


Peace Pace
مریم نور

NEXT

What is next? 

Is This my name ? 

Am I a next ? 



Am I a number? 

Am I a text ? 

Man  birth  earth  hell



God  woman  boy  Fear

faith  Face  male  female

girl  Devil  blood  Life

freedom  feeling  Laughter  Eating

Ego  Divine  Animal  cage

Holy  Crime  energy  Cancer

Insult  Education  art  chakras

Jesus  Brain  darkness  insight

Gift  hug  Dreams  Disease

bliss  books  Kiss  energy

Home  Age  Conquer  body

Painter		marriage		woman		Secret
moan		negative		Laughter		seeds
Thirst		New		old		oneness
Nature		paradise		Quest		Violence
Wake up		pain		Mohammad		Trees
Rebellion		Role		play		prayer
Ladder		Womb		meditation		power
Relax		time		night		Peace
Night		Love		pilgrim		mistake
Unity						

My beloved ...

I have no one to talk to .. . or to listen to ... only you ...
you are my only friend and master ... I just want to pour
my full cup in your heart ...

It is a discharge and no one can recharge me and
recharge only you ... this is my challenge ..

Today .. at the airport they call us nest ... Sorry next ... I
wish I am a bird and I have the whole sky to fly ... no
names ... no footprints ... but it is okay at the queue. We
are online ... But few minutes later I saw a woman
calling her children ... next... next . . .

This reminds me when I was at school ... in the church
... in any party ... but at home or with friends we have
names ...

"Next" became our "text" ... we are a texture not a
treasure!! not a silent lecture!! what is going on?

A small kid said ... "at school they call me David but at
home they call me "don't " ... " don't" do this .."don't "
eat that!!

" don't say this ." " don't play " ...

So why do we need names? Does the dog need a name?
Does the rose need a name?

Yes you are right ... we are born without a name but a
name has a message with it ... It may contain my whole
future ... Peace Pace ... I have chosen this gift ... in
Arabic too Maryam Nauru... it means the bride of light ...
And the meaning will become slowly slowly clear
because the meaning is going to be existential ... we live
the meaning ...

Look at your body ... it was a baby ... then a child, then a
young man, then into an old man, life changes into death
...

Everything goes on changing, it is a flux ... change is a constant law ... our name will change too by its energy ... the whole body is renewed again and again and again ... you will never have the same body ... every breath is a new birth ... You cannot step in the same river twice ... The river is rivering and you are growing ... this is our mystery...

So I am not what I see nor what I know ... the body may take one year to see a change but the mind changes every moment ...

Just a moment before there was anger and now it is not there ... Now you are so loving and one moment afterwards you are so sad, unhappy .

The mind is our master and our enemy and our friend too ... just watch it ... be a watcher of this power ... But be aware of the name ... you are nameless ... it is only a utility ... don't be used by it; The name almost becomes identical with the ego ... my name, my family name, my country name, my religion's name ... my degrees ... my titles ... my power ... people kill each other for this stupidity . . .

And the reality has nothing like the ego or the mind ... That is one of the deepest revelations in life, that nothing is static, everything is dynamic;

God is change



God is not a name



God is Godliness ...



God is not something absolute, not something that remains the same ... God is this whole mystery ... We are part of this party... This whole movement, is God. Hence it is very important to change your name ... in all religions they do it just a sign that we are nameless ... we

are bodyless ... we are homeless ... and this less is our lesson ...

From this moment you can start thinking and seeing your new birth in a new way ... new name, new noun ... new verb ... new action ... watch your mind emotion and be your heart compassion. . .

With this new step of awareness you will not be an addition to the past ... yesterday is a history ... tomorrow is a mystery ... now is the only wow! the only present ... let us live it and be it.. now – here or nowhere else ... only a dash of flight in the light... only one breath with awareness ... we are a born again a superconsciousness being ... this is who we are ... this is our nature and our nurture ... so remember ... you are nameless ... The name is a utility ... a device but not a reality ... stupid people live and die for name and fame ...

It seems their life's purpose is to have a name known to the whole world, a name which is going to be written in golden letters in history . . . it is so stupid ... be natural . .

.

But who is natural? Only the nature ... 

Our whole life is artificial and we are destroying our nature ... we want to please the others because we want the attention of the others ... we are so dead ... Jesus said it but we are not aware of it ... how can a corpse be aware???

This is why we are killing our mother earth ... why we are not in love with it? why is man afraid of nature?


Yes! nature is bigger than my ego and it will control me but I want to be the boss ... but with nature I am a nobody ... I am nowhere, I don't exist at all . . .

And the ego creates all what we see ... but who wins? the ocean or the drop ... be the oneness with this

existence ... don't try to please the crowd ... the society ... your ambition is your enemy... let us be alert and be simple not stupid ...

Just be ordinary. To be ordinary is the only extraordinary thing in the world ... only very few people have been able to manage it up to now...

Let us befriend with nature , this is the only civilization ... the only blessing ... Don't ask others how to walk your nature ... listen to your heart ... everybody has his own yes ... I have to follow my nature and live my individuality ...

my uniqueness ... my divinity ... 

There are different people who are enlightened, they have all attained in their own ways; their expressions are unique ... And it is good that they are unique, otherwise life will be copy paste... too monotonous ...

Think ... a row of Jesuses standing in the queue ... It will look ugly. Alone Jesus is beautiful, a precious diamond, but if there are too many just like him, he will be a pebble on the shore ... nothing of worth ...

Why we are here ? because we are needed ... 

Take care of your body but go beyond that which dies ... you need bread, you need a shelter and you need food for your self... your soul and your spirit . .

Spiritual need is the highest need ... they come only in the end... they are like flowers ... flowers are possible only when there is an overflowing energy ... too much to contain ... then the tree bursts and blooms and bombs into thousands of flowers, color and fragrance ...

Let us remember ...

We are not a number ... not a follower ... we need to know that the greatest need is to be needed;

No other need is of such importance ... you become significant... what is your vision? what are you here for??? a small child told me this few days before he left his body ...

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 ... 

Let us plant people for peace ... unless you have the seed and the soil you cannot plant it ... so be yourself ... be the farmer and be the vision and the seed will come to you ... the soil is waiting for your seed ...

Our vision is one peaceful world ... one royal family ... the kingdom of God is in us ...

If not you and me who else?

If not now when??

Yes ! God needs you!! That means rivers and mountains and stars and trees and animals, they are all in need of you, they will all miss you. the world will be in deep despair without you ...

Life is no more an accidental mixture of events ... there is a goal... a destiny to be fulfilled, a hope to materialized ...

Let us ask ourselves? for my eternity?

I am not aware of my true self ... I love only my ego ... my mind ... of my false center ...

Either know the true center or create a false center ... the society helps the false center and dominates us ... we are

slaves to the outer power ... to show off ... so we become part of the club or the church or the crowd ...

Let us drop this false entity called the ego

Let go and let God ... 

Once the false is seen as false, it is not very difficult to see the true as true ...

The moment one becomes aware of one's true center, one becomes aware of eternity, and to know eternity is to know God... hence, the true self is the door to God ...

A group of students were asked to list what they thought were the present "seven wonders of the world."

Egypt's great pyramids

Taj mahal

Grand canyon

Panama Canal

Empire state Building

St. Peter's Basilica

China's Great wall 

While gathering the votes, the teacher noted that one student had not finished her paper yet ... so she asked the girl if she was having trouble with her list ...

The girl replied "yes, a little. I couldn't quite make up my mind because there were so many. "

The teacher said, "well, tell us what you have and maybe we can help."

The girl hesitated then read, "I think the seven wonders of the world are ... to see, to hear, to touch, to taste, to feel, to laugh, to love."

Ah!! what is your feeling ... what do you say??

Just a gentle reminder ... that the most precious things in life cannot be built by hand or brought by hand ... man cannot do it... it is God's gift to us ... the greatest grace to all of us ...



Never try to maintain relations in your life, just try to
maintain life in your relations .



Always welcome the problems ... because they gives us
dual advice ...

First you know how to solve it ...

Second , you know how to avoid it in the future ...



Three stages of life:

Teen age ... has time and energy but no money ...

Working age ... has money and time but no time ...

Old age ... has money and time but no energy



We are very good lawyers for our mistakes ...

Very good judges for other's mistakes ...



The mind always say .. .

Find good people and leave bad ones ... But the heart
say, find the good in people and ignore the bad in them

...

Because no one is born perfect ...



Negative thinkers focus on problems ...

Positive thinkers focus on solutions



I have not failed,
my success is just postponed ...



The entire water in the ocean can never sink a ship unless
it gets inside. All the pressures of life can never hurt you
unless you let them in ...



The woman is neither inferior to man
nor is she superior.



They are two different categories of humanity ...
They cannot be compared.

The very comparison is idiotic, and if you start
comparing, then you will be in trouble of next and text ...



I am not against any thing anything. I am only against
disharmony, and because your head is creating the most
harmonious situation,

I want your head to be put in its right place ...

It is a servant, not a master ...
you are your own master ...



Just funny ... and fun ... and nun ... and none ...

A woman has used her local hospital saying that after
treating her husband recently he has lost all interest in
sex ...

A hospital spokesman replied: "The man was admitted in
ophthalmology, all we did was correct his eyesight."



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 ? that lion got himself into this mess ... let him get



Jokes and stories are only doors to our inner treasure ... they are not a letter ... nor a number ... they are our own mirror ... our own lecture ...

Our lecture is a song with nature ... right now there is a bird at my window ... he is with us ... this is our spontaneous flow of notes, I am simply sharing my joy ... my food ... these words are flowers from the garden of God ... there is no other way ...

The same letter but in different cups ...

Never listen to me or read me as you do with other books ... this is not a school bag ... it is not a sermon ... it is not morality ...

One step is the whole trip . . one page . .

One sentence . . . one word . . one silence . . .

It is the quality of our joy ...

Some day, in some moment, you may be ready ... a new color is ready ... we are all the colors of existence ... use it all or you will use it and you will lose yourself ...

What is the use of you have the world and you don't have yourself??? yes! some day existence will hit it but why not now?? Just be still and listen ...

Let your heart hear ... herenow ... don't miss any moment ... this is sharing our being ... become more

loving ... become a womb and you will be pregnant with love ...

Let us have a coffee with this group

Four catholic men and a charming woman were having coffee in st. Perer square ... she is catholic too ...

The first man tells his friends, "My son is a priest, when he walks into a room, everyone " calls him father "

The second catholic man says, "My son is a Bishop. when he walks into a room people call him "your grace."

The third catholic gent says "My son is a cardinal when he enters a room everybody bows their head and says "your eminence."

