

# The Book of P.E.N.I.S

~ Peace Pace ~  
مریم نور



Penis 🌹 Devil 🌹 brain

Passy 🌹 Fart Disease 🌹 courage

Taboos 🌹 Desires 🌹 doubt

Food 🌹 Awareness 🌹 Belly

Cult 🌹 Bullshit 🌹 celibacy

Sex 🌹 Fuck 🌹 Breasts

Crime 🌹 Awake 🌹 ring

bridge 🌹 Bliss 🌹 Dance

cage 🌹 diet 🌹 birth

suck 🌹 Condoms 🌹 drugs

choice 🌹 Eating 🌹 politics

Insult 🌹 moods 🌹 Fasting

Oneness 🌹 Fool 🌹 impotency

Hugging 🌹 Orgasm 🌹 Nagging

Meditation 🌹 Fire 🌹 Ocean

logic 🌹 Game 🌹 Ejaculation

Habits 🌹 Hell 🌹 Laughter

Gossip 🌹 Idea 🌹 Ego

Flow 🌹 Meditation 🌹 lust

Pets 🌹 Fuck 🌹 Kiss

giving 🌹 heaven 🌹 Joy

guilt



now



Marriage

Nudity



love



freedom

Enemy



Negative



Energy

man



God



Prison

Money



Eros



happiness

Kingdom



Pain



key

Peace



Quest



Reality

Womb



Risk



Success

wisdom



Sex



senses

Ugliness



Wife



sound

symbols



Why?



Ten commandments

Unknown



Respect



work

Rightness



wrong



truth

Search



Totality



Watching

self



union



Worry

Value



words



taboos

Sadness



win



Steps

Rumors



Will



women

sin



Trust



Yes

Responsibility



soul



you

Vicious



Sacred



Zero



Let us start with a smart Fart ....

It is a great art of life .... Just watch .....


Queen Elizabeth with Obama in the chariot ...

And a great sound of farting .... She was embarrassed ... what an ass hole !!! she said " Sorry ... " " Oh! Don't worry " said Obama ...

" I thought it was the horse!"



So don't hoard your farting ... we have six golden rules for FXXXING ....

These rules are so true ... 

- -fxxxing once a week is good for your health, but it's harmful if done every day .
- Fxxxing gives proper relaxation for your mind and body...
- Fxxxing refreshes you ...
- After Fxxxing don't eat too much; go for more liquids ...
- Try to do Fxxxing in bed because it can save your valuable energy ... energy is life ....
- Fxxxing can even reduce your cholesterol level ....

So remember :

Fasting is good for your health, and may God cleanse your Dirty mind ...

Why our mind is dirty?

It is divine and it is dirty too ... mind is a magician; it creates illness, it can create cures ... it creates all kinds of illusions ... beauty and ugliness, success and failure, richness and poverty... mind goes on creating . and once the idea settles in us, our whole life energy functions to create it, to make it a reality. Every thought becomes a thing, and everything in the beginning was only a thought and nothing else ... we live in a king of hypnosis ...


So this hypnosis has to be broken, and all the sages has tried to hard to break this hypnosis ... this wall .... Man has to be aware that all is mind power : pain and pleasure, birth and death .... All is mind .... Once you see it, you are free ...

Me too I love jokes ...

A penis is a door to our pussy ... to our freedom ... when I was young I wanted to go to medical school, but I didn't pass the entrance ... I mean the entrance exam ....


One of the questions was " rearrange the letters PNESI to spell an important part of human body that is more useful when erect."

Those who spelled spine becomes doctors .... The rest ended up in congress ... me too I am free to play all the games .... My minds are full of many games .... Yes!

We have many minds but only one heart ...   
every now I have a new wow ... one moment is full of doubt, another moment is full of belief, hate and love ... watch it : the mind rotates up and down, left and right ...

One moment you decide never to smoke again, another moment you are pulling out your cigarette packet ... and you will repent and you feel guilty ....

Mind is a flux .... Just watch it .... By being a watcher you will be the master ....

Who is watching? The watcher remains ...   
Spine or penis !! Both are good ... both are my wings ...  
everything changes ... change is a constant law ... only the watcher abides ....

Just watch this !! when you fall asleep, where is your mind? The body lives without it. The body digests food; there is no need for the mind ... we don't need our brain, the body has its own wisdom, it does not bother about the mind ...

The body does not ask the mind how to sleep ... how to digest... how to be good ... how and how??

It is not easy to transform food into blood, but the body transforms it and goes on working ... in the body, every second, thousands of cells are dying; the body goes on throwing them out of the bloodstream . there are millions of needs of hormones, vitamins, and much more and more power that the mind is only part of this whole mechanism, and not very essential ...

Without the mind animals exist, trees exist, and exist beautifully....

Yes! The mind is a great pretender . it simply pretends that it is the base, the foundation, the peak, the climax .... You just watch your mind and you will see .... This is the only false note within you ... you are a being ... not a body ... you are a living light ... from existence to existence ... from infinity to infinity ... Now let us watch how our mind functions through very subtle electric waves ...

science say that mind functions in four states...



The ordinary awake mind functions at 18 – 30 cycles per second... this is the " beta " state of mind ... right now you are in that state, while awake doing your things ....

Deeper than that is the " alpha " rhythm ...when you are not active, just relaxed on the beach, or in your room, doing nothing, listening to soft music, or deep in prayer or in meditation, then the activity of the mind is lowered .... It is 14 – 18 cycled per second .... You are aware, but not very alert. A certain kind of deep relaxation surrounds you ...

All meditators fall into this second, alpha rhythm, when they pray or meditate just sitting silently, it can happen, or looking at nature ... and once you know the knack of it, you can slow down the activity of the mind; then thoughts are not rushing .... They move at a very slow pace, as if clouds floating in the sky... this is a very valuable state ....

Below the second there is a third state; the activity falls even lower ... that state is called " theta" from 8 to 14 cycles per second ... this is the state you pass through in the night when you are falling asleep, the drowsiness ....

Watch this . when you take alcohol you pass through this but it is not natural .... You are not aware .... The body becomes a robot .... The mind activity has slowed down so much that it is almost just on the verge of falling asleep ... but you are not awake ... you are below the energy of bliss ... you are into sex lust .... Not love ... you are unconscious .... Cannot grow and glow in light and awareness ....

Woman asks : if I sleep with 3 men every one calls me a prostitute ....

But when a man sleeps with ten 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 ten different locks we say it is a master key!!!

What kind of key do you have?


What is your key style?

This is the sex style which is below the animalistic sense .... No light and no delight in it ... but in a very deep meditation you will feel very blissful ... you reach by slowing down the activity of the mind and remaining full alert ... so it is not by chemicals or drugs but by slowing down the noisy mind and be a watcher... to be your own master .... Your own healer ....

Then there is the fourth state : it is called " delta." the activity falls lower still : from zero to four cycles per second . the mind almost non – functioning .

There are moments when it touches the zero point, absolutely still ... this is where you go in deep sleep, when even dreams have stopped; and this is what Samadhi is ... Samadhi is deep sleep with awareness ....

The bodymind sleeps but you are aware ... you are witnessing... you do not feel the body nor the brain not the mind .... But you will see and hear and share all this experience ....

Yes! It is possible to be fast asleep and aware . 

The witnessing soul is never asleep ... somewhere deep within you a center will remain perfectly aware ...

So be aware of your being ... you are here to respond not to react .... If I ask you " is there God?" the answer from the mind will be stupid ... only from the parents, teachers, priests, books, politicians and all power people ... but where is your intelligence? Your awareness?

If an intelligent person is asked ...

A man who does not look through the mind, there will be no answer ... at the most he will say, " I don't know."

Or the person will say, " I have not investigated.

I have heard people saying this and that, but I don't know..."

This man can know someday . but if you are full of junk theories and scriptures, you will never be intelligent; you will always remain stupid ....

Mind is the past. It is like a cloud surrounding you : through it you cannot see, the vision is not clear ....

Remain open, and the truth can happen to you .... To know that you don't know is to be intelligent .

Slowly slowly, learn the art of contacting reality without the mind interfering .... Sometimes when the sun is setting, just sit there looking at the sun, not thinking about it, watching not evaluating, not even saying


" how beautiful it is!"

The moment you say something, the mind has come in ... you are not your mind ...

The mind consists of language ... silence is our language ... look at the sunset and its beauty ... can't you be possessed by its mystery? Be in direct contact, be thrilled ... this is a little glimpse of no – mind ....

And there are millions of situations every day but we keep talking because we are afraid to be silent, we are afraid to see the truth ...

Continuous talking keeps us on the surface, occupied, engaged... just sit silently few minutes a day, watch your mind... let all the clouds pass by .... You will see the stars ... the sun .... The moon ... you will reach to such orgasmic peaks of joy as you have never known before ... those orgasmic peaks have nothing to do with sex, in fact they have much to do with silence ...

