



THE BOOK OF

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LIVED DEVIL  
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Peace Pace  
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Money



clouds



civilization

Drugs



Hurry

Authority



Celibacy



duality

Antichrist



Fame

Death



Diverce



Cages

brain



Belief

Age



Enemy



darkness

Act



chaos

Anger



disease



Astrology

Evil



Fear

Ego



Birthdays



asking

church



Greed

Desire



Conquer



guilt

Alcohol



Hate

Crowd



Future



blacks

crime



Buisnessman

Hell



Politics



war

Poverty



Rituals



illusion

Physicians



psychology

Sex



Protitution



ugliness

Prayer



parents

Suicide



Insanity



repent

Nouns



science

Taboos



Insult



negative

Old



Overeating

Worry



Snake



Religion

Jealousy



Prison

Vicious



sin



Question

No



Judging

Yes



Power



Priest

smoking



Zero

Devil...what is this energy...who is the devil?

You cannot fight against the devil, because if you fight with the devil you take it very seriously and in this way you believe in him...

The devil is created by our seriousness about him, this is our nourishment to him...we pay respects to him and we feed him, and the serious we become about him, the more we feel the fear...

The devil has not to be taken seriously at all, and if you fight you cannot avoid taking him seriously...

Where is the devil? 🌸

It is some condemned part of you...And you cannot cut it out because it is so deeply a part of you that there is no possibility of separating it from yourself...So you can go on fighting, but you will never win...


The statement is beautiful; you cannot fight against the devil, you can only play with him... Be playful, nonserious. Yes, even with sex, anger, greed, everything that has been condemned down the ages, be playful with it...

If you are playful the devil starts evaporating, because it is seriousness that gives him shape and form and solidity...

When you become playful about him, when you are not on guard, when you are not fighting, he is being starved; and

when you are playful you take the very earth from underneath his feet...

Yes! Jesus says: "Resist not evil". A very strange statement. No other awakened person has given such a rebellious statement...

Christian priests, missionaries, don't talk about it at all. .They talk about other things, but they don't talk about this strange statement: "Resist not evil." It seems very illogical, irreligious..Evil has to be resisted and Jesus says : "Resist not evil." Why? 

There is a secret in it...If you resist evil, you give energy to it...every resistance gives energy to the thing resisted...So if you ignore it, it will drop of its own accord because you will not be nourishing it with your energy; you are disconnected immediately.

So what is this energy? 


It is the truth..It is beyond word..You name it any noun or name or verb...it is the existence...

what is existence? 

It is our mirror...our power. It echoes. If we shout at it, it shouts at us; I say I love you, it will say I love you...whatsoever we do it will come back to us from all the directions, from all dimensions, from all of existence..

Once we start loving all that we see, the river, the mountain, the stars, the people, the animals; once we start getting involved in life with deep love, with great intensity, with a fire in our heart; then the whole world becomes so loving to us ... it always pays in the same coin ...

But it looks meaningless to us because we don't create meaning. It is dull because of me. To a Christ, to a Mohammed is not dull ... whatsoever you are, existence is that for you...

How to create a meaning? 

It is very easy and very simple...meditation is the only key ... An hour of meditation is worth a seventy years of worshipping... So let awareness, a silent watchfulness, be our center ...

At the center be meditative, at the circumference be loving, and you will see the whole existence changing ... this is because of your compassion and this is the change ... this is the challenge...

Change is a constant law ... 

Let us change our mind from ignorance to innocence ... and then comes the wisdom ... we are here to play peace not war ... to live our choice ... what is your choice? What is my choice?

Let us remember this story ... 

A master was traveling with one of his disciples. The disciple was in charge of taking care of the camel ... They came in the night, tired, to a caravanserai ... It was the duty of the disciple to tether the camel; he did not bother about it, he left the camel outside. He simply prayed to Allah. "Take care of the camel." And fell asleep ...

In the morning the camel was gone...stolen or strayed, whatsoever had happened ... The master asked, "Where is the camel?" and the disciple said, "I don't know. Ask God. I told Allah to take care of the camel, and I was too tired, so I don't know what happened. And I am not responsible either, because I told Allah, and very clearly and you go on teaching "Trust Allah, so I did, I trusted."

The master said, "Trust in Allah but tether your camel first, because Allah has no other hands than yours to use."

If God wants to tether the camel, he will have to see somebody's hands, he has no other hands...And it is your camel!! The best way and the easiest way and the shortest is to your duty, to use your hands ... Tether the camel and then trust Allah ... you do whatsoever you can do ... that does not make the result certain, there is no guarantee ... so you do whatsoever you can, and then whatsoever happens, accept it ... I do my best and let they will be done ... This is the meaning of tether the camel: do your work the best you can,

don't shirk your responsibility, then if nothings happens or something goes wrong, trust Allah...

It is very easy to trust God and be lazy...It is very easy not to trust God and be a doer. The third type of man is difficult. . To trust Allah and yet remain a doer...But now you are only the instrument. God is the real doer; you are just instruments in his hands ...

The religious person is one who goes on doing whatsoever is humanly possible but creates no tension because of it. Then doing is a kind of prayer, with no desire that the result should be such ... then there is no frustration ...

Trust will help you to remain unfrustrated, and tethering the camel will help you to remain alive, intensely alive ... just do what you love and love what you do..Let love be alive in us ... do not die for your anyone but live for yourself and for everyone and for existence ...

Let our work be our prayer and our worship, because that's the only way to show gratitude towards God ... he has given us life and let us find out every excuse to live and live to the utmost, live to the maximum; don't live in a minimum way ... we are here to represent life, love, light, and laughter ... this

is what LIVE is not Evil ... 

So let us see the positive and the negative of each thing in life... Let us do our best in our work and we remain choice less... Let things settle themselves ... Things always happen ...

They simply happen ... life automatically goes on balancing itself ... things go on smoothly and so perfectly ... Do your best and leave the rest to God. Everything settles on its own way, and then there is great beauty because there is no violence to any part ... they have dissolved into each other on their own ... And the negative and the positive have a pull towards each other; they are attracted to each other. They are like man and woman; they can meet, they can merge ... And when they have met and merged a new reality arises ...

That totality is surrender ... It is not against resistance; but no more dualities ... but we have the freedom of choice lessness ... Let go and let god ... don't choose, let things be and be a witness ... to let God live through you ... you become a medium... Then whatever happens is divine; it is neither good nor bad; it is simply divine ...

A sinner is one who knows what is good and what is bad, but follows the bad. The saint is one who knows what is good what is bad, but follows the good ... and the sage is one who knows what is good and what is bad but has gone beyond both ... and he is no more interested in those divisions; he lives in a choice less awareness ... that is purity ...

Purity is not something to be cultivated ... If it is cultivated it is just on the surface; it is a camouflage, it is a mask, it is false ... It can give you respectability but it will not give you a soul ...

The real purity is something utterly uncultivated; the real purity is not something practiced ...

Then what is it?

It is to live without mind; it is to live without planning. It is to live not out of the memory but out of the present moment ...

Whenever somebody lives out of the past, his act is a reaction; it is not an act. Acts are pure; reactions are impure. The act is a response to the present moment. You don't bring your mind in. You don't ask your past how to respond; you simply respond spontaneously ... then there is purity, and that purity librates. And in living moment to moment, alert, conscious and responsible, life becomes pure...that purity is uncultivated, is divine; that is real holiness...

The so-called saints are just fake ... they are trying to get something out of it ... they have a goal ... it is business in their mind ... the real purity has no motive ...

A child has fallen and you simply help him to stand up again, with no motive; it is a sheer response to the moment ... This is pure act ... It is holy. And the reward is a great joy in the now, not later on, immediately ...

Now! Let us laugh ... a laughter is a door to the divine ...

A doctor was addressing a large audience in Oxford ...

“The material we put in our stomachs should have killed most of us sitting here, years ago. Red meat is full of steroids and dye. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG ... High fat diets can be harmful ... the word diet is die it ... and we have many germs in our drinking water.

But, there is one thing that is the most dangerous of all and the most of us have, or will eat it...Can you anyone here tell me what food it is that causes the most grief and suffering for years after eating it?”

After several seconds of quiet, a 70- year old man in the front row raised his hand, and softly said, “Wedding Cake.”

No more honey moon ... one day honey and the rest we run for money ... money to serve the mind ... the money-minded-devil ...

Me too I love money!!

I am against money ... I am against money-mindedness ...

I am not against possessions, I am against possessiveness ...

And there are two totally different dimensions, diametrically opposite to each other ...

To be against money is stupid. Money is a beautiful means, a means of exchange. Without money there cannot be an evolved culture, society or civilization ...

Just imagine that money has disappeared from the world. Then all that is comfortable, all that is giving you convenience will disappear with it ... people will be reduced to utter poverty ... Money has done a tremendous work; one has to appreciate it ... But what are we doing with the money??? Why worships? Why not worships? What is our work? Without wealth all science will die ... man will not be able to fly ... just as without language all art, all literature, all poetry, all music will disappear... just as language helps you to exchange thoughts, to communicate, so money helps you to exchange things; it is also a form of communication.

But money-minded people cling to money; they destroy its whole purpose...use it as a “currency”. The more it moves the better, the richer the society becomes..if you don’t use it, you don’t own it ... it is a power for peace not a power for war ... for live not for evil ... Saints are also thinking of money...they call virtue ... with virtue they can buy a house in heaven ...

A man stops thinking about money only when he starts living in the present. Money is for the future, a security, a guarantee for your old age ...That is why we go on accumulating more and more money, because the thirst for power is unlimited ...

The power of love? Or the love of power?? If we know how to enjoy a rose flower, a green tree, the mountains, the stars,

the moon, the people, we will not be so much obsessed with money ...

The obsession is arising because we have forgotten the language of celebration ... hence money became our god..our only thing to brag about ... this is the power of the devil ...

Let us celebrate life, and the obsession with money disappears automatically ... our breath and our daily bread is available every now ... Live with money, it is better to use it but not to be used by it ... money should not be our master ... be your own master and with more money you have more choices to choose your misery according to your mind ... The poor man has to suffer in a limited way. The rich man suffers unlimitedly: he can suffer here, he can suffer in London, in New York ... in the moon ... he has the whole worlds to suffer in ...

If you are poor you have to suffer one woman; if you are rich you have to suffer many women ... with more experiences, it will bring you to God sooner, because you will be tired sooner...

Money is like blood circulating in the body, but if a miser comes in, a clot will happen and he will die with the money attack ...

Let money moves fast ... nobody clings to it, everybody uses it. The more you use it, the more money floats and circulates, and the richer society is ... but use it for your heart

... for your love ... look outside, the beautiful creation; look inside, the beautiful creator ... and in out is one with the ONE ...

Yes! You are so right ... many of us are monkey minds ... The word “monk” means one who lives alone, escapes from people... But be with the people ... be in hell and see it a heaven too ... Jesus says “I am with you but not part of you ... I belong to another world.”

To be alone is good but not to be lonely ... our aloneness is our essence ... our bliss ...it is your love to yourself that brings your love to every self ... that helps you to become mature ...

But monks remain retarded, they remain stupid, they are out of the soil of life ... they are greenhouse plants; bring them into the world and they will immediately shrink and die ... they are afraid of people, afraid of hell, which does not exist, greedy for heaven, which does not exist ... and between hell and heaven missing everything that does exist ...

So spend all your money in hell and put the best air conditions and invite the best girls and enjoy your joy and rejoicing is better than joy, rejoicing is on-going forever and ever ... Rejoicing, that is closer to life; that's how life is and should ... One goes on flowing from one peak to another, and the flow is a continuum..It is possible only to make your life a continuous flow..just as night and day are one, joy and sadness is one...

Rejoicing is an art...the dance continues, the roots and the fruits are one..In success, in failure, young, old, alone, together, in life, in death, rejoicing continue...it contains the polar opposites in it, hence it has more totality..and whatsoever is total is divine...whatsoever is partial is no more divine...but deviline..Jesus says again and again to his disciples, “Rejoice, rejoice, I say to you rejoice!” But I don’t think we understood this grace...In fact, we don’t see Jesus is laughing ...or rejoicing..and for two thousand years, the Christian church is telling us that Christ is sad and never laughed..

You will not see a single picture of Christ laughing or even smiling...laughter is far away...they have created the image of a Christ so miserable, so sad, that I wonder whether they are interested in Christ or in the Cross!! Crossianity!!

So where is the devil? Why it is in our mind? What is this business? Why not be happy and laugh and rejoice?

I love to share this true story about a Sufi master... 

Farid was dying, and for his whole life he laughed and joked and danced...But the elders of the society were worried about him...

When he was dying somebody asked him...Farid, have you made your peace with Allah? Or have you wasted your life dancing, singing, joking, fooling around?”

Farid opened his eyes and he said, "But I have never quarreled with him, so why should make peace with him? We have always been on good terms. Sometimes I tell jokes, he laughs; sometimes he tells jokes...I laugh..things have been going very well. And I have saved few jokes which I have never told anybody; they are especially for him, because I know when I arrive there he will ask, "Farid, what have you brought?" I have saved few jokes, what else I can keep to take with me ... prayers he has heard enough of, serious people he must have seen enough of ... this is the way of a truly religious man ...We are here to learn religiousness not religion ... A religion is a dogma, an ideology; it is from the mind ... a subtle violence ... to control you, enslave you ...

And all the religions have been doing that for thousands of years; it is the work of the devil ...

When you are with a Christ, something has started ringing in your heart...your heart have felt a new energy, a new dance, a new melody has been heard ... not a new argument but a new melody ... a new roses are flowering in your being ...

Religion is the corpse of religiousness ... but many people feel good with religion, in fact the majority are with the evil ... because it is not dangerous at all. What can a corpse do to you?

But when religion is alive and breathing, you are no more a slave ... you are alive ... The truth cannot be with you ... you

have to be with the truth ... but the lie is in our hands and we can give it all the colors, all the forms and you can make it fit with your unconscious life ... you can be a Christian, it does not disturb your consciousness ... but to be a Christ is to walk on fire...

This is what born again a Christ is, a real resurrection ... It comes after the crucifixion ... To be with a master is to be ready to die and ready to be born anew ...

Religion is consolation, confirmation ... 

Religiousness is revolution ...rebellion ... 

so be a rebel ... rebellion is religious ... revolution is political .. it needs you to organize yourself as a party, as an army, and fight against the enemies ... Rebellion means you rebel as an individual; you simply get out of this whole rut ... At least you should not destroy your nature ...

And if more and more rebels, the world can be saved ... That will be true revolution ... non-political; it will be spirited .. .

If more and more people get out of the old mind its ways, if more and more people become loving, if more and more people are non-ambitious, if more and more people are non-greedy, if more and more people are no more interested in power-politics, in prestige, in respectability ... the world will know peace ...

Be a dropout ... use the opportunity to change yourself ... don't waste your life in struggling and fighting ... wake up and be who you are ... Live in the society as a nobody ... as a being ... with no greed, with no ambition..and then you can enjoy and you can celebrate ... this is how you spread the ripples of ecstasy to all the people ...

This is what freedom is ... this is our birth right ... we are born free ... neither from nor for, just free..neither against the past nor for the future ... but just to be in the present ... now-here or nowhere ... now or never ... here now is our only WOW!!!

Your whole life will become a life of beatitude and once you know, even for a single moment the ego is not there, you are not creating it, suddenly all doors open, and from everywhere, from all directions, life rushes towards you...The ego is our evil..our enemy... our challenge ... Let go and let god ... And if you are not alert you will not be able to see it, you will not be able to feel it. God's touch is very delicate ... great sensitivity is needed to feel it ... and we have it ...

In deep surrender, sensitivity, awareness, suddenly you are full of a mystery you had never known before ... drop the ego and you are home ... Yes! Our ego is our servant but it became our master ... this is why he is our evil ... our devil ... let us read why...

A child is born. A child is like an empty balloon ... it can be inflated, it can carry much air... but right now there is no air

in it... then, by and by, we put our thoughts in it ... this balloon is the symbol of the go ...

From the first year to the seventh year the child exists almost egolessly ... He exists in tune with existence, he has no separation, no clear-cut boundaries. He does not know who he is, he does not compare, he does not fight. He lives in utter relaxation, that's the beauty of a child..thats why the eyes of a child are so innocent; no tension floats there, no anguish, no fear...

Anguish arises only when your boundaries have become very clear-cut ...with the boundaries you are separate; when you are separate you are in danger. Separation brings danger ... when you start feeling that "I am myself and nobody else!" Then death starts hovering around you..because this is a false idea...you are part of the whole ...

The ego gives the idea that you are an island. You are not separate, so how can there be death? That's why a child is deathless, he can go and play with a snake ... He has no concept of death, he is so innocent ... From where does this fearlessness of the child come?

It comes because there is no division yet; he lives an undivided life, a life of unison, unity. That's why later on we go on thinking with nostalgia how beautiful those days, those few years, were ... they continue to remain the golden age ... the poetry of those days, the dance, the joy, the celebration.

That goes on hovering around you for your whole life ... As if the best happened first, and since then you have been falling and falling and falling ...

From the first to the seventh year the child remains like an uninflated balloon ... from the seventh to the fourteenth, the adolescent starts gaining air..that's why this age is difficult, always ready to say "no" and always ready to fight and to rebel... Down the ages it has been so, it is nothing new in this age... "I would like my own way, I want to do my thing! Right or wrong is not the question ... my thing I want to do!!!"

We create it: we repress it also...we are poisoning our children... we are victims of victims ... the father say's "Don't smoke!" and he will smoke ... Every don't becomes a do!! So he will throw his poison at everyone ... hence he becomes very anxious, uncertain of himself ...

Up to the seventh year he was very certain, there was no problem ... now the ego is coming up, the balloon starts taking shape ... Now you can see one adolescent becoming different from another ... they want everything of their own ... the signature has come into being ...

Character appears with adolescence..And almost always, if you watch an adolescent rightly, you can write his whole future..what the boy is going to become. All possibilities are there, but few start becoming actual and a few, by and by, shrink and die ... this is the age when you can judge because

now the balloon has a shape.. From the fourteenth to the twenty-eight year is the third stage of the balloon or the ego, inflated to the full ...

With the fourteenth year a kind of fullness enters into life because one becomes sexually mature. Nothing gives more air to the ego than sex ... without sexual maturity you remain lacking something ...

Your parents have something, they can produce children, you cannot ... you feel impotent. By the age of fourteen, a boy is no more a boy, at least he does not think that he is a boy ... Inside he starts thinking of himself as the man, a grown up man. And boys start taking more air; more flavor of the ego enters ... with sexual maturity ego comes to its full bloom ... the balloon is inflated to the full, personality arises clear and loud ...

