



*you*

*Peace Pace*  
مریم نور

THANK YOU



THANKS



OR



TANKS



Peace Pace

مریم نور



Thanks		Birth		tanks		Breath
	Balance		Love		Belief	
Absolute		Bliss		circle		Anger
	Body		Bridge		Bullshit	
	Change		animal		angels	
Argument		challenge		Books		boredom
	Crime		Brain		Action	
Asking		Alleluia		Cage		Chaos
	Awakening		cosmos		cross	
Conquer		cosmos		Awareness		compassion
	Alcohol		choice		caring	
Children		competition		Adultery		Act
	Commune		crowd		circle	
Christ		Age		Advice		church
	Courage		clouds		Dance	
Friends		Forgiveness		Fight		Drugs
	Food		Discovery		Freedom	
God		Future		Healing		Face
	Hope		Heaven		Gossip	

Danger		Death		Failure		Fool
Enemy		Hell		game		
Feelings		holy		gift		Ecstasy
Desires		Home		Eating		
Head		Devil		Human		Female
Hate		Forces		Ego		
Dreams		Evil		Disease		Harmony
History		Discipline		grace		
Eye		experience		family		hunger
Doubt		Doctor		Fear		
Divorce		Energy		egoless		Divine
Fasting		Habits		faith		
faith		Hair		guilt		Illusion
Politics		man		master		
Live		parents		pollution		Oneness
Logic		lies		paying		
Infinite		ocean		life		marriage
Now		love		key		

Insult  prison  invitation  meditation

Joy  night  path

Lust  night  peace  joke

Positive  insight  name

Mother  judging  laughter  insanity

Jesus  mind  mirror

Misery  prayer  poverty  mistakes

Let – go  innocence  quest

Kingdom  men  music  intuition

Light  No  Mercy

Priest  power  nature  Rain

Soft  Reality  sleep

Science  smell  screaming  song

Sage  Reading  sharing

Space  sound  saints  sadness

River  Rebellion  steps

Sex  superior  Senses  Sacred

Seeds  shy  Religion

Seeing  Sorrow  self  study

Soul mate  Rebirth  sky

Repression  suicide  security  society

Remedy  Relative  rest

Symbols  special  seeking statue

Sympathy  smoking  Sufi

Sin  Relax  wife  Taboos

Womb  vision  truth

Trust  wow  vicious  vow

Victory  wrong  whole

Talent  wounds  Trees  trinity

Woman  will  wonder

Vicious  vertical  within  wake

Tradition  worship  unity

Yin  yang  union  worship

Tea  zero  void

Work  teacher  words  ugliness

Words  yesterday  you

Violence		tears		today		yes
	Worry		temples		way	
Worry		way		west		verbs
	Therapy		valleys		wake	
Zen		time		war		warm
	Tomorrow					

Thank You



Beloved Master, in every situation, if I say to you within me "Thank you" something happens. This creates some distance from my mind, I became more and more weightless, I begin to float, to fly... I don't know where I will go. "Thank you" is my wing..."

Yes! my beloved friend.... When you say thank you from your heart, it is not a word, it is a gratefulness felt by every fiber of your being .... It is gratitude... and you feel weightless; all the burdens of the mind disappear... you feel as if you can float into the sky like a cloud.... No more worries.... No more tensions but you become a childlike....

The innocence of our birthright... of our insight.... It is a feeling, a thankfulness....

Sometimes it happens that in a day the disciple may come across the master a dozen times... A dozen times he will do the same; and slowly, slowly he becomes aware that those moments are the most precious....

He start seeking the master... then the master says to such disciples.... "Now there is no need actually to bow down and touch my feet... wherever you are, just bow down in my direction with the same feeling of gratefulness and you will have the same experience."

Now let us be aware of a new step.... New discovery.... At first they were thinking that something is happening because of the master; but now they know something is happening because of themselves.... The whole focus has changed....



The moment they discover that it is their own gratefulness, then the master says, "Now don't bother about the direction.

All directions are the same.... Bow down in any direction; just remember the feeling.... Wherever you stand is a holy land....

And finally the master says; "There is no need of bowing down, just live the feeling of love... Love is the way... "Rejoice.... Enjoy it....

Enjoy every now... slowly slowly there is no needs to say it at any moment.... It becomes just your very life.... Sitting, walking, doing any work, but the gratefulness remains inside....

It is gratefulness towards someone in particular.... The master is just on excuse.... Just for the beginners it is good, because without an excuse they feel a little awkward....

How can you say thank you in an empty room? 🌸 The master is an emptiness... use it more and more, so slowly it becomes a natural phenomenon, like breathing... And it will bring tremendous experience to you....

Truth is not far from us.... It is so near... it is in our being.... In the core of our heart.... This is where our home is....

Just go in... in is our only inn.... And we have the key.... We know how.... Just jump in the ocean... you are the drop and the wave and the ocean...

Meet... Merge.... And melt....

This is what meditation is.....

Who Am I? 🌸

There was a little bear who asked his mother, "Was my daddy also a polar bear?" 🌸

"Of course your daddy was a polar bear."

But, just tell me, was my grandfather also a polar bear?" 🌸

"Yes, he was also a polar bear."

And he kept asking his mother about and about, until she asked him why are you asking?" 🌸

"Because I am freezing."


Look at the reality and don't move into traditions and don't go into the past... all the consolations are of no help...

Somebody is dying and you tell him about God and the Holy spirit... somebody is in misery and you tell him, "Don't be miserable... it is just psychological." How does it help? 🌸 You make him even more miserable... Just give the cure... jump, jog, do meditation, watch what you




are eating.... Read a book that gives you the cure.... Just listen to your reality...

Just do something and something can be done.... The question is good, but the answer is in the question... face your fear.... And you will always find the solution there... Look into the question; don't ask for the answer... you are the question mark!!!

If you ask a priest... "Who am I?"  He will say... "you are a son of God, and God loves you very much..." and you will be puzzled...

Don't go to anybody... Sit silently and ask deeper into your own being... And don't be in a hurry to answer it... listen to your heart not to your head... not to your memory.... Don't fall into the trap... and one day, the question will die too... there is only a thirst and you will realize something has exploded... suddenly you have come face to face with yourself and you know who you are... Ask your own innermost core... go inwards; and from that treasure, change happens....

You ask, "How can I change this?" 

You cannot change it. First you have to face your reality, and that very encounter will change you... unless some experience arises in you, some vital experience that transforms your being and you become young again, alive again, nothing is of any value....

So don't ask others. That is the first lesson to be learned....

Ask yourself....

The question is yours, so nobody else's answer can be of any help... the answer has to be yours too... your thirst will take you to the river...

Forget theories and listen to the fact... forget what others say... it is your life... Be original, be unique, be individual, be yourself, and look into your own problems... you are the cause and you are the cure...

The problem is just a Seed... if you go into it deeply, the solution will sprout out of it....

Your ignorance is the seed... if you go deeply into it, knowledge will flower out of it.... In fact all is given to us... question and answer both, the problem and the Solution both, ignorance and knowledge both... we just have to look inwards... the roots and the fruits are one....



Priceless!!

A little boy got on the bus, sat next to a man reading a book, and noticed he had his collar on backwards....

The little boy asked why he wore his collar backwards...

The man, who was a priest, said, "I am a father."

The little boy replied, "My Dad doesn't wear his collar like that."  
The priest looked up down his book and said, "I am a father of many."  
The boy said, "My Dad has 4 boys, 4 girls and two grandchildren and he  
doesn't wear his collar that way!"  
The priest, getting impatient, said..."I am the father of hundreds." And  
went back to his book....  
The boy sat quietly thinking for a while, then leaned over and said...  
"May be you should wear a condom, and put your pants on backwards  
instead of your collar."



Husband and wife....

Beautiful Poems

Wife: I wrote your name on sand it got washed....  
I wrote your name in air, it was blown away....  
Then I wrote your name on my heart and I got heart attach...



Husband: when I was hungry, I got a pizza.  
When I was thirsty, I got Pepsi  
When I was dark, I got light  
When I was without problems, I got you



Wife: Twinkle twinkle little star  
You should know what you are  
And once you know what you are  
Mental hospital is not so far....



Husband:  
The rain makes all things beautiful,  
The grass and flowers too.  
If rain makes all things beautiful.  
Why doesn't it rain on you?



Wife:  
Roses are red; violets and blue...  
Monkeys like us should be kept in zoo.  
Don't feel so angry you will find  
Me there too....  
Not in cage but laughing at you



Love one another unconditionally...  
realize that we are one



Grow a garden, eat organic and build  
A commune



Be independent in food,  
Water and energy....



If you eat good, no doctor is needed,  
If you eat bad, no doctor can cure you...



Health is wealth....  
No health, no wealth....



You have heard the biblical Story that God threw Adam and Eve out of his kingdom, the Garden of Eden...

Yes! Be a rebel... doubt... say no when you feel it... do not obey... do not be loyal... be royal... this is who we are and it is part of nature, part of growth...


We are born free... do what you feel.... Unless a child learns to say no, he will never be able to say yes; his yes will be impotent without a background of no... A fundamental no is needed as a blackboard; only by saying no we can say a yes....


Wherever you go is your home, your kingdom... the whole universe is divine; you are at home... so why search, just look and see and be who you are... just be aware of your being...

If you know your own worth, you need not being a victim but a victor... you need not be worried what others think of you... your ego depends on others, your being depends on nobody... Just be aware that God lives in you... you are the temple of the divine...

So be aware of who you are...

Evil or live? 

Are you worried what people are thinking about you?  Your ego depends on other's opinions: your being depends on nobody....

The modern mind is very much concerned about it, how you look to others... why? 

Because we have lost all sense of our own being....

Now all that we have is the ego, and the ego needs other's support... just be yourself .... You need no one... you are one with the one....

This oneness is our only isness.... Be alone but not lonely... and the real master is in my inner lecture... I listen to him... to her.... To it... But I need a commune... A soul friend near by...

So listen to this seed: "If you know your own worth, what need you care about the acceptance or rejection of others?"

Which one you know more?

A woman went to police station to file a report for her missing husband:

Woman: I lost my husband

Inspector: what is his height?

Woman: I never noticed

Inspector: slim or healthy

Woman: not slim can be healthy

Inspector: color of eyes

Woman: never noticed....

Inspector: color of hair

Woman: should be black

Inspector: what was he wearing

Woman: I don't remember exactly

Inspector: was somebody with him???

Woman: yes! my beloved dog Romeo, tied with golden chain, height 30 inches, healthy, blue eyes, blackish brown hair, his left foot thumb nail is slightly broken, he never barks, wearing a golden belt studded with blue bails, he likes non veg food.... We eat together, we fog together.... The woman started crying....

Inspector: let us search for the dog first....

And let us search for peace... You are so right... every society talks about peace, but lives for war... why? You know why!!!

Because sexually repressed people can be change into soldiers very easily; there is no problem about it....

If a society is sexually free and a person is allowed to respect this energy, then his violence will disappear... then he will not be ready to do such utterly stupid things as killing people for no reason at all; it will be impossible for him even to conceive... He will ask "Why? Why should I kill? Just because a few power maniacs want to dominate the

whole world, we have to be victims and we have to turn the whole world into a chaos?" 🌸

Unless sex is free, war cannot disappear from the earth weapons are nothing but sex symbols... high rise towers too... this is why intelligence has to be crippled, sex has to be repressed... and you become part of the people....

Individuality has to be dead... why? 🌸 Because individuals will think.... And they will say yes only if they agree with it, otherwise they will say no...

The man is functioning like a machine... "Right turn!" and you do it... you are a robot... We are destroying our natural life... We are killing our mother earth... no more water to drink... no more air to breathe... the ice at both poles, is melting... soon we will see great madness all over this planet...

The death of this earth is not far away... It is coming from many directions... nuclear weapons are one direction which is ready in many places... any moment will bomb us all... the explosion can happen just by accident... no need for any war...

Also we are creating black holes in the air... all those gases that are rising in the air and creating acid rain... so what is the cure? 🌸

Once you know the cause... you put the cure....

The only possible way to avoid it is to create more meditateness in the world... But who trust the truth?? 🌸

It is such on insane world that it seems almost unbelievable... But we trust this jokes....

Husband and wife....

A man visited a marriage counselor and said, "When we were first married I would come home from the office, my wife would bring my slippers and our cute little dog would run around barking....

Now after 5 years it's all different... I come home, the dog brings the slippers and my wife runs around barking..."

"why complain?" said the counselor...

"you are still getting the same service!!"




Judge: "why did you shoot your wife instead of shooting her lover?"

Husband: "your honor, it's easier to shoot a woman once, than shooting one man every week."



Beloved Master....

What can I do to feel better? 

Do one thing... every night before you go to sleep, just sit in the bed and imagine an aura around your body, just six inches away from your body, the same shape as the body, surrounding you, loving you, protecting you... it will become a shield...

Just do it for four, five minutes, and then, still feeling it, go to sleep...

Fall into sleep imagining that aura like a blanket around you... so now no tension can enter from the outside, no thought can enter from the outside, no outside vibrations can enter you...

Just feeling that aura, fall asleep... this has to be done the last thing at night... After it, simply go to sleep so the feeling continues in your unconscious...

That is the whole thing... the whole mechanism is that you start by consciously imagining, then you start falling asleep... and truth enters the unconscious... that is the tremendous force and energy of life and grace of light....

Our problems comes from outside... but we don't know how to protect ourselves from others....

Others are victims too... they throw it on all of us... it is overflowing... and you are and we are vulnerable...

Meditation makes one very soft, so you get it... but you heal it. You can change darkness into light... war into peace.... Your aura will protect you...

Any time between 3 weeks and 3 months, you will start feeling very very powerful... so in the night, fall asleep thinking this way...


In the morning, the first thought has to be again this... the moment you remember that now sleep is gone, don't open your eyes....

Just feel your aura all over the body protecting you.... Do it for four, five minutes again... and then get up... when you are taking your bath and your tea. Go on remembering it... and in the daytime too... feel it again...

Between 3 weeks and 3 months you will start feeling it almost like a solid thing... it will surround you, and you will be able to feel that you can now pass amidst a crowd and you will remain unaffected untouched.

It will make you tremendously happy... Because now only your problems will be your problems, nobody else's and you have the cure on the spot.

It is very easy to solve one's own problems because they are one's own...

It is very difficult when you go on getting other's problems; then you cannot solve them... why? 



Because in the first place, they don't belong to you... let go of the others minds... Carry only your cross... watch only your pain... no pain no gain...

You don't have many problems, and you will be able to solve your problems; that is not a big thing... this time try to create a protective aura and you will be able to see it and its function... You will see that you are completely protected...

Ah... me too... I need a fresh smile...

His wife asked him to buy organic veges from the market... so he went and looked around and couldn't find any... so he grabbed an old employee and said... "These, veges are for my wife... have they been sprayed with any poisonous chemicals?"

The produce guy looked at him and said: "No, you'll have to do that yourself."



Once in the church, the priest said... "Stand up all who sinned last week."

Half of the people stood up... then he said, "Stand up those who would have sinned if they had the chance..." the rest of the people stood up...

A woman whispered to her husband. "It looks as if the vicar is the only good person here."

The husband said... "Don't you see!! He stood up before any of us."



Yes my beloved soul friend... if you are here to know yourself I am with you to shatter all illusions... yes, it will annoy you... it will hurt you... It will irritate you... But this is the only way to wake you up...

I don't give you any law... any discipline, no shoulds and should - nots... only a freedom and space to be and do what you love...

Only then your innermost spontaneity can start growing. So let us remember that the real meaning of discipline is not that of ten commandments... We are here to share an insight of how to remain learning and never become knowledgeable... Be a knower...

Nobody has the right to believe...

Everyone has the right to know...

Knowing comes from your heart... not from the heads of others... when somebody else gives you the discipline, it can never fit you; it will be like wearing somebody else's clothes or shoes...

Live your own path... every breath is a path... be in your moment... be alert and watchful...

Do you see the stupidity of humanity?





We are still living the old laws... the whole world is mad because of dead disciplines... They are out – of – date...

We are carrying corpses... is this life?? 

Let us live the moment and the freedom of this now and the beauty of this now... change is a constant law... one thing may be right here and wrong there...

Don't try to be fixed... or you will be dead... try to be alive without any reference to the past nor to the future...

Live the now in the context of the now... and your response will be total... and that totality has beauty and has its creativity... then whatsoever you do will have a beauty of its own...

This now is heaven or paradise or garden of Eden... or any name you want to give... you are in the garden but you are not aware of who you are... and where you are... just relax and look within...

The rose knows itself... but we don't know who we are... we listen to others... avoid all the nonsense of others... It is time to get out of it...

The way you are is the only way you can be... accept it... not only accept it, but rejoice in it, love it, and the peak will start opening up within your very heart. And suddenly you will find you are awake in the garden of existence... It is not a question of going anywhere, just of being here...

To be or not to be is the only being... the only human becoming...



We go on looking at each others, nobody looks at himself....

The moment you start looking at yourself, you have become a free being... this is your birth right... we are born free... but we have the freedom of choice... Let us live our choice...

I was reading:

Barbara suspected her husband of playing around with the maid...

Having to spend a few days with her sick, mother, she told her small son,  
David, to keep an eye on Papa and the maid...

As soon as she returned she asked: "David, did anything happen?"

"Well," said the boy, "Papa and the maid went into the bedroom and took  
off their clothes and..."

"Stop! Stop!" shouted the Mom... "We will wait until Papa comes home."

Papa was met at the door by his wife, the maid and the confused son...

"David, tell me what happened with Papa and the maid...?"

"As I told you, Mom... Papa and the maid went into the bedroom and took  
off their clothes... and did the same thing you and uncle Toe did when  
Papa was in Paris."