The fourth catholic man says very proudly, "My son is the Pope. when he walks into the room people call him "your holiness"

Since the lone catholic woman sipping her coffee in silence, the four men give her a look "well ... what do you say?"

She proudly replies ...

I have a daughter

Slim ... tall ... 38D Breast

24" waist and 34" Hips

When she walks into a room,

People say,

"Oh my God."



The difficult interview question

Interviewer said ... "I shall either ask you 5 easy questions or one really difficult question ...

Think well before you make your mind!"

The candidate thought for a while and said, "my choice is one really difficult question."

"well, good luck to you, you have made your own choice!! Now tell me this . "what comes first, egg or the hen ."

The candidate was jolted into reality as his admission depends on the correctness of his answer, but he thought for a while and said, "It is the egg Sir!! "

"How?" the interviewer asked ...

"Sorry Sir, you promised me that you will not ask me a second difficult question!!"



Yes! he is smart in being aware not for the answer but for the cunningness of the other is asking ... you are the question ...

You are the answer and you are the question mark? And the quest ...

Quest ... life is a quest not a question, a mystery not a problem, and the difference is vast ...

The problem has to be solved, can be solved, must be solved, but the mystery has to be lived ... has to be experienced ...

The question has to be solved so it has to disappear ... but you will melt in the mystery ...

The mystery remains, you disappear ... In philosophy the problem disappears but you remain; in religion the mystery remains, you evaporate ... The ego is very much interested in questions and very much afraid of the mystery ...

Questions are food for the fool mind ... let us ask questions but it will bring us to no-mind ... from questioning to living and then the mystery is called a quest ... this is the thirst to know the unknowable ...

you are no more outside but inside ... you are experimenting the truth ... life is an experience to live ... In the quest you are the question; there you are the thirst and the water ... once you know yourself you are no more ... only God is ... When all questions disappear, the answer is found, never before it ... the answer is not in the question ...

the answer is in the silence ... 


The silence of experience, the experience of joy, godliness ... unless that is found, questions will go on arising ...

All questions are ridiculous and stupid ... No question is to be taken seriously. I never has a certain meaning: it shows something about you ... Howsoever ridiculous it is, it shows something about your unconsciousness ... just because it has arisen in your mind it shows some quality of your mind ...

What you say is what you see and who you are ...

Questions arise out of something wrong ...

When one has innocence there are no questions innocence wonders, it does not question it experiences the awe of existence and life, the beauty It is constantly wondering what it is all about, but it is not a question ... It is a life feeling ... heartfelt feeling ... One is surprise every moment ...


every now is a great wow!!! 



A Zen monk was asked ... "what did you used to do before you become enlightened?"

He said, "I used to chop wood and carry water from the well."

And then he was asked, "what do you do now you have become enlightened?"

He said, "I chop wood and carry water from the well."
The questioner was puzzled. He said, "there seems to be no difference then."

The master said, "the difference is in me ... 
The difference is not in my acts because I have changed, all my acts have changed ... their significance has changed: the prose has become poetry, the stones have become sermons, and matter has completely disappeared. Now there is only God and nothing else ... life now is liberation for me, it is Samadhi ... it is nirvana... "
God is writing and reading and giving me fear and weakness and ignorance and all and all to test me . . to empower me . . . the more I go in . . the more I go up . . this is the dance of death and birth . . . of awareness of witnessing and of total trust to the creator . . .

 just let go and let God ... 
Go with the river ... don't fight with its power . . just dive in it ...

Let go in every situation in our life ... If I face sadness I simply dive deep into it ... face your fear and you are out of It because you were not fighting with it; you accepted it totally, full – heartedly. the head hurts, the heart heals. If you dive deep into it, soon you are out of it, and refreshed, not tired, because you are one with this light not this fight ...

And when you totally accept something, in that very acceptance, you have transformed its character ...

Yes! the infinite is protecting us ... not for my dead body ... but for me ... for my being ... something alive is always in danger ... more alive more adventure ...

Live dangerously because that is the only way to live ... let go and let God ... God is our only challenge ... our

only change ... our only cross ... our only death and birth
... keep walking our own pilgrimage ... come out of the
cage and be a sage ... be your own master and your own
healer ...

Follow nature, follow your inner nature ... life is not
about finding yourself, life is about creating yourself ...

Follow your own way not any superhighway ...

If you follow a super way, you are moving away from
your own way, your own nature ...

Nature knows no fixed patterns ... no two breath ... are
the same... every breath is a new birth and a new death
and a new path ... Sit on the beach and watch the sea ...
millions of waves arising, but each wave is unique and
different ... they don't follow any pattern ...

Don't ask anyone for your way ... the master will help
you how to walk ... but cannot show you the way ... and
how to walk courageously ... the way is for cowards ...

Those who don't know how to walk, paralyzed, for them
the way exists.

For those who know how to walk, they go into the
wilderness, and just by walking they create their way ...

Simply stop searching for any way ... a way always
takes you away ... there is no way to come to yourself ...
you are already there ...

Just rest within your being, at home, at ease, relaxed ...

"let thy will be done !!" 

And this very moment, now and here, you are a light . . .

This is your birthright . . . wake up!!!

Yes! now I am awake ... my eyes are open but is this the
awareness of the awakening?

We can wake up ... no path ... just remembrance ... If
you are living in misery, you are creating it ... and

nobody else can take it away from me, from you, unless you decide not to create it any more . .

Your hell is your work

My hell is my work ... 

In a single moment ... single now ... you can be awake ... and aware...

In our mind there is a robot ... it is programmed ... we are all programmed ... since Adam and Eve ...

You know it ... so why not deprogram it?? we are born without this stupidity ... we are born free ... just now is our only wow!!!

And when you are not dreaming any illusion ... you are in your own vision ... you can see and that very seeing is our witnessing... then we do only that which should be done and you don't do that which should not be done ...

It is not a question of discriminating between right and wrong ... it is a question of coming out of your sleep ...

Wake up now! yes! 

No make up any more ... 

Change the color !!! 

Awakening and awareness is our balance ...

Morning is the best time to meditate ... Just few minutes ... just read and listen to this gift ...

After the whole night's rest you are very close to the center of your being ... It is easier to move into the center consciously early in the morning at dawn time ... because the energy is up and the whole night you have been at the center ...

Deep sleep rejuvenates ... you enter into the core of your being... all the wounds will be healed and all the dust and the lust will disappear ... you have taken an inner bath. But be aware of what you are eating and how you

are eating and when you are eating? Are you eating the food or the food is eating you? Is your hunger eating or your anger? Be alert!!!

See who you are? where are you going in the morning? to the same routine foot steps !!

This is what meditation is all about ... So the next is the same text ... we change the odor but the shit is the same ...

And we are used to our smell and our hell ... so be awake and be with this morning sun and birds and trees ... Join the dance and live this grace and this choice ...

Nature is our mother and our nurture ... You can ride on this tide of awakening and you can enter into your own being awake, alert, aware. And your whole life will be transformed because then you will have a different orientation ... Then you can go into the market place and still you will remain in contact with your inner core ...

Freedom means putting your total energy into awakening ... Just a total effort is needed . . . passionate, intense ...

From this now think of awareness as a question of life and death... In fact it is a question of life and death ... without awareness you are simply dying every day; with awareness you start living for the first time and then life goes on growing bigger and bigger, vaster and vaster ...

So why not be aware? It is our right ... It is easy just be watchful of your body ...

Slowly slowly you become alert about each feeling, each gesture, each movement ...


And as you become aware, many things that you used to do before simply disappear, your body becomes more relaxed, more at peace with nature and a subtle music pulsates in your body ...

Then start watching your thoughts, they are more dangerous too... It goes inside you ... in your destiny and we are not aware all what we are doing in our mind . . . it affects all what we are doing in our life ...


Just watch your mind and the madman will drop and when your body and your mind are at peace then you are attuned with your bodymind and soul and nature ... then you are aware of your feelings and emotion and moods ... Then comes the top step and you become aware of your awareness . that is the bliss.

The body knows pleasure, the mind knows happiness, the heart knows joy, the fourth knows bliss ...

Bliss is a goal of freedom and awareness is the path towards it ... awareness with no tension ... attention without tension ...


Three things are to be remembered ... 

One is: becoming aware while the act is happening ... that is the first difficulty for the person who wants to become aware . . .

Becoming aware in the act itself ... 

Anger is like smoke inside us: becoming aware while the act is happening. That is the first difficulty for the person who wants to become aware now ... but it is not

impossible

I – m – possible ... 

With just a little effort you will be able to catch hold of it ... Just be in the now and watch and catch ...

Then comes the second step, which is even more difficult because now you are going into deeper waters ... It is remembering before the act, when the act has not yet happened but is still a thought in you ... It has not been actualized but it has become a thought in your mind ... It

is there ... It is in me... Catch hold of the thought when it is arising in you ... watch the devil ...

Evil is live ... be aware ...



Sitting silently, just watch your thoughts ... just see all the nuances of a thought ... how it comes and how it leaves not lives... Catch hold of yourself in the middle ... And the third difficulty is to catch hold of this process which ultimately results in an act ... to catch it before it becomes a thought, that is the most difficult ... It is a feeling ... in my senses ...

The feeling comes first

Then comes the thought ...

Then comes the act ...



Just be aware why you are feeling fear or anger or hate ... something is getting ready underground ... some feeling is gathering force ... the seed of the feeling is sending its leaves out of the ground ... Just be your own watcher ... your own judge... your own master and healer ...

If you are able to become aware of the thought, then sooner or later you will become aware of the subtle nuances of the feelings ... These are the 3 basic steps to be a beam of light not a bomb of fight ...

Yes! A story a day keeps the worry away ...



Pencil and Rubber and You

Pencil: I'm sorry

Eraser: For what? you didn't do anything wrong ...

Pencil: I am sorry because you get hurt because of me. Whenever I made a mistake, you are always there to erase it ... But as you make my mistakes vanish, you lose a part of yourself. You get smaller and smaller each time.

Eraser: that's true. But I don't really mind. You see, I was made to do this ... I was made to help you whenever you do something wrong .

Even though one day, I know I'll be gone and you'll replace me with a new one, I 'm actually happy with my job. So please, stop worrying . I hate seeing you sad . .

I found this conversation between the pencil and the eraser very inspirational ...

Parents are like the eraser whereas their children are the pencil. They are always there for their children, cleaning up their mistakes ... we all learn from our mistakes and we do new ones every day ... You are so right ... our friends are our eraser too... we all play the role of the pencil, eraser and the best sharpener too ...

Because of us we are who we are ...

We support each others ... we enjoy our mistakes ... 

After finishing their meal, they left the restaurant, and resumed their trip...

While leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes ...

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses ...

All the way back, the elderly husband became the classic grouchy old man. He fussed and complained, and scolded his wife relentlessly during the entire return drive ...

The more he hid her, the more agitated he became. He just wouldn't let up for a single minute ...

To her relief, they finally arrived at the restaurant. As the woman got out of the car, And hurried inside to retrieve

he glasses, the old man yelled to her, "while you are in there, you might as well get my hat and the credit card! "



Are they in love or in logic ?

Listen to this and you might feel why we fight ...

If your father is a poor man, it is your fate ...

But if your father – in – law is a poor man its your stupidity ...



I was born intelligent ...
education ruined me



Practice makes perfect,
but nobody is perfect,
so why practice



If it is true that we are here to help others,
then what exactly are the others here for?



Since light travels faster than sound,
some people appear bright until you hear them speak ...



Money is not everything.
There's Master card and visa ...



The wise never marry,

and when they marry they become
Otherwise ...



Being rich is relative.
It brings so many relatives ...



"your future depends on your dreams "
So go to sleep



There should be a better way to start a day
than waking up every morning ...
yes waking up ...



"Hard work never killed anybody "
But why take the risk



The more you learn, the more you know,
The more you know, the more you forget ...
The more you forget, the less you know
So ... why learn ...



What are we learning? in the name of peace we are
planting more wars ... In the name of health we are
planting more sickness ... what are we here for? It is easy
to change the world but not easy to change myself ...

You are you, I am I ...
Nobody is superior,

Nobody is inferior
But no body is equal either
People are simply unique, incomparable



I have to contribute my potential to life,
you have to contribute your potential to life ...



I have to discover my own being;
you have to discover your own being

Thank you for knowing "how?" for having the key!!

So read this

Boo-s ... - - NDOM ... F - - K ... P - N - S ...

Pu-s- ... s-x



Books, Random, fork, pants, pulse ... six ...



Why I listen to my duty ... Oh!! dirty ... Oh ... dirty
mind?

Look deep into your heart; listen to the still small voice
within. And remember one thing: life is fulfilled only
through longings, never through ambitions.

Life becomes blissful only through the heart, never
through the mind. Mind creates science, the heart creates
religion ... Mind can give you better technology, better
gadgets ...

The heart gives us the real, ultimate values love, bliss,
truth, freedom, awareness ...compassion ...

And a life without these values is valueless ...

That is why millions of people feel meaningless ... Millions of people feel as if they are just accidental, they are not needed ...

Respect your longings ... Respect the voice of God within you. And remember if you start thinking it was just a feeling, there is already condemnation ... respect yourself ... you are here for a reason, no accident by accident, you are needed by God ... we are here to plant one peaceful world ... This is our mystery ...

Our mystery is our inner treasure, our kingdom of God ... You may have many possessions, but you will be worthless. You won't have any worth, any meaning, any value ... Listen to your heart if you really want to grow

"Be still and know that I am God." 

This amness is our godliness ... our existence ... our being ...

From knowing to feeling to being is our consciousness ... our silence ...

The head is very noisy. And the head never allows us to listen to the heart ... love is higher than logic ... and love opens the windows towards the beyond ...

Me too ... I used to ask myself ."who am I? "

It is impossible to count how many times a day I still ask this question ... But in the past all the answers came from the heads of the others, all of them were borrowed, lifeless ...

They brought no contentment ... They resonated a little at the surface, and then disappeared ... The inner being was not touched by them ... No echo of them was heard in the depths ... There were many answers but none was correct ... And I was untouched by them ...

The question and the quest are one with me ... my thirst is asking ... I am the question mark, I am the answer ... a

new dimension was born in my being ... and it was a relief ... intellect was the obstruction ...

When this was made clear, the answers began to flow ... knowledge began to evaporate ... I kept on watching ... the treasure is in our inner lecture ...

"Who am I ?"


My entire being was throbbing with this thirst ... with this quest and quench ... What a violent storm it was!! Every breath is a path to move in and within ... The surprise was that the head was dead mind ... no thoughts, no past not even a ray of the future ... no history, no mystery, now is the only present ... You are the question ... And the explosion came and everything was transformed ... Truth is in us ... came as a sudden explosion, not gradually . . but from some unknown dimension

God is nowhere

But 

God is now – here

A dash of light ... a flash of flame ... this is the answer ... Emptiness is the solution ... not words ... Becoming answerless is the answer ... If I say it ... it is not it ... its meaning lies in realizing it ... your thirst will know the power of water ...

No one can say the truth ... 

No one can teach it but you can catch it . .

Watch your thirst ... feel it ... go to the river ... your beyond is beyond any word ... any world ... go in ... in is our only inn ...

Listen to our inner lecture ... and live the endless treasure ... This is our joy ... Unless you can enjoy yourself, you cannot help any one to enjoy ...

Unless you are really contented with yourself, you cannot serve others; you cannot help others towards their joy ...

Unless you are overflowing with your own bliss, you are a danger to society, because a person who sacrifices always becomes a sadist ...

Just watch what a mother or a father or any other is saying to you ... Is saying to me or I am saying to you !!

"I have sacrificed myself for you, I am your mother." She will torture you ... sacrifice is just a trick to torture the other. So those who are always sacrificing are very dangerous ... Be aware of them, and do not sacrifice . . the very word is ugly.

Enjoy yourself ... Be bliss – filled ...

And when you are overflowing with love it lives with others too...

No one is obliged to you, no one needs to thank you ... Rather you will feel grateful to others because they have been participating in your bliss ... Words like sacrifice, duty, service are ugly ... they are violent



A foolish man tells a woman to stop talking.
But a loving man tells her that she looks extremely
beautiful when her lips are closed ...



Three fastest means of communication:

Tele – phone

Tele – vision

Tell a woman

Needs still faster ...

Tell her not to tell any one ...



Let us have the fastest communication with the mystic vision. Let us be in touch with this three words

Food, life, and death

What is so simple as eating an apple?

And yet what could be more sacred or profound?

When we eat an apple we are not just eating an apple as a separate thing ... the apple enters us, dissolves within us, contributes to us, and becomes us ...

And each apple is a manifestation of so much more!! we are eating of the rain and the clouds and of all the trees that have gone before to bring this tree into manifestation, and of the tears, sweat, bodies, and breaths of countless generations of animals, plants and people that have become the rain and soil and wind that feed the apple tree ...

When we look into one apple, we see the entire universe ... All the planets and stars, our sun and moon, the oceans, rivers, forests, fields, and creatures are in this apple ...

The apple tree is a manifestation of an infinite web of life, and for the tree to exist, every component of the web is vital ... it is a great grace for all of us ...

The apple is the gift of the tree and of the infinite universe propagating and celebrating itself through the apple ... The seeds fall, in the apple, to become new trees, or are eaten by humans or widely, spreading and benefiting the tree and the whole system, unfolding in utter vastness, complexity, and perfection...

If we become aware of this when we eat an apple, we will know we are loved and nourished, and that we are part of something greater, a mystery so immense and

benevolent and exciting that we can only be touched by the sense of sacredness ...

In virtually all societies, the times when we pause to remember the source of our life and to consciously connect with the great mystery of death, with funerals, and at meals, with grace and prayers ...

Eating an apple with awareness can be a sacred feast, and yet it is usually done casually while we are preoccupied with something else ...

We humans, eating apples, are in a true sense apples eating apples ... the whole universe is not only in every apple but in every one of us !!! In eating, we see that there are no fundamentally separate things at all, but only processes ...

All things partake of each other, ever changing, and are eventually eaten by the process and by time, the great

devourer... 

Food is the source and metaphor of the flow of life into death and of death into life ... We can see that the eating has a spiritual mystery in all religions and traditions and in many cultures too ... Besides the ongoing symbolic appeal of eating the sacramental Christian communion meal, transforming Jesus death into eternal life ... Jesus was born to be spiritual food for others, and the profound connections between the body and the being ... This is the symbolism of the last supper point to transcends life and death ...

It is in Islam too ... "Surat Al – maeda " ... Be aware of what you are eating and how you are eating and for what you are eating ... Yes! Spiritually and awaken our potential, we can our time and our energy ...

It is not just our personal love, energy, or time that we share, but when we give of ourselves we are giving of the

gifts we have received from our families, teachers, friends, earth, sun, moon, and stars, and from all our experiences ...


Ultimately, we are life itself giving to itself ... feeling itself, exploring, satisfying, and rejuvenating itself ...

If we live well, we feed many with the most nourishing food: The fruits of compassion and wisdom ...

In the end, more than needing food for the journey, we can discover that we are the food for each other's journey, and that our deepest need and joy is not merely to consume but to be this nourishing food for others ...

We are all born in a symbolic manager, to be spiritual food for others, and we are called to discover our unique way of contributing ...


Please let us be aware of what is food? who is eating who? Do I live to eat or I eat to live?? what is our food?? Me too ... I want to know a little bit more about food ... This is my best next step!!!

Let us read what our heart is saying about food !! 
There are two types of food ... One is that which you like, which you have a fancy for, about which you fantasize ...

There is nothing wrong in it, but you will have to learn a small trick for it. There are foods which have a tremendous appeal ... the foods which have a tremendous appeal ... the appeal is not because you see that the food is available ... You go into a hotel, into a restaurant, and you see certain foods ... The smell coming from the back room, the color and the aroma of the food.

You were not thinking about the food and suddenly you are interested in it ... this is not going to help ...

This is not your real desire

This is not your real hunger 

You can eat this thing, it will not satisfy you ... You will eat and eat and nothing will come out of it; no satisfaction will come out of it. And satisfaction is the most important thing ... this is our need ... this is our food ...

Are you hungry? Be aware of this need!!

Simply meditate every day before you take food ... close your eyes and just feel what your body needs ... what so ever it is!! you have not seen any food, no food is available; you are simply feeling your own being, what your body will eat what it needs and it will not hurt you ... listen to the desire of your body ...

The body knows no fixed foods and rules ... watch how animals eat ... how children eat . . only man has forgotten the language of eating ...

So let us start learning something which is natural and it is in the body ... simply feel what is your desire and eat as much as you want ... By and by you will see that now no need any food for the mouth ...

When you eat chew it well ... do not swallow it in a hurry, one bite is enough if you chew it better then more bites in a hurry ... chew it more, taste it more ... smell it before you eat it ... senses ... make it a worship ... a prayer, a meditation.

Just look at your food from all sides ... A very small quantity of food will be enough and will give you more ...

You are so right light ... 

Food cannot make you spiritual, but if you are spiritual your food habits will change ... Eating anything will not make much difference. You can be a vegetarian, and cruel to the extreme, and violent; you can be a non –

vegetarian, and kind and loving. Food will not make much difference ...

