




Peace Pace  
مریم نور

fuckitall

 Remember, all masters are against any chemical drug... any pill that can make you unconscious for the simple reason that you are already unconscious...

Be awake... in this book you will touch all the pillars that you need to play with...

 From pills to pillars is our pilgrimage

Yes! All what we need and what we desire and greed will be herenow in this book... Look in and listen to the gap in between the words... All the pills to Fuckitall...

A big fuck store... beyond any store and any story... Pick any pill... no bill to pay but many to play... We are here to play... life is only a game... no rules... only love... Love is the only way...

Let us love it all... this is our only pill...  
No need for any pillow either...  
You have your own power...  
Let us go on...




On is our only in  
In is our only  
inn

Truth is now-here  
or

nowhere else...

Just a flash of light and you have it all...  
All means all... Just one pill will head it all...

Fuckitall...

 *Why this title?*

Why not?... Fuck is the worst and the best word... The only four letters which are the most famous and used by all the people... So why not say loudly what we love loudly...

A man went to the doctor... then to the drug store and when he came home... he opened the window and throw-off the pills... “What are you doing?” asked the wife... “I went to the doctor... and after he examined me I paid him... he wants to live... then I went and bought the pills because the owner of the drugstore wants to live... and here I am at home throwing out the pills of Panadol because I want to live tooo”...

Why take a pill to kill? So Fuckitall is the best pill to heal it all... The Panadol does not cure the pain... it kills the pain but Fuckitall cures the cause of the pain...

Why worry?... Fuckitall!!!



🌹 Okay! Page one... The first letter in our alphabet is F... so do not expect any grammar or any language but a flow from our own hidden mystery in our inner theory and history... So let us play with our toys...

First letter is F... What does it stand for? It stands for a juicy joke! 🌹 One day, while studying the alphabet, the teacher looked at her second grade class and said, “Who can tell me a word that starts with the letter A?”... All the children raised their hands, but the teacher wouldn't call on Johnny Badmouth because she knew he'd say “Asshole” or some other bad word... Instead she called on Billy...

“Apple”

“Very good,” replied the teacher, “and who can tell me a word that starts with the letter B?”... Many children raised their hands but she refused to call on Johnny because she knew he would say “Bastard” or some other dirty word... She called on Mary...

“Boat”

“Very good”... And so on through the entire alphabet, each time ignoring Johnny Badmouth... “And who can tell me a word that starts with the letter R?”... The children raised their hands... The teacher checked her brains, but couldn't think of any single dirty word that started with the letter R, and decided to call on Johnny... “Rats”... said Johnny, and raised his hands to demonstrate:

“Big fucking rats!”

Let us express our feelings as we feel... Who am I to judge? What is good here is bad there... This is the balance of our grace... day and night... love and hate... luck and lock...

🌹 Why do we say the dirty four letter word? Fuck... Fork... Folk... Funk and much more... Who told us this is good and this is

bad?... Listen only to your heart... you are your own master... Start searching from within and once you are ready the master is ready... Once the drop of water is ready to be with the source... the wave will come and then the ocean will come...

We are one with God... this godliness is in us... Mediation is the only master key to be aware of our inner treasure... inner lecture... no sin... no guilt... no birth and no death... just be your own identity... your own infinity... your own divinity...


This is what life is... what balance is... Life consists of extremes... no... no... don't worry at all, we can fare it away or fact it away... Just let us read and listen to this truth...

 *Extremes...*

Life consists of this grace... Life is a tension between the opposites... to be exactly in the middle forever means to be dead... the middle is only a theoretical possibility; only once in a while you are in the middle, as a passing phase... it is like walking on a tightrope; you can never be exactly in the middle for any length of time... if you try, you will fall...

To be in the middle is not a static state, it is a dynamic phenomenon... Balance is not a noun; it is a verb; it is balancing... The tightrope walker continuously moves from the left to the right, from the right to the left... When he feels now he has moved too much to the left and there is fear of falling, he immediately balances himself by moving to the opposite, to the right and there is a moment when he is in the middle of the cross... This is the way all the way until you live the moment of the at-one-ment with the one ...

“Let thy will be done”

 It is balancing... It is rivering...

You cannot be in the middle... you can go on moving from left to right and from right to left... This is the only way to remain in the middle... So don't avoid extremes, and don't choose any one extreme... remain on the cross... remain available to both polarities... that is the art of life... the secret of balancing... the beauty of both sides...

Our mind is a chooser... that's why the problem arises... Remain choiceless... And whatsoever happens and wherever you are, right or left, in the middle or not in the middle, enjoy the moment in its totality... While happy, dance, sing, play music... be happy... And when sadness comes, which is bound to come, which is coming, which is inevitable, you cannot avoid it... if you try to avoid it you will have to destroy the very possibility of happiness...

 Jesus and Judas are one icon...

Out of this icon came Christ consciousness... The day cannot be without the night, and the summer cannot be without the winter, and life cannot be without death... Let this polarity sink deep in our being... there is no way to avoid it... The only way is to become more and more dead... only the dead person can be a static middle... the alive person will be constantly moving... from anger to compassion and from compassion to anger...

Let us accept our both wings and remain aloof and yet involved... Be a witness... this is not me... it is the existence in us and through us... We are the banks of the river... of the rivering... of the flowing and the glowing...



We cannot be in the middle forever... it is the worst kind of extreme, because it is impossible... it cannot be fulfilled... Just think of an old clock: if you hold the pendulum exactly in the middle, the clock will stop... The clock continues only because the pendulum goes on moving from left to right... from right to left... Yes each time it passes through the middle, and there is a moment of that middleness, but only a moment... and it is beautiful!! When you pass from happiness to sadness, and from sadness to happiness, there is a moment of utter silence... exactly in the middle... enjoy that too... Life has to be lived in all its dimensions, only then is life rich... The alive person is neither this nor that nor in the middle... he is a constant movement, he is a flow...

🍷 *Why do we want to be in the middle?*

Because we are afraid of the dark side of life; we don't want to be sad, we don't want to be in a state of agony... But why not be in this now as it is?

🌹 Accept it with awareness!!!



Don't be a monk... he is ready to sacrifice all possibilities of ecstasy just to avoid agony... he is ready to destroy all rose flowers just to avoid the thorns... But then his life is just flat... a long long boredom, stale, stagnant... he does not really live... he is afraid to live...

🌸 Live now or evil now

🌸 Now-here or nowhere else

Life contains both; pain and pleasure... don't choose one thing against the other, and don't try to be in the middle... and don't try to balance yourself... it comes out of your experience of all the

dimensions of life...

 Balance is something that happens...  
 It is not something that can be brought...

So don't be uptight... just relax... Don't live life according to principles... live life in its totality... drink it... be drunk... Yes, sometimes it tastes bitter... so what? That taste of bitterness will make you capable of tasting its sweetness...

So let us live from our heart in the total way... and then a balance comes of its own accord... and no matter what you feel... this will pass too... the only thing that always abide is our witnessing... that witnessing brings balance...

Witnessing is balance...  
All others will pass... Be your own master



### *Mastery of moods*

Whether you are happy or unhappy, remember, “This, too, will pass.” This key allows you to become master of your moods instead of their victim...

A great king who employed many wise men felt frustrated with his riches... and a nearby country, a country more powerful than his, was preparing to attack... The king was afraid of death, defeat, despair of old age... so he called his wise men and he said to them:

“I don't know why, but I must find a certain ring... one that will make me joyful when I am happy and also when unhappy at the same time... so I must feel the



opposite of my feelings...”

He was asking for a key, a key with which he could open two doors: the door of happiness and the door of unhappiness... 🌸 What was he asking? He was asking mastery of his moods... he no longer wants to be a victim of them.

The wise men consulted each other, but they couldn't come to any conclusion... Finally they went to a Sufi mystic and asked his advice... The Sufi just took a ring off his finger and gave it to them, saying:

“There is one condition... Give it to the king, but tell him that he should look under the stone only when everything is lost, the confusion is total, the agony is perfect and he is absolutely helpless... otherwise he will miss the message.”

The king obeyed... His country was lost; he was fleeing the kingdom just to save his life... The enemy was following, he could hear the horses... and his horse died, then he ran on foot... and he came to a cul-de-sac... there was just an abyss... At the last moment he remembered the ring... he opened it, looked behind the stone, and there was the message... it was:

“This, too, will pass...”



Misery arises because we don't allow change to happen... change is a constant law... but we cling, we want things to be static... if you love a woman you want her the same all the time... plastic people...copy paste... that's how misery arises...

Let us live this now... this constant flow which never stops for a single moment, is to be blissful... then nobody can disturb your bliss... then all is good, then you are never frustrated... then all what you need will come to you without asking...

Ask! And you are asking for trouble, don't ask and it shall be given to you... God knows what I need why should I beg??? Why should I ask?? Yes! Ask God and not the person in heaven... but in the depth of our being... God simply means the power of divinity in everything you see... Look into a flower and you will find the eternal power in it... Look deeply anywhere and you will find God and you will be connected with the power of God... Nobody is poor... we are very rich... more than you can imagine... the whole kingdom of God is ours just for the asking... but the ego prevents us from asking...

The ego says, “Don't ask – conquer...” How can we conquer God? How can the part conquer the whole? Just be aware that the drop is part of the ocean and the part surrenders to the whole... So use your brain... use your mind... use all your tools... if you don't use it, you lose it...

 Be a holy whole not an asshole...

Two Pakistanis, Muzzaffar and Musharraaf moved to Paris where they made friends with a French guy named Jean-Paul... They used to go all over Paris with him when suddenly one day Jean-Paul disappeared... The two went to police and lodged a complaint... The police asked them if they could give some vital clues about Jean-Paul that would help find him:

Muzaffar: Jean-Paul was handsome and tall...

Police: Most Frenchmen are like that... give us something

specific...

Musharraf: Jean-Paul had blue eyes and was very fair...

Police: C'mon guys, lots of French men have blue eyes and fair hair, tell us something specific...

Muzaffar and Musharraf: Oh yes, now we remember, Jean-Paul had two holes in his ass!!!

The policemen get really interested... "Now that's something very specific... but tell us, how do you know this?? Have you guys seen it?"...

Muzaffar and Musharraf: No we haven't actually seen the holes, but wherever we went with Jean-Paul, everyone used to say,

Here comes Jean-Paul with the two assholes..."



So let us be aware of the meaning of the saying... every word is a sword that crosses the inner and the outer world... Any word is dangerous, because its meaning comes from the past... But use the past as a wing to fly high beyond any clouds and any sky...

All the words are old, the cups are old, but the wine is new... its energy is for the now... for the new man... the new humanity...

There is no humanity but a crowd... There are scattered people but no harmony... Humanity has been an empty word up to now, it has not existed yet... it has to be created... only human beings are there...

It is just like this; a musician goes to listen to some music with a non-musician... both listens to the same music... but the non-musician only listens to the single notes, the individual notes... He listens to one note after another but he cannot listen to the melody... The musician listens to the melody, he does not listen to the

individual notes... they are there but he listens to something else... that is happening through them; he listens to the unity of them, the harmony of them all... For the musicians those notes are not separate... they are bridged by something unknown, something mysterious... that is melody... The non-musician is also listening to the same but he cannot connect... it is all noise...

You can hear the notes; that does not mean that you will hear the music... just good ears are not enough to hear the music... something more than the ears... a capacity to be absorbed, to be possessed... and openness is needed... Then it is not just a heap of flowers but a garland... a thread is running through them all but the thread is not visible... So we are with Christ but the love is missing... we are only a crowd...



No humanity... no civilization... it is still a dream...

To be free means to be initiated into the citizenship of love... to become part of a melody that cannot be heard only by ears, that can be heard only through the heart... it is to become aware of the cosmos, of a whole that holds everything together... That whole is called Allah... God... existence... stillness... any verb... not a noun... the melody of existence...

When two people are in love a little of that music is heard, just a little... When three people are in love, a little more... when more people are in love, God becomes more and more available... So we are entering into a love community... This is the meaning of freedom... of witnessing... of born again into a new man... new being... only a whole man can celebrate... only a tree that has lived wholly will flower...



Man has not flowered yet...


We have reached to a point where the old has to be dropped and the new has to be born... to be earthy and divine, worldly and otherworldly... The new man will accept his totality and he will live it without any inner division, he will not be split... he will transcend duality... The drop, will meet, merge and melt in the ocean...

Yes our soulmates... I miss you.... where are you? We are one in this truth... in this new birth... can I find you?... It is almost impossible to find the soulmate... the earth is so big and millions of people... and life is very short... Be aware of yourself and love yourself... once you live your seven centers in tune and harmony with all the seven centers of your beloved then you have found the soulmate... It has happened only once in a while and this is the oneness... the unity is not the union... Two persons utterly disappear into each others... two bodies, but one soul... they have lost all personality... just pure energy... no face... only energies remain, a play of consciousness and the joy is constant, it is a spiritual communion... This very earth can be the paradise with such lovers... such soulmates... But this truth is beyond science... because to work on atomic energy is to work on matter, and to work on human energy, love energy, is to work on consciousness... it needs very perceptive people to see it...

So be your own lover and once you live this energy then all what you see is only energy of light or life or power of God... or any name of vibration of sound from one's own innermost core... This truth is not a problem... not a riddle to be solved but a mystery to be lived... and to be loved...

 Be alive now!!!

 *What am I doing for myself? For my mother earth? For my eternal home??*

Now is the only time... what did I do today? Ask yourself and be honest with yourself... No one knows your truth only you... Face your fear... Face your pain... ask why... do what helps you to relax... Go to bed and sleep without any debt... ask for your rights and do your duty... Let your mind be empty as much as you can...  Why? Listen to this... In Russia they are trying hard to teach the unconscious... they are teaching people while they are asleep... The unconscious is nine times more powerful than the conscious... you will not even be allowed to dream private dreams; the state will decide what dreams you can dream... Your dreams can be manipulated... you will be a slave... a robot like person...

So be a rebel now... your unconscious is still yours... in your dreams, you are saying things as they are, seeing things as they are, seeing things as you are... The moment you are awake, you start pretending...

One needs to fall into deep sleep every day for eight hours to get rid of all the day dirts, to be natural again, to forget the society and the nightmare and the hell that it has created...

 The more alert you become the more watchful you are

When your mind is clear you will have less need for the mind to go to sleep... and then a miracle happens; if you can remain alert even while the body is asleep, you will know for the first time that you are separate from the body...

The body is asleep and you are awake... The body belongs to the earth, you belong to the sky... the body belongs to matter, you belong to God... the body is gross, you are not, the body has limits, is born and will die... you are never born and you will never die... This becomes, not a belief... but a truth...

Belief is fear oriented... experience is totally different... it wells up within you, it is your own... and the moment you know, nothing can ever shake your knowing, nothing can destroy your knowing... The whole world may be against it, but you will still know that you are separate... The whole world may say there is no soul, but you will know there is... The whole world say there is no God, but you will smile... because the experience is self-validating... it is self-evident... Once you drink the water, the whole body will support your truth... Unless you drink the wine of life you will not be it...

So be aware of your body... it is your only home... it is a great mystery beyond any science... but you are the owner of this car... you are the driver and the lover... take care of it... it is my only friend who goes with me even to the grave and I leave it there and keep living my eternal life...

It is morning time... I just woke up and my toys in my bed... we play together with numbers on letters and here we are to be in this now...


Oh God! Good morning...

or

Oh God! Morning again!!







 *Am I awake?*

To be awake is not by opening my eyes... I am still dreaming with my eyes open... I am behaving like a machine... like a robot... We are all programmed by the priests, by the parents, by the politicians, by all kinds of teachings... From the very childhood we have been programmed... a certain program has been put in our head and we are following that program... and from generation to generation we are walking machines...

The real waking state is not what we are walking... the real waking state happens only when you are completely deprogrammed... unconditioned, awakened, enlightened, one who is no longer dreaming... you have clarity and you can see...

Death and resurrection...  
Born again a human becoming...  
New man... New humanity...

  
 Yes! Let us have some fux... fun...

“Daddy what is between my mom's legs?”  
“The paradise my son...”  
“What is between your legs?”  
“The key for paradise...”  
“Daddy... change the lock... our neighbour  
has a copy...”



A young man on a date with a

Lebanese girl in a Ferrari car:  
“Honey... I hide something for you...  
what do you think it is?”  
“A diamond ring?”  
“No... nothing to wear!!”  
“Then... tell me now!!”  
“I am married!!”  
“Oh! I thought you are going to say that the  
ferrari is not for you!!”



A very tired nurse walks into a bank,  
totally exhausted after an 18-hour shift...  
Preparing to write a cheque, she pulls a  
thermometer out of her purse and tries to  
write with it...  
When she realizes her mistake, she looks at  
the teller and without missing a beat, she  
says:  
Well, that's great... just great... some asshole  
got my pen!!



- Valid Reason to Divorce-  
A polish man moved to America and married  
an  
American girl... although his English was far  
from  
perfect, they got along very well until one  
day he

rushed into a lawyer's office and asked him if  
he

could arrange a divorce for him...

The lawyer said that getting a divorce would  
depend on the circumstances, and asked him  
the following questions:

“Have you any grounds?”

“Yes, an acre and half and nice little home...”

“No, I mean what is the foundation of this  
case?”

“It made of concrete”

“I don't think you understand... Does either of  
you have a real grudge?”

“No, we have carport, and not need one...”

“I mean... what are your relations like?”

“All my relations still in Poland...”

“Is there any infidelity in your marriage? I  
mean infidelity...”

“We have hi-fidelity stereo and good DVD  
player...”

“Does your wife beat you up?”

“No, I always up before her...”

“Is your wife a nagger?”

“No, she is white”

“Why do you want this divorce?”

“She is going to kill me...”

“What makes you think that?”

“I got proof...”

“What kind of proof?”

“She's going to poison me... she buy a bottle  
at drugstore and put on shelf in bathroom... I  
can read, and it say:

## Polish Remover”



- In a party -

Wife: Look at that guy drinking and dancing!

Husband: Who is he?

Wife: 10 years back he proposed to me and I rejected him...

Husband: Oh my God, he is till celebrating...



A loud scream comes from the bedroom and the husband runs in... He sees a guy leaping out of the window...

Wife yells: That guy just screwed me twice!

Husband: Twice? Why didn't you call me after he screwed you once?

Wife: because I thought it was you... until he started the second time!



A very loud, unattractive, mean, nasty woman walked in a mall with her two kinds of kids... yelling obscenities at them all the way through the entrance...

The mall greeter said pleasantly... “God'... good morning, welcome to our market... nice children you have there... Are they twins?”

The ugly woman stopped yelling long enough  
to say:

“Hell... no they are not... the oldest one is 9  
and the other one is 7... Why the hell would  
you think they are twins? Are you blind? Or  
just stupid?”

“I'm neither blind nor stupid... Ma'am”  
replied the greeter... “I just couldn't believe  
someone would fuck you twice...”



Little Rony was growing up:  
“Mom... where do babies come from?”  
“The stars bring them”  
“But Mom... who fucks the stars?”



💜 *Why are we using this dirty word?... Why it is dirty?*

If these four letters are dirty then all the letters are dirty too!!!  
Let us share this before we face our death... close your eyes and read  
one of the most beautiful words... The English language should be  
proud of it... I don't think any other language has such a beautiful  
word...

Yes! Yes! Forgive me... In Lebanon we use it in many beautiful  
ways... mainly the politicians loudly and the priests behind the wall  
or under the blankets and the parents anywhere and the children  
everywhere and the teachers in the bathrooms and so the bankers and

all the workers... None is out of this fun... I said None not Nun... don't miss me!!

So let us enjoy what we say and what we see... Thank you for the famous Tom, Dick and Harry add Mr Cock ???(Word chopped from the page's edge)... They said it...

One of the most interesting words in the English language today is the word “FUCK”... It is one magical word; just by its sound... It can describe pain, pleasure, hate and love... In language it falls into many grammatical categories... It can be used as a verb, both transitive as “John fucked Mary” and intransitive “Mary was fucked by John” and as a noun “Marry is a fine fuck” also it can be used as an adjective “Mary is fucking beautiful”. As you can see, there are not many words with the versatility of “Fuck”... Besides the sexual meaning, there are also the following pills... the best uses:

- 🌹 Fraud: I got fucked at the used car lot...
- 🌹 Ignorance: Fucked if I know
- 🌹 Trouble: I guess I am fucked now!
- 🌹 Aggression: Fuck you!!
- 🌹 Displeasure: What the fuck is going on here?
- 🌹 Difficulty: I can't understand this fucking job...
- 🌹 Incompetence: He is a fuck-off
- 🌹 Suspicion: What the fuck are you doing?
- 🌹 Enjoyment: I had a fucking good time...
- 🌹 Request: Get the fuck out of here!!!
- 🌹 Hostility: I am going to knock your fucking head off!!
- 🌹 Greeting: How the fuck are you?
- 🌹 Apathy: Who gives a fuck?
- 🌹 Innovation: Get a bigger fucking hammer...
- 🌹 Surprise: Fuck! You scared the shit of me
- 🌹 Anxiety: Today is really fucked

🌸 Guru: Fuck up your guru

🌸 Sufi: You are a fucking gufi

🌸 Help: Who are you fucking asshole to help me!

And it is very healthy too... if every morning you do it as a meditation mantra... just when you get up, first thing, repeat the word “Fuck you!” five times... it clears the throat... that's how I keep my throat clear...

Just today I was asking an old man, ninety five years old... I asked him about the secret of his long life and his health.. He said, “I feel a little embarrassed to say the truth... The truth is that I have been getting life from the trees... not from the three women I have... I hug the trees and I feel a subtle flows of energies entering my body... they have kept me alive and full of juice ”...