We go on looking at others faults....  
Why not at myself???



The day you start looking at yourself, you are a free human becoming...  
A great change is on the way... from lust to love, from emotion to compassion... from death to life...  
Let us be aware when we criticize the others and the whole world... yes!!  
we feel better....  
Let us stop this!! This is not going to help us... this is very suicidal... your life is yours. Think about yourself, become more aware of what you are doing now!!

Only awareness we can carry through the door of death... nothing else



Seeds of wisdom  
Death asked life:  
why does everyone love you and hate me?  
Life replied:  
Because I am a beautiful lie and you  
Are a painful truth....



A lovely logic for a beautiful life:  
Never try to maintain relations in  
Your life....  
Just try to maintain life in your relations...



3 stage of life  
Teen Age: Has time and energy....  
But no money....  
Working Age: Has money and energy...  
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...



World always say... find good people and leave bad ones...  
But truth says, find the good in people and ignore the bad in them because  
no one is born perfect....

Perfection is illusion....

You are perfect as you are every now... you are growing and glowing...  
life is a process not an object but a subject... Life is by living...



A fantastic sentence written on every Japanese bus stop...

Only buses will stop here...

Not your time...

Keep living and walking your time...



Negative thinkers focus on problems...

Positive thinkers focus on

Solutions



Never hold your head high with pride

Or ego...

Even the winner of a gold medal gets

His medal only when he bows

His head down...



If you want to walk quick, walk alone...

If you want to walk far, walk together

With a soul- treasure...



Confident quote:

I have not failed, my success is  
coming...



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...



A friend is one that loves you as you are...

And gently allows you to grow and glow...



Beloved Master...

What is your message? ✨

My message is, that we have to create a world without the boundary of nations, without the boundary of religions... only then we will be for the first time civilized...

Otherwise we are carrying barbarous past in a beautiful present...

It is time that we drop all the boundaries, all the distinctions of color and race, and bring the whole humanity as one, undivided whole...

That will be the beginning of civilization so let us expose all hypocrisy, and be aware of who we are... who I am make a difference... wars can be stopped only if we drop all the limits.... Otherwise such insane things go on happening....

Just the other day I was seeing a report, that in European common market they have drown many foods in the ocean and it costs them billions of dollars to destroy it... why not give it to poor people? ✨

Their whole problem is economic, not human... they don't want to lower the price of their goods... otherwise their markets will collapse, and they don't give it free...

But nobody feels... let them die... if the Hindus die in India, there is a possibility that the Christians in India will become the rulers...

Now Christianity is the third greatest religion In India.... But they will not be the people to die in starvation, because they are very well- supported by the western Christian countries...

The people who will be dying will be the Muslims and the Hindus... Let them die, then it is easier to convert them... just giving them food is enough to convert them to Christianity...

Unless we stop these limits, there is not much hope... the only hope is to be out of this ignorance... we can help the new generation, to get out of the prisons, religions, political ideologies, and create one world... one earth, one humanity...

Let there be peace on earth and let it begin with me...

Be the change you want to see in the world...

It is easy to change the world but a great challenge to change myself...

I have the book as my best companion... and the master that I listen to his words and be with his silence... his stillness...

"Be still and know that I am God"

God not as a person but as a presence... Kabir says, "Listen to me, bring your original face, and odor of the holy one inside you!"

Become so receptive, become a womb, become feminine... the path of love is the path of the feminine... we are a womb ready to become pregnant with God...

It is not a matter of doing, but of being... the way to do is to be... no other doing is needed on the path of love... calm and collected, just be... let your heart be full of love and compassion... wait... just being... Being a witness... This is your nourishment. It keeps you alive and in love with Allah...

On the surface, the master is talking and you are listening, but deep in your being you are connected with the mystery of life...

When you are with a Christ, you are with him as a body mind. But the other level where two centers meet... those centers can meet only if the surface meeting is done... is allowed, otherwise it becomes very difficult.

The surface meeting is not enough... but for the centers to meet, the surface provides a way, an approach... then the inner treasure will meet each other...



"I am not a pebble.... I am a jewel"



A wise woman who was traveling in the mountains found a precious stone... the next day she met another traveler who was hungry, and she opened her bag to share her food... the hungry man saw the precious stone and asked her to give it to him. She did so without hesitation...

The traveler left, rejoicing in his good fortune...

He knew the stone was very expensive... But a few days later he came back to her and said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious, Give me what you have within you that helped you to give me the stone..."



"I cannot teach it unless you catch it"

No one can teach you the truth... no one can say it... it is in our being... in the core of our heart...

Meditation is the only key to this golden gate... just take the first step... listen to your body... respect your cells... Be whole and holy and change your health by talking to the cells of your body...

Each cell in our body is a unit of grace... of intelligence... every cell has the desire to be as healthy as you want to be... so treat your cells with love and respect... No health no wealth...

To change pain into gain start talking to your body in the most loving terms possible... if you eat good food, no doctor is needed, if you eat bad food, no doctor can cure.... Be your own doctor and the cure is in the kitchen...

Be your own master.... Your own doctor... your own healer... the answer is in the question and you are the question mark!!!

Talk to your body. Asking the cells in your body for forgiveness for the thoughts and actions you have taken in your life that have contributed to your existing health condition is a vital part of the healing process...

The body will answer you and listen to its language and write that answer down... talk to your body as if you were talking to someone in person...

Your body is like a country. The cells in your body are like the citizens of the country... your body has a central government like your country does...

The central government of the body is called the brain. When you ask your body questions all the cells of your body answers and then send their collective answer to your brain so you can hear the message of guidance and advice your body to be healed in the best of your way... this is how you increase your level of health and energy and illness will disappear from your life completely...



Let me read what my master is telling me...

"Ya maryam, just observe yourself... what have you gained in life? ✨ You may have lost much, but you have not gained anything. It is not only that your hands are empty, your whole being is empty. And empty not in the real sense... in the sense of silence, in the sense of being; but empty because the conscious is lacking, empty because the awareness is missing...

Yes! thank you my beloved master... I am not a presence, I am an absence... hollow within, stuffed with straw... that straw may be gold, it may be money; it may be power... but it is a dead life, it does not nourish the soul... it is destructive....

At the most, it gives me a feeling of dullness, a very deceptive feeling...

let us be together and share this Truth... ✨

These are the two ways to live: either to attain to true emptiness, a positive emptiness, that is the way of meditation, prayer, the way that moves, by and by, towards God: the godliness within us....

The other way is just to go on stuffing yourself with useless, futile things, with no ultimate meaning in them...

At the most, for the moment they keep you occupied. But sooner or later, one comes to discover that one has missed the opportunity...

When Woodrow Wilson become the president of America, the whole family was celebrating. His friends all over the country were dancing in happiness; he was crying and weeping in his room...

His wife asked him why he is sad and crying... He looked up with sad eyes... He said, now that I have become the most powerful man, I see the whole absurdity of it... Nothing is gained, and I have wasted my whole life... Now I understand the weakness of power...

The power of love or the love of power... unless we attain to the deathless, our power is not power... it is a false coin...

Yes! we can attain to our inner treasure... our inner awareness... our inner being... this is our amness. The sheer existence... then there is no birth and no death...

Let us talk about death... it is a universal fact... you and me, rich and poor, intelligent and stupid.. blacks and white, strong and weak... it is a deep insight... it is life that brings death...

Every breath is a step towards death. Let us face it, then our life can never be the same again. So do something which death cannot destroy...

Meditation is the only mystery that death cannot destroy it. The deeper you go inwards, the further away you are from death... the more you go out, the deeper you move into death...

At the innermost core, there is no death... and death is more important than life, because life is just superficial...

Death will take you to the ultimate core of existence... it will reveal to you the eternal... only the shell around you will die, only the body will be gone, not you...

If one can die dancing, one has overcome death... and that is the whole purpose of life, to overcome death, to know that death is false and life is the only truth...

The only eternal life....

Be yourself...

To forget yourself is the only sin, and to remember yourself is the only virtue... Be who you are and being aware is the only door to your divinity....

Yes!! it is normal to feel your pain and your sadness, no pain no gain, but do not talk about it just remain a loop, unconcerned....



Don't pay attention to the negative; it is self – destructive... Be more concerned with happiness, pay more attention to joy... to love... and they will spread all over your life...

Paradise is a way of life, just as hell is a way of life... let us live our choice... so heaven and hell are ways of life, and it is up to us...

Now or never... now is my new way... my new choice... what is my feeling? Oh... Thank you God... Oh God! Good morning... or oh God!! Morning again!!!??? ✨

Yes! count your blessing... I am reading... I am breathing... I am seeing the tree... the Sun... playing with my work, doing what I love and love what you do!!!

Enjoy this story!!

A well known speaker started off his seminar by holding up a \$100 bill in a room of 200 people, and asked, "Who would like this \$100 bill?"

Hands started going up...

He said, "I am going to give this \$100 bill to one of you, but first let me do this..."

He proceeded to crumple the \$100 up...

He then asked, "Who still wants it?"

Still the hands were up in the air...

"Well" he replied, "What if I do this?"

And he dropped it on the ground and started to grind it into the floor with his shoes... He picked it up, now crumpled and dirty, "Now who still wants it?" he asked...

Hands still shot up!

"My friends, you have all learned a very valuable lesson. You still wanted it... because it did not decrease in value... it was still worth \$100."

Many times in our lives, we are dropped, crumpled, and ground into the dirt... what to do? ✨

Just do nothing... be yourself... it is your decision... no matter what has happened or will happen, you never lose your value!!

Dirty... clean... crumpled... or finely crushed you are still priceless to those who love you...

The worth of our lives comes not in what we do or who we know, but by who we are...

You are special... don't ever forget it... count your blessings not your problems... Cheers!!!

Yes... I am a unique individual... I am a living consciousness... I am a divine soul... I am one with the one... this oneness is our immortality and our whole and holy unity...

Yes! our body is our house, our temple and you are so blessed when you are awake, when your flame of awareness has arisen... you are so blessed that you have crossed over the river of sorrow...yes! Blessed is the teaching of the way...

Blessed is the understanding among those who follow it...

Let us be a fellow traveler not a fan or a follower... Be your own treasure... Be your own jewel... your own rebel.

You are needed as you are... you should not ask that everyone becomes like everybody else... In fact, everybody should be left to be himself or herself and respected the way the person is...

Variety is needed... not only roses but many flowers in the garden, whatever is natural to you is your destiny... what others are doing is good for them. You need not impose yourself on them, and you not need to allow them to impose themselves on you....

And when we are free, we are not a crowd but a group of helping each others...

It is not competitive, it is cooperative... it is a community... the energy is multiplied, and each person's change will effect all... we all go higher and more confident... more loving and more supporting our vision of oneness with the one....

A doctor entered the hospital in hurry after being called in for an urgent surgery... He answered the cell... changed his clothes and went directly to the surgery block...

He found the boy's father going and coming in the hall waiting for the doctor... Once seeing him, the dad yelled:

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

The doctor smiled and said: "I am sorry, I was not in the hospital and I came as fast as I could after receiving the call... And now, I wish you'd calm down so that I can do my work."

"Calm down?! ✨ What if your son was in this room right now, would you calm down? ✨ If your own son dies now what will you do??" ✨

Said the father angrily...

The doctor smiled again and replied: "From dust we came and to dust we return."

What else can he say!!

Doctors cannot prolong lives...

"Go pray to God for your son, we will do our best by God's grace."

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

"If you have any question, please, ask the nurse!!"

The nurse answered, tears coming down her face: "His Son died yesterday in road accident, he was in the burial when we called him for your Son's surgery... And now that he saved your Son's life, he left running to finish the formalities."

Yes! what else can we say?? ✨ Let us share this story and please, give a fitting moral for this love... I have no words to say but I feel your feelings and your silence...

Yes! let us be aware of our feelings... let us see the light in every darkness...



Yes! we need a group of lovers... A group is the beginning of everything... One man can do nothing, can attain nothing... A group with a real leader can do what one man can never do...

No one can escape from prison without the help of those who have escaped before.

First, realize that you are in prison, and you are born free... and to be free is possible by your conscious efforts... you are the cause and the cure...

Do not listen to others, only to yourself... you are suffering from all kinds of people's judgments, and you are throwing those judgments on other people... the whole of humanity is suffering from it...

If you want to get out of it, the first thing is : Don't judge yourself...

Accept your imperfection, your failures, your mistakes, just be as you are now and the river is rivering... keep moving... keep growing and glowing...

Once you accept yourself, you will be able to accept others... ✨

If the whole humanity comes to a point where everybody is accepted as he is, almost ninety percent of misery will simply disappear and your love will be flowing...

You love them as they are, because love will give them new roots to stand against strong winds, and heavy rains...

If only a single person loves you, it makes you so strong that you cannot imagine... the book is my best companion and I have one soul friend but I am looking for a commune where we live near by not far away... it is a direct communion...

The first step is that of a student... curious, but still a spectator...  
The second step is that of a disciple... but a participant in knowing not in knowledge... and the third step is that of devotee... one with the Christ... with the knower... drunk with the divine...  
Only the devotee understands absolutely... we have to pass through these stages, too, and it all depends on me...  
Yes, that light is not only light... it is fire too!! It is going to consume you...

                    this is what a rebirth is!!! ✨

And that is the moment of great blessings... when the disciple disappears, and the master too... the master is already a hollow bamboo and God is using him as a flute...

Hidden behind the master's hands were God's hands... Hidden behind the master's words were God's messages... there is no God but God... La ilaha illa LLahu... this is the seed of the only Truth there is...

                    God is now – here or nowhere else...

                    God is something within, the innermost core of existence...

Never believe in a God who is separate from his creatures and the creation... Once this understood, you start flowing; your whole life becomes a prayer...

                    God is my father... it is the oneness... it is the continuity....

The father goes on living in the son; the mother continues in the child... there is no separation...

Religion is a personal touch not a philosophy... it is life to be lived... this existence is our home... we can rest in it, we can rely in it; we need not to be afraid...

This truth lives in our heart... it is so near why go so far?? ✨

Let us watch this puzzle...

The teacher picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else... He asked the students if the jar is full..."Yes it is..."

Then he poured beers in the jar filling the empty space between the sand... the students laughed...

"Now, I want you to see that this jar is your life... if you put the sand first, there is no room for your family, your friends, your health.... Your children... your golf... so pay attention to the things that are the cause of your joy... set your priorities.

The rest is just sand... " one of the students asked about the beer...

The teacher smiled and said... "I'm glad you asked, the beer just shows that no matter how full your life may seem, there's always room for a couple of beers with a friend..."



Simone, the mother – in – law comes home and finds her Son – in – law furious packing his bag... But what happened, David? She asked him!! What happened? I will tell you... I sent an email to my wife saying that I was coming home from my trip today... I got home and guess what I found? ✨

My wife, yes Mary, with a naked guy in our bed!! This is the end of our love... I will leave forever!!"

"Calm down David... Says mother – in – law!! There is something odd about this story; wait a minute, I will check what happened..."

Moments later, Simone is back with a big smile...

"Listen to me... I found the cure... so there must be a simple excuse... a simple explanation... Mary did not receive your email..."



Lie detector...

A father buys a lie detector robot that slaps people when they lie.

He decides to test it out at dinner one night. The father asks his son what he did that day...

The son says, "Ok, Ok. I was at a friend's house watching movies."

Dad asks, "What movie did you watch?"

Son says, "Toy story." The robot slaps the son..

Son says, "ok, ok we were watching porno."

Dad says, "What? At your age I did not even know what porno was!!"

The robot slaps the father...

Mom laughs and says; well he is like you... certainly he is your son."

The robot slaps the mother

it is the end of the story...

But

The robot is for sale



Let our body be the best verse not a virus, not a machine, not a lie detector but a high elector... remember this truth...

The most important point in the human body is the navel... after that the heart develops and after that the brain... these are all branches which develops later... it is on them that the flowers blossom...

Flowers of knowledge blossom in the brain; flowers of love blossom in the heart. It is these flowers which allure us, and then we think that they are everything... but the roots of man's body and his life - energy are in the navel... No flowers blossom there...

The roots are absolutely invisible, they are not even seen... but the degeneration that has happened to human life in the past live thousand years is because we have placed all our emphasis either on the brain or on the heart. Even on the heart we have placed very little emphasis; most of the emphasis has gone to the brain... there is no education of the navel anywhere in the world...

All education is of the brain so the brain goes on growing larger and larger and our roots go on becoming smaller and smaller...

So let us wake up now or never...

No roots no fruits....

We take care of the brain because we gain money and many, because the flowers blossom there, but what kind of energy? ✨ What kind of life is in the brain?? ✨ So in the brain it becomes larger and our roots go on disappearing...

Then the life – energy flows more and more in the banks and not in the being... in the soil but not in the soul... No wonder why Jesus said, let the dead bury the dead...

So where is the soul? ✨ Where is God? ✨ We will find anything but it is not a reality... it is not the roots...

And we have no access to the place where the roots are; of that place we have no awareness. Our awareness does not ever go below the head... let us feel that we are a head and a heart...

The journey of a meditator is downwards... no roots no fruits... One has to descend from the brain to the heart, and from the heart to the navel. Only from the navel can anybody enter into the soul; before that, one can never enter it...

Normally the movement of our life is from the navel towards the brain... the movement of a seeker is exactly opposite... He has to descend from the brain to the navel...

It is very easy ... meditation is the only key to open up our way towards our roots and our fruits...

Love is the roots; all other religions are like leaves or at the most, small branches... love has no temple and no books but it is the nourishment for the tree... love is the original life...



Be more loving and you will enter into the invisible temple... you will be able to read scriptures in silence and sermons in the stones...



A spiritual master wants you to be yourself... an original face, not a carbon copy... it is whole effort is to help you to become yourself, to attain to your destiny...