In adolescence you could have looked deeply and found personality, but on the face of the youth you need not look deeply, it is written all over the face. With adolescence there was a little rebellious spirit, but with youth there is revolution..He is ready to destroy anything ... just to show off ... He is against all rules, regulations; he does not want to believe in anything..He does not want to believe in any tradition, in any religion..He wants to say “no” to God, “no” to the church, “no” to the Bible..He wants to say “No” with his whole heart ... the ego has come in a perfect way ...

This third stage gives him the feeling

“I am me and nobody else!” 

Ego is at its full peak...at this time the youth is always ready to fight, to explode...Aggression, violence, competition, ambition revolution and all enter into his blood and bones...

The fourth stage from twenty-eight to the fifty-sixth year..middle age..inflated beyond the natural capacity..the balloon is inflated beyond the natural capacity. The natural capacity is attained by the twenty-eight year; that's how far the balloon can go. Between twenty-eight and fifty-six it starts getting beyond the limit of the balloon. Hypertension arises... These are the most difficult days...Yes!! We can pass any step in our trip ... let us keep growing up!!!

Up to twenty-eight you were taught to inflate the ego more and more, so you go on inflating ... It has become a habitual thing... for twenty-eight years you have been practicing only one thing... through education, through teaching, through conditioning to inflate the ego.

Now it has become a routine; you go on inflating without thinking at all that there is a limited capacity to the balloon ... you go on pushing more and more air..hypertension arises ... so it is somewhere between twenty-eight and fifty-six that you start getting high blood pressure, heart attacks ... so you go from one doctor to another and you become shaky, and fearful ... Everything seems to go wrong ...

You are succeeding in life; you have money, you have prestige, respectability, but somehow you are disappearing in it..you are losing your being, your peace, your rest..

A great restlessness, a feverishness arises ... these are the most difficult days ... you become physically, mentally ill ... anxiety arises ... what to do? Where to go? The fifth stage is from fifty-six to one hundred and twelve, the ultimate expansion ... Just on the verge, any moment, of exploding ... You are ready, just a puff more and you will explode..

No more inflation is possible..This is the time when a person starts hoping that now death should be coming, starts thinking about death ... Not only starts thinking, but having a kind of hope that “Death will come and relieve me of all this burden.”

Then out of the sixth stage: the balloon explodes..

Out of the sixth there are two possibilities, the seventh stage has two possibilities ... the eastern and the western ...

The western possibility is: you die, and you are reborn again as an uninflated balloon in some bomb ... Death is the seventh possibility. If western psychology is allowed its full say ... if there is nothing like religion, then out of the sixth the seventh is born in a womb and you start the same repetition, the same rut... This is what, in India, we call the sumsara. The world.

Each death brings you back to life again, and again you start the same game!! And the game has been played millions of times!! And you go on playing, The same again and again ... Those who are perceptive and intelligent, they become alert ... They see the whole futility of it ... What is the point? Why go on repeating like a wheel? Why this wheel of birth and death?

Then there is another possibility and that is the eastern possibility: either you die, you explode and you are born; or you don't die, you don't explode..seeing the whole absurdity of the ego, you yourself relax, you puncture it ... That's what I call sunyas ... you puncture the balloon..the air goes out of it, the balloon shrinks back; it becomes like it was when you were a child ...

This is the second childhood; you have become twice born ... Not in some other womb, not in some other life ... here now ... you have dropped out of the wheel ... the circle is complete ... No womb is needed for him: he has become a womb unto himself ... Again he is innocent ... Again trees are colorful, again the sun is a joy ... again everything is celebration. God walks on the earth again. He is in paradise..He has not gone anywhere!! He has simply dropped that balloon that was creating the whole trouble..

This is the birth of a new consciousness; not of a new body, but of a new being, a new soul; not of a new mechanism, not

of a new house, but the new dweller has changed ... a new dweller, a new treasure ... a new rider...this is transformation ... this is resurrection ...

Yes! The devil is the ego ... the mind ... the arrogance, the ignorance ... and unless the ego disappears life remains a hell ... the ego creates darkness, the ego creates blindness ... the ego becomes a rock and it does not allow your life to flow ... the ego creates a separation from existence and that separation breeds all kinds of miseries ... it is like uprooting a tree from the earth ... it dies of thirst of life ... yes my friend ... the ego does not allow you to love, because whenever you want to meet somebody it comes in between ... it does not allow you to communicate ... it does not allow you any possibility of relating; it obstructs ... that is why it is called the enemy ... the devil ... the evil ... yes, ego is very subtle, the subtlest thing in the world ... in fact it does not exist, hence its subtlety. In fact it is just a shadow, it has no existence ... so wherever you go, the shadow follows you... and if you start running from the shadow, the shadow will run with you ... the faster you run, the faster the shadow will follow you. And then you will feel that it is impossible for you to escape from this shadow ...

No, it is not impossible ... just go under a tree, sit under the shade, and the shadow disappear ... Don't run ... this is not the way to go away from it..it is only a shadow. It has no existence... the big tree is meditation, come in and meditate

and the ego will go ... It is a very general fear of the ego disappearing, but because you are identified with the ego it will feel as if you are disappearing..you are not..you will appear for the first time now if you allow the ego to disappear.

The life of the ego is not your life ... The ego is a parasite: it lives on you, it sucks you ... it drinks your blood, your soul ...

When it is gone, for the first time you will be free to live, for the first time you will feel yourself ... you will feel the presence of your being ... Right now it is all ego covering you from everywhere ...

But this is how everyone is...And the feeling of fear arises only when some holes start happening in the ego, when chunks of the ego start disappearing ...

When the ego disappears it is not like throwing your clothes away, it like peeling your skin: it hurts ... it hurts like hell ... so there will be great pain ... no pain, no gain ... Accept this pain as a growth pain ... It is just as when a child is born: the mother accepts the pain, in joy, in ecstasy, because it is going to give birth to a new being. She is going to become the mother ... she is thrilled although the pain is there ...

This too is a birth pain ... you are going to be born ... so this fear has to be accepted ... welcomed, and allow it to do the work it wants to do; it wants to destroy your ego ... And the death of the ego will be a new beginning ... then one really

becomes a free being, then the real initiation will happen ... the real adventure..the real risk ... try to fly and to fail is better than not to try ... try your best and the rest will come when you face your God!!

Initiative will give you a glow ... certainly a corpse cannot take any initiative ... have you seen it?

Once a woman gets married she starts becoming ugly, fat, loses proportions, loses charm ... what happens? She is settling ... the old urge to explore is finished. She has arrived, so now what is the point??? This settlement is a suicide, move out of it ... Be more playful. Life is fun!! Don't be too serious about it ... there is nothing to lose!!

The only losers I have come across are those people who have never tried..otherwise all are winner; whoever tries is a winner... Even if you lose, I say you win something ... Maybe you don't win the first prize, you win any other but you have tried ... you have the courage to jump in the ocean ... life is a risk ... it is entering into the mysterious without having any map..but some intuitive force pulls you, calls you, some unknown source of energy functions like a magnet ... you cannot resist; you cannot run away ... you can only go into this unknown with a mind with no thoughts ... no ego ... so life is never secure, only death is secure ... life is alive only because there is risk ... that's why there is so much thrill ...

The day you were born you already took one step into the grave..Now what greater risks can you take?

Even if you go on avoiding risks, you will die, so why not take the risk and live really authentically???

Yes! Yes! Yes!

You are so light and right ... let us laugh ... a laughter is a door to our treasure ...



A man was saying that he has toured around the world looking for a perfect woman ... one listener asked him ... did u find her? He said yes ... but she was looking for the perfect man ...



On Sunday school the teacher asked the little Jony: “Tell me one of the Ten Commandments?”

Jony said: “Don’t omit adultery.”



Three nuns are walking along the street and one is describing with her hands the tremendous grapefruits she has seen in Africa...then the second nun, also with her hands, describes

the huge bananas she has seen in India...The third nun, a little deaf asking..."Father who?"



One English sir was suspicious that another sir was with his wife ... being very mannerly ... he asked him ... "Did you sleep with my wife last night sir?" "Not a wink sir!" ...



Father Murphy wants to raise money for his church and he has heard that there is a fortune to be made in horse racing... However, he does not have headline enough money to buy a horse, so he decided to buy a donkey instead and enters him into a race. To his surprise the donkey comes third..the headline on the sport page reads ...

"Priest's Ass Shows"

Father Murphy enters it in another race and this time it wins ... the headline reads ...

"Priest's Ass Out Front.."

The bishop is so upset by this kind of publicity that he ordered Father Murphy not to race his donkey again ... the headline reads:

"Bishop Scratches Priest's Ass."

This is too much for the bishop so he orders Father Murphy to get rid of the donkey ... He gives it to Sister Mary and the headline reads ... “Nun has best Ass in Town.” The bishop faints... he then informs sister Mary that she must dispose of the donkey ... she sells it to Vic for Ten dollars ... The next day the bishop is found dead ... why?? He was dead on the dining room table with a newspaper clutched in his hand ... the headline reads... “Nun sells her ass for ten bucks” ...



Sisters 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..we know what we are doing in order to help her...”



Yes! From laughter to light is our only life ... our only love ... what else can we be? If false teachers disappear from the world there will be a great evolution..a great revolution,

because the people who get caught into the net of the false teachers are really seekers, but they don't know where to go, they don't know how to judge and they can be forgiven because they are only searching and looking ...

It is the greatest blessing to have found a living master ... It is the most difficult thing, because the living master will be condemned by the whole world, so you will be discouraged by the condemnation ... The false teachers will be appreciated, honored, respected; naturally, you will think that if the whole world respects, honor, then these must be the right people ... It is just the opposite:

The authentic master has been always condemned by the contemporaries..remember what we did with Christ ... Mohammad ... Osho ... Oshawa and many more!! When are we going to wake up and see??? Trust yourself ... feel your feelings... nobody has the right to believe ... everyone has the right to know ... be a knower ... live your own treasure ... listen to your own lecture..face your own divinity ...

Don't ask me how!!

The moment you ask how, you miss there is a point, not to be realized but only to be recognized..and there is no 'how' to it .. . because it is already there; you have just to look, you have just to be in a silent space so that you can look ...

You have to be just in a moment when you are not doing anything, not going anywhere, not trying to improve upon things... relaxed.

Take a deep breath ... relax ... in this pause, in this relaxation it is there ... let us do it now ...

Yes! It is a recognition; not a realization but a recognition... because deep down you are already that ... already a divine divinity and you have always been that ...

No how is needed ... no method is needed ... no path is needed, no technique is needed ... drop it all ... just be still and know that you are that which is ... We have to be in a state of utter silence, so that you can hear the still small voice within you ... within me ... within us ... It has been there all along ... but we are so noisy with our desires that we cannot listen to your own music... to the music of nature ... just let us fall into a silent space, it is a knack, not a technique ... Looking at the morning sun rising, just sit silently and look at these words ... what is there to be done? Nothing!!

Yes! The moon is there in the sky, just lie down on the grass and be there with the moon, and the white clouds floating ... just be with them ... and the birds are singing and the children playing and you don't do anything ...

Remain in this passivity, God comes ... Let this be our worship few minutes every day ... Just be a womb and accept the

receptivity it is a quality from God to us ... just watch yourself...

When you are doing something, you are being aggressive... when you are a being not a doing only then you can allow God to conquer you ... This is why Mohammad said ... let every work be a worship ... a meditative work ... But who is listening to the truth?? All religions are supporting the life-negative approach and you know why!!

Because the moment you become a life-negative you become weak ... And it is easy to exploit the weak, to enslave the weak... to destroy the weak ...

Hence the priests have been found that TWO things are very essential for man's strength, freedom and consciousness ... and both have to be destroyed ... One is food, the other is sex ... both are basic instincts..

Food is needed for the individual to survive, and sex is needed for the race to survive ... without food and sex, humanity will disappear ... knowing this, that these are the essential needs of a really alive man, priests have been against both, and they have supported fasting and they have supported celibacy ... of course, they supported the false fasting and the false celibacy ... this is why we are obsessed in food and sex ... watch what we are doing to our body!!! Pornography is a by-product as such mentality ... it is as

ancient as man ... sex is a sin ... deep down, we are thinking of sex twenty-four hours a day ...

And because man is the aggressive sex, and the woman is the receptive sex, that too makes a great difference ... Man has to take the initiative ...

The woman can pretend that: "I am not running after you." Mulla said, "That is true, no mousetrap ever runs out after the mouse. The mouse trap simply waits; the mouse comes by itself." Yes! Man is hot, woman is a little cold ... hence the woman is not very interested in pornography. Moreover, man's sex has something of extraversion in it, and woman's sex has something of introversion ... Whenever you are making love to a woman, or sex to a woman, she will close her eyes ... because she is not interested in you; she is much more interested in what is happening inside her or in her bank account or in her shopping up ... But the man is more interested in looking at what is happening to the woman, he wants to keep the lights on... or the camera to take pictures .... Hence the tremendous interest in the woman's body ... pictures, statues, movies ... they are all either directly or indirectly basically pornographic... unless there is something of sex in it, you are not interested ... sex and murder are essential for a film to succeed, for a story to be read, for a fiction to be enjoyed ... STRANGE!!!

In fact, murdering somebody is a perverted act of sex ... Man wants to enter the body of the woman ... If he is not allowed to, he will start finding any possible way to enter the other's body... He will become homosexual; if he cannot find a man, he will find animals. If that too becomes difficult, then he will start creating rubber women, plastic women which you can keep in your bag so that whenever you need the woman, you just pump her up a little ... And if there is no possibility at all, he becomes enraged ... sex energy repressed becomes anger ... it becomes murderous ...

In fact all our weapons are nothing but symbols, metaphors, for the genital male organ ... they are a thirst into the other's body.... Just look at it ... look at the movie in our computer!!! Look at our bayonets, our bullets, our swords ... they are nothing but another offshoots of life negative religions ... Now, politician were also interested in repressing sex for this reason, for this very purpose: If people's sex is repressed, they can easily be made to kill others and be killed by others ...

And the whole human past has been a history of wars and wars... In the past three thousand years we have fought five thousand wars ... It seems absolutely insane ... as if we are living to kill each other!!

What has gone wrong with man?? No animal kills any other member of its own species. No lion kills another lion; never...

No dog kills another dog; never ...It is only man ... Why has it happened to man? Because no other animal has any religion, any imam, any power from any other. ..

Look at the high towers ... what is this power? It is repressed sex... repressed sex is bound to create troubles for all of us ... so be aware, be alert and heal this power ... If we don't heal it, we will stay retarded ... Retarded people can be convinced about anything. They go and kill innocent people ... many suicidal soldier. They would take an airplane full of bombs, and the pilot knew he was not going to come back, but he was dying for his country ...

Only retarded people can be convinced to die for a country... what is a country? Where is Palestine? Countries exist only on the map. The earth is one ...

We don't believe in nations. It is idiotic ...Yes, a world government is needed, but not nations ... Unless we create a world government, war will continue, because these nations will go on fighting; India with Pakistan, China with India, Lebanon with Syria and on and on..

The only way to stop war is not what the pacifists go on doing... carrying posters in processions ... there are few people who enjoy it; it is good exercise ... And they are boiling because of discontent, so it is good exercise in a way to shout slogans; it releases something in them. But these pacifists are not going to stop the war that is just on the

horizon ... Tomorrow is more uncertain than it has ever been ...

The next moment is more uncertain than it has ever been ...

Protest, protest marches, slogans, this is not going to help... these people are exactly the same retarded people ... They are just on a lower rung of the ladder ... I have been watching these idiots and their processions, their shouting and their slogans ... It does not give the sense of peace ... these are warmongers ...

Perhaps they are ready to fight for peace ... There is only one way: Nations should disappear ... they are an unnecessary burden on us ... the world can easily be one, there is no need of different colors on the map. If the world dissolves the nations, whom are you going to fight?


And if the world becomes a little more intelligent and drops all religious nonsense, whom are you going to fight? And if you are not going to fight there will be no wars and no poors but all rich and the whole humanity can live richly as it was at the time of the Khalifas ...

Omar, the fifth khalifas, in one year ... he planted peace and justice and richness in all the Arab lands ... why not in the world? Why not now ?

Yes! It is easy ... change yourself ... and you will change the world ... no one can change the world or the other ... but

everyone can change his life ...be your own master ... you have the book as the best companion and when you are ready ... you will see the light and you will

Let your lamp ..... 

Let us walk this talk .... 

Wealth, Success and love ... 

A woman came out of her house and saw 3 men with long white beards sitting in her front yard ... she did not recognize them ... she said ..." I don't think I know you, but you must be hungry... please come in and have something to eat."

Is the man of the house home?

" No" she said, " He is out."

" then we cannot come in " they replied ... " we will wait."

In the evening when her husband came home, she told him what had happened ... "Go tell them I am home and invite them in" he said ... The woman went out and invited the men in ... "We do not go into a house together." They replied ...

"What is this? Why is that?" she wanted to know ...

One of the old man explained: "His name is Wealth." He said pointing to the one of his friends, and said pointing to another one, "He is Success, and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed.. “How nice!!” he said, “since that is the case, let us invite Wealth. Let him come and fill our home with wealth!”

His wife disagreed ... “My dear, why don’t we invite success?”...

Their daughter was listening from the other corner of the house... She jumped in with her own suggestion: “Would it not be better to invite Love? Our home will then be filled with Love!” “Let us hear our daughter’s advice.” Said the husband to his wife ... “Go out and invite Love to be our guest.”

The woman went out and asked the 3 old men, “Which one of you is Love? Please come in and be our guest.”

Love got up and started walking toward the house ... the other 2 also got up and followed him ... surprised, the lady asked wealth and success: “I only invited Love, why are you coming in?”

The old men replied together: “If you had invited Wealth or Success, the other two of us would have stayed out, but since you invited Love, wherever He goes, we go with him ... Where there is Love, there is also Wealth and Success!!!”

We are all different expressions of one reality, different songs of one singer, different dances of one dancer, different paintings... but the painter is one ...

All great values of life make you aware of an immense Oneness... there is nobody else than you ... than us ... We are all different cups but of one reality ... one divinity ... Let us live our divine divinity ...

It happened that an authentic seeker, went to a rabbi, to a priest... of course the most famous of those days, and he said, "Please tell me the whole Torah but in short. I will be standing on one leg, and you have to finish the whole Torah while I am standing on one leg." The priest was annoyed, he became angry, and he told his disciples "Throw this man outside the temple. He seems to be a skeptic ... And this is insulting ... he has insulted the sacred book; he has insulted our tradition." Then the same seeker went to a mystic, and he said the same thing to him ... and this is the difference between a priest and a mystic: "Perfectly true. In face, The Torah is so short that I can repeat it a thousand and one times while you are standing on one leg... you stand.."

The man stood on one leg. The mystic said, "Do unto others what you would like to be done to you ... this is the whole Torah..All else is just commentary." Truth is one in every book... in every heart ... in every look ... Just be aware of who

you are ... feel the Total Trust in God ... in existence. .. in this now ... in the here now!!