Yes! He is right... he may not be able to prove it scientifically too... but sooner or later it will be proved... if you love a tree, the tree responds, if you love a rock even the rock responds...

Experiment with love in many ways... in all the ways... in light... in laughter... in life... and in love and you will become richer every day... You will find new sources and new ways to love... new objects to love... and then ultimately a moment comes when one simply sits with no object of love, simply loving... not loving to somebody, just loving... just full of love, overflowing with love... And that is a state of enlightenment... one is fulfilled, utterly contented, one has arrived... the feeling, the constant feeling that something is missing is no more there...

Be still and know that I'm God or  
godliness... or existence





And that is the greatest day in one's life... when you can feel nothing is missing, nothing at all...

 La ilaha illa Llahu...

All is fulfilled... that man has lived life truly... a Christ... a Buddha... a Mohammad... Others are simply wasting it... wasting a golden opportunity...

We are not here to waste our life... it has to be used to the full... we have to squeeze the juice of each and every moment to be the fullest... Yes! Be the fooliest too... go to all extremes and be aware on the crossroad... be in the middle path and watch your being... Be a witness and you are beyond all what you see and feel and live... Go to the depth of the ocean and meet and merge and melt... Let go of yourself and let God be the only isness... the only existence...

Yes! It is true... Whenever you feel a problem, a pain... look within your heart.. what is this feeling? If you are at peace, you are on the right path... your heart is the criterion... if it is disturbed, that means you have to change the path; yes, something has gone wrong, you have gone astray... Change the ray... change is a constant law of love...

The heart is our guide... When it is completely in harmony with nature, there is a beautiful dance and a music in the heart... when we go away from nature, the music becomes just noise, the dance becomes disturbed... These are the signs and the language of the heart to make us aware whether we are going right or wrong... We don't need any guidance from anybody... our guide is within myself... yourself... ourself...

Let me write what I am feeling now... It is not in my body... nor in my heart... but in my loving head... loving monkey mind... What does it want? To go out... I am not hungry... I need nothing for the house... nor to my body... but just to go out and feed my tongue any sweet bite... I don't hate it at home... but even if I do... I have the feeling of going out... I have done it many many times and still it is a habit... but I am more and more aware of it...

I miss a friend that I can listen to and be together in silence and in sounds just few hours not more... or a nearby soul friend... This is why I eat more... I stuff my inner hunger by outer treasure... I read... I sit on the computer... I walk... but to have a near by commune or a soul friend... or a group of friends who are searching for the truth... or any step that helps me on my path...

I am in a country where almost all are into war, sex, money, power, politics and all what is in history and in this news all over the planet... But I am a stranger... no family... no friends... I divorced them all even my so called daughter... I did not go to the funeral of any of my brothers nor any of my relatives... I don't belong nor I do believe in any temple or any religion... or any education... My own beloved is Osho... Oshawa... Kushi... and few others who are speaking to my heart... guiding me to the unity of our inner divinity... Yes... I am a stranger... I don't work to live... I do what I love and money will follow... All the people that I felt behind are living through the mind and I am without the mind... I use it when I need it but it is my servant not my master...

Yes! I understand the mind people but I can't be with them... I am with the very few of the real lovers of Osho... of the light and the love and the life... Yes! I am alone but not lonely... I miss a real commune and it is coming... few of us are ready to build our huts in

a place where there is peace in out... in no man's land...

If you come to Lebanon and you know only Chinese were nobody knows your language, you will not be such a stranger, at least you can manage through gestures... The basic seeds are the same... if you are thirsty you can make a gesture... if you are hungry you can make a gesture... slowly slowly you can get people to understand you and you can understand them... A bridge is possible... even if you go to another planet where you might find a totally different kind of people, there will be a possibility to communicate...

But! When a Christ or a Buddha or a Muhammad or a Rabia walks on earth... they are strangers... they can't make any gestures because the thing they have come to know is inexplicable in any way... They are beyond the mind... they are unique... and they look very dangerous, so different... qualitatively different... But these outsiders are the salt of the earth... because of them, there is some joy, song and bliss on earth... They have brought something of God into the world... something of the beyond... These are the holy souls who are a vehicle for joy, bliss, and celebration... meditation makes them such strangers in the world who are a living love in spite of all the hurts that we gave them...

Even if we take the life of a Christ... he is still alive because he has reached to a level which is far more than life itself... he has found eternal life...

Yes! We are on the path of this mystery... let us enjoy each breath.. in and out... Be aware of who you are... love your body and go in beyond the bodymind... Keep walking your life and this is who we are... it is our birthright...

We are the children of existence and of this royal family... and God is our creator who loves us more than any mother and any power...

Let us be aware of who we are... and why we are here... and being a stranger is like being alive among the dead... how can you tell a blind about the light? Just be alone... You can't change the world nor the other... only yourself... By changing myself I am changing the world... be the change you want to see in the world... be a stranger here and lover there... a love forever... Just listen to these... two strangers...

A Chinese speaking on the phone:

“Hello, can I speak to Annie Wan?”

“Yes, you can speak to me...”

“No, I want to speak to Anni Wan!”

“Yes I understand you can speak to anyone... you can speak to me... Who is this?”

“I'm Sam Wan... and I need to talk to Anni Wan... It's urgent”

“I know you are someone and you want to speak to anyone! But what's this urgent matter about?”

“Well... just tell my sister Anni Wan that our brother Noe Wan was involved in an accident... Noe Wan got injured and now Noe Wan is being sent to the hospital... Right

now, A Very Wan is on his way to the hospital...”

“Look, if no one was injured and no one was sent to the hospital, then the accident isn't an urgent matter! You may find this hilarious but I don't have time for this!”

“You are so rude! Who are you?”

“I'm Saw Ree”

“Yes, You should be sorry... Now give me you name!!”

“That's what I said, I'm Saw Ree”

This is how two deafs are talking... Most of time, I hang up and say to myself...

Fuckitall!!!



Sorry! There is no answer for any dead stupid question... the answer is in you... in the question itself... You are the question mark... Life is a quest not a question... a mystery not a problem... The problem has to be solved but the mystery has to be lived... The mind loves to ask and very much afraid of the mystery... these questions arise out of the ego and each answer has many questions... it is an unending process; that's why philosophy has not come to any conclusion...

Questions are foods for the mind... jump from the mind to no-mind... from thoughts to no-thoughts... from asking to living... The

question is outside you... it is on the paper... on the table, but you are not part of it... but the quest is the thirst to go in... to dive deep within yourself... in a real quest there is only one question...

🌸 “Who am I??”

And all else fades away... and finally, even who am I starts dissolving... Then a great mystery descends on you, you are surrounded by miracles... The whole of life is transformed... it becomes translucent... then it is a song, a dance, a celebration...

Let us celebrate with a story... In the year 2011, the Lord came unto Noah, who was now living in Europe, and said, “Once again, the earth has become wicked and over-populated, and I see the end of all flesh before me... build another ark and save two of every living thing along with a few good humans.”

He gave Noah the blueprints, saying: “You have 6 months to build the Ark before I will start the unending rain for 40 days and 40 nights”... six months later, the Lord looked down and saw Noah weeping in his yard... but no Ark... “Noah!” He roared, “I’m about to start the rain! Where is the Ark?”... “Forgive me, Lord,” begged Noah, “but things have changed... I needed a building permit... I have been arguing with the boat inspector about the need for a sprinkler system... My neighbours claim that I’ve violated the neighbourhood bylaws by building the Ark in my back garden and exceeding the height limitations... we had to go to the Local Planning Committee for a decision... then the local council and the electricity company demanded a shit load of money for the future costs of moving power lines and other overhead obstructions, to clear the passage for the Ark’s move to the sea... I told them that the sea would be coming to us, but they would hear nothing of it...

“Getting the wood was another problem... there is a ban on cutting local trees in order to save the greater spotted barn owl... I tried to convince the people there that I needed the wood to save the owls... but no go!! When I started gathering the animals, they took me to court... They insisted that I was confining wild animals against their will... They argued the accommodations were too restrictive, and it was cruel and inhumane to put so many animals in confined space...

“Then the agency ruled that I could not build the ark until they would decide and study the proposed flood by you my Lord... I am still trying to resolve a complaint with the Human Rights Commission on how many minorities I am supposed to hire for my building crew and immigration are checking the visa status of most of the people who want to work...

“The Trades Union say that I can't use my sons... they insisted on working with union workers with Ark-building experience... To make matters worse, the International Revenue Service seized all my assets, claiming I'm trying to leave the country illegally with endangered species...

“So forgive me, Lord, but it would take at least 10 years for me to finish this Ark.”



Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky... Noah looked up in wonder and asked, “You mean you're not going to destroy the world?”...


“No,” said the Lord, “the government beat me to it.”




There is no government... only rich people who have the power to rule the slaves... We are no more humans but servants to such supreme power... power of money who is hurting the people not healing the people... Power is good grace if we know how to use it... how to be it...



 Power of love?  
Or  
Love of power? 

 *What is our choice?*

We are what we choose... Who am I makes a difference... So work only on yourself... no one can heal your life only you... Live your rights... you are an individual being... no government has the right over your rights... All governments are only servants... but because of the power in their hands, servants become masters; they start behaving with masters as if they are servants...

 But this cannot go forever...

Yes! All the predictions of ancient seers, like Nostradamus, that the world is going to end... are true in a very different sense... The old world is going to end, and a new world is going to begin... that is the real interpretation... A new man with fresh values, with one earth undivided to values, into nations, with one humanity... with one religion...

Religion is a love affair with existence... Love is simply love... Peace is simply peace... So be in the now, start creating new values, look forward... past is past... don't visit graveyard only once in your life time... and it is a one-way affair... You simply go there and never come back... we have to create a new future... a golden future... Now is the only time... either we have to decide to commit suicide... if we stick to the past, then that is the only possibility but if we start a new now writing our destiny... this is our only revolution...

The revolution is born again a new man... a new humanity... the world will end... will die... a new world has to begin... We are responsible... We are aware that if a third world war happens, we will be the only responsible people to have destroyed ourselves... Changes happen only in such critical moments... War is all over the planet... it is from us... so let us go in and cure us... cure the cause... now is the choice... life or death...

 What is my choice?

Yes, there is no God up in heaven... man is the only responsible for the choice... for our peace and love... Man cannot choose a global death... it is an impossibility... Yes, the old world will come to an end... Nostradamus is not wrong but his interpreters are all wrong... The death of the world is the birth of the new... What to do? What to see?

Truth is so simple... One peaceful world... No need to have boundaries of nations... the earth is one... is our mother... no need for all these sects and laws and wars and all what we are living since Adam and Eve... Each one should be free to have his own prayer...

The new man is on the horizon...

Is in us...



All the preparations to destroy the world will only destroy the old man and the old world... they will create the basic necessity for the birth of a new man... I can see him on the horizon already... a new Christ consciousness... He has arrived; it will just take some time for people to recognize him...

Now is the only time to plant the seed of the golden future... global madness is going on... global war... but after the pain comes the gain... after the rain comes the spring and the grass grows by

itself... this is our history... but what is my choice? To be an atom of peace or an atom of war? To be with Christ or with Judas? What is the real richness? The real poverty??

If I die now where do I go? Am I honest with my self? Do I have any debt Mindwise and monywise!!! Where is my integrity? Where my money comes from? Let us face our honesty... What have we done to Christ? To Mohammad? To any enlightened being? Where are we wasting the money? Why stoning the truth and praising the lie? Why all this wastage of money and time in towers and powers?

♥ Just watch yourself... watch your mind... ♥  
Be aware!!!

Who is responsible for all this global war? If not you and me who else? Yes it is possible... impossible is I-m-possible... I am here to be aware and change myself... not the world and not the other... this is the challenge... do not change the car but the driver... not the horse but the rider...

Misery arises because we don't allow change to happen; we cling, we want things to be static... Change is a constant law of life... Can you hold the river? Can you stop it from rivering? We are asking the impossible...

Let us ask for the change... ask yourself not God... not any other... The pain is in me... the chaos is in me... and I am my own guide and my own master... I have the power to go in and see my inner treasure... my inner natural nature... This is the nurture of us... go in... and in is our only inn... our only home...

Yes we need a master and if I am ready the guide is ready... if I am thirsty the water is very near... Just be yourself... face your original face... the master will help us to be on our own power... to have our own wings and fly in our inner-outer sky... to be free is to be a no-mind a no ego... but let go and let God... This godliness is not in heaven...

Yes... let us face our break down first but it will be a breakthrough too... Alone I cannot be... I cannot help myself... I need a mother and then a master to save me... and if you have the will you see the way... the door is open but we look so much at the closed doors...

Change the look... the inner book... the original look and you will see the master like a shining star... Just take the first step towards the path and it is the whole trip... Once the drop is ready... the ocean will come to the wave and to the drop...

Let us drop the past and the future and be in this now-here or nowhere else... herenow is our life... now is our only vow and now... take a deep breath and be it... do it few minutes every now and then... Breath is our birth and our death... Be grateful that we are still alive... Let us use this now for our freedom... for our being... for our treasure...



*Am I alive now?*

What am I doing for myself? For my body? For my life? What did I do yesterday? Today is the result of yesterday... So now is the seed of tomorrow... Have a look at your mind and start cleaning and clearing the junk... Empty the cup so the existence can pour the best wine and be drunk with the new bread and water of our beloved master...

A woman baked bread for members of her family and an extra one for a hungry passerby... She kept the extra bread on the window-sill, for whoever would take it away... Everyday, a hunch-back came and took away the bread... Instead of expressing gratitude, he muttered the following words as he went his way:

“The evil you do, remains with you... the good you do, comes back to you!”

This went on, day after day... Everyday, the hunch-back came, picked up the bread and also uttered the words: “The evil you do, remains with you... The good you do comes back to you!”... The woman felt irritated, “Not a word of gratitude!” she said to herself... “everyday this hunch-back utters this jingle! What does he mean?”...

Oh! One day, out of desperation, she decided to do away with him... “I shall get rid of this hunch-back,” she said... And what did she do? She added poison to the bread she prepared for him...! As she was about to place it on the window-sill, her hands trembled... “What is this I am doing?” she said... Immediately she threw the bread into the fire, prepared another one and kept it on the window sill...

As usual, the hunch-back came, picked up the bread and said the same words unaware of the war in the mind of the woman... Everyday, as the woman placed the bread on the window-sill, she offered a prayer for her son who has gone to a distant place to seek his fortune for many months, she had no news of him... She prayed for his safe return...

That evening, there was a knock on the door... As she opened it, she was surprised to find her son standing in the doorway... He had grown thin and lean... his garments were tattered and torn... he was

hungry, starved and weak... As he saw his mother, he said, “Mom, it's a miracle I am here. While I was but a mile away I was so hungry that I collapsed. I would have died, but just then an old hunch-back passed by I begged for him for a small part of his food, and he was kind enough to give me a whole bread... As he gave it to me he said... “This is what I eat everyday, today, I shall give it to you, for your need is greater than mine”... As the mother heard those words, her face turned pale and red... She leaned against the door for support... she remembered the poisoned bread that she has made that morning. Had she not burnt it in the fire, it would have been eaten by her son, and he would have lost his life... It was then she realized the significance of the words...

“The evil you do remain with you...  
The good that you do, comes back to you”



Be good... then whatever you do will be good... first be good... This is who you are... this is our natural power... Be yourself and without any expectation... The sun shines on all of us... so is the love of God... When I do good with you... it is with me too... It is between me and my godliness in me... Thank you for accepting my joy or rejecting it... The river is rivering for all of us... It is up to us... do I react? Do I respond? What is my feeling when you do good or bad to me??... This is the test... the challenge... I go on doing things that I like... I am not here to please anyone... If it is not good for you... find out why? Then you have to look into yourself and find ways not to be disturbed...It is your problems...

Just let us be who we are... Let us recognize our godhood in us... Be happy as you are now... with all your imperfections... do not

expect anything from anyone... Just live a life without any love from others... any expectations, without hope... Live a life moment-to-moment, with no ideas...

Yes! By being yourself, the whole society will be against you... why? It is in our mind... it is not in this beautiful world... We have been trained to be more efficient... to be more rich... more competitive... more ambitious... Fuckitall... Just be your innocence... love, sing, dance... not as a competitor, but as a being who wants to share his joy... and everyone of us has something unique to share... your life should become a spring, a continuous celebration... of laughter...

What's the difference between a bomb and a  
condom?

In a bomb blast, population decreases  
But...

In a condom blast, populations increase  
Just be aware of it



A Canadian, an Australian, and a Lebanese  
are in a bar discussing the mental ability of  
their wives...

The Canadian says... “You know, my wife  
must be the most stupid woman in the  
world... she went to a supermarket sale and  
bought \$900 worth of meat, and she doesn't  
even have a freezer!”

The Australian says, “That's nothing!! My  
wife went out last week to a showroom and



bought a brand new \$30,000 car, and she  
doesn't even have a license!!”

“No one is like my wife”... said the  
Lebanese... “last week she left for a holiday  
in Dubai with a pack of 20 condoms! Hell,  
she doesn't even have a penis!!!”

From his death bed, the husband told his  
wife, “One month after I die, I want you to  
marry Jack”

“Jack! But he is your enemy!”

“Yes, I know. I've suffered all these years: so  
let him suffer now”



At friends party, one woman said to another,  
“Aren't you wearing your wedding ring on  
the wrong finger?”

The other replied. “Yes I am, I married the  
wrong man!”



An elderly man and woman, both in their  
70's, walk into a sex therapist's office...

The doctor asks, “What can I do for you?”

The man says, “Will you watch us have  
sexual intercourse?”

The doctor raised both eyebrows, he is so  
much amazed that such an elderly couple is

asking for sexual advice, that he agrees...  
When the couple finished, the doctor says...  
“There is nothing wrong with the way you  
did it.”

He thanks them for coming, wishes them  
good luck, charges them \$50, and says good-  
bye...

A week later the couple returns and asks the  
same help and did the same job...

This happens several weeks in a row...

Finally, after 3 months of this routine, the  
doctor asks them why!!! What are you doing  
here...

The man says, “We're not trying to find out  
anything... She is married and we can't go to  
her house... I am married and we can't go to  
my house... The holiday Inn charges 98  
dollars, the Hilton charges 139 dollars... we  
do it here for \$50, and I get 43 dollars back  
form Medicare!!”



Let us be aware of the word sex... it is very sacred... We have  
only one energy... Do not repress it... express it as it is... the lowest  
step is called sex energy... you go on refining it... you go on  
transforming it.... it becomes love... it becomes prayer... Sex is the  
lowest center of our existence and Samadhi is the highest, the  
seventh center... and sex energy has to be moved until it is  
transformed...

 From sex to superconsciousness...

The lower is bound to disappear when you have the higher in your hands... Never drop the lower, try to attain to the higher... When the higher is there, the lower is bound to disappear of its own accord... then life becomes more beautiful, more healthy, more whole...

Sex is pleasure, the lowest, art is happiness... Sex is animal art in human... Sex is biological, the second step higher than it, is love... The man who has accepted sex respectfully, lovingly, will be able to transform it into love... and from love into compassion... the highest power... the highest prayer... the true religion... the religiousness of the heart... Do not repress this seed... Sex is the seed... let it grow and glow into a big tree of life... and love and laughter... it is our light...

Jesus is saying again and again that when love has flowered totally there is a bright light, as if, suddenly, millions of suns have arisen all around you... When you arrive at the innermost core of your heart, suddenly there is an explosion of light... And the light is so beautiful, so blissful, that you can be caught in the net of it and you can start thinking you have arrived...

Many scriptures of the world say: God is light... the people who have said that have misunderstood they have thought the golden light is God itself... God is neither light nor darkness; he is both and beyond... Unless you reach that ultimate which is always beyond the duality, transcendental to duality, go on remembering you have not come home yet... go on searching... go on exploring...

Life is a constant change... constant flow... it is a verb not a noun... the rivering not a river... so keep enjoying this moment as it

comes... now is our only wow and only vow... But be aware... life is never changed by force... Our vow is awareness... is witnessing... your understanding is enough... seeing is enough... seeing by itself is being in what we see...

Very few of us are capable of seeing that which is... why? Before it reaches our being it is distorted... the mind plays all kinds of tricks... First it prevents the major part... almost 98 percent of reality is debarred, the mind only allows two percent to enter in... Only that which fits with the mind is allowed... only that which backs the ego is allowed... and then too the mind colors it, it gives it artificial flavors; it makes it adjust totally to itself... Hence it becomes an accumulation for the mind but not a revelation for the soul... Otherwise each moment is a revelation, and at each moment reality is available in its totality... but we are not available to reality...

All concepts, all philosophies, religions, theologies, ideologies are barriers... And the real has to pass through so many barriers that by the time it reaches you it is no more the same... To be free means removing all the walls... removing everything that can distort, that can project; letting your eyes be naked... being with a master means being with naked eyes; a naked soul, with nothing to hide, with nothing to cover... uncover your self... be who you are...

When the disciple is totally nude before the real master, only then something of immense value and beauty transpires... it is a love affair... the greatest love affair that can happen on earth happens between a disciple and the master...

I don't know if I am a real lover to you my beloved master.... I know that no one ever loved me like you... you are my only life...

because of you I am who I am now... I have no other friend only you... what you are showering on me is beyond words... I was blind and dead but now I am on my path... not a follower but a fellow traveller with you... with few of my soul friends who are very few in the Arab world.... I live a lone... I miss someone nearby... but I have you in my heart... I enjoy my aloneness... No more lonely but being in a commune I feel much better... one day we will be a commune... This is my only wish... my only desire...