Be still and know that I am god ... godliness 

It is not our ego ... not our mind ... but our amness ... not the I but the inner eye .... the insight .... The luminous light ... we are the light of existence .... God is light luminous darkness .... See your light and no more fight ....

And if you can also manage to become meditative in your sex life, if you can be silent while making love, it will be a dance of grace ... you will disappear into existence .... Into the earth ...




Look at the stars ... forget all that you know about the stars, put aside all your knowledge, just see the stars ... and you will be in a communion ... the stars will start pouring their light into you, and you will feel an expanding of consciousness ... no drug can do it ....

Drugs are very artificial, harmful ... Be one with nature and this is our nurture ... never miss a single opportunity when you can drop the mind, and slowly slowly you will know the knack of it. it is a knack ... it is not a science, because it has no fixed methods ... it is not an art, because an art can be taught ...

You have to learn it by doing a few games or experiments with yourself ... And once you have the knack .... You know it ... it is in us ... we are born with it .... The capacity to wonder ... to contact reality without the mind ...

The sage is the person who regains his childhood; hence he is called "the twice born." This is the kingdom of God.

Reborn as a no – mind ... 

Yes! Use your mind but don't be used by it ... be the rider but not the horse ... be the master not the slave ... use it as you use a chair. you don't go on carrying your chair everywhere, wherever you go, just because you may need it ....

The mind is beautiful instrument if you know how to be a no – mind too ...

The mind is impotent, incapable of knowing the beginning less and the endless ... the mind exists between birth and death; it knows nothing beyond birth and beyond death ...

You were here before you were born, and you will be here after you are dead ... the mind has a very limited existence, very momentary: one day it comes, another day it is gone ... you are forever ... have some experience of your foreverness ... it is your birthright ...

But that is possible only through no – mind .

No – mind is another name for meditation ... 

Yes! You have a divine mind ... but it is not your mind ... the mind that we know about ... the divine mind is exactly the absence of our mind ...


As far as our mind is concerned, it is a barrier to the divine mind; it has to go ... from our side we have to become no – minds, utterly empty, and then the divine mind descends in us...

we have to become a vacuum ... 

The mind that we have is nothing but memory ... the ego ... the garbage of the past ... the devil ... the evil ... the dust and the lust that our mirrors have gathered ... this dust has to be washed away. and when the mirror is pure and without any dust, it is not yours, it is nobody's ... it is God's ...

The mirror is God's, the dust is ours ... that's what meditation is all about, and once that nothingness is attained, one is surprised: something from the beyond descends and fills one ... this is your divine mind ... your eternal divinity ...

So divine mind means: the mind of the whole, the mind of the total, the cosmic mind ... you have to disappear into it, like a dewdrop falling into the ocean ...

Let thy will be done ... 

Yes! Lose your identity ... live your divinity ... your sacred unity ... once the drop has disappeared into the ocean it becomes the ocean ... it has lost only a small definition and it has become vast ...

With Allah we lose nothing because we don't have anything and we gain all ... or we only lose our chains, our bondages, our prisons; and our so called mind is just a prison ...

The divine mind is absolute freedom ... it is liberation from all limitations .... This is the secret of " the eightfold path " it is a way of expressing the experience of our own existence ... we are the living book ...

32 vertebra in our vertebral column


32 Tooth ...

It is 64 secrets ...  $8 \times 8 = 64$

This 64 comes from the four corners in our brain, gums, heart, birthdeath ....

This mystery will give us a certain direction beyond emotion ... into our compassion ... just be aware of your body ... what you

eat ... how you eat ... you live to eat or you eat to live?? What is chewing? ...

The essence of this in the word Rightness ....   
Right food, right effort, right mindfulness, right Samadhi ... and so on and so forth ....

Whatsoever you are doing can be done in a right way or a wrong way ... you are reading but are you aware of the words?


You hear ... but are you listening? When you hear and listen then you are free to decide whether to follow or not to follow ...

If you can listen without prejudice, your heart will say it is true... or not true if you listen with an open heart, it immediately creates a response in your being ... your very center is upfilled ... you start growing wings .... Suddenly the high sky is in you ...

Truth immediately creates a love in your heart; something is triggered in you in a very mysterious way .... You are the mystery on earth ...

Right listening, right effort ...

You can become enlightened only when the effort is exactly balanced, in equilibrium .... Like walking on a tightrope ... just in the middle with no – mind ... right on the cross ... between right and left ...

Let thy will be done .... 

Total surrender with total trust ... life is a continuous movement... it is rivering ... life is a constant change and this is our challenge ...

We are always missing the train. Either we are too early or we are too late ... Either you are in the past or in the future

God is nowhere

Or 

God is now – here

Now or never ... be in the present ... this is our responsibility... our ability to respond not to react ... love is a response ... when the other calls, you are ready ... you don't interfere, you don't trespass ... no push and no pull ... just be ready to respond when you are needed ... respond with your totality, don't be a

miser ... this is not duty ... duty is ugly .... Law is ugly .... Let us live our love .... Our ability to share what we care ....

Yes!! I know up to now I have been wasting my life, up to now I have remained utterly unconscious ...

Start becoming conscious; that is the only way to arrive ... it is hard, it needs intelligence, hence it is easy ... we have all what we need to be who we are .... Just be responsible ... it is not impossible !! it is

I – m – possible ...



To be conscious means to take the whole burden on your shoulders ... carry your cross and follow yourself ...

Don't be a follower ... be awareness ... slowly slowly small acts become luminous and it will create a great light in you ... the seed will explode and will be a great tree ... and you will rest, the journey is over ... you are home ... you are in the kingdom of Allah ...

You are a royal lover not a loyal worker ... tremendous joy arises in that moment, great ecstasy is born ... But one has to begin from the beginning ... now or never ... you reap as you sow ...

Take the whole responsibility for your life ... it is ugly accept it... " I am the cause of my hell ..." I can create heaven too ... so you are free ... now it is up to you, nobody can disturb you... this is human dignity ...


God is a great respecter of individuals, and a person becomes individual only when he takes the whole responsibility for himself upon himself .... Be aware ... duty and responsibility are synonyms in the dictionary ... Sorry ... dictionary ... but not in life ... a joke came to my pen .... My pen is big ....

I will write it soon ...



In life they are not only different, they are diametrically opposite. Duty is other – oriented, responsibility is self – oriented ... when you say, " I have to do it ." it is duty ... " Because my mother is ill . I have to go and sit by her side." Or " I have to take flowers to the hospital ... I have to do it ... she is my mother ."

You are fulfilling a social formality, you don't love her ... you don't respond from your heart ... duty is dirty ... Be aware of your feelings ... she is not your mother ... she is a being .... You too ... be who you are ...

Once you drop duty you are free to be responsible ...   
Do whatsoever comes out of your feeling, out of your heart; never repress your heart. Never follow your mind because mind is a social byproduct, it is not your reality ... move out of your reality . function out of your reality. Don't function out of principles etiquette, patterns of behavior ... just to be a gentlemanly or lady ...

Be a man ... Be a woman ... that's more than enough ... to be or not to be is our being ... be yourself .... Listen only to your heart ... to your feeling, share it without any fear ... without hurting the other but with a laughter ... with a healing touch ... with innocence and wisdom ... just let your live flow without any map or any dope ... just drop it as it comes ... you are the master of your bow and your arrow ... let it go ... let go and let god ... the godliness in you ... let it flow and whoever is ready will catch it ... yes! Go for it ...

During one of her daily classes, a teacher trying to teach good manners, asked her students the following question:

David, if you were on a date having dinner with a nice young lady, how would you tell her that you have to go to .... The bathroom?

David said: " just a minute I have to go pee."

The teacher responded by saying: " that would be rude and impolite."

What about you Tony, how would you say it ,"

Tony said: " I am sorry, but I really need to go to the bathroom . I will be right back ."

That's better, but it's still not very nice to say the word bathroom at the dinner table ...

And you karim, can you use your brain for once and show us your good manners?"



Karim said: "I would say: Darling, may I please be excused for a moment? I have to shake hands with a very dear friend of mine, whom I hope to introduce to you after dinner."

The teacher was speechless and fainted ... good xuck ... good luck ....



Okay !!

Let us say it again in different color ... what is the word Fuck?? It is one of the most beautiful words ... the English language should be proud of it . I don't think any other language has such a beautiful word ...

Thank you all of us who are searching for the mystery of this Dick ... Duck ... Fuck ... Lock ... Luck ... one magical word : just by its sound it can describe pain, pleasure, hate and love ... In language it falls into many grammatical categories . it can be used as a verb,

both transitive, " John Fucked Mary,"

and intransitive " Mary was Fucked by John."