A man just got married and was returning home with his wife...

They were crossing a lake in a boat, when suddenly a great storm arose. The man was a warrior, but the woman became very much afraid because it seemed almost hopeless: The boat was small and the storm was really huge, and any moment they were going to be drowned ... But the man sat silently, calm and quiet, as if nothing was happening..

The woman was trembling and she said;  
“Are you not afraid?”

“No I am not!!”

“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 a stone or something? The man laughed and took the sword out of its sheath ...

The woman was even more puzzled: What he was doing?

Then he brought the naked sword close to the woman's neck, so close that just a small gap was there, it was almost touching her neck ... he said, “Are you afraid?” She started to

laugh and said, "Why should I be afraid? If the sword is in your hands, why I should be afraid? I know you love me."

He put the sword back and said, "This is my answer ... I know God loves us and the storm is in his hands, 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 which we need ... such tremendous trust is capable of transforming our whole life ... total trust ... any less won't do!!

But we need to experience the mystery of our aloneness on and then the real religion..

You cannot deceive yourself by friendship, by love, by money, by power ... you cannot go on deceiving yourself for long ... A moment is going to come when you will see all your efforts have utterly failed; you are still as alone as you have always been ... this is the moment when religion comes in ...

Religion is nothing but a one hundred and eighty degree turn... from the other to yourself ...

You have tried the other; it does not work the other is not responsible. The other has not created the universe law ... The other is as much part of this universal law as you are ... If your understanding goes a little deeper ... then you see that the other is hell and you go in ... you try to know yourself ...

every other is hell ... heaven is in us ... in your being ... The other is our mirror ...

You have given a try to many people in your life, reaching to the farthest person, trying to bring him close to you ... You succeeded in bringing him very close, very close, and at the last moment, just one step more ... and it has failed ...

The human mind says..”Perhaps this is not the right person, the right husband, the right son ... go on finding another one.” The mind goes on giving you hope. “If it has not happened with this woman, this man, it may happen with somebody else. Perhaps you were trying with the wrong person.” The mind goes on finding consolations, excuses, explanations, rationalization but all those are futile ... those rationalizations, explanations, excuses, consolations, will keep you away from real religion so let us try the ordinary life ... and this is the life of love ... Jesus is for love ... it is a very simple way ... it is our nature ... our birthright ... this is the only religious way ... this is the only religion ... the real experience ... So be yourself ... If you want to taste the existence via the other, you will be in hell ... with the devil ... it is via you, through you ... through your bliss ... A man without bliss is a man without song, without dance, without any celebration ... He is dull, he is dead; he only vegetates ... his life is a long drag ... Somehow he has to live because he has found himself alive on this strange planet ... So he has to drag his way towards the grave ...

Is this who we are? And how can we be blissful? We know nothing about life? Birth? Death? Love? We have many informations but not what is the mystery of this being??

Let us be more alert ... more conscious ... so that we can experience that which we are ... And the very experience of it brings bliss and out of bliss life becomes a festival. A festival of lights and then each action is a song ... is a dance ... is a celebration. This is the greatest miracle for everyone ... If we don't realize it, we are a walking corpses ... The very acceptance that you are responsible for your life, makes you a creator of your life. You start changing, you cannot wait, because all waiting is waiting for illusion, who never comes ...

Now or never, start changing your life because there is no tomorrow. And if you don't do anything, nobody is going to do it for you .. Now is our WOW!!

Now-here

Or 🌿

Nowhere

Now-here is the whole planet ... no countries ... no borders ... no nations, this whole earth is our home ... is our mother ... But be aware of the global war ... It will take from five to seven minutes for the whole world to be reduced to ash ... The news will not be able to reach before death comes ...

When such terrible preparations have been made for violence, the old ideas of nations cannot work ...

Eighty percent of humanity's ability goes into war ... If this goes into forming, this earth would become a paradise ... yes we can!! Let us listen to our heart not to our head ... The dream that our seers and prophets used to see of heaven in the sky can now be created ... There is no obstacle ...

Let us change our old habits ... our old fear ... our atomic bombs... it is okay to starve but we have to have atomic bombs... Let us trust God ... Let us surrender to life ... to the source from where you come and to where one day you will go back again... you are just like a wave in the ocean ... and of course, what can a wave do except that? The wave has to trust the ocean; and whether you trust or not, you remain part of the ocean ...

Non-trusting, you will create anxiety ... That's all ... Nothing will change ... only you will become anxious, tense, desperate...

If we trust, we flower, we bloom, we celebrate ... knowing well that deep down is your mother, the ocean ... When tired, you will go back and rest in her being again ... When rested, you will come back again with great light ... Surrendering is trusting... And it has nothing to do with any concept of God, any ideology of God ... it is an attitude ... And then we can understand the meaning of what Christ is saying ...

Be a light unto yourself ... Then life leads you ... Then you always live in light in enlightenment ...

Don't follow anybody ... don't cling to anybody ... Learn from everybody ... from everybody ... Be open but remain on your own ... only then it is authentic ...

If Mohammad said something and you believe in it, it is not going to help ... you have to search, to experience, then it has become a light unto yourself ... unless you experience the truth, you will never trust, you become a follower not a fellow traveler... or a fellow feeling ...

My truth cannot become yours ... otherwise it would have been very cheap ... walk your path ... your way ... truth is one but in different cups ... Your discovery cannot become my discovery.. But that is what humanity has been doing: mistaking religious truth for scientific Truth ... Truth is beyond science ... one plus one is two in science, plus in truth is unity, is oneness. One plus one is one ...

The path of Truth is not easy ... it is not in the head ... it is death and birth ... and when you carry your cross ... your balance, then, one day, when the clouds disappear, you will be out of the crowd, you will be in your own aloneness and you will dance and you will be as ecstatic as any Christ ...

It is part of human nature that we have to walk our talk, we have to work hard to live our heart, we have to be a disciple to a real master ... And if we feel grateful to existence, it will

make the experience deeper, more valuable, immensely transforming ...

If you can be in tune with the master, that is enough to be enlightened ... Just merging in his presence, just melting in his silence, just dropping the duality between you and him just feeling oneness ... And that feeling will take you to new dimensions of life ... It will help you to transcend the small mind, and will open up the whole sky with all the stars for you to explore ... This bliss happened with Ali and Mohammad with Abubaker and Mohammad ... with Mary Magdalene and Christ... with Arjuna and Buddha ... Just being in love with the light, you become what you love ... you become a loving and living torch ...

I love this - I hope you do too. An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck...

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water ... Of course, the perfect pot was proud of its accomplishments ...

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do ...

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream ...

“I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house..”  
The old woman smiled, “Did you notice, that there are flowers on your side of the path? But not on the other pot’s side!! ‘How did it happen?’”

“That is because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them!! And for two years I have been able to pick these beautiful flowers to decorate the table... Without you being just the way you are, there would not be this beauty to grace the house.”

Each of us has our own unique flaw ... But it’s the cracks and flaws, we each have, that makes our lives together so very interesting and rewarding ... you have just got to take each person for what they are and look for the good in them ...

So, to all my cracked pot friends, have a great day and remember to smell the flowers on your side of the path ... and no one is not cracked!! This is our beauty and this is our bliss ... Let us play this game ... To all my best intelligent friends ... I am sending this only to you ... to my smart friends

... I could not figure it out ... My first thought was wrong and I had to look at the answer ... A small kid did it. See if you can do it too ... look at these seven words and see if you can figure out what all of them have in common? Banana... Dresser ... Grammar ... Potato ... Revive ... Uneven ... Assess ... Are you peeking or have you already given up? Give it another try ... look at each word carefully ... you will kick yourself when you discover the answer ...

This is so cool ... No, it is not that they all have at least 2 double letters ... Let me know if you found the answer ... I didn't!! Here is the answer:

In all the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word ... Did you figure it out?? Thanks for our Banana ... and our Assess too ... ananaB ... ssessA ...



The wife left a note on the fridge ...

"It's not working. I can't take it anymore! Gone to stay with my mother." I opened the fridge, the light came on and the beer was cold ... What the hell is she talking about??



Let us play with this old lady ...

An older lady decided to give herself a big treat for her significant 70th birthday by staying overnight in an expensive hotel. When she checked out next morning, the desk clerk handed her a bill for \$300.00 ... she exploded and demanded to know why the charge was so high ...

“It’s a nice hotel but the rooms certainly are not worth this price for just an overnight stay!! I did not even have breakfast.” The clerk told her that “\$300.00 is the standard rate..”

So she insisted on speaking to the manager ... the manager appeared and, just told her ... “this hotel has an Olympic-sized pool and a huge conference center which are available for use”

“But if I did not use them” she said ... “Well, they are here, and you could have,” explained the manager ... “And we have the best dancers performing here..” said the manager ... “But I did not go to any of those shows,” she said ...

No matter what the manger mentioned, she replied, “But I did not use it..” And she decided to pay, wrote a check and gave it to him ... The manager was surprised when he looked at the check ... “But madam, this check is for only \$50.00..”

“That’s correct. I charged you 250 dollars for sleeping with me,” She replied ... “But I did not” exclaimed the very surprised manager ...

“Well, too bad ... I was here ... and you could have.”



Be aware!! Many old people are very smart ... It is not the age of the body but the sage of the being in the body ... An old person becomes beautiful if he has lived life ... every step on our trip is beautiful ... Be true to the moment: When young, be young; when old be old. And don't get mixed ... Let us see the difference!!

A Jewish man was sitting in a coffee shop reading an Arab newspaper ...

A friend of his, who happened to be in the same store, noticed this strange phenomenon..Very upset, he approached him and said: “Moshe, have you lost your mind? Why are you reading an Arab newspaper?”

Moshe replied, “I used to read the Jewish newspapers, but what did I find? Jews being persecuted, Israel being attacked, Jews disappearing through assimilation and intermarriage, Jews living poverty ... I got so depressed!!

So I switched to the Arab newspaper ... Now what do I find?

Jews own all the banks, Jews control the media, Jews are all rich and powerful, Jews rule the world ... the news is so much better!!”

Let us learn our lesson too ... stop watching the news and watch your health ... watch the energy of your mind ...In 40 days you will heal so many pains in many points in your body ... watch nature and let this be our nurture ... We are the master of our power ... we can change evil to live ... and poison to potion ... smile at this ...

A woman announces to her friend that she is getting married for the fourth time ...

“How wonderful, I hope you don’t mind me asking what happened to your first husband?”

“He ate poisonous mushrooms from the woods and died.”

“Oh, how tragic!! What about your second husband?”

“He too ate poisonous mushrooms from the woods and died.”

“Oh, how terrible!! I am almost afraid to ask you about your third husband.”

“Oh, don’t!! He died of a broken neck.”

“A broken neck? How’s that?”

“He wouldn’t eat the mushrooms.”



So what to do when the order is a killing power? Rush away not from the mushroom but from that room where such a

woman is waiting to crush your such ... Look at this type of death ...

How my husband died!!!

It was the evening of 6th September ... Aisha was waiting for her husband Ahmad to return from office ...

Things have changed since their marriage. From the loving couple, they turned into fighting ones. They quarreled everyday on every small thing. Aisha gave up thinking that Ahmad still loves her and surely won't be back home on time. Ahmad too didn't like how the things were going ... She was so loving and caring in the initial days of marriage, but now everything had changed so radically. Yet they still loved each other ...

It was 5:00 P.M. The bell rang Aisha was surprisingly happy... Ahmad had come home earlier than his normal time ...

She ran to open the door ... Indeed Ahmad was standing outside. He was smiling and had a bunch of flowers at his hand... The two then started reliving their beautiful days, making up for their quarrels ...

But the moment came to a slight pause ... the phone in the bedroom was ringing ... Quite agitated Aisha went to pick up the phone ... It was a man on the other side ...

"Hello madam ... I am calling from the police station. Is it Mr. Ahmad Malik's number??"

“Yeah it is”

“There was an accident and a man died ... we got your number from the man’s purse ... we need you to come here and identify the body..”

Aisha’s heart sank.”Whhhhaaat? B ... but my husband is here with me.”

“Sorry madam, the accident took place at 3:00 P.M. when the man was trying to board a bus.”

Aisha was about to lose her senses. How could this happen? She knew this type of things happen only in movies ... She ran to the sitting room ... Ahmad was not there? Is it true? Has something that bad really happened to Ahmad?? Has he left her forever??

She rolled down on the floor not aware of what is going on. Suddenly there was noise from the bathroom ... Ahmad came out ...

“I forgot to tell you dear, my purse was stolen while I was returning home.”



What is the moral of this story?

The first husband died of the mushrooms, and this husband came out alive of the bathrooms ...

Why the mind plays such roles? Why the mind become the devil? Why we don't listen to our heart? Why we don't feel our feeling ... Why we ask ... How do you do? Not how are you? Or how do you feel? Are we a machine? What is the cause of this ignorance??

The education system is designed to produce slaves not sages ... slaves who obey the money minded people and never ask but be an ... ass ...

The state need slaves not rebels, not free geniuses and free heroes ...

The elite do not want anyone to stand up to them and challenge them for the best jobs ... so, from the moment you enter the education system, you are never educated to be yourself but a slave to the rich people ... Let us change the rules of education... it is so simple.

1 ● Teach everyone the basics: reading, writing and counting...

2 ● Find out what makes every pupil tick. Direct pupils towards the areas in which they can flourish, and take them away from the areas where they will fail ... Make everyone feel good about themselves ... Build their self-esteem..

Establish what they are good at, and give them the praise and encouragement they deserve ...

- 3 ● Give them a real education: education for education's sake, not for the business needs of the elite ...
- 4 ● Identify their psychological type ... separate them from hostile psychological types and surround them with those with whom they will be friends and allies. Our society is sadly lacking in basic friendship ... teach each personality type how best to cop with opposite types, thus avoiding conflict and creating harmony ...
- 5 ● Cultivate everyone's unique talents ... Treat them all as potential geniuses for whom the sky is the limit ...
- 6 ● Teach pupils how to think and ask questions
- 7 ● Teach them how to avoid being victims for brainwashed... be a victor ...
- 8 ● Teach them to aim for the stars beyond boundaries ...
- 9 ● Teach them lateral and critical thinking
- 10 ● Teach them "deconstruction"
- 11 ● Teach them to challenge "sacred" texts

The schools of today do not encourage creativity, general knowledge and budding genius. Learning by heart, compliance with systems/methods, doing everything by the book is the key to good grades ... this sterile approach is important for your later life: Shut up, work and submit to

stupid laws and regulations ... some people would jump out of the window if the law demanded it.

After leaving such a school, you are a “perfect” citizen ... that is a slave of the elite’s system of control ... you are a fully-fledged member of the club, and you will never want to escape ...

Like everyone else, you will care only about making the most money for the minimum effort ...

And what kind of life is that?

Universities are more of the same ... More and more people flood into them, standards fall, and barely-educated people emerge, often with huge debts...

They are now forced to take any job to pay their debts ... More and more courses are based on what is required by “industry” that is the capitalist elite ...

Students have been betrayed and cheated by the universities ... we need a revolution in education ...

If not now when? 🌸

If not you and me who else ... 🐛

Yes! Be a rebel not a pebble ... you are the living jewel ... yes my friends! We need gardeners not teachers ... just as the gardener helps the tree ... you cannot pull the tree fast; you

plant the seed, you water, you give the manure, and you wait ... the tree happens on its own ...

That is the function of the teacher; the teacher has to be a gardner. Not that you have to create the child; the child is coming on its own ... God is the creator ... So help the children to be creative, to be joyous ...

And there is going to be no examination ... they all have learned according to their capacities but who are we to judge?? So no ambition and no comparison. Each child has to be respected as uniqueness ...

So choose teachers who are not torturers, but who love small children ... who are like a midwife. A midwife does not create the the child ... the child is already there, ready to come out; the midwife helps ... helps them to be happy ... to be joyous ...

Children are very sad, and sad children create a sad world ... Let us be aware of what we are doing with our diamonds ... Be a jeweler and you plant your treasure ... Ah! Let us plant this seed ...

There was a blind girl who hates herself because she was blind...

She hated everyone, except her loving boyfriend. He was always there for her.

She told him, “If I could only see the world, I will marry you.”

One day, someone donated a pair of eyes to her ... When the bandages came off, she was able to see everything, including her boyfriend ...

He asked her, “Now that you can see the world, will you marry me?”

The girl looked at her boyfriend and saw that he was blind ... The sight of his closed eyelids shocked her ... She hadn't expected that ... The thought of looking at them the rest of her life led her to refuse to marry him ...

Her boyfriend left her in tears, and days later wrote a note to her saying: “take good care of your eyes, for before they were yours, they were mine.” This is how the human brain often works when our status changes ...



Only a very few remember what life was like before, and who was always by their side in the most painful situations ...

Today before we say an unkind word, Let us think of someone who can't see ... who can't speak ... who can't walk ...

Before you complain about the taste of your food, think of someone who has nothing to eat ...



Before I complain about my husband, or my wife ... or any friend ... I will think of someone who has no one to love ... Who is crying out to God for a companion ...



Today before we complain about life. Let us think of someone who went too early to heaven ...



Before you complain about your children, think of someone who desires children but they don't have ...



Before you argue about your dirty house someone didn't clean or sweep ... think of the people who are homeless, living in the streets ...



Before whining about the distance you drive, think of someone who walks the same distance with their feet...



And when you are tired and complain about your job ... think of the unemployed, the disabled, and those who wish they had your job ...



But before you think of pointing the finger or condemning another ... Remember that no one of us is without sin or without mistakes and we all answer to one lover and one maker ...



And when depressing thoughts seem to get you down ... put a smile on your face and Thank God you are alive and still around...



take a deep breath and relax and be grateful and be thankful that we are here to plant our divine divinity and live our sacred unity... please ... please ... please ...

Let s read this long article with great Tictlish Love ...

Attention between eyebrows 🌸

When one of the Greek philosophers, Pythagoras, reached Egypt to enter a school ... a secret esoteric school of mysticism- he was refused and Pythagoras was one of the best minds ever produced...

He could not understand it. He applied again and again, but was told that unless he goes through a particular training of fasting and breathing he cannot be allowed to enter the school ...

Pythagoras is reported to have said, "I have come for knowledge, not for any sort of discipline."

But the school authorities said, "we cannot give you knowledge unless you are different. And really, we are not interested in knowledge at all, we are interested in actual experience/

No knowledge is knowledge unless it is lived and experienced.. . Let your Life be your experience ... So you will have to go on a forty-day fast continuously breathing in a certain manner, with certain awareness on a certain points."