When I am in God... I am a continuity... this oneness is the oneness with the one... But when we are in the society... in the world, we are a discontinuity... we are uprooted from our soil... we are no more that which we could be... we are no more in the space that is ours...

When you are in love there is no space... you are one with your lover whenever you are... Lovers are "we"... neither I nor you... So if you love Christ you are the same Christ consciousness here and now... no space no place... no birth no death... You are alone... I am alone... but our aloneness is our oneness with the one...

Only a meditator can transform solitariness into solitude... then when he is totally alone he is not lonely, not at all... our private space is within us, then even in the crowd you remain in peace... you remain centered... people can interfere with your outer space but not in your inner space...

So by becoming yourself you will be working in the inner world to create a space there... An infinite space can be created there because you can throw out all the junk that is inside... You can, through your inner power, throw all the thoughts, the desires, the memories, the past, the future, the dreams, the imagination... you

can go on throwing all this junk and you can create great peace  
pace... peace pace...

That's what mediation is all about; throwing out all the contents that we are carrying inside so the room is empty, so that you can feel yourself surrounded by infinite vastness... And that vastness is divine... is solitude...



*Me too... I want to know what is solitude...*

The solitary person is in a negative space... He is feeling lonely, he is hankering for the other... He is in the deep sadness because he does not know how to celebrate himself, he does not know how to enjoy himself... All that he knows is relationship... each is using the other as means to avoid himself... like taking drugs... or drinking alcohol...

Solitude is totally different... it is not a loneliness... it is aloneness... it is not negative, it is utterly positive... it is the experience that "I am present"... it is a wonder to be, the wonder of wonders... Bliss makes real solitude... then solitude becomes a temple, bliss becomes the godliness in it... And that's what meditation is all about: the art of changing loneliness into aloneness, the alchemy of changing solitariness into solitude... The solitude has to be found inwardly... now-here... go in... not to the mountains... just watch your mind... then the outer makes no difference at all, the outer becomes irrelevant... Live in this outer world but be not part of it... simply rest in yourself... resting, relaxing into one's own being... then bliss is a byproduct of solitude...

Yes! Be alone but not lonely... this aloneness is our higher kind of blissfulness... aloneness is our health... and our wealth...



 *What is your health and wealth?*

A husband and wife were having dinner at a very fine restaurant when a beautiful young woman comes over to their table, gives the husband a big kiss, says she'll see him later and walks away...

His wife glares at him and says, "Who the hell was that?"

"Oh," replies the husband, "She's my mistress."

"Well, that's the last straw," says the wife, "I've had enough, I want a divorce."

"I understand that," replies her husband, "but remember, if we get a divorce it means that you don't get any more shopping trips to Paris, no more wintering in Barbados, no more visits to the best of the best places to buy what you wish... no more Ferraris and Lexus's in the garage and no more yacht club... But the decision is yours."

Just then, a mutual friend enters the restaurant with a gorgeous babe on his arm...

"Who is that woman with him?"

"That's his mistress," says her husband...

"Ours is prettier," she replies.



Wife: I wish I was a newspaper, so I'd be in

your hands all day...

Husband: I too wish that you were a newspaper so I could have a new one every day



Doctor: Your husband needs rest and peace...  
here are some sleeping pills...

Wife: When must I give them to him?

Doctor: They are for you...



Wife: I had to marry you to find out how stupid you are...

Husband: You should have known it the minute I asked you to marry me...



Husband: Today is Sunday and I have to enjoy it... So I bought 3 movie tickets

Wife: Why three?

Husband: For you and your parents

 *Do we have parents?*



The trouble with the family is that children grow out of childhood, but parents never grow out of parenthood!

When the child is a grown-up person your parenthood is finished... but they cling forever... and because parents never withdraw from the life of the child they remain a constant anxiety to themselves and to the children... they destroy; they create guilt; they don't help beyond a certain limit...

To be a parent is a great art... to give birth to children is nothing... Any animal can do it... very few people are really capable of being parents... The real parents will not impose themselves upon the child but help him or her to be free... not to be slaves...

 Just be yourself...

Live according to your own light... listen only to your heart... become more meditative... more silent... more loving to yourself... more knowing to yourself... more blissful... then one day you can share your joy... your bliss... once you have it, you can share it... become enlightened like Buddha and then go to your parents to share your joy...

But what to do now? Just work on yourself... be independent... love and respect the other as they are... don't be used by anyone and do not use anyone either... each person is an end unto himself... Just respect your parents, that's all, but ???(Word chopped from the page's edge) disappears... it is beyond nature... it is an uphill task

If you are at ease with your parents, you are at ease with the whole existence... Existence is the ultimate parent... So don't turn away from your parents, and don't follow them, and this is the only

way you can be of some help to them... they have helped you physically, you have to help them spiritually... right now nothing is possible... you can only pray...

To attain to real prayer first you have to become silent, you have to pass through the alchemy of meditation... this will help you to get rid of the mind and that prayer will be a totally different quality...

You can ask for help when you have done all that you can do, not before that... Prayer is alive only after meditation... just as a flower opens and the fragrance is released... it simply happens... and the truth comes to you... the ocean comes to the wave...

Prayer simply means gratitude, thankfulness... it is not a demand... it is not a desire... it is just to be aware of who you are... not asking for anything but feeling thankful for all what God has given to us... He has done more than you are worthy of and more than what I deserve... He has given us life and and love... and joy... What more do we want?

 Thank you God...  
Amen

Yes! Amen... “Amen” has a few other meanings too... The blessed one... is only of the meanings... the other is saying yes... Total yes, hence every prayer ends with “ameen”... it means, Lord I say yes to you... a total yes to you...

The word “ameen” has become in Christianity “amen”... their prayers also end with amen... A prayer cannot find a better end... what else could be a better end to a prayer? In fact a prayer is nothing but saying yes to god, in so many ways, in a thousand and

one ways... saying: yes, I am ready... yes I am available, yes do whatsoever you want to do...

🌸 Let they will be done... Thy kingdom come...

And the moment we say yes to God, blessing starts showering on us... To say yes from the heart is to become blessed...

Just a simple word “yes” can change your whole being... Just “amen” to God... a total trust... Yes!!! God is the only lie and love and light... In Arabic “ameen” has many meanings... faith... honesty... integrity... trust... confidence... safety... security... peace, and much more... It is beyond words and worlds... go in... in is our only inn...

🌸 Ameen...

Let us be full of love so we can be full of yes... When the no disappears, all misery, all hell disappears... When there is yes, every cell of your being is dancing and saying yes... then you are in tune with existence, then you are no more separate; you have fallen in rhythm with God... Then your no is also in serving the yes... no to war means yes to peace...

Yes! Let us share what we can about no too... and about yes too... It is the easiest thing in the world to say that something is wrong... Fuckitall... yes is the hardest... Watch your mind, how many times it says no... Even sometimes if it has to say yes, it says it grudgingly... With no, it is very happy... the moment you say no to somebody you feel very powerful... you enjoy saying no because no helps the ego... yes dissolves it...

When you say no, watch what happens in your innermost being... suddenly all doors close... no doors, no bridges... No, makes you an island, and no man is an island, you are part of the

whole... how can a wave be separate from the ocean? So be aware of yourself... Watch your mind... be your own master... yes you can... yes you are...

Yes! This simple word contains all the religions of the world... it contains all the prayers... all the powers... to say yes to existence is to be religious, to say no is to be irreligious... Yes is the very spirit of God... In Arabic is Labbayk... which is the soul of the yes... it is not the belief but the knowing...

Nobody has the right to believe but everyone has the right to know... Be a knower... let the yes be the light in your heart... the really religious person has nothing to do with existence... He can say yes to a rose flower... yes to the stars, yes to people, yes to your own self... your own desires... Be a yes-sayer...

The last words of Jesus on earth were “Thy will be done, thy kingdom come... Ameen” Yes! We are a royal family... not a loyal to anybody... to any power... only to existence... to the power of love... not to the love of power... our no is to support our yes... our positive choice... let us live our choice... our grace... our life-affirmation, not life-negation... no sin... no guilt... no death... no birth... we are just visiting this planet earth... crossing this bridge to another bridge... keep dancing your choice... rejoice...

Yes! Our beloved us... we are the existence... we are the isness... we are the awareness... we are all and nothingness... be a witness and this is the only gift that we can live now-here or nowhere else... All what you see is God... Only God is alive... this godliness is beyond words...

 “Be still and know that I am God”

This amness is existence... I is ego.. amness is the isness... The only lie is I... let it die... then you know the two lies... no I and no death... and what is left is only Allah... only God... and we are not separate from God...

Let us be who we are... we are here to play... play prayfully with great awareness... Be aware of what you are doing... why you are doing it? Are you a doer or a lover? Are you a body or a being? Are you the rider or the horse? Who is guiding whom? Then who is guiding you? Then where is this God? So why not go in?

Yes! Some unknown force has been showering it's grace on you... Start feeling grateful and soon you will be connected with it... thank you I am writing... thank you I am reading... thank you I am sharing your love...

And you will be surprised that one cannot feel grateful enough... because the existence goes on doing so much for you... we cannot repay it but at least we can be thankful... that is prayer... and that is freedom...

## *Freedom*

Yes! Freedom... the dome is free... are you free... am I free? Do I know what is freedom? Let us share what we know now... One remains in need of the other to that point, up to that experience, when one enters into one's own innermost core... Unless one knows oneself one remains in need of the other... But the need of the other is very paradoxical; its nature is paradoxical...

When you are alone you feel lonely, you feel the other is

missing... if you are with the other, then a new problem arises because the other starts using your own space... he starts making conditions on you, demanding things from you, he or she, starts destroying your freedom and that hurts a lot...

So when you are with somebody, only for few days when the honeymoon is there... and the more intelligent you are, the shorter the honeymoon will be... only for stupid people can be longer, for insensitive people it can be a lifelong affair... The other is destroying your freedom, and suddenly you become aware that you need your freedom because it is your life and you decide never to bother with the other...

 Be free but not lonely...

You are free, but what are you doing with this freedom? Love is not there, and both are your wings... and are essential needs...

You can go to any monastery and look at the monks and the nuns; their life is ugly... it stinks of death... it is not fragrant with life... there is no dance... no joy... no song... no energy anymore... What are we doing together? We are using each others... we reduced each others to a commodity, into slaves... so they are constantly fighting; any small excuse and the fight starts...

Where is our love? Where is our freedom? For thousands of years this is the way people have lived... They have seen that their fathers and their mothers have lived the same way, they have seen their grandparents have lived in the same way... This is the way people live... they have accepted it... their freedom is destroyed... as if we are trying to fly with one wing... we need the two wings... love and freedom... we are born with our two wings...

Love is our natural food... without love our soul is hungry... but the soul also needs freedom, and it is so strange that we don't know this yet... It is because of our ignorance that we have created the antagonism...

Love the person, but give the person total freedom and make it clear that you are not selling your freedom... Love and freedom are together... they are two aspects of the same coin... when you give freedom to somebody you have given the greatest gift, and love comes rushing towards you... and when two persons of such beauty meet, their relationship is not a relationship at all... It is a relating... it is a flow of glow and grow...

The ultimate height of love and freedom is the experience of God... In God you will find both; tremendous love... absolute love and absolute freedom... Look at the bird in the cage... he is eating and singing... but in a golden cage... open the door... let him fly... if he loves you... he will come back... if not.. even in the cage he is not for you...

Freedom is the foundation of life... use freedom to be free from all bondage... use freedom to become freedom itself... Remember these two expressions: freedom of the self and freedom from the self... when you are not, you are really free...

Be aware of any other who is using your freedom to become a slave... In the name of God we have exploited humanity for centuries... So be alert... God is freedom... religion is freedom... And if anything makes you a slave then it is not religion and it has nothing to do with God...

So let us be free now from any law... any bondage... any

cage... any stage... we are not a commodity... we are a commune... you are simply a human becoming... you are not your body... not your religion... nor the mind... By being your being... you have become free... And freedom brings peace, bliss and ultimately God...

Yes! Once you are free, you are alone, absolutely alone... this has to be understood very clearly... The moment a person becomes conscious, he becomes alone... The greater the consciousness, the greater the awareness that you are alone... So, do not escape from this fact through society, friends, associations, crowds... Do not escape from it!! It is a great grace... a great gift... the whole process of evolution has been working towards this... Consciousness has come to a point now where you know that you are alone...

Let ushers guide us... They know who is free... who is alone... who is lonely... one of them is my friend in a hospital... Let us share this story... Yes! It is true... he was one of the helpers of this old man...

### - The Hospital Window -



Two men, both seriously ill, occupied the same room in the hospital... one man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs... His bed was next to the room's only window... the other man had to spend all his time flat on his back... The men talked for hours on end... They spoke of their involvement in the military service, where they had been on vacation...

Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the



things he could see outside the window... The man in the other bed began to live for those one hour periods where his world would be broadened by all the activity and color of the world outside...

The window overlooked a park with a lovely lake... ducks and swans played on the water while children sailed their model boats... Young lovers walked arm in arm in such a warm love amidst flowers... all kinds of flowers of every color and a fine view of the city skyline could be seen in the distance... As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene...

One warm afternoon the man by the window described a parade passing by... although the other man could not hear the band ... he could see it... He saw it in his mind's eye because his friend gave him the best description... the best words... Days and weeks passed...

One morning, the day nurse came to bring water for their baths and the man by the window was found dead... He left his body peacefully in his sleep... She was sad... and called the hospital attendants to take the body away... As soon as it seemed appropriate, the other man asked if he could be moved next to the window... the nurse was happy to make the switch, and after making sure he was comfortable... she left him alone... He is alone but now he has the window...

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside... but he was shocked; the window faced a blank wall!... The man asked the nurse what could it be with this man... A sick roommate who had described such great

and wonderful things outside this window... The nurse responded that the man was blind and could not even see the wall but she said, "Perhaps he just wanted to encourage you."



I have no words to say why... He was not blind... only the body was blind... He is not dead... he is alive in our life... never born... never died... just crossed the bridge to another bridge...

We have two eyes for the outside world... and all those who have looked inwards, there comes a moment when the third eye opens... the third eye is one... When we look into existence with undivided consciousness, then we are one with the one... So be yourself... you can see God in everything... no good and bad... just a total acceptance... relax without any tension in the mind and you see through the third eye which is part of your subtle body... this body does not die, it moves with us... it takes another body... another birth... for how long?

Unless the subtle body dies, you can never be freed from the circle of birth-death, rebirth... the circle moves on... Only with the third eye functioning you can enter a different dimension... Now you can see things which are invisible to the physical eyes... Then, with the third eye you can see the spirit... the soul, not the body... you see the being... you see the one who lives in the body...

This movement through the third eye transforms you into a different world... you start seeing things you have never felt, you start smelling things you have never smelled... A new world, a subtle world, starts functioning... It is already there... the eye is

there; the world, the subtle world, is already there... both are there, but not revealed...

Yes! We can see it... just by meditation... Jesus did it, so Mohammad and Buddha and many others... why not us? We are not the body... It is from dust to dust... We have at least seven bodies... We are light from light... layers after layers... Let us peel our inner onion... Let us be one with everyone... and slowly slowly the existence... the oneness comes to us... If you are ready... the master is ready...

♥ Listen to your heart...

♥ *Where is my heart?*

The physical heart is not your heart... The real heart exists just behind the physical heart... The real heart is not part of your physical mechanism at all... the real heart exists in the soul... in the center of the soul...

The physical heart is the center of the body and the spiritual heart is the center of the soul... They both exist together, side by side... Just behind the physical is the spiritual heart... and it is going to happen to many people, this great misunderstanding...

When the spiritual heart starts opening, you will have ripples in your physical heart, too... They correspond, they are very close together. When something vibrates in the spiritual heart, you will feel echoes in the physical heart, too... In fact, we will first feel it only in the physical heart because you don't know anything about the spiritual heart... We are victims of victims... But!! We have a

choice to be a victor... to be an emperor not a beggar... So let us be aware of who we are...

Our first awareness will be of the physical heart... so what are you eating? Your body is your only home and your only temple... If your heart is poor... your wealth is poor and no doctor can cure you... So be aware... health is wealth... So listen to your body... no center, no life... no life, no feelings... So when you feel some strange feelings in your heart like burning, or like a heart attack... be aware of this sign...

It has been happening down the ages to all meditators... whenever people go deep into meditation this is bound to happen... The spiritual heart starts trembling, opening, the petals bloom, and the physical heart starts catching the vibrations, the echoes... but this is a beautiful sign... don't be afraid of it... soon you will become aware of the spiritual heart, then all symptoms from the physical will disappear... This is what happened to Jesus... to Mohammad... to Buddha and Rabia and few more...

We too are on the same path... Truth is one... This truth is in all of us... So let us be aware of this inner treasure... Yes! There is some pain... but no pain no gain... This pain is a great bliss from God... it is labor pain... birth pain... born again a Christ not a Christian... a being not a body...

This pain is very loving... It is a new taste that you had not known before... a new body... "Eat my body... drink my blood"... Jesus gave us this grace... and we became more harmonious with God... with existence... and a great love will arise in us... it is a love attack not a heart attack... You have moved from the physical to the spiritual...



*So what is in between two hearts?*

Yes! The mind... that is the only barrier... the whole effort of meditation is to disappear into your heart and to disperse the mind... then a great beauty arise... It will be seen in your physical face too... A grace of a new quality of energy will be around you... and not only will you feel it, others will feel it too, you will have a new vibe... a vibe not a vip...

But always, when you have something happening in the body, go to the physician and be checked... Don't think that it is always the spiritual heart... be aware... take care of your body and of your being...

Yes! There is a cave in your heart, if you enter you will enter into God himself... The heart represents love and the head represents logic...




Logic is bitter, love is sweet

What we need now is a heart full of peace... of love and light... If not now? When? If not us who else??... Let us be it and let us share it... Buddha, Jesus and Mohammad attracted millions of persons, because they lived in the heart... why? No one knows why and how... It is beyond mind... This is a miracle... what was the cause?

Whenever a person of heart is there, a person who lives in his

heart, he imparts around him vibrations of sweetness... Just being in his presence, being near him, you feel a sudden joy for no visible cause... he is not giving you anything, he is not giving you any physical comfort... On the contrary, he may lead you into physical uncomfot; through him, you may have to pass many sufferings... but you will enjoy those sufferings... no pain no gain... It is a great grace from God... a new birth... from body to being... to a newman.. a new humanity...

This is the real Hajj... the real pilgrimage... out of the cage... out of any stage... but towards being a sage... a soul that accepts all what is going on with love... It is meant to be... This is how we learn the good from the bad... the light from the darkness... No Judas no Jesus... let us be the icon of God... It is in our heart... the heart is our total being... when you are total, you can know the total...

 *Are you free?*

Let us have fun with our mind... Yes!! The mind is our ego or the devil... It does not want anyone to be happy... to be free but be aware of your mind...

To be aware of the mind is a big gift...  
To be aware of the mind is being a witness of the mind...



As the witnessing grows stronger, you already start feeling yourself beyond the mind... Slowly, slowly the distance grows... your witness reaches to a sunlit peak and the mind is left in the dark valleys, far away... You can still hear the echoes, but they don't affect

you at all... you are beyond their reach... You have many minds... but you have only one heart... Use your mind as a car but you are the driver... Mind creates all kinds of illusions... It is our ego... but you are the master... you are the rider not the horse...

Be aware of your thought... a thought is a destiny... This hypnosis has to be broken, and no religion has tried to break it... Man has to be de-hypnotized... Man has to be aware that all is in the mind... Once you know this... the oneness will be alive... and truth will be our life and our freedom...

Yes, we have a divine mind... it is the absence of our mind... from our side we hate to become no-minds, utterly empty, and then the divine mind descends in us...

The mind that we have is nothing but memory... it is the garbage of the past, the dust that our mirrors have gathered... This dust has to be washed away... and when the mirror is pure and without any dust... it is not your's, it is for nobody, it is God's.. The dust is ours... but the pure silence... is the existence... is the eternal...

So divine mind means: the mind of the whole... the mind of the total, the cosmic mind... we have to disappear into it, like a dewdrop falling into the ocean... the fear is logical, but there is no other way...

With God we lose nothing because we don't have anything and we gain all... or we only lose our chains, our bondages, our prisons... and our so-called mind is our prison... So why not be free... meet, merge and melt in the ocean...

The divine mind is absolute freedom.. it is liberation from all lies... Truth is our only value and let us be who we are... This is our

only bliss... our only fun too...



Let us have funs with nuns...

During a baseball game, three men were  
sitting directly behind three nuns...  
Because their habits were partially blocking  
the view, the men decided to disturb the  
nuns... hoping they'd get annoyed enough to  
move to another area...

In a very loud voice, the first guy said: "I  
think I'm going to move to New York, there  
are only 100 nuns living there."

Then the second guy spoke up and said  
loudly, "I want to move to Mecca, there are  
no nuns living there."

Then the third guy yelled, "I want to move to  
India... There are only 25 nuns living there"  
The mother superior turned around, looked at  
the man, and in a very sweet and calm voice  
said, "Why don't you go to hell, there are not  
any nuns there."



Let us go where there is none... there is nobody on this planet...  
a no-body here and there... We are not a body... we are born as a  
nobodiness and we will die as we came... Name and form are just on  
the surface... but deep down we are a vast space...