So let us be aware, if we become more meditative we will become more and more vegetarian automatically ...

You need not bother about it ... And only if this happens, that through meditation vegetarian food comes into you, not through mind manipulation, it is good ...

But manipulating by the mind, argument, reasoning that vegetarian food is good, that it will help you to gain spirituality, is not going to help anything.

Your clothes, your food, your habits of life, your style, everything will change ... But this change is not basic ...

The basic change is going to be in me ... in you ... in us ... and then everything else will follow ... So be aware of who you are and why you are here and then the body knows what to eat ...

Let us see what the rat is eating!

It was a practical session in the class ...

The professor showed a large cage with a male rat in it ... the rat was in the middle of the cage ... Then the professor kept a piece of cake on side and kept a female rat on the other side ...

The male rat ran towards the cake and ate it ...

Then, the professor of psychology changed the cake and put some bread ... The male rat ran towards the bread ...

This experiment went on with the professor changing the food every time ...

And, every time, the male rat ran towards the food item and never towards the female rat ...

Professor said: This experiment shows that the food is the greatest strength and attraction ...

Then, one of the student from the back rows said: "Sir, why don't you change the female rate? she may be his wife!!"



40 years of marriage ...

Ah ... what a cage!!!

A married couple in their early 60s are celebrating their 40th wedding anniversary in a quiet, romantic little restaurant ... Suddenly, a tiny yet beautiful fairy appeared on their table ...

She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish."

The wife answered, "Oh, I want to travel around the world with my darling husband ... "

The fairy waved her magic wand and poof!! Two tickets for the best trip in her hands ...

The husband thought for a moment; "well, this is all very romantic, but an opportunity like this will never come again. I 'm sorry my love, but my wish is to have a wife 30 years younger than me."

The wife, and the fairy were deeply disappointed, but a wish is a wish ...

What to do?

So the fairy moved her magic wand and poof!!!

The husband became 92 years old ...

Be aware!! Men who are ungrateful bastards should remember fairies are females ...



Let us know a little bit about male female ...

Yes! they are opposites ... That's why there is so much attraction ... but they are equal ... Otherwise they cannot oppose each other ...

But let us read this joke before we flow into the river of man – woman ...

Before marriage

He: yes, At last. It was so hard to wait

She: Do you want me to leave?

He: No! don't even think about it.

She: Do you love me?

He: of course! over and over!

She: Have you ever cheated on me?

He: No! why are you even asking?

She: Will you kiss me?

He: Every chance I get

She: will you hit me?

He: are you crazy? I 'm not that kind of person!

She: Can I trust you?

He: yes

She: Darling!

After marriage ... simply read from bottom to top.



Let us start with the body ...

Yes! You see your body but where does it comes from?

God!! you are right ... from light came this body ... So let us go to this subtle bodies ...

The body of the ultimate law ... emptiness ... all is empty ... life, death is empty ... everything is a dream ... it passes by ... So the first arising of Compassion ... of creation

You become a vehicle, a passage, a medium, a voice of Allah for the whole This is the second body and out of it comes the body of bliss ... a state of being

Then comes the body of the ultimate Soul ... ultimate nature ... no duality ... one is simply is, with no divisions ... this is the existential body; this is the real thing to be attained.

How to attain to this truth?

The first is observe everything without evaluation ... let your observation grow and glow ...

And the second is: analyze, but only after you have observed ... without any judgment and go into details with total love and acceptance ... see its parts, how it is made and the third is choose that which brings more and more bliss, silence, serenity and calmness to you ... and this will be the fourth ...

The fourth is: discard all that which brings tension, anxiety, anguish and hell to you ...

Hell and heaven are inside us ... we have the master key ... use it or lose it

The fifth body is you ... 

So the first body is the gross body, the physical body.

The second body is the vital body, more subtle than the physical; you can call it the electrical body

The third body is even more subtle; you can call it the psychic body, the body of your mind

The fourth is the subtle; you can call it the body of your consciousness ... and the fifth is not the body but the guest ...

That fifth is the body of bliss ... it is the guest ... the hajj ... the pilgrim ...

Once you have seen the fifth, slowly slowly, although it is very hard, the bliss will descend to the fourth, to the third, to the second ... to the first ... and be aware now of this mystery ... it is in us

And when you become aware of this truth you are a light ... and totally enlightened ... In Islam
La ilaha illa llahu Mohammad Rasoul Lallahu ... Seven levels of awareness and witnessing ... you are the observer and the treasure ...

When you can feel the bliss even to the physical body, even in his material form, when you can feel God even in matter, then the perfection is achieved.

Then 

Enlightenment is total ...

Then there is no longer anywhere to go :

One has arrived home

So be aware of this body ... this bliss ... this is the body that God has given to you ... use it ... enjoy it. And if you start loving it, you will find it is changing, because this is your home, your car ... so take care of it, and care implies everything ...

Then you don't stuff it with junk food, because you care ... you listen to its demands, you listen to its hints, what it wants, when it want ... how it wants ...

Be aware of your care 

When you love your body, you become attuned to it and to mother earth and to existence ...

And if you don't love your body, that will create the problems... then you become the enemy ... it is the mind that creates all this hate and this hurt

No animal suffers from any idea about the body ... because no mind is there to create an idea ... just drop the ideal. Love your body as it is ... eat, sleep ... walk and enjoy ... be grateful that the body will take care of us even while sleeping, aware or unaware, it goes on functioning, and in such a good silence ... one should be grateful to the body ... it is a momentary gift ... it exists

only for the time being ... it is like a foam ... we are dying day by day ... we don't die only the body goes back to dust ... back to earth ...

The body is our nature ... it is our bridge between us and God... don't listen to what others tell you about your body ... listen to your heart not to your head ... do not torture your body ... love your body ...

The body has its own wisdom. It knows how to dance, how to sing, how to pulsate with God ...

When the Sun rise in the morning, millions and millions of trees start waking up ... so is the earth and the birds and the buds open ...

Matter knows how to go with the unknown in rhythm ... only the mind is a man – made phenomenon, the soul is in God, the body is in God ... only the mind is free to be in many ways ... this is the challenge of the man ...

Let us love and respect the body and listen to its prayer and then the soul will pray too ...

When the body starts vibrating with the divine, suddenly you will see your soul is also vibrating. Your body and soul are one; it is the mind that is making them separate .. Dissolve the mind and you are one, you are absolute unity with yourself and with existence ... you are immortal ... only the body goes back to dust ... but you are not lost ...

So let us be aware of this male – female energy ... they exist as if in two worlds apart ...

The woman carries a womb. The word womb is so important, it is the very gate into this world ... the word "woman" comes from "man with a womb." The womb cannot be aggressive, it has to receive, it has to be an opening, it has to invite the unknown ... the womb has to be the host, the man will be the guest ...

She simply waits and he will come in search for her and this is the difference ... Man goes out to search, tries to conquer everything ... this is his nature ...

All the arms are created by man, they are just projections of the male sex ... the arrows, the gun, the bomb ... even going to the moon ... the Towers ... it is a sort of penetration ... penetration into the mysteries of life ...

Deeper mysteries have to be penetrated, as if the whole of nature is the woman ... and man has to penetrate and know ...

Man has created science; women are more into arts ... it is part of the womb ... creativity ... and homely home ...

So how can man and woman be one ? 

Unless mystery dissolves, man cannot rest at peace ... no secret should be allowed to remain secret ... so men, devised all the methods ... and this is done by the mind ... So there is no way for peace ...

We have to be patient and wait with total trust ... love is the only way not the head ... not the science ... we have to love even our burden and wait and the child will be born and so is the peace ...

The whole focus of the woman is natural, she lives in nature, she is more natural than man ... she asks for the possible and once she becomes a mother, then her life is fulfilled ...


She is balanced, in man there is an imbalance hormones ... she is like a circle, he is like spiral ...

Biologists say that in the very beginning the combination of the sperm and the egg from which you come decides whether you will be a male or female ... 23 chromosomes are given by the mother and 23 chromosomes are given by the father ... so this will make 23 symmetrical pairs then there is a deep balance

and a girl will be born ... the x from the mother and the x from the father ...

But the father has an old pair of chromosomes, the xy pair ... in the mother it is balanced xx if the meeting was xy, then a male will be born, a boy, an imbalanced energy ...

And you can see this imbalance even on the first day a girl and a boy are born; the boy is restless from the very first day, the girl is at ease from the very first day ...

Even in the womb, the boys are restless; they kick, they do things. The girl simply rests, she sleeps ... 

Mothers can become aware whether a boy is to be born or a girl, because a boy cannot be at rest ... a deep restlessness exists in man, he is always moving, always in the journey ...

A woman is more interested in the home ... in the gossip, at ease with herself and not interested in wars or news ... she is more body – conscious ... more grounded ... that is why women live longer than men ... Nature give birth to 120 boys per hundred girls ... because those hundred girls, by the age of fourteen will still be a hundred, but 20 boys will have disappeared ...

So woman is the stronger sex than man; she lives longer, she is less ill, she can resist disease more easily than man

...


Let us look: when it is winter, men are going with their coats and sweaters, and women are moving sleeveless and nothing is happening to them ... they have more tolerance, more resistance, they are more protected because they are more body – grounded

Man lives in his head, he is more mental ... that's why more men go mad, more men commit suicide, but less women ...

Women are not weak, are more natural ... they are rooted in the earth ... so when a man wants to be spiritual, he will be into female energy and the female moves into the male, then opposites dissolve ...

A woman will change her unconscious into conscious. The man will do the opposite ... then a super – rational being is born ...

From both sides they have to move; man has to move from his manhood, woman has to move from her womanhood ... Because a mind which is male is half and a half cannot know the whole . A mind which is female is half,

and the half cannot know the whole . 

Both has to move from their static positions, become liquid, melt into each other, become a sexual ...

This is what transcendence is and sex disappears ... you go beyond the body ... beyond birth and death ... Sex means division, to divide ... So when you reach God you will be neither males not females ...

Let us try to understand that the part has to be left so that you can become whole . You should not be identified with any division, so that the indivisible can enter you

Yes! Let us know more about man and woman ... 

Man is not born perfect ... he is born on the way, as a Hajj, a pilgrim ... he has to seek and search ... he has to become ... becoming is his being ... evolution is his very soul ... the seed will be a tree ... will be the explosion of millions of seeds and millions of flowers ...

You have the mystery of God in you ... you can move in all the directions ... no animal can do it ... only us ... we are the chosen creature who can grow and glow ... listen to your hearts and God will pull you to be with this godliness ... The body wants to fall back, the spirit wants

to go a head ... we are a whole holy spirit ... let us be who we are ... You have the choice...