There was no other way, so Pythagoras had to pass through this training. After forty days of fasting and breathing, aware, attentive, he was allowed to enter the school. It is said that Pythagoras said, "You are not allowing Pythagoras in, I am a different man, I am a reborn, you were right and I was wrong, because then my whole standpoint was intellectual. Through this purification, my center of being has changed ... from the intellect is has come down to the heart. Now I can feel things. Before this training I could only understand through the intellect, through the head. Now I can feel. Now truth is not a concept to me, but a life. It is not going to be a philosophy, but rather, an experience ... an existential"

What was that training he went through? Truth is one but in different ways ... find your own way ... your own path ... Read

these points from your heart ... Attention between eyebrows ...

Let mind be before thought ...

Let form fill with breath essence to the top of the head there shower as light.

This was the technique given to Pythagoras. Pythagoras went with this gift to Greece, and really, he became the fountain head, the source of all mysticism in the West. This technique is one of the very deep methods. Try to understand this:

#### ATTENTION BETWEEN THE EYEBROWS ...



Modern physiology, scientific research, says that between the two eyebrows is the gland which is the most mysterious part of the body ...

This gland, called the pineal gland, is the third eye of the Tibetans ... It is the third eye ... but it is nonfunctioning. It is there, it can function any moment, but it does not function naturally.

We have to do something to open up our insight ... If is not blind, it is simply closed. This technique is to open the third eye...

#### ATTENTION BETWEEN THE EYEBROWS ...



Close your eyes, then focus both of your eyes just in the middle of the two eyebrows. Focus just in the middle, with closed eyes, as if you are looking with your two eyes ... Give total attention to it.

This is one of the simplest methods of being attentive ... you cannot be attentive to any other part of the body so easily ... This gland absorbs attention like anything ... If you give attention to it, both your eyes become hypnotized with the third eye.

They become fixed; they cannot move ... If you are trying to be attentive to any other part of the body it is difficult ...

This third eye catches attention, forces attention; it is magnetic for attention.

So all the methods all over the world have used it. It is the simplest to train you in attention because not only are you trying to be attentive, the gland itself helps you ; it is magnetic ...

Your attention is brought to it forcibly ...

It is absorbed ...

It is said in the old sacred scriptures that for the third eye attention is food ... It is hungry; it has been hungry for lives and lives. If you pay attention to it, it becomes alive. It becomes alive ....

The food is given to it. And once you know that attention is food, once you feel that your attention is magnetically drawn, attracted, pulled by the gland itself, attention is not a difficult thing then ...

One has only to know the right point ... so just close your eyes, let your two eyes move just to the middle, and feel the point... When you are near the point, suddenly your eyes will become fixed... When it becomes difficult to move them, then you know that you have caught the right point ...

Attention between the eyebrows, let mind be before thought ...

If this attention is there, for the first time you will come to experience a strange phenomenon ...For the first time you will see thoughts running before you ; you will become the witness... It is just like a film screen: Thoughts are running and you are a witness...you are the verse ... the verb ... the dance not the dancer ...

Once your attention is focused at the third eye center, you become immediately the witness of thoughts ... And a thought is your destiny ...

You are identified with thoughts ... If anger is there, you become anger ... If a thought moves, you are not the witness, you become one with the thought and you move with it ...

You become the thought; you take the form of the thought ...  
When sex is there you become sex, when anger is there you  
become anger, when greed is there you become greed ...

You do not have any gap between you and the thought ... But  
focused at the third eye, suddenly you become a witness ...  
you are not identified ...

You are aloof, a watcher in the hill and on the hill ...  
different... Now if anger is there you can look at it as an  
object. Now you do not feel that you are angry ... you feel  
that you are surrounded by anger, a cloud of anger has come  
around you, but you are not the anger ... and if you are not  
the anger, anger has become impotent, it cannot affect you,  
you remain untouched, centered in yourself ... Yes! You  
become a witness and you will be centered at the third eye ...  
try to be a witness ... whatsoever is happening, try to be a  
witness ...

You are ill, the body is aching and painful, you have misery  
and suffering, whatsoever ... be a witness to it ... whatsoever  
is happening, do not identify yourself with it ... Be a witness,  
an observer ... Then if witnessing becomes possible, you will  
be focused in the third eye ...

The vice versa is the case also. If you are focused in the third  
eye, you will become a witness ... and it is the witnessing self  
... and you can encounter your thoughts ... this will be the  
first thing ...

And the second thing will be that now you can feel the subtle, delicate vibration of breathing. Now you can feel THE FORM of breathing, the very essence of breathing...

First let us try to understand what is meant by “the form” by “the essence of breathing”.

While you are breathing, you are not only breathing air. Science says you are breathing only air, just oxygen, hydrogen, and other gases in their combined form of air ... Yes! We are breathing ... take a deep breath, but it is not only air ... air is the cup, is just the vehicle, not the real thing ...

You are breathing prana, vitality. Air is just the medium, the up, prana is the content ... is the water the Christ gave us ... it is his wine, his blood, his energy ... his life ... so is the water of zamzam ...

Modern science is still not able to find out whether there is something like prana, but some researchers have felt something mysterious in water power and in breath power ...

Breathing is not simply air ... It has been felt by many modern researchers also ... In particular, one name is to be mentioned ...

Who is this being?

Wilhelm Reich,

a German psychologist who called it “orgon energy.” It is the same thing as prana..He says that while you are breathing, air is just the container and there is a secret, a mysterious content which can be called orgone or prana or Elan Vital ... but that is very subtle ... it is not material ... Air is the material thing, the container is material, but something subtle, non-material, is moving through it ...

The effects of it can be felt ... when you are with a very vital person, you will feel a certain vitality arising in you. If you are with a very sick person you will feel sucked, as if something has been taken out of you. When you go to the hospital, why do you feel so tired? You are being sucked from everywhere. The whole hospital atmosphere is ill, and everyone there needs more elan vital, more prana ...

So if you are there, suddenly your prana begins to flow out of you ... Why do you feel suffocated sometimes when you are in a crowd? Because your prana is being sucked ... while you are alone under the sky in the morning, under the trees, suddenly you feel a vitality in you ... the prana ...

Each person needs a particular space. If that space is not given, your prana is sucked ... Wilhelm Reich did many experiments, but he was thought to be a madman. Science has its own superstitions, and science is a very orthodox thing ... science is limited ... go beyond the mind ... Science cannot feel that there is anything more than air, but Christ

said it, and every master knows it ... you may have heard the word Samadhi ... Ya Samad!! It is the consciousness of existence..

The cosmic consciousness ... 

Few people did it ... One man went into such underground Samadhi in Egypt in 1880 for forty years ... this truth is in the Qaraan too ... And this man came out of his Samadhi in 1920, forty years afterwards ... In 1920 no one believed that they would find him alive, but he was found alive ... And there had been no possibility of air reaching to him...

He was asked by medical doctors and others, “What is the secret of it?”

He said, “We do not know. We only know this, that prana can enter and flow anywhere.” Air cannot penetrate, but prana can penetrate ... Once you know that you can suck prana directly, without the container, then you can go into Samadhi for centuries ... we are never born and we will never die ... we are not the body ... the body from dust to dust, the mind from lust to lust ... but we are from love to love ... to loving ... to rivering... to a human becoming ...

By being paused in the third eye, suddenly you can observe the very essence of breath ... not breath, but the very essence of breath, prana ... and if you can observe the

essence of breath, prana, you are at the point from where the jimp, the breakthrough happens ...

The sutra says, let form fill with breath essence to the top, of the breath, of the head ... And when you come to feel the essence of breathing, prana, just imagine that your head is filled with it ... Just imagine ... No need of any effort ... I will explain to you how imagination works ... When you are focused at the third eye center, imagine and the thing happens ... then and there ...

Now your imagination is just impotent; me too, I go on imagining and nothing happens. But sometimes, unknowingly, in ordinary life also things happen. You are imagining about your friend and suddenly there is a knock on the door ... you say it is a coincidence that the friend has come ...

Sometime your imagination works like coincidence ... But be aware, no accident by accident ... just go in and see why??? Now, try and remember and analyze the whole thing ...

Whenever it happens that you feel your imagination has become actual, go inside and observe.

Somewhere your attention must have been near the third eye... whenever this coincidence happens, it is not a coincidence ... It looks that way because you don't know the mystery of science... your mind must have moved unknowingly near the third eye center. If your attention is in

the third eye, just imagination is enough to create any phenomenon ... To live any thought ...

You will be your own master ...

Your own healer ...

Your own superconsciousness ...

Be still and know that our amness is our existence ...

Is our godliness ...

So now let form fill ...

Now imagine that this essence is filling your whole head, particularly the top of the head, the secret of secrets ... the highest psychic center ... And the moment you imagine, it will be filled ... There, at the top of the head, shower as light ... as our only treasure ... This prana essence is showering from the top of your head as light ... And it will begin to shower, and under the shower of light you will be refreshed, reborn, alive, completely new ... that is what inner birth is ...

Born again of who we are..

So two things:

First, focused at the third eye your imagination becomes potent, powerful ... That is why so much insistence has been given on purity. Before doing these practices be pure ...

Purity is not a moral concept for Tantra, for Samadhi, for infinity or divinity ... purity is significant because if you are focused at the third eye, and your mind is impure, your imagination can become dangerous: dangerous to you, dangerous to others ...

If you are thinking to murder someone, if this idea is in the mind, just imagining may kill the man. That is why there is so much insistence on being pure first ... be in love ... be the lovingness ... be the dance not the dancer ... be the existence ... be the oneness with the one.

Pythagoras was told to go through fasting, through particular breathing, this breathing- because here one is traveling in a very dangerous land- because wherever there is power there is danger, and if the mind is impure, whenever you get power your impure thoughts will take hold of it immediately ...

You have imagined many times to kill but the imagination cannot work, fortunately ... If it works, if it is actualized immediately, then to yourself also, because so many times you have thought to commit suicide ...

If the mind is focused at the third eye, just thinking of suicide will become suicide ... you will not have any time to change, immediately it will happen..

You might have observed someone being hypnotized. When someone is hypnotized, the hypnotist can say anything and immediately the hypnotized person follows ...

Howsoever absurd the order, howsoever irrational or even impossible, the hypnotized person follows it ... What is happening??

Let us listen!!

Whenever someone is being hypnotized he is told to focus his eyes at a particular point ... on some light ... some dot on the wall or anything, or on the eyes of the hypnotist ...

When you focus your eyes at any particular point, within three minutes your inner attention begins to flow towards the third eye ...

And the moment your inner attention begins to flow toward the third eye, your face begins to change ... and the hypnotist knows when your face begins to change ... Suddenly your face loses all vitality ...

It becomes dead, as if deeply asleep. The hypnotist knows immediately when your face has lost the luster, the aliveness... It means that now attention is being sucked by the third eye center ... and anything said will happen ... anything can be done... If he says, "Now you have become Napoleon," You will become your voice, your walk, your gestures, your unconscious will take the order and will create the actuality ... you will become Napoleon ... My mind said ... "Go and order some food"... and I just called and it came and I paid and I ate ... I was not hungry but I listened to that voice ... to that order ...

If you are suffering from any disease, now it can be ordered that the disease has disappeared and it will disappear ... Or any new disease can be created ...

Just putting an ordinary stone from the street in your hand, the hypnotist can say, "This is fire in your hand," and you will feel intense heat; your hand will get burned ... not only in the mind, but actually ...

Actually your skin will get burned ... you will have a burning sensation ...

What is happening?

There is no fire, there is just an ordinary stone, cold ...

How? How does this burning happen?

You are focused at the third eye center ... Your imagination is being given suggestions by the hypnotist, and they are being actualized, if the hypnotist says, "Now you are dead," You will die immediately, your heart will stop ... it will stop ...

This happens because of the third eye. In the third eye, imagination and actualization are not two things. Imagination is the fact. Imagine, and it is so. There is no gap between To be or not to be!!

Dream and it will become real ... this is why this whole world is nothing but the dream of the divine ... The divine is centered in us ... in the third eye, always and eternally ...

So whatever the divine dreams becomes real ... If you are also centered in the third eye, whatever you dream will become real...

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

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

Who am I makes a difference ... When someone asked Mohammad about dreams and reality ... and that this whole world is nothing but the dream of the divine ...

“The divine is centered in the divinity of existence ... in the third eye ... in eternity ... so whatsoever the divine dreams become real..”

“If you are also centered in the third eye, whatsoever you dream will become real ... this is meditation, it is the key to this truth... When anyone who goes into deep meditation, he will see heavens, hells, angels, demons. And they will be real faces, so real that how to know the Truth from the false?” Everyone was waiting for the answer ... how can we know the real from the dream? Mohammad said, “Now that you are centered in the third eye, in the insight, in the baseera dream and reality are one. Whatsoever you are dreaming will be real, and vice versa also.”

For one who is centered in the third eye dreams will become real and the whole reality will become just a dream, because

when your dream can become real, you know there is no basic differences between dream and reality ...

So when Christ and Mohammad and Buddha and many more enlightened masters says that this world is just a maya, a dream of the divine, it is not a theoretical proposition, it is not a philosophical statement. It is, rather, the inner experience of one who is focused in the third eye, just imagine that the essence of prana is showering from the top of the head, just as if you are sitting under a tree and flowers are showering ... flowers of life and love and light ... Now!! Let us just sit under the sky ... under the dome of our kingdom and suddenly a cloud begins to shower... just be a witness ... or just you are sitting in the morning and the sun rises and rays begin to shower. Imagine, and immediately there is a shower ... a shower of light falling down from the top of your head ... this shower recreates you, gives you a new birth ... you are reborn ... born again as you are... the seed that will turn the whole earth green ... Go back to the kingdom of water and baptize yourself to your real self ... and from self to soul and from soul to the whole and the holyspirit ...

This is our only place and space ... From infinity is our divinity... is our life, love, light and laughter ...

Me too ... I love to hear our inner treasure of laughter ... let us rejoice ... let us dance our choice ... let us celebrate our alleluia...

Two women are at a bar ... One of them is saying ...

“I want a man who is loyal, faithful, patient, attentive, forgiving, unselfish, a good listener and even-tempered!!”

“You mean you want a dog!!”



A taxi passenger tapped the driver on the shoulder to ask him a question ... the driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches away from a shop window ..!!

For a second everything went quiet in the car then the driver said, “Look friend, don’t ever do that again. You scared the daylights out of me!”

The passenger apologized and said, “I didn’t realize that a little tap would scare you so much ...!”

The driver replied, “Sorry, it’s not really your fault ... Today is my first day as a cab driver ... I’ve been driving a funeral van for the last 25 years”



Enjoy the moment ... we are alive ... let us go to a bar ...

At a bar..

Having already downed a few power drinks, she turns around, faces him, looks him straight in the eye and says:

Listen here, good looking ... I screw anybody, anything, anywhere, your place, my place, in the car, front door, back door, on the ground, standing up, sitting down, naked or with clothes on; it doesn't matter to me. I just love it!" Eyes now wide with interest, he responds: "No kidding, I'm a politician too."



Joe was out all night with a dazzling blonde. He came home at dawn and tried to appear quietly sober, as his wife eyed him with suspicious..

"Joe, where is your underwear?" she said as he was undressing...

"My God," he cried with aggrieved dignity."

"I have been robbed."



A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid ...

Not quite sure how to approach her on the subject, he called the family doctor to discuss the problem ...

The Doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss.

“Here’s what you do, “ said the doctor, “Stand about 40 feet away from her, and say something in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response.”

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, “I am about 40 feet away, let’s see what happens” Then in a normal tone he asks, “Honey, what’s for dinner?”

No response ...

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, “Honey, what’s for dinner?”

Still no response

Next he moves into the dining room where he is about 20 feet from his wife and asks ... “Honey, what’s for dinner?”

Again he gets no response ...

So, he walks up to the kitchen door, about 10 feet away ... “Honey, what’s for dinner?”

Again there is no response ...

So he walks right up behind her ...

“Honey, what’s for dinner?”

“Ralph!! For the fifth fuckin’ time, it’s chicken!!”



A man asked God for two wishes ... He asked for the best drink and the best woman ever, Next moment he got mineral water and Mother Teresa ...



Why do women live a better, longer and peaceful life as compared to men?

A very intelligent student replied:

“Because women don’t have a wife!”



“Honey”, said the husband to his wife. “I invited a friend home for supper.” “What? Are you crazy? The house is a mess, I haven’t been shopping, all the dishes are dirty, and I don’t feel like cooking a fancy meal!”

“I know all that.”

“Then why did you invite a friend for supper?”

“Because the poor fool’s thinking about getting married.”



Yes! Our life is from ring to ring ... management ring ... arrangement ring ... engagement ring ... marriage ring ... suffering ... divorce ring ... and for who is the bell ringing??

New neighbors has moved in and had been under observation for several days..”They seem like a most devoted couple.” Said Mulla’s wife to her husband ... ”Every time he leaves for work she comes out on the porch and he hugs and kisses her. Why don’t you do that?”

“Me?” said Mulla..”I should say not ... I have not even been introduced to her yet.”



Mulla was watching the youngsters put on their horse show. He said to a bystander, “It’s terrible the way they dress today. Just look at that young boy with the cigarette, sloppy hair cut, and light breeches.”

“That is not a boy,” said the other ... “It is a girl and she is my daughter.” “Oh excuse me, sir,” said Mulla ... “I meant no offence. I didn’t know you were her fateher.” “I am not” said the other ... “I am her mother.”



Yes! Let us share our motherhood ...

Just to give a birth to a child is one thing and to be a mother is totally different ... every child is wild and the mother has to civilize him ... to give him culture ... to help him be himself ... to play with him and not to be serious. Play carefully but play playfully ...

If you become serious, then the child will start feeling your seriousness and he will be crushed and crippled. By helping the child to grow into a beautiful human being , into a Christ, you will be becoming the mother of such light and you will live your own light through your child ... let your motherhood bloom through him and feel thankful that he has chosen you to be his mother.

The child has lived in you nine months, this is a deep connection beyond the body, deep down in the unconscious the mother and the child remain linked ... Motherhood is a blessing ... is a great friendship ... he is not your son but your sun... help him to go and grow ... the seed has to go far away ... so that it can grow on its own and be dependent on existence ... a dance with existence ... a universal connection with infinity, with our unity... with our divinity ...

There are millions of neurotic people and psychotic people in the world because of the mother ...

Being motherly is being capable of unconditional love, loving the person for the sheer joy of seeing somebody grow ...

A real therapist is a mother. If he is not, he is not a real therapist... he is only a professional exploiting people ... he has to become a womb for the patient. He gives the patient a new birth ... women is womb plus man.

A master is the manhood and the womanhood ... fatherhood and motherhood ... he surrounds you from all sides in all dimensions ...

The first birth is through the mother, the second birth is through the master ... respecting the mother and the master are both from the same reason, they both give birth ... both are greater than each other ...

Be your power ... be your treasure ... be yourself ... who are you? Why are you here? Listen to your heart ... hear your inner lecture ... touch your living power ...