The newly weds just arrived in the



honeymoon suite of a Caribbean resort...  
She comes out of the bathroom in a bathrobe,  
looking great, gorgeous... She opens the robe  
and her husband stares excitedly and says,  
“Oh honey, let me take a picture of you!”  
She is puzzled: “What are you doing with a  
picture?”  
He replies, “So I can always carry it with me,  
close to my heart.” And he takes the picture...  
Then he went into the bathroom to get  
ready... When he comes back and opens his  
robe, she says, “I also want to take a picture!”  
He replies... “So that you can always carry it  
with you?”  
“No” she replies, “so I can have it enlarged.”



Yes! My pen-is is big... and the bigger is the better or the  
bitter... it is up to us how to butter it... Most of our jokes are about  
election or erection!!! And why not? Life is only a joke... A joke a  
day keeps the worry away... What worry?? Keep your pen... big...

An old spinster died, and her two old friends  
went to a stone mason to have a gravestone  
made... “And what message would you like  
to have on the stone?” asked the mason...  
“Well,” said one of the old maids, “It is quite  
simple really. We would like.... 'She came a  
virgin, she lived a virgin, and she died a

virgin'... This is our best gift for her.” The mason replied, “You know, you ladies could save a lot of money by just saying, 'Returned unopened.' This is what I share with you.”



Most of us return unopened... and nobody is responsible except themselves... ourselves and myself... Let us open up our mind and live the divinity in our heart... then all what we do is divine... all what we see is divine... God is the only infinity and the only divinity...

This unity is in us... it is in the core of our heart... it is so near why go so far? This is our real virginity... to die now and born again fresh and alive... every breath is our death and our birth... This is our only path... to the only truth...



A man escapes from prison where he has been for 15 years... He breaks into a house to look for money and guns and finds a young couple in bed... He orders the guy out of bed and ties him to a chair... While tying the girl to the bed he gets on top of her, kisses her neck, then gets up and goes into the bathroom... While he's in there, the husband tells his wife:

“Listen ,this guy was in prison and escaped to steal and kill, look at his clothes!! He probably spent lots of time in jail and hasn't seen a woman in years... I saw how he kissed your neck... If he wants sex, don't resist, don't complain, do all what he wants... satisfy him no matter

how much he nauseates you... This guy is probably very dangerous... If he gets angry, he'll kill us... Be strong, honey. I love you.”

To which the wife responds:

“He wasn't kissing my neck... He was whispering in my ear... He told me he is gay, thought you are cute, and asked me if we had any Vaseline or any cream, and I told him it was in the bathroom... Be strong honey... I love you too!!” Good fuc... sorry, good luck!!

🌻 Me too I love to live more fun with nuns and none and this one...

I was a very happy man...  
My wonderful girlfriend and I had been  
dating for over a year... So we decided to get  
married...  
There was only one little thing bothering  
me...  
It was her beautiful younger sister, Sofia...  
My Prospective sister-in-law was twenty-  
two... wore very tight miniskirts... and  
generally was bra-less...  
She would regularly bend down when she  
was near me...  
I always got more that a nice view...  
I had to be deliberate...  
She never did it around anyone else...  
One day she called me and asked me to  
come over.. “To check my sister's wedding-

invitation!” she said...

She was alone when I arrived... she  
whispered to me that she had feelings and  
desires for me... she couldn't overcome them  
anymore...

She told me that she wanted me jut once  
before I got married... he said, “Before you  
commit your life to my sister... I want to be  
with you...”

Well, I was in total shock, and I could not say  
a word...

She said, “I'm going upstairs to my own  
bedroom... all alone...”

On! My God what can I say? What can I do?

Then she said, “If you want one last  
demand... just come up and have me.”

I was stunned and frozen in shock as I  
watched her go up the stairs...

I stood there for a moment... then turned and  
walked straight to the front door... I opened  
the door, and headed straight towards my  
car...

Lord and behold, my entire future family was  
standing outside, all clapping...

With tears in his eyes, my father-in-law  
hugged me... He said, “Sergio, we are very  
happy that you have passed our little test...

We could not ask for a better man for our  
daughter... welcome to the family my son!”

What is the moral of this story?

It is so clear...

Always keep your condoms in your car...



Ah! Me too... I never knew what was his intention...  
Watch out your thoughts!!

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...



A destination is a very clear-cut thing; direction is very intuitive... a destination is something outside you, more like a thing... a direction is an inner feeling; not an object, but your very subjectivity... You can feel direction, you cannot know it... You can know the destination, you cannot feel it... It is in the future... Once you decide, you start manipulating your life towards it, steering your life towards it...

Direction is in the moment... pulsates here and now... and out of this pulsating the next moment is created... it is spontaneous... it is the inner touch with the godliness in us... it is more like poetry, not like prose; more like love, not like logic; more like art than like science... it is very delicate, fragile...

Each step on this trip is a discovery without any map... The more you know, the more you know about the knower... the more you love the more you know about the lover... A map is not needed, but a great passion to discover and uncover... to be on your own... to be your own master and your own guide...

💧 Your thirst will take you to the river...

Move into the vast, into the infinite, and by and by learn to trust life... Life is God... death is God... birth is God... so why fear?... There must be a reason in it, there must be a hidden secret in it, there must be a teaching in it... He is opening a door...

The man who trust, the man who is religious is thrilled even at the gate of death... because he knows that nothing dies... This is it... at each moment, this is it... It may be success, it may be failure... Just accept and respect the now as it is... This is what Jesus called a real prayer... and then you will have direction... You need not worry about it, you need not fix it, you can move with trust...

Let us walk our talk... Let us show our love in action not in emotion but in compassion... Let us respond not react... This is the dance of our choice... the dance of grace... of bliss... Now you are in bliss... It is our birth right... like reading this and be aware of it...



Be yourself anyway...

People are often unreasonable, illogical and self centred...

Forgive them any way...

If you are kind, people may accuse you of selfish and great ego...

Be kind any way....

If you are successful, you will win some false friends and some true  
enemies...

Succeed anyway...

If you are honest and frank... people may cheat you...

Be honest and frank any way...

What you spent years building, someone could destroy overnight

Build anyway...

If you find serenity and happiness, they may be jealous...


Be happy anyway...

The good you do today people will often forget tomorrow or today...

Be good anyway...



Give the world the best you have and it may never be between  
you and them... It is always between me and myself... between  
mewe... the i and the I... the amness which is the existence in us... It  
is in us and in our inner Godliness... This is our bliss...

Yes! Let us plant some seeds of bliss... the spring is coming and  
the grass will grow on its own accord... Let's be the farmer of our  
inner treasure... let us plant our seeds... One seed turns the whole  
earth green ... 

If we eat good no doctor is needed...

If we eat wrong no doctor can cure us...

So let us watch what we are eating...

You are what you ate...

You are what you don't shit...



We can easily forgive a child who is afraid of the darkness...  
The real tragedy of life is one of us who is afraid of the light...  
Afraid of facing myself... my original face!!!

Life can be understood only by looking behind...  
But can be lived by looking ahead...



In the middle of the difficulty lies the opportunity...  
No pain no gain... be aware of this door...



Life is always full of many broken places, but  
there are those who become stronger at the cracks



When one door of joy closes another opens,  
but often we look so long at the closed door  
that we don't see the one which has opened !



The quality of our life will be largely  
determined by the quality of our  
relationships and it is only with our heart  
that we will communicate in ways that  
matter...





A woman without her man is nothing...

How do we punctuate it?

Man: A woman, without her man, is nothing

Woman: A woman, without her, man is noting



Live simply so that everybody can simply live



Work like you do not need the money...

Love like you have never been hurt...

Dance like nobody is watching you...

Sing like nobody is listening...

Live like it is heaven on earth..

We may not have it all together but  
together we have it all



If you do not feel it, you do not hear it,  
you cannot share it



No one has the right to believe... Everyone has the right to know



When women are depressed they either eat or go shopping...

Shop until you drop...

When men are depressed they go to war...

They kill until they are killed...

What is depression?

## *Depression*

Remember this: whenever you are depressed wait for the moment... watch your mind... feel your feelings... be grateful... and the depression goes... Nothing lasts forever; the depression will go... and when it leaves you, wait... be aware and alert... because after the depression, after the night, there will be dawn and the sun will rise... If we can be alert in that moment, we will be happy that we were depressed because only through our feelings we learn that it is our choice to be what we want...

But what do we do? We feel sad... then we feel guilty and we go more into more sadness... more depression... If you are depressed, that's okay... nothing is wrong in it... it is beautiful, because through it you will learn and mature... Do not feel guilty... be aware of this lesson... do not fight with your pain... no pain no gain... The first depression is good, but the second one is bad... is unreal... and this unreal will cloud your mind... you will miss the moment that would have followed the real depression...

When depressed, be depressed... Simply be depressed... don't fight it... If you fight it, you will create a dangerous breakdown... Let it be a breakthrough... The first depression is beautiful, God-given... The second depression is your own... it is mental... then

you will move in mental grooves... they are infinite...

Just be aware of this test... of this bliss... then suddenly no clouds will be in your mind and the sky will be clear and you will see the stars and the suns and the moons... For a single moment heaven opens for you... "Let thy will be done" and you are born again as a being... as a consciousness... as a whole holy spirit... you can enter this heavenly gate... gate of grace... and once you know it, you have learned one of the ultimate laws of life... that life was the opposite as a teacher, as a background...

Yes my beloved friends... my us... our us... nothing is wrong... nothing is right... no good and no bad... it is only a balance... this is what we call the cross...

Carry your cross and follow yourself...



Be a follower not to anybody but to your heart... a fellow traveller with others... we are one with the one... Live your oneness...


The nature of day and night is one... war and peace is one... the nature of man and woman is one, that is why they attract each other... once they become one then the whole is created...

You have two eyes... they don't see each others but they are united with the third eye... our inner insight... Jesus says, "When your two eyes become one there will be light"... So let us be aware of our male and female energy... They have to meet... then there is a great explosion of light... this is the oneness with the one... How blessed we are if we are aware of this grace...

Let us be aware now-here... herenow is the only time and the

only place and the only space for our peace... this is why we are here... Let us plant our seed of joy... Let us be who we are... It is so simple... there is no more... the most important word is we... We are the world... Let us live our love... We are good in making a living but not in living... We are the existence of love...

Let us be still like a mountain and let us flow like a great river... a lover... a verb not a name nor a noun... a rivering... a loving... the bell is always ringing...

 Let us hear this bell in our heart... Once there was a young boy who was mischievous and had a very short temper... His father thought of practical solution... he gave him a bag of nails and told him that every time he got angry, he must hammer a nail into the face of his house... The first day he used 29 nails... over the next few weeks as he learned to control his anger he used less nails... He discovered it was easier to hold his temper than to drive nails into the fence... Finally the boy came when he did not lose his temper... He told his father and both went to the fence to pull out the nails... and told him look at the holes... The fence will never be the same, when you say things in anger, they leave a scar just like the ones on the fence... You can put a knife in a man and draw it out... It won't matter how many times you say I am sorry, the wound is still there... A verbal wound is as bad as a physical wound...

Actions done when angry can have irreparable damage... Words spoken when in anger can break relations and no matter how much you appoint it... no way to apologize or regret... the relation will never be the same...

Once there was a man who used to beat his wife for small mistakes... One day he bet her so much that she accepted to die...

Even though he had not intended to kill her... but when she was dead he became fearful of her relatives... In a state of anxiety he came out of his house and met a friend who gave him an advice... He told him to invite a young man to his house and behead him and put the head next to the wife's corpse... Then he would tell the wife's relatives that he had found them together in bed and was unable to control his anger... and killed them both...

The man liked the idea and sat at the doorway waiting for a young man... A handsome boy passed by his house... he invited him inside and did the advice... and he called all the relatives to come and see the story... but the friend who told him what to do... his young son did not come home... he was worried... he went to the house of the one whom he had offered evil advice and saw the head of his son... His evil advice caused the death of his own son!!!

✿ Yes! The one who digs a pit for others falls into it himself...  
Watch out!

The masses have not contributed anything to the growth of consciousness, to the growth of the human soul... They have not contributed anything towards making a temple of God on the earth... although we have made thousands of temples and churches and mosques... but they are not the real home for the religion... they are only walls or citadels of anti-life preaches... citadels of cowards and escapists... We have organized religions just to prevent the real religion...

Because religion can exist only in the loving heart...  
In the individual who is aware and alert of this being...



*Who I am*

This amness is our isness... is our existence... what are we here

for? Why war? Why not peace? Let us listen to our heart not to our head... what is our vision... Tell-A-Vision...

 If your vision is for one year plant wheat

 If your vision is for ten years plant trees

But

 If your vision is for life time... plant people for peace

 We are here to plant peace not war

 Yes! Let us plant it again and again... what is your vision for peace?

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

Who can plant people for peace? If not you and me! Who else? If not now! When?

Yes! We can and this is why we are reading our book... It is from our being... It is a flow of light... we are here to be who we are... to share our joy... to listen to our silence not to our noise... to our heart not to our head... do not listen to any other... only to your inner treasure...

Live only your choice... not what the priests or the politicians are telling you... The politicians are here to tell you the idea that you have freedom of choice... You don't... be aware of this lie... you

have no choice... you have owners... they own you... they own everything... they own all the important land... they own and control the corporations... they have all ways and the wills and the means to control the news and the views and the medias and we are only slaves...

No body can save me only me... all the power people, they don't want a population of citizens capable of critical thinking... They don't want well informed, well educated people of critical thinking... they are not here for this... that does not help them... that's against their interests. That's right... they don't want people who are smart enough to sit around a kitchen table and think about how badly they are getting fucked by a system that threw them overboard years ago...

They want obedient workers... only robots who are smart enough to run the machines and do the paperwork... And just dumb enough to accept any shit jobs with the lower pay, the longer hours, the reduced benefits, the end of overtime and vanishing pension that disappears the minute you go to collect it, and now they are coming for your social security money... They want your fucking retirement money... for what? For more wars... when are we going to wake up and see this crime??

Nobody seems to notice and nobody seems to care... this is the American dream... The owners of this planet... we are the cause of this crime... we are snoring day and night... when are we going to wake up??

Let us know that we can wake up... nothing else is needed... Just remember that... "This is my dream... this is my vision" just be your dream... be awake... If you are living in misery, in fear, you are the one who is creating it... and nobody else can take it away

from you unless you decide not to create it any more...

My hell is in my work... so is my heaven... you have both seeds... good and bad... what is your choice? Plant the seed you love to plant... In a single moment you can be awake... Do not go to any politician... They are not only stupid but cunning too... The stupid person has to substitute for his intelligence, he has to become cunning... And they are power-made... their only joy is how to dominate... they talk about service only to rule... only to dominate people...

You will have to see deeply into all these things... If a man is made aware of all these things... the earth can be a totally new planet... no politics... no dictatorship... only freedom and love...

Let us be awake and spread intelligence into people not stupidity... It is our life and we have to do something about it... we have to change hell into heaven... the change comes from within...

Let change happen... change is a constant law... Let it be your own experience... your own life... your own bliss... Then nobody can disturb your flow.. It is rivering in your own river... no need to ask and it is flowing to you... Only experience of life makes you able to address God in a personal way... Then you can encounter HimHer...

♥ This is what trust is...

Jesus says... "Look at those lilies in the field... they labor not, and yet they are so beautiful and so alive that not even Solomon was so beautiful in all his glory "...

Trust in life, then you cannot lose anything... but that trust cannot come by education, by preaching... by thinking... That trust



can come only by experiencing life in all its opposites... when you come to the point of balance, there is trust...

Trust is the perfume of balance, the fragrance of balance... So drop all your beliefs... everyone has the right to know... to experience... not to believe others... belief is borrowed, trust is yours... Trust has no doubt... Trust is a unity in our being, in our totality... It has to be your own experience... don't read about the water, just drink it... Let your thirst experience this trust...

No one can give you the truth... no one can teach it unless you catch it... unless you drop the lies... why drop the lies?... Man almost lives in lies, because they are very comfortable, convenient... you don't have to make much effort to find a lie... the whole of society is ready to give you all kinds of lies... but truth is an individual search... lies are a social invention...

So whenever truth is discovered, there is a great trouble... you have lived all your life in lies... beautiful lies, and suddenly you find your whole life collapsing...

To choose truth, first you have to make an immense effort to find it... then the whole society is against you, the whole world is against you... you have to face the whole world... Then you are alone.... In this aloneness you are home, at ease, relaxed, strong... so strong that you can face the whole world...

What you find with the truth is such a treasure, that once you have known it you cannot exchange it for lies... and your truth makes them aware of their own lies and they don't want this trouble... you have found the light... be in your own truth...

The whole darkness of the world cannot do any harm to the light... just a small flame of the light is more powerful than all the darkness of the universe... But the one who is living in darkness, will find it very difficult to change... Let them be dead... no one can change you only you... Each change is a new birth but they don't want to be aware of their lies... Their whole life has been a castle made of sand... Just a little breeze of truth and it will die... it will collapse...

To save their own sandcastle, they will create every kind of trouble for you... But the man of truth is able to accept all the troubles... Why?... because what he has got inside himself is so blissful, is so great... is so immortal... so who cares about small troubles... As you become more and more aware of your inner warmth, you don't need any crowd, you alone are enough...

Truth is such a nourishment, that you can lose your life because you have found something greater than life... You have found the very source of life... from where all life arises... Once you are aware of the truth... you are no more in the crowd... The only courage that is worth calling courage is to get out of the crowd... The crowd consists of blind people... They function according to traditions, because they have no insight of its own... it cannot have... So be aware of this blindness... the crowd is dead and blind... Its whole ideology is the root cause of misery... and the crowd thinks of the future according to its past, a future which is never going to be...

To grow one's own insight one needs to be deeply meditative, very alert and aware; right awareness means attention without tension... a very relaxed kind of watchfulness, just seeing, not making effort... just be your being in herenow...

## Now-here or nowhere



This now is very significant... we have lived a life of illusions... Now, begin the search into your own self... You have lived through the head, now through the heart... Now, begin the enquiry into God...

You have lived a life of worldly pleasure, pain, misery, problems; you have searched in many ways, many directions and you have found nothing... You have come to a dead end and there is nowhere to go... now is the time to go in... In is our only inn... Let us take a deep breath and start our inner journey!!

The inner body is the bliss body... It is an energy... and the finer the energy, the more joyful it is... the bliss body, has the finest particles in it; There is no more possibility to make it more refined... You will have to search for it... You cannot find it outside in the world... you will have to go in... It can be found only with closed eyes; it is an inner journey... Slowly slowly you will start feeling it, the more you remain silent and quiet and just watching inside, turning in, turning in, one day the contact happens and suddenly you see such light as you have never seen before... You have entered paradise... and it was always there... we had just not opened the gates for it...

All that is needed is an in-sight... A single in-sight allows you to drop the past and the future and live this moment... only the present is... being in tune with the now... with the present.. and that's what meditation is all about; to be in tune with that which is, to be utterly free from thought... free from the head and be in the core of the heart... In this now is our only freedom... In this now God is all

over the place...

Here is the only place and now is the only space... Take a deep breath and just be in this bliss and be so grateful that you are still alive... Find out every excuse to live the maximum; don't live in a minimum way... If you can live a hundred percent, if you can burn your torch at both ends together, then you are surrendered to the will of God... to life, light, laugh and laughter.



A married Lebanese man went into the priest and said, "I almost had an affair with another woman."

The priest said, "What do you mean, almost?"

"Well, we got undressed and rubbed together but then I stopped"

"Rubbing together is the same as putting it in... You are not to see that woman again... For your penance, say five Hail Mary's and put \$50 in the poor box"

The man left the confession, said his prayer, and then walked over to the poor box... He paused for a moment and then started to leave...

The priest was watching and ran to him and said,

" You did not put any money... "

The man replied, "Yes, but I rubbed the \$50 on the box, and according to you, that's the same as putting it in."



Maroon lived alone in a Maronite village  
only with a dog for company...  
One day the dog died... he went to the priest  
and asked him... "Father, my dog is dead...  
can you do a mass for the poor creature?"  
The father replied, "I am afraid not; we  
cannot have service for an animal in the  
church... But there are some protestants in  
the other village... maybe they will do  
something for the creature..."  
Maroon said, "I will go right away father...  
Do you think \$500 is enough to donate to  
them for the service?"  
The father exclaimed, "Sweet Mary, mother  
of Jesus! Why didn't you tell me that your  
dog is Maronite?"



Husband and wife are like liver and kidney  
Husband is liver and wife is kidney  
If liver fails, kidney fails  
If kidney fails, liver manages with other  
kidney



Husband: You will never succeed in making

that dog obeys you!!  
Wife: Well, it is only a matter of patience,  
I had a lot of trouble with you at first



Yes! You are totally free to live your own way... to live and laugh and be your own master... Fly in your own sky... no routes and no maps, you have to depend on yourself alone... your existence will be the sole company... the only company...

Life is just like a sky; it is not like earth roads... you cannot follow... you have to be alone... to live your aloneness... not depending on anyone... only on your courage...

To imitate is easy, to follow is easy... to depend on someone is easy... but to be totally alone with no map... with no discipline; with no system... is the greatest courage...

A free being means one who is courageous... This courage is not something which can be imitated, it has to be developed through living... There is no how... just sitting alone in your room, be loving... radiate love... fill the whole room with your love energy... feel the vibration as if you are in the ocean of love... start feeling that something is happening in your aura... a warmth is arising around your body... you are becoming more alive... something like sleep is disappearing and something like awareness is arising...

Be aware of your thoughts... If anger comes... watch your feelings... and stay away from any clouds... This will pass too... Just look at the stars... And if you are right then there is no need to get angry, and if you are wrong then you don't have any right to get

angry... just learn from your mistakes... No pain no gain...