And as a noun ... " Mary is a fine Fuck"

It can be used as an adjective " Mary is Fucking beautiful "

As you can see, there are not many words with the versatility of " Fuck ... "

Besides the sexual meaning, there are also the following uses:

Fraud : I got fucked at the used car lot ...

Ignorance : Fucked if I know

Trouble : I guess I am fucked now!!

Aggression : Fuck you!!

Displeasure : what the Fuck is going on here

Difficulty : I can't understand this Fucking job ...

Incompetence : He is a Fuck – off ...

Suspicion : What the fuck are you doing?

Enjoyment : I had a fucking good time ....

Request : Get the fuck out of here !!

Hostility : I am going to knock your fucking head off !!


Greeting : How the fuck are you?

Apathy : Who gives a Fuck?

Innovation : Get a bigger fucking hammer ....  
Surprise : Fuck!! You scared the shit out of me ...  
Anxiety : today is really fucked ...  
And it is very healthy too ... if every morning you do it as a  
meditation method ...  
Just when you get up, first thing, repeat the mantra ... " Fuck  
you ! " five times ... it clears the throat ... that's how I keep my  
throat clear ... just you too ...  
Fuckitall ....



Yes my beloved us ... if we are fulfilled, we are the richest ...  
just today I was reading about an old man who was healthy and  
happy and the secret of this truth is his love to nature ...  
His daily hugs to the trees and to the stones ... his songs with  
birds and stars and suns and moons ... his love was beyond what  
the eyes can see ...  
Yes! He is right ... the science is sharing this truth too ... it is an  
energy beyond the mind ...if you love a tree, the tree responds,  
the mountain responds, nature nurtures us ...  
Let us experiment with love in as many ways as possible and we  
will become richer and richer for ever and ever ... and a  
moment comes when you become a loving ... just full of love,  
overflowing with love ... and that is our greatest day in our  
life... when you can feel nothing is missing ... you have all  
what you need and all what you desire ... all is inside us ... in  
our being ... in the core of our heart ... God is not a person ...  
but a power in our inner treasure ...  
Let us not waste any now ... if has to be used to the full ... we  
have to squeeze the juice of each and every moment to be the  
fullest ... go beyond all the taboos ... all the walls and be awake  
now ... be yourself ...know why we have barriers ...  
There have been only two taboos in the world: Sex and

Death ... 

It is very strange why sex and death have been the two taboos  
not to be talked about, to be avoided ...

They are deeply connected ... sex represents life because all life arises out of sex, and death represents the end ... and both have been taboo ... don't talk about sex and don't talk about death ... And there have been only two types of cultures for whom sex is a taboo ... They can talk about death, in fact they talk too much about death ...

In India no body talks about sex ... but too much about death ... fear of death ... out of fear you can be enslaved ....

Out of fear you can be forced to bow down to some stupid ideas of God, to some stupid idols of God ... they destroy your love for life ... they show you the death in all the ugliest colors for the simple reason that they want you to become so afraid of life, so antagonistic of life, so negative to life ... you become a slave to such criminal and then there are societies ... for example, Christianity for centuries has been a society, a culture against sex; sex is a taboo ... " Don't talk about sex. "

Hence the idea, a sheer nonsense idea ... that Jesus is born of a virgin mother ...

They have to create this fiction because how can Jesus, a man of such purity, come out of sexuality? Such purity coming out of such impurity?? Impossible illogical!! A lotus coming out of mud? Impossible! But, in fact, all lotuses come out of mud ...


Sex is not a taboo in Islam ... they know the meaning of virginity ... the meaning of purity ....

Jesus is born as naturally as you are born ... he is not a freak!! He is not abnormal ... And this whole nonsense about the Holy Ghost, and Holy Spirit who made Mary pregnant ... we are all pregnant which is beyond the body and the womb ... this existence is in us ... God is in us ... So be aware of the Truth and not the lie ...

Now, after Freud, the first taboo is broken; sex is no more a taboo ... now death is a taboo ... it seems as if man needs some taboo or other ...

The Victorian society was rooted in the taboo of sex ... now the modern society, western Society, is rooted in the taboo of death... Forget about death ... it does not happen to you ... Forget all about it ...

When a man dies in the west, they decorate him ... a make up...  
he is not dead ... he is only asleep ... or we say ... " He has  
gone to God ... God has chosen him ... "  
Once a man dies, nobody speaks against him, he becomes a  
Saint .... These are tricks to keep death away ...

A real humanity will not have any taboos : no taboos   
About Sex, no Taboos about death ... life should be lived in its  
totality and death is part of life ... one should live Totally and  
one should die totally ...

There is no birth and no death ... we are quests crossing a  
bridge to another bridge ... this is our pilgrimage ...

When death knock at the door, it depends on how you react to  
it... if we can react in friendly way, in a receptive mood, death  
can be transformed into eternal life . if you cling to life, you are  
possessed by it; then you missed one opportunity more ...

Use this shock joyously: dance and sing and continue to  
meditate . if you can die meditatively, lovingly, rejoicingly,  
hallelujah in your heart!! You are alive ... you are a living  
light... a living love ... a living laughter ... Death is the greatest  
mystery ... the greatest birth ... life is only a pilgrimage towards  
death ...

Yes! Let us give birth to some jokes ....

Mulla's mule kicked his wife in the head and she died ... a huge  
crowd turned out for the funeral, most of them men ... the  
minister following the ceremonies, said : " this lady must have  
been very popular. Look at the large number of people who have  
left their work to come to her funeral ... "

They are not here for the funeral .... They are here to rent the  
mule ... "



A young lady went to old Mulla ... she said to him ... " should I  
marry a fellow who lies to me?"

" yes, unless you want to remain unmarried forever " said the  
Mulla ....



A man is walking behind his wife and says ..." Baby you are so fat now your bum looks like a washing machine ..."

The woman keeps quiet and keeps walking ...

Bed time, the man is asking for Sex ... what did the woman say??

The woman says, " I can't start the washing machine for such a small load. You'll have to hand wash !"



Why does a man have a hole in the end of his penis ?

To get oxygen to his brain!!



Sad story of a man :

" why I got divorced ...

Last week was my birthday, my wife didn't wish me ... my parents forgot and so did my kids ... I went to work ... even my colleagues didn't wish me ... As I entered my cabin my secretary said, " Happy Birthday Boss,"

I felt so special ... she asked me out to lunch ... After lunch, she invited me to her apartment ... we went there ... she said, " Do you mind if I go into my bedroom for a minute?

" okay," I said ...

She came out 5 mins later with a cake and my wife, my parents, my kids, my friends and my colleagues all screaming ..."

Surprise" ... and I was waiting on the Sofa ...

NAKED !!!!



It is great to share laughter and treasures ...all kinds of feelings are doors to our inner power ... the power of love or the love of power? ... what is my feeling now?

I want to feel protected ... to be in a commune where I can live and leave peacefully ... where I can share my joy ... to find an outer womb ... we have all what we need ... no fear ... total Trust ... no religions ... no politics ... no wars .... No criminals....

Yes! We are aware who the real criminals are . the problem is that those criminals are thought to be great leaders, sages, saints, mahatmas ... we are the cause and we are the cure ...



We are one royal family ... why we became loyal to money and war? We have a choice ... evil or live?

The politician has the political power; the priest has the religious power ... the Politian protects the priest, the priest bless the politician and the masses are exploited, sucked; their blood is sucked by both : ... what is your choice? What is my choice? ... let us live our choice ... let go and let god ... the godliness that is a live in us ... in our isness ...

Yes! Let us face our fear ... there is no need to escape from it ... what is needed is to go deep into it, and the deeper you go into your fear, the less you will find it is ...

When you have touched the rock bottom of fear you will simply laugh, there is nothing to fear ...

I have all what I need now and here ... take a deep breath and be grateful ... I eat ... I drink ... I walk ... I read ... I write ... I have my daily bread ... I have the book I love as my best ... best companion ... and few soul friends ....

What else do I need .... 

When fear disappears there is innocence ... and that innocence is the very essence of a religious heart ... and this innocence is power ... is the only miracle ... out of this treasure anything can happen, but you will not be a follower ... out of innocence you will become yourself ... you will be thankful to the whole existence ...

Existence is not an idea ... it is a round us, within and without... it is our life ... we are one with all what we see ...


Why we are destroying our isness? Our existence? Why we are killing our mother earth? Why we are creating all these cities by cutting trees and rocks?? Why? Why?

And if you allow the trees to grow again, they are going to destroy your so – called civilization ... you will die without a tree ... their needs is our balance ... trees are continuously giving us oxygen ... when you breath in, you take oxygen; the oxygen is absorbed by your blood system and the carbon dioxide is thrown out ...