The power of love?

Or

The love of power?

What is your choice? What is your grace?

Yes you can ... you can be a peace master.

God is not separate from existence ... god is in the care of our heart, of our being ... go in, in is our only inn ...

You are the dancer and the dance, they are always together. The dancer dissolves into the dance ... so prayer is not

needed only remembrance is needed ... you are that already, all that is needed is to remember who you are ...

Remember!! You are not a number ... you are a member ... we are one royal family, not loyal to any law ... love is our kingdom ... love is the only way ... love your will and walk your way ...

I have heard an ancient parable, a very famous one ... there was once a very great master, his name was kabir. He had one rare disciple, his name was fareed ... kabir has hoped too much, seeing the potentiality of fareed, he was working hard on him ... why? There are few whose thirst is intense, who are ready to risk all ... God is not just one item in their life's search, but the only phenomenon that they would like to know ...

Fareed was rare. Kabir was working hard on him ...

If you are a Christian you will be a Christ ...

Religion is not a ritual, is not in the temple ... it needs real courage to be a sage ...

It is leaving that which you know, for that which you don't know ...

Fareed had the potential but loves to be with the crowd ... in the rituals ... but the real master goes in disguise, so that he might observe his disciple and see what he is doing ...

So kabir was after his disciple, and sometimes he would go in disguise ...

On one occasion, kabir found fareed intently watching a royal procession ... and asked him ... “Where is the king?”

“There on the elephant” said fareed ...

“You say the king is on the elephant. Yes I see the two” said the simple man ... “But which is the king and which is the elephant?”

“What!” exclaimed fareed ... “Are you idiot? The man above is the king and the animal below is the elephant!!”

“Please be not impatient with an ignorant like me,” begged the rustic. “But you said “above” and “below” what do you mean? What do they mean?”

Fareed could stand it no more ...”you see the king and the elephant, the one above and the other is below. Yet you want to know what is meant by above and below? If thing seen and words spoken can convey so little to you, actions alone can teach you. Bend forward, and you will know it all too well.”

The rustic did as he was told. Fareed got on his shoulders and said “know it now I am above as the king and you are below as the elephant. Is that clear enough?”

“but please tell me, what do you mean by I and you?”

When fareed was faced such question, light dawned on his mind... at once he jumped down and fell at his masters feet, saying “who else but my master kabir, could have thus drawn my mind from the such stupid self to the true being of the self? Oh I crave thy blessings.”

If you look at yourself, at your knowledge, at all that you think you know, if you observe it, you will surprised that you know only words.

I, thou, above, below, king, elephant ... just words ... you don't know who is behind the words ...

Who is the person we go on calling 'I'?

You have lived with this person, you are this person, but do you know who you are? Do I know who am i? do you know the woman you love or the man you love or the son you love?? Who is the other?

We are fast asleep; we have not even known who we are ... and we started searching for god ... and we start searching for totality, for the whole ... and I don't know this small tiny reality of my being ...

Kabir says: only awareness will help ... you will have to become more aware. You will have to light a small candle of consciousness in your heart ... that light will help... you will have to become more silent, you will have to drop the noises in your head ...

And once that procession is no more there and your heart is alert, aware, conscious, you will be surprised.

God has always been there ...

You have been meeting god every moment of your life ... you have been breathing him, he has been beating in your heart, it has been in every energy ... he has been your love and he has been your anger ... he has been your birth and your death ...

Allah is simply the name of the totality that life consists of ...

Show me where there is no god!! No godliness. God is not separate and far away, he is so near ... don't go far ... go in ... just in the corner of our heart ... and we go on rusting for him, we go on searching for him ... our eyes have become fixed on the distance, on the far away ... that is why we go on missing him ... we go on listening to our mind ... to our ego ... to our evil ... just turn in ... go in and see the live, the light and love and laughter ...

Mulla's wife complained bitterly to her husband ... "I am absolutely ashamed of the way we live ... mother pays our rent, my aunt buys our clothes. My sister sends us money for food. I don't like to complain, but I am ashamed that we cannot do better than that"

"you should be ashamed." Said mulla ...

"you have two uncles that don't send us any dime."



Mulla's wife was sitting down to a breakfast one morning when she read an announcement of her own death in the newspaper ... she quickly called mulla who was outside the town and said:

"have you read the morning paper, mulla? And, did you see the big announcement of my death?"

"yes" said mulla ... "where are you calling from?"



Who is not in hell? Come to Lebanon and see or just watch the news ... hell is all over and forever and ever ... enjoy it ...

Neither heaven exists nor hell exists, they are just in your psychology. When you are silent, you are in heaven ...

When you are disturbed, when you lose your silence, you are distracted and there are ripples and ripples in the lake of your consciousness and all the mirror – like the quality of the consciousness is lost, you are in hell ...

Hell means disharmony within us and with existence too ... the moment you are harmonious within yourself and with existence, and they are the two sides of the same coin, immediately you are in heaven ...

Heaven and hell are not geographical ... no heaven and no hell for anyone ... they are no more here when they are no

more in our mind ... all what you see is a gift from god to all of us ...

Whether the gift is god's or not will be decided only by your own experience ... but one thing is certain, that everything is a gift ...

And of tremendous significance, of immense value ... what can be more precious than life? What can be more precious than love? What can be more precious than the experience of bliss or silence, or poetry, or music ...

There cannot be anything more precious than these things. And life is full of so many beautiful experiences one cannot count of them. The whole path of life is full of diamonds ... just one breath is our birth and no death ... take a deep breath and relax... we are here forever and ever ... but we are not aware of this treasure ... when are you going to wake up?? Why we are victims if victims? How is the time to be a victor ... it is our choice ... come out of this dark hole and live as a whole whole holy hail of light and love ... this is who we are...be aware!!!

Right awareness does not mean awareness only, because it can become a strain; right awareness means awareness without any strain, relaxed ...

One can try to be aware but can create tension on the way, and that tension will destroy the whole work. So these two

things have to be remembered: awareness with no strain, with no tension.

Attention without tension, a relaxed kind of watchfulness, just seeing, not making an effort, not striving; not listening to your mind ... to your ego ... it is a knack ...

And once you have learned the knack, once you have known even a single moment of awareness without tension, you are on the right track; you will never be the same person again ... you are living the greatest secret there is ... name it love .. and if anyone can discover it, one has discovered an inexhaustible treasure.

It is oceanic ... one can go on and on ... it begins but it never ends; it has a beginning but no end ...

The path of love is the path of surrender ... let thy will be done...

You don't do much ... you simply allow yourself to be available for things to happen ... just be patient, and whenever the time is ripe, things start happening ...

Do your best and god will do the rest ... total trust will free us from all laws and all egos ... and all evils ...

On the path of love, prayer grows. Suddenly one day you find the rose is blooming, it has bloomed, and you are full of the fragrance. And that fragrance is always new ... it will be your

prayers ... it will come out of your being; it will have your color, your form, it will have your signature on it ...

It will be authentic ...

On the path of love, celebration grows of its own accord, dancing and singing ... And life is no more a struggle but a let-go ...

And there are things which happen only when you are in a let-go... All that is great happens only when you are in a let-go ...

When Christ said ... let thy will be done ... he was conquered by god He said to the one on his right ... "now you will be with me"

The secret of love is to be feminine, to be born again passive, open, vulnerable, ready to absorb, just to be a womb ... this is what total trust is ...

It never comes by your search ... it comes only when your need is there ... when you are really thirsty, your thirst will be quenched ...

That's what Jesus means when he says ' knock and the door shall be opened unto you ... ask and it shall be given ... seek and shall find."

But where to seek? There is nowhere to go ... the kingdom of God is within you ... how can you seek it actively?

One has to relax into oneself ... the seeking has to be passive, the knocking has to be passive ... it has to be a kind of prayer in love ... it has to be grateful and thankful ... we are so blessed to be herenow ... to read and write and enjoy our joy and share our care and be on the path of let-go and let god ...

Yes! Love is the only freedom from attachment when you love everything, you are attached to nothing ...

In fact, one has to understand why do we cling to something?

Because we are afraid we will lose it ... perhaps somebody may steal it ... but who knows what is going to happen tomorrow?

Now is the only present ... live it ...

I love you now ... hence there is no attachment, clinging, marriage or any bondage or any contract ...

What are your marriages except business contracts? “ we commit to each other before a magistrate” we are insulting love...

We are following the lowest law existence ...

Are you not putting law above god!!

Law of love above god!!

I don't believe in any law ... love is above any man made law... law is for the blind and for the dead mind ...

Attachment is the desire that the partners should never change... this is why we love plastic people and copy paste and face books...

Where is your original face???

Once your own understanding of love blossoms, there is no question of attachment at all ... enjoy this moment as it is ... if you can enjoy small things of life, you can enjoy small things of life, you can become a totally different kind of world ...

Then it will have a quality of beauty, grace; it will have a great luminosity, every heart on fire ...

So be aware of this now ...are you in prison?

Are you free? Are you engaged or encaged?

I am alone but not lonely, I am at least at ease ...

If the other is there, the silence cannot remain; if you can manage a small space, you are lucky ... you are in peace ...

I am sitting silent in my room. I am not bothering anybody, “why are you not married,? Why have you not produced a child?” Because I don’t think that it is civilized to ask such questions, such ego mind gossips ... it is not my freedom?? Just be alone and in your aloneness you share your existence ...

Be alone but not lonely ...

Be with the crowd but not part of them ... but apart from them... Listen to your heart not to your head ... Be your master and not a follower but a fellow traveler ... Be a Christ not a Christian ...

Don't follow anybody; otherwise you will be unhappy enough because you have been following your father and, mother, teachers, religions ... politicians and all idiots ... You are being pulled in all directions, how can you be together? Your body is here, your mind in the office, your heart with the lover .... Be together!! Listen to your own voice ... Watch your original face ...

It is natural to do mistakes ... this is how we learn ... listen to your own silence ... as a seed breaks and comes out, sprouting, so you follow it: wherever it leads, follow it ... Don't listen to anybody; that is your way to god ... Go deep within yourself and listen only to your own voice ...

And once you have started listening to your own voice, no Christ is needed ... no master ...

Just as the third eye gives you the insight, so is the third ear gives you glimpses of your inner voice ...

When you have thrown all the rubbish out, you are just empty, settling within ... you will feel the voice ... it is always there ...

Every child is born with it, every tree is born with it, every tree is born with it, every bird lives with it, every stone and every seen ...

Once you can feel your voice, then no rules are needed, you have become a rule unto yourself ... And the more clear the voice, the more your steps fall in the right direction ... in the right way nearer to your destiny ...

Religion is rebellion, rebellion against others ... it is the rebellion of the individual against the crowd ... against our only enemy ... Be yourself ... Do what you love ... find the authentic destiny that you are here for ... or you will be a victim to many others ... you are your own master and your own healer ...

Okay!! Who is not sad?

Go into your sadness rather than escaping into some activity, into some occupation, rather than going to see a friend or to a movie or turning on the radio or the TV...

Face your feelings ... see what it is ... why it is ... without any judgment, just watch it. Life consists of joy and sadness ... A man who knows sadness, if he laughs, his laughter will have depth. His laughter will have something of his sadness too, his laughter will be more colorful ... When sadness comes, accept it.. Listen to its song ... It has something to give to you .. It has a gift which no happiness can give to you, only sadness can give it.

The sage is neither this nor that ... He has dropped his ego ...  
He accepted the truth in its utter nakedness, whatsoever it is  
...

The sage is a perfect circle: He contains all, he rejects nothing  
...

Life is a very mysterious phenomenon where tears and  
laughter are one ... To be sad is not bad ... No pain no gain  
...Yes to my body and to my being!!!

Pain is part of growth ... it is a part of birth ... Let it hurt totally  
so the wound is opened completely and it starts healing ...

There is one method I would like to tell you about.  
Whenever you feel any pain, even an ordinary headache, or a  
hard case of cancer, just sit silently and focus your whole  
mind on the headache ... Listen to it ... almost touch the  
texture of it and intensify it, make it more and more tense,  
and pinpoint where it is ... The more you concentrate, the  
more it will go on shrinking. Then it will come to a point, a  
needle-point. It will not be the whole head.

First you will feel just the front part, then you will feel it is  
shrinking just in the middle. Then it becomes just a needle-  
point, but a very sharp pain. Just remain with it ...

If you can remain with that sharp-pointed pain, suddenly you  
will see that it had disappeared. Try it with ordinary pain in  
your body and in your feelings ... in yourself ...

Somebody has insulted you and you feel hurt, or you have come across something inside you ...

And pain arises, a memory, a wound from the past. Just go into it. Accept it and go into it totally. And when it has become just a needle-point, suddenly it will disappear ... and pleasure will appear ... There is nothing wrong in pleasure ... it is also a gift from God. So physical pleasure is beautiful in its own place but that is not the end of life ... nothing is wrong in food and sex, so don't repress them because, as you know, repression will bring indulgence ... let us keep on going in our journey ... from pleasure to happiness to joy and to bliss ... And the higher you go, the richer you become ...

Explore!! Move from the body to the mind, from the mind to the self, and from the self to no-self ... to nothingness ... then only will you know the infinity of your being ... that is bliss ... pure awareness... that is our destiny ...

So let us be aware of this now ... of this direction. Destination belongs to the mind ... to the ego; direction belongs to life, to being ... to move in the world of direction one needs tremendous. Trust in order to move into the unknown. Each step is a discovery in our inner mystery ... Even at the very moment of death you can say with total trust, "This is it!" Because each moment, this is it! It may be life, it may be death; it may be success, it may be failure; it may be happiness or it may be anything ...

This is it ...

This is it the real prayer. And then you will have direction ... you need not worry about it, you need not fix it, you can move with Total Trust ...

Every drop becomes the wave and the wave meets the ocean and every river before it meets the ocean, looks back ... will say goodbye before disappearing in the ocean ...

So now become a little more alert ... you are the window and the sky ... you are the drop and the ocean ... there is no need to be afraid, let the ego die and you are free to fly high ...

Yes! Jump in the ocean ... if you think you don't jump ... jump and then think ... then you will see the sun and the moon ... the death and the birth ... and this is the mystery of our being ... of or human becoming ...

Let us share what we know about human!! 

There are zillions of human beings on the earth but it is very difficult to find a human being ...

The humanity is just a word, an appearance, it is only a mask ... As a body we are but not yet psychologically ... And to be spiritually a human being is a faraway thing ...

The real man will be a rebel against all that is rotten ... He will not be a slave to any power; He will be a master of his own being ... he will love his own choice ... he cannot follow the

herd, the mob. He will be so conscious, so alert, that he will be alone, he will love people, he will help people, but he will not depend on people ...

The ordinary so-called human being is always dependent on the crowd ... He is afraid to be on his own. He needs somebody else to command him; he is ready to obey. He is always in search of father-figures, people who are authoritative; then he feels at ease. Now he is more responsible ... he will be a slave and he will bark ... you have been all the animals in the past, that is the beauty of the theory of many, many millions of lives: that means we contain the whole existence ... and we can bring anybody to the surface ...

A human being is born only when all the animals, even the shadows of the animals within him disappear ... And to be human is the beginning of being divine ...

These are the three planes: The animal, the human, the divine ... 99.9 percent of us live on the animal level; only point one percent of people get to the second, the human, and only a few people out of millions and zillions reach the third ... And that is the goal of being awareness ... of being a witnessing ...

You have to be a Christ consciousness ... not Jesus ... you cannot be Jesus, but you can be Christ. Christ is a quality ... Mohammed is a quality ... Buddha is a quality ... it is a state

of ultimate consciousness when one realizes oneness with the whole ... This oneness is our existence ... is our holy home ... or holy kingdom ... Then we are the citizens of the world of love ... one peaceful world ...

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

It is like this: a musician goes to listen to some music with a non-musician ... Both listen to the same music but the non-musician only listens to the single notes, the individual notes ... He listens to one note after another but he cannot listen to the melody ... The musician listens to the melody, not to the individual notes ... They are there but he listens to the unity of them, the harmony of them all ...

For the musician those notes are not separate. They are bridged by something unknown, something mysterious, that is the melody. The non-musician is also listening to the same but he cannot connect ... It is all noise ... The melody is invisible but those notes are physically there, tangibly there. You can hear the notes; that does not mean that you will hear the music.

Just good ears are not enough to hear the music. Something more than the ears, a deep understanding, a capacity to fall

en rapport, a capacity to be absorbed, to be possessed, an openness is needed ...

Then those single notes are no more separate; they start falling into a gestalt, they are together. Then it is not just a heap of flowers but a garland. A thread is running through them all but the thread is not visible ...

Human beings are just a heap, a crowd, because the thread that can join them, that can connect them, is missing. Love is missing ... Love is that thread. And unless love possesses human beings, there is not going to be any humanity, there is not going to be any peace nor any real civilization ...

The civilization that exists is just an empty word. It has not yet happened ... it is still a dream ... But who is going to start such civilization??

To become a free being means to be a citizenship of love ... To become a part of a melody that cannot be heard only by ears, that can be heard only through the heart. Is to become aware of the cosmos, as a whole, that holds everything together. That whole is called God ... You can call it the melody of existence, the music of the spheres. Whenever two people are in love a little of that music is heard, just a little. When three people are in love, a little more. When more people are in love, God becomes more and more available ...

So you are entering into a love community ... that is the meaning of freedom ... that is a place where we live in harmony with each others. Live life prayerfully, alert, aware, awake ... Allow your small stream to pool with other small streams into a large river on the way to reach the ocean..

In the commune as a Christ everyone has individuality, nobody has personality ... Nobody is egoistic, but everybody has his uniqueness; he contributes to the commune in his own unique way ... And everybody is respected for whatsoever he is doing; there is immense respect for the individual ...

There are poets, painters, authors, shoe makers, carpentry shop, or farmers ... any work is worship. Your job makes no difference, your individuality is intact everywhere ... Everybody is working in his own way, wholeheartedly ... We need such communes in the world ... This is an experiment to provoke a God ...

It is a space where God can descend more and more ... it will become a place for connection ... God is no more a reality ... No peace any place, only war and preparation for a bigger war ... the connection with God is broken ...

Let us create the bridge ... And remember a small stream cannot reach the ocean. It will be lost somewhere, it is so far away ... It will be lost in some desert land, some wasteland.

But if many small streams pool into one, they become a great river. Then it can reach the ocean ... The universal man can be born only out of a real commune, where all boundaries are dropped ... one world, one family ...

Yes! It needs courage to be one peaceful family ... once you have stepped onto the path to find God, there is no turning back ...

Jesus came once in the early morning to a lake. A fisherman had just thrown his net, the sun is just on the horizon. Jesus puts his hand on the shoulder of the fisherman, and the fisherman looks at him. For a moment no word is uttered between them. Jesus simply looks into his eyes; the man falls in love. Something has transpired ... Jesus says, "How long are you going to waste your life catching fish? Come along with me. I will show you the way to catch God."