Patience with family is love...  
Patience with others is respect...  
Patience with self is confidence...  
and  
Patience with God is faith...



Never think hard about past, it brings tears...  
Don't think more about future, it brings  
fears...  
Live this moment with a smile, it brings  
cheers!



Every test in our life makes us bitter or better  
Every problem comes to make us or break us  
Choice is ours... to be a victim or a victor!



Search a beautiful heart not a beautiful face  
Beautiful things are not always good but  
good things are always beautiful



Do you know, why God created gaps between fingers? So that someone who is special to you, comes and fills those gaps by holding your hand forever...



And here we are... Whatsoever I read or write is not important... Don't pay too much attention to what you read... the words are like two banks of the river... don't get too attached to the banks... they don't quench your thirst.... forget the banks; just look in between... the gap is the silence between two words... This gap is the rivering of the river... is the stillness of our silence... of our existence... “Be still and know that I am God...”

Suddenly, one day, unaware, you are caught... words are no more important... but the being who is with you... when you are with a Christ, you are with a being of light... so you can't listen to his words... you are with his being... The ears go on listening to the words but the heart is moving in some unknown direction... By and by you shift your emphasis to the silent gaps... Sometimes the message is not in the words but in the look at you... When a Christ is looking at you... it is the message... eye to eye... heart to heart... you cannot remember it... but something has happened...

The gap is the no mind door... it is a glimpse... It was so small... the gap was so fleeting that by the time you become aware that the mind was not there, the mind has returned... Pay more attention to the moment when the mind went away and was not there, and then you will feel blissful... Watch this... between two breaths, ingoing, outgoing, there are two pauses... when the in turns into out there is a



pause, when the out turns into in there is a pause... you watch it...

🌹 Every breath is a path to God...

Thousands of people arrived to that pause... that gap... Be in the gap, and the whole world stops... and you will find it in manys... There comes a moment from which you cannot return, the point of no return... “Let thy will be done”... That is when you have been taken possessions of the whole... You are no more there.. the ego is no more... you are no more a bodymind but a living light... You are no more there and yet something is... That “something” is your reality, your essential reality...

First bring your misery to the level of reality and then watch it... and suddenly you are the watcher... you are out of it... Right now you are out of it.... It is only an illusion that you are in it... Just snap out of it any now... snap your fingers and slap your face and wake up...

🌹 Be aware of who you are...

🌻 *The way out*

The way out of the mind is to become aware of the mind and its mechanism... its memory, its imagination, thoughts, desires, fantasies... The traffic is there, continuously going on, you have just to stand by the side and watch whatsoever is passing, with no judgment, with no evaluation... Just a silent mirror reflecting whatsoever is passing by... without any commentary... just watching...

In the beginning it seems difficult because our habit is continuously commenting... But just a little patience, sitting silently, doing nothing, just watching... it comes... and when it comes it opens

a totally new dimension... and we go beyond any dimensions...

During a visit to the mental hospital, I asked the director, “How do you determine whether or not a patient should be admitted to the hospital!!!”...

“Well,” said the director, “we fill up a bathtub, then we give a teaspoon, a teacup and a bucket to the patient and ask him to empty the bathtub”...

“Oh, I understand, a normal person would use the bucket because it is bigger than the teaspoon and the cup” I said...

“No,” said the director, “a normal person pull the drain plug. Well, do you want a bed near the window?”



To whom do you listen? To the doctor or to your dick?

An elderly man went to his doctor and said,  
“Doc, I think I'm getting Senile. Several times lately,  
I have forgotten to zip up!”...  
“That's not senility,” replied the doctor...  
“Senility is when you forget to zip down.”



An elderly man walks into a confessional...  
The following conversation went on:

Man: I am 92 years old, have a wonderful  
wife of 70 years, many children,  
grandchildren and great grandchildren...  
Yesterday, I picked up two college girls,  
hitch-hiking... we went to a motel, where I  
had sex with each of them three times...  
Priest: Are you sorry for your sins?  
Man: What sins?  
Priest: What kind of a Catholic are you?  
Man: I'm Jewish!  
Priest: Why are you telling me all this?  
Man: I'm 92 years old... I'm telling  
everybody...

He is proud of himself... There is no sin... The only sin to say there is  
a sin...

### *What is a Sin?*

The original Hebrew word for sin is very beautiful... it is totally  
different from our idea of sin... The root word means  
“Forgetfulness”; it has nothing to do with what you are doing... The  
whole doing is whether you are doing it with conscious being or out  
of unconsciousness... Are you doing it with a self-remembering or  
have you completely forgotten yourself?

Any action coming out of unconsciousness is sin... Be aware of  
your mind... watch out your lies... Love is always greater than any  
sin... God is always ready to forgive... He does not mean that you  
should go and sin... but God is the forgiver... this is his nature... love  
is his reality... God cannot be angry with you... you are his creation...

but our ego always loves to do great things... just to be unique... to be on the top... It may be a sin... That doesn't matter...

We are small, our sins cannot be great... our hands are small and all what we do is only a game... a joke... just like a straw in the river... the flood will come and take it away... This is how we learn... So whatsoever you are doing, do it boldly... God is within you... How can you be a sinner?... You are a player...

🌹 We are here to play...

We have been taught that we are sinners, that unless Jesus saves you, you are bound to go to hell... Nobody is a sinner... even while you are in the darkest hole of your life, you are still divine, you cannot lose your divinity, there is no way to lose it... it is your very being... it is the stuff you are made of... No original sin... go and eat the whole tree of knowledge but you are a knower.. “I know nothing” only one can feel wonder and awe... And to stand in wonder is to face God... is to encounter God... is to be ready for God... This is who we are...

Be aware of your innocence... of your childhood... We have to go on remembering our original face not a dominating force over us... Let us do things not according to habits but according to the situations... to respond not to react...

Let us meditate and this energy brings something more to our life which is not a habit, which is spontaneous, a non-mechanical energy... something which transforms us from a robot into a conscious being... Let us keep remembering what we are doing? And how we are doing? Once you know the bliss of being... you know something so vast... beyond words and worlds...

The really significant things in life can never be said through words... only silence is the way of communion... the baby and his mom... So when you really want to say something of the heart you will always find it unsayable... Love cannot be uttered, gratitude cannot be spoken of, prayer is bound to be a deep silence inside us...

🌹 Yes! Laughter can be a great treasure...

Wife is dreaming in the middle of the night  
and suddenly shouts: "Up! Quick! My  
husband is back!"

Man gets up, jumps out of the window, hurts  
himself, and then realizes: "Damn, I am the  
husband!"

Do you now the meaning of WIFE?  
It means...  
Without Information Fighting Everytime



Having wife is part of living...  
But having "girlfriend" along with the "wife"  
is art of living



It is said that husband is the head of the  
family.  
But remember that wife is the Neck of the  
family and the neck can turn the head exactly

the way she wants...



You know why woman starts with W?  
Because all questions start with W!!!  
Who? Why? When? Which? Whom? Where?  
And finally Wife?



In a shop a man asked for a half kg of butter...  
The sales person, a young boy, said that only  
one kg packs were available in the shop, but  
the man insisted on buying only a half kg...  
So the boy went inside to the manager's room  
and said: "An idiot outside wants to buy only  
a half kg of butter." To his surprise, the  
customer was standing behind him... So the  
boy added immediately... "And this  
gentleman wants to buy the other half!!!"  
After the customer left, the manager said...  
"You have saved your job by being clever  
enough at the right time... Where do you  
come from?"  
To this the boy said, "I came from Brazil...  
The place consists of only prostitutes and  
football players."  
The manager replied coldly, "My wife is also  
from Brazil!"  
To this the boy asked excitedly, "Oh yeah?  
Which team does she play for?"

Let us go from laughter to the cause of this treasure... What is the base of this case? Yeeeee!!! Sex is the vase of this verse or virus... So let us read the answer of this question...

♥ *What is the difference between great sexual suppression and freedom from sex?*

First, suppressed sex has more interest than expressed sex can ever have... The interest is not direct... it is indirect... If our sex life is normal, the interest cannot be so much, because you will have a kind of satisfaction, a contentment... It is like when you have taken your food, you forget about food... But if you fast, then you continuously think about food... Fast one day, and then go to the market, you will see only food stores and you will smell only food smells... and you had been to this place before many times, it had never happened like that...

Repression cannot free you from interest... The repressed person becomes more interested in sex than anybody else... Maybe he shows antagonism but it is his interest... That is why the so-called religious scriptures or priests are against sex but this is their interest... They are still haunted by it... it is deep inside them, in their very guts...

The more you repress, the more it accumulates, it becomes more and more powerful... A normal sexual life has sex in a normal way... This is the only natural way for ordinary people who are not trying to attain some higher consciousness, who are not going into meditation... This is the lowest step on your trip... Samadhi is the highest rung of being possessed by God... And in both ways you are possessed by God but in different layers...

The attraction for sex is the attraction to let-go... there is nothing wrong in it; it is the beginning of the search for God... And of course, the beginning can begin where you are... You are in the body... So only in the ???(Word chopped from the page's edge) can the search start... It should not remain there, that's true... but it cannot start anywhere else... We have to go rung by rung... step by step... The higher you move, the more meaningless the lower starts becoming... Not that we are against it... but because we are gaining higher ecstasies... Who bothers about the lower?

The man who is against sex is below sex... He is obsessed with sex all the time... The man who is above sex, he has no antagonism... he will have compassion for all those who are still in the world of sex...

You cannot go beyond sex by repressing it... The way beyond is through... through understanding... To repress sex, one has to be very very angry... only through anger can you repress sex... Soooo, anger is danger and we go to war to express our anger...

This is why we have many politicians who are into power and priests too... The cause is in us... If you want to earn money, you will have to repress sex... If you don't repress sex, you will not have enough aggression left to fight in the market, to compete with people... If you want to become a great politician or a great priest or any great leader... you will have to repress sex; otherwise, from where will you find this stupid energy to be a politician? Life by itself is a politic game.. all of us are using us... Be aware of this and be alone not in the crowd... not in society... but in your aloneness...



A man who has repressed sex he is more into sex than the ordinary man... everything in his life reminds him of sex and he spends his money on sex... watch out your check book... check your check book and look at your new look!!!

And the man who has gone beyond sex is free from sex... but his interest is not personal any more... he is interested in everything... in flowers, in birds... in the lovers... in the people... His interest is not personal... he can see God in every seen... just like Jesus when he saw Mary Magdalen... “You are the only one who loves me” she said to Jesus... This is freedom of expression... this is our real religion which is rooted in us... in our mother earth and our mystery of life... Rooted in the mud and rising towards the sun...

Our sex energy is the nourishment for our Samadhi... from sex to superconsciousness... Let us search all the nooks and corners of our sexuality and we will be surprised and enriched and benefited...

Knowing your sexuality, you will stumble one day upon your spirituality... Then you become free... Your energy has risen high... now sex is just like a toy... But you will not be angry with the people who are still playing with the toy... You will understand them too.. You will have compassion for them... They are our brothers and sisters...

Yes! Sex is not a sin... nobody goes to hell for sex; otherwise God would be responsible, not us... We are born with it... it is not our invention... it is not like an atom bomb... it is not like politics... These are the inventions of our ugly mind...

But sex is a God-given gift... and it is a great seed... and in the seed is hidden Samadhi... Once it starts sprouting and finds the right soil, it will become a big tree... millions of flowers will come to it...

It is not only that out of sex a child is born, it is out of sex that you will be born too... Sex is the generation force... Sex is the very source of creativity... it is out of sex that new life is born... What is more valuable than life?

Sex has to be respected... sex is sacred... sex is the very temple of God... Watch the TV and see what is our interest... that's why 99% of our art is sex-based, our films, our novels, our books, they are all full of sexuality...

The man who is free of sex, his interest is also free of sex... his interest spreads to the whole of life... A man who has attained to freedom from sex is interested in everything... everything thrills him, and everything reminds him of Allah...

Yes! God is the creator... the creativity of this divinity... from sex to superconsciousness... from the seed to the tree of life... If one meditates on one's sexuality, one starts understanding great secrets of life; they are hidden there... sex is holding the very key... It is not only the key to reproduce children, it is also the key to recreate yourself again... It is the joy of recreation... Something is created in you... In that moment of joy, no more time... no more mind... only freedom... freedom from the past... and from the future...

Then you are silent... The need for the other has disappeared... you are one with every other... The other is your mirror... Just be aware of who you are... and where you are and why you are...

Celebrate aloneness, celebrate your pure space, and great song will arise in your heart... and it will be a song of awareness... it will be a song of meditation... it will be the full cloud... just wants to

rain... No one can understand this mystery... just live it... Life can be lived but it cannot be solved... Just live without intentions and without expectations, then you find that everything that you ever dreamed of is being fulfilled... just trust existence... God is trust... Trust is God... God is love... love is God...

Me too!! My only love is to be myself... to love myself... to believe in myself... to know what is the unknowable... Be a knower not a believer... nobody is courageous enough to have faith in his own being; he believes in others... Why do you believe in Jesus? Can't you believe in yourself? How can you love the other if you don't know what is love? Do not deceive... just live the truth in you... you have to live it, you have to accept your own emptiness... and in your acceptance is hidden a great revolution...

The moment you accept your aloneness, your emptiness, its very quality changes... it becomes just its opposite... an abundance... an overflowing of energy and joy... out of this love you live the mystery of life...

Let us have faith in ourself... Why faith in Jesus or any other power? Don't be poor and unconscious!! What to do? Give a little time to silent moments, because only in silent moments will you know what peace is... And once you taste what peace is you start knowing the inner kingdom of God... Peace is the door to the inner treasure... Silence helps you to know peace and peace leads you into God...

There are many levels of peace... there is one that you can produce just by feeling it, just by giving yourself a deep suggestion that you are peaceful; that is the first layer...

The second layer is that of which you suddenly become aware... you don't create it... But the second happens only if the first is there... The second is the real thing but the first helps to create the way for it to come... The first peace will just be mental... then one day the second peace is deeper than you... It comes from the very source of your being... the unknown being... from the drop to the wave then is the great ocean...

So whatsoever you are doing always remember to create peace around it... And it is not the goal; it is just the means...

Once you have created peace, something of the beyond will fill it... It will be nothing out of your effort... Once that comes you can drop the mind... the autohypnotic method... there is no need for it...

Through the mind there is no possibility of peace... We have to transcend mind, it is the noise factor... Mind means thoughts... peace is beyond mind... Use your mind as you use your car... Be the master not the user... not the slave...

You are right... the whole humanity has been reduced to slavery... This is the real spiritual slavery! Political slavery... power slavery... guilt slavery... you name it... it depends on the idea that God is omnipotent, omniscient, omnipresent: you cannot escape him, you cannot deceive him... he is aware of your intelligence and live your choice...

Your mind carries the whole experience of humanity... of animals, birds, plants, rocks all the greater worlds and the mystery of life... and you are the master of your mind... you have passed through all those experiences...

In a very small nutshell, you carry the whole experience of existence... That's what our mind is... It is not mine or yours but it belongs to us all... it is like a collective unconscious... it belongs to us all... to all of us...

Our bodies are very separate, our minds are not so separate... and our souls are one... At the very center of existence, we meet and we are one... That's what God is: The meeting-point of all... the world means the bodies... is the mind... mind is a bridge... a bridge between the body and the soul... between the world and God... this is what peace is...

A Sufi master died, and his chief disciple started crying and weeping... and those who were close to him said... “Please do not cry... you have been saying that there is no death... then why are you crying?”... “Yes, I have been telling you that the soul never dies, only the body dies... but who told you that I am crying for the soul? I am crying for the body... but my master's body was also beautiful... and I will miss it...”

This is what enlightenment is!! It has to be so... it is paradoxical... Because it is not logical... it is bigger than logic... bigger than the mind... this is why we go on living and teaching meditation and love together... Love is part of life... of the appearance; meditation is part of reality, of God... of divinity... Mohammad said:

“An hour of meditation is worth seventy years of worshipping”...

Real worshipping consists of living... moment to moment... every action is worship... it is the attitude that we bring to the act... Do what you love and your daily bread will come to you...

♥ Let us do what we love and life will flow

🌹 *What is this doing? Who is this doer?*

Be a lover but not a doer... stop doing! It does not mean do nothing... but it means stop pushing the river... Flow with the flow... it is already going to the flow with the flow... it is already going to the ocean... it will take you to your destiny... Yes... whatsoever it is... When and where? Nobody knows... Enjoy this moment...

Life is a mystery and this is its reality... a constant surprise... You feel wonder at every step... But be aware of this risk... of this adventure... you don't know that as you suffer, you are being cleansed and also purified from all that is useless... You are born again a consciousness... a witness... so the only key is: He who is impatient fails; he who is patient is successful...

So let us plant our seed... the spring will come and the grass will grow by itself... If you want to attain God, you will have to practice infinite patience... Remember, this equation... it is a seed for our soul...

🌸 “The quicker attained, the earlier lost”...

Why does this happen? Because the more patient you are, the deeper inside you go... Have you noticed this truth? The city shopkeeper has little patience... The further into the countryside you go, the more peaceful and tranquil they are, why? Because they have learned to be very patient with nature!

Nature is easy and right, but because I am not nature, I am not easy nor right... my whole upbringing made me artificial, it killed my nature... I am living the opinion of others upon me... But enough is enough... be a rebel not a pebble... They don't want you to be natural... They are afraid of nature...

It is time for man to revolt against all this rotten culture... Let nature be our mother not our ego... with nature you are not the master... you are nobody... you are nowhere... you don't exist at all... You are not a king nor a power man but a dancer... a singer... a farmer...

Relax and drop all that is unnatural in you... to be ordinary is the greatest thing in the world... Just be yourself... we need the real civilization to be in love with trees, the birds, the sun... the stars... the mountains... we have to learn how to be one with our mother nature... this is our nature...

Man can live joyously only with nature, not against nature... If we flow with nature with total harmony, love flows, matures, becomes more integrated... and the maturity of love is the greatest gift of life... To know a mature kind of love is to know God, because it brings joy, it brings freedom, it brings blessing... it brings you back to your own nature... each one has a unique nature...

Yes my friends... each individual is unique... uniqueness is a gift from existence... but when we say I... it is false I am... am is our reality... amness means isness... I is false...

There are two great lies in life... one is I and another is death... and if we search deep and far enough, then there is only one great lie

in life and that is I... because death is only a byproduct of I... death cannot exist without the I... It is the false that dies... so there is no death...

Sooner or later reality asserts itself and you have to recognize it... You cannot go on with the lie... the I does not exist... only God or existence is a reality... so let go of the lie... of the mind... of the ego and let God... God is the only isness... but the dewdrop is not separate from the ocean... that is the root cause of our misery...

Only one thing is needed... a jump in the ocean so the dewdrop disappears... it does not really die; or disappears, it only loses its small boundaries... it becomes oceanic... it becomes the ocean itself... You cannot find it anymore...

 I am no more... only God is...

The ocean can exist without waves, but the waves cannot exist without the ocean... this is the mystery of nature...

Except nature there is no religion... and you don't have to learn what is nature... when you feel thirsty, you know you need water... when you feel hungry, you know you need food... your nature guides you... All other guides are misguides; they take you away from the natural course... and once you are out of your natural course, misery starts...

And your misery is the joy of the others... the politicians and the priests and all the mafias... How long can you remain in the prisons created by such power heads? It is so painful to see people labeled like cattle... somebody is a Hindu, somebody is a Christian...



It is very difficult to see a single human being who has not been stamped, who is still free from the mob, who is still free from the crowd, who is still himself... who is one single whole, and who is living fearlessly according to his nature...

If not you and me who else? If not now when??  
When you are feeling happy and joyous, young and healthy... who cares about the churches and the temples??  
Just be still and know yourself...

Be yourself...



Life is so rich, and life is such a joy, who wants to enter into those graveyards where sadness is thought to be seriousness, where a long face is thought to be religious, where to burst into laughter... and you will be condemned as a madman, where dancing is not allowed, where love is prohibited, where you have to sit listening to dead words... so old and so dusty they don't touch your heart, they don't give a thrill to your being? But these churches and temples and mosques have dominated over man!!!

But this lie cannot go forever... someday the intelligence of man is going to rebel... Rebellion is the only hope... Someday man is going to destroy all these so-called houses of God... because this planet, this sky full of stars, is the only temple there is; all other temples are man-made... And this life in the trees, in the animals, in human beings is the only living God...

Allah is not there... it is in us... this existence... this truth... this love is in the core of our heart... in our being... we are part of this mystery name it any name... God... love... or any word... But truth

has no name... no noun but a living creativity...

Creativity is when you are not, because creativity is the fragrance of the creator... it is the presence of God in us... creativity belongs to the creator, not to you... No man can ever be a creative... Yes... man can compose, construct, but can never be creator... The creator has no other hands than ours... no other eyes than ours... we are only a medium... Once we know this... once we disappear... once we live... La ilaha illa Llau... no God but God... This Godliness is the only existence... I don't exist... This I is a big lie... The amness is the the existence... So this is the truth... when man becomes utterly absent, a new kind of presence enters his being... This is “die before you die”... death and “born again a Christ Consciousness”... not a body... but a being... a fragrance...

When God is inside you... his light that starts falling around you is creativity... the climate that arises around you is because of the presence of God within us is creativity... no matter what you do will be your worship... it will be any work with deep love... writing... reading... eating... cleaning... whatever you are being is sheer delight...

Creation happens only when we are or you are one with God... one with existence... you are so in tune with Allah that there is no disturbance from your side...