The call of God, the call of the beyond, or whatever you wish to call it, truth, beauty, or any name will do ... the call of the beyond is very alive ... it is a challenge ... and challenge provokes the spirit ... sleep is no more ... awareness ... witnessing ... being with the unknown mystery ...

who knows what is going to happen ? it is dark and there is no map ... no next ... only

Now – here

Or



nowhere

Dark, but the call creates great desire, longing, hope, hope for meaning, hope that you can also live a life of thrill ...

What is your choice? You know what is January ...??

This name is after Janus ... because the first day of January looks both ways ... at the past, at the last year that has gone ... and at the year that is to come ... yesterday ? tomorrow? Or Now!!!

Janus is a Roman god with two faces, facing in both directions... man is a Janus; both sides are great ... one has to decide ... if one decides to fall back, one has committed suicide... if one decide to go a head in spite of All the fear that arises with the new, one is born spiritually ... this is what Jesus did ... He became Jesus Christ ... Christ consciousness ... and each of us has this choice ...

Let us listen to the call of the unknown ... and it is always there... Man is a multi – dimensional ... He can be a Hitler ... he can be a Mohammad ... poles a part ...

Both are men, but they have moved in different directions ...


Man brings with him only a clean state ... clean white paper ... he has to write his own fate ... he has to decide what he wants to be ... He has freedom, absolute freedom; he comes without a program ... He may remain retarded, he may remain childish, he may miss the whole opportunity of growth ...

So you can be a robot – like way; that's what most of people are... Christ is not Christian ... is not a Jew ... not a body ... but a becoming ... a ladder ... a bridge ...

Unless you are growing towards heights and depths, unless we are growing every moment towards the top of self –realization, we are not a human being ... we are a coward ...

We are a pilgrimage from animal to God 

A man has to be ready for this change ... for this challenge ... this adventure from the known to the unknowable ... always ready for the call of the eternal, for the voice of existence ... of stillness ...

Be still and know that I am God ... 

This amness ... this nothingness is in us ... is us ... wake up now ... if not you and me who else? If not now, when??

Yes!! Why man is dirty old man?? 

It is because of a long repressive society that the dirty old man exists ... it is because of all the sects of all the religions that the dirty old man exists ... we are victims of victims ... be a victor... be a rebel ... no more pebbles ... you are a jewel ...

If people are allowed to live their sexual life joyously, by the time they are nearing forty – two ... remember 42 not

84 ... when they are just nearing 42, sex will start losing its grip on them.

Just as sex is at 14 ... by the time is 41 it starts melting in the ocean of compassion ... And when Sex is matured in manhood... there is no more lust in his love ... no desire ... his love has purity, has wisdom ... has innocence ... his love is life... is light ... is laughter ... Sex gives you pleasure ... it has an end in itself ... you have known it, and knowledge always for our freedo .

You have known it totally so the mystery is finished, there is nothing more to explore ... in that knowing, the whole energy, the sexual energy, is transmuted into love and compassion ... One gives out of joy.

Then the old man is the most beautiful man in the world, the cleanest man in the world ... But there is no such expression in any language as "the clean old man" ... I have never heard of it...

But "the dirty old man" in all languages ... because the mind is still dirty ... repressed desires, still hankers for it ... and he is a mess ... his eyes are sexual, lusty; his body dead and dull ... and his mind goes on far sex ... So be aware of who you are ... it is natural to grow old ... but optional to grow up ...

Modern research says that every man thinks about sex at least once every 3 seconds ... women are a little better, they think of sex every 6 seconds ... her energy is upward ... she talks and nags more ... his energy is downward ... contracted ... he has to do something ... to go fight ... he is in a great rush ... he is in a hurry ... The mature old man knows this game ... he is the state of silence and watching ... that silence can be of tremendous beauty, of depth, of richness ... then he will

be beautiful ... But people only grow in age, they don't grow up ... Hence the problem ...

Grow up, become more mature, become more alert and more aware ... and old age is the last chance given to us ... before death comes, prepare ...

And how does one prepare for death? 

By becoming more meditative ...

Meditate over your desire, watch, be aware ... and before death comes, be free of all desires ... be free of all objects of desires... then there is a pure longing to meet God ... the divine longing for heaven ... then there is pure creativity with no object ... with no address, with no direction, with no destination ... just pure energy ... a pool of energy, going nowhere ...

Now – here ...

Yes! Born again ... a new man ... 

Only a tree that has lived wholly with flower. man has not flowered yet ... the past has been very dark ... no peace ... no light ... only wars ... man can never be healthy and can never be whole and holy ... And because it was repressive, it was bound to become aggressive ... we have come to a point where the old has to be dropped and the new has to be born ...

The new man will 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 ... His God will not be opposed to the devil. His morality will not be opposed to immorality; he will know no opposition ... He will transcend duality, he will not be a schizophrenic maniac!!

With the new man there will come a new world, because he has a new look which has not been lived yet ... He will be a mystic, a poet, a scientist, he will be himself ...

a natural human becoming ... out of all prisons, no more slavery... He is an individual ... He has to become rebellious ... a great witnessing a great rejoicing

Help the old to die and help the new to be born !! 🌻
And remember, the old has all the respectability, the whole past will be in his support; and the new will be a very strange phenomenon ... The new will be so new that he will not be respected ... every effort will be made to destroy the new . the new cannot be respectable, but with the new is the future of the whole of humanity ... The new has to be brought in ... a new energy field ... and now is the time ... and the time is ripe, it has never been so ripe ... the time is right, the new can assert itself... the breakthrough has become possible ...

The old is so rotten that even with all the support it cannot survive; it is doomed!! We can delay, we can go on worshipping the old; that will be just delaying the process ... the new has to come ... at the most, we can help it to come sooner, or we can hinder it and delay its coming ...it is good to help it. If it comes sooner, humanity can still have a future, and a great future: a future of freedom, a future of love, a future of joy ... a new religion which will not have any adjective to it ... Will be purely a religious quality of being whole

Yes!! The time is right ... why?

Because religion has failed, science has failed ... the West has failed ... the East has failed ... wars are our only history Something of a higher synthesis is needed in which East West can be one ... religion and science can have a meeting ...

The West is suffering from too much science; the East has suffered from too much religion ... Now we need a new humanity in which religion and science become one

...and only art can be the bridge ... poetry, music, painting ...

Once we have brought this new man into existence, the earth can become for the first time what it is meant to become ... it can become a paradise ...

Everybody is light so why fight?? 

Use your warm hands to hug ... your arms are for healing not for killing!! The other is your mirror ... your brother and sister... we are soul mates ... but we are not aware of who we are ... we don't listen to Christ but to the priest ... not to my heart but to my head ... We can find our soul mate if we meet our inner soul ... inner treasure ... inner power ... it is possible... nothing is impossible

I – M – Possible ...


Let us read it ...

Man has seven centers ... 

The lowest is the sex center and the highest is the Samadhi center, and between these two there are five more centers ... It is a ladder. When all the seven centers of a man are in tune and harmony with all the seven centers of a woman, then you have found the Soul mate ... It has happened once in a while ... with Mary and Joseph ... with Mohammad and his wife Khadija and his daughter Fatima who became his mother ...

The seven wheels of light are in all of us ... they can open up and become one with existence ... it is unity not union ... there is no division at all ... Two bodies, but one soul ...

It is absolute harmony ...

It is love at its peak 

No meditation is needed ... this love is compassion ... the highest power of prayer ... pure energy of God ... of godliness in us ... creative energy, energy of life ... only pure light can dissolve into each other and become one ... It you put two rocks together, they may be together but they cannot become one ... But if you pour water into water, it becomes one ... and when all the Seven centers meet, persons disappear only light with light ... it is a spiritual communion ... You become a Christ ... not a Christian ... A Mohammad not a Mohamadist ... a being not a body ... Be aware of your energy and wake up ... no make up ...

This truth can change the whole earth ... it can transform each couple into Soul mates ... it is one of the greatest

treasures but who is going to teach it? 

We have to catch it ... only the new man can use it because only the new man will accept his body in its totality ... The new man is a new being ... the new man will have a wholeness to him ... He will not be suicidal ... He will be so tremendously in love with life that he will plant love and peace and help us to change our energy centers ...

This truth will be against the whole world, like darkness and light ... but who is the winner? This earth can be the paradise!! But who is aware of this bliss?? Of this treasure??

To work on atomic energy is to work on matter and kill millions of people ... To work on human energy, love energy is to work on consciousness. it needs very perceptive people to see it ... who wants to see the Sun??

If not you and me who else?

If not now? When?

Let us join hands and hearts and be in the womb ...



A master is nothing but a womb: through him you are reborn ... you die in him; you die with him ... he is she and it and nothingness ... One womb is the body womb, the mother's womb; another is the master's womb ... the mother sends you into the world, the Master sends you beyond it ... the Master is the real mother father and beyond ...

Some people never come out of the womb and the tomb ... All the time searching how to enter the womb again. and in all the ways that man has invented to make his body comfortable in such place ... inside and outside ... living in a womb ... look at your room ... if it is really cozy ... it is your womb.

Now in the west they have made small tanks, womb – like ... in those tanks lukewarm water is filled, exactly of the same temperature as the mother's womb ... In deep darkness the man floats in the tank, absolutely comfortable ... in darkness, just as in the womb ... How are we going to be in the tomb? Are we a child? What is in my mind? Am I at peace with myself ? just be alert and aware ...

Every man howsoever old, becomes a child again; and every woman, howsoever young, becomes a mother again ... Whenever they are in love the woman starts playing the role of the mother and the man starts playing the role of the baby ... Even a young woman becomes a mother and an old man becomes a child ...

Once you are aware of this energy ... you don't need any other any more ... you are really born, the real birth ... you have become a great grace ... a transcendental light ...

Now he can float above the earth. now he can fly in the sky ... He is not earth rooted now. He has become the fragrance of existence ... this is what super consciousness is ...

Yes! Woman too is the same mystery ... we are not the body ... we are not the cup ... but love and respect the cup and drink the best wine in it and go mad in love and throw the cup back into its roots ... into the earth and let the spirit fly in the holy sky ... this is our unity and our divine divinity ... let us enjoy our love light, life and laughter ...

One day a teacher was talking about marriage in class ...

Teacher: What kind of wife would you like Alex?

Alex: I would want a wife like the moon ...

Teacher: wow!! What a choice ... do you want her to be beautiful and calm like the moon?

Alex: No, I want her to arrive at night and disappear in the morning ...



Jon gets a new job and on the first day, the boss walks up to him and says: "what is your name?"