Trees take the carbon dioxide; that is their food . that is why when you burn a tree you get coal ... coal is nothing but carbon dioxide in solid form, it is carbon ....

They live on carbon we live on oxygen ... it is a good friendship... we should live one in nature ... in coexistence ... Be aware of our nature !!

Once it happened in Africa, that a certain bird suddenly started attacking people ... and it killed many people; before they could kill all those birds, a few people were killed ...

So be loving to nature ... it is our mother 

It happened once in Indonesia with another bird; the whole community of that species started attacking people ...

They simply attacked the eyes and they made hundreds of people blind before anything could be done ... because we don't think about these things, we are not prepared ...

If all birds and all animals and all trees simply decide one day, " it is enough, now get rid of these people ."

I don't think man can survive, there is no way. All our armies will be useless, all our arms will be useless, all our nuclear weapons will be useless – and then we will understand how weak we are ...

man is the weakest animal on the earth ... Fire is perhaps the greatest discovery of man, not nuclear weapons, because it was fire that gave man tremendous courage ... then in the night he could make a bonfire and sleep around it; and the animals were afraid of fire so they would not come ... otherwise sleep was impossible ... if you slept you were finished; any animal could take you away ...

So you are needed ...

the greatest need of man is to be needed... 

if you are not needed by anybody in the world you will commit suicide, you will not be able to live ...

So we are using each others ... it is not a relating but a relationship or relations hit ...

We marry, we produce children and we have some purpose to live for ... but are you a live? You are good in making a living but are you living?

Listen to this message ...  
Money can buy a house but not a home ...  
Money can buy a bed but not sleep  
Money can buy a clock but not time  
Money can buy a book but not knowing  
Money can buy you medicine but not health  
So you see money isn't everything ... and it often causes pain  
and suffering ... I tell you all this because I am your friend, and  
as your friend I want to take away your pain and suffering ....  
So send me all your money ...  
And I will suffer for you ... and I will send you the best ring ...  
arrangement ring ... engagement ring ... marriage ring and  
sufferring ...



A little girl was talking to her teacher about whales ...  
The teacher said it was physically impossible for a whale to  
swallow a human because even though they were a very large  
mammal their throat was very small ...  
The little girl stated Jonah was swallowed by a whale ...  
The teacher said a whale could not swallow human; it was  
impossible ... the little girl said, " when I go to heaven I will ask  
Jonah."  
The teacher asked, " what if Jonah went to hell?"  
The little girl said, " when I get to heaven I will ask Jonah but if  
he went to hell, then you will ask him ."



The children had all been photographed, and the teacher was  
trying to persuade them each to buy copy of the group picture ...  
" just think how nice it will be to look at it when you are all  
grown up And say, " there is Sara, she is a lawyer, or that's  
David. He is a doctor."  
A small voice at the back of the room rang out, " And there's the  
teacher. She is dead."



A husband returned earlier from a business trip and he wanted to  
surprise his wife ...

The wife was, of course, in the bed with Peter ... As she heard her husband coming home she told Peter to hide in the wardrobe.

She lied down on the floor, pretending she had a heart attack ... Her husband came in and saw his wife on the floor ... He was very alarmed!! At that moment his little kid came in saying: "

Daddy, daddy! Peter is hiding in the wardrobe!"

The man went to the wardrobe and shouted: " you cruel fellow!! Instead of helping me with my sick wife, you are playing hide – and – seek with my kid!"



What are we playing??

We are here to play!!

But what kind of play? 

Nothing can be done, nothing at all ... we have all what we need... we are here to play ... play pray fully ... every work is worship ... just relax and let go and let god use you ... no desire, not future ... this moment is all what we need ...

When Buddha became awake, it was a full – moon night, and he slept deeply, and in the morning when he woke up he not only woke up from his ordinary sleep, he woke up from the metaphysical sleep we all are living in ... He became awakened...

He used to say to his disciples .. " I worked hard and could not attain, and when I had dropped the very idea of work, then I attained,"

That's why I call my work " the play " ... we are here to play ... you have to be in a paradoxical state ... that is the meaning of the word " play" .

You work very seriously, as if through work something is going to happen, but it never happens through work ...

It happens only when work disappears and playfulness arises, relaxation arises; and not a cultivated relaxation either, but that which comes out of the understanding that there is no ego ...

No I , so my doing is really my undoing ...we are part of this whole cosmic play ... that is

Enlightenment ....

It is always in the present ...

It is a game to be played ... not a work

to be done ... 

this world is a play of energy ... the energy of love and no one can answer " why?" play has no " why?" the energy is moving, abundant energy is overflowing ... no end to it ...

just be in the now and it is our wow ... beyond any " why?" ... just be ... we are a being ... no past and no future ... suddenly you are freed ... the present is now – here or

nowhere else ... 

so let us live our treasure ... let us live our pleasure ... nothing is wrong in our body pleasure; it is a gift from God ... but be aware of the physical pleasure is beautiful in its own place, but that is not the end of life ... you can have psychological pleasures ... it is happiness ... yes! It has piness in it !!

Be happy ... listen to music, read poetry ... listen to nature ... watch the moon and the Sun ... paint and write and dance ... these are pleasures of the mind ...

The body pleasures food and Sex ... don't repress any pleasure... accept them in simple, innocent way, and then move ahead... that is only the first step of our journey ...


Even the pleasure of the mind are not the end; then there are joys of the spirit ... meditation, silence, prayer ...

And still there is the ultimate ... the fourth ... " La ilahl illa llahoo ..." " there is no god but God ..."

The godliness in us ... the existence in us ... the stillness in us... that is called bliss ...

And the higher you go the richer you become the higher contains the lower ... it is not against any step of our trip ... the lower does not contain the higher ... it is our ladder ... once this is understood, then the lower is good as far as it goes ...


Although it does not go far enough ... so go as far as it goes, but don't stop on any stepping – stones ... explore the bigger explosion ... the oneness with the ONE!!!

Unless you attain the bliss, nothing is attained ... 



What is the use if you have the whole world and you don't have yourself ??

Just be yourself ... that's what meditation is all about: an effort to drop pain and pleasure, the conflict and the duality, and to go deeper into oneself ... just to be there without any desire for anything ...

In that moment of no – desire ... the ultimate happens ...   
Pleasure is very momentary, it leaves us in a deeper misery that before ... when you repeat something again and again it becomes mechanical, flat ... like flat tires ... nowhere to go ... telling each other " I love you ." and it is only a lip service ... a nonsense ... every pleasure turns into pain because of repetition...

Enjoy the toy and go beyond it ... don't play with toys ... one is enough ... man created the toys ... they cannot fulfill man ... they remain below man ...

The creator is bigger than any creation ... God will take us away from our mind ... and this is why meditation is the key of compassion ...

Yes! We share compassion ... the highest treasure in us and then we go on sharing the laughter ... the laughter of our power...

So what is compassion? 

The word compassion has to be understood : when passion is transformed it is called ... compassion ...

When passion goes through an absolute transformation it is compassion ...

Love is a stage on the way but not the end ... love plus meditation is the compassion ...

When your love is not just a desire for the other, when your love is not only a need, when your love is a sharing, when your love is not a beggar but that of an emperor, when your love is not asking for something in return but is ready only to give, to give for the sheer joy of giving, then add meditation to it and the pure fragrance is released, the imprisoned splendor is released ...that is compassion ...

Compassion is the highest phenomenon ... 

Sex is animal, love is human compassion is divine. Sex is physical, love is psychological, compassion is spiritual ... We know what Passion is, hence it is not very difficult to understand what compassion may be ... passion means a state of biological fever... it is hot ... you are almost possessed by biological, unconscious energies ... you are no longer your own master, you are just a slave ...

Compassion means you are beyond biology ... you have transcended physiology ... you are no more a slave, you have become a master ...

Now you function consciously . you are not driven, pulled and pushed by unconscious forces, you can decide what you want to do with your energy that becomes passion is transformed into compassion ...

Passion is lust, compassion is love . passion is desire, compassion is desirelessness ... passion is greed, compassion is sharing . passion wants to use the other as a means, compassion respects the other as an end unto himself or herself ...

Passion keeps you tethered to the earth, to the mud and you never become a lotus, a flower ... a smell ... a fragrance ...


And when you are a witnessing, only then will you experience what compassion is ... you become a blessing to the whole holy existence ...

Real compassion appears only when your Sex energy has become prayer ... when there is no ego ... no mission ...

Millions of missionaries all over the world are doing works of serving the poor, the ill, the uneducated people ... but there is a goal ...it is a duty ... or you will enjoy the other's suffering and help him, there is nothing like merit in it : it was natural, spontaneous ... or a step forward where sex energy becomes prayer ...