If you are a rose flower, you have to be a rose flower not a lotus... Be who you are... But the moralist law wants us to be a number not a member, he would like everybody to become a rose flower... He will destroy our nature and we will become a false thing...

The real master helps people to bloom...

To bloom in their own way, to bloom into whatsoever they can become. Their hearts will open up... the seed will become a big tree...

And the tree will be known by its fruits so is you and me... we can be known by our aura...

The ordinary man has only near about a one – inch aura all a round his body... but as your meditation deepens, your aura becomes bigger and bigger... and more light will come from our inner treasure... inner being... innermost core of our heart...

But when energy starts blooming in us for the first time, one feels afraid... when a young boy, fourteen years old, becomes for the first time aware of his sexuality, he feels afraid, embarrassed, becomes very up light is worried....

"What is happening? ✨ If somebody comes to know... and what am I supposed to do with it?" ✨

A new energy in him and what to do? ✨ And when spiritual energy becomes available to us, it is a million – times – bigger power... you feel joy, you feel blissfulness, and at the same time a trembling, a fear, but this fear will disappear...

It is a natural process. As you become more and more accustomed to the new state of joyfulness, fear will be reduced... because fear is part of death... if you become fearless, you have tasted something which is deathless...

In your joy, you have come close to the deathless; in your joy, you have come to your immortality...

Give all your energy to joy and fear will disappear, just as darkness disappears when you bring light in...





When you see a few people dancing, you feel your feet are ready... join the dance, join the laughter... and one day you will find you have created your heaven... it is in us... but be aware of it...

Never listen to negative thoughts... they can poison you, they can destroy your joy... just join the first step and it is almost half the journey...

So let us join a joke which brings us our joy...

Little Joe comes home early from school...

"What are you doing home?" asks his mother...

"I put a stick of dynamite under the teacher's desk." Replied Joe...

"you march right back to school and apologize!" says his mom...

"Mom, what school?"



Very romantic...

Sms between 2 lovers...

She... My love, if you are sleeping, send me your dreams, if you are smiling, send me your smile, if you are crying, send me your tears...

I love you...

He replies: I 'm in the toilet, what do I send??



Two beggars are sitting side by side on a street in Rome...

One has a cross in front of him; the other one has the star of David... it looks one is Christian and the other is Jew...

Many people go by and look at both beggars, but only put money into the hat of the beggar sitting behind the cross...

A priest comes by, stops and watches throngs of people giving money to the beggar behind the cross, but none give the beggar behind the star of David...

Finally, the priest goes over to the beggar who is behind the star of David and says, "My poor friend, don't you understand? This is a Catholic country, this city is the seat of Catholicism... people are not going to give you money if you sit with a star of David... And especially when you are sitting beside a beggar who has a cross... in fact, they would probably give to him just out of spite."

The beggar behind the star of David listened to the priest, turned to the beggar with the cross and said:

Moshe, look who's trying to teach the Gold – stein brothers about marketing...



Two Jewish women, Sarah and Amy, met after twenty years. They had been together in collage and they had been great friends, but for twenty years they had not seen each other...

They hugged and they kissed and Sarah said.

"Amy, how have you been?"

"Just fine. And it is good to see you. How has the world been treating you. Sarah?"

"Would you believe that when Harry and I got married he took me to a honeymoon three months in the Mediterranean and a month in Israel? What do you think of it?"

"Fantastic," Amy said...

"We came back home and he showed me the new house that he bought for me, sixteen rooms, two swimming pools, a new Mercedes. What do you think of that, Amy?"

"Fantastic."

"And now for our twentieth anniversary he gave me a diamond ring ten karats."

"Fantastic."

"And now we are going to go on a cruise around the world."

"Oh, that's fantastic."

"Oh, Amy I have been talking so fast about what Harry did and has been doing for me. I forgot to ask what your Abe has done for you."

"Oh, we have had a good life together."

"But what has he done special?"

"He sent me to charm School."

"Sent you to charm School? What did you go to charm School for?"

"To teach me how to say 'Fantastic' instead of bullshit..."



What are we doing? ✨ Where are we going? ✨ Who is my master or my teacher? ✨ Am I stupid? ✨ Who am I ? ✨

Yes!! who am I makes a difference... But for thousands of years, stupid people have been sacrificed by the cunning ones. Somebody is dying for Christianity, somebody for Hinduism, somebody for Islam... everybody was dying and still dying for a dead goal... and nobody was being taught how to live...

Live for God, because God is life...

But who knows the truth??? ✨

And, of course God is also death, but death is beautiful only when it comes out of a fulfilled life, when it is an ultimate flowering of life...

When death is a sacrifice it is ugly. Then you are dying for some cause, for some purpose, for some vested interest... then some cunning politician, some cunning priest is using you as a means to his own ends... of course he makes promises to you, otherwise how are you going to sacrifice your life? ✨ He promises you or us everything after death...

Now nobody knows what happens after death, so it is very easy to promise something after death... See how are you living now!!! Are you happy? ✨ Or... you are miserable? ✨

If you are happy you don't go to war... But watch the news and you will know why people go to war... they told us that sex is sin, love is sin, and hell is here and heaven is there...

Then it is very easy to go to war and be killed for the sake of heaven... in such a lie everybody is ready to die!! No, that is not the real idea of life, love, and religion!!!

Yes! we are living in such an insane state. This state is insane!! I feel this pain too, and I feel sorry for humanity, but it has to be said, that the whole of humanity is mad...

We are normally mad. The whole earth is a big madhouse... the whole history of humanity proves that this is an insane humanity; something is basically wrong with it... In 3 thousand years, man has fought 5 thousand wars... will you call this humanity sane? ✨

Everybody is greedy, jealous, possessive and we call this humanity sane?

Everybody is at each other's throats and you call this humanity sane? ✨

Normal of course... normal in the sense that they are all alike...

But what is the definition of a normal human being? ✨

He should be full of love, he should be full of bliss... He should be fearless... He should be joyous and ecstatic... He should be able to sing and laugh and dance. He should be able to enjoy the small things of life...

SHe should be total in whatsoever we are doing... he – she – it is one with existence... our thoughts will be straight, if we say no we mean no, if we say yes we mean yes...

He will not be diplomatic, he will not be political in that he says one thing, he means another, and will do a third thing... you cannot figure it out, you can never be sure what political person is going to do...

He has one face outside and another reality inside... He is double – faced, in a double – bind... He smiles at you, he greets you... and he hates you, he curses you inside... He is an enemy, yet he pretends to be a friend...

This is insanity!! This hypocrisy is insanity, this split is insanity.

This Schizophrenic atmosphere is insane... it is not a healthy human being that we have been able to produce. We have failed up to now...

And we have to do something very drastic now, otherwise humanity is doomed...

Now the insane people have so much destructive power in their hands that one more war and goodbye...

Something tremendously drastic is needed. A quantum leap is needed...

But this is possible only through those of us who listen to the truth... when the power of love over comes the love of power we know the truth... we live the peace... we feel our grace and we share our choice...

Yes! my choice is to be myself, to be more sensitive, to be more aware, to be more sincere, to be more authentic, to be more creative... yes! it is so easy... this is our birthright... this is who we are... this is our life...

Life is a beautiful journey if it is a process of constant learning, exploration... I learn from my mistakes and your mistakes and from new ones too... then it is excitement every moment, because every moment we are opening a new door, every moment we are coming in contact with a new mystery.... Every now is a new present...

A new wow!!!!

Your life is your own mystery. Be free to live your freedom and to listen to your own truth. If you feel right you do it, if you don't feel right do it and do not feel guilty... no sin and no guilt... the more free you are the closer you are to God...

Unless your intelligence says "yes" do not do it... don't follow anybody...  
listen to your inner treasure....

Yes!! we need to be in a commune where we support our energy and we become more connected with existence... with the creator, with God... so let us create the bridge which connects us with God... this is how the drop reaches the ocean...

A commune is an effort to create a great river of consciousness... let us be more in touch with the truth and more cooperative and more conscious of it...

Don't create any conflict... don't be resistant about small things... Relax, cooperate... even if you have to lose something... don't be afraid, because your losing will be a gaining in the end...

Just be aware of yourself...

Every day you have a bigger and bigger mind and less and less consciousness....

Mind means the accumulated past, and it goes on accumulating... because you can only think in terms of the known... you cannot think about the unknown; you can only come to the unknown when you are not thinking... If we go on collecting the past, our thinking will grow more and more... you may even begin to lose consciousness of your self completely, and then you will and we will and I will become a computer, a robot, a thinking machine...

So what to do? 🌸

Let the past be past...

Don't carry it....

Yesterday is a history... tomorrow is mystery ...

now is the present....

Let us live this present... this moment... and the strange thing is this now is wow... you cannot think... just be... to be or not to be is our only being... our only human becoming...

Let us live moment – to – moment. Die to the past and die to the future... live here and now so that whatever you are doing becomes a meditation...

Meditation is an attitude not an activity, so whatever we can do can become meditative...

It is the attitude of being in the present which is the core, the central, the essential thing.

Remain in the present. It will be difficult in the beginning... very difficult but by and by, we will get the feel of it...

Now I am writing not the letter but the point of it... and then a new letter... a new word... a new now... a new breath... a new birth... a new path... the river is flowing... life is by living... and only then will you be able of thinking... of using the head and the heart together...

This present is eternal, an eternal now... when you go deep down inside yourself there is no time; it is a timeless moment... that timeless is here this very moment...

Let us be aware of this now... this moment exist in it, and then this mad rush of thoughts will not be there... we will become capable of thinking for the first time...

This new thinking means more awareness, a more concentrated consciousness, a more focused light of your being...

You become so aware that whenever a problem comes before you, your consciousness, your focused light of being dissolves it...

Let thy will be done...

And you live the answer...

Today you think you have solved something, and tomorrow the same problem is there again... everything becomes confused again, and you go on groping and groping in the dark. That is why we change our mind every day....

Christ is true in a very different sense... with no time – relationship... but for most of us, that which was a truth yesterday or last hour is not a truth now... so everything is just approximately true... nothing is true, nothing is false...

Jesus is true, Mohammad is true... Rumi is true... their truth cannot become false... cannot become non – truth... because it is found not through thinking but through

Meditation, not through thoughts...

But through a process of no – thought... let us remember this...

The process of no – thought, which happens when you are in the present... this now... this present is our only present... our only gift...

Our only grace... our only choice....

Now – here or nowhere else...

If one can live this breath... the touch of the air in and out, it will touch our deep being... and in your deep unconscious, the method continues... this is the living now... this is the awareness of our being...

The understanding of our own eternity, of our timeless....

This is the mystery of freedom... of love... it brings purity to us... we become a sage without any fuss... you love life whole and holy...

When you are alone you can fall asleep easily... if you want to wake up find a few friends, so that you can do it together...

It is almost as if you are in a jail and you want to escape, alone it will be very difficult... the best thing, is make contact with people who are outside, who are already free...

Alone, you don't have a chance. Together, much more the possibility... if all the prisoners become a group, then there is much more chance, they can come out into freedom...

And the chances will increase even more if they are in contact with a few people who are outside the prison, who are already free... that is the whole meaning of finding a master; finding somebody who is already outside the prison... He can be of great help... He can supply necessary things which will be needed for us to come out of the prison... He can do a thousand – and – one things which we cannot do from the inside... To be in contact with someone who is already awake, is a

MUST...

And to be together with those people who are all thinking to become awake is also a must... So many people can be together and they can pool together their inner treasure... we become a unity... a wholeness...

Let us be together, join hands together... together we are a greater treasure... a healthier energy... use all possibilities...

Then only is there some chance that we can evolve into a conscious being, we can become a Christ not a Christian... A Buddha not a Buddhist... a fellow traveler not a follower... a lover and not a follower...

So be aware of who you are... are you a lover? 🌸 Are you supporting peace? 🌸 Or you are a killer supporting nuclear weapons...

If the whole world can be destroyed together within minutes, the alternative can only be that the whole world should be together...

Now it cannot be divided. Its division is dangerous, division can become war any now... any moment. The division cannot be tolerated...

Now or never ...

Only one war is enough to destroy everything....

And there is not much time left for man to understand that we should create a world where the very possibility of war does not exist...

Man accumulates so much anger, so much rage, so much violence, that war will give him release...

So, war after war, there is a gap of only ten to fifteen years to prepare for a bigger war... a new weapons...

Why we are killing? 🌸

Man is basically a hunter, he is not by nature vegetarian... for thousands of years he was a meat – eater... the brothers of Adam and Eve... the one who killed the animals killed his brother... and this energy is in our unconscious....

Now we kill each others for freedom, democracy, socialism... any beautiful word which can become an umbrella to hide our ugly mind... we are programmed for wars... we feel more joy in wars... more money... in wartime our life has a thrill, in peace time we look bored...

Yes!! terrorism is going to become bigger and bigger. It can only be prevented if we change the very base of human understanding...

Until we change our inner power, war is going to become our daily bread, our everyday affair...

It will happen in the airplanes, in the buses, in the schools, at homes, to strangers.... Just the hunter is back...

The first thing that has to be changed is that man should be made more rejoicing... which all the religions have killed...



The real criminals are not caught... Priest and Politicians are the victims of ignorance....

And who is not?? 🌸

Let us be a victor not a victim... let us be a rebel not a pebble... let us respect our body and all its needs and its desires... from sex to super consciousness is our only trip or we fall in the trap....

Do not poison your needs...

Enjoy your whole and holy life....



Now a man who is rich cannot be a terrorist... only the "blessed ones" who are poor can be terrorists, because they have nothing to loose... And they are boiling up against the whole of society because others have things they don't have... Religions are consoling them...

They came communism and we are still in the same shit... but different smell... when are we going to wake up? 🌸

Remove all the religions, all the traps of the politicians... live your own identity, your own freedom... clean your mind from fear and live your joy... plant peace... plant your vision...

Tell – A – Vision

If your vision is for one year plant

Wheat

If your vision is for ten years plant

Trees

If your vision is for life time plant

People

Let us plant people for peace not for porno!!!!

Let us be aware of our being....

Why we are here? 🌸

Just look at this truth...

Jesus was almost uneducated, a carpenter's son... you could not expect much. But what was the difference? 🌸

The difference was not in the information, the difference was in the being... He was full of light and love, full of joy, full of bliss... He had the wisdom... He was at home and nowhere to go, nothing to be achieved any more, all desires had gone...

When becoming disappears you are a being... a wise man attains to being... and unwise man goes after becoming... become this, become that, be rich, be powerful, this and that...

A sage is simply happy the way he is... in the place he is, at the time he is...He or She has no desire, not even for God, not even for enlightenment... Desires have left him...

This nondesiring state of consciousness is what we call wisdom



Forgive me... you are so right light...

Let us have time for jokes and joy and smart farts too... I mean Fxxk...

Test your mind....

How fast can you guess these words? 🌸

B o o x s

X x n d o m s

F x x k

P x n x s

P u x s x

S x x

Answers:

Books

Random

Fork

Pants

Pulse

Six

Yes! Dirty minded freak!!!

Life is only a joke... why kill? 🌸 Why not share our joy? 🌸 Let's share with all of us dirty jokes and smart stories and the best hug bug...



Let us use words, but I am a being who loves the silent books, but what can we do? 🌸 Out of sheer necessity we talk and we write words...

Yes! I love to be in a commune where our silence is our existence because words don't say the truth...

Get ready soon so that – we can sit in silence and listen to nature and nurture our inner treasure...

Just sitting silently doing nothing, the spring comes and the grass grows by itself ...

This is the kingdom of heaven... in our childhood life... but now we keep on playing with letters and sounds and share good dirty jokes and stories from us to us....



Teacher: frame a sentence using the word "Harassment"

Student: I was in love with a girl and Her ass meant a lot to me...



### The wooden Bowl

I guarantee you will remember the tale of the wooden bowl tomorrow, a week from now, a month from now, a year from nows  
or now!!!

An old man went to live with his son, daughter – in – law, and four – year – old grandson...

The old man's hands trembled, his eyesight was blurred, and his walk was weak....

The family ate together at the table... But the elderly grandfather's shaky hands and failing sight made eating difficult...

Peas rolled off his spoon onto the floor...

When he grasped the glass, milk spilled on the table cloth...

The son and daughter – in – law became irritated with the mess...

"We must do something about father." Said the son ... "I have had enough of his spilled milk, noisy eating, and food on the floor."

So the husband and wife set a small table in the corner...

There, grandfather ate a lone while the rest of the family enjoyed dinner...

Since grandfather had broken a dish or two, his food was served in a wooden bowl...

When the family glanced in grandfather's direction, sometimes he had a tear in his eyes as he sat alone...

Still, the only words the couple had for him were sharp words when he dropped a fork or spilled food...

The four – year old watched it all in silence...

One evening before supper, the father noticed his son playing with wood scraps on the floor...

He asked the child sweetly, "What are you making?" just as sweetly, the boy responded, "Oh, I am making a little bowl for you and mama to eat your food in when I grow up..."

The four – year – old smiled and went back to work...

The words hit the parents and they were speechless...

Then tears started to stream down their cheeks... though no words was spoken, both knew what must be done... the heart feels the truth....

That evening the husband took his father's hand and gently led him back to the family table...

For the remainder of his days he ate every meal with the family...  
And for some reasons, neither husband nor wife seemed to care any longer  
when a fork was dropped, milk spilled, or the table cloth spoiled...  
On a positive note, I've learned that, no matter what happens, how bad it  
seems today, life does go on, and it will be better tomorrow...



I have learned that making a "living" is not the same thing as making a  
"life"....



I have learned that whenever I decide something with an open heart, I  
usually make the right decision...



I have learned that every day, I should reach out and touch  
Someone...