"Jon Smith"

"Look here" Snaps the boss "Say Sir when you speak to me."

"All right" Says Jon, "Sir Jon Smith!"



A young woman went into a bank and asked the clerk for change of a one hundred dollar bill. She handed over the note but the clerk took on look at it and said, "I am sorry miss ... but this one hundred dollar bill is a fake."

"Oh, my God!" cried the miss, "I have been raped."



Becky comes home from shopping and is horrified to find Boris in bed with a beautiful young girl ... she is about to storm out of the house, when Boris stops her ... Before you leave, he says, I want you to hear how all this came about ... I saw this young girl looking tired and worn out ... so I brought her home and made her a Sandwich ...

She was wearing a worn – out Sandals, so I gave her a pair of your shoes that you never wear, because they went out of fashion ...

She was cold, so I gave her the sweater I gave you for your birthday, that you never wear because the color does not suit you ...

Her jeans were also worn out, so I gave her a pair of yours, that were perfectly good until you gained a few pounds ...

Then as she was about to leave ... she stopped and asked ... "is there anything else your wife does not use anymore?"



K.I.S.S

Keep it short sweetheart

or

Keep it short stupid



Let us kiss the next

The woman ...

There is an old Sanskrit legend to the effect that, after making man, the creator looked at the moon, the sun, the trees, the clouds, the animal, the snow ... and made woman ... and presented her to man ...

After three days the honey moon is over ... He came to the Almighty, "this woman you have given me chatters all the time, never leaves me alone, takes all my time, cries about nothing ... I want you to take her back."
So God took her back ... But pretty soon the man came again and said, "she use to dance and sing and she love to play ... her laughter was like music and hugs me with love ... and she was beautiful to look upon ...
Give her back to me again."
God gave her back to him again ... But three days later he brought her back again and asked God to keep her ...
"No" said the Lord, "you will not live with her, and you cannot live without her ... you have to get along the best you can."



To be male or to be female is more a question of psychology than of physiology ...
One may be a male physiologically and may not be a male psychologically, and vice versa ...
There are aggressive women ... the whole women's Lib movement is rooted in these aggressive women's minds ... when a woman is aggressive she is not womanly ... watch what we eating ... the woman must eat womanly food and the man has manly food ...
Joan of Arc is not a woman and Jesus Christ is a woman ... Her approach is aggressive ... His approach is very loving ... He says if somebody hits you on one cheek, give him the other cheek too ... He says "Resist not evil."
Non – resistance is the essence of feminine grace ...
Remember that if a man is totally receptive, physically he remains a man but his interiority becomes more than a

womb ... And only such men, whose interiority becomes feminine, are capable of receiving God ... to be a womb ... to be receptive, totally receptive, you will need to learn how to be a woman .. womb plus man ...

Science is male, religion is female ... science is an effort to conquer nature, religion is a let – go ... dissolving oneself into nature ...

The woman knows how to melt, how to become one ... And each seeker of truth has to know how to dissolve into nature, how to become one with nature ... how to go with the flow, without resisting ... without fighting ...

Let thy will be done

Let go and let God ... 

As you become more and more meditative ... more and more aware and more and more witnessing ... your energies become non aggressive ... your violence disappears; love arises ... compassion arises, you become more and more into the art of surrendering ...

If you want to study the feminine psychology, then the best examples will be the mystics ... Buddha, Jesus, Hallaj ... this is the religious energy ... but they study on rats and through rats they go on concluding about man ...

The woman that you see in this world is not a true woman, why? Because she has been corrupted for centuries ... this is why we are blind and dead ... And when the woman is corrupted, man cannot remain natural either because, after all, the woman gives birth to the man ...

If she is not natural, her children will not be natural, she is going to mother the child, male or female ... those children will naturally be affected by the mother ...

Woman certainly needs a great liberation, but what is happening in the name of liberation is stupid ... it is


imitation and limitation, it is not liberation ... Let woman be a woman, she carries in her womb both the woman and the man, and she mothers them both ... Fatimah was the mother of her father not his daughter ... and Mohammad lived without a father and without a mother but he knew the real mystery of this secret ... the unity in the womb ... in his wife and in his daughter ...

If the woman is not free to really be a woman, man will never be free to really be a man either ... The freedom of woman is a must for the freedom of man; it is more fundamental than man's freedom ... we are all born free

...

And if the woman is a slave ... as she has been for centuries ... she will make a slave of man too ... Her fight will be indirect ... she will not hit you she will hit yourself and she will dominate you ... Even the strongest man becomes henpecked ...

if you want to be free, give freedom to other;

that's the only way to be free ... 

nobody can befool a woman for the simple reason that she does not function through logic, but through love ... through the heart... "she" has "he" in it ... watch out ... let us all be rooted in feminine energy ... the woman is not so interested in the nude man as the man is interested in the nude woman ... he is more interested in watching Sex ... but woman is interested by inner power ... she is not interested in the outside... she can live alone... she lives longer than man ... she is self – centered ... the man is other – centered ... he cannot live alone ... he feels lonely ... he needs a mother or a woman ... marriage is must for him ... she gives him the energy of the earth ... of nature ... the roots ... the home ...

without a woman he is homeless ... a vagabond,
driftwood ...

certainly, the woman is stronger than the man in many
ways ...

she lives longer than man ... why?

She must have more resistance power she gives birth to
many children ... and she will take care of them all the
way ... The woman is more balanced ... she can drive
any man mad ... woman are less ill than men ... Man has
a local sexuality ... the woman is totally sexual, her
whole body is sexual; it is not genital ... and her sex is a
spiritual phenomenon ... for men, sex is not spiritual ...
Sex is a far deeper significance, it is not only for
reproduction, it has a multidimensional quality to it It
is a prayer ... it is meditation ... it is religion ... it is
spirituality ...

It is the whole rainbow ... all the colors from the lowest
to the highest ...

A great education is need so that man can understand the
woman and can help her to move towards orgasmic
peaks, and the woman can understand the man and can
help him ... or we keep fighting ... let us fight few lights
and few laughs ...

One year, I decided to buy my mother – in – law a
cemetery plot as a Christmas gift ...

The next year, I didn't buy her a gift...

When she asked me why, I replied,

"well , you still haven't used the gift I bought you last
year!"

And that's how the fight started ...



I took my wife to a restaurant ...

The waiter, for some reason, took my order first.

"I'll have a big steak, pleas."
He said, "Aren't you worried about the mad cow?"
"Nah ... she can order for herself."
And that's when the fight started ...



My wife was standing nude, looking in the bedroom mirror ... she was not happy with what she saw and said to me,
"I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment."
I replied, "your eyesight's dawn near perfect."
And then the fight started ...



My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a near by table ...
I asked her, "Do you know him?"
"yes" she sighed.
"He is my old boyfriend ... I understand he took to drinking right after we split up those many years ago, and I hear he has not been sober since."
"My God!!" I said, "who would think a person could go on celebrating that long?"
And then the fight started ...



Saturday morning I got up early, quietly dressed, made my lunch, and slipped quietly into the garage. I hooked up the boat up to the van and proceeded to back out into a torrential downpour ...
The wind was blowing 5 mph, so I pulled back into the garage, turned on the radio, and discovered that the weather would be bad all day ...

I went back into the house, quietly undressed, and
slipped back into bed

I cuddled up to my wife's back; now with a different
anticipation, and whispered, "the weather out there is
terrible."

My loving wife of 5 years replied, "And, can you believe
my stupid husband is out fishing in that?"
And that's how the divorce was forced ...



Psychology and law

A guy asked a girl in a library; "Do you mind if I sit
beside you?"

The girl answered with a loud voice:

" I don't want to spend the night with youuuu!!!!"

All the students in the library started looking and stared
at the guy and he was embarrassed, after a couple of
minutes, the girl walked quietly to the guy's table and
she told him "I study a psychology course and I know
what a man is thinking, I guess you left embarrassed
right?"

The guy responded with a loud voice

" \$200 just for one night!!!? That is too much!!!!"

And all the people in the library looked at the girl in
shock and the guy whispered in her ear .."I study law and
I know how to make someone feel guilty"



Life is only a joke ... enjoy yourself ... be yourself ...
you are a great mystery as you are now ... a man ... a
woman ... alone or together ... in love or in fear ... just
face your original face ... we are all enlightened ... we
are born free ... we are unique ... let us live our life as
we are ... let us be who we are ... let us know more and
more ...

The more you know it, the less you know it ...
The new man will be free from the old religion, and will
be also free from the old science ... He will be simply
free from any superstitious approach to life ...
He ... she ... will have an open approach, without any
prejudice... she ... we ... will be available to any
dimension, for any inquiry ... All that we need is to be
open and vulnerable to everything, whether it is
according to our belief system or not ... just trust your
trust ... look for your own Truth ...
Either you are ready to go with truth ... or you drag truth
behind yourself ... that's what has been done up to now
...

Wake up ...




Ah ! what is Next?



Let us share our heart ... let us pour our last hour on
these papers ... let us all born again the new man ...
The new man will be absolutely humble before truth ...
His devotion will not be to any prejudice ... scientific or
religious... his devotion will be wholeheartedly for
whatever is true ...
He will be ready to drop all kinds of prejudices, all belief
systems, all hypotheses, if he comes to feel that there is
some truth which is beyond all that he has been thinking
up to now ...
The new man will be ready to go into the unknowable
...

the unknowable is not part of the mind ...
the unknowable is available to your being, to your
consciousness, to the hidden sources of your life ...
except meditation, nothing can help you to drink out of
the living sources of life ... the spring is within you ...



let us go in ...
in is our only inn ...
let us go in now !!! 

yes! The spring is within you ... it is not in the head ...
not in the brain ... but in the heart ... in the being ... you
have the master key ... use it now or never ... now –
here or nowhere ...

go beyond body and mind and time and space ... live
your grace... live your choice ... who is writing ? who is
reading ? who is breathing? How are you being right
now??

Meditation is a state of being in the now ... is the only
way to destroy all superstitions and to make man free to
seek and search without any ideology ... any laws, any
rituals ... any books ... just sit and see ...

Look and cook and throw all the books ... live your
senses ... feel your feelings ... let your hunger eat ... let
your thirst drink... let your love live ... we are a living
loving divinity of our unity ...


Yes our us ... 

Let us look at our original face ... Do you know your
original face? You know only the face your mirror
shows to you ... and all your relationships are just
mirrors ...

You trust in mirrors ... then you become split because
there are somebody calls you wise or doctors or any
labels ... there are so many mirrors ... and each mirror
has its own investment ...

Somebody calls you an idiot, not because you are an
idiot ... he has his own business ... his own investment
...