Compassion appears as empathy, not even sympathy, you become, one with the other's pain ... if somebody is crying, sympathy means you feel for the crying, empathy means you start crying ... you are not only in a feeling space, you became attuned, you become really one : at – one – ment happens ...

Only compassion is healing ... because all that is ill in man is because of lack of love ... all that is wrong with us because we don't love and we don't receive love ... giving is receiving ... All our wounds inside us is because of us ... let us be aware of our walls ... let us give and get love ... all our pains are from lack of love ...

Just as food is needed for the body,  
love is needed for the soul... 

the body cannot survive without food, and the soul cannot survive without love ...

" no one loves me !"

I love myself ... I play with toys I love ... I love my inner child... I walk ... I sing ... I hug my body ... I talk to my body and to my mind ... I accept myself as I am ... I don't compare myself with others ... I am unique, you too ...

There is nobody else in the world you can be compared with ... comparison will bring trouble ... brings competition ... brings wounds and egos ... just understand the uniqueness of everybody and this is how you become religious ... how you feel immense gratitude for what so ever God has given you ... And in the state of simply being yourself, spring comes, flowers come and this is the bliss ... the festival of lights ...

Yeeeeees!! Laughter time ...

Total laughter is a rare phenomenon ... when each cell of your body laughs, when each fiber of your being pulsates with joy, then it brings a great relaxation .

Laughter is the most natural and spontaneous phenomena ... you don't have to learn, you don't need; it is a natural gift ...

What happens when you laugh or you dance or you sing totally?


Yes! The dancer disappears, only the dance remains ... so is with the laughter ... no more ego ... no doer ... a great witnessing arises, a great awareness like a cloud of light surrounding you ...

You are watching, you are seeing it happen ... you are not the doer; it is happening on its own . God has taken possession of you ... when the ego is no more God is ... you become a medium ...

In laughter it happens more easily because it needs no talents, no learning, no disciplines, unless you are a born donkey, that's another matter ... otherwise laughter is simple ... But let it be total ... from your being ... from the core of your heart ... it is almost like an earthquake ....life is only a joke ...

Have you not observed that man is the only animal who laughs? It is the highest peak of growth ... and it is through laughter that you will reach to God ... laughter is the bridge ... is the door to the divine ...

if you can laugh your way to God,

you can love your way to God ... 

Laughter relaxes like nothing else ... you must have heard the old proverb: " laugh and the whole world laughs with you; weep and you weep alone."

They have changed this proverb a little bit in the modern times...

Now they say : " laugh and the whole world laughs with you: weep and you sleep alone ..."

When you really laugh, for those few moments you are in a deep meditative state ... and thinking stops ... it is impossible to laugh and think together ... they are diametrically opposite; either you can laugh or you can think ...

So let us wake up our joy with few jokes ...

And between the jokes we drop small bombs inside us which will explode sooner or later ... life is ladder of jokes and treasures ...

A handsome Arab was sitting in a rich restaurant in the States ...

He asked a waiter to take the most expensive bottle of wine to an unusually attractive woman sitting alone at a table in a cozy corner .

Waiter brought in the expensive bottle and took the bottle to the woman and said ... " Excuse me lady, this precious gift is from that gentle man who is seated over there ..."

She stared at the bottle coolly for a few seconds, not looking at the man, then decided to send a reply to him by note ...

The waiter took the note from her and gave it to the gentleman...

The note read :

" for me to accept this bottle, you need to have MBW in your garage, a house in Spain, few million dollars in the bank and 7 inches in your pants" ...

After reading the note, the visibly disturbed Arab decided to Compose one of his own – in return ...

It read :

Just to let you know, things aren't always what they look to be... I have a Ferrari, BMW Z8, Mercedes CL600, and porche Turbo in my many garages ...

I have beautiful palaces in Spain, Aspen, and Miami plus many farms in America ...

There is over billions of dollars in many banks ...

But even for a woman as beautiful as you are, I am not going to cut off some inches ...!!!

Just send the bottle back please ...!!



His pen is big and no need for any eraser nor a rubber ... he can write what he needs if you can read it, it is okay for him ... if not others are ready to read and get the need ... so please yourself with your pleasure and your treasure

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

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

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

Grandpa, what are you doing sitting out here with nothing on below the waist?"

He asked again ...

The old man slowly looked at him and said, " well ... last week

I sat out here with no shirt on and I got a stiff neck .

This is your grandma's idea!"



What is your idea? People live according to their ideas ... just watch your ideas and how they create your life ... A thought is a destiny ... somebody thinks that he is such a failure, he is never



going to make anything ... because this idea is creating his reality ...

Watch your thoughts ... They become words

Watch your words ... they become actions ....

Watch your actions ... they become habits

Watch your habits, they become characters ...

Watch your characters ...they become your destiny ...

Our destiny is in our choice ... let us watch what we are choosing ....



Woman 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 ... a hero ... how come?

The priest said ....

When one lock can be opened by 3 different keys ... it is a bad lock ... But when one key can open Ten different locks we call it a master key ...



So it is up to you ... it is your own idea ... good lock ... good look ... good Fxxk ... chose any Fork and eat ....


If you are eating, then let your whole being be aware of what you are eating ... let your whole consciousness be that of task, of smell ...

Forget everything else !! then even ordinary bread may taste like the most delicious food possible ...


But you are not present ... we are lost in the lust not in the last Supper with Jesus Chris ...

Look at people eating ... they are talking, or watching the TV... you are not enjoying what you are doing. when you are talking you go on swallowing ... Swallowing is not eating ...

Eating should be meditative, prayful ... we should be more respectful to food because it is life ... it is nourishment ... you will eat more because your taste buds will not fulfilled and contented ... then you will gather unnecessary fat in the body ... Then comes diet food, fasting, drugs, and all kinds of pains ... I said pains ... not penis !!!

So what is the cure? 

" when I eat I simply eat, and when I sleep I simply sleep . when I walk I simply walk ..."

This is the meditative state of the sage ... 

We are living so unconsciously that it is almost impossible for us to become conscious of what we are doing ...

Am I eating the food, or the food is eating me ??

Doctor : you look so weak and exhausted ...

Are you having 3 meals a day as I have advised?

Lady : Doctor, I thought you said 3 males a day ...



Qualities to be a perfect wife :

Beautiful ....

Responsible ...

Energetic ....

Adorable ...

Sweet ...

Truthful ...

Self – organized ....

In short she must have good

B.R.E.A.S.T.S...



What is the difference between biology and sociology?  
When the baby looks like his dad, then it is biology ... but when he looks like the neighbor, then it is sociology ....



What is a KISS? Keep it short stupid ...



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

When men are depressed they invade another country ...



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



When the power of love overcomes the love of power the world  
will know peace ...



Life can be understood only by looking behind  
But can be lived only by looking a head ....



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



When one door of joy closes another opens, but often we look  
so long at the closed door that we do not see the one which has  
opened ...



Let us read the word but let us live it ...

The word rose is not a rose ... the word God is not God, the  
word love is not love ... But we go on accumulating these words  
and then there are clever minds who arrange these words into  
interpretations, theories and arguments ... And the more  
argumentative, the more theoretical you become, the further you  
move from the rose ...

Then even echoes become impossible :

- ◆ nothing comes to you, you never go to anything, you simply  
live in the mind, arranging words ...

- ◆ Once you start looking at reality through the mind, then  
everything becomes a problem ; and then the ego starts  
interpreting; then you have only interpretations ... you may  
have proofs for them, and those proofs may look reasonable ...  
but only to you, not to anybody else ... because it is your ego  
that gives those interpretations ... And you get more and more  
fixed in your words ... in your mind ... in your ego ... because  
you have invested so much in such ideas ...

If somebody says something which goes against Christianity, a  
Christian feels hurt ...

Why? If you are really a truth seeker, as religious people say  
they are, why should you get hurt?

You should enquire, he may be right ... But the ego is  
involved... it is a question of you being right or wrong ... How  
can you be wrong?

If you are wrong, then your image starts shaking ... you cannot  
be wrong ... the other is wrong and you are right ... so let us

fight ... let us do more wars to protect God ... to protect Islam... and so on ...

But the real fight, the basis of all fight, is that you are fighting against life ... with your answer, you are trying to conquer life; with your theories, you are think that if you know the theories, then you will be the master ...

Through knowledge, you strengthen your ego. so if somebody says there is no knowledge through the mind, the ego simply becomes deaf ... we don't listen to truth ...

Truth is very dangerous ... 

Just be a watcher ... just look at the whole without any choice on your part ... " let thy will be done."

Life exists through contradictions, and it is beautiful how life manage the impossible ...

The night and the day exist as neighbors, they melt into each other ... love and hate exist together. life and death exist together ... there is a deep harmony between the opposite polarities.