I have learned that I still have a lot  
To learn



A boy in London made his living as a sales clerk in a goods store...  
Everyday he would get up at 5 in the morning to face the same 14 hours of  
work.

He would have to sweep, clean, and work for those 14 hours, and while  
simultaneously hating it. But one morning he woke and decided he could  
not take it anymore... He walked 15 miles to his mother's workplace that  
morning....

He told his mother that he can't take it any more, he would kill himself if  
he had to work any more and any longer... And he wrote to his old  
Schoolmaster sharing his pain...

His Schoolmaster gave him some help and offered him a job as a  
teacher... He knew the intelligence of the boy... the praise changed the  
future of the boy and the future of English literature...

That same boy went to be the best writer who made millions of dollars  
with his pen: H. G. Wells....

Father and Son

One old man was sitting with his 20 years old son in the train...

Train is about to leave the station. All passengers are settling down their seat... As the train started, a young man was filled with lot of joy and curiosity...

He was sitting on the window side... He put out one hand to feel the air... He shouted, "Dad see all trees are going behind."

Old man smile and admired son feelings... beside the young man one couple was sitting and watching what is going on... they were little awkward with the attitude of 20 years old man behaving like small child... Suddenly young man again shouted, "Dad see the pond and animals. Clouds are moving with train"

Couple was watching the young man in a very wear do way...

Now its starts raining and some of water drops touches the young man's hand... He was so happy and closed his eyes....

He shouted again. "Dad it is raining, water ... it is here touching me... See Dad."

Couple couldn't help it any more and ask the old man...

"Why don't you visit the doctor and get treatment for your son."

Old man Said, "yes, we are coming from the hospital as today only my son got his eye sight for the first time in his life."

Moral: "Don't draw conclusions until you know all the facts..."



A little girl asked her Mom, "How did the human race appear?"

The mother answered, "God made Adam and Eve and they had children and so was all mankind made."

Two days later the girl asked her Dad the same question... the father said, "Many years ago there were monkeys from which the human race evolved."

The confused girl went to her mom and said...

"Mom! You told me we are created by God, and Dad said " we are created by monkeys?"

"Well dear, I told you about my side of the family and your Dad told you about his."



### The Mexican Maid

The Mexican maid asked for a pay increase... the wife was very upset about this, and decided to talk to her about this raise...

She asked: "Now Maria, why do you want a pay increase?"

Maria: "Well, senora, there are three reasons why I wanna increase."

The first is that I iron better than you...

Wife: "Who said you iron better than me?"

Maria: "Your huzban he say so"

Wife: "Oh yeah!"

Maria: "the second reason eez that I am a better cook than you."

Wife: "Nonsense who said you are a better cook than me?"

Maria: "Jur hozban did."

Wife, increasingly agitated: "oh he did, did he?"

Maria: the third reason is that I am better at sex than you in the bed."

Wife: "really boiling now and said, Did my husband say that as well

Maria... No Senora... the Gardner did....

Wife: "So, how much do you want?"



A woman was having sex with her lover in her apartment, 20 floors high; suddenly she heard her husband arrive....

She told her lover: "stay like statue and don't move."

Husband: who is this?

Wife: this is a robot I bought to have sex with when you are traveling.

Husband: Ok, let's have sex now!

Wife: No sweetheart, yesterday I got my period; so I will go and make a cup of coffee for you ...

After she left, the husband said "Damn it I'm horny, I will Fuck this robot!!

He tried Fucking...

The lover started talking in a metallic robotic way: "system error!! Wrong hole!!

Husband: Damn it! Robot is not working properly...

I am throwing it out of the window...

The lover realized that he was on the 20<sup>th</sup> floor, so he said: "Soft ware updated, please, try again!!"



Yes! we are living with robots... with machines... we are in a such stupid world...

But you have the choice to live with a Sufi Commune... All other religions speak in a way that does not hurt so much... they are compromising; they compromise day and night...

A real Sufi master is non – compromising... He shocks you... He is like the roar of a lion...

Its whole effort is to wake you, whatsoever the cost... is...

It can be heard only with a deep love for truth. It can be heard only by those who are real inquirers, not just curious, not just spectators, not just

philosophers, but who are really ready to go through a radical transformation... who are ready to die and be reborn...



It is only for those few people who have guts and courage, because it is not a Sunday religion. It is not a five times pray, go on repeating like a parrot, you may not even know their meaning... dead languages which nobody understands anymore... you are just being a gramophone record... His master's voice...


Sufis are not interested in such compromises... it wants us to wake up... it is not easy... truth came for the chosen few... for the ones who are ready to risk all, to jump in the ocean and then think...

Just watch out... look at the people in the church or in the mosque... they look so beautiful, but in the market place, they look so ugly and they kill each other...

All the religions have been enemies to each other... they talk of love, but that is only talk; the reality is totally different...

Let us be religious, not in a formal way, but to be really religious in our day – to – day life... in our now – here or nowhere else...

Every breath is a path to our birth and our death... every work is our prayer and our worship... And if not now when?  And if not you and me who else? 

Now let us be a victor not a victim... let us be aware of who we are and why we are here?? 

So let us be meditative in the temple of God... the whole existence is God's temple... let us be silent, receptive, welcoming the truth which is everywhere...



Let us go beyond the mind... beyond any knowing... truth cannot be said but can be lived... it is an experience in our being not an experiment in the lab...

You have to find the answer within yourself...

Not in the books... just go in and listen to your feelings... to your mystery... you can change only yourself... change is a constant law...

face your fear... face your original face... face your death... who dies? 

The body is from dust to dust but you are not the body... you are not the shell... you are a being... you are crossing a bridge to another bridge...

just be aware of who you are...


I am reminded of a beautiful parable in Jesus life... One morning, on the lake Galilee, he came and put his hand on one of the men who was trying




to catch fish... the man turned round, and there was something in the eyes of Jesus; Whatever Jesus said the man followed it...

Jesus said "Drop that net... How long you are going to destroy your life just by catching fish?

Come with me... I will tell you the way to catch the truth..."

Let us catch our inner treasure... And when a voice like Jesus speaks to you how can you ignore this truth??  So he dropped the net and went with Jesus ... the real inner net... inner light.

Just as they were going out of the town, a man came running and said to the man, "Where are you going?  Your father has died... come home."





He asked Jesus, "Give me three days so I can go and bury my dead father and do all the rituals that are needed. And I will be back soon."

Jesus said, "There are enough dead people in the town, you need not worry. Let the dead bury the dead. You come with me."

Those words very significant....

Let the dead bury the dead...

The whole world is full of dead people...


Yes! we are breathing and walking and talking and doing all kinds of things, but are we alive?  Is there any ecstasy in our life?  Is there a song in my silence?  Is there a dance in my heart? 

Death will be better for the dead, it will be a great rest for them... no one can Save them and no need to save rotten corpses... they don't have a soul...

It is perfectly good that this world dies, this man dies, this Society dies...

But before it dies and before we take it to the graveyard, we have to bring out of it a new life, a new man, a new world... exactly in the same way as when a seed dies into the earth it sprouts into a new life, green and fresh... this is transformation...

The seed was closed and almost dead, but it has died into the soil and has given place to a living thing...

A beautiful tree will grow, with many branches, great foliage, fruits, flowers... And those branches will dance into the Sun, into the wind, under the stars, under the moon so what to do? 

Let us die as far as the past is concerned... And let us start living in a totally new way!!

Yesterday is a history, tomorrow is a mystery

Now is the only present...

Just now on the earth there are so many nuclear weapons that we can kill seven hundred earths of this size, seven hundred human civilizations of

this size... Be aware of this global madness... the whole earth has prepared its grave already... Mohammad said it too...

Before it commits suicide, we have to save the essential life principle...

And that can be done by each individual without being dependent on any organization... that is the old way... without being dependent on any church, that is again of the past...

For the first time the individual has to take all the responsibility for his life in his own hands...

No God, No Savior, no churches is going to help; they will all die together...

But each individual can free himself... it is up to every individual not to be part of any dead, rotten ideology...

Try to find out within yourself whatsoever is old, dead, and drop out of it... Throw it away...

Clean yourself completely and be again a child as Jesus said...

Be innocent, with no ideas, no prejudices, no conditionings...



This is the new birth of the new man... new being... new humanity and if millions of individuals drop out of all old heritages, there is no need for life to die from this beautiful earth...

But we have to create a new life based on totally different principles... the old life was based, very strangely, on anti- life principles...

It is... it was... watch all the news and you will see how dead we are... we are against life... against love... against light and joy and body pleasure...

It wants us to be dead saint not a living human being...

Anti-life principles have ruled for thousands of years...

The ultimate result of it is that we are coming close to the end of the world... your mind is the cause... we are the cause and the cure... why wars?  Why we are anti- life?  We are slave to the rulers of the world...

to the money minded masters... to the coward crowd...

Each individual has a birthright to be free, to choose his life pattern and to move according to his nature, respectfully, with dignity... that is going to be the new way of life...

This is the only solution, the only evolution, the only revolution... the new way of life, where each one of us is respected as we are.... Respect your individuality... your uniqueness, and there are no ready- made ideas that everybody has to fulfill in his life...

Everybody has to live according to his own heart, has to move according to his own inner being, wherever it leads...

That is our destiny. Nobody is going to decide it; you are the only one to decide for yourself...

This decisiveness freed from all crowds, mobs, organizations... will create a new earth and a new birth for the new humanity... for a new individual...

There will be no need for anybody to think of paradise after death; Now – here is the truth or nowhere else...

It is good that the old world is coming to an end... Now we or you or me have to decide whether we want to die with the old world or to take a quantum leap out of the old and create a new world and a new man...



Are you ready to give blood? 🌹

Many years ago, when I worked as a volunteer at National Hospital, I got to know a little girl named Hana was suffering from a rare and serious disease...

Her only chance of recovery appeared to be a blood transfusion from her 5 – year old brother...

The doctor explained the situation to her little brother, and asked the boy if he would be willing to give his blood to his sister...

I saw him hesitated for only a moment before taking a deep breath and saying...

"yes, I will do it if it will save Hana."

As the transfusion progressed, he laid in bed next to his sister and smiled, as we all did seeing the colour returning to her cheeks... then his face grew pale and his smile faded...

He looked up at the doctor and asked with trembling voice,? 🌹 Will I start to die right away?" 🌹

Being young, the boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood...

How many times in our life, we are asked to give less than that, still we hesitate? 🌹 If all of us are so generous like the little boy, the world will be one peaceful world...



Please, tell us how can we relax in this global madness? 🌹

Yes! just live this moment with love... Do not postpone the truth.. use this now... not for worrying but for living in loving...

There are two ways of living...

One is the way of the buffalo... it lives horizontally, in a single line...

The other way is of a Christ... He vertically, in height and in depth... then each moment can become an eternity...

So wake up... don't waste your time in trivia... but Live, Sing, Dance, Love as totally as you are capable of...

Today is enough unto itself... 🌱

Unless you know that the earth is on fire you are not going to go in... in is our only inn... and meditation is the only key... Once you go in you will be a Sage and you will live the wisdom which blooms in you... it is your flowering it is your fragrance... it is self – knowing... you become luminous, you feel rooted, you are one piece in one peaceful world...

If you are totally in the moment only then can you be aware...

So forget the whole world while you are reading... just read... Eating, just eat; walking, just walk; listening, just listen; remain totally in the moment, alert, aware of each gesture, each nuance... And slowly you will get the hang at it... whatsoever you do, do it but remain alert.... Become a witness;

No matter what you are feeling... face it... do not resist any evil... it is live too... opposites are one too... if you become identified with it you will be only a witness.... Only a mirror... good and bad are one energy to help us grow and glow... No pain to us no gain to us...

Life comes and goes, death comes and goes; the mirror is not affected by either...

A great distance arises when you witness... And only in that witnessing can you become able to transform the baser metal into gold... Transforming poison into nectar....

Now at this moment nothing is expected from you to be done... just wait and watch... not do...

It is just as if a stream has become muddy. What do you do to clean it? 🌱

You simply sit on the bank; by and by, the dust settles back... Again the stream is flowing clear, crystal clear...

Just trust God... Trust the trust... Do what you love and your daily bread and breath will come...

Do not please anybody. You are not here to fulfill anybody's expectations, respect your own feeling and your own individuality.... And one day you can grow into spirituality... this is your only wealth...

Remember, only that which you can take with you when you leave the body is important...

That means, except meditation, nothing is important... except awareness, nothing is important and cannot be taken by death... you will be taking

with you only whatsoever awareness you have attained... that is your own real wealth...

Let us drop all nonsense that has been imposed on you with all the religions and the power on all of us...

Just be yourself and this is the original face... Don't try in any way to look more beautiful, more respectful... those are deadly poison...

Just be what you are and don't care a bit about the world... then you feel a tremendous relaxation and a deep peace within your heart... this is your original face, your natural beauty... your dance with nature... nurtures you...

Just enjoy and be at ease with yourself and with the world, and the original face starts shining by itself... and you will be your own master and you will live your own power... the power of love not the love of power...

This power is the divine divinity in our sacred unity.... Accept yourself as a total... it is all one... we are all at home... we are all under one dome and in one kingdom... the kingdom of God...

Yes! let us celebrate our royal family... let us enjoy our joy... and plant more peace and love... life is not given to us to murder... to destroy.

Life has been given to us to create, to rejoice, to celebrate, to live one peaceful world...

When you are miserable, you are alone... when you celebrate, the whole existence participates with you...

Only in celebration do we meet the whole... the eternal...

Only in celebration do we go beyond the circle of birth and death...

Celebrate your own way, because celebration cannot have any form, it is beyond prayer and beyond worship...

Celebration does not divide... it unites, it brings things together, the duality disappears and there is unity.... At this moment we are one with the one... this oneness is our birthright... this whole existence is a dance of life; from the body to the soul, from the physical to the spiritual... Everything is divine...



Yes! everything is divine... Show me where there is no God!!...

God is not a person... God is a presence... prayfulness is needed not a prayer... God is godliness, like love... you can live it.... No need to any temples... meditation is only key to this mystery

Life in its totality is the only mystery... it is not a problem that can be solved, nor a question that can be asked or answered... it is the truth that can be lived and it will remain mysterious...

One has to go into the mysterious without any reasoning. One has to go in great trust and love, with a deep prayer in the heart, but in no way to be scientific or analytical...

Love is the only way to be alive and to be in love... to be in this mystery... be still and know that I am God... this I is the amness... is the existence... is the known, the unknown, and the unknowable...

Everyone can live the mystery but no one can say it... it is the "secret ceremony."

This secret love is in our heart... no matter how much I hurt you but deep in my heart I heal us too... let us go in and live in

our inn...

here we are... in our motherhood....

My mom only had one eye... I hated her.... She was such an embarrassment...

My mom ran a small shop at the local market. She collected little weeds to sell... any thing for the money that we needed, she was not a good look to me and all the students they say..."your mom only has one eye?" so I told her one day "why don't you die?" but she never responded...

So I told myself that I would grow up and become successful, because I hated my mom and our poverty...

Then I studied really hard... I left my mother and went to Europe and got accepted in the best university. Then I had kids too...

Now I am living happily as a successful man I like it here because my mom is not here

This happiness was getting bigger and bigger, until someone unexpected came to see me... "what? 🌹 Who is this?" 🌹

It was my mother... still with her one eye... it felt as if the whole sky was falling apart on me...

My little girl ran away, scared of my mom's eye... And I yelled at her, "How dare you came to my house and scare my daughter! Get out of here now! Now!!"

And this, my mom said, "oh, I am sorry... I may have gotten the wrong address..."

And she disappeared... thank God... she did not recognized me... I was quite relieved. I told myself that I was not going to care, or think about this for the rest of my life...

One day, a letter of school reunion came to my house... I lied to my life and to my wife saying that I was going on a business trip...



After the reunion, I went down to the old house... just out of curiosity there, I found my mother lying on the cold ground... But I did not shed a single tear... she had a piece of paper in her hand... it was a letter to me... she wrote...

My Son... I think my life has been long enough now. And... I won't visit you anymore... but would it be too much to ask if I wanted you, you come and visit me once in a while... I miss you so much... And I was so glad when I heard you were coming for the reunion... But I decided not to go to the School for you... I'm sorry that I only have one eye, and that I was an embarrassment for you... you see, when you were very little, you got into an accident, and lost your eye, as a mother, so I gave you mine... I was so proud of my son who was seeing a new world with my eye... I was never upset at you because your anger is your love to me...

I miss you so much... I love you... I thank you and you showed me the world and your kids... my eye still alive and seeing all this beauty... all this mystery... you mean the whole world to me... I love you...



Then my world shattered...

Then I cried for the person who lived for me and died on the poor ground to help me grow...

Oh my mother! You are a great treasure in me... a great motherhood...

Just to give a birth to a child is one thing, to be a mother is totally different... Any woman can give birth to a child; that is a very simple phenomenon... But to be a mother needs great art, needs great understanding...

You are creating a human mothers are very rare mystery... the mother of Picasso, of Jesus, of Shakespeare, of Bilal...

Take your life playfully... play carefully and prayerfully... Don't burden the child... Be a child and live in this royal kingdom of God...

This is a God – given opportunity...

Let your motherhood bloom through him...

Thank God... motherhood is a blessing...

From mother to master... from mother earth to master mystery... this is our next birth... from the womb of the mother to the womb of the creator... we are one with the only one... only oneness...



Me too... I love to play man and woman...

A man will pay \$2 for a \$1 item he wants;...

A woman will pay one\$ for a 2\$ item that she does not want...





A woman worries about the future until she gets a husband...  
A man never... ever worries about the future until he gets a wife...



A successful man is one who makes more money than his wife can  
spend...

A successful woman is one who can find such a man...



To be happy with a man you must understand  
Him a lot and love him a little...

