you condemn yourself, you cannot accept God in the body... But that's the only way for him and for us to exist...

God is the light of heavens and earth....

Truth is a universal message... even if there is only one person who trusts in it... one seed turns the whole earth green... that one seed is the foundational doctrine of existence

The only way to share our seed is to knock on as many doors as possible... to shout from rooftop hoping that somebody may not be deaf, somebody may not be blind... and we cannot compromise on any point... because it is not a business ...

Who are we to compromise on behalf of Truth?

And a Truth compromised becomes a lie... all the masters in the past has to face it: they are always ahead of their time... so the greatest work for now is to keep the message pure, unpolluted by us or the others... and the future is bound to be more receptive... more welcoming...

Keep the message pure, twenty-four Carat gold... and soon those people will be coming for whom you have made a temple... although it is sad: when you are making the temple, nobody comes. And when people start coming, you will not be here. But one has to understand one thing; we are part of a flowing river of consciousness

Let us listen to what the science is saying about the flowing river...

The coming hundred years are going to be more and more irrational, and more and more and more mystic ...

After a hundred years, people will be perfectly able to understand why the Truth was misunderstood... because it will be the time to watch and see the mystical power in us

In the past... Buddha, Christ, Mohammad and many others were misunderstood, but the future will be more available to see the Truth

The more you understand yourself, the more you are alone and out of the crowd because the mob is always against the individual who is aware of the Truth...

Even if the whole world is against the Truth, it makes no difference to the holder of this light... Christ is alive and all the ones who killed him are dead ...

" I want to taste death in the most beautiful way possible ... and to be crucified for the sake of Truth, for the sake of the future , for the sake of the evolution of human consciousness, is the only way one can conceive a beautiful death "

This is the message of every sage... every master... every enlightened being

Do not follow any successor to any master ... the very idea of succeeding was an idea borrowed from the royal families... just as kings were succeeded by their eldest sons, it reflected on the tradition of masters also ...

Nowadays all the politician is following their parents

To be a successor is humiliating; it is against the Truth... Christ told us that every one of us is Christ ...in Islam everyone is Mohammad... we are a unique human, alone, standing like an Everest, no one before you and no one succeeds you ...

Your aloneness is your message. In your aloneness, you are beautiful ... you don't have to belong to anyone. You can remain in the market place, but just be a mirror, a witness, watching whatever is going on ...

Yes! It is against the freedom of the individual to be a successor... to belong to a kingdom. Nobody can succeed; everybody has to be on his own. And that independence is so valuable, that it brings a new kind of master and a new kind of disciple into the world... they are intimate in their love, in their trust, but they are not bound in any way, by any thread, visible or invisible... just be yourself....

Tell me that I am unique... I am myself....

A husband and his wife were sitting watching a TV program about psychology and explaining the phenomenon of mixed emotions...the husband turned to his wife and said, " Honey, that is bunch of crap. I bet you can't tell me anything that will make me happy and sad at the same time ...

She said: " Well, out of all your friends, you have the biggest dick"



A boss has to interview 4 girls for a secretary position. He asked the same question to each one of them ...

Boss: " A woman normally has lips on 2 different places ... what's the difference between the two?"

First Girl; " One is hairy, the other isn't!"

Boss: " Ok ... good!"

Second girl: One can talk but the other can't

Boss: that is better!!

Third girl: One is vertical and the other is horizontal!

Boss: Hmmm ... Clever!

Last girl: One is for me and for my use and the other is for my Boss!

Boss: you are hired ... go in!!!



Wisdom and a joke are nothing but means to wake up our energy. Sometimes a joke can wake you up more easily than a serious seed of wisdom ...

Listening to a serious talk you tend to fall deep into sleep: watch the people in the temple, they snore and they are so dead ... but a joke is so light that you don't want to miss it; you listen attentively and between the jokes we share a few bombs in the head just to wake up and go to the heart and the moment it explodes you are no more dead ... you are no more a body ... you are beyond any bond, any word, any world ...

No child is born with a long face ; every child is born with smile , with a laughter, with a great joy which is ready to explode ... we destroy his joy... let us release that joy... let us bring our childhood back... let us listen to our inner child... to our inner innocence... the long face is only a mask, let us take it off... from innocence to wisdom is our journey that is our bliss... it is a gift from God... if you want to be blissful no body can prevent you... you can allow it to happen...just relax... take a deep breath and life is only a joke ... why worry ??

Yes! Me too ... why worry?

If worries are there they go on killing our energy; and our energy is our life, and our life is needed to be alive, to be drunk with existence, with God... with the mystery in us and in the world ...