The man must have been of immense courage. He threw his net in the lake and followed Jesus without asking a single question...

When they were just outside the town, a man came running. He told the fisherman, "Where are you going? Have you gone mad? Come home! Your father who was ill is dead, so we have to make arrangements for his last rites and rituals."

For the first time the fisherman spoke to Jesus. He said, "Can I go home just for three days to fulfill my duties as a son to my dead father?"

Jesus said, "Don't be worried. There are so many dead people in the town ... they will take care of it. The dead will bury the dead. You come along with me. And if you come with me then there is no going back."

And the man followed ...



The man did not follow Jesus ... but himself ... Come with me and follow yourself ... carry your own cross ... your own balance ... your own treasure and listen to your own lecture ... stop wasting your time ... time means mind ... when the mind stops, time stops ... where there is no thought in your mind, you are in the now, there will be no past, no future, there will be only the present ...

So there are two things to be remembered: clock time is one thing, totally separate from psychological time; psychological time is within you ... When you are joyous time goes fast, when you are sad times slows down ... If you are absolutely without mind, without ego, without devil ... just pure consciousness. , time stops completely, disappears ... and you are immortal ...

So let us be aware of what are we doing with our time?



The idiots are the majority ... they will play cards and watch TV to kill the time. And they run to work to save time ... Stupidity seems to be infinite ... the whole life is gone ... what have you done?? What can I do now? War or Peace? What is my choice??

The society is disappearing, the family is disappearing: now it is very difficult. Unless you are capable of being an individual it is going to be difficult to live ... only individuals will survive ...

Now is our time, the times of chaos are the times of revolution... of inner evolution ... great times are ahead ... prepare for them... Now is the time of death and birth ... born again a new human being ... a peacemaker not a war maker ... just watch the moon for three to four months ... and you will be in a different state of being ... our moods are part of our moon ... watching this secret within few months you will be able to be a witness and then nothing will disturb you ... then you know it is just part of nature ... Yes! Nature is our mother and the truth is: what is natural is easy and right, but because we are not natural, we are not either easy or right ...

Your whole upbringing makes you artificial and arbitrary; it destroys your nature, it imposes something else that others want, it imposes the opinions of others upon you. They would like you to be wrong and ill and lost. They are afraid of nature.

That fear of nature has created many problems in us. It has created an ugly civilization, a rotten culture, an anti- natural technology, a science against ecology, a religion which is not in tune with your innermost being.

It is time for us to revolt against all this that has happened to humanity in the past! But if I don't have the cure how can I heal you? If I don't know the cause how can I heal myself? If I don't know the first step how am I going to be the whole trip ...

So be aware of dead world and dead words and dead beings... Wake up yourself and the book is the best companion ... this is one of them ... keep reading it ...

Be a divine being, not a devil being ... You have the key and you know the door ... Open up and walk up your talks ... Be one with nature!! But why is man afraid of nature?


There are reasons. The first is: nature is bigger than my ego, and if nature is allowed, the ego will not control me ... Then nature will be my nurture and my mother, so rather than being natural you repress your nature and you claim only a small spot as your being, only one-tenth of your being ... which can be controlled by your ego ... Then you feel that you are the master...

With nature you are not the Master, you are nobody ... With nature you are nowhere, you don't exist at all ... only God ...

So the ego or the devil creates everything, creates morality, and morality is against nature ...

For example, what can you do if you fall in love with a woman who is not your wife? That falling in love is natural, but you have to look to other things: your marriage, your prestige, your future, your salary, your job, your business ... Not only in this world, but in the other world too ... You will have to answer to God why you fell in love ... It is better to prevent nature, to close nature off completely, so you remain confined in the rules and regulations of your society, culture, religion ...

Why don't we listen to the prophets?

Why do we listen to the profits?? 

We are taught ambitiousness, and nature is not ambitious ... Nature has no instinct in it to be the prime minister of a country... Nature would like to dance, sing, love, eat, sleep, go swimming, take a sunbath, but nature will not bother to become the president of a country ... nature is not that stupid ...

Relax and drop all that is unnatural to you ... All pretensions, masks, and fakes. Just be ordinary! To be ordinary is the greatest thing in the world ... To be ordinary is the most extraordinary power in the world ... Why? Because, the

desire to be extraordinary is really extraordinary; only very few people have been able to manage it up to now!!

Man has become very ugly through such civilization ... It is a curse ... We will have to try another kind of civilization sooner or later, and the sooner, the better ... soon a great collapse ...

Man has tried to be very arrogant with nature; he has been trying to conquer nature which is utterly ridiculous ... We are part of nature; how can we conquer it? We are nature; to fight with nature is to fight with oneself. It is so foolish and so suicidal that later generations will not be able to believe how man committed such a crime ... Man has to learn again how to come closer to the trees, to the forest, to the mountains, to the oceans ... We have to learn how to be a love to mother nature and this our aim towards such a great grace ... We live joyously only with nature, not against nature .... the moment we are against nature, our love energy turns into hatred ... if we flow with nature in total harmony, love grows, matures, becomes more integrated ... And the maturing of love is the greatest gift of life ...

Once we know a mature kind of love is to know God, because it brings joy, it brings freedom, it brings blessings ... There is no particular nature ... Each has his own particular nature ... Jesus has his nature, I have mine, you have yours, and when you flower, you will flower in a different way ... Each

individual human being has his own nature ... So if you reach to a Buddha he will be totally different from Jesus ... If you reach to Mohammad he will be totally different from Jesus ...

So there are different people, in different places and different time, and they have all attained in their own ways; their expressions are unique ...

And it is good that they are unique, otherwise life will be too monotonous ... Just think of this idea ... A row of Jesuses standing in a queue ... It will look ugly ... Alone, Jesus is beautiful, a precious diamond, but if there are too many just like him, he will be a pebble on the shore, nothing of worth, copy paste people ... plastic people ...

Ah! What can I say? It is not in the saying but in the seeing ... We are not humans yet, we are robothology ... machines ... computers .... Let us share it in words, maybe it will touch any one of us ...

A robopath is a person who pathology entails robot-like behavior. The first characteristic is asleep ... He walks but he walks in sleep ... He talks but he talks in sleep ... We go on doing the same thing again and again ... You can simply do them ... you need not be there ...

When you first start learning to drive you have to be there for a few days ... Then you go on driving in that vicious circle ... Every morning is the same thing, every evening is the

same ... We don't do anything through consciousness ... We go on making empty gestures ... That's why so much boredom in life... How can you remain thrilled by constantly repeating the old? This is the first characteristic ... SLEEP ...

The second is dreaming, part of sleep ... A robopath dreams day and night ... It is like the stars in the day ... They are in the sky but because of the sun we don't see them ... They are there just waiting for the sun to go, so we are dreaming day and night ...

And the third characteristic is ritualism ... We remain in rituals... He never does anything through his heart ... His "hello" will not have any heart in it ... He will kill but it will be just repeating an empty gesture ... There is no kiss in his kiss ... no love in his love ... no life in his words ... just a dead robot ... he is not there ... Robots are forms ... are cups but no life in it... only a life of formality ... Their activities are all pre-packaged ... They never do anything on the spur of the moment... Coming home they think about what they are going to say to their wife ... Going to the office they prepare what they are going to say to the boss ... They are always rehearsing and naturally, when you are too prepared, you miss the point ... you miss the moment ...

A robopath is very dogmatic. He cannot allow doubt. He believes, he never suspects ... He is never in the present. The past is good because you cannot do anything with the

past. The past is dead and with the future he can desire and hope, but with the present, he is very uneasy, very restless...the present brings problems ... So he uses his present for his image, what people are thinking of him, good? Sainly? VIP? He is not really worried about transforming his life ... If people believe in stupid things he will follow them ... He will never look at his faults, he is perfect, but he looks at others faults ...

That is why we live at the minimum level ... With this level, we can remain perfect but the maximum is a danger ... Error may enter in, but who wants to take the risk?! Insecurity is our only security ...

A robopath is really poor ... He may have as much wealth as one can have but he is poor ... His life is one-dimensional ... He always lives to the minimum ... He is anti-joy, anti-life, and he is a joy killer ... He does not want anybody to be happy ... The robopath has no compassion ... He is hard ... He is hard on himself, he is hard on others ... He only does his role properly of course; he follows orders blindly ... His great value is efficiency ... He always feels holier- than-thou ... Their whole efforts is how to look holier than others, how to be at the top ... There are the politicians, the power people, the priests, and you know more ...

And the last thing that a robot is, is alienated ... from the self ... from other selves, and from nature ... He is attached to

the ego and has no self but slave to the mine ... to the devil ... He does not know who he is, he knows only what others say about him... So he is alienated from himself ... he has never encountered himself ... He has never looked into his own being ... He has always been looking into other people's eyes ... Looking for his image, for how he looks in other people's eyes ... He has never come home ... he is alienated from himself ....

This is the robopathology that man has lived up to now, and man can go on living in it ... You can jump out of it ... That jump makes you religious ... That jump brings you to understanding .... That jump makes you wise, that jump makes you enlightened ... make you a Christ consciousness ... a sufi... a zen ... a mystery ... a nameless emptiness ... that which is ...

Be still and know that I am God ...

This amness is our godliness...

If not now! When? If not you and me, who else???

Just listen to yourself ... and then something will start happening in you ... It will not be caused by anyone , it will be a synchronicity ... It will be natural ... The power of nature ... this is the law of synchronicity...

Thank you Carl Gustav Jung ... the law has been down the ages, but nobody has named it exactly ... It happened a

hundred years ago, in an old house ... There was two old clocks on the small wall ... Jung was surprised to see that they always kept exactly the same time, second to second: “Old clocks, and so perfect? Not even a single second’s difference?” Being a scientist, he became curious ... He put one clock five minutes back, and after twenty four hours in the morning when he looked again, they were again keeping the same time ... Now it was a great puzzle. He enquired ... nobody had changed, nobody had touched anything ... He tried again and again and again they would come to the same rhythm ... then he tried to find out, “What is happening” Something strange ... they are disconnected!!” Then he observed more minutely and he came to conclude: “The vibration is the action.” Yes! Vibration is the energy ... is the power of life but he knew that, “The vibration of the one clock, which is more powerful, goes through the wall, just the vibration... and keeps the other clock in tune.” It is a subtle rhythm .. . Nothing is visible ...

That was the beginning of a new phenomenon ... then many many more things happened ... and by the time Karl started working on how things happen in consciousness, he came to conclude that the vibe of one heart, if it is powerful enough, can change the rhythm of another heart ... Just like the bigger clock was changing the smaller clock ... the bigger in power not in size ... the energy of life in us ... in every one of us, is

the power of God ... in the core of our heart, of our being ...  
Let us respect this bliss ...

This vibe is invisible ... there is not yet any way to measure, but it is there ... it is a healing energy ... a bioenergy ... it is our faith in Allah ... in existence ... that's what you feel if you are with a Christ, with a tremendous power ... this energy is a window to God ... God is flowing through Christ through any master ... God has no other hands than ours to use ...

Have you watched it? Two lovers, if they are really lovers, a deep intimacy, slow slow start looking alike ... that is synchronicity ... you can see it: real lover, slowly slowly they start looking like brothers and sisters ... Something in them starts becoming oneness with the one, they start having the same rhythm ...

Yes! If love deepens, it transforms the love relationship, no more husbands and wives ... but soul brothers and soul sisters ... light with light ... this is a kind of oneness arises, they become one ...

This is what happens between the master and the disciple ... between Mohammad and Ali ... you need not imitate Christ, or Buddha ... just become a lover, just become vulnerable to him... Let intimacy happen, come closer and closer ... Drop your defenses and armors ... And the powerful dynamo of the master, his magnetic field, his Christhood, will transform you ... and he will not give you any commandment ... And his

transformation will not be something imposed on you but something stirred within you that will bring your own being alive ...

Let us listen to this “tick”. An organism has something which is not just the sum total of its parts ... when these parts are united in a functioning whole, in a working order, a synergetic dividend appears ... “the tick”... you can open a clock and you separate everything, the tick disappears ... you put the parts together again in a functioning order, the tick appears again ... The tick is something very new ... No single part can be made responsible for it; no single part had it ... It is the whole that ticks ... The part tricks ... the whole ticks ... That tick is the soul... You take my hand away, you take my leg away, you take my head away, and the tick disappears ... the tick is the very soul ... but the tick remains only in an organic unity ... God is the tick of this whole existence ... You cannot find God by dissecting ... God can be found only in a poetic vision of unity... God is a synergetic experience ... science can never reveal it, philosophy can never come to it ... only a poetic approach, a very loving approach, can. When you fall on rappor with existence, when you are no more separate as a seeker, when you are no more separate as a watcher, when you are no more separate s an observer, when you are lost into it, utterly lost, it is there, the tick ...

So be aware of your self, soul, and spirit ... this is the unity of the divinity ... this trinity is in us ... this is the tick that we are

here for ... this is our unity ... our mystery with our master and with our inner treasure ... This is our eternal eternity ... that which is not of time, but transcendental to time ... you become aware of your eyes only when you see; if you keep your eyes closed you will forget all about them ... If a child is never allowed to use his legs he will not be able to walk and he will forget all about his legs ...

Let us respect all the gifts that God gave us ...that is what meditation is ... it is the key to open up our inner-outer treasure... To be aware of who we are ... Yes! Our soul is not serious ... those who take life seriously become pathological... life is love and laughter, from the top to the bottom ... the moment you become serious, you become blocked ... The flow stops; you are cut off from the universal energy ...

Some guy bought a new fridge for his home ... to get rid of his old fridge, he put it in his front yard and hung a sign on it saying: "Free to good home ... you want it, you take it." For three days the fridge sat there without anyone looking twice ... he eventually decided that people were too mistrustful of this deal .. straight away, he changed the sign to read: "Fridge for sale \$50." The next day someone stole it ...



If someone stole your wife ... the best gift for you is to keep her there ...



The situation was desperate. Mulla had been bitten by a rabid dog and the doctors were not certain that he had begun treatment in time to save him ... After a consultation on the matter, they came into the room and told him the plain truth ... that he might develop hydrophobia ... and that his chances were pretty bad ... Instead of seeming to be upset at the news, Mulla asked for a pen and paper and began to write at great length. After an hours of steady writing, his nurse said to him, “What are you writing” Is it your will or a letter to your family?” “Oh, no”, said Mulla, “It’s a list of people I am going to bite.”



“I am going to get a divorce.” A friend told Mulla ... “My wife has not spoken to me in three months.” “I’d think twice if I were you, wives like that are hard to find” said Mulla.



Yes our soulfriends ... Truth is in us ... like Zen is all-inclusive... It never denies ... it never says “no” to anything; it accepts everything and transforms it into a higher reality ... It is very synergistic ... all energies have to meet and become one energy ... Nothing should be denied, because if you deny something you will be that much less rich ...

Just think of a God, a Christian God, who has no sex, who has no emotions ... what kind of God will this be? With just intellect, he will be very stony, you can worship a computer instead ... .A computer is what the Christian God is ... just a head ... A Computer is the magnified head ... And sooner or later we will be making more and more, and bigger and bigger computers ... One day we will make the perfect computer ... he will be exactly what a god has been proposed to be, just the head... soon we will be the best computer ... no senses, no emotions ... the computer will not cry if somebody dies ... will not laugh, will not celebrate, will not fall in love ... it is just head ... pure head ...

Just think of it ... your head has been taken out of your body, out of your totality, and goes on pulsating in a mechanical place, being fed by machines ... you simply go on thinking and thinking and thinking and nothing else ... that's what God has been...But this is not the truth ... this is our ego ... our mind ... our greed and our ignorance. The universe, the total, is so rich it includes all. God and man are one ... but the difference is not that man has three and God has one, the difference is that man's three are at war and God's three are in harmony ... that is the only difference. You don't know how to put them into an orchestra the day you know you are a God ... you have all the basic requirements to be a God. It is almost like sufi say: You have the flour, and you have the water, and you have the salt, and you are hungry ... so make

your bread ... the fire is burning... Hunger will not go unless you make your bread ... Exactly the same is the case with us. We have all that we need to be who we are, but we don't know how to put it into a synergical fulfillment ... now you know ... you have the key ... you have the best companion ... read and you have all what you need.

Spirituality means wholeness, holy means wholeness ... all has to be included and transformed; all has to be included and transcended ... when all is included, there arises an equilibrium... that all things are equal ... sex is not the servant, neither the heart is the queen, and neither is the head is the king... all are equal ... unless we think in terms of equality, we will never attain to the grace of balance ... nobody is a fixed master, it is a rotation ... we all support the wheel of life ... this is the meaning of the divinity of our trinity ... we are all together supporting each other ... be your own master and your own servant. You are all the three, self, soul, and spirit ... and yet you are the center of all of them. In that harmony, in that fulfillment, you have arrived home ... love and trust help you to reach home. The real juice of life is within you ... this very moment you can turn within yourself, look into yourself. No worship is needed, no prayer is needed. All that is needed is a silent journey to your own being ... We call it meditation, a silent pilgrimage to our own being ... and the moment you find your own center, you have found the center of the whole existence ... they you cannot

fall; then there is no way of going bac .... Then it is something which partakes of eternity .... To experience this moment is, at the same time, to experience all that has been and all that will be, because this moment contains both ... and this moment is the existence ...

Yes! No accident by accident ... every breath has its path ... and the final analysis ... anal is a good word to analyze ... write it right ... so my final analysis is what is experience. No accidents can befall me anymore ...

Accidents happen in our life because we have chosen a certain goal ... and if we go astray, we miss the goal ...

You wanted to catch a train and you reached the station late and you missed the train ... but if you have no goal except wandering, you cannot go astray ... If you are not going to catch the train, no train in particulate, you cannot miss the train ...

Accidents happen only because we want our lives to be in a certain way ... and something goes wrong, something prevents ... that's why accident's happen ...

Accept everything as it is... 

This isness is our existence ... Whatever happens is the right thing ... there is no failure possible ... there is no frustration possible ... your silence and your serenity cannot be disturbed... just be ... to be or not to be is the being.


Life is always loving... 

Existence is always compassionate, because whatever happens, that's how it should happen ... existence is our only desire ... nobody dies untimely ... everybody dies timely, exactly the way that he should die.

“Such is the nature of things,” 

with total acceptance, accidents stop happening; and a life becomes a totally different experience where there are no frustrations, no accidents, no disasters, where everything is exactly as it should be ... You are so centered, so calm and quiet, nothing stirs in you ... and only in this centeredness, in this calmness and quietness,

one comes to know oneself ... 


remember this true story ... 