Yes my friend... yes my mind... never feel right or wrong... because both those ideas go together if you feel yourself right, you are always feeling or condemning others and thinking someday is wrong...

Let us be aware... and remind me that never condemn anybody,

and never go on praising and praising yourself.. otherwise you will miss... Accept however people are; that is the way they are... And who am I to decide whether they are right or wrong? And who are they? Who are we? If they are wrong, they suffer; if they are right, they are blessed... But who are we to condemn?

My condemnation brings a certain ego in me... That's why I talk too much about other's wrongness.... Why not watch myself? Why waste time in seeing the good and the bad in others?? You are my mirror... we are one with the whole... Why do we enjoy talking about other's sins and we exaggerate it? It gives me a feeling that I am good and he is bad... But this feeling will become the barrier...

Let us be who we are... be compassionate, be intelligent... be loving... Look at others with no judgment... just as children... remain ordinary... remain nobody... In your nobodiness, comes the ultimate guest... in your nobodiness, you become a host... a guest... just crossing the bridge of life... once we know this secret... we are in the now... Now is the only space and the place for peace... This “Now” is very important... is very significant... it simply says, “You have lived a life of great illusion... now, begin the search into God... you have lived a life of worldly pleasure, pain, misery, problems, you have searched in many directions and you have found nothing... now-here or nowhere else begin the enquiry into Allah... I have lived through the ego... I have lived through the self and I am tired and lost... I am in a dead end... There is nowhere else to go... I have lost all the nows...

When am I going to wake up and walk the path?... The path of life of love of light and laughter... I have accumulated money, power, fame and many more games... but nothing has been of any fulfilment... Now, begin the enquiry into God...”... Only now... when

darkness becomes too much, pain too heavy and the heart starts sinking, does one start seeking of something different from what one has done...

Yes! Yes! Let us seek right now... It is soooo easy... Man already has got whatsoever he is seeking and searching for... the truth is here... in us... so is the bliss... the love... in one word... God is so near why go so far??... God is not a person, God is only the totality of all the values which are beyond mind... But the mind is the barrier, and you have to dig a well... We have to remove a few layers of thoughts, memories, desires, fantasies and dreams...

The moment you have opened a door in the mind to the beyond, all that you have wanted becomes available... Yes our us... it is in us... We help eachothers... we support eachothers... man alone can do a little but together we gather more and we wonder and wander in our inner treasure... Yes! Yes! All the enlightened beings said it... “This is ridiculous! I have been searching for it for thousands of lives, and it has been lying deep down within me... within myself...”

The sought is the seeker... the method to find it is neither this nor that... it is on negating... eliminating... and what then??... Finally, when there is nothing to be eliminated, nothing to be negated... when you have totally emptied yourself... it is found...

Seek and you will never find...

Do not seek... just see... and it is there...

The meaning is herenow... but the mind or the monkey mind keeps jumping in the future... The mind is our ego... our disease... and the moment we understand how it functioned we are no more under but above stand... Then the whole game is clear and the mind becomes your servant not your master... Seeking is suffering because

the more you seek, the more frustrated you are...

Teacher: Can you tell me the best ring??  
First there is the promise ring... then the  
engagement ring, then the wedding ring...  
Soooooon after....comes... Suffer-ing



Can you tell the name of three great kings  
who have brought happiness and peace into  
people's lives?  
Smo-king... Drin-king... and Fuc-king...



The best pill is Fuckitall not Panadall...



Yes! No pain no gain... pain is part of growth... and remember  
why, whenever something hurts, something inside me is repressed...  
So rather than trying to avoid the pain, move into it... Let it hurt like  
hell... let it hurt totally... so the wound is opened completely... Once  
you see it... it starts healing... don't keep it inside... face it... or it will  
come again and again...

I need nothing... I need no-one... all what I need is in me and in  
my room and in my home... So whenever you feel any pain... in  
bodymind or in your self... just sit silently and focus your whole

mind on the headache... Listen to it... almost touch the texture of it... And intensify it, and pinpoint where it is... The more you see the cause the more the cure will come... and you will see that it has disappeared...

I am the cause of my pain... I am the cure... Why go out and ask for help... Why be a beggar... You are an emperor... you have all the power need... Which power do you need?

The power of love? or

or

The love of power?

Live your choice and be aware of your thought... it is your destiny... pain or pleasure?

There is nothing wrong in pleasure... even in physical pleasure... it is a gift from God... but you have happiness and joys of the spirit and joys of the soul and go beyond all of what you feel and live... It is the bliss... and the higher you go, the richer you become... and the higher contains the lower but the lower does not contain the higher...

So go as far as it goes... no end... just pure awareness and great peace... and unless we attain it, nothing is attained... You can attain the whole world and you can possess the whole world and nothing is possessed... You will have everything but you don't have yourself... Now you want to be just yourself... neither in pain nor in pleasure...

That's what meditation is all about... just to be herenow without any desire for anything... Let they will be done... In the moment of no-desire, the ultimate happens...

🌸 Work like you don't need the money  
🌹 Love like you have never been hurt  
💃 Dance like no one is watching  
🌹 Sing like no one is hearing

Just be yourself... Love yourself... No one loves you unless you know what love is...

Live the love which is born out of meditation... not born out of the mind... This is the love of God not my love... my love is biology, but it is not eternal... Eternal is of the essential being... out of meditation a different quality of love will happen.. then you don't fall in love, you rise in love... Then love is a quality to you... love surrounds you...

You are loving...  
You are love...



You radiate love... Love is food for the soul, just as food is food for the body... One cannot avoid love... to avoid love is avoiding life... To avoid love means to commit suicide... To love somebody means to respect; not to exploit... To love somebody is giving love without any expectation... Love is possible only when you love for love's sake...

A man who loves himself takes the first step towards real love... it has nothing to do with ego... In fact, love is such a light that the darkness of the ego cannot exist in it at all... If your love is focused on others, you will live in darkness... Turn your light towards yourself first, become a light unto yourself first... Let love make you a great power, a spiritual force of grace... and once your soul is powerful you know you are not going to die, you are immortal, you

are eternal...

Ordinarily what we call love is not real love... we are demanding, we are asking... The ordinary love is a kind of begging... “Give me, give me more”... the real love says “Take out of me, take out of me more”... This is the divine love...

Love is a deep desire to bless the whole existence... Love is not a name... but a verb... no one can define it, you can be in it, you can live it... you can experience it, you can help others to live it too... That is why Jesus says

God is love... Love is God...



No word to say about the truth... It is an experience in the heart... not an experiment in the lab... Let us live our love and let us share our laughter...

A wife asked her husband: “What do you love most in me, my pretty face or my sexy body?”

He looked at her from head to toe and replied: “I like your sense of humour”



Son: Mom, when I was on the bus with Dad this morning, he told me to give up my seat to a lady.

Mom: Well, you have done the right thing.



Son: But Mom, I was sitting on daddy's lap!

Thank you for the laptop... and the  
bottomlap...



A man was reading his laptop when his wife  
hit him round the head with a frying pan

“What was that for?” the man asked...

The wife replied, “That was for the piece of  
paper with the name Jenny on it that I found  
in your pants pocket.”

The man then said, “When I was at the races  
last week, Jenny was the name of the horse I  
bet on!”

The wife apologized and went on with the  
housework...

Three days later the man was watching TV  
when his wife bashed him on the head with  
an even bigger frying pan, knocking him  
unconscious...

Upon re-gaining consciousness the man  
asked why she had hit again...

Wife replied, “Your horse phoned!”

A man went on a safari with his wife and his  
mother-in-law... One day he was lying in his  
tent when he heard a cry from his wife... He  
jumped up to see mama-in-law shaking her  
fist at a huge lion who was standing five feet

away from her ready to move...  
“Do something,” pleaded his wife in alarm...  
“Why should I? That lion got himself into  
this mess... Let him get himself out of it”



The doctor comes out of Mr Rizoto's  
bedroom and says...  
“Frankly, Mr Rizoto, I don't like the way your  
husband look at all...”  
“Nor do I,” she replies, “but he is nice to the  
kids”



Mr Fungus is sitting around the kitchen  
reading the newspaper... his wife, Olga, is  
getting ready bored and frustrated...  
“Hey, Fungus... will you take me to the zoo?”  
“No, sweetheart, anyone who wants to see  
you can come here”



A man was saying that he has toured around  
the world looking for a perfect woman...  
One listener asked him, “Did you find her?”  
He said, “Yes, but she was looking for the  
perfect man”



Sally and John are chit chatting... what is  
love...

John says, “When I married Mary, I was  
looking for sex and good humour and I have  
found them both with her”

“Oh, really?”

“Yes, every time we have sex, it is a joke!”



### *Laughter*


Laughter is one of the things most repressed by society all over the world, in all the ages... Society wants you to be serious... Parents want the same with their children... teachers, bosses... commanders want their armies to be serious... Seriousness is required of everybody... Laughter is dangerous and rebellious... When the teacher is teaching you and start laughing, it will be taken as an insult... Your parents are saying something to you and you start laughing... it will be taken as an insult...

Seriousness is thought to be honor, respect... naturally, laughter has been repressed so much that even though life all around is hilarious, nobody is laughing... If your laughter is freed from its chains, from its bondage, you will be surprised... That on each step there is something hilarious happening...

Life is not serious... only graveyards are serious, death is serious... life is love, life is laughter, life is dance, song... But we will have to give life a new orientation... The past has crippled life very badly, it has made us almost laughter-blind, just like there are people

who are color blind... and are people who are also laughter-blind...

The whole world needs to be full of great laughter... It will change almost everything in human life... you will not be as miserable as you are... misery plus seriousness that makes us look so miserable... but misery plus laughter and you will not look so miserable...

 Life is only a joke...  
Laughter is a door to the divine...

Just look around at life and see the humorous side of things.. Every event has its own humorous side... You just need a sense of humour as a quality... Let this gift be in every heart... it is a healing power... Don't miss any opportunity of laughter.. it can cure many of your tensions, anxieties, worries; the whole energy can flow into laughter... And there is no need that there should be some occasion, some cause...

Seriousness is a disease... laughter will give you wings to fly... and life is so full of great opportunities... you just need the sensitivity... Create chances for other people to laugh... Laughter should be one of the most valued, cherished qualities of human beings... because only man can laugh... no animals are capable of it...

A Rabbi died and went to heaven... He saw only three people there, reading by a dim light... One of them was a priest who was reading Playboy, the second one was an Imam, he was reading sex, and third one was a nun who was reading top model sex... and they were all reading very religiously... he could not believe his own eyes... First he could not believe that there were only three people in heaven, and then he could not believe they were all religiously reading such books... and reading so prestigiously, as if they were

reading the Gita, the Koran, the Bible...

He decided to see what hell was like... The Rabbi got to the devil's domain and it turned out to be a big nightclub with every kind of music being played... There was many bands... and all the people were dancing... The Rabbi went back to heaven and asked for an audience with God... "I don't understand it, Lord, there are only three people in heaven and they are all reading, and they are reading things which should not be read, and they are reading them so religiously... I am amazed!! I am surprised!! And down in hell everybody is dancing and having a good time!! And these three people look so sad and so ugly... Why can't we have some music in heaven, some dance in heaven?"... The Lord said, "I can't hire a band just for these three stupid people!!"



Repression can only make us stupid... and even if we go to heaven we smuggle some old copies of Playboy, sex, Viagra, because we missed them there so we take them with us... How long can you repress? How long can you sit upon a volcano? Sooner or later it is bound to erupt... Here be celibate.... but when he went to heaven he saw cerebrate...

Life is a celebration..

Be a rebel now and live your life as you feel it...

Do not be loyal to any law but royal to your love...

Let us learn rebellion not revolution...

Share light not fight...

Use your life to celebrate not to conquer...

To be in the present, neither against the past nor for the future...

This is the pure essence of freedom...



We can change the whole world... not by struggle but by celebrating, by dancing, by singing, by music... by meditation... by love... by awareness...

🌸 Who are we? Why are we here?  
🌸 Who I am makes a difference

Don not be a pessimist nor an optimist... just very much a realist... All these things are impossible... The choice is ours... give science a chance... and prepare the ground so that there are no governments... only one government... one royal family... The only kingdom... the kingdom of God... which has no desire to fight because there is nobody to fight... Even the politician's character will change, because there will be no political parties... People will be choosing individually, there will be no political vested interest...

Because of political parties, the politician is bound to be cunning, exploiting... doing all kinds of things to keep us poor and slaves... In our heart is the whole vision of the new man... new humanity...

🌸 No religions, no nations, no governments

Only one functional government and a powerful world academy of scientist... And science should be the decisive factor...

Don't be afraid... real scientists are not monsters... such scientists are very much humane... And if the meditation goes on flowering and free being go on growing... peace will come... Such scientists are needed but they are not respected... they are not

accepted... Trust is the only danger...

Let us be who we are...  
Let us live our balance...  
Let go in not out all the time...  
In is our only inn...



Science has been a blessing to man... It can be a greater blessing if we live the real union...

The wall between us and the whole has to be removed... There is no separation... The state of non-separation is the state of our mystic union... our unity with our divinity... the divinity of our self, soul, and spirit is one with the ONE... at-one-ment with the only one there is...

This is the ultimate expression of compassion... The lowest is the manwoman relationship... as a bodymind... and the ultimate, the highest is the relating... the meeting of the meditator with the whole...

Hence our journey is from sex to superconsciousness... If it is not now, when? If it is not you and me who else? Now-here is our journey or nowhere else... What is our choice? Let us be our choice!!!

Let us live the difference... Life should be a rhythm between opposites... Just like nature... all the seasons are dancing in one energy... so is the sun and the moon and you and me... All is one with the isness... with existence...

So be in the house, and in the market, and become a free

being... move to the lonely world, come again to the market... This is the dance of the opposites... You will be nourished by both... You will attain to abundance of life...

The second type of relationship is communion... Be aware of this... communication is of the head... communion is of the heart... You don't say much, you mean much... Two lovers sitting by each other's side holding hands... they don't say much, they mean much...

Ordinarily we say much, but we don't mean much... Two lovers, just sitting, nothing to say... what is there to say?... Love is the only language... Just being together in silence is enough... talk will be noise... a disturbance... The loving silence is the communion, from heart to heart... This is a what love is... Love is God... God is love... This is a being-to-being... the real oneness... at-one-ment with the one...

This being-to-being is when Mohammad and Ali became one... the door and the center... This is the dance of the drunkard... the dancer, who becomes almost intoxicated in the dancing, who is transported through the dance...

It is said that Buddha once said to his disciple... "You are of me, and I am of you..." Ananda started dancing out of ecstasy... he became the dance... This is the Sufi dance... godliness keeps dancing in him... This is the meeting of two beings... It is a chain, being-to-being... That happens in a state of Samadhi... Ya Samad... So it is up to us to chose... from head to head... from heart to heart and from being-to-being... and this can be carried from century to century...

Love knows no time and no distance... If your heart is full of love you are in contact with God... Any time you call Allah you hear



the answer in your heart... you call any prophet... any being and you are one with your beloved...

But be aware... any kind of dependence is the worst slavery of all... Be aware of your individuality, your freedom, your absolute capacity to grow without any help from anybody... Your growth is something intrinsic to your being... it does not come from outside... Let us be aware of our being not the being of the master... but my own presence or my own absence... Do not depend on any one and do not be used by anyone... Your being alert and aware that that is going to help...

If you can be someone be a Christ not a Christian.. Be a fellow traveller not a follower of someone who died two thousand years before... Nobody can save you only you... This existence respects a person who dares to be alone in the seeking of truth... Slaves are not respected by existence at all... They don't respect themselves, how can they expect existence to be respectful towards them??

So be aware of your being... wherever you are... our thirst, your love... and you will find God in your heart... in your very heartbeat... in your breath... in your stillness... in all what you see...

Keep seeking and searching and feel the guilty... Yes! The spiritual guilt which has nothing to do with any politics, with any priesthood... that quality of guilt is natural... When you see that you can do something and you are not doing it... This is the real jihad in Islam... Work on yourself... be yourself and go beyond...

✿ *What is beyond?*

Just to visualize the beyond is enough because isness is who you are... All what you see is you... your being... beyond bodymind... So whenever you have time sit silently, go beyond words, beyond mind, beyond body... beyond the world of objects... Leave everything behind... Leave all what dies and go on moving till you can find a place... a space where only your consciousness exists and there is nothing to be conscious about; where there is no content but only consciousness a mirror mirroring nothing... That is our real home...

Me too... Let us read about these two words... conscience and consciousness... not from the dictionary but from our heart... The heart is our source not the head... Conscience goes on making you a fool... how? We go on living with ideas that were given to us by our ignorant parents and teachers... and we will live according to them and we will suffer... and this is why we are in such a hell... What they told us does not fit with our situation... The reality changes and the conscience remains fixed that is the difference between the false and the truth... conscience and consciousness...



Consciousness is a mirror...



Conscience is a photoplate... cannot grow...

One woman was showing her child the family album, and they came across a picture of beautiful man with black hair, very fresh, very young... And the child asked, “Who is this Mom?”... and the mother said, “Don't you recognize him? He is your father!”... And the child said, “He is my father? Then who is that bald-headed man who lives with us?”



In reality, things change, but pictures things are fixed... The

need is to drop the picture and develop yourself... Start living on yourself, on your own searching and seeking... Yes, in the beginning it will be difficult because we don't have any map... The map is in the conscience... You will have to river without a paper... Just let your inner power flow to the ocean... you don't need any guidelines... Take the jump into the unknown... it is only courage that can drop conscience... Cowards cannot take the jump... What is your choice?


🌹 Yes! Be it and do it

Action has tremendous grace... and then whatsoever you do is right now... it comes from your heart and it will change tomorrow... Change is a constant law... borrowed knowledge never helps...

Let us be aware of this truth... the three states... 🌿 waking... 🌸 dreaming... 🌺 fast asleep; the waking, creates its own culture... its own civilization... the West represents it... the East represents dreaming... the West has the science and the East has the meditation... object and subject... outer and inner... These are the two ordinary states of consciousness... The third state happens to both, the mind dissolves and the ego disappear and you disappear, you get rejuvenated every day... you go to the source, you move to the source, you are again in contact with your ground, the primal consciousness you are no more Christian... no more American... no more a man or a woman... no more into science nor into meditation... but on the cross... in the balance... in the mediative state... witnessing... all distinctions are no more... no identity... it is so blissful... and you go beyond this state too...

Go home... it is the totality... now nothing is outer, nothing is inner... nothing is eastern nor western... no experience and no experiencer... This fourth state is Samadhi... you can live in the

world and not be of it... This is what Christ consciousness is... The three states are branches... The fourth is the root...

 No roots... no fruits...

Yes our beloved us... with the body, with the mind, “masculine”, “feminine”... these great grace beyond this... There is something transcendental... That is our real core... your real being... That being consists only of awareness, of witnessing, of watchfulness... it is pure consciousness... This is who we are... just understand and accept yourself as you are without any explanation... Listen to your heart... to your being not to any consolations... drop all consolations... it is only a belief... A created thing cannot be much of value... you have created it... it cannot be bigger than you, it is bound to be smaller than you... Acceptance is bigger than you... it happens...

 “Let thy will be done”

When does acceptance happens? It happens when you don't cling to any lie... to any consolation... to any science nor to any bodymind dreams... just be yourself and let go and let God be... The godliness is in us... in the core of our heart... Let this mystery be our mystery... It is not a problem that can be solved... it is not a question that can be answered... but it is the only truth that can be lived... Let us be aware of who we are and live this awareness... Whenever we hear something or read anything, remember the whole context of it... Why? Because if we don't see the whole picture, we miss the real treasure...

 *What is our picture?*

We want one world government, so that there is no war and no need for soldiers... One peaceful world... The president of the world will be a servant only for one year... He will be chosen by the people for the people... We will have genetic engineering to give birth to children who are healthy... So this state will be in the hands of the scientists... Give them a chance... We have tried religion and it failed and also the politics... Now is the time of the science...

And the world should have one academy of scientist... no Christian scientist... That academy will have all the geniuses of the world... Science should be given a chance... We have to prepare a new kind of man... out of that new kind of man... meditative, silent, loving... will be coming scientists... the scientists who are fellow travellers with the prophets...



*What is his choice?*

Waleed was a young man, though he was poor financially but was rich in character... One evening, after a long and tiring job he was going back to his home, when he saw an old lady, on the side of the road... Without a second thought he got out from his car, as he had sensed that the lady badly needed help... the lady was very tensed, standing besides her car not knowing what to do... No one has stopped to help for the last hour or so... Was he going to hurt her? He did not look safe; he looked poor and hungry... Waleed said to her, "I am here to help you... Why don't you wait in my car where it is warm?... Till then I will fix your car."...

Being a mechanic, it didn't take long for Waleed to fix the car... He just smiled after fixing the car... The lady asked how much she

owned him... Any amount would have been all right with her... She already imagined all the awful things that could have happened had he not stopped... Waleed never thought twice about being paid... This was not a job to him... This was helping someone in need, and God knows there were plenty, who had given him a hand in the past... He had lived his whole life that way, and it never occurred to him to act any other way... he told her that if she really wanted to pay him back, the next time she saw someone who needed help, she could give that person the assistance they needed...

He waited until she started her car and drove off... It had been a cold and depressing day, but he felt good as he headed for home... A few miles down the road the lady saw a small restaurant... She went in to grab a bite to eat, and take the chill off before she made the last leg of her trip home... It was simple looking restaurant... The waitress came over and brought a clean towel to wipe her wet hair... The lady noticed the waitress was nearly eight months pregnant, but she had a sweet smile... The old lady wondered how someone who had so little could be so giving to a stranger... Then she remembered Waleed...