They are simply showing their likes and dislikes; they are not asserting anything about you ... they may be asserting something about themselves, may be, but they are not saying anything about you ... because no mirror can show you who you are ... our only mirror is in our only inner treasure ... inner power ...

the power of love not the love of power ... 
Mirrors can only show you your surface ... not your face ... your skin ... not your self You are not on your skin : you are very deep ... you are not your body ... the wave is not the ocean... the drop is not the wave ... BUT ...if you know the self then you know the soul and the spirit And the beyond ...

So watch any body ... it was a baby ... it was young; another day it becomes old ... one day it is beautiful, healthy; another day it becomes crippled and paralyzed ...

One day you were throbbing with life; another day life has oozed out of you

But be aware and alert!!! 

You are not your periphery ... you are not the circumference ...

You are the living grace

You are the center ...

The accidental man lives on the periphery ... the essential man remains centered ...

This is the whole effort



Just remember that you can wake up ... you have the key ... just use it ... stop

Ass – king 

Watch this:

Recently, when I went to a restaurant to order for a half dozen nuggets ... "we don't have half dozen nuggets" said the teenager at the counter ...

"you don't?" I replied ...

"we only have, six, nine, or twelve..." was the reply ...

"so I can't order a half dozen nuggets, but I can order six?"

"that's right"

So I shook my head and ordered Six nuggets ...

Unbelievable but sadly true



A mother calls 911 very worried asking the man is she needs to take her kid to the emergency room, the kid has eaten ants ...

The dispatcher tells her to give the kid some Benadryl and she should be fine ...

Then the mother says, "I just gave him some ant killer ..."

Dispatcher: rush him in to emergency!"

Life is tough. It's even tougher if you're stupid.!!!



It is time to be with us and end our book with our inner look ... our new look ... it is not in the mind but in the meaning ...

Mind separates, meditation unites ... and in this unity will know the mine of the meaning ...

mind functions as a wall,

meditation functions as a bridge ... 

Meditation simply means a state of no – mind: slipping out of the mind and the games of the mind is the whole art of meditation ...

And it is very easy, but we never tried it, that's why it appears difficult ... we have always lived in the mind, so

we don't know that there is a way to live beyond the mind too ...

Once you have taken even a single step out of the mind, you will be surprised; you were living in a prison ... there was no door...

No guards You were not chained ... you were just not aware that there is a step beyond any bond ...

Just be aware of the mind and its games ... just watch your noisy mind ... In the beginning it is not easy ... because our habits are our wall ... but just a little patience, sitting silently, doing nothing, just watching ... it comes ... and it opens a totally new dimensions ...


Yes! It is possible to be free ... we are born free ... you can feel your freedom ... you can feel the presence of your freedom ... of your lover ... of your power ...

If you are here and your Son is in America ... you feel his being... his energy ... and he might call you ...

Space, distance, make no difference ... it all depends on us ... on you ... if you love Jesus ... he is here ... so is Allah ... in the core of our heart ... so near ...why go far??

You may be aware of you may not be aware ... it is your choice to be conscious or unconscious!!

Millions of people have decided to remain dead ... or unconscious or a seed ...


Why??? 

When they can become flowers and they can also have a dance in the wind and the Sun and the moon, why have they decide to remain seeds? Yes! You are right ...

The seed is more secure than the flower ... The flower is fragile, the seed is not fragile, the seed looks stronger ...

The flower can be destroyed very easily; just a strong wind and the petals will blow away ... the seed is secure

... Anything can happen to the flower, everything can happen to the flower, the flower is constantly in danger ... But the seed is safe; hence millions of people decide to remain seeds ...

but to remain a seed is to remain dead,
is not to live at all . 

death is secure, life is insecurity ... One who really wants to live has to live in danger, in constant danger ... one who wants to reach to the peaks has to take the risk of getting lost ... One who wants to climb the highest peaks has to take the risk of falling from somewhere, slipping down ... the greater is the longing to grow, the more and more danger has to be accepted ... the real man accepts danger as his very style of life, as his very climate of growth ...


it is natural to grow old ... 

it is optional to grow up ...

let us keep walking our way and the will is in our well ... keep walking without any expectation ... enjoy every step ...

the first step is when you step on your ego ... your mind ... the second step is your being in heaven ... from hell to heaven is one step ...

there is no heaven and hell . they are part of our psychology ... of our mind ... to live a life of spontaneity, truth, love and beauty is to live in heaven ... to live a life of hypocrisy, lies and compromises, to live according to others, is to live in hell ... to live in freedom is heaven, and to live in

bondage is hell ... 

you can decorate your prison but still it is a prison cell ...
and that's what people are doing ... rich and poor ...
priests and politicians ... the wife and the husband ...
we are living in many prisons ... a box within a box
within a box until we reach the grave ...
look at the onion Peel it, another layer; peel that,
another layer ... Destroy one prison and you find another
inside ...

this is what hell is ... 

to reach to the very core of the onion, where all layers
have been dropped and there is only nothingness in your
hands ... that is freedom ... the pure consciousness in us
... in existence ...

that is heaven ... 

have it in Inin Go in ...

you have the key ... use it

heaven is not up in the sky ... it is here ... you just have
to know how to live it ... and hell too is here, and you
know very well how to live it ...

it is only a question of changing our approach towards
life ...

the earth is beautiful ... look around you ... if you start
living its beauty, enjoying its joy with no guilt in your
heart, you are in paradise.

If we condemn everything, every small joy, then the
same earth turns into a hell ... it is up to me ... how do I
look?? What am I here for?

Just look at children ... see how they play ... look at
nature in all the seasons ... just be a watcher few minutes
a day ... take a deep breath ... it is our daily bread ... it
is polluted but still free... just enjoy this nowhere ...
writing ... reading ... talking... feeling ... whatever we
are doing ... be aware if it is from the heart or from the

head ... and you are the watcher and the master and the healer ... be your own heaven ... be yourself... this is the only gate ... the gate to your inner kingdom ...

Our inner kingdom is the only kingdom of God ...



We are the royal family of Allah not the royal slaves for the money and the many ... we are not a number but a member ... we are not here to believe what we hear ... No one has the right to believe, every one has the right to know ... to experience ... to live our choice ...

It is impossible to have beliefs and still live in peace ... the belief is the root cause of all conflict ... only a world of agnostic seekers can be one ... Believers cannot allow the world to be one ... for example, the Christian believes that it is only through Christ that salvation is possible ...

How the Muslims are going to tolerate it?? So is with all the religions ... but it is not with the knowers ... with the enlightened ...

Belief is the way of division ... 

this is what the mafias are doing to keep us in wars ...

Humanity can be one only when people drop beliefs ... be a seeker, don't be a believer but a liver ... live or evil ... how do you look at it??


Mystics use to move around the country, challenging anybody who had any opposite opinions ... and they do public meetings... and those discussions were not with any hate, but full of love and respect for each other, they are together to search for the better ...

The truth is not mine nor yours ... But it is possible that you are closer to truth than me ... and such discussions

will raise the level of light ... of love ... of consciousness and intelligence of people ...

Let us have the real war of opinions ... the war with arms is ugly; but the war with words is to raise the whole of humanity higher ...

We need warriors of intelligence. And if your opinion is defeated, your honesty should still be respected ... and will be your triumph ... But let us be aware about beautiful words from the heads ... if you go deep into such words you will always find emptiness and nothingness ... all politics ... read our history and you will see it in the now ...

wars and wars in the name of peace ... 

Great books are written about God by people who are money – minded ... Great books are written about heaven and hell ... even maps have been drawn by people about heaven and hell ... and they don't know a thing!! They have not even penetrated their own world of emotions, feelings ... They have not contacted their own inner treasure and they are talking life – after – life ... they are dead and they talk about life... And They are clever people. They know how to prove ... how to move ... how to argue ... And they argue in such a good and beautiful way that anybody can be deceived.

If you go into their argument, you will find it very valid ... But the validity of the argument is irrelevant;

The question is: whether the person knows or not ... sometimes he knows but cannot argue ... or argue wrong ... he has no language ... no good up ... but he says the true ... his words argument may be false, but still what he says is true ... He has good food but not in a good dish ... You cannot find fault with their language, their argument is perfect, they are good mind, logic and law

but not life, no love... You cannot argue with them; they will silence you ... still, what they are saying is utterly stupid, it does not make any sense ...

It is just in their mind ... their hearts are utterly untouched by it, they are not moved themselves by what they are saying ... they are machines ... computers ... robots ... But they can create a great turmoil of words ... great smoke with words ... and if you are in love with words you will be deceived ... That is how millions of people are lost ... or most of the people are in lust ... in dust ...

The blind are leading the blind ... 

The informed blind are leading the uninformed blind ... Be aware and listen to your heart ... to your own experience ... don't talk about water ... let your thirst go to the river and drink from the spring ... and share water not words about water ... walk your talk ...


Let us share our last pages from our own hearts ... the words that are flowing from our well and way ... from our strange experiences in life and our valid vision for life ... Don't deny any strange change ... it is our challenge ...

For example, one day in the night you are suddenly awake, alone in your room, all is silent and dark. and you become AWARE of certain presence ... may be your dead mother, may be a dead friend ... but you become so frightened ...

In that fear you lose that perception ... the presence remains there, but you are no more connected ... you put the light on, you become occupied into doing something, you start reading a book, or you turn on the TV or the radio ...

Don't be afraid!! This existence is ours ... is yours ... is very friendly, and there are immense mysteries waiting for you ... this is the power of NEXT ... it is to be known, to be experienced ...


"Be still and know that I am God"

"Let thy will be done." 

This was a beautiful moment for you ... you can live it again and again ... in your room ... in your garden ... anywhere if you allow it to happen. Don't remain on the lowest rung of existence... the higher the rung is, the more indefinable it becomes, the more unexplainable ... it is a great mystery that we live ... you cannot show it to others ... it is more and more in your intimacy ... less and less public ... more and more private...

If I share it with others they see me crazy ... or hallucination ... or dead emotion ...