Let us drop worrying... there is nothing to worry about; all is taken care of. live with that Trust... who created me loves me more than anyone else... no harm is going to happen , no harm can ever happen , because how can the whole do any harm to its own part ? It is not true... it is impossible... my body cannot hurt my finger

Once this trust arises in a person he becomes religious. then there is no need to worry...then there is no need to remain in state of anxiety... just relax and be aware of who you are... you are part of this whole existence , and if trees are not worried and the birds are not going crazy and mad and the animals are happy, why can't I be ? I belong to this home... to this family... to this existence and I am an essential part of it... so let go and let God... breath is still free... take a deep breath and relax and have faith in yourself and in God ...

In this trust, in this understanding, in this faith, worry is not here any more... let us listen to our heart not to our head... then so much energy is preserved that it starts overflowing in a kind of festivity; it becomes a dance, it is so abundant, that life becomes a festival. Then a person is religious, and then one is drunk with the divine ...

Yes my beloved reader or writer or watcher....we are here for a short visit...why worried..??

Why carry a cross? Why war? Why fear? Why worship?? No I worship no one ...

The only way to worship God is to be a creator in some way, whatsoever you can do

You can create... you can create a garden, you can paint, you can compose a song... you can write a book... you can take care of a child... or you can dance... do what you love and love what you do... to be creative is the only prayer... if God is the creator, then the only way to know God is to be creative.. that is the only way to participate with him... in his being...in life ... real worship consists of living... of small things , cleaning the floor, cooking... it has nothing to do with the act itself, it is the attitude that you bring to the act... do what you love and life follows ... it flows ...

You are not the only one who does not love what he /she do ... work and worry is one icon... don't change your work ... this is the challenge... let us change our look into this work or this wound...

We never work as much as we can, we never work to the maximum potential... in fact, at the most, we work fifteen percent of our potential... and those are the very hard workers...

Jesus says, " If you have, more will be given to you.

If you don't have, even that which you have will be taken away from you."

If you work from your heart you will get more energy ... more power ... more treasure. Put your love into your action, put your whole awareness.

You Just don't do it for the money. Do what you love and money will follow... Do it with love and care, and then there is no need for meditation or for

prayer... every breath is a path to our life... just as you breath in and out, you meditate also ...

Things that we are doing it carelessly, start doing carefully ... yes, we need money, but it is not all... and just by the side if we can reap many more pleasures, why miss them ?

They are just free of cost! So let our work be our worship not our warship

Just worship your own ability... your own responsibility... Deep down we want somebody else to take our work... or some god should take your rights and your duty and write your

Fate in your hands

Or

On your face



In India you read the hand's lines, but have you ever read the lines of the feet? But there are a few others who read the lines of the feet; and by that they know your future... these are just stupid talks, stupid consolations.

And you can see it in different way ...

We can cut both your hands off, still there will be a future we can do plastic surgery and change your whole skin and look, and still there will be a future

...

So your hands cannot be believed, your whole body lies in all the lines... listen to your mind, a thought is a destiny. For fifteen days think of suicide, and your life... line will be broken... the mind can create any change. If you go to a palmist and he says within

three months you are going to die... you will die because your mind did it... watch your mind....

What is the cause of this mind power? 🌸

A deep desire not to take responsibility is behind the whole game, and the man who is a slave to the mind, has fallen from human dignity...

Man is born a white paper, plain freedom... and this is our glory... A dog can only be a dog and nothing else... Man is above the animals, he is totally free to create himself, whatever he wants to be ...

You can reach to the highest peak of consciousness... or you can fall to the lowest depth of the darkness...

We carry both heaven and hell within us....

What is our choice?? 🌿

You are your own doctor... your own master... and without responsibility there is no freedom, and without responsibility you fall down to the level of animals, not man... so go in and be a watcher to your inner treasure... your inner lecture... feel your senses, listen to your mind, to your intuition... to your pulses, to your pain, and to your face... yes! The face of your body is the mirror of your body... the being and the body are one... look at your face!! Just look a quick glance in the mirror and it can tell you much about your health... the shape of your face alone reveals a great deal. Your posture, skin tone, facial structure, and hand writing can tell you even more... they all reflect the vitality of your constitution at birth, the quality of your diet, and the strengths and weakness of your internal organs...

Your face never lies is a book by Kushi about oriental

diagnosis... this small book will lead you beyond the narrow limits of western medicine... Much more than a tool for helping those who are ill, the ancient skill described by macrobiotics will help you to better understand your body, yourself, your life, and relationship to nature...