To be happy with a woman you must love her  
A lot not try to understand her at all



Married men live longer than single men...  
But married men are a lot more willing to die...



Marriage is a great school to learn how to be happy  
And free in spite of the pain...  
No pain no gain...



I know perfectly well that men and women will need to be together, but it  
will not be out of need but out of overflowing love, not out of poverty but  
out of richness...

We have to change the whole structure of humanity from the very roots...  
marriage has to be in a new way, only then can a new being be born on  
earth...

Man and woman should meet, know each other, and there should be no  
hurry to get married... slowly, slowly, you will learn the art of love, and  
you will learn the ways of being with people, and you will also learn with  
whom there is a spiritual affinity...

Marriage is a spiritual affair, not a body life. It is a spiritual unity... when  
you start feeling with some woman or with some man, it is a great music  
of the beyond that is growing in us... it is the sound of the existence... the  
stillness....

Be still and know that we  
Are one with the one...  
Marriage is a merging of two hearts into totality...



Bob works hard at the office but spends two nights each week bowling, and plays golf every Saturday...

His wife thinks he is pushing himself too hard, so for his birthday she takes him to a local strip club...

So they went and they greets them and says, "Hey, Bob! How ya doing?"

His wife is puzzled and asks if he's been to this club before...

"oh no," says Bob. "He is in my bowling league."

When they are seated, a waitress asks Bob if he would like his usual and brings over what he loves to eat...

His wife is becoming more uncomfortable and says, "How did she know that you drink this and you eat that?"

"I recognize her, she is the waitress from the golf club... she is new here... Nobody told me about her..."

A stripper then comes over to their table... and guess what?

She throws her arms around Bob, and starts to rub herself all over him and says, "Hi Bobby... want your usual table dance, big boy?"

Bob's wife, know furious, grabs her purse and storms out of the club...

Bob follows and spots her getting into a cab... Before she can slam the door, he jumps in beside her...

Bob tries desperately to explain how the stripper must have mistaken him for someone else, but his wife is having none of it...

She is creaming at him at the top of her lungs, calling him every dirty word in the book...

The Taxi man turns around and say, "Geez Bob, you picked up a real bitch this time."

Bob's funeral will be on Friday...



Your Death...

When a bird is a live, it eats ants...

When the bird is dead, ants eats the bird.

Time and circumstances can change at any time...

Don't devalue or hurt anyone in life.

You may be powerful today but remember,

Time is more powerful than you!!!



One tree makes a million match stick...

But when the time comes, only one match stick is needed to burn millions of trees...



Moral: one day you will die and will be eaten by ants.  
The only thing you take is your actions, your deeds, so  
Be good and if you are good, no matter what you do is good...  
Thank God for every now and do not judge yourself and any self...  
Just love and respect all nature...  
You are lucky that you are here and you are alive and you are free  
To live your choice...



There is a two – letter word that perhaps has more meanings  
Than any other 2 – letter word, and that is "up".  
It is easy to understand "up" meaning toward the sky or at the top of the  
list, but when we awaken in the morning, why do we wake up? 🌸  
At a meeting, why does a topic come up? 🌸  
Why do we speak up and why are the officers up for election and  
Why is it up to the secretary to write up a report? 🌸  
We call up our friends. And we use it to brighten up a room,  
Polish up the silver, we warm up the leftovers and clean up the kitchen...  
We look up the house and some guys fix up the old car...  
At other times the little word has real special meaning. People stir up  
trouble. Line up for tickets, work up an appetite, and think up excuses...  
To be dressed in one thing, but to be dressed up is special...  
And this "up" is confusing: A drain must be opened up because it is  
stopped up ... we open up a store in the morning and we close it up at  
night...

We seem to be pretty mixed up about up! To be knowledgeable about the  
Proper uses of up, look the word up in the dictionary...  
In a desk – sized dictionary, it takes up almost 1/4<sup>th</sup> of the page and can  
add up to bout thirty definitions... if you are up to it, you might try  
building 'up a list of the many ways up is used...  
It will take up a lot of your time, but if you don't give up, you may wind up  
with a hundred or more ...  
When it threatens to rain, we say it is clouding up... when the Sun comes  
out we say it is clearing up... when it rains, it wets the earth and often  
messes things up.  
When it does not rain for awhile, thing dry up. One could go on and on,  
but I will wrap it up, for now my time is up...

So it is time to shut up!!



Let us read some interesting definitions

School ➤ A place where papa pays and son plays...

Life insurance ➤ a contract that keeps you poor all your life so that you can die rich...

Nurse ➤ A person who wakes you up to give you sleeping pills...

Tears ➤ the hydraulic force by which masculine will power is defeated by feminine water power...

Lecture ➤ An art of transferring information from the notes of the lecturer to the notes of the students without passing through "the minds of either"

Conference ➤ the confusion of one man multiplied by the number present...

Compromise ➤ the art of dividing a cake in such a way that everybody believes he got the biggest piece...

Dictionary ➤ A place where success comes before work...

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

Father ➤ A banker provided by nature ...

Boss ➤ someone who is early when you are late and late when you are early...

Politician ➤ One who shakes your hand before elections and your confidence after...

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

Classic ➤ Books, which people praise, but do not read...

Smile ➤ A curve that can set a lot of things straight...

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

Yawn ➤ the only time some married men ever get to open their mouth...

Etc ➤ A sign to make others believe what you are talking and that you know more than what you said and what you do...

Committee ➤ individuals who can do nothing individually and sit to decide that nothing can be done together...

Experience ➤ the name men give to their mistakes...

Atom Bomb ➤ An invention to end all inventions....

Philosopher ➤ A Fool who torment himself during life, to be wise after death...



Okay!! Let us see what is an interview...

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

Think well before you make up 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 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!"



Thank you... your question is not difficult... the answer is in you and you are the question mark...

You are asking why so much violence and how can we stop it?? 🌸

We cannot stop it... but we can face it and we can see the cause and the cure...

Violence... 🌸

We have worked for thousands of years to make the earth a big madhouse, and we have succeeded, unfortunately...

There is violence everywhere for the simple reason that we have in subtle ways, not allowed people's energies to be creative, and whenever creative energies are prevented they become destructive...

Violence is not the real problem... the real problem is how to help people to be creative... A creative person cannot be violent because his energies are moving in the direction of God...

We call God the creator. Whenever you are creating something you participate in God's being. You cannot be violent, you cannot be destructive; it is impossible...

But for thousands of years we have destroyed every possible door to creativity. Instead of helping people to be creative we train them to be destructive.

The warrior, the soldier, we have respected too much... He is a victim of victim... ignorance is our only enemy... let us face our enemy... it is in me... why be a victim when you can be a victor... why be a beggar when you can be an emperor... we belong to the kingdom of God...

We are a royal family not a loyal family...

You have all the right to doubt... do not believe but search and listen to your heart and you will be a knower...

No one has the right to believe but everyone has the right to know... do not follow the rule of the jungle but the love of your inner treasure... you are a jewel not a pebble...

So be a rebel and live yourself... Be your being... and who I am makes a difference...

"Might is right?" 🌸 or "Light is right?" 🌸

What is your choice? 🌸 Let us live our grace not our grave!! Why wars? Where is our civilization? 🌸 When are we going to live it? 🌸 Who is going to plant it?? 🌸

We call man civilized? 🌸

He has not been civilized....

Civilization is only an idea which has not yet been realized... Man is just civilized in the mind... in the words... in talking...

Superficially civilized, not even skin-deep...

Just scratch a little and you will find an animal coming out, a ferocious animal, for more ferocious and violence than any wild animals, because wild animals, howsoever wild they are, don't carry bombs, atom bombs, hydrogen bombs; compared to man and his violence, all animals are far better than us...

Watch the news and you will see that the history is the same... Wars in the name of peace... violence, Sex, drugs, wars, they all help you to be in power... but what is power?? 🌸 The power of war? 🌸 The power of evil or the power of live? 🌸

Even behind the name of love there is violence, so what to say about other things? 🌸 But this is how life is!!

And we have to learn how to live without violence in such a violent world. It is difficult to live sanely in an insane world but that is the only life there is and one has to find one's way to live through it... let us have a deep love... a deep compassion... No other way for peace...

So don't waste time in changing the world. Just be concerned about one thing:

How you can love people who are violent and how to live in the world which is not sane at all...

Find ways. And this is the whole effort... through meditation, through actions for peace... living in communes....

These are ways to seek and search for people who are in love with the truth... you can become non-violent in spite of the global madness... See heaven in hell... see Jesus in Judas too... Once you start loving yourself... you love every self...



Defense is meaningless!! Even with all our nuclear weapons we can destroy the whole planet...

So what is the point of having all those nuclear weapons? 🌸 Why are we killing us? 🌸 Why weapons? 🌸 Why we have enemies? 🌸 Why not see that friendship is our only ship? 🌸

If America starts this trip, all nation will follow this peace pace and let there be peace on earth and let it begin with me!!

Let us plant the seed of freedom and it will be heaven on earth... the garden of Adam and Eve... Truth is so simple, watch the children and life is only loving play...

Life is an echo....

What you send out comes back...

What we sow we reap...

What you give you get...

What you see in others exist in you...



Give a man a fish and he will eat for a day; Teach a man to fish and he will eat for a life time; give a man

Religion

And he will die praying for a fish...



One Jew, a very old man, came to his son in America...

He was shocked to find that the young man did not follow the Jewish laws.

"You mean." He asked, "You don't keep the dietary laws?"

"Papa, I eat in restaurants, and it is not easy to keep Kosher."

Do you keep the Sabbath, at least?"

"Sorry, Papa, it is tough in America to do that."

"Tell me, Son, " the old man sneered,

"are you still circumcised?"



A great love seed to our body...

It is a healing touch for our health....

No health no wealth....

Health Benefits of Eating Dates

Dates are free from cholesterol and contain very low fat.

Dates are rich in vitamins and minerals....

They are rich Source of protein, dietary fiber and rich in vitaminB1, B2, B5, along with vitamin A1 and C...



It helps improve the digestive system as it contains soluble and insoluble fibers and different kinds of amino acids...

Dates are great energy boosters as they contain natural sugars like glucose, Sucrose and fructose...

To get more advantage add dates to whole grains and make it a very nutritious snakes...and breakfast....

Dates are very low in calories and are extremely suitable for health conscious people...

Dates help in lowering of the LDL cholesterol....

Dates are rich in Potassium and reduced in Sodium....

This helps regulate a healthy nervous system...

Researchers have revealed the fact that Potassium intake up to a certain extent can reduce risk of stroke...



Dates have high Iron content and are very useful in treating anemia...



The patients can eat few dates for better advantages...

Yes! you can eat it everyday and feel your taste energy...



Dates also have fluorine that slows down the process to tooth decay...



It helps people Suffering from constipation...

Soak dates overnight... like 15 dates in 3 cups of water...

Drink one cup and eat 5 dates around 6 o'clock in the afternoon...

And do not eat dinner... no food after 6 o'clock...



Dates help in weight gain and are beneficial for those who suffer from over slimming problems



Dates are excellent for alcoholic intoxication... Cures abdominal cancer...



It also helps in improving eye sight and helps in curing night blindness as well ...



The best thing is that it does not have any side effect on the body and is completely natural as well as it works better than medicine...



Let us take care of our body... it is our home, our car, our temple and our sacred mystery...

Be your own healer, your own friend... No need to go to any place just read any book by Kushi or Oshawa or any Macrobiotic web.... Listen to your body... it the only book that you need...



Our body is a gift from God. Love it, take care of it, and care implies everything. Then you don't stuff it with junk food, you don't starve it, you listen to its demands, and you become attuned to the body...

If you don't like your body, that will create the problems... and then you will hate it more and more... one should be grateful to the body...

The real prayer arises out of our body, not out of our mind... the body is our nature... only by loving your body will you come closer to God, there is no other way...

The body has its own wisdom. It knows how to dance, how to sing, how to pulsate with existence. When the body starts vibrating with the divine, suddenly you will see your soul is also vibrating.

Your body and soul are one... we are not the body but we are a being who is one with God and so is the body from dust to dust, from earth to earth... No matter how much we should study about our body... it is not enough... the body is a great sacred mystery...



Let us share our food too...

There are two types of food....

One is that which you like, which you have a fancy for, about which you fantasize... the colors, the smell, the good looking... But this is not what you need, it will not satisfy you...

Simply feel what your body needs, what you feel like, what you hanker for... this is "humming food..." food that hums to you... Eat as much as it as you want... enjoy chewing it... Be thankful and grateful...

The other food is "beckoning food"... when you see it you eat it... it is for your tongue....

You eat to live or you live to eat... if you eat good food... healthy food... no doctor is needed... if you eat wrong food, no doctor can cure you... so be aware of your health...

If we listen to the humming food, the beckoning food will disappear...

So smell the food, look at the food... make it a meditation... feel it in every way then take a small bite and chew it, enjoy it... A small quantity of food will be enough and will give you more satisfaction...

Food cannot make you spiritual, but if you are spiritual your food habits will change...

Yes! Change is a constant law. Your food, your clothes, your habits of life, your style, everything will change.

But this change is not basic. The basic change is going to be in you... in me... in us... then everything else follows...



Let us change... Life is a change...

Misery arise because we don't allow change to happen; we cling, we want things to be static... to be plastic...

If you love a woman you want her tomorrow too, the same way as she is yours today... That is how misery arises.

Nobody can be certain about the next moment... what to say about tomorrow...

To accept the nature of life, to accept this changing existence, with all its seasons and moods, is to be blissful...

How blessed we are now right now... count your blessings... your bliss starts overflowing and you bless others too... and you become connected with existence... with God... your life becomes love... becomes light and laughter...

Blessed are those who are blissful because they are not only a blessing to themselves but a blessing to all...

Let us keep on showering our giving...

Beggar of the day...

A man walks past a beggar every day and gives him Ten dollars... It went on for a year... then suddenly the daily donation changes to \$8...

"well, " the beggar thinks "it is still better than nothing."

A year passes in this way until the donation went down to 5 dollars...

"what's going on now?" the beggar asks his donor... "First you gave me 10\$ then 8\$ and now only 5 dollars?"

Well, last year my eldest Son went to university... it is very expensive, so I had to cut costs. This year my eldest daughter also went to university, so I had to cut my expenses even further..."

"And how many children do you have?"

"Four."

"well, I hope you don't plan to educate them all at my expense" said the beggar...



The strange Cat

An old, tired – looking cat wandered into my veranda...  
I could tell from her collar and well – fed belly that she had a home and was well taken of...

She calmly came over to me, I gave her a few pats on her head... she then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep...

An hour later she went to the door, and I let her out... the next day she was back, walked inside and again slept for an hour...

This continued off for several weeks... so I wrote a note to her collar asking about the owner of this Sweet cat...

The next day she came back for her nap, with a note pinned to her collar...  
"she lives in a home, with my non stop chatting and nagging wife, she is trying to catch up on her sleep...."

Can I come with her tomorrow?"



### Short Jokes

Girl: will you love me after marriage also? 🌸

Boy: this depends on your husband, if he allows me...



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

Wife: when I must give them to him?" 🌸

Doctor: they are for you...



Position of a husband is just like a split air conditioner...

No matter however loud he is in the outdoor,

He is designed to remain silent indoor....



Husband is one who is the head of the family,

But his wife is the neck, and whichever way

She turns, he goes....



Wife: you changed after marriage

Husband: I have told you before that I am

Not interested in married women...



Let us look at our own faults...

The ego feels very good when it sees...

"Everybody has so many faults and I have none."


Let us reverse the process... if you really want to be transformed... look at your own mistakes... this is how we learn and we grow and glow... let us learn from our faults and from other's faults too...

This is how the good should be loved and enhanced, and the evil should be reduced... not for repentance nor for guilt... there is no Sin... this is our lesson... but let us remember our inner treasure and outer power too...

That is the difference between the ego attitude and the heart attitude...

Use the brain... use the head but live in the being... in the core of the heart...

There is no guilt and repentance, it is for remembrance... the past is past; it is gone and gone forever... no need to worry about it... just remember not to repeat the same mistake again... Be more mindful...

Let us be aware of our mind... 

When you are angry with someone and you throw your anger on him, you are creating a chain reaction... Now he too will be angry...

This may continue for lives and you will go on being enemies... you can continue this for centuries without end....

How can you end it? 

There is only one possibility. You can end it only in meditation, nowhere else, because in meditation you are not angry with someone; you are simply angry...

Remember, this difference is basic... You are simply angry and the anger is released into the cosmos... You are not hateful towards anyone. If hate comes, you are simply hateful and hate is thrown out...

In meditation, emotions are not addressed...

They move into the cosmos, and the cosmos purifies everything... just be a watcher for your power...

Remember, it is just like a dirty river... dirty power falling into the ocean; the ocean will purify it...

Whenever your anger, your hate, your sexuality, moves into the cosmos, into the ocean. It purifies it...


If a dirty river falls into another river, then the other river also becomes dirty... when you are angry with someone, you are throwing your dirt at him... then he will also throw his dirt at you and this will become a mutual dirty process...

In meditation you are throwing yourself into the cosmos to be purified... all the energy that you throw, is purified in the cosmos...

The cosmos is so vast and so great, you cannot make it dirty...

In meditation we are not related with persons... in meditation we are related to the cosmos... this is the supreme doctrine of the Divine divinity...

Anger is the answer


Thank you for this story... 

A young woman goes to her mother and tells her that her life is so difficult and she can't take it anymore... "Anger comes to me all the time..." her mother took her to the kitchen. She filled three pots with water and placed each on the stove over high heat...

Soon, the water begins to boil... In the first pot, she puts carrots, in the second... she puts eggs, and in the third, she puts ground coffee beans. It boils on the fire without saying a word...