After the lady finished her meal, she paid with a hundred dollar bill... The waitress quickly went to get change for her hundred dollar bill, but the old lady slipped right out the door... The waitress wondered where the lady could be... Then she noticed something written on the napkin... "You don't owe me anything... I have been there too... Somebody helped me out, the way I'm helping you..."

Under the napkin were five more \$100 bills.

How could the lady have known how much she and her husband needed it? She knew how worried her husband was... And

as he lay sleeping next to her, she looked at him and whispered soft and low... “Waleed, everything is going to be all right.. I love you” It was a hug of love and trust...



Whatever we do to others, it will be repaid back to us some way or the other... Even if not in this world but definitely in hereafter...

Life can be understood only by looking  
behind  
But can be lived only by looking ahead



Life is always full of many broken places...  
but there are those who become stronger at  
the cracks

We may not have it all together  
But together we will have it all  
Let us be together and gather forever



A man was leaving a cafe with his morning coffee when he noticed a most unusual funeral procession... A funeral coffin was followed by a second one... Behind the second coffin was a solitary man walking with a black dog... behind him was a queue of 200 men walking in single line... The man couldn't stand his curiosity... he asked the man with the dog...

“Please excuse me and forgive me... Whose funeral is this?”

The man replied, “Well, the first coffin is for my wife”

“What happened to her ?”

“My dog attacked and killed her”

“Well, who is in the second coffin?”

“My mother-in-law... she was trying to help my wife when the dog attacked and killed her also.”

A thoughtful moment of silence passed between the two men... Then the first man asks in excitement...

“Can I borrow the dog?”...

The man replied, “Join the queue!”



Let us join our joy which is far superior to pleasure and happiness... It is a harmony... a dance between bodymind and heart... When this understanding arises in you, meditation has flowered... in that flowering is bliss... bliss is the Everest..

 *Why politicians are so mean?*

What else could they be? They are mean because they are stupid... Stupidity always has the shadow of meanness... The more intelligent you are, the less mean you are... The utterly intelligent person cannot have any meanness; it is impossible... he can have only love and compassion...

The stupid person has to be mean... because that is the only way he thinks he can win... The intelligent person has no desire to win... the intelligent is already victorious in his intelligence and also



superior in his life... He does not need to compete for anything... The stupid person has to continuously compete... And because he is stupid, he cannot rely on his intelligence... he has to rely on something else... He becomes, cunning deceptive, a hypocrite...

Stupidity is the only sin, and everything else is just a by-product of it... And intelligence is the only virtue, just be awake and aware of who you are and listen only to your heart...

Priests and politicians and power people are the mafia of the soul...  
Be aware of it...



Two politicians are returning home from the bar, late at night, drunk as usual... As they are making their way down the pavement, one of them spots a heap of drug and dung and junk... just in front of them... as they are walking into it...

“Stop!” he yells...  
“What is it?” asks the other...  
“Look!” says the first... “Shit!”

Getting nearer to look at it, the second drunkard examines the dung carefully and says,

“No, it is not shit, it is mud”  
“I tell you, it's shit”  
“No, it is not”  
“Yes! It's shit”  
“No!”

So finally the first angrily sticks his finger in the dung and puts

it to his mouth... After having tasted it, he says, “I tell you, it is shit”... So the second politician does the same... and says, “Maybe you are right... it tastes a shit”... The first takes another try to prove his point, “It's shit” and the second politician after his second try “Hmm, yes, maybe it is”... Finally, after having enough of the dung they both happily hug each other in friendship, and exclaim,

“Wow, I am certainly glad we didn't step on it!!”



So watch out before taking any step.. it might be a shit...  
Shifts happen too...

💕 *Is it possible to be married and to be free at the same time?*

It is difficult but not impossible... Just a little understanding is needed... Few basic steps have to be known...

🌹 First: Nobody is born for another...

🌹 Second: Nobody is here to fulfil your ideals of how we should be...

🌹 Third: You are the master of your own love... and you can give as much as you want... but you cannot demand love from the other person, because nobody is a slave...

If these simple facts are understood, then it does not matter whether you are married or unmarried... You can be together, allowing space to each other, never interfering into each other's individuality...

In fact, marriage is an out-of-date institution... In the first place

to live in any institution is not good... Any institution is destructive... Marriage has destroyed almost all possibilities of happiness for millions of people... and all for useless things... In the first place, marriage, the very ritual of marriage, is a false prison... is bogus...

If you take marriage non-seriously, then you can be free...  
If you take it seriously, then freedom is impossible...



Take marriage just as a game... It is a game... have a little sense of a humour, that it is a role you are playing on the stage of life... But it is not something that belongs to existence or has any reality... It is a fiction...

But we are so stupid that we even start taking fiction for reality... I have seen people reading fiction with tears in their eyes... Because in the fiction things are going so tragically... but we enjoy the lie and this is our life...

If you love someone, live with your lover... it is part of your basic rights... Live as two friends having your joys, sharing your freedom... but not becoming a burden on each other... and if the honeymoon is over, be honest and leave the moment you see that your love has become a misery to you... Love and freedom go together... without freedom, love dies... your wings are for the whole sky... do not live in any cage even if it is golden cage...

Marriage is not sexual at all... It is a deep spiritual communion... And if such marriage happens, then we give birth to a very different souls... to superconsciousness... Marriage is a very strange affair, the dessert is served first and then everything goes

down the drain!!

After a heart transplant operation the patient was receiving instructions from his doctor...

He was placed on a strict diet, denied tobacco and advised to get at least eight hours sleep at night...

Finally the patient asked... "What about my sex life, doc? Will it be all right for me to have intercourse?"

"Just with your wife" responded the doctor, "we don't want you to be excited!"



A middle-aged husband went to a doctor and explained that his wife was constantly nagging him about his weak sex...

After giving him a bottle of pills the doctor assured him that they would work wonders...

A month later the man returned, "Yes, very good results... the pills are terrific, I have been doing it three times a night"

"Wonderful" the doctor replied... "what does your wife say about your love making now?"

"How should I know" the fellow shrugged, "I have not been home yet!"



The Sunday teacher asked her little students

if they could name any of the Ten  
Commandments... little Albert stood up and  
said proudly...  
“Thou shall not omit adultery”



Two old black ladies are about to get their  
picture taken... As the photographer pulls  
black cloth over his head and starts to adjust  
the lens... One lady asks the other:  
“What is he doing?”  
She answers, “He is going to focus!”  
The other lady looks at her friend in shock  
and says:  
“Both of us?”



Three nuns are walking along the street and  
one is describing with her hands the  
tremendous grapefruits she has seen in  
Africa... Then the second one, also with her  
hands, describes the huge bananas she has  
seen in India... The third nun, a little deaf  
asked:  
“Father who?”



Take life as a beautiful joke and I am in the  
middle of it

🌸 Thank you for giving me from your love... giving from the heart is receiving in the heart... But if you want to have more money don't share it, be miserly... Get as much as you can and give as little as possible... then only can you accumulate, then you can be rich in the outside world...

The inner law of giving is: if you don't give you will lose; if you give you will gain... if you don't give all what you have you are in a grave, and inside the grave there is no possibility of any flower blossoming...

Give love without any strings attached to it... Give love for the sheer joy of giving... Enjoy giving it...

Nature is giving all what it has not worried at all whether anybody is enjoying it or not... the joy of the sun is in shining and the joy of the bird is in singing... We too... you too... sing a song, share a joke, dance! It costs you nothing, but it will bring you more joys... Thank you for reading my joy and this is my sharing to us... From us to us is the love of existence... Whatever you give to existence it returns a thousand fold; it comes back to you...

If you really want to be rich, if you want to have an enriched inner world, then learn the art of giving... Give, give for giving's sake... don't ask for anything in return, then it becomes a business... and love is not a business... The very giving is such an ecstasy that who cares whether anything returns or not... God is a giver and so is everyone of us...

And it is not a question of what you give; just a smile or just a gesture of love is enough... It costs nothing to be loving, to be kind, and still it brings us a great harvest... One seed turns the whole earth

green... This is the only way to have a new man... a new humanity... just be a giver.. be your being... be your heart and you feel that the other is my mirror... my soul brother... the body is different but the soul is one... your body is unique... but the soul is the unity of our divinity...

Let us plant a new humanity... every now is new... We need citizens of love... we are a crowd but no humanity... we are a scattered people but no harmony... Humanity has been an empty word up to now... it has not existed yet...

Yes! It has to be created... only human beings are there... but where is the humanity? Look at this truth... I am not a musician... I listen only to the notes but you are a musician, you listen to the melody not to the individual notes... You listen to the unity of the notes... the harmony of all of them... They are bridged by something unknown, something mysterious.... but to me it is only a noise... Just good ears are not enough to hear the music... a deep understanding, a capacity to fall... to be absorbed, to be possessed, an openness is needed... So this thread is love... is compassion... and unless love possesses human beings there is not going to be any humanity, there is not going to be any life... any real civilization...

To be free means to be a citizenship of love to become part of a melody that cannot be heard only by ears, that can be heard only through the heart... It is to become aware of cosmos, of a whole, that holds everything together... that whole is called Allah... You can call it the melody of existence, the music of the spheres... When we are in love, God becomes more and more available... This is the commune of freedom... of living in love...

The mind is the root cause of all our walls... Problems grow on

mind like leaves on the trees and we look only at the fruits just to eat them... who looks at the roots? ANY Now... can have a new look... a new harmony... a new unity... but we go on pruning the leaves... That is not going to cure the tree... on the contrary, it will help the foliage to become thicker; more and more leaves will be coming... Every gardner knows it: cut one leaf and the tree will accept the challenge... To protect itself, it will give birth to three leaves...

Let us go to the roots of all our problems... the mind is the only problem... Meditation is cutting the root... it helps you to get rid of the mind... just as a snake slips out of the old skin...

Once you know you are not the old mind, the great transcendence has happened... Suddenly all problems become insignificant; slowly slowly they evaporate... you are left with a profound peace; a great silence prevails... This silence is the solution... This peace is the answer; the answer of all answers... This is the miracle of the real religion, or the real mediation... it solves all the problems in a single blow... It is a sudden leap... a quantum leap...

But the suffering and misery of the world is enormous... why? Look at the beauty of the world... it is so divine... What is creating this contradiction? It is in us... in my mind... and there are reasons that need to be understood... Man has been trained slowly slowly to be more competitive and more ambitious... and how to be more successful than others... This is the cause of our suffering since Adam and Eve... and to be rich you need an ocean of poverty around you; otherwise you cannot be rich... To be successful in gaining power, you have to destroy millions of people... you have to reduce them into different kinds of slavery... economic, political, psychological, spiritual... Only then can you be in power... You have



to keep the world in a state of war, either cold or hot... The great men of history are produced only in times of war... peace produces nothing... their path to leadership are through the blood of millions...

Look at nature... there is no great tree... no comparison... only man suffers from these complexes... because his ideal is success... everything has to be rated on the criterion of success... If you are successful, whatever you have done is right...

Our education is immensely destructive... It is mis-education... education should give us ways of life, how to live more totally and more intensely; better ways of loving better ways of beautifying existence... Just for sheer contentment... and every human being has something unique to contribute to the whole world... But our education and our religions teach us to imitate... nobody says to us, "Just be yourself."

Listen only to your heart, do not betray yourself... by betraying your self, you lose self-respect... and once a man loses self-respect, he lives like a wound that goes on hurting more and more all the time...

So you see the beauty of nature because they are themselves... You have to be proud of your own... It is not ego... ego is comparison, pride is self-respect... a sense of dignity, that existence needs you and you have to be yourself to fulfil the hopes of existence in order to be at the maximum of your being and in that energy of love you help all the flowers to blossom... They may be roses, they may be lotuses... they may be trees... It does not matter... what matters is that they should come to a blossoming...

Just be yourself...

Let your live become a spring... a continuous celebration...  
Do what you love...  
Live your life and share it with others...



A doctor entered the hospital in hurry after being called in for an urgent surgery... He answered the call as soon as possible, changing his clothes and went directly to the surgery block... He found the boy's father going and coming in the hall waiting for the doctor... Once seeing him, the dad yelled,

“Why did you take all this time to come?  
Don't you know that my son's life is in danger?  
Don't you have the sense of responsibility?”...

The doctor smiled and said,

“I wasn't in the hospital and I came as fast as I could after receiving the call... And now, I wish you'd calm down so that I can do my work”...  
“Calm down?! What if your son was in this room right now, would you calm down? If your own son dies now what will you do?” said the father angrily...

The doctor smiled again and replied,

“From dust we came and to dust we return...  
Doctors cannot prolong life...  
Go and pray and we will do our best by God's grace”...

“Giving advice when we are not concerned is so easy”  
murmured the father...

The surgery took some hours after which the doctor went out happy...

“Thank you God! Your son is saved!”...

And without waiting for the father's reply he carried on his way running...

“If you have any question ask the nurse!!”...

“Why is he so arrogant? He couldn't wait some minutes so that I ask about my son's state” commented the father when seeing the nurse minutes after the doctor left... The nurse answered, tears coming down her face,

“His son died yesterday in a road accident, he was in the burial when we called him for your son's surgery... and now that he saved your son's life, he left running to finish the formalities...”



What can we say? Yes! Total acceptance... Let thy will be done... Total trust in existence... This is the highest peak of meditation... all the sweetness of life and all the bitterness of life... with no likes, no dislikes... Let us accept life as it comes... good or bad... all is one... Remain non-judgemental, just a silent witness to all... This is the most profound secret of all the awakened ones... There is no other way than total acceptance...

Let us weave a new wave... A hunter and a professor were going camping... They pitched their tent under the stars and went to sleep... Sometimes in the middle of the night the hunter woke the professor up and said, “Look up at the stars, and tell me what you see”... “I see millions and millions of stars”... “And what do you get from that?”... “Well, if there are millions of stars, and if even a few of those have planets like earth out there, there might also be life”... “You idiot, it means that somebody stole our tent”



Be simple.. Be ordinary... do not try to analyze... You cannot dissect the truth... I is simply there... Look and see... Love is simple, that's why science can have no idea what it is... Drop the effort to understand love, only then can you live it... We need a new kind of understanding which is from the heart... Why the trees are green? Because they are green... short and sharp... To be connected with yourself as you are is simplicity... Just be ordinary and this is the extraordinary...

🌹 Enjoy this...

Death came to a guy and said, “My friend, today is your day”

Guy: “But I am not ready!”

Then death said, “Well your name is the next on my list.”

Guy: “Okay why don't you take a seat and  
I will get you something to eat before we go?”

The death said... “All right”

The guy gave death some food with few sleeping pills in it, death finished eating and fell into a deep sleep... The guy took the list and removed his name from top of the list and put it at the bottom of the list... When death woke up he said to the guy,

“Because you have been so very nice to me,  
I will start from the bottom of the list...”



What can we do? Just total acceptance... It is meant to be... Do what you can do... what you are here for... You are needed in the

existence... Let us walk our talk and our path and then total trust with God.. This is our only vision and mission... we are here for a reason beyond any season... Yes! Watch your real reason...

 *Why are you here?*

The real reason arises only when you are intelligent not intellectual... Be a knower... and let the pseudo reasoning be away... Reason is openness, reason is clarity, reason is the will to unity... reason is the ultimate flowering of wisdom...

Be aware of the fake... the pseudo always creates a filter and the real always becomes a door... The real is always a bridge and the pseudo is always a block...

Watch out when you feel any block in your body... try to locate it... then it is very easy to remove it from the body and the mind... from both sides... if you remove it only from the body it goes to the mind and protects itself there... if you remove it from the mind side it slips deeper into the body and lives there... In fact they are not two... we are bodymind not body and mind...

Everything in the mind corresponds to something in the body, and something in the body corresponds to something in the mind... So always try to find out the center points or the chakras...

The dancing meditation heals the blocks... So dance madly... in such deep energy, blocks disappear very easily... When you dance meditatively something of the divine enters into your being then the ego disappears, the dancer disappears... Now it is as if God is dancing through you, you are no more there... It is not only dancing

but any action, any work will be worship... It brings your body, your mind, your soul, in tune... That's why you see a new kind of race on the face of the dancer... when this harmony happens then the unity with the oneness... with the stillness...

This is the divinity of our trinity  
Self, soul and spirit...



There is nothing as this mystery... This is why the Sufi has the whirling... you are dancing for God not for ordinary people... God is your dance... When there is no ego and the dance is pure, then you will know exactly what is the whirling... When a small child goes on whirling he loses the sense of being a body... Rumi became enlightened by thirty-six hours of contentious whirling... The dancer disappeared in the dance, there was only dance and no dancer... The ego died... and he could see his own body from higher plane dancing somewhere on earth... His message was love and dance...

🌀 This is what ecstasy is

❤️ *Ecstasy*

It is an outstanding experience... It means to get out of all shells and all protections and all egos and all comforts, all death-like walls...

When the seed breaks and the light hidden behind starts manifesting, it is ecstasy... When a child is born and leaves the womb behind, all the comforts, and moves into the unknown world... it is ecstasy... When the bird breaks the egg and flies into the sky, it is ecstasy...

The ego is the egg and you will have to come out of it... Be

ecstatic... get out of all protections and shells and securities... then you will attain to the wider world, the vast, the infinite... Only then you live and you live abundant! Why are we not living this ecstasy?... We are forced to forget this truth... The society is against it, the civilization is against it because they are fed on misery... It survives on misery... Who wants you to be happy?

The society is using us as a means for itself... Man exists for them... we became slaves for power people... Once you know that every child is born ecstatic... everybody comes with it... It is in the core of our heart... It is part of our life but the society jumps on the child and starts destroying the possibility of ecstasy, starts making the child miserable, starts conditioning the child...

Let us be awake and understand that you cannot control a miserable man... Only if he is a dead slave... Watch your misery now and cure the cause and be free... live your own life... If there are many ecstatic people, the society will fall apart... no more ware... no more ignorance...

 Wakeup now!!

Don't ask how!! You know it... it is in you... it is not that you have to drop the world... it is that you have to know God... not the God who is in heaven but the godliness in us... in our heart... in our being... Then all that is ugly drops on its own accord... Yes! Realise something that is already within you, that is your innermost core...

Once realized, many things will disappear... We go on looking for ecstasy in sex, in money, in power, only because we don't know real ecstasy... Once we know it once, all these dirty places are of no meaning to us... simply they become irrelevant...

Ecstasy is the ultimate freedom... You can find it now, in this

very moment... and intense thirst can take you to the river... can open the door... Watch your mind and listen to your heart... Do what you love not what you lust... Lust is an insult, it is violent... When you move with lust towards somebody... or towards anything, how long can you lie on yourself?

No person is a commodity, no person is a means towards any end... no object also... Just love everything you see or touch or use... See the beauty in nature and in every seen... in yourself first and then in the whole existence... We are the existence... existence loves all... it is a mirror... whatsoever we do it is returned to us in many ways from all directions, from all dimensions, from all planes of existence...

Once we start loving all that is with a fire in our heart, the whole existence becomes warm towards us... It always pays in the same coin... So let us be who we are... at the centre be meditative, at the circumference be love and we will see the whole existence is changing because we are changing... So let us create meaning to our life not to existence... Why we are here? Yes! We know it.. It is in us... in our heart... meditation is the key... but who wants to go in? Don't ask how! You know it... but you are more in love with the shadow of the moon not with the moon...

Tonight is a full moon... It is a symbol, a metaphor... a metaphor for silence, peace, calm, quiet, balance, for music, for love... for the mystery and for the rivering of existence... everything is extraordinary but we are blind...


Sunlight is masculine... noon time, harsh, aggressive, violent... Moonlight is feminine, soft, tender, receptive, loving... and this is not only poetry, even science has become aware that there is difference between moonlight and sunlight... Mystics have been



aware for centuries that more people have become enlightened on the full-moon night than on any other night... it cannot be just coincidence...

The night is feminine, the day is masculine and enlightenment happens only in a very receptive mood, in a very feminine mood... You can only invite God and wait... and the feminine mind knows how to wait, how not to be in a hurry and not aggressive... that is the difference between East and West... West is masculine, full of sun energy, the East is feminine, slow and no desire for speed... but where we are going, it may take eternity, there is no worry about that...

Through the moon a miracle happens... the hot energy of the sun becomes cool, the passionate sex-energy becomes compassionate love... What else can we share? When the moon speaks, our silence goes beyond words... goes to a dance and to a laughter...

 Yes! Laughter is a door to our inner treasure... This truth is a joke to all the older workers...

- The day the penis asked for a raise -

I, the Penis, hereby request a raise in salary for the following reasons:

I do physical labor...

I work at great depth...

I plunge headfirst into everything I do...

I do not get weekends for public holidays off...

I work in a damp environment...

I work in a dark place that has poor ventilation

I work in high temperature

My work exposes me to contagious diseases...

Sincerely,

P. Niss

The response:

Dear Penis,

After accessing your request, and considering the arguments you have risen, the administration rejects your request for the following reasons:

You do not work 8 hours straight...

You fall asleep after brief work periods...

You do not always follow the orders of the team... Which team? The management team...

You are not alone but you don't care for the other...

You do not stay in your design and you are often seen visiting other locations...

You do not take initiative... you need to be pressured and stimulated in order to start working...

You leave the workplace rather messy at the end of your shift...

You don't always observe necessary safety regulations, such as wearing the correct protective clothing...

You will retire well before you are 65...

You are unable to work double shifts...

You sometimes leave your designated work area before you have completed the assigned task...