The mystic experience is not as rare as people think, and the mystic experience has nothing to do with religion as such ... it happens in many spaces which are not thought to be

religious at all ... 

it happens to mountaineers, many times, because climbing in the mountains, alone, in a dangerous situation, suddenly the mountaineer becomes aware of a presence by his side ... not only that, they speak to them and they help them ... you name it as angel and you see and hear this sacred presence ... we are not alone ... this is the experience of unity with existence ... with God ... it you really go deep into them, the ego disappears ... and you are possessed by God ...

whenever such things happen, accept, don't deny them; don't start calling them imagination, hallucination, deception ... these are tricks of the mind ... be aware of

the false coins, don't deny the real coins ... in fact, false coins only prove that the real coins exist ...

remain available to the dimension of the strange, the mysterious, and that will help you tremendously ... if you remain available, more and more experiences of this kind will start happening ... don't think that life ends with arithmetic...

there is magic too ... $1+1=2$... and one plus one is one ... Magic was a great mystic ... but Christianity destroyed much that was valuable ... Go beyond arithmetic, beyond logic, beyond mind ... the modern mind is too much with Aristotle, and because of this, there is so much boredom ... people look very dull ... shop until you drop ... go to war ... love the power... love lust and be a dirty old man and be a money – minded ... wake up and be a wonder and wander !!!

and if a man is capable of wonder, he is capable of knowing God; if a man is capable of awe, wow, is capable of knowing God ...

religion arises in wonder ... if you can feel it you are it ... Not by reading the Bible or the Koran, but by experiencing any verse... any seen ... any look from the existence ...

when you see the sky full of stars, do you feel a dance in your heart? Do you hear a song arising in your being? Do you feel a communion with the stars??

Then you are religious ... 

You are not religious by going to the church or by going to the temple and repeating borrowed prayers which have nothing to do with your heart, which are just head affairs . Religious is a love affair ... a love affair ...

a love affair with Existence ... 

Where can we live this religion?

Only in a commune ... 

This is my only wish ... my only search ... to have a commune in the Arab world ... I have seen many in the East and in the West ... but none yet in our land ... We are few lovers who are holding the seed of the real commune ... you are welcome to join our joy ...

What is a commune? 

Before this question can be answered, one has to understand from where we are asking this question ... Is the question coming from the desire to escape the routine existence of daily life? Or is the question based on some ambition to be different? To live differently than the other people living in the cities? I do believe it is important to be honest here if we want to understand the need and the function of a commune .

what are we seeking? What is this continuous hunger that we suffer from?? What is this thirst? Would any desire or ambition help us realize anything extra ordinary?

A commune is a conscious group of seekers who are free of all ambitions, desires and fears and are willing, to go deep into the experience of death while living ... Is it possible to die consciously while living? Dying to all the knowledge we have collected? Dying to all the material possessions we accumulated through out our life? Or we just say, " we will see when death comes"??? we wait for that time!!

Would we be ready in that time ... in that moment? Would we be free of all fears when death is taking over our body?

When body will lose all sensations?

Even the energy of thinking of thought would not be there!??

Do we know anything outside ideas and concepts of thinking? Words symbols of the mind? So when death comes there will be no security ... nothing ...

A seeker seeks no security ... But just remembers death every moment ... Goes deep into the feeling ... Such a seeker conquers his fears ... when a seeker dies consciously, knows deeply how the death feels, immediately the mind is alert and aware ...

In fact, the whole being is alert. Immediately, the seeker sees the false as false. He walks through life as an actor in this beautiful drama called life ... it is a drama ... Because everyone will have to face their deaths alone once the drama is over ... such a seeker is a conscious being ... So when Two seekers meet ... they will not use each other for any desire or ambitions ... they will use every moment of their life in understanding life as it is moving towards death ... Every now is disappearing into death... ending of every joy ... Ending of every momentary happiness ...

Such seekers will know that love can only be given ...

Such seekers will play the drama of life beautifully ...

Such seekers will sing only the truth in the song of life

...

Such seekers make a commune a living breathing truth

....



Only in this truth they will see each other in absolute naked innocence ...

Then there is a commune ...



A silent recognition of each other ... No communication, which is just empty talk of words, but communion ... when there is a communion between the seekers only then the commune is possible It is a place where you

can see the whole spectrum of spiritual stages, where you can see the whole journey ... you can see the results all around ... you can see the seed, the tree, the fruits and the fragrance

Yes! You are so right and light ...



The whole existence is our commune ... but we are a disciple in this mystery of our history ... let us allow every situation in our life to be a lesson ... let us learn from every step on our trip ...

A commune means an alternative society, a small oasis in the desert of the world ...

Fall more and more in harmony ...

Live life pray fully, alert, aware, awake ...



Allow your small stream to pool with other small streams into a large river on the way to reach the ocean ... In the commune, everyone has individuality, nobody has personality ... nobody is egoistic, but everyone has his uniqueness; we contribute to the commune in our own way ... And everybody is respected for whatsoever he or she is doing ... there is immense respect for the individual ... Your job does not give you any higher position, it does not create any hierarchy. Every work is a prayer...

we do what we love ...



If you want to achieve the maximum benefit out of any situation, you have to be committed totally ... this will give you the key ... use it ... or you lose it ... Welcome to our commune... we are waiting for us ... in the commune we learn from every situation ... from every seen ... we live our senses... and we share our care ...


when the great Sufi mystic, Hassan, was dying, somebody asked, "Hassan, who was your master?"

He said, "I had thousands of master. If I just relate their names it will take months, years, and it is too late. But three masters I will certainly tell you about ...


"One was a thief. Once I got lost in the desert, and when I reached a village it was very late, everything was closed. But at last I found one man who was trying to make a hole in the wall of a house. I asked him where I could stay and he said, "At this time of night it will be difficult, but you can stay with me, if you can stay with a thief."

"And the man was so beautiful – I stayed for one month! And each night he would say to me, "Now I am going to my work. You rest, you pray! When he came back I would ask, "could you get anything? "He would say, "Not tonight. But tomorrow I will try again, God willing!! Inshallah!! He was never in a state of hopelessness, he was always happy ...

"when I was meditating and meditating for years and nothing was happening, many times the moment came when I was so desperate, so hopeless that I thought to stop all this nonsense. And suddenly I would remember the thief who would say every night, "God willing,

tomorrow it is going to happen ... 

"And my second master was a dog. I was going to the river, thirsty, and a dog came. He was also thirsty. He looked into the river, he saw another dog there – his own image – and become afraid. He would bark and run away, but his thirst was so much that he would come back. Finally, despite his fear, he just jumped into the water, and the image disappeared and I knew that a


message had come to me from God: one has to jump in spite of all fears ... 

"And the third master was a small child ... I entered a town and child was carrying a lit candle. He was going to the mosque to put the candle there ...

"just joking, I asked the boy, "Have you lit the candle yourself?" He said, "yes sir." And I asked, "there was a moment when the candle was unlit, then there was a moment when the candle was lit – what is this ?

"Can you show me the source from which the light came?"

"And the boy laughed, blew out the candle, and said. "Now you have seen the light going ... where has it gone? You tell me!"

"My ego was shattered, my whole knowledge was shattered. And that moment I felt my own stupidity. Since then I dropped all mind ... let thy will be done ... I know nothing ..." 

"it is true that I had many masters ... that does not mean that I am not a disciple ... I accept the whole existence as my master... the whole existence is our book and our look ... I trusted the clouds, the trees ... the ants ... the birds ... all the nature is our mother and our nurture and our treasure ...

"I had no master because I had millions of masters, I learned from every possible source ... And now ... this moment is a great master in my life ... now! Where am I going? Now! What am I doing?? Who am I makes a difference ..."

Yes! Who am I ? who is this I ? this ego?? Or this amness? This This isness ... this us ... we cannot assert the word "I". At the most you can say "am". these two

words "I am" are very significant ... Am is your reality, I is your invention ... Am – ness simply means existence ... isness ...

I is fake, and if we look through the I, then everything becomes false, because your vision is distorted ... There are two lies in life ... two great lies ... one is I and the other is death ... And if one searches 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 ... In fact it never lives in the first place: it was always dead but you were carrying the corpse ...

Jesus says: "Let the dead bury the dead ..." And sooner or later reality asserts itself and you have to recognize it. we cannot go on postponing it forever ... The I brings death in existence, hence the real untruth, the only untruth, the only lie,

is I ...



surrendering it, dropping it, withdrawing your energies from it, not cooperating, without cooperation, it dies of its own accord, out of sheer starvation, and then what is left is simply a pure am– ness, one is, but one is not separate from it ... there is no God but God ...

All what you see and what you don't see is in the core of your being ... Allah is very near ... don't go far ...

God is nowhere

Or



God is now – here ...

Let us be in this now ... in the vow ... in this Wow

This is our oneness with the one ... we are the drop ... the wave and the ocean ... But we need a book as a companion and a soul friend to relate ... relaxing is our

unity with existence ... merging and melting with the ocean ... with the oneness ...

yes our beloved us ... the book, the master ... the soul friend are waiting for us ... am I ready? When you are ready the master is ready ...

the master is a swimming pool where you can learn how to swim ... Once you have learned, all the oceans are yours ... when you are ready, you can get in tune with the whole existence ... the whole holy silence ... Be still and know that I am ... our amness is the only God ...
the only Godliness



Love has to be a friendly affair in which nobody is superior, in which nobody is going to decide about things; in which both are fully aware that they are different, that their approach towards life is different, that they think differently, and still with all these differences they love each other ...

Then you will not find any problems ... problems are created by us ... Don't try to create something super human ... Be human, and accept the other person's humanity with love ... The other will commit mistakes just as you commit mistakes and this is how we learn from our mistakes ...

To be together is a great learning in forgiving, in forgetting, in understanding that the other is as human as we are ...

Just a little awareness ...

Just a little alertness ... 

Who am I makes a difference

Let us plant peace and one peaceful world is this world

...


If the whole existence is one, and if the existence goes on taking care of trees, of animals, of mountains, of ocean from the smallest blade of grass to the biggest star then it will take care of us too ...

Why be possessive? 

The possessiveness shows one thing that we don't trust God ...

You have to arrange separate security for yourself, safety for yourself; you cannot trust Allah ... Trust Existence ...

Non – possessiveness is basically trust in God ...

Let thy will be done ... 

There is no need to possess, because the whole is already ours and in our heart ... Love yourself ... don't hurt yourself ...

Life lives in the present ... So for those who want to live, For them there is no other way than to live this moment ...

No Next !! Now or never 

In the past, only death is the reality, not life ... Whatever we have missed in the past, we are hoping for the future ... only the present is existential ... Past is simply a collection of memories, and future is nothing but our imagination ... our dreams ...

Reality is here now ...

Let us live it

Not evil it ... 


Beloved master

How can I thank you ?


Yes! By sharing your flowers ... from your garden ... to all of us ... I am in your book and in your look ... you are nameless... You are the wine without any cup ...

You are the seed, the soil, the rose, the thorns and the fragrance... You are a mirror to all of us ... you are reminding me we ... that we are not a number but a member ... Not a quantity but a quality ...

We are never born and never die ...

We are only a guest in the kingdom of God ... 
We are crossing from bridge to bridge enjoying our daily bread and breath ...

We are here to celebrate our life ...

From step to step is our whole and holy trip ... 

PEACE PACE

مرحہ نور