When Galileo found that the earth moves around the sun, not vice versa as the bible says, the pope asked him to be present in his court ... Many things happened that day. One was very important... Galileo asked, “What does it matter if one statement in the bible is proved wrong? It does not prove the whole bible is wrong .... I am a devout Christian, a good Catholic too, and I don't see the point that if one statement is wrong it makes a difference..”

But the pope said, “You don't understand” and the pope was right... He said, “When one statement is proved wrong then

more problems will arise ... one, that God can be wrong ... And if she is wrong about one statement, what is the certainty about other statements?”

The pope is right ... “Just one brick taken out of the palace, and the whole palace may collapse.” His saying is right ... And what Galileo said ... “you are right, I change my statement but the Earth will not change it’s truth ... It will keep living its way ... the Earth moves around the Sun, not vice versa as the bible says... ” Today, not only one thing about the old mind, the old society, is wrong, but so many things are wrong that it needs an absolute idiot to still believe in it ... Just a little intelligence and it is impossible to be part of the old mind ... It has lost credibility, and not in one place, but all over the world ... Be your own master ... trust your own experience ... Just accept every now, every breath, in its whole totality ... Even death is absolutely accepted because there is no birth and no death ... to accept all is the highest peak of meditation ... all the sweetness of life and all the bitterness of life, with equanimity, choicelessly, with no likes, no dislikes . . .

“Let thy will be done.” 

Once this starts happening to you become a rejoicing, you become serenity, you become utter silence, and a silence which is not dead, a silence which sings, a silence which dances, a silence which is not empty, a silence which is

overfull ... so our method is: Learn to accept life as it comes ... Remain non-judgmental, just a silent witness to all ... This is the most profound secret of all the awakened ones ... Let us stop being accidental! Gather yourself together, become a little more conscious ... See what is happening, and slowly slowly, when you start acting out of your consciousness, you will see tremendous power arising in you ... and then your whole life will have a totally different flavor to it ... a totally different death and birth ... a totally new man ... new being ... new human becoming ...

I remember an old story of a man who loved freedom, loved to be a real human being, who had made his country free from foreign rule, but was so much in love with life that he would not take the reins of the government into his own hands ... Once the country became free, he left the country towards the mountains... He said, “My work is done”. .. The last stop was a caravanserai ... It had a beautiful parrot, and the owner of the serai was also in love with the idea of freedom ... If he had really been a lover of freedom he would have made the parrot free, but the parrot was in a golden cage .... His idea of freedom was just a mental luxury ... Because, he loved freedom so much, just the idea- he had taught the parrot to repeat the word, “freedom, freedom, freedom.” The whole day, the parrot would suddenly burst into shouting, “freedom, freedom!” He knew only one word ... And this man who had been in jails, had been in dangers,

he was staying there ... He thought, "This poor parrot wants freedom ... He is not happy in this golden cage, nobody listens to him ... The whole day he is shouting, "freedom". He decided that in the night he would open the cage and let him be free, so in the middle of the night he came to the cage, opened the door of the cage, and tried to pull out the parrot ... But the parrot was hitting the man with his beak and with one of his legs he was holding onto the cage ... The man could not understand: The door was open, and he was still shouting "freedom!" But the man was also a strong fighter for freedom; he somehow pulled the parrot out of the cage and threw it into the sky ... He had damaged both of his hands; there was blood on both of his hands where the parrot had scratched ... But he was happy that the poor parrot who longed so much for the freedom was at last free ... He went to his room, went to sleep, but in the morning he woke up with the sound of the parrot who was shouting, "freedom, freedom". He said, "Strange, where is that parrot?" He opened the window: the parrot was sitting in the cage and the door was open, and he was repeating his routing "freedom, freedom!" It was just a word ... The owner came out, he knew this famous man ... He looked at his hands, he looked at the open cage ... he said, "you don't understand, he is only a parrot... I have taught him the word 'freedom' because I like the idea of freedom ... He is a parrot; he does not even know the meaning of freedom ...

you should not have harmed yourself ... A few other people have tried it before, but he always comes back ...

Who wants to leave the golden cage?"

The best way to be free is to be yourself ... throw out the parrot and the cage ... You do not know yourself ... unless one knows oneself one remains in need of the other ... love the other, but from the very beginning make it clear that you are not selling your freedom ... freedom of the self and freedom from the self ... the ultimate heights of love and freedom is the experience of God ...

No, I don't trust any other ... only my power ... Not even any saint ... the honest sinner is much better ... and the sinners are suffering because of the mad saints ... I have heard about a Muslim saint or a famous Imam ... He must have been utterly neurotic ... One day he was sitting with his grandchild in his lap, and the boy asks, "Grandpa, do you love Allah more, or me?" Because he sees this old man continuously repeating, "Allah, Allah, Allah!" And the man was going to say, "of course, I love you!" The idea has arisen and then he became afraid ... so he pushed the little boy, threw him away from himself, and said, "You nasty fellow! The Devil is speaking through you! I love Allah!" And it is said, since that day he never talked to the boy, and it is praised in the books that he was a great saint ... He lived for twenty years but never touched the boy again ... the boy had become devilish

evil ... and the story says he went to heaven when he died ... what kind of heaven is this??? If I had been there instead of that old man, I would have hugged the boy, kissed the boy, and I would tell him, "I love you, and that is my way of loving God ... You are a part of Allah ... There is no conflict between you and God and all what we see!!" Thank you! Yes! You too will do better than me ... no two lovers are ever in conflict, cannot be ... Love is never in conflict ... Other things are in conflict: ego, jealousy, hate, but not love ... When you eat, eat with great taste and sensitivity ... God gave you the apple; receive it in deep gratitude, love, joy, celebration ... Hold the apple in your hand, smell the apple ... Hold the apple close to your cheeks and feel the coolness of it ... Dance with the apple a little bit ... Soon the apple will become you ... Let your heart be in total thankfulness ... Jesus is saying "Eat my body and drink my blood for the new birth." This is a great symbol for our mystery ... for our first communion with our inner treasure ... inner knower ... this is the real reality of life ... So, to me, there is no ideal man and no ideal woman ... The ideal man and woman are neurotics ... I don't carry any idea of perfection because that is the greatest calamity that has happened to man... I am for totality ... Be total in your acts ... Be total, whatsoever you are doing and never think of perfection,

because totality is in the present,

and perfection is in the future...

Live in the present ... it is our gift from God ... 🌸

open up and grow up ... The moment you bring in the future, you bring conflict ... The moment you bring in the future, you bring tension, anguish, anxiety ... The moment you bring in the future, you open the door of hells ... that's where the devil is ... Just be here now! Be real, and be now- here or nowhere, and live your life moment-to-moment in deep gratitude ... and whether you are a man or a woman, how does it matter? Authenticity, spontaneity, totality, are not feminine or masculine...

I have no ideals. I destroy ideals. I believe that when there is no ideals, we will be free ... When there will be no goal, man will be free, never before it ... All ideals create slavery ... because the ideal stands there in the future, it starts dominating you from the future ... It starts condemning your present ... Be this! Be that! They limit you from every direction!!

The first day Jony went to school Mama asked him, "What did you learn today?" "I learned that my name is not don't ..."

If this moment is condemned in any way, by any method your life is being destroyed that's why there are millions of people on the earth, but very few are alive ... Ideals have poisoned our life, and the idealists are the great poisoners ... I am all for reality ... I see the sun, I don't believe in the sun ...

God is a reality ... We are a reality ... all what you see is a reality ... Just see and know... Be a knower not a believer ... Be a lover ... How can anybody love you if you don't love yourself? And the idealist cannot love himself ... he is very hard, he is a masochist and when a person is a masochist, when a person goes on torturing himself in the name of ideals, he is virtually dead ... It is not possible to achieve any step on his trip ... You go on moving, but you never reach; but you never reach; the horizon also goes on moving ... I am a realist ... I am very down to earth. This is our birthright ... It is our home ... It is the way God is ... God is very earthly ... There is no other world, this is the only world and there is no other way to be, this is the only way to be ... This acceptance, this utter joy in being oneself ... that's what the man of reality is or the woman of reality ... Utter joy in being yourself, with no guilt, with no judgements ... so you don't bring any opposition ... You don't create a conflict, you don't create a friction between your reality and the ideals ... So watch your mind ... it is not yours ... You are a victim acting according to the society ...

Let us enjoy this story, George Gurdjieff used to tell this

story ... 

A magician deep in the mountains had many sheep, and to avoid servants and to avoid looking after the sheep and going in search of them every day when they were lost in the

forest, he hypnotized all the sheep, and told each sheep different stories ... He gave different minds to each sheep ... To one he told, "You are not a sheep, you are a man, so you need not be afraid that one day you will be killed, sacrificed, like other sheep, they are only sheep ... So you need not be worried as far as returning home is concerned." To some he said, "you are a lion, not a sheep," and to some, "you are a tiger". And since that day the magician was ease: the sheep started behaving according to the mind that was given to them ... He could kill a sheep-every day he used to kill sheep for his own food, his family's food- and the sheep who believed that they were lions or men or tigers would simply look and giggle ... and googling too ... So the sheep were not afraid anymore, not like in the old days ... When he killed a sheep before, all the sheep were afraid ... "Tomorrow is going to be my day ... How long can I live?" And that's why they used to escape in the forest ... to avoid the magician ... But now nobody was escaping ... There were tigers, there were lions... All kinds of minds had been implanted in them ... your mind is not your mind ... This is something basic to remember. Your mind is an implantation of the society in which you have accidentally been born ... so learn the art of contacting the reality without the mind interfering ... Just be a watcher ... look at the sun, nothing about it, watching not evaluating ... The moment you say something, the mind has come in ...

The mind consists of language ... Don't use language ... Can't you just see the sunset and its beauty? Can't you be overwhelmed by its beauty? Can't you be possessed by its grandeur? This is the mystery of the Qoraan ... God said it through Mohammad ... It is the chant of the existence ... it is beyond words and beyond language ...

A Sufi Master, received a university professor who came to inquire about Sufism ... The master served tea ... He poured his guest's cups full, and then kept on pouring more tea ... The professor watched the overflow until he no longer could restrain himself ... "It is overfull ... No more will go in!" "Like this cup" said the master, "you are full of your own opinions and speculations ... How can I show you Zen or Sufism or Islaam unless you first empty your cup?" Let us wake up and know why we are here? Where we are? Let us be aware of this energy!! Where does it come from? Let us be a victor and no more a victim ... I am my own master and my own healer and my own responsibility is in my own ability ... my own subjectivity ... truth is not an object that you will find somewhere when you are silent ... the word 'object' is beautiful ... It simply means that which prevents you, 'objects' you ... when there is no object to your witnessing, it simply comes round back to yourself, to the source, and this is the point where one becomes enlightened ... It is simply knowing your being ... Be your being ... Be good and then

whatsoever you do will be good, because action comes out of being ...

Being is primary, not action ... Meditation imparts good being to you, and out of good being, good acts flow ... then there is no wall between the being and the act ... every work is worship ... The act is just the shadow of your being ... it has its own fragrance and its own grace and bliss ... This is what love is, what compassion is ... this is our search and our loving ...

Whenever you fall in love, you are all in love with God ... but through the man or the woman or through any window ... Do not love the window ... but the sun or the sky that you saw through the window ... This love will open a dimension beyond any seen or any body ... you are in love with God, your original object of love.

Feel grateful to the window or the other, but go beyond ... Let love become your temple, the other is your mirror ... Whatever you love, let it be your step towards God ... you love money, sex, power, war ... just let your love be from your heart ... from your being ... beyond all what you see and what it dies ...

Yes, you can love any object but be the subject ... Be the master of any power ... What is the use if you have all what you need and you don't have yourself? Let the search be for

God because only with God you are really powerful ... Do not deceive yourself ...

Who is our real lover?

Who is it we spend our entire life loving?

Enough is enough ... It is time to wake up and love our only beloved ... the real beloved ...

Yes! Be alone ... Let it hurt ... this is the only way to be with our beloved ... Let it hurt the whole way ... Go with it; cry and weep, but don't try to escape.

There comes a moment when you have touched the very extreme, and suddenly you swing back ... It is just like the pendulum of a clock ... It goes to the left, to the very extreme, then it turns ... The same happens in the mind ... This is the balance of the cross in us ... The middle point ... the point of witnessing ... of seeing the truth ... Let us live our energy ... from sadness to joy ... no pain no gain ... just enjoy the swing ... this power is multi-dimensional ... and we have to know all its ways, because it is us!! We have to know ourselves ... that's what self-knowledge is ...

So let us listen to the masters ... When Socrates says "know myself" it means know all the possibilities of your being ... Sadness is an opportunity and so is feeling ... These are God-given opportunities to live ... Go through pain, it transforms us, it is like fire, it melts the gold, but it purifies it ...

Whatsoever is accidental will be burned in it, but whatsoever is essential will come out of it purer ... Out of each pain you come out with better power, more stronger and more centered ... You will not be able to recognize your own face ... You will have such a grace if you can go to the very end of it and in that change the night turns into light ... The stars disappear because the sun is rising on the horizon ... The very darkness becomes light and dawn ... It is one of the most beautiful experiences that man can ever happen ...

But we miss because we never go to the very end ... We fight... we somehow manage and manipulate ourselves to be with somebody, to create some sort of happiness just to avoid it ... Of course then that happiness is also fake ... It is not true, it cannot be true ...

Wake up!! Watch your energy!! Where are you going? You are the energy of life ... the energy of happiness but you are holding the sadness ... Face the energy of sadness and you see the light in the darkness ... Watch the real in the false ... The baser metal can be changed into gold, but it should be real ... So go with it!! Have a real trip to hell. Visit hell and see the heaven in it ... God is in every look ... every pain ... The faster you go and the more whole heartedly you go, the sooner you will reach the end ... It can be reached in a single moment ... It depends on the intensity and how fast you go into it ...

If you don't use your energy, you will lose it ... The energy will take you ... in a single moment, you can reach to the very boundary of sadness ... and you can see the dawn, the sun rising, and the energy changing of its own accord ... but you are not making any effort to change ...

Let us enjoy this story... 

Mastery of Moods ...

Whether you are happy or unhappy, remember, "This too will pass." This key allows us to become master of our moods instead of being a victim ... so let us be a victor ...

A great king who employed many wise men felt frustrated with his riches and a nearby more powerful country was preparing to attack ... The king was afraid of death, defeat, despair and of old age ... So he called his wise men and he said to them, "I don't know why, but I must find a certain ring ... one that will make me joyful when I am unhappy and at the same time, if I am happy and look at it, I must feel sad..." He was asking for a key, a key with which he could open two doors: the door of happiness and the door of unhappiness ...

What was he asking?

He was asking the mastery of his moods ... He was saying that he wanted to become master of his moods ... He no longer wants to be a victim of them ... The wise men consulted each other, but they could not come to any

conclusion ... Finally they went to a sufi mystic and asked his advice ... The sufi just took a ring off his finger and gave it to them, saying, "There is one condition ... Give it to the king, but tell him that he should look under the stone only when everything is lost, the confusion is total, the agony perfect and he is absolutely helpless, otherwise he will miss the message." The king obeyed ... His country was lost, he was fleeing the kingdom just to save his life ... The enemy was following, he could hear the horses ... and his horse died ... Then he ran on foot and he came to a cul-de-sac ... to a dead end ... there was just an abyss ... Ah What to do? Where are you?? At the last moment he remembered the ring ... He opened it, looked behind the stone, and there was the message, it was:

this, too, will pass ... 

Every cloud will pass too ... Be passive but don't be lazy ...  
Let us listen to the difference ...

There is a vast difference between laziness and passivity ...  
Passivity is alert, laziness is dull; passivity is energy, laziness is no energy ... It is an ill state of sickness; passivity is just a wonderful health ... Just be passive and enjoy all what you see... Enjoy your breath ... This moment I am alive!! I can look and hear and touch and taste ... The river of life is flowing through me, just feel it ... be it ... live this alert energy

... Energy is there, you can transform it into activity any moment ... anyhow let your river be a verb ... a rivering ...

A man who is passive is full of energy, a reservoir and he is alert ... Look at a cat watching near a mouse hole, waiting for the mouse to come out ... how silently, how still she waits ... The cat is perfectly confident, certain, absolutely certain ... She trusts the mouse, he will be coming ... And he comes ... then look at the jump, the energy, the radiant energy, the alertness!!! In a single jump, the mouse is caught ... and a cat never misses...

Watch passivity, you will always find it glistening with a reservoir of life, energy, radiance, any moment ready to jump into activity ....

The energy is ready. It is not lethargy, it is not inertia, it is not law energy ... It is energy waiting, it can be transformed any moment. He floats with the river, but he floats consciously .. He floats with the river not because he is dead, but because he cooperates ... he is one with the river ... he has accepted both polarities ...male and female energy ...

Don't ask how. Just be still and know that you are the living truth ... It is a knack, not a technique. Just be with the sun ... be with the moon, and listen to the birds and don't do anything ... In this mood, God comes ...

when you are ready ... God is ready ... The ocean comes to the wave ... this is our mystery ...

Now is the only mystery ...

And who is not in this profoundest truth; the totality of life, in its organic wholeness ... it is not a problem that can be solved, it is not a question that can be answered ...

No amount of knowledge is going to demystify it; it will remain mysterious and whatsoever we know is just superficial, very superficial ..! Whatsoever we know is only befooling ourselves... Children ask out of innocence, out of state of not-knowing ... This is why it has immense beauty, splendor, and love ... A child asked ... "Can you tell me one thing? Why are the trees green? Why not red? Why not blue? Why not black? Why not this? Why not that? Why always green?

A man of knowledge would have answered very easily ... He would have told the child about the chemistry of the trees, the biology of the trees ... He might have told the child about chlorophyll: Why are the trees green? It is because of the presence of chlorophyll." But D.H. Lawrence remained silent, closed his eyes ... The child was puzzled ... Such a great man, world-famous, the author of many books, cannot answer such a small question? He nudged him and asked, "why have you closed your eyes? Either you know it or you don't know! What are you doing with closed eyes? If you know, say so; if you don't know, say it."

D.H. Lawrence said, "The trees are green because they are green." And the child said, "that's right!" He was absolutely satisfied and contented ... He said, "that's right-trees are green because they are green!!" But only a child can ask such a question and only a child can receive such an answer ... It is to accept the ultimate mystery that nothing can be said, it is so. "Why is there death?"

"Such is nature of things".

Remember, this is the world of the mysterium: if you try to be reasonable about it you will fail ... Hence, do not try to analyze anything mysterious not to find explanations for it, because if you become too reasonable about it you will miss it ... One has to go into the mysterious without any reasoning ... Just go with deep trust and love ... God is found through love not through reason ... Love itself is enough, enough by itself ...