Oriental diagnosis views the total person, body and mind and self... the secret of this skill is to recognise the signs of a particular set of changes before they become serious, to see the signs that stones are developing in the kidneys, that the heart is becoming expanded, or that a cancer is developing even before these symptoms bring pain and discomfort... so own your own body and be your own healer....

What is the power that helps me to be a healer? 🌱

Healing happens through us... to be a healer really means not to be... the more you are the more the passage is blocked... God is the healer. The whole is the healer...

Whole, health, healing, holy, all come from the same root... to be healed means to be one with the one... to be joined with the whole... An ill person is one who has simply developed blocks between him and the whole, so something is disconnected ...

The healer is only a function, the doer is God... so if you want to be a healer... die before you die...let go of the ego and let God... I am no more only God is... so go on emptying yourself... so the ego and God cannot exist together in a person ...

The healer touches the body of the ill person and become a link between him and the source. Once the energy starts flowing, he is healed...

Just relax, take a deep breath, once you are aware of this healing power, everything in your body falls into line ... Breathing is life... is the only healing power , it is our natural nutrition...

So you can help the patient to be healed and you can help him to be aware of the source from where the healing is happening ...

So not only is he healed from the present pain, he is prevented from future illnesses... Then the healing is perfect ... cure the cause... go to the roots...

When you are healing a person, so much energy is pouring out that if you touch, it will be almost as if you are touching him with a live fire... live light...

So be aware of your energy... watch what you are eating... you are what you ate... you are your bodymind and soul... you are the balance of grace in your being....

Every person is a healer but has forgotten the capacity, or has never used it, or has used it in wrong ways... so be in tune with yourself... with nature, and understand what you are doing to yourself and to the other... it is better to read about healing and do spend time with healers and practice this bliss with yourself and others and you will experience the energy that passes from both of you to both of you... and unless one is whole is not holy... is not a healer... a real lover is the real healer...

Love is the most healing force in the world... it heals not only the body, not only the mind, but also the soul....

The physical health is a superficial phenomenon, it can happen through medicine; it can happen through science... But the innermost core of our being can be healed only through love...

Those who know the secret of love know the greatest secret of life... then there is no misery for them, no old age, no death... of course the body will become old and will die but love reveals to you the Truth that you are not the body, you are pure consciousness; you have no birth, no death ...

The moment we love " let thy will be done " love starts growing in us because the wall is removed and you become one with love or love itself and this is the healing power...

It is strange that we know our love to our children when they are sick... who cares about you when you are healthy?

Who care about a healthy wife?

Love seems to be something like a medicine; it is needed only by the sick ...

The whole humanity is blackmailing each other you have to love me because I am sick....

Just as you deserve breathing, you deserve love. love is a nourishment for the soul, just as food for the body... nobody can save you except yourself...

Be a saviour unto yourself... But help is possible, with a condition: that it comes with love, that it comes with gratitude that, " you trusted me and opened your heart ."

The deeper you are within yourself, the deeper you can reach into the heart of the other... If you understand your being, and you understand everybody's being.

Then it is a joy to be a therapist, because you come to know the interiority of human beings and we become mirror to each others....we are all emperors and our empire is of the within... and our healing is complete only when our patients start searching about meditation... and from this step we move into enlightenment...

So let our pain be our gain... is our gate to our grace ... to our choice... with whom you want to be?

With the silence of the grave or the silence of the grace??

So be still and know that there is no I, no me... but amness... and this is the existence

What can we say before we say goodbye? 

Let us talk about laughter and health with few jokes ...

Yes! Laughter has meditative powers and medicinal powers. It changes our chemistry and our brain waves, it changes our intelligence... the parts of our webs in our mind will wake up ...

The laughter reaches to the innermost part of our brain and our heart... A man of laughter cannot commit suicide, he will know the world of silence which gives him a new vision of life.

If you can laugh when you are ill you will get your health back sooner. If you cannot laugh, even if you are healthy, sooner or later you will lose your health and you will become ill.

Laughter brings a healing energy from your inner source to your surface... when you really laugh, for those few moments you are no more in the ego, no more in the mind, but in your innocence...

So dancing and laughter are the best, natural, easy way to the divine door, you melt into existence and the existence melts into you...

More and more thinking has to be dropped... laughter can be a door from our inner treasure to the mystery of our creator... just be aware of this truth...

One day you will not get up in the morning...one day death will come... before it knocks you down have a good laugh...again the same day starts ; you have done the same things again and again... for what ?

Where are you going?

Dressing, rushing to the office... for what?

Just to do the same fucking again and again tomorrow?? Look at the whole ridiculousness of it... and have a good laugh ...