For the mind this looks impossible, this cannot be ... the mind says: love is never hate and hate is never love ... A is A and B is B ... Mind is logical and life is beyond logic ... is contradictory... you can be a saint, a sinner, a sage ... you are accepted as you are but be aware ... be a witness ...

You were happy and suddenly you become sad ... who was happy and who is sad??

Are there two persons within you or the same person having moods?? And the same energy goes on moving : sometimes it is sad and sometimes it is happy ... if you understand this, then you are one with existence ...

You are so right ... life is not an experiment in the lab but an experience to live ...

Life is experience, and not a theory ... it needs no explanation... it is there in all its glory, just to be lived, enjoyed, delighted in... It is not riddle, it is a mystery ... a riddle is something which can be solved, a mystery can never be solved, you can become one with, you can dissolve into it ... you can melt into it ... you yourself can become mysterious ... this is who you are ...

Be aware of who you are ... 

This is the difference between philosophy and religion ... if you search for answer, you fall upon theories ... don't listen to your mind ... listen to your heart ... you are the question mark ... it is an open secret ... it is an invitation ... Just move into your heart and don't ask " why?" ... just "Be..." to be or not to be is our life ... come in and in is our only inn ... is our only home ... Be religious ...

Don't follow any rules and any laws ... just be a knower not a follower ... a victor not a victim ... an emperor not a beggar ... be a royal not a loyal ...

The knowing will come from your totality, not from the intellect... intellect is from the head ... gives you a solution but the heart gives you a salvation ... you become one with God ... just like a drop in the ocean ...

You lose your boundaries and you gain the cosmic boundaries which are infinite ...

Jesus became Christ consciousness ... and so is every prophet and every sage ... this is our nature ... our birthright ...

The first step to walk is not to take life as a question . once you take it as a question you will be in trouble ; you will have already moved on a wrong path ... towards a dead end ...

Everybody is stuck somewhere in a theory, and you feel that you know ... mind can only theorize ... it can play with words and gestures ... mind does not know our treasure ...


It is just like a map ... you see the map of Lebanon . you can go on carrying the map with you, and you can go on thinking that you are carrying Lebanon in your pocket ... But the map is not the country ... Be aware of what you are carrying in your mind!!! Look at a child!!!

A child is still without a mind ... He opens his eyes and just looks at the world ... Bring a rose to him ... He does not know the name, he cannot label it, he cannot categorize it, he cannot say what it is ... still the rose is there ...

The colors flood the child, the beauty of the rose surrounds him, the fragrance reaches to his very heart ... He does not know what it is, but he passes through a living moment ...

A rose is a rose is a rose . you cannot . you cannot say what it is,  
this or that . the child was silent, there was no functioning of the  
mind, the mind was not there, there was no barrier ...

The heart of the rose melted into

the heart of the child,  
the heart of the child melted into the  
heart of the rose. 

the child could not even say where he ends and the rose begins,  
where the rose ends and he begins ... there were no boundaries .  
they became one in that moment of awe ... of wow!!

For a single moment they were not two ...

Oneness happened ... 

So let us be aware that a religious person is in search for the  
truth, a philosopher is in search of interpretations ... he goes  
about and about ... you have the right to doubt and search ...  
Omar Khayyam has said in his " Rubaiyat": " when I was young  
I did listen to doctors and saints .... And I came out from the  
same door I went in ..."

Nothing is gained, only life is wasted ... the sooner you become  
alert, the better ... the sooner you become aware and drop out of  
the trap of philosophy, the better ... soon death will happen, and  
you will die with your theories in your hands; and they want  
help, they are just dead ashes ...

Live, don't think !! Drop thinking and become a being ... your  
totality is required ... it is okay that for science you use your  
head, it is okay that for art you use your heart ...

But for religion your totality is required ... and when you  
function totally, you reach the total that is the universe ...


If you become total in your small circle, then the total of the vast  
circle ... the Rahman ... the Brahman ... is ready to receive  
you... the ocean comes to the drop if the drop is ready ...

Beware!! mind is always conditioned, it cannot be  
unconditioned. Being is unconditioned ... Mind is always  
trained by the society in which you live, trained by the  
experiences through which you pass ... so a frog has a frog  
mind ... he lives in a well, that is his whole universe ... we too  
live in a Christian well ... or Muslim well ... and we have a




boundary ... it may be invisible, but then it is more dangerous...  
because you jump out of visible boundaries more easily ...  
invisible boundaries ... you never feel that they are there, So  
they just cling to you ... we are victims of our ignorance ... the  
enemy is in me and I don't see it ... I go out not in ...  
It is easier for a frog to come out of his well than for me or you  
to come out of our sects ... because our wells are not seen ... are  
invisible .

A frog lives in a fixed well, he can jump out if it ... you live in a  
well that you carry around you; it is like a climate, always  
surrounding you; it is your invisible personality ... wherever  
you go, you carry your well with you ... you remain in it ...

Whatever we see, we see throughout our well ... 

All interpretations come from conditioning ... and only one who  
is unconditioned can know the real, can know the true ...

If you are a Christian, you cannot know God ... because this is  
your mind ... only the one who is out of the box ... can know  
what freedom is ... what truth is ... one has to become  
absolutely naked before the Truth, with no clothes ... no  
conditionings; neither a Hindu, nor a Lebanese ... not a  
Muslim... just a pure being with nothing to cling to ...

Then you are out of the well ... 

And if you cling to the well, how can you reach the ocean??  
And if you carry the conditionings of the well, even if the ocean  
is there you won't believe it, you won't see it ... because your  
eyes will be closed to this vastness. they can know only that  
which is narrow, like a well ...

Truth has no well ... you are welcome to the kingdom of God...  
Only the ones who know to be ...

Laughter can be in the kingdom of God ... in this eternal  
treasure... in your being

A mature lady gets pulled over for speeding ...

Older woman : is there a problem, Officer?

Officer : Ma'am, you were speeding ...

Older woman: oh, I see ...

Officer: can I see your License please?

Woman: I 'd give it to you but I don't have one

Officer: Don't have one?

Woman: Lost it, 4 years ago for drunk driving ...

Officer: I see ... Can I see your vehicle registration papers please ...

Woman: I can't do that ...

Officer: why not?

Woman: I stole this car ...

Officer: stole it?

Woman: yes, and I killed and hacked up the owner

Officer: you did what?

Woman: his body parts are in plastic bags in the Trunk if you want to see ...

The officer looks at the woman and slowly backs away to his car and calls for back up ...

Within few minute 5 police cars circle the car ...

A senior officer slowly approaches the car, clasping his half drawn gun ...

Officer 2: Ma'am, could you step out of your vehicle please!!

The woman steps out of her vehicle ...

Older woman : Is there a problem Sir?

Officer2: one of my officers told me that you have stolen this car and murdered the owner ...

Older woman : Murdered the owner?

Officer2: yes, could you please open the Trunk of your car, please ...

The woman opens the Trunk, revealing nothing but an empty Trunk ...

Officer2: Is this your car, Ma'am?

Older woman: yes, here are the registration papers ...

The officer is quiet stunned ...

What is going on here ???

Officer2: One of my officers claims that you do not have a driving license ...

The woman digs into her handbag and pulls out a clutch purse and hands it to officer ...

The officer examines the License ... He looks quite puzzled ...

Officer2 : thanks ... But one of my officers told me you didn't have a License, that you stole this car, and that you murdered and hacked up the owner ...

Older woman: Bet the liar told you I was speeding too ...



Don't mess with mature woman ...

Maturity means the same as innocence, only with one difference: it is innocence reclaimed ...

It is innocence recaptured ... every child is born innocent, but every society corrupts him, on making him a slave for their own purposes, for their own ends ... political, social, ideological and more ... Maturity is the ultimate flowering of meditation ...

A lonely woman, aged 70, decided that it was time to get married ...

She put an ad in the local paper that read :

Husband wanted!

Must be in my age group

Must not beat me,

Must not run around on me

And must still be good in bed ...

All applicants please apply in person.

On the second day she heard the door bell.

Much to her dismay, she opened the door to

See a gray- haired gentleman with no arms or legs sitting in a wheelchair .

The old woman said, " you are not really asking me to consider you, are you? Just look at you ... you have no legs!"

The old man smiled, " therefore I cannot run around you!"

She snorted." You don't have any hands either!"

Again the old man smiled, " Nor can I beat you!"

She raised an eyebrow and gazed intently.

" Are you still good in bed?"

With that, the old gentleman leaned back, beamed a big broad smile and said, " I rang the doorbell, didn't I "



A woman from New York was driving through a remote part of Arizona when her car broke down ... An American Indian on horseback came along and offered her a ride to a nearby town . She climbed up behind him on the horse and they rode off ... The ride was uneventful, except that every few minutes the Indian would let out a " ye- e- e – e-h a – a – a – a" so loud that it echoed from the surrounding hills and Canyon walls ... when they arrived in Town, he let her off at the local service station yelled one final," ye – e – e – e – h – a – a – a – a.!" and rode off-

" what did you do to get that Indian so excited?"