After twenty minutes, Mom put out the carrots, the eggs and pours coffee in a cup... turning to her daughter, she said: "Tell me, what you see?"

"carrots, eggs and coffee." Replies her daughter. The woman brought her closer and asked her to touch the carrots... the girl touched them noted that they were all soft and flexible... the mother asked her to take an egg and break it...

What did the girl do?  ....

The girl took off the shell of an egg and observed that it was baked hard...

Finally the mother asked her to taste the coffee...



The daughter smiled as she tasted its rich aroma... and asked, "what does it mean?" 

Her Mom explained that each object has faced the same boiling water, but each had reacted differently...

The carrot was strong, hard and solid, but after passing in the boiling water, it has softened and become weak...

The egg was fragile with fluid inside. But after dropping in the boiling water, its inside became hard...


About coffee beans, responded in a unique way... after being in the boiling water, they changed the water...

"where are you?"  asked the mother to her daughter... when anger comes to you or fire or hate... what is your lesson? 

The carrot in the pain becomes soft and loses its power...

The egg that starts with a soft heart becomes hard and inflexible in pain...

My shell does not change...

But where is the change? 

My home becomes even harder...



How can I be like a coffee bean? 🌸

The grain changes the water... it changes the source of the pain...

When the water gets hot, it releases its fragrance and flavor...

If you are like a grain of coffee, you get better and change the situation around you when things are at their worst....

And you my friend, how are you facing your fear?? 🌸 Your pain? 🌸

You anger? 🌸

As a carrot? 🌸 An egg? 🌸 Or a coffee bean? 🌸

Life is choice... let us live our choice.... Let us face our feelings and let us remember that we are not a crowd...

Not a number... but a unique being....

We have all what we need to be who we are ... it is in the core of our heart... it is so near why go so far... from head to heart is our journey to our endless joy and wow!!!

Don't ask what is wow? 🌸

You are free to write what is right for you... I love to put whole... Oneness... worship...

So let us share our care about each of these three words...

Whole

Am I whole and holy? 🌸

Yes I am... Jesus told me this... I trust his love to me... but do I feel it? 🌸

Do I live it? 🌸 Why not? 🌸

Man exists as an ego, that is why we feel afraid all the time, unprotected, insecure...

Listen only to my mind not to my heart...

To what others are saying to me and what others are talking about me...

The moment you drop your ego the whole existence becomes your protection, your security....

We are part of the whole and the whole too... you are the drop and wave and the ocean... Be aware of your real identity... your real divinity...

You cannot be more wise than the whole...

The drop cannot be bigger than the wave...


the wave cannot be bigger than the ocean...

whatsoever we can think is bound to be small, tiny; it comes out of a tiny mind... its vision is small, its capacity to see is limited... But we depend on this small capacity... we depend on our blindness, and then we suffer....




The mind is very short-sighted. It is because of the egoistic approach that people live in misery, anxiety, anguish, suffering; they create their own hell....

Freedom means a radical change, dropping ego and relaxing with the whole, because the whole is wiser than the part... Trusting the whole is our whole and holy health....

No health no wealth... 

The whole is our Source, we have come from it, we are in it even at this now... at this moment... just as the fish is in the ocean, we are in Allah... In God... in existence....

Yes! show me where there is no God!!! 

We are born in God. We live in God and we will disappear in God; hence the whole effort to fight with the universe

is idiotic!!!

So our only step is to come out of this trap... our trip is to relax and let go...

Let go and let God 

Allow the whole to possess you, to direct you, to guide you... Surrender yourself totally so the whole can love you as you are without any walls and any closed doors... then you are protected...

"Let thy will be done."

You are simply one with the whole...

Like a small child whose hand is in the hand of God... God is holding your hand... you are enjoying your trip with total Trust...

To relax with the whole is the beginning of a joyous life... this wholly joy knows no limits, it is the bliss of the divine unity of God and us.... To be whole is to be holy...

Once you are whole and holy, you are home... you are one with the owner of the home...

The owner is the one... this oneness is the existence.... The goddess... the godliness... nature of day and night is one... and war and peace is one... is and are is one... right and wrong is one... the look is one....

Just watch this....

Peace is negative war... war is active peace.... the nature of man and woman is one: woman is inactive.... Man is active.... That is why they attract each other, because if you take them in themselves they are halves. If they become one then the whole is created... all colors are one... the source is one... that is the truth... the oneness... it is our only search...

You have two eyes... they represent the male and the female in us....Now the modern science says that the brain is divided into two hemispheres, one is male and the other is female... the right side of your mind is feminine and the left side is masculine... so one eye male and one eye female...

And be aware of this grace...

When your male and female meet inside you, that meeting is what is called "heaven"....

Jesus says..."When your two eyes become one there will be one light.... " the unity of male and female, that is the top...

The ultimate orgasmic experience... it is not what we feel when man and woman meet... it is only a glimpse... an exterior meeting... a desire... a sex touch... but we are not yet aware of the inner meeting of our awareness... of our positive and negative in us....

From sex to super consciousness

Unless we become one as energy, we will not become aware of our inner treasure... it is contained in the two eyes... eye to eye contact. Then there is a great explosion of light... or explosion of fire....

And when the two eyes, when these two flames, when these two hemispheres of or consciousness join together, are absolutely bridged and we become one flame that one flame is what Christ calls... the flight of the a lone to the a lone...

And if you become that one, you have become the great one...

This is what the Zen... the Sufi say... if you become one, you have become God...

"Be still and know that I am God" 

The amness... not the i-: not me... not the mind... not the ego... but the oneness....

The "Alle Luia"... the state of the unity of our divinity....

When all is gone, when all has disappeared and only pure nothingness is left behind... this is the benediction.... This is the ecstasy everybody is searching for...

Yes! I am alone, but also beautiful to be with us, to be with friends who in love with life... we support each others and we come back to our aloneness and enjoy it to the full...

It is like when you are hungry you eat and when you are full you stop eating.

So enjoy people, enjoy communes, and enjoy yourself...

Don't be polite, don't follow etiquette... just live your feelings... just be authentic... say what you are feeling... say it totally as it is...

So when you are in love, a great need arises to be alone... you are with one..

The oneness is aloneness... not loneliness... oneness is freedom... so full of energy, so full of joy... you can go on sharing it with silence, and the more you share, the more comes back to you...

The master is the most alone person in the world and the master is the greatest lover in the world...

The deeper you go in, the more alone you are ... 🌸

"Unless a man is capable of being alone he is not capable of being at all"

When you reach the very source of your being the aloneness is absolute and the silence is eternal... And unless you are capable of being alone you are not capable of the being at all... you are not really a being.

You are just a circumference without any center, a shadow without a soul...

The only bliss is to be alone, no dependence on anybody, on any situation... the bliss wells up from your inner treasure...

An inside journey is a journey towards our aloneness... 🌸

The moment you go in, all connection with the outside world are broken... that is why the mystics have called the world illusory, maya, the aloneness is so deep that you can't be out anymore only with the bliss...

Celebrate your pure space and a great song will arise in your heart and it will be a song of awareness, a song of meditation...

Let your aloneness be your dance... be your being...

" we are born alone, we die alone" 🌸

The meditator is one who dives deep into one's alones, knowing that we are born alone, we will be dying alone, and deep down we are living alone...

So why not experience what this aloneness is? 🌸

It is our very nature, our very being... our only mystery... our only oneness with the One... with the whole One... W.O.W!!!

Yes! whole One worship...

What a great wow!!!

Why not worship our vow? 🌸 Our now? 🌸

Let us worship our trip in every step...

Take a deep breath... every breath is a path of worship and the only way to worship God is to be a creator in some way, whatsoever you can create...

You can create a garden, you can paint, you can write, you can compose a song, you can dance, you can cook and clean... every work from your heart is worship...

To be creative is the only prayer, all other prayers are just empty rituals...

Worship is a quality, it has nothing to do with the act itself, it is the attitude that you bring to the act...

Be with a living master... to be alive does not mean in the body... but in the kingdom of God... Many deads are alive and many a lives are dead... so find out what your heart is seeking not what your head is seeing...

Very few are capable of seeing that which is... before it reaches our being is gone away. The mind plays all kinds of tricks. The mind is our devil... and it is very powerful and it prevents the major part of the truth, almost 98% of reality is out of our being... only that which fits the mind is allowed and this is why Jesus said...

"Let the dead bury the dead..." 

We are slaves to our mind and not masters with our hearts... let us be aware of our awareness... of our soul... each moment is a revelation, and at each revelation reality is available in its totality...

But we are not available to reality... all concepts, all philosophies, religions, theologies, ideologies are barriers... And the real has to pass through so many barriers that by the time it reaches to you it is no more the same...

To be free means to be yourself. Let your heart be your master... find the living love in you and follow your love affair with the truth.

The greatest love affair that can happen on earth happens between the disciple and the master...

Find your own Master... the book is our own companion and you are so rich if you have a soul friend and if you live in a commune...

I have the book, I have a living Master in my heart and looking for a commune where the unity is a live... I have few soul masters but not near by... I live alone, but not lonely but to have a near by lover of the same treasure it will empower out our Soul and we keep on planting our joy and our oneness with existence...

Yes my beloved Master... 

One has to work on oneself... Man already has got whatsoever he is seeking and searching for... the Truth is in us... but we have to remove the barrier... the fence... the wall... once we do this we get the well... the water will flow... the truth, the bliss, the love, the compassion... all what you need is inside us... in one word... God...

God is in our being... 🌸

The moment you have opened a door in the mind to the beyond, all that you always wanted becomes available...

When we are in God, we are a

Continuity....

When we are in the world, we are

A discontinuity....

We are uprooted from our soil....

We are no more that which we could

Be....

To be or not to be is our only human becoming...

Man is a spirit and the world is material... we can go on playing the game, but we remain outsiders... we are no more at home... no more at the gate of heaven... no more in the space that is ours... we are somewhere else...

The real seeking is when we go in...

God is now – here or nowhere else...

Stop being a slave to your mind...listen to your heart... to your being and be who you are... meditation is the key to be in a meditative state... every breath is a path to our inner treasure... listen to your inner lecture... inner silence.... Be still and know that godliness is in us...

Whole... Oneness... worship....

This is our wow...

What else do we need? 🌸 All what we need is inside us... the source is in, in is our only inn and we have all the tools... just look out and find the roots of all that dies... all that goes...

Who am I? 🌸 why I am here? 🌸

I have the book I love and it is my best companion... I read only Osho... he is not a body... not a name... but a mystery in my being... he is not a man nor a body but beyond words and sounds... so is every enlightened being... the being who knows that nothing exists only God... only the existence... we are a non – being, no – self, no – soul, no – being.

So let go of our ego and only God exist...

"La ilah illa llahu" "No God but God"...

Truth is beyond words... beyond and beyond and beyond any bonds... and any dimensions...

Let us be in this now... in this vow... in this wow as we are... living moment to moment... totally and the ego dissolves... the dancer goes and the dance remains... the light remains...

Yes my beloved us... mewe... let us let go...

Let the light be... and bee....

Let us keep playing... we are here to play... play prayfully... let our work be our worship not our warship... So what is play? 🌈

Let us listen to what happened to Buddha...

He relaxed... his body must have been in a let- go, his heart in a let go, no desire, no future...

This moment was all...

And it was a full- moon night, and he slept deeply, and in the morning when he woke up he not only woke up from his ordinary sleep, he woke up from the metaphysical sleep we all are living in... He became awakened... He used to say to his disciples, "I worked hard and could not attain, and when I had dropped the very idea of work, then I attained."

So let our work be our play... it is a paradoxical state... that is the meaning of the word "play"

You work very seriously, as if through work something is going to happen, but it never happens through work. It happens only when work disappears and prayfulness arises, and relaxation arises; not out of my ego or my or me doing but no more me... it is a cosmic play...

So God is playing not working. This world is a play energy. In India God is a player, because the word creation carries much seriousness in it, as if there is some end and something has to be achieve, something is lacking. Or it means that there is a future, So God also lives in desire...

If children are playing can you say why are you playing? 🌈 Playing is good in itself....

The energy is moving, abundant energy is overflowing....

God means absolute energy, infinite energy... God cannot be economical... He has so much, so infinitely much, that he can only play... And this play, this mystery, goes on and on, there is no end to it... and we cannot ask "why?"... it is a joy... just celebrate being here without any desire... now or never

Be alert of this and enjoy moments so much that no energy is left to move into the future... now or never is our present... is our gift... then any moment all that is a burden disappears; suddenly you are freed... Be more like a bee... enjoy the present and less and less on the future...

Yes! Jokes... life is only a joke...

Teacher: you dumbo!! At your age Benjamin Franklin was first in the class...

What about you?

Student: Sir at your age Hitler committed suicide... what about you?





### Flight to Jeddah...

A woman telephoned the Saudi Airline office in Riyadh and asked,  
"How long does it take to fly to Jeddah?"

The operator said, "just a minute..."

"Thank. You," the woman said and hung up....



A woman helped her husband install his new computer.

Once finished, she told him to select a password, a word he'd always remember, when asked to enter it, he looked at his wife and with a macho gesture and a wink he selected the word..."penis"...

He became a little upset at her reaction, after the hit "enter" to validate the word, his wife collapsed with laughter, rolled on the floor... why??

Because the computer replied...

Too short... access denied



### Prostate exam

An old guy goes to his doctor for his physical exam and gets sent to the urologist as a precaution... when he gets there, he discovers the doctor is a very pretty female doctor...

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

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

The old man obeys and says "99"....

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

Again, the old guy says

"99"

The doctor said, "very good."

Now then, I want you to lie down on your back with your knees raised slightly... I'm going to check your prostate with this hand, and with the other hand I'm going to hold on to your penis... why? ... to keep it out of the way....

Now take a deep breath and say

"99"

The old guy begins, one, two, three....





Yes my friends .... Laughter is a door to our heart... to our divine door....  
You don't stop laughing because you grow old.  
You grow old because you stop laughing....  
Laughter brings some energy from your inner source to your surface.  
Energy starts flowing, follows laughter like a shadow. Have you watched it? When you really laugh, for those few moments you are in deep meditative state.  
Thinking stops. It is impossible to laugh and think together. They are diametrically opposite; either you can laugh or you can think. If you really laugh, thinking stops. If you are still thinking, laughter will be just so – so, lagging behind. It will be a crippled laughter...  
When you really laugh, suddenly mind disappears. Laughter in its purest form is a dance of all your energies... it rises from your center and moves towards your circumference. It is like an earthquake!! Each single cell of your body, each fiber dance in tune with the earth and the sky....



David walks into an appliance store and asks the price of a remote... controlled T.V.  
"One dollar," replied the clerk...  
"You've got to be kidding," says David...  
"Listen" says the clerk, "do you want it or not?" of course, David gives him a dollar...  
On his way out of the store, he sees a big refrigerator... "How much for that?" asks David....  
"2 dollars" replies the clerk...  
David pulls out 2 dollars and gives it to the clerk... "what the hell is going on here?" he asks...  
"Nothing is going on here," replies the clerk.  
"But my boss is at my house with my wife and what he is doing to her, I am doing to his business."



What is your business? 🌸 Why you are here? 🌸  
Respect yourself. Feel the joy and the pride that existence needs you; otherwise you would not have been here. Rejoice that existence cannot be without you. That's why you are here; existence has given you an opportunity, a life with great treasures in you... of beauty, of ecstasy, of freedom...



A single moment  
A single moment is enough!!  
It is not a question of being with a master for a long time;  
Time does not enter into it....

It is not a question of quantity, of how long you have lived with master... the question is how deep you have loved the master, not how long you lived with the master... how intensely, passionately you have become involved with the master... not the length of time, but the depth of your feeling. Then a single moment of awareness, of heart wakefulness, a single moment of silence... and the transmission, the transmission beyond all books and all sacred scriptures....



All what you see is the sacred book of God...

If what we see remains in the mind, it will be information... it is knowledge... let it move deep down in the valley of your body. Let it become your blood... let it circulate, let it become your bones, your breathing, your very marrow so that you can live it. It becomes your life. Not that it adds to your information; it adds to your being

As Jesus says "This is my body, which is given to you."

Likewise also the cup after supper, saying:

"this cup is the new testament in my blood, which is shed for you."


What does Jesus mean?  ...

He means: "unless I become your life, like your blood, futile was my being with you, futile was your being with me. Fruitless... it was a wastage... let me become your life...let me come deep in you so that I am no more separate, so that I become your very heart and I can beat within you."

Unless a master becomes your very heart, you are not yet a disciple... you may be a student but not a disciple... not a being....

On that last meeting with the disciple this is all that was said... but there was much which was said without saying... the very presence was communicated.

In fact, the last day with the disciples was the greatest day... it was the last supper with the mystery of existence, of the truth...

They did not ask anything, because when death is coming nearer, how can you ask??  That will be profane.... They were silent. In silence they must have eaten and drunk...

The bread became Jesus, the wine become his blood...  
That night Jesus transferred himself to them.

The same that happened to Buddha and to Moses and to Mohammad... they gave us the truth in its totality.... Jesus gave bread and wine.... Gave us earth and heaven... Mohammad gave us the existence in the Quran... the unity of all what you see and what you feel and beyond any bond...

But where is the truth? 🌹 Why so much wars? 🌹 Where is the love? 🌹 Where is the compassion? 🌹 Where is the forgiveness? 🌹 Where is the freedom?? 🌹

I want to be myself... a religious being not a follower of any religion but a fellow traveler... a member not a number... a jewel not a pebble... So be a rebel...

Live life full of love, joy, innocence, freedom individuality, to the extent that even if life has to be sacrificed for the higher values of Truth, then one sacrifices it joyously... it is worth it...

Socrates lived the truth and said it and died for it... He is a live...