Let us be aware that mysticism is the experience that life is not logic, is poetry; is a song ... but no one can know this truth ... you can live it in the heart not in the head ... Science divides existence into two categories; the known and the unknown ... The known was unknown one day; it has become known ... The unknown is unknown today; tomorrow, or the day after tomorrow, it will also become known ... Science believes that sooner or later a point of understanding will arrive when there will be only one

category: The known, and all will have to be known ... The unknown is slowly being reduced to the known... Mysticism is the declaration that life consists of three categories: one, the known; another, the unknown; and the third, and the most important, is the unknowable, which has not been known and which will never be known ... And that is the essential core of it all ...

The unknowable can be experienced but not known ... It cannot be reduced to knowledge, although your heart can sing its song... You can dance it, you can live it, you can be it, but you will not be able to know it ... It is like, a river disappears into the ocean ...

Do you think the river comes to know the ocean?

It becomes the ocean, but there is no knowing ... In fact, when you become one with something, how can you know it? Knowledge requires division; knowledge is basically schizophrenic ... The object has to be separate from the subject; the knower has to keep a distance from the known ...

If the distance disappears, there will be no knowledge possible... And that's what happens in mysticism; the seeker becomes one with the sought, the lover dissolves into the beloved, the dewdrop slips, falls into the ocean and becomes the ocean ...

There is no knowledge ... In such unity knowledge is not possible ... In such unity there is only experience, and experience not of something outside of you, but something inside you ... It is experiencing rather than experience ... This is the secret ceremony ... The people who have touched the unknowable gather together to share ... The sharing is not verbal it is the being with the being ...

The words are spoken only to those who cannot listen to silence... Free being can listen to the words, but they are not in any way intellectually dissecting, analyzing, arguing with the words ...

The words are heard as one hears music, or hears wind blows or raindrops or roar of the waves in the ocean ... And while the mind is hearing the music, the heart starts absorbing the being, the presence ... It is not a secret in the sense that we are hiding somewhere in a cave ... It is secret because it is available only when you are related to the master in deep love ... This secretness is something to be understood. Some come and see few bodies sitting silently, that's all ... They will not see the transfer of light, the transfer beyond the scriptures that is happening ... To know something of the truth, you will have to become a participant, you will have to fall in deep harmony with the real Master and then space all around the place ... You cannot be a spectator, you cannot observe from the outside

... they are secret ... you have to dissolve yourself ... you have to risk ...

Reality is far richer than any word ... Those who have experienced the ninety nine names of nothingness ... they lived the truth ... but it is bigger than any words ... Those who have experienced, they become dumb ... not that they stop speaking, but they speak about the methods, they speak about the way ... they don't speak about the truth ... they say how to attain it ... they say how to avoid the pitfalls on the path, they say how not to go astray, they say "this is the way, this is the direction." They give us few maps and few keys but I have to go to the mountain, the mountain does not come to me ... I have to use the key or it will remain a piece of metal ... so wake up if you want to grow up ... To grow old is natural, but to grow up is your option to go beyond angels ... beyond body mind ... beyond birth and death... Mysticism is the very soul of religion... the religiousness of our spirit ... this is the bliss that is given to us ... from God to us ... in the core of our being ... what is your choice???

Me tooooo..A laughter is a door to our divine unity ... divine divinity ...

### Medical Exam

When I was young I wanted to go to medical school, but I didn't pass the entrance exam ... One of the questions was "Rearrange the letter P N E S I to spell an important part of

human body that is more useful when erect.” Those who spelled spine became doctors ... the rest ended up in congress ...



Women asks: If I sleep with 3 men everyone calls me a prostitute but when a man sleeps with 10 women everyone calls him a real man. How come? When one lock can be opened by 3 different keys it is a bad lock, but when one key can open 10 locks we say it is a master key!! What kind of key are you??



Life After Death

Boss asks employee: “Do you believe that there is life after death?”

Employee: “Certainly not, there is no proof of it,” he replied.

Boss: “Well, there is now. After you left early yesterday to go to your brother’s funeral, he came here looking for you.”



“Why don’t you stop picking on me?” said the husband to his wife. “I am trying to do my best to make you happy.” “There is one thing you haven’t done that my first husband did to

make me happy,” she said. “What’s that?” asked the husband. “He dropped dead” she said ...



A young woman went into a bank and asked the clerk for change of a one hundred dollar bill ... The clerk took the money and said, “I am sorry Miss, but this one hundred dollar bill is a fake.” “Oh my God!” cried the miss, “I have been raped.”



This story is simple, but with immense meaning ... The seeker saw in the skull the whole reality, and our illusions about it ... He saw what we think is , and what really is, and the difference is tremendous ...

He would not have taken that water, drunk that water, if he had known that it was in a dirty old skull ...

He thought it was a beautiful bowl with crystal clear water ... Our life is lived in illusions of crystal clear water, but reality is totally different ... seeing that difference he laughed at himself ... and to be able to laugh at oneself can become a breath-through...

one can become enlightened ...

We laugh at others, and we feel hurt if somebody laughs at us, but to come to an understanding where I see my own stupidity... and my whole life is full of it ...

We live in dreams, illusions, hallucinations ... we do not correspond to reality at all ... the reality is the dirty old skull ... He laughed at himself, and in this very laughter he became a different man ... Now he will live with reality whatever it is.

Now no illusions will be needed, no hallucinations will be needed to cover it, to hide it ... he has seen the point ...

The story is simple but it is the story of the whole pilgrimage from darkness to light, from illusion to reality ... Just watch your mind, how it creates illusions about everything and then gets out of it ... gets disillusioned and disturbed ... You love a man, you love a woman, you create a certain illusion about the man or the woman ... It is not the truth ... deep down you know it too ... You are imposing an image ... Soon it will be shattered, because against reality no illusion can last long ... Soon you will find a dirty old skull, then you will be miserable and you will miss life ... A woman who was beautiful turns out to be a bitch ... A man who had thought to be a hero turns out to be a henpecked husband ... You are not going to laugh at yourself ... You will throw the whole responsibility on the other person ... It is time to wake up and live your own ... wake up you are responsible ... In each

love affair both the persons are innocent, as far as they are concerned ... but both are responsible for projecting upon the other something which the other is not...

A sufi story tells that Mulla had a beautiful house in the hills and once in a while he used to go there ... and sometimes he would say it would take three weeks for him to rest or two weeks, but he never managed to keep the right date ... he would always come sooner ... His friends started asking “you ... you come early ... why?”

“I have an old ugly woman as a servant ... when she starts looking beautiful to me, then I escape...”

If you could laugh at yourself ... that is the message of this story... the man was thirsty in the night ... It was a projection ... Even in the full moon night a skull is a skull and the dirty water is dirty water ... It was his thirst that projected clean, crystal clean water in a beautiful bowl ... We are doing it every moment of our lives, projecting illusions about people, about things and getting frustrated ... now is the moment ... if you can understand that it was your projection ... this is the time to laugh at yourself, at your own stupidity, at your own foolishness...

This is my only gift to myself ... I am responsible ... I am the prison and the prisoner ... I am the cause and the cure ... Wake up!! Out of this whole vicious circle ...

An old monk with his young disciple was passing through the forest, going to another town ... But the young man was very much puzzled, because the old man had never walked like that... he was almost running and clutching his bag ...

And once in a while he would feel something inside the bag ... the young man could not imagine what he had in the bag ... And the old monk was again and again asking, "Will we be able to reach the town before sunset?" The young man said ... "Even if we don't reach, we have nothing to fear ... we can stay in the forest ... We have stayed here many times, but today you look strange." The old man said, "We will discuss it later on ... First, be fast ... I don't want to stay in the forest tonight."

By the side of the road was a well, and the sun was just setting... Before the sun set they washed themselves ... They were really tired ... They drank and while the old man was washing his face he gave his bag to the young man and told him, "Be careful".

The young man said to himself, "He has never been this way before." And out of curiosity he looked into the bag ... In the bag he was carrying two bricks of gold ... now everything was clear: why the monk cannot stay in the forest, why for the first time he is so afraid ... While the old monk was washing his face and doing his evening prayer, the young man threw

those two bricks into the forest, found two stones weighing almost the same as the bricks, and put them in the bag ...

The old man finished his prayer in half the time, he was in such a hurry!! And he rushed on ... After a mile, it was get dark ... The old man said “It seems to be difficult to reach to the town, and this place is very dangerous,” But the young man said, “Don’t be afraid ... As far as the danger is concerned, I have thrown it by the side of the well.”

He said, “what do you mean, you have thrown the danger by the side of the well?” He said, “Look into your well and you will know ... I mean your bag ... this is your well.” He looked into the bag and he said, “My God!” The old man laughed, threw the bag, and sat under a tree; he could not stop laughing ... the young man said, “Why are you laughing so much?” He said, “I am laughing because you have done the right thing, and for almost one mile I have still been befooling myself with those stones, thinking they were gold ...

Now we can sleep under this tree ... It is good ... There is no fear and there is no hurry.” What a good lesson for all who wants to wake up!!! They slept the whole night, and in the morning the old man touched the feet of the young man and thanked him ...

As far as existence is concerned, gold and rock are not different... it is human illusion, we have projected it ... If man is no longer in this world gold will not be gold; although it will

still be itself, there will be no difference in the valuation between it and a rock ... The valuation and the difference is our projection, and then we suffer ...

So the insight in that small anecdote is great ... If you can laugh at yourself when any of your illusions fall away, soon you will be able to live without illusions, to live without hallucinations, to live without projections ... And to live without all these things means to live in peace, and to live in silence, and to celebrate the small things in life ... now is the only life ...

now is the only celebration ... celebrate ... is not celebrate ...  
do not miss any letter ... Enjoy it all ...

Me too ... I am so grateful to my master he is the cause of my joy and my life ... This is why I am here sharing his love to all the existence ... He is leading me to the ultimate truth ... He cannot give it to us, but he can create devices which will lead us to it ... so what he says will be my wine and will reach my blood and my bones and my marrow and I live it in the now ... his love showers on us and one day you will find the truth and you will laugh ...

I have always told this story: 

A house is on fire and small children are in the house playing ... They are so involved in their play that the whole neighborhood is shouting, "Come out! The house is on fire!"

But they are enjoying that too ... the flames are all around and the children are in the middle of the house, they have never seen such fireworks ... and they are not listening to the crowd ... Then comes the father who had gone to the market and people say “Now do something ... All your children will be dead, the house is almost going to collapse.”

The father went close and shouted “I have brought your toys ... all the toys that you have asked for ... come out.” Just the back door of the house was not burning yet ... They all rushed out and asked the father, “Where are the toys?” And the father said, “You will have to forgive me ... I have not brought them today, but tomorrow I will bring them certainly.”

They said, “Why did you unnecessarily disturb our game?” He said, “I have not disturbed your game ... You do not understand... The house is on fire; you would have been dead... I simply lied to you about the toys, because I knew that it was the only thing that could bring you out.”

Now, toys and fire seems to have no connection, but in that particular situation the father functioned as a master ... he gave the children an indication that saved their lives ... Although they are aware he lied, they will not complain about it ... he lied out of compassion ... He lied because he loved them; he lied because he wanted to save their lives ...

Yes! We have ugly lies and beautiful lies ... Ugly lies are those which take you away from truth, and beautiful lies are those which take you close towards truth ...

But as far as their quality is concerned, both are lies ... But those beautiful lies work; hence in some way they hold the flavor of truth ... and some of them a smile too ...

A good wife always forgives her husband when she is wrong ...



There is a way of transferring funds that is even faster than electronic banking ... it is called marriage ...



When a man steals your wife, there is no way better revenge than to let him keep her ...



After marriage, husband and wife become two sides of a coin, they just can't face each other, but still they stay together ...



Woman inspires us to great things, and prevents us from achieving them ...



By all means marry ... If you get a good wife, you'll be happy... If you get a bad one, you'll become a philosopher ...



I had some words with my wife, and she had some paragraphs with me ...



Some people ask the secret of our long marriage ... we take time to go to a restaurant two times a week ... a little candlelight, dinner, chatting and then dessert ... She goes Tuesdays, I go Fridays ...



"I've had bad luck with both my wives ... The first one left me and the second one didn't.."



Two secrets to keep your marriage brimming ... 1. Whenever you are wrong, admit it 2. Whenever you are right, put the light off and shut up!!



Why men shouldn't write advice columns??

Dear John,

I hope you can help me ... The other day, I set off for work, leaving my husband in the house watching TV ... My car stalled and then it broke down about a mile down the road, and I had to walk back to get my husband's help ... When I got home, I couldn't believe my eyes ... He was in our bedroom with the neighbor's daughter! I am 32, my husband is 34, and the neighbors daughter is 19. We have been married for 10 years ... When I confronted him, he broke down and admitted they had been having an affair for the past six months ... He wont go to counseling, and I'm afraid I am a wreck and need advice urgently. Can you please help me?

Sincerely, Sheila ...

Dear Sheila,

A car stalling after being driven a short distance can be caused by a variety of faults with the engine ... listen to what I say!! Start by checking that there is no debris in the fuel line ... If it is clear, check the vacuum pipes and hoses on the intake manifold and also check all the grounding wires ... If none of these approaches solve the problem, it could be that the fuel pump itself is faulty, causing low delivery pressure to the injections ... I hope this helps

John



Mulla bought one of those new hearing aids that are practically invisible ... He was told that he could return it if it didn't prove twice as good as the old one he had been using ... He came few days later to express his joy with the new device.

"I will bet your family likes it too," said the clerk ... "Oh, they don't even know I have got it." Said Mulla, "And do you know what? I am having more fun with it! In the past two days, I have changed my will three times ... I am very happy, thank you ..."



Do We Hear?

Jesus says, "If you have ears, hear ... If you have eyes, see." Unless you are absolutely silent, not even a thought stirring inside, not even a small ripple in the lake of consciousness, you will not be able to hear and if you cannot hear, then all what you hear is wrong ...

One can hear with a very indifferent attitude, as if one could not care less ... That is ungracious hearing ...

The second way of hearing is antagonistic hearing ... You are already full of prejudices, you have already concluded what is right and what is not ... you are already a victim of victims ...

We can change the other but what kind of change ?? and who am i to change you?

But the third way of hearing when a real master listens to me, simply hears, without any judgment but with meditative mind and heart ... You are simply available to hear and help ... Then the hearing has tremendous grace ... and it reaches your heart and transformation happens ... this hearing heals from heart to heart and this is the ultimate joy the ultimate fragrance of existence ... soon we will say goodbye ... and well.com ...

No beginning and no end ... the devil is lived ...

The evil is live ...

The music of this book has penetrated, it has overwhelmed me ... but from where it comes, i cannot say it ... I can't see the dancer ... I can see the dance ... i cannot see the singer ... the song has already reached me ...

I see the singer, i see the dancer ... but, yes, god is not the singer but the song ...

This is very difficult for us to understand: there is nobody behind the flute like a person; there is nobody behind the universe ... the universe is it ... it is this ... The universe is not a symbol for somebody else, not a sign for somebody else ... The universe itself is God ... is

La ilaha, illa llahu

## No God but God

If we can't understand this, we will go on looking somewhere in a far away land beyond life ... beyond bond ... and the more we look the more we become blind and dead ... and we go on missing ...

why?

Because He is here! He is so near ... why go so far? He is in our heart ... in the core of our being ... in our birth right ... in our insight ... He is so close, that even if you close your eyes, you will find him ... He She is the very core of our being ... Great bliss has descended upon us, we are so blessed ...

But from where does it come? What is the source of it? Who has caused it?

It is the mystery of existence ... Nobody has caused it ... That dual logic mind has to be dropped ... The music is the musician, and the dance is the dancer ... And the flute is the flute-player too ... there are not two ... This is the oneness ... The at-one-ment with the ONE ...

The moment we create duality, we create problems which cannot be solved ... and that's how it has been ... down the ages... all philosophy depends on duality ...

I-Thou, mind- matter, body-soul, the world-the God ...

But watch deep inside your own being ... Is the mind separate from the body? Is there really any separation, any demarking line? Can you divide? Can you say, "this is mind and this is matter?" the body and the mind are not two things you are bodymind ... you are one unity ... the body is the visible part of your being, and the being is the non-visible part of the body ...

The body is your surface, and you are the body's depth ... But they are not separate ... the world is the body of god ... it is one reality ... we see them two, because we cannot yet understand the one ... this is the difficulty with the mind ... the mind can understand only by dividing, by analyzing ... but in reality the dancer and the dance is one ... almost all the languages of the world except few primitive languages, create this illusion of duality ... look in the dictionary and see what mind is??

Mind is that which is not matter ...

Matter is that which is not mind ...

Now, what kind of nonsense is this?

Life and death is one energy ... When you talk and when you are silent ... When you write and when you read but because of this dichotomy, great problems have arisen in the world of religion...

And if you think God is separate from the world, naturally you start thinking that the world distracts you from God ... so avoid the world, move into a monastery, escape into a desert or a forest ... so that the world cannot drag you into it's sins ...

Once you start seeing God and his world as one, life becomes a totally different phenomenon ... then you are no more life-negative; you become life- affirmative.

All the enlightened people never escaped from any situation ... they remained rooted in the earth; Earth and sky are one ... this oneness is the only isness ... the only existence ... the only godliness ...

What is the first and the best and the last gift that you have??

Great!! Live it and enjoy it and be grateful to this grace ...

Thank you God for our breath ...

Take a deep breath ..if you are not breathing fully, you cannot live fully ...

Once breathing is perfect everything else falls into line ...

Breathing is life ... And every change that is going to happen is going to happen through change in our breathing ....

Everybody breathes wrongly because the whole society is based on very wrong conditions, notions, attitudes ...

All societies that are sex-repressive are bound to be shallow-breathing societies

Anger can be transformed if we can change our breathing system ... Instead of our anger, love and compassion arises ...

The rising and falling of our breath is the only key to "look within, know thyself," it is through the breath that we are bridged between our soul and our body ...

Take a deep breath and be grateful ...

If breathing stops, allow it, enjoy it ... you are not going to die ... in that very stopping of the breath you will know the true form of reality, you will know life eternal ... you will know something that knows no death ...

Many are alive on this planet who don't eat and don't breathe but they live on the prana ...

[www.jasmuheen.com](http://www.jasmuheen.com)

[www.baytallaah.com](http://www.baytallaah.com)

If you can watch your breath rising and falling slowly slowly you will be able to see the body as separate from yourself and also the breath as separate from yourself, because the watcher cannot be watched, the observer cannot be observed ...

Suddenly one way you will realize that you are the witness of it all. And the witness is certainly transcendental to all that it witnesses ...

In that very moment freedom has happened to you ...

Freedom from the past ... freedom from the future ...  
freedom from the other ...

Freedom of the now under one dome ... we are ...

In the kingdom of God ...

Now or never is the only treasure ...

Thank you existence ...

And good light ...

Let your body relax and have a deep sleep...and you are awake and aware of who you are and why you are here...

Thank you for hearing and for seeing and for being...

Peace Pace 

مریم نور