Asked the service – station attendant ...

"Nothing," the woman answered " I merely sat behind him on the horse, put my arms around his waist, and held onto the saddle horn so I wouldn't fall off."

" lady," the attendant said, " Indians don't use saddles ..."

What was she holding?

So be aware of your hands and the horse and the hahaha ...



Man robs a bank and takes hostages ...

He asks the first hostage if he saw him rob the bank ...

Hostage answers " yes "

Robber shoots him ...

He asks the second hostage if he saw him rob the bank ...

Hostage answers " yes "

Robbers shoots him ...

He asks the third hostage if he saw him rob the bank ...

Hostage answers, " No, but my wife did."



A man walks past a beggar every day and gives him Ten dollars and that continues for a year ... then suddenly the daily donation changes to 7 dollars ...

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

A year passes in this way until the man's daily donation suddenly becomes 5 dollars

" what's going on now?" the beggar asks his donor ...

First you give me Ten every day, then 7 and now only 5 ... what is the problem ...

" well" the man says ... " just listen ...

Last year my eldest son went to school ... it is very expensive, so I had to cut costs ... this year my eldest daughter also went to school, so I had to cut my expenses even further ."

" and how many children do you have?"

The beggar asks ...

" Four, " the man replies ...

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



One day the Lord came to Adam to pass on some news. " I've got some good news and some bad news." The Lord said ... Adam looked at the Lord and said ..." well, give me the good news first. " smiling the Lord explained, " I've got two new organs for you . one is called a brain. It will allow you to create new things, solve problem, and have intelligent conversations with Eve ...

The other organ I have for you is called a penis . it will give you a great physical pleasures and allow you to have children and populate this planet ... Eve will be very happy that you now have this organ to give her children ."

Adam , very excited, asks ..."these are great gifts you have given me. What could the bad news possibly be?"

The Lord looked upon Adam and said with great sorrow, " you will never be able to use these Two gift at the same time."



Q: what does the receptionist at the sperm bank say when clients are leaving?

A: thanks for coming!!



Q: what's a condom and a coffin got in common?

A: they both hold stiffs but one is coming and one is going!



" I am not selling Sex ! I am selling condoms, with free demonstrations ..."

Said a sexy man to any of you who is ready to try ...




A man goes to the doctor and say, " wherever I touch, it hurts ...I touch my shoulder, it really hurts . if I touch furniture or my forehead or my knee ...it really , really hurts ."

The doctor says, " I know what is wrong with you . you have broken your finger!!"



Let us have a breakthrough and go beyond the body ...

Let us feel this little story ... 

A certain shopkeeper sent his son to learn about the secret of happiness from the wisest man in the world ... the son wandered through the desert for forty days, and finally came upon a beautiful castle, high on top of a mountain ...

It was there that the wise man lived ... Rather than finding a saintly man, he saw many people were doing great works and tradesmen came and went, people were conversing in the corners, a small orchestra was playing soft music, and there was a table covered with platters of the most delicious food in that part of the world ...

The wise man speaks with everyone, and the boy had to wait for Two hours before it was his turn to be given the man's attention. The wise man listened attentively to the boy's explanation of why he had come, but told him that he didn't have time just then to explain the secret of happiness ...

He suggested that the boy look around The palace and return in Two hours.

" meanwhile I want to ask you to do something, " said the wise man, handing the boy a teaspoon that held Two drops of oil." As you wander around, carry this spoon with you without allowing the oil to spill."

The boy began climbing and descending the many stairways of the palace, keeping his eyes fixed on the spoon. After Two hours, he returned to the room where the wise man was ...

"well, " asked the wise man, " did you see the Persian tapestries that are hanging in my dining hall? Did you see the garden that



it took the master gardener ten years to create? Did you notice the beautiful arts that are hanging in my dinning hall?"

The boy was embarrassed, and confessed that he had seen nothing ... His only concern had been not to spill the oil that the wise man had entrusted to him ...

"then go back and observe the marvels of my world!" said the wise man ... "you cannot trust a man if you don't know his house..."

The boy picked up the spoon and returned to his exploration of the palace, this time observing all the works of art on the ceiling and the walls ...

He saw the gardens, the mountains all around him, the beauty of the flowers, and the taste with which everything had been selected ...

Upon returning to the wise man, he related in detail everything he had seen ...

"But where are the drops of oil I entrusted to you?" asked the wise man ...

Looking down at the spoon he held, the boy saw that the oil was gone ...

"well, there is only one piece of advice I can give you, " said the wisest of wise men ...

"The secret of happiness is to be aware and see all the marvels of the world, and never to forget the drops of oil on the spoon."



We all have a drop of mystery within us ...it is a gift from God to use it and share it ... to grow and glow in this godliness ... what am I doing with this trust worthiness ... with this faithfulness ?


Trust is a mystery, it cannot be explained ... it cannot be described or defined ... It is the highest form of love, it is the essential core of love ... trust is the innermost shrine in the temple where God is situated ... it is our own growth that brings us to truth ... our faith brings us to trust which is not a belief ... Trust is the ultimate breakthrough; it helps us to know the truth on our own ... And only truth liberates us ... live your own truth not somebody else's truth ...

Be guided by your own intelligence . you are the truth but in different cup ... we are the family of truth ... the family of God... just be yourself and represent yourself ... do not follow anybody ... Trust in your own trust and this is a grace from God who loves us more than anybody ...

So this is the Truth that lives within us ... No body can teach it to us ... we have to catch it in our silence ... in our stillness ... in deep deep meditation . when there is no thought, no desire, no ambition, in that state of no – mind truth will glow up in you ... the vertical dimension ...

AAAH!! What can I share ?

Let us go shopping ... shop until you drop ... from mall to mall we go all and we face the same wall ...

Now let us go to the well ... 

A store that sells new husbands has opened in New York ... where a woman may go to choose a husband .

Among the instructions at the entrance is a description of how the store operates :

You may visit this store only Once! There are six floors and the value of the products increase as the shopper ascends the flights...

The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!!

So, a woman goes to the Husband store to find a husband.

On the first floor the sign on the door reads:

Floor 1 – these men have jobs ....

She is intrigued, but continues to the second floor, where the sign reads :

Floor 2 – these men have jobs and have kids ...

"that's nice" she thinks ... " but want more."

So she continues upward . the third floor sign reads:

Floor 3 – these men have jobs, love, kids, and are extremely good looking ...

"wow" she thinks, but feels compelled to keep going ...

She goes to the fourth floor and the sign reads:

Floor 4 – these men have jobs, love kids, are drop – dead looking and help with house work ...

"Oh, mercy me!" she exclaims, " I can hardly stand it!"

Still, she goes to the fifth floor and the sign reads:

Floor 6 – you are visitor 31,456, 012 to this floor ... there are no men on this floor ... this floor exists solely as proof that women are impossible to please ... thank you for shopping at the Husband store ...

The exist door is in front of you ...

Please note :

To avoid gender bias charges, the store's owner opened a new wives store just across the street ...

The first floor has wives that love sex.

The second floor has wives that love sex and have money and like beer ...

The third, fourth, fifth, and sixth floors have never been visited...



What is your thirst for ?

Your total thirst??

It is a question of life and death ... it is not a head question ... it is your whole being is thirsty, each cell of your being is thirsty...

When you are searching for the Truth in such a tremendous energy, with such intense passion, with such heat; it is not far away ...

That very heat burns the barriers between you and reality; in the fire the ego is reduced to ashes; and the moment the ego disappears, God is, Truth is ...

Jesus is saying " Eat my body and drink by blood for your new birth ..."

Born again a human becoming ...

Let us enjoy our drinking ...



A traveling sales man was passing through a small town when he saw a little old man sitting in a rocking chair on the porch of his house ...

The little man looked so contented that the salesman could not resist going over and talking to him

- you look as if you don't have a care in the world . what is your formula for a long and happy life?
- Well, replies the little old man, I smoke six packs of cigars a day ... I drink, I enjoy a large bottle of whiskey a day and six cases a beer a week ... I play the guitar and I go out every night ...
- My goodness ... that is just great for your old age ... how old are you?
- The little old man took the cigarette out of his mouth and said ... Twenty five ...



How old is your body? How old are you?

What is old, what is new?

We are not a body ... never born, never died ... just visiting this planet ... just crossing a bridge to another bridge ...

The bridge is always within you ... you are the bridge, and you can bridge anything :

Whenever you are in a state of awareness and witnessing you can bridge anything ...

That is the secret :

Don't judge, don't evaluate ...

Just watch ... 

A pure seeing, whatsoever it is ...