Let us play this game before we open our eyes to run to the bathroom and on and on... just laugh loudly... life is only a joke... everyday I am doing the same shit but with different smell ...dressing , rushing to the office, for what ?

Just laugh, then open your eyes... and that will set a trend for the whole day... If you can laugh early in the morning you will laugh the whole day... you have created a chain effect; one thing leads to another...

Oh God, Good morning ...

Or

Oh God morning again!!!



What is your choice?

Sufi people they start with laughter... and then the whole day will feel laughter bubbling... what are we doing??

My husband did it too...

As the computer asks him to enter his password, he looks at his wife and with a macho gesture and a wink in his eye, he selects a word but is annoyed with her reaction, when he selects " penis." he hits " enter " to validate the selection, while his wife collapses with laughter and rolls on the floor in hysteria ...

The computer replied: " too short ...access denied!!"



If you become silent after your laughter, one day you will hear God also laughing, you will hear the whole existence laughing with us...trees and stones and stars... life is only a laughter...

Try it! Start and finish your day with laughter, and you will

see, by and by, more and more joy in your life...love and laughter go together and they are the best pill to pull us up and jump in the wake up ...

So let us live our natural way of life...not to be trained... no training for birds, why should man be trained for everything?? Be your being ... Be spontaneous!!

We have been trained for everything: how to walk, how to talk, what to say, when to say it... we became actors in a drama repeating dialogues

I visited a theological college which trains missionaries to go all over the poor places to convert them to Christianity... they teach them how to speak, what kind of gesture, what kind of facial expression to use... when is the time to hit hard on the table, and when is the time to whisper silently that God is

Love... " And when you describe paradise, don't just describe it in prose... let your face be radiant; let each of your words be pure honey, just poetry."

And at that time one student asked, " And when we are describing hell, what are we supposed to do?!!

The professor said, " As far as hell is concerned, you are a hell and in hell, it is perfectly okay

If there is no hell how are we going to live? How are we going to have more Christians?"

I asked the principal..." can't you see this nonsense? These people don't have any feelings, they are robots... they are a loyal machines...they are slaves and are going to save other slaves ... other deads!"

Let the dead bury the dead and be with a Christ not with a Christian ...if you are a Christian you will never know Christ...

Live your life... shares your experience... then there is no effort... all what you need to tell others: Be spontaneous! Be a childlike... when laughter comes, don't stop it... Be simple, be yourself, there is no need to act ...

A farmer once had on his farm a rooster that was one of the laziest creatures that ever lived... Instead of crowing as it was supposed to do, when the sun came up in the morning, it merely waited until some other rooster crowed... and then it nodded its head in agreement... But if it is spontaneous, it has its own beauty... why bother?...

Somebody else is going to do it... I am in absolute agreement with that rooster ... life is a laughter... God created us in six days and he is a watcher and a laughter... after the six days we are still in the sex day ...

What else can we do?

Let us ask ourselves... how do I celebrate my wedding anniversary? I said celebrate not celibate... don't miss any letter....

Let us listen to Saul and Sylvia

To celebrate their golden wedding day, they decided to repeat the same things they did on their honeymoon...

They went to the same hotel and into the same room... Sylvia puts on the same smell and the same nightgown... and Saul, just as he did on the honeymoon night, he went into the bathroom and Sylvia hears him laughing... just as he had done fifty years before... so when he comes back Sylvia says, " Honey, it is really beautiful... everything is the same... I can remember it as if it were yesterday...fifty years ago you went to the bathroom and laughed in the same way...

At that time I did not have enough courage to ask you , but now, tell me... why did you laugh ?"

Well, it is like this, darling, " says Saul...

"That night fifty years ago, when I went to piss, I wet the ceiling. And tonight I wet feeting!"

Just be innocently simple... this man must have been a very spontaneous man... He told his feeling, there is nothing to hide about it... But most of us we don't have the courage to tell the truth ...

Truth is very simple; it needs no training, no preparation, and no homework. You simply are what you are. Just accept it and expose it to the world ...

To accept all is the highest peak of all ... 

To accept all is the highest peak of life ... 

Of meditation, even death is absolutely accepted because our trust in existence is infinite ...

It knows no bounds... it is unconditional...let us accept all the sweetness of life and all the bitterness of life, with no likes, no dislikes ...

Once this starts happening you become a rejoicing, you become serenity, you become utter silence, a silence of the flower, a silence which is overfull ...

Learn to accept life as it is... as it comes ... remain a silent witness to all... we don't ask why... we don't know " why?"