He said: "To say the truth, to live the Truth, is my life!! If I cannot say the truth, if I cannot live the truth, then for what am I supposed to live?" 🌹

A life is life only when there is something higher in it... higher than life itself...

Remember, only that which is higher than life brings significance to life, brings meaning to life... if life has nothing higher than itself then it is empty, utterly futile; then it is absurd... And the greatest joy in life is to have something to die for...

Only when you have something to die for, do you have something to live for...



A single moment of compassion is more valuable than all what you see... It is not a question of survival, it is really a question of how to live this moment....

Parents sacrifice their lives for their children. The children again in turn will sacrifice their lives for their children, and so on and so forth... And nobody will ever live...

Never Sacrifice!! Live this moment;

Live it totally, intensely, passionately...

And then a miracle happens: if parents have lived their life beautifully, if they are fulfilled, their very fulfillment creates the space for their children to live, to live in the right way.

And by the right way I mean the total way not the moral way. To live partially is to live wrongly, to live totally is to live rightly...

If children are brought up by parents who have been living their lives afire, aflame, who have been celebrating their moments, these children will learn how to celebrate, how to live saying yes to existence...

A deep yes will arise in their hearts: it will be triggered by their parents. And the parents were not sacrificing, not at all. And so the children will not learn the suicidal idea of sacrifice...

If parents are sacrificing for their children, then sooner or later, when the parents are old, they will demand sacrifice from the children... they will say..."we sacrificed so much for you, now you sacrifice for us."

The country demands sacrifice from the people who live in it, the Church demands sacrifice, everybody demands sacrifice.

Just look around you: they all are standing around you, asking for sacrifice. And they teach you that to sacrifice is moral..

To sacrifice is immoral!!! 🌹

Whether you sacrifice for the country or for the religion or for the children, it is immoral... it is immoral because it does not allow you to live your life...

If you don't live your life you become sad, you become frustrated, and then in return you start pushing others to sacrifice for you. Then the whole life of the whole world becomes simply crippled and paralyzed.

Watch the news... read the history...

Why so much wars and so much madness?? 🌹

Just love yourself... you are not created to serve others... but if you love yourself you love others... you love the world...

God is not a murderer; he demands no sacrifice from you... He demands that you bloom and flower...

Only when you have flowered you will be accepted. And the way to flower is the way of acceptance...

Don't resist, don't rage against existence: relax, surrender, go with the flow... let your river be flowing... be a verb not a noun... be an action not a fiction... be a verse... a sacred verse... not a deadly virus



Yes! let us celebrate...

A priest dies and is waiting in line at heaven's gate...

A head of him is a guy who is fashionably dressed, in dark Sun glasses, a leather jacket and jeans... the top style of today...

Guy: I am a taxi driver from Delhi...

God: take this gold robe and enter the kingdom of heaven

God knows what he is doing but the priest said: God, how come that fool driver gets a gold and I spent all my life preaching good, get a cotton robe and I spent 40 years preaching...

God: My Son, while you preached, people slept. When he drove, people really prayed...

It is performance, not position that counts....

It is not what you do but how you do...



Police in trouble!!!

A police officer in a small town stopped a motorist who was speeding down in the main street...

"But, officer," the man began, "I can explain"

"Just be quiet" snapped the officer... "I am going to let you cool your heels in jail until the chief gets back."

"But, officer I just wanted to say"

"And I said to keep quiet!! You are going to jail"

A few hours later the officer looked in his prisoner and said, " lucky for you that the chief is at his daughter's wedding... He will be in a good mood when he gets back."

"Don't count on it," answered the fellow in the cell. "I am the groom."



A teacher Scolded a boy for not paying attention to his mathematics and for not being able to solve simple problems... she told him that you would not become anybody in life... the boy was Albert Einstein...



What everybody Ought to know

About life!!!

Heavy rains remind us of challenges in life....

Never ask for a lighter rain....

Just pray for a better umbrella.

That is attitude.



Some peoples always throw stones in your path.

It depends on you what you make with them,

Wall or bridge? Remember you are

The architect of your life...



It is not important to hold all the good

Cards in life...  
But it's important how well you play with  
The cards which you hold...



Often when we lose all hope and think  
This is the end...  
Remember, it is just a bend... Not the end...  
When one door closes... there are  
Many other doors... look at the  
New door that are waiting for you...



Why are you crying? 🌸

A man reached 80 year of age and he had an infection in his ears which made him almost deaf.

The doctors informed him that an operation was necessary to cure this disease... He agreed to have the operation done as he could not hear anything apart from the severe pain in the ears...

When the operation was completed successfully, his doctor gave him the bill which covered all the costs...

The old man looked at the bill and started to cry.

Upon seeing this the doctor felt pity on the old man and told him that if the cost was too high then they could make some other arrangements...

The old man said "I am not crying because of the money but I am crying because God let me hear for 80 years and He never sent me a bill."

There are so many blessings of God which we don't realize its importance, until its snatched away from us...



Oh God! Good morning...

I just woke up... but I do this every day... I don't feel it... no morning but mourning... my eyes are open but I am not awake... I am still dreaming... I am still lost... yes! lost in lust...

In greed and desires... I don't know what to do... I am mourning again...

If you really love, and love herenow, you know what life is... you are not your body... you don't die... death is a new door to a new life... but are you in love...

Do I love myself? 🌸 Do I know myself? 🌸

Love can show me my inner treasure, that which is beyond matter, that which is invisible...



Love always reveals the God in us and in all what you see... love is life and light and beyond birth and death... we are immortal...

Let us live our love now... if you can enjoy yourself now, then there will be no mourning, ever... you will enjoy the sadness because it has a beauty of its own, a depth, a silence. That sadness will be very meditative. It will reveal something within you that life could not reveal... sadness has its own delight; it is not sorrow, it is simply depth, a sacred silence...

If this moment is lived in its total intensity, in its utter wholeness, only then is it possible to be I – m – possible not

impossible... 🌸

let us sit down and enjoy this dawn... we say good morning but to be awake is totally different...

we are not awake, we are still dreaming, only our eyes are open... But we are robot... we are behaving like a machine, we are doing our daily work, our routine life... it is programmed...

we have been programmed by all kinds of ideologists... From the very childhood until now we are victims of victims...

wake up and be a victor and you have the key to your kingdom... Be a rebel and enjoy this moment and be at - one – ment with the one... Be part of the whole...

the real waking state happens only when we are completely deprogrammed, unconditioned.

Once you are no more dreaming, you can see... you can be... And that very seeing becomes the determining factor of your life... then you do only that which should be done and you don't do that which should not be done...

How to do? 🌸

Stop doing!! And when I say stop doing it does not mean do nothing...

"stop doing" means stop pushing the river, flow with the river. It is already going to the ocean. It will take you home, to your destiny... one feels wonder at every step...

Be active, do what you love but be aware and awake by living the feelings...

When you feel hungry you eat; that is not doing... when you are not feeling hungry and you force yourself to eat, that is doing... forcing is doing...


Let us live our choice not by force... 🌸

And our choice is, "let thy will be done."

Be one with the one... with this now... with this breath...



Don't make life a conflict. Enjoy it. And then each moment is precious and you will never feel helpless and you will never feel that nothing is getting better, because you are not expecting it to get better...

Expectation is frustration.... 

It is already the best world that can be. But our ego wants to improve upon things... you think you know better than existence itself? You are just a small part of it, you are just a small ripple in the infinite ocean... and you want to improve upon the ocean... that is just being foolish!! Relax...

We are too obsessed with doing... technology is doing this and that... we have created such smoke of doing around us that it is impossible for the truth to be seen...

But let us relax and wait and do meditation and be patient and the mind also settles, and thoughts disappear, desires are gone, and the spring of our consciousness becomes crystal clear...

Sit by the side of your mind and be a watcher and that is what meditation is all about... you will be in a meditative state all the time... now is the only time and only space...

Now begin the search into God... you have all what you need but you don't have yourself... now is the time to be one with the one... oneness

Is our only isness....



Unless one discovers oneself one remains just a means...

The moment one has discovered oneself one has found the end... the circumference of your being is the means:

The body, the mind, the heart. Use all of them to reach the innermost core, the very center and that is the end...

In finding it one finds everything that is needed to be found. In knowing it all is known. In reaching it one reaches God...

God is so near why go so far... what is our choice? 

Mom is teaching her son about life...

Son: Mom! A fight is going on inside me...

Mom.. yes! it is a terrible fight and it is between two wolves... one is evil... the other is love... this same fight is going on inside you and inside every other person too."

The son thought about it for a minute and then asked his Mom... "which wolf will win?"

The Mom simply replied... "The one you feed."

Let us watch our energy... love or hate?



A man suffered a serious heart attack while shopping in a store...  
The store clerks called 911 when they saw him collapsed to the floor.  
The paramedics rushed the man to the nearest hospital where he had  
emergency open heart bypass surgery...  
He awakened up to find himself in the care of nuns. A nun was seated next  
to his bed asking him how he was going to pay for his treatment...  
Do you have health insurance? 🌸  
No health insurance. He replied....  
Do you have money in the bank? 🌸  
No money in the bank. He replied...  
Do you have a relative who could help you with the payments?? 🌸 Asked  
the nun...  
He said, "I only have a spinster sister, and she is a nun."  
The nun become more agitated and announced loudly. "Nuns are not  
spinsters! Nuns are brides of Christ!!"  
The patient replied, "Perfect. Send the bill to my brother – in – law"



Yes... let us Smile...  
How can you "SM – LE" without  
"I"?  
How can you be "F – NE" without I?  
How can you "W - SH" without "I"?  
How can you be "FR – END" without I?  
"I" am very important, but this "I" can never achieve "S – CCESS" without  
"U"



i an u is mewe... is us... is existence... Be still and know that the amness  
is I am... is one energy in all of us... we are at – one – ment with this  
moment... with this now and this wow...  
Let us keep playing... life is only a play... why not enjoy our joy and  
share what we love and what we care? 🌸 Yes! it needs courage to be who  
we are and live our awareness... what else can we be... be the bliss and  
the blessing...

#### Golfing Accident

A golfer accidentally overturned his cart... hearing the crash, a woman  
who lived on the golf course came out of her house yelled over him "Hey,  
are you okay?"  
"A few cuts and bruises, but nothing seems broken" he said...  
Come up to the house and let us get some "bandages" she said...

"No, my wife wouldn't like that"

"You are hurt!! Come in."

She got some antiseptic and bandages and cleaned him up. But he was in obvious pain, "Do you want a drink?"

"I'd love one, but my wife would be very unhappy."

"Nonsense!" she said, pouring a drink, "You are in obvious pain, and you need something."

As she tended to him he became aroused and she noticed... she began taking off her clothes.

"wait" he said, "my wife will be furious."

Don't be silly, you have a trauma and this will be better than anesthesia...

After words, he began to dress quickly...

"where are you running off to?" she asked...

"My wife is going to kill me!" he said

"She will never know anything happened." Said the woman, "Where is she, anyway?"

"Under the golf cart," he said...



Two business men were sitting down for a little break in their soon – to – be new shop...

As yet the shop was not ready, with only a few shelves set up... one said to the other...

"I bet any minute now some moneyman is going to walk by, put their face to the window, and ask what we are selling."

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

One of the men replies sarcastically...

"We are selling ass – holes."

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



Yes! she gave them a smart fart...

Be aware of drinking!!!

Three men were drunk and they stopped a taxi... the taxi driver figured that they were not in their minds... So, he just switched on the engine and switched it off and told them... "we have arrived."

The first man gave him money...

The second one thanked him

But the third one... he slapped the taxi driver....

The taxi driver was stunned because he was hoping that none of them must have had realized that the car did not move an inch....

So he asked the third man: what was that for???

The third man replied: "control your speed from next time onwards... you almost killed us!!!

A drunk is a dung....

Be aware of any addiction....



Yes!! I am addicted too... my addiction is in searching and seeking the truth... to find a soul friend nearby who is on the same path...

I want to know if I am no more here now where do I go? 🌸 Why am I here? 🌸 Who am I? 🌸 what is my real identity???

🌸 How can I know the Truth? 🌸 Who can teach it? 🌸

Truth:

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

Truth has to be discovered within our own soul....

It cannot be borrowed from the scriptures... it is beyond words... it is in the wordless silence, in deep meditation... in witnessing... in the state of no mind... in the middle of the cross... in the core of our being, it is one dimension, the roots and the fruits... the vertical power... it is from heart to heart... this is the love of Christ to us and our love to him too... but teaching is from head to head....

Enjoy the truth from any source it comes... 🌸

The question is of being with the truth in the masters. In the prophets... but not in the body... so my addiction is with the truth...

So let us nourish ourselves with the truth. Don't cling to persons... truth is beyond the body, it comes to us as a surprise, it comes when it comes...

There is no way to truth. All ways are from the mind. You will reach some where, but that will be just your own mind playing a game with itself.

Truth is not a disciple either, it is freedom.

Truth is a bird on the wing, not a bird in the cage... the cage may be of gold, but it is a prison, so only those who are capable of being free attain to it....

Truth is in the total Trust and if you ask what is trust... it is a mystery, hence it cannot be explained... it cannot be defined...

It is the highest form of love, it is the essential core of love... love itself is a mystery and indefinable, but love is like the circumference and trust is the center, its soul.

Love is like the temple and trust is Christ in the temple where God is alive...

You live in trust out of love... love is God... not God is love... it is your own growth that brings you to trust... it is your own experience...

Trust is not belief either... you have all the freedom to doubt... doubt is a gift of God, it is a sword; it cuts all beliefs, but it is a dangerous path... the path to truth is bound to be dangerous because Truth is the ultimate peak... Trust is the ultimate breakthrough: it helps you to know the truth on your own... and truth liberates you only when it is yours; somebody else's truth cannot liberate anybody. It creates bondage and nothing else...

Let us be aware when we breakdown... 🌸

It is a great lesson... keep walking your path... Be intelligent... this is your life....

Don't be guided by stupid people; be guided by your own intelligence...

Find a real master... a real Christ... a real Mohammad... who is representing himself not any mission... not any book...

Do not trust in anyone... just trust... 🌸

Trust will help, it will help your consciousness. It will make you luminous, capable of seeing, capable of understanding that which is... Pour your energy into trust and don't pour your energy into doubt... into hate... and only your understanding will help...

There is a famous Sufi Story: 🌸

A man has just got married and is coming home with his wife. They are crossing a lake in boat, and suddenly a storm arises... the man is a warrior, but the woman becomes very afraid, it seems that life is finished: the boat is small and the storm is really huge and at any moment they are going to be ground or drowned. But the man sits silently, calm and quiet, as if nothing is happening...

The woman is trembling and she says, "Are you not afraid? 🌸 This may be our last moment of life!! It does not seem that we will be able to reach the other shore. Only some miracle can save us, otherwise death is certain. Are you not afraid? 🌸 Are you mad or something? 🌸 Are you stone?" 🌸

The man laughs and takes the sword out its sheath. The woman is even more puzzled about what he is doing... what is he going to do??? 🌸

He brings the naked Sword close to the woman's neck, So close that just a small gap is there, it is almost touching her neck.

He says, "Are you afraid?" 🌸 she starts laughing and she says, "Why should I be afraid? 🌸 If the Sword is in your hands, why should I be afraid? 🌸 I know you love me."

He puts the Sword back and he says, "this is my answer, I know God loves us, the storm is in his hand, so whatsoever is going to happen is going to be good. If we survive, good; if we don't survive, good, because everything is in his hands and he cannot do anything wrong."

This is the trust a free being needs to imbibe... Such tremendous trust is capable of transforming your whole life... your whole vibe...

So we are the whole and holy healing energy that living in total trust with nature... this is our nurture...

Just trust the tree and talk with it... trust the stone... trust all what you see and talk with them...

We exist with the trees. Destroy the trees and we die. You breathe oxygen in, trees exhale oxygen. You exhale carbon dioxide, trees inhale carbon dioxide. So when you are surrounded by trees you are more alive...

More oxygen, more life, more vitality and your blood is purified; you can throw the toxins out more easily and you live at the maximum...


So there is a partnership with our mother earth... we are one with nature...

No fight with animals and trees... we talk with them...

there is a famous Zen story... 

A king told his carpenter that he would like a certain table... the old man said, "I will do my best. Give me time.."

For three days the old man stayed in the forest and came back with a little wood for the table....

The king asked, "It takes three days to bring a little wood?" 

The carpenter said, "Sometimes it takes three months... a much more... it is a difficult art."

The king was puzzled and the man said....

"First I have to go on a fast, because only when I am on a fast does my mind by and by slow down. When my mind slows down; all thoughts disappear, all aggression disappears.

When I am no longer violent, then there is pure compassion and love, a different vibe... when I feel that vibe of no – mind, then I go into the forest, because only through that vibe can I find the right tree... And I have to ask the trees themselves whether one of them is willing to become a table...

I go, I look around, and when I feel that this tree is willing... that willingness can be felt only when I have no mind. So there is fasting, meditating, and when I become absolutely empty, I simply roam around with the trees to have a feeling one with it and I ask its permission...



"I am going to cut a branch from you... Are you willing?" 🌸 if the tree says yes whole heartedly only then do I cut, otherwise who am I to cut its branch?" 🌸

This is a real science... there is no fight between us and nature, there is friendship...

Yes! the tree can say yes or no... now we have instruments that can detect the moods of a tree or the rock...

You can have a cardiogram of the tree... so be aware of your furnitures and your clothes and your car and your connection with nature...

Either man has to turn back and drop the western aggressive attitude towards nature or global madness and be ready to say goodbye to this planet...

This planet cannot tolerate man any more; it has tolerated him for long enough... the power of towers or the power of flowers?? 🌸 What is our choice? 🌸

A forest of trees or a jungle of junks?? 🌸 Trees or trash?? 🌸

We love trees and we change the trash into flash... and yes!! a story from the garden....