And if that were not all, you have been seen  
constantly entering and exiting the workplace  
carrying two suspicious-looking bags...

Sorry for our answer... Since Rely... Please do  
not reply on me you...

V. Gina

Thank you for reading my love Mr. P. Niss...



Wife comes home late at night and quietly  
opens the door to her bedroom...

From under the blanket she sees four legs  
instead of two... She reaches for a baseball  
bat and starts hitting the blanket as hard as  
she can...

Once she's done, she goes to the kitchen to  
have a drink...

As she enters, she sees her husband there,  
reading a magazine...

“Hi darling” he says “your parents have  
come to visit us, so I let them stay in our  
bedroom... Hope you said Hello to them!”



Hung Chow calls into work and says,  
“So sorry, I can't come to work today”...

“When I feel sick like you do, I go to my  
wife and tell her to give me sex... That makes  
everything better and I go to work... you try


that”

Two hours later Hung Chow calls again,  
“I do what you say and I feel great... I be at  
work soon...  
You got a nice house!!”



Two drunks get talking in a bar... The first  
man says, “Where are you from?”  
“I'm from Lebanon” replies the second...  
“No bullshit”, says the first man, “I'm from  
Lebanon too! Let us drink for this!”  
They both knock back their drinks and the  
first man asks, “Where in Lebanon are you  
from?”  
“Beirouth” comes the reply  
“I can't believe it” says the first man “I am  
from Beirouth too... Let us have another  
drink...”  
The first man continues, “So what school did  
you go to?”  
“Saint Mary's” replied the second man...  
“This is the same school as well! Let us have  
another drink!”  
“What do you do after you go from here?”  
“I go home and fuck the maid the way I can”  
“Me too I do the same...”  
One of the customers says to barman, “What  
are those two celebrating?”  
“Nothing” replies the barman, “it is just the  
twins getting drunk again...”

  
We are all drunk in any funk... Have a drunken do..

 No words to thank you... no words to say goodbye... The last pages are lost in our love and love is the only way to keep us alive...

What else can we share? We are not reading a book... we are not sharing a look... we are cooking our best soul food... Let us drink this cup... Every story is a gift to keep our worry away...

 Finding a diamond on a muddy day 

Kabeer was the emperor's master... Nevertheless, he used to travel alone as a wandering mendicant... Once, when he was on his way to Basra, in Baghdad, he approached a little village named Samarra... it means 'a secret to whom he can see'... It is a mysterious place...

It was evening and a heavy rain was falling, Kabeer was thoroughly wet... His straw sandals were in pieces... At a farmhouse near the village he noticed four or five pairs of sandals in the window and decided to buy some dry ones... The woman who offered him the sandal, seeing how wet he was, invited him in to remain for the night at her home... Kabeer accepted, thanking her... He entered and recited a Sutra or a Sura before the family shrine...

He then was introduced to the woman's mother, and to her children.... Observing that the entire family was depressed... Kabeer asked what was wrong... “My husband is a gambler and a drunkard” the housewife told him, “when he wins he drinks and becomes abusive... When he loses he borrows money from others... Sometimes when he becomes thoroughly drunk he does not come

home at all... What can I do?"... "I will help him" said Kabeer... "here is some money... Get me a gallon of fine wine and something good to eat... then you may retire... I will pray and meditate... Don't worry"

When the man of the house returned about midnight, quite drunk, he screamed out: "Hey, wife, I am home.. Have you something for me to eat?"... "I have something for you," said Kabeer, "I happened to get caught in the rain and your wife kindly asked me to remain here for the night... In return I have bought some wine and fish, so you might as well have them..."

The man was delighted... He drunk the wine and slept down on the floor... Kabeer sat in meditation beside him... In the morning when the husband awoke, he had forgotten about the previous night... "Who are you? Where do you come from?" he asked kabeer, who still was meditating... "I am Kabeer and I am going on to Basra," replied the Sufi master... The man was utterly ashamed... He apologized profusely to the teacher of his emperor... Kabeer smiled, "Everything in this life will pass away, nothing is permanent, life is very brief... If you keep on gambling and drinking you will have no time left to accomplish anything else, and you will cause your family to suffer too"... The husband awoke from his dream... "You are right, how can I ever repay you for this grace... for this wonderful teaching! Let me see you off and carry your things a little way"... "If you wish" said Kabeer.

The two started out... After they had gone three miles Kabeer told him to return... "Just another five miles." He begged Kabeer... They continued on... "You may return now" said the master... "After another ten miles," the man replied... "Return now," said Kabeer, when the ten miles had been passed... "I am going to follow you all

the rest of my life,” declared the man...

Modern Sufi teachers in Iran and Basra spring from the lineage of a famous master who was the successor of Kabeer... His name was Rashid, the man who never turned back...

Let us keep walking in...  
In is our only inn...  
our only pilgrimage for peace...



Yes! Our soul friends... we are not tourists... A tourist is superficial... he is restless... The pilgrim has something sacred... he is searching for the best place where he can dissolve himself... a place where you would like to die... a place where death is more valuable than life, a place where the ego can be dissolved, because something higher is available, because you can exist on a different plane.... on a higher level of consciousness...

💖 *Where do I go now if I die?*

Every breath is a step towards the grave or towards the grace... Where is our scared place?... Let us be ready to be who we are to dissolve in the ocean of love... Only then the doors open, only then does communion become possible... Only through communion can truth be lived... not through words... Oh! What can we say about communion? Unless you live heart to heart... not from head to head.. your soul and the soul of the master meet and merge, and melt...

💖 You are not Christian but Christ...  
Christ consciousness...

This is the bliss and the grace that descends in us...

Ah... when words start disappearing, something far deeper takes place... This is what peace is... when we become one with the one... when the unity has happened, we have come home... no bridge any more... no more words... no medium is needed... you are bridged... you are no more in love... but love...

Be still and know that I am... the amness... the emptiness... the existence... And existence loves all... Once we start loving all that with a fire in our heart, with deep love, the whole existence becomes warm towards us... It always pays in the same coin... Whatsoever you are, existence is that for you... As you change... the whole existence changes with you... and change is a constant law of life and love and this is our natural nurture and natural challenge...

And once you are touched by the Christ consciousness you are no more a Christian... The spark has entered you and your own fire has started burning... Then it will be a constant source of light, life... Then there is no end to it!

You are carrying a great potential, but the spark is needed... that spark jumps from the master to the disciple... It can jump only only in deep intimacy and closeness... it can jump only when there is no wall between the two, when there is a great trust... Then, in a certain moment in a certain closeness, in a certain attunement, the spark reaches the disciple... And once the sparkle has reached, then there is no need, then the disciple is on his own...

Now he himself is a Christ...

Now he himself is a light...

This is our birthright...





Be still and know yourself... no one has the right to believe... everyone has the right to know... Unless you become a Christ, you cannot know him... By becoming a Christian you cannot understand him... you cannot understand anything...

By becoming a Christian or a Buddhist or a Muhammadan, is just a poor substitute... Just be yourself... You can become a Christ because you are carrying a potential for Christ-consciousness... The treasure is there, you are there, but you are not bridged...

The master can only show you the way... Once the way has been seen, then there is no problem, then you start moving and you will see the treasure is within you... The joy of joys, and the eternal well, and the well from where you can attain to immortality, you will start moving towards it...

In fact, all of us are searching for the real being but in wrong directions... Now we will search in the right direction... That right direction comes from the master... that spark... Search for your master... the one that you love and you feel that this is your choice not forced on you by others...



The real master will help you to see God in the present...


God has no past no future... and the world is flowering of Allah... just like a tree... the flower flowers by itself... it simply opens... The greatest miracle in the world is that God has created without doing a thing... He has so much, he shares, a flowering...

Life is a flow... If you are flowing, your energy is such a flood that all the rocks of the mind and thoughts are thrown out... taken to the ocean... They cannot stay in the way... and whenever the flow

comes, you start feeling soft and fresh and sensitive... it makes you flexible like a small child and young... Out of that softness, love and compassion arise... So keep that flow... keep being alive in the moment... now is the only time... now is a new birth... now is eternal... now is the only truth and truth wins... A diamond is a diamond... it may be lost in the mud, but it is not the mud... Finally it has to be discovered...

That which is eternal is true... Don't cling to anything which is not eternal... otherwise you are living with a lie... The lie soon will be exposed and you will find your hands empty...

So let us be aware and watch our life... What are we sowing? The world is a field... life is an opportunity... what are we sowing? Be a true farmer and plant the best seed and one seed turn the whole earth green...

 *What is my seed?*

Let us remember not to hoard our love or calculate... Don't be stingy... you will miss altogether... Instead let your love bloom and share it, give it, let it grow...

A great king had three sons, and he wanted to choose one to be in his heir... And it was very difficult, because all three were very intelligent, very courageous... And they were triplets... all the same age so there was no way to judge... so he asked a great sage, and the sage suggested an idea...

The king went home and asked all three sons to come ,and he gave them each one bag of flower seeds, and told them that he was

going on a religious pilgrimage... “It will take few years... and this is kind of test for all of us... These seeds you will have to give it back to me when I return... and whatsoever protects them best will become my heir.” And he left for the pilgrimage...

The first son thought, “What should I do with these seeds?” He locked them in an iron safe... because when the father returns, he would have to return them as they were...

The second son thought, “If I lock them up as my brother has done, they will die... And a dead seed is not a seed at all.” So what to do?... He went to the market and sold the seeds and kept the money and thought, “When my father comes I will go to the market, purchase new seeds, and give him back better than the first.”

But the third went into the garden and threw the seeds all over the place... After two years, the father came back, the first son opened his safe... The seeds were all dead, stinking... And the father said, “What! You are a materialist.”

The second son rushed to the market, bought seeds... came back home and gave them to his father... “But these are not the same seeds, your idea is better than the first... You are a psychologist.”

He went to the third... and together saw millions of flowers all around... And the son said... “These are the seeds you gave me... As soon as they are ready I will collect the seeds and give them back to you.”... The father said, “You are my heir... this is how one should behave with seeds.”



The hoarder will not understand life, and the calculator will also

miss it... only a creative mind can understand it... That is the beauty of seeds... they represent love...

Love is like a flower... when it starts blooming in you, you have to share it, you have to give... And the more you give, the more love grows... and you become an infinite source of love...

We are the same source of love ... Love is God... To be this godliness is everybody's potential... We don't have physical bodies, we live in eternity... in immortality... To be a great emperor is meaningless in comparison to becoming the greatest awakened man in history... because that will raise the consciousness of humanity and the whole universe...

The whole existence is interested in your growth... Now is the search for our ultimate godliness... The first step has to be absolutely right, because the other step is to be taken towards you by God... Once the dewdrop starts moving towards the ocean... the waves come and the ocean comes... Once you know that God is not a person but a presence... a significance.. once you understand this truth, then you have to create a certain meaning in your life... you have to become more aware, more loving... more sensitive... And each individual should have his own way... his own path... his own breath... towards his own religiousness... he will learn from all the sources... and he will remain himself... he will retain his authenticity... He will be humble, sincere; he will not become fake and pseudo... not a follower but a lover... a fellow traveller... Live your adventure....

Life is a risk...

Find your own vision...

Live your uniqueness... your own isness...



Yes my soul friends... you are part of the whole, you belong to existence... don't let attachment to a part prevent you from entering into the greater whole...

There is a story about Jesus which is very mysterious, looks very hard on the part of Jesus... He was talking to a crowd, and somebody said, “Jesus, your mother is waiting outside, but the crowd is so great she cannot come in, and she wants to see you”... Jesus said, “No one is my mother.” And when he was a child and his father and mother (I'm not sure if there is a missing word here or not) for the festival but he left them and he was sitting with some scholars... just a child, and he was discussing things about the unknown with them... His father came up to him and said, “Jesus, what are you doing here? We have been worried about you”... Jesus said, “Don't be worried about me... I was about my father's business”... Joseph said, “I am your father... and what type of business are you about here? I am a carpenter! And Jesus said, “My father is in heaven... you are not my father.”



It is time for all of us to come put of the father's and mother's womb... not only physically but mentally also... not only mentally but spiritually also... When we are born again spiritually, we are no more in the past nor in the future... we are a self... just be yourself... love the other as you love yourself... Love is the only hope of the world...




*How can I share my feelings?*

Our words cannot express the truth... but our silence can... when

the child is silent, he is in tune with existence... When you are silent you become a member of the vast existence...

Truth is known through silence of the grace not the silence of the grave... Language is a human invention, and truth is not human invention... but we can play with words and we can read the gap in between the words...

 The heart has its own way of reading the language of God...

A teacher teaching maths to a seven-year-old David asked him... “If I give you one apple and one apple and one apple, how many apples will you have?”... Within few seconds David replied confidently... “Four!”... The teacher was expecting three... She was disappointed... “Maybe the child did not listen properly.” She thought... She repeated, “David, listen carefully, if I give you one apple and one apple and one apple, how many apples will you have?”... David had seen the disappointment on his teacher's face... He calculated again on his fingers... but within him he was also searching for the answer that will make the teacher happy... His search for the answer was not for the correct one, but the one that will make his teacher happy... This time hesitatingly he replied... “Four...”

The teacher has the same face again... but she remembered that David liked strawberries... She thought may be he does not like apples and that is making him lose focus... This time with twinkling in her eyes she asked... “If I give you one strawberry and one strawberry and one strawberry, then how many will you have?”... Seeing the teacher happy, David calculated on his fingers again... There was no pressure on him, but a little on the teacher... With a smile he said, “Three?”... The teacher now had a victorious smile...

Her approach had succeeded... She wanted to hug David, but one last thing remained... Once again she asked him... “Now if I give you one apple and one apple and one apple how many will you have?”... “Four!”... The teacher was lost... “How David, how?”... In a voice that was low sound David replies... “When someone gives you an answer that is different from what you expect don't think they are wrong!”



Why? There maybe the angle that you have not understood at all... You will have to listen and understand, but never listen with a predetermined notion...

Just think less and feel more... Use your own intuition... Thoughts are nothing but castles in the air... feelings are more material... more substantial... they transform you... thinking about love is not going to help, but feeling love is bound to change you...

Thinking is very much loved by the ego because the ego feeds on fictions... The ego cannot digest any reality, and thinking is a fictitious process...

Change from the mind to the heart, from thinking to feeling, from logic to love... And then from the heart to the being, because there is still a deeper layer in you where even feeling cannot reach...



Mind... Heart... Being

The being is our pure nature... To be or not to be... Surrounding the being is feeling, and surrounding feeling is thinking... Thinking is far away from being but feeling is a little closer...

We say how do you feel? Not how do you do? It reflects glory of the being... It is just as in the sunset the sun is reflected by the clouds and the clouds start having beautiful colors... They themselves are not the sun, but they are reflecting the light of the sun...

Feelings are close to being... so they reflect something of being... But one has to go beyond feeling too... then what is being? It is neither thinking nor feeling... It is pure amness... pure isness... it is our mystery... our oneness with the one... this is the only truth which cannot be said in words only in the silence of the experience...

Life is not an experiment in the lab but an experience in our heart... Once you drink the water then you know it but you cannot share it... No one can teach the truth...

I cannot teach it but you can catch it

This is a seed for anyone who needs to grow up and live your natural wake up... Yes!! You can wake up any now... If not now when? If not here where? If not you and me who else?? In a single moment, you can be awake...

Our last word for our world is love... Love is not only the hope but the only hope... Up to now, man has lived a loveless life... All the societies and the cultures and the religions that have existed on this planet have talked about love, but lived hate... We talk about love but we live against love... The society is geared for war...

We talk about love but we cannot live it...



We have come now to the peak of this ugly state of global



madness... We need a new man with a new heart and a new soul... Very soon man will face either total destruction or a revolution from the heart...

All preparations are to commit a global suicide... This is what our history has brought to us... Now the dream of all the leaders is going to be fulfilled... we can destroy this whole earth within seconds... Destruction has reached its peak; unless creativity also reaches its peak, man cannot be saved...

Love is not a relationship but a state of being... One is love... is a state of love... and this love will rise us up, soaring upwards, higher than us... It makes no conditions, no ifs and buts... Love never says, "Fulfil these requirements, then I love you"...

♥ Love is an unconditional giving ♥

But we go on giving love that we don't have... and we go on asking love from others who don't have it... Beggars begging from beggars...

Love first has to happen in the deepest core of our being... It is the quality of being alone, happily alone, joyously alone... And when it arises in you... it is heavy like the clouds which are full of rain... They have to shower, they have to shower and to be shared... And the person you give your love to is not obliged to you in any way... You have to thank him because he helped you unburden, he shared something that was too much in you...

♥ The more you give the more you have ♥



Now is the time... either total war or total love... Man has to choose... it is a question of life and death... war is death, love is life... Now is the beginning of a totally new man... Now individuals won't do... Only a Buddha or a Christ or a Mohammad won't be of much help...

The world has gone too much into hate... The world is so full of hate that it is almost like an ocean of hatred, and a Christ will be just a spoonful of sugar it won't change the taste of the ocean... Lit your own being...

We need thousands of Christs and Buddhas and Mohammads... We don't need followers... we are not interested in Christians but in Christs... We are here to be who we are... To be lovers... to be individuals not copy paste... to be unique beings... the meditators who can stand on their own... and each one is a needed light...

The night is going to become darker and darker every day... We will need millions of lights around the world... millions of people who are capable of love, unconditionally, without asking anything in return, and who are so silent and who are able to dissipate darkness...

A small light will erase a great darkness... All the mystics of the world said that when you arrive at the core of your heart, suddenly there is an explosion of light... Just by doing one atom of peace... of love... of good... of compassion



Now is the time of choice... the atom of life... the atom of our being... not the atom of the head... but the atom of the heart... So let our soul explode in light... let your sound explode in white... White light is our bright day and night...

Let us be who we are and share our own awareness...



Now is the time of oneness... Let us be one with everyone... with nature... with our inner treasure and with the creator...

Oh our beloved love what else can we say... Silence is saying it all in one now... in one moment of at-one-ment... but the head wants to share few words from the heart may be i will be touched by its rays...

Now is our last unity... The wall between us and the whole has to be removed, there is no separation... That state of non-separation, the mystic union, is the ultimate expression of love

is

the meeting of the meditator with the whole...

is

let thy will be done


is

I witness... there is no God but God...

La illaha illa Llahu

What else can we see and say?

Forgive me...

Peace pace 

Yes... Be a listener but not a follower... Listen well, but follow your own insight, don't follow other's advice... Listen certainly, very meditatively, try to understand what they are wanting to convey to you... They may REALLY be well-wishers... but if you start following blindly, you will never attain to your own intelligence... you will remain dependent on crutches... You will always look up to others to tell you what to do, what not to do... you will always need leaders... which is a very unhealthy state, to need leaders...

Listen, because people have great experiences, and if they are sharing, willing to share, it will be foolish on your part not to listen.... Sharing their experience may give you great insight... it will help you to become aware... but don't follow...

We follow literally, and then we become just blind... when others are giving me all that I need, what is the need to have my own eyes? And when others are chewing for me, what is the need to chew on my own? Slowly slowly, you become more and more weak, more and more impoverished, more and more starved... This is me... mewe... you... us... yes... all of us...

Let us listen to this story... A man who had recently opened a shop had a large notice overhead which reads:

“Fresh Fish Sold Here”

Along came a friend and said, “Why have you got ‘Here’ on the board?” So he cut out the word ‘Here’... Then another friend came along and said, “Sold? Of course it is sold. You are not giving it away, are you?” So out came the word “Sold”... A third came along and said, “Fresh fish? It has to be fresh... Who will buy stale fish from you? Cut out the word fresh...”

The shopkeeper obliged... Now only the word 'Fish' remained on the board when a fourth man arrived and said, "Fish? Fancy having that up! You can smell it a mile away." The shopkeeper erased this last word on the board...

A fifth man arrived and said, "What's the idea of hanging a blank board over the shop?" The shopkeeper removed the board... A sixth man came on the scene and said, "You have opened such a big shop... can't you hang a board on it with a notice saying..."

## FRESH FISH SOLD HERE?



Yes be a zero... the emptiness of existence... the absolute nothingness... So get rid of all that is old, be just a zero... a new birth... the new sprout... The grave of old is the womb for the new... a fresh beginning... only then is bliss possible....

Now if we go on listening to people, we will become more and more confused, that's how we have become confused... Your confusion is this: that you are a listener to many kinds of people, and they are all giving different advice... And I am not saying that they are not well-wishers; they are... but not very conscious, otherwise they would give you an Insight not advice... They will not tell you what to do and what not to do.... They would help you to become more aware, so that you can see for yourself what has to be done and what has not to be done...

The real friend is one who does not advise you, but helps you to become more alert, more aware, more conscious of life... its

problems, its challenges, its mysteries, and helps you to go on your own trip, gives you courage to experiment, gives you courage to seek and search, gives you courage to commit many mistakes... because one who is not ready to commit mistakes will never learn anything at all...

Commit as many mistakes as you can... but don't commit the same mistake twice... because that makes you stupid... Commit new mistakes... invent new ones and you will be learning all the time... and your intelligence will be growing all the time...

Your intelligence needs sharpening, so let us commit new mistakes... and don't accept any fixed advice... it is of no use... what is true today may not be true tomorrow, and what is right in one situation may be wrong in another... So what we need is a way of seeing...

So wherever you are, in whatsoever situation you find yourself, you know how to behave spontaneously... how to depend on your own being...

♡ So be yourself... Live your uniqueness ♡

♡ This is why you are here ♡

♡ Existence needs you as you are ♡



🌸 Who I am makes a difference 🌸