This is the most profound secret of all the prophets... of all the awakened ones... and we are one with everyone... with the only one there is
Let us live this oneness... it is our isness... our openness... it is the mystery of God in the core of our heart... it is the balance of grace... this is the highest law of life... it is the experience of God
There is no word to thank you... no goodbye... no going and no coming... we are here forever and ever... let us keep playing and laughing and

planting our joy and being who we are... and living our vision... yes! Let us remember our inner lecture... the voice of our silence... let us hear what is our vision ... why we are here?

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



Yes! We have a choice... what do you want to be?
What kind of people?

Jesus says... you are the rock of my temple...you are the salt of the earth...

Who I am makes a difference... Be the change you want to see in the world...Be the seed that we need.....

One seed turns the whole earth green... if not you and me, who else

If not now, when??

Now—here or nowhere else...now or never....

Now, begins the enquiry into God... this now is very

Significant... it simply says, " you have lived a life of

Illusion... now, begins the real search... we have lived a life of worldly pleasure, pain, misery, problems; we have looked in many directions and we have found nothing... from war to bigger war....

What are we doing?

We have lived through the ego...through the mind... through the head, through the self and we are tired. We have come to the dead end and there is nowhere to go any more ...

Now, begin to walk our talk... our path of death and new

Birth... now, is the time to look at what we have done... just be a watcher and see the truth that you have done ...

Yes! you have accumulated money, you have power, you have fame but nothing has been of any fulfilment...now, begin to look and see our inner treasure...this now we are in the middle of our life, it cannot start from the very beginning , that's not possible. A child cannot search for God, he has first to enquire into life, he has to go astray; every Adam has to go astray. every child born of human beings has to lose God, has to go far away... only then, when darkness becomes too much, anguish too heavy, and the heart starts sinking, does one start thinking of doing something utterly different from what one has done. Then comes that moment...now... now begin the enquiry into God... now is our only vow...our only wow...

Let our now and vow and wow be our awareness...just be and see... seeing is enough, understanding is enough; no other law is needed... all what you need is in... in is our only inn... the only key is meditation... now we are in a meditative grace...this is our choice... thank you existence... Be still and know that you are a knower ...

No one has the right to believe, everyone has the right to know ...



The teacher asked little David:

Suppose that I lend your father 300 dollars and he have to pay me 15 dollars every week what will be left after 10 weeks?

Little David: 300 dollars.

The teacher: I guess you don't know your math ...

Little David: I guess you don't know my father



A small boy wrote to Santa Claus: " send me a brother."

Santa wrote back ..." send me your mother "



What is the definition of mistress?

Someone between the mister and the mattress!!



What is the difference between stress, tension and pain?

Stress is when your wife is pregnant ...

Tension is when your girlfriend is pregnant ...

And panic is when both are pregnant ...



A young boy asks his Dad:

What is the difference between confident and confidential?

Dad says: you are my son, I 'm confident about it.
Your friend over there is also my son, that's confidential ...



Nominated as the best short joke ...

A three – year – old boy was examining his testicles while taking a bath ...

" Mom, are these my brains?"

" Not yet, " she replied ...



Me too I am lost ... let us listen to this lust ... they don't know English ...

A bus stops and 2 Italian men get on, they sit down and started talking... the lady sitting next to them ignore them at first, but her attention went to their conversation ...

Emma comes first. Den I come. Den two asses come together. I come once a – more! Two asses, they come together again. I come again and peetwice then I come one lasta time...

The lady can't take this anymore, " you fool – mouthed sex obsessed pig!!! In this country, we don't speak aloud in public places about our sex lives!"

" Hey, coola down lady, whooza talking about sex? I 'm a justa tellin my frienda how to spella ..." Mississippi ."



It is time to go to God and meet you there

The nun teaching Sunday school kids ...

When you die and go to heaven, which part of your body goes first?

Suzy raised her hand and said: I think it's your hands, because when you pray, you hold your hands together in front of you and God just takes your hands first ."

" What a wonderful answer! " The nun said little Johnny raised his hand and said, " Sister, I think it's your feet..."

The nun looked at him with a strange look on her face and asked him why?

Johnny said: " Well, I walked past Mom and Dad's bedroom the other night. Mom had her legs up in the air and she was saying " Oh God I'm coming!"

If Dad hadn't pinned her down, I recon we would have lost her..."the nun had to leave the room



We are none...so no place to go...

No one to leave....

ruo dna ...rethgual ruo si thgil dna ,evol ,evil su tel

htlaeh ruo fo erac ekat su tel ...erusaert

htlaew on htlaeh oN

.ekoj a ylno si efil

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