Tomato Garden... 🌸

An old man lived alone in the country... He wanted to dig his tomato garden, but it was very hard work as the ground was hard...

His only Son, David, who used to help him, was in prison... the old man wrote a letter to his son and described his needs...

Dear David...

I am feeling pretty badly because it looks like I won't be able to plant tomato this year... I'm just getting too old to be digging up a garden plot... I know if you were here my troubles would be over... I know you would be happy to dig the plot for me...

Love... Dad....

A few days later, he received a letter from his Son...

Dear Dad...

Don't dig up that garden. That's where I buried the bodies...

Love... David...

At 4, a., the next morning...

FBI agents and local police came and dug the whole area... and left...

The same day the old man got another letter from his Son...

Dear Dad,

Go a head and plant the tomato now... that is the best I could do...

love you



David...



Everyone will find a way to do something...



A preacher was completing his sermon....

With great expression he said, "If I had all the beer in the world, I would take it and throw it into the river."

With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then, finally he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river."

He sat down. The song leader then stood up very cautiously and announced with a smile, "For our closing song, let us sing hymn 365... "shall we gather at the river."

Yes! let us be drunk with the best boost ever...

Yes! let us drink...

Let us be drunk with our thirst and our quest to our truth...

Our quench is not by drinking drugs but by drinking the wine of our will and our way...

Give at least few minutes every day for meditation and then by and by you will become so silent and so happy, so unworried, that the desire to drink will start disappearing...

If you force it, it will create a conflict inside... And whatsoever we repress is going to take revenge... and you will drink much more...

Drinking simply means there have been problems, problems that you could not solve... Worries from which there was no escape...

The only way you could find is to become unconscious. That is a short cut to get out of the problems and the worries...

And there are worries and problems in life... this is how we learn... face your fear... find the cause and the cure... it is in us... in my mind... accept it, face it... and meditation is the cure...

A moment comes when you cannot drink, only then drop it, it is dropping on its own accord...


I am always for a natural way about everything... I am against all guilt feelings and I don't want to create guilt feelings in anybody. This is our life to live it and be alive and aware and awake...

What can you do? 🌸 There is no point in fighting with it, but there is a way to change the inner vision...

For example, if you become more happy and more silent you will not be able to drink much, because for drinking one needs to be very very unhappy...

Deep down some unhappiness is needed... only then can we drown it in drinking or in eating or in playing any mind games of gamblers or adventures or hunters or warriors... or shop until you drop... Any action that hides our addiction...

The drinking feels as if it gives a certain joy or pleasure but it does not... it simply gives a false happiness. But if you become happy you will stop drinking or smoking or Fucking... read our book fuckitall... it is the best pill without any bill...


No one is going to help you only you... All Societies are against any addiction but still. They have to allow it, because it is a good money income... we are using our health for our wealth... and what are we doing? 

We are against war but by killing... Fight with fight will not be bright light... let us be aware and face the cause of alcohol, of any drug... of any bad habit....

Alcohol is a need because the tension is so great inside that you would go mad because of it...

Only a meditative Society can be free of alcohol, of smoking... of gambling... of any fake games to forget misery...

Alcohol is nothing but a chemical strategy to forget our miseries, anxieties, our problems...

All what I desire but I don't have myself?? 

All the drugs create illusory worlds for us and they are all distractions...

They make you more and more oblivious of your own being, unaware of your own self...

The word "awareness" is the master key to our life... 


Can I pray while drinking?

Yes!

Can I drink while I am praying?

No!!

Let every action in our life be our meditation... be our worship... But the egoholic, the powerholic, are the really dangerous people... and the irony is that, the priests and the politicians, are the mafia of the soul... And we are the cause... change yourself...

Who am I makes the difference... 

Be the change you want to see in the world...

One seed turns the whole earth green...

The people who are power – intoxicated, they are the most dangerous people...

Adolph Hitler was very much against alcohol... He was a non – smoker... A vegetarian and very disciplined. He used to get up early and go to bed early... and he proved to be the most dangerous man in human history... And he was a great painter too... So for such a dead mind, if he had been a little alcoholic things would have been far better...

Alcohol has something of the religious in it... it makes you forget your ego...

Let go of the ego and let God be our life and light and laughter... 🌸

Hence, all the religions are against alcohol because it is competitive...

Religion also gives you another door to escape from the world... Religion also makes techniques available to you so that you can drop the ego, but permanently... what alcohol can do only temporarily, religion helps us to do permanently. But which religion? 🌸

Great!! Yes you know it...

This is why we go to the pub and it is okay... the priest has his own way and so the drug stores and all the power people...

So let the true religion be our alcohol... our holy whole drug... our meditation... our prayer, our love to the inner treasure...

The only way is to start meditating and this will be our natural drug... our natural nurture...

Alcohol is an artificial technique for forgetfulness... if you are miserable it helps you to forget your blissfulness and your misery... But meditation will make you happy and happiness is our natural bliss...

So what is my choice? 🌸 What is your choice? 🌸

If you become a little happy you will not go for alcohol, because the moment you drink you will forget your happiness... it brings forgetfulness, whatsoever the case is.... Happy, unhappy, it brings forgetfulness...

Once meditation starts flowering inside you, new spaces, new blissful spaces, it becomes possible...

Then it is for us to choose... 🌸

When you have the real diamond, I don't think you are going to go for the artificial one....

All what you see is a natural gift from God... what can be more precious than life? 🌸 Than love? 🌸 Than the experience of bliss or silence of poetry or music? 🌸

And life is full of so many beautiful experiences, one cannot count them...  
The whole path of life is studded with diamonds and pearls and all kinds of  
jewels... Every breath is a new birth and a new dimension and a new  
experience...

Become aware of all this that surrounds you. And by becoming aware of it  
you will become aware of the great giver... call it nature, call it God...

They mean the same mine... Go in and dig in your well and a great  
treasure will flow and this is how we grow and glow...

It is natural to grow old but it is optional  
to grow up....



If you want happiness for an hour take a nap

If you want happiness for a day... go fishing...

If you want happiness for a month... get married...

If you want happiness for a year inherit a fortune...

If you want happiness for a lifetime... help someone else...



Life is full of broken places... but there are

Those who becomes stranger at the

Cracks.



What you are is God's gift to you...

What you make of yourself is your gift

To God....



A traveling sales man was passing through a small town when he saw a  
little old man sitting in a rocking chair on the porch of his house... the  
little old man looked so contented that the salesman could not resist going  
over and talking to him...

"You look as if you don't have a care in the world... what is your formula  
for a long and happy life?"

"well," replied the little old man, "I smoke six packs of cigars a day... I  
drink, I enjoy a large bottle of whisky a day and six cases a beer a week...  
I play the guitar and I go out every night..."

"My goodness... that is just a great for your old age... how old are you?"

The little old man took the cigarette out of his mouth and said...

"Twenty five..."



Two men sitting around drinking a few beers...

"How is your wife looking these days?"

"she went to the beauty shop and got a mud pack and for two days she looked nice... then the mud fell off..."



Sister Agnes, Theresa and Margaret go out for a walk from the convent... they enter the local liquor store and order a bottle of bourbon whiskey...

"Sisters, you should not be drinking hard liquor..."

"it is not for us, this is for the mother superior's constipation..."

He sells them the whiskey and the nuns leave..

Later as he closes the store and walks down the street, the owner finds the nuns sitting under a tree, gulping in turns from the bottle...

"Sisters!! I am shocked. You told me that booze was for mother's constipation " "it is..."

Says sister Theresa... "when she hears about this she will shit herself."



An old lady always had a glass of milk with her meal... and one day she went to a friend's wedding and some joker put some gin in the old lady's milk, unknown to her ...

She sipped the milk, savored it, drank some more, and finally emptied the glass...

Then with a smile on her face she said! What a cow!! What a cow!!



Who is your Boss? 🌸

Be your own message... your own master and your own miracle...

You have all what you need in you...

No need to go any place...

You have the book as best companion and what your body needs so why not be your own boss...

Who is the boss? 🌸

A man wanted to buy his son a parrot as a gift...

The next day he went to the pet shop and saw three identical parrots in a cage... He asked the clerk, "How much for the parrot on the right?" 🌸 the owner said, "it was \$2500..."

"\$2500? Well, what does he do?" 🌸

"He knows how to use all of the functions of Microsoft office 2010," responds the clerk

"He can do all of your spread sheets and type all of your letters."

The man then asked what the second parrot cost...

The clerk replied, \$5000, but not only knows office 2000, but is an expert computer programmer

Finally, the man inquired about the cost of the last parrot...

The clerk replied, "\$25.000."

Curious as to how a bird can cost \$25,000, the man asked what this bird's specially was...

The clerk replies, "Well to be honest I haven't seen him do anything...."

But the other two parrots call him

"BOSS"!!!

Dear readers, how many of us have the same setup in your offices? 🌸

Where we call a person Boss and he does nothing?!!! 🌸



A Chinese secretary got an expensive pen as a gift from her boss... she sent him a thank you note on his email:

"your penis wonderful...I enjoyed using it last night, the flow is smooth and grip is wonderful..."

Thanks a lot...

The wife of the boss filed for a divorce in court....

Space is an essential part in English...



Truth has no space and no time... Drop the idea of space and time...

Only a meditator can transform solitariness into solitude... then when he is totally alone he is not lonely, not at all... He is full of his own being, overflowing; in fact more overflowing than ever....

This is one of the greatest problems humanity is facing today, because the earth has become too overcrowded and people are really suffering from an immense small space...

Our privacy is lost and when privacy is lost all is lost... 🌸

We need a distance for our space and place. Only in zoos do animals go mad, not the woods. We need methods to create space again and meditation is the only method to create our space if not outside then create it inside....

Let us find space within. Then even in the crowd you remain in solitude because now you know how to create an inner space ...

You remain centered. Nobody can interfere with your inner space and without this space life has no meaning, it will not have any salt, it will not have any taste at all...



In our inner space we can throw out all our junk that is inside us... the desire, the past...

And the future and you can feel your self surrounded by infinite vastness... And that vastness is divine... that is solitude...

That is the freedom to be who you are...

Be your own master... 

The moment you put the idea of the ego aside, the doors are open, for the wind, for the rain, for the Sun... and the master's presence will start entering into you, creating a new dance in your life... a new space of grace, giving you a new sense of poetry, mystery, music and beyond...

Once you have tasted the joy of being open you cannot be closed again...

And a moment comes in the life of a disciple when not only windows are opened, even the walls disappear!!! You become one with the master... the dewdrop has become the lake, the lake has become the dewdrop...

It is like two candles burning in a room; their light will become one. And the love of a master and the disciple is simply and orgasmic merger of two lights...



Truth is one and lives in everyone of us... But a master is needed to transform our life... once you are alive you need no one at all... you are one with the all...

Once you know this oneness you live it... it is our nature... we are one with all what we see... let us say it again and again... say it... see it... be it....

If you can become that one, you have become the great one... this is the Sufi way... the Zen way... our natural way...

We say about God without using the word "God"... if you become one, you have become God... God is not a person but a presence at the innermost core of your being; it is your own mystery, your own presence... that silent core, that space where nobody can enter you. That private, that absolutely intimate virgin space, your interiority is God... is Godliness...

God is a code word... is "that which is" 

When your insight is clear, when all the clouds are gone and the Sun is uncloudly in the sky, who bothers about questions and answers?  Who is concerned with words and theories, ideologies, philosophies, theologies?  They all disappear...

All what we see is illusion....



In our inner – outer silence is the truth...



That silence is the shrine of the Truth... Enter into it... take the jump into it... that is the essential step in our trip...

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

The God of the priests has never been alive. The alive God is that of the mystics...

Yes!! this book... this page... this word which is in our heart... in our silence... in our stillness will teach us the truth...

"Be still and know that I am God" 

This amness not the i, not the mind, not the ego... but the existence is our amness....

The moment you know who you are you have found the real identity... the real divinity... the real unity.... The real freedom... the real love.... The real laughter....

A cop was looking at night in a well known area for "parking"

He saw a couple in a car, with the interior light on.

He got closer to the car and saw a young man behind the wheel, reading a computer magazine and a young woman on the rear seat, knitting...

Puzzled by this surprising situation, the cop walked over to the car and knocked on the window...

"yes, officer?"

"what are you doing?"

"well, isn't it obvious? I am reading magazine."

Pointing to the young woman, the cop asked, "what is she doing?"

The young man shrugged, "I believe she's knitting a pullover..."

The cop was totally confused... A young couple alone in a car at night and nothing obscene is happening!"

"what's your age young man?"

"I am 22, Sir"

And her, what's her age?

The .... Young man looked at his watch

And said,

"she will be 18 in 20 minutes"



She will be an adult...

The meaning, the ordinary meaning – of the word "adultery" is making love to a woman you are not married to....

But the real meaning of adultery is making love while you are not in love. She may be your own wife, but if you are not in love, then making love to her is adultery....

It is not easy to be in love with your wife or a with your husband, it is hard and very rare, but it happens.... And then making love to her is a prayer, is worship; it is communion with God...

And this communion can happen even with a married couple. If love is there, then it is a worship and if love is not there it is adultery... so the little boy said... one of God's commandment is don't omit adultery...



Growing in love, you will grow in awareness...



Just Be what you Are And Don't Care A Bit About The world...



Oh my friends... we are playing with the last pages of this book... But truth has no end... and no beginning and no ending...

We are the truth and we are the existence... But let us be aware of yourself, of ourselves...

Where do you exist? 🌸

You exist in other's eyes and others exist in your eyes... it is a mutual deception... they don't know who they are, you don't know who you are...

I don't know who am I?? 🌸

You define them, they define you... it is a mutual trick... they play the game of defining you; you play the game of defining them... And all definitions are false, because your soul is never mirrored in anybody's eyes...

If you want to know who you are, you will have even to close your eyes... you will have to go within wards... you will have to forget the whole world, you will have to forget what they say about you... you will have to go deep inside you, and encounter your own reality...

That's what I am teaching here, not to depend on others, not to look in their eyes... there are no clues in their eyes...

They are as unaware as you are... how can they define you? 🌸

Again let me remind myself, I am not saying who is right, who is wrong. I am simply saying that interpretations change and people don't reflect you or your actions; they reflect their interpretations....


Your being is never reflected in the eyes of others... No one knows you only you and only in one way and that is by closing your eyes to all the mirrors...

You have to enter into your own inward existence, to face your original face directly.... Nobody can give you idea of it, what it is...

You can know it, but not from others... it can never be a borrowed knowledge, it can only be a direct experience, a direct experiencing, immediate....

Life is not an experiment in the lab, but an experience in your heart... in your being not in your book... So be aware of who you are and why you are here!!

So don't be worried about it... your outer eye is your door to your inner eye...

You must have heard about the third eye... 

When you look into existence with undivided consciousness, then you are one, you will know the kingdom of God... then all bliss will be yours...

Now, when the third eye is functioning, if you look at a person you look at his soul, at his spirit, and you will be transformed into a different world...

You start seeing things you have never seen, you start feeling things you have never felt, you start smelling things you have never smelled...

A new world, a subtle world, starts functioning... it is already there... the eye is there, the world, the subtle world, is already there... And you are aware in this mystery and the more aware of yourself, the more liberated you are, the closer you are to the truth...

Nobody can give you the truth; truth has to be discovered within your own soul and you have the will and you know the way...

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



Live simply so that everybody can simply live



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



If we eat right no doctor is needed...  
If we eat wrong no doctor can cure us...



When the power of love overcomes  
The love of power the world  
Will know peace



The only difference between a  
Sinner and a sage is that  
The sinner is full of forgetfulness,  
And the sage is full of remembering...



A religious person is not  
Interested in God; he is more interested in the very source  
Of his being... who he is:  
Who am I?



Go deeper and deeper into meditation so  
You can go higher and higher in  
Compassion...  
The deeper the roots, the higher the fruits...



Out of a hundred diseases, ninety – nine  
Will disappear simply by bringing  
Your consciousness to them...  
Face your pain and you will gain...



Patience ... then suddenly you start feeling  
He is present...  
Impatient, and you are rushing madly,  
And in your mad rush you cannot see..



Can I pray while smoking? Yes!  
Can I smoke while praying? No!!  
Let every work be a worship...  
Worship or warship?



Watch your thoughts

They become words

Watch your words

They become actions

Watch your actions

They become habits

Watch your habits

They become characters

Watch your characters

They become your destiny

Our destiny is in our desire...

What is your desire? 🌸

What is your choice? 🌸

Life is full of many broken places...

But there are those who become stronger at the cracks...

No pain ... No gain...

Let us be grateful to this now...

Take a deep breath...

God is now – here or nowhere....



Be yourself Anyway....

People are often unreasonable,

illogical, and self centered...

Forgive them anyway



If you are kind, people may accuse you of selfish and

Great ego... Be kind anyway...



If you are successful, you will win some false

Friends and some new and true enemies...

Succeed anyway...



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

You... be honest and Frank anyway....



What you spent years building, someone could

Destroy overnight...

Build anyway....



If you find serenity and happiness,

They may be jealous...

Be happy anyway...



The good you do today people  
Will often forget tomorrow  
Or today  
Do good and Be good  
Anyway



Give the world  
The best you have  
And it may never be between you  
And them...  
It is always between  
Me and myself .... Between  
Me and we all the way...  
When you have the will  
You have the way all  
The way....



Find a way to come to yourself not a way  
That takes you away...  
Just rest within your being, at home, at ease,  
Relax...  
And this very moment you are  
At – one – ment with  
The one...  
Oneness is our Existence...



Thanks or tanks?? 🌸

Peace pace

مریم نور