And you will be surprised that in seeing without any judgment, bridging happens ...

Those who can remain a silent witness to all that goes on around have bridged the market place and the mystical kingdom ...

They may be in the market place but they are in the mystical kingdom through their witnessing; they are in the world and not part of it; because that witnessing energy is always a transcendental force ... it cannot be reduced to anything objective ...

So let us learn to witness more and more; outer things,  
people, nature ...

A witness, a watcher ... then inner things, thoughts, desires,  
memories all are dead emotions ... go beyond your  
bodymind...

Be a witness ... this is your birthright ... your self –  
remembering ...

Continuously remember that you are a witness; never for a  
moment forget this grace ... through this secret key you  
bridge every step on your trip ... keep walking and keep  
witnessing ...

You are not the body, nor the mind, not the heart ... you are  
the fourth, and this is the miracle ... a witnessing ...

And you will enjoy it if you can watch the negative, the  
positive, all the emotions ... all the dimensions ... you simply  
remember one thing : that you have to be a watcher, then the  
identification is broken, then the root is cut ... and once the  
root is cut, once you think you are not a doer, everything  
suddenly changes ... and the change is sudden, there is no  
gradualness to it ...

Change is a constant law ... just a small wind of awareness,  
you are no longer in the world ... you have transcended ...  
you are longer the old, you are a new being ... every breath is  
a birth ... a birth of the soul ... a new birth of  
consciousness...

The mind and consciousness are not Two things but two states,  
Two phases of the same phenomenon ...

Consciousness is liquid, flowing; mind is rocklike, like ice ...  
consciousness is like water ... the same water becomes ice, and  
the ice can be melted again – through love, through warmth, it  
can be melted again and will become water ...

And the third state is when water evaporates and becomes  
invisible and disappears ... that is nirvana ... Samadhi ... you  
cannot see it ... you can see the water but when evaporates, you  
cannot see it, it goes into the unlaced ... the unmanifested ...

These are three states of water, and these are three states of mind  
too ... Mind means ice, consciousness means liquid water...

Nirvana means evaporation ... compassion ... Rahma ...  
With the body, with the mind, masculine, feminine ... these  
words are meaningful ... But there is something beyond both ...  
there is something transcendental ... that is our real core, our  
being ... that being consists only of awareness, of witnessing ...  
of pure superconsciousness ...

Meeee too I miss my miss and you miss your mister ....

So let us joke with our title ... it is our Jewel ...

The penis, hereby request a raise in salary for the following  
reasons :

- 1 ● I do physical labor
- 2 ● I work at great depth ...
- 3 ● I plunged head first into everything I do ...
- 4 ● I do not get weekend or public holidays off ...
- 5 ● I work in a damp environment ...
- 6 ● I work in a dark area that has poor ventilation ...
- 7 ● I work in high temperatures ...
- 8 ● my work exposes me to diseases ...

After assessing your request, and considering the arguments you  
have raised, the management denies your request for the  
following reasons :

- 1 ● you do not work 8 hours straight ...
- 2 ● you work in short spurts and fall asleep after each brief  
work period ...
- 3 ● you do not always follow the orders of the management  
team ...
- 4 ● you do not stay in your designated area, and are often  
seen visiting other locations ...
- 5 ● you do not take initiative ... you need to be pressured  
and stimulated in order to start working ...
- 6 ● you leak and leave the workplace rather messy at the  
end of your shift ...
- 7 ● you don't always observe necessary safety regulations,  
such as wearing the correct protective clothing ...
- 8 ● you will retire long before you are 65 ...
- 9 ● you are unable to work double shifts ...



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

11 • and you have constantly been seen entering and existing the workplace carrying two suspicious – looking bags ...

So what do you want to give us !!

What can you give which is good for us ??

Yes! Shifts happens ... this is why you are near the asshole ...

Please do not judge me ... My pen is big but it did not mean that it is a failure ... it did not fail yet ... one day it will fall on its own accord ...

But listen to me ...

Failure does not mean I 'm a failure. It dose not mean I have not yet succeeded ...

Failure does not mean I have accomplished nothing ...

It dose not mean I have learned something ...

Failure does not mean I have been a fool ...

It does mean I had enough faith to experiment .

Failure does not mean I have disgraced ...

It does mean I have dared to try ...

Failure does not mean I don't have it ...

It does mean I have something to do in a different way ...

Failure does not mean I am inferior ....

It does mean I am not perfect ...

Failure does not mean I have wasted my life ... it does mean that I have an excuse to start over ...

Failure does not mean that I should give up ...

It dose mean that I should try harder ...

Failure does not mean that I will never make it ...

It does mean that I need more practice

Failure does not mean that God has abandoned me

It does mean that God must have a better idea ...



So let us see what is the better idea of our penis



A cucumber an olive and a penis

The cucumber says " I hate my life when I get big fat and juicy they cut me up and put me in a salad ..."

The olive says, " that's nothing . when I get big, fat and juicy,  
they cut me up and put me on a pizza ..."  
The penis says ..." you think you have it bad, when I get big fat  
and juicy they throw me in a bag put me in a cave shut the door  
and leave me there until I throw up



Let us sow few seeds and the spring will come and it will  
grow...

one seed turns the whole earth green ...



Getting married is very much like going to a restaurant with  
friends ...

You order what you want then, when you see what the other  
person has, you wish you had ordered that !!!



Wife: Darling today is our anniversary, what should we do?  
Husband: let us stand in silence for 2 minutes.



It's funny when people discuss love marriage VS Arranged ...  
It's like asking someone;  
If suicide is better or being murdered!!!



Man receives telegram: wife dead ... should be buried or  
cremated?

Man: Don't take any chances . Burn the body and bury the ashes



Q: why dogs don't marry?

A: Because they are already living a dog's life!!!



Prospective husband :

Do you have a book called

" Man, the master of women...?"

Salesgirl: the fiction department is on the other side, Sir.



Facts of life :

One woman brings you into this world crying and the other  
ensures you continue to do so for the rest of your life!!



Marriage is a relationship in which one person is always right  
and the other is the husband ...



Wise men talk because they have something to say;  
Fools talk because they have to say something ...



They call our language  
The mother tongue  
Because the father seldom  
Get to speak ...



There is only one perfect child in  
the world  
and every mother has it ....  
There is only one perfect wife  
In the world  
And every neighbor has it



To have the last word with the woman ... apologize ...



Take care to get what you like or you will be bored and forced to  
like what you get ...



For your ads ...

A young farmer wishes to marry a beautiful girl with a tractor...  
Please send photo of the tractor ...



An optimist says ... " Good morning, God!"  
A pessimist says ... " My God, it is morning!"



No! I am not against marriage ...  
Love can become marriage, but then it is totally different kind of  
relating ... a friendship ...

A great experience of other people is needed before you can become committed ... only then can you feel with whom you are in tune ...

Only then can you understand with whom you start soaring high... But, down the ages we have not allowed this ...

Marriage is a spiritual affair, not a physical phenomenon ... no, not at all ... it is a spiritual at – one – ment ... when you start feeling with some woman or with some man that a great music is arising, something of the beyond penetrates, only then get settled ... otherwise there should be no hurry ...

There is a tremendous desire and longing for love, but love needs great awareness ...

Only then can it reach to its highest climax and that highest climax is marriage ...

Marriage is a merging of two hearts into totality ... it is the functioning of two persons in synchronicity ... that is marriage... but in absolute freedom, non possessive of each other ...



Live simply so that everybody can simply live ....

Work like you do not need the money

Love like you have never been hurt

Dance like nobody is watching you

Sing like nobody is listening

Live like it is heaven on earth ...



We may not have it all together

But

Together we have it all ...



A woman without her man is nothing ...

How do we punctuate it ?

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


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



Yes! If you do not feel it, you do not hear it, you do not see it,  
and you do not be it ...

Be yourself anyway 

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

Forgive them anyway ... 

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

Be kind anyway .... 

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

Succeed anyway .... 

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

Be honest and frank any way ... 

What you spent years building, someone could destroy  
overnight ...

Build any way ... 

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

be happy any way ... 

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

Do good anyway .... 

Give the world the best you have and it may never be between  
you and them at all ...

It is always between me and myself ...

Between me and we ...

It is me and existence ...

It is the oneness with the one ...


We are the drop, the wave and the ocean ...

What we sow we reap ...

This is our only trip ...

Me too I feel sad ... Real love always brings sadness ... I am  
alone ... I have no soul friend nearby ... very few are outside  
my country ... I miss the life of the commune ... but this feeling

is a great gift too ... it is a shift to be aware of a new door ...  
new step on my trip ... so touch your sadness with a religious,  
grateful heart, and suddenly I will see that even this feeling has  
a beauty in it ... so no expectation at all ... just be good and no  
matter what you do will be good for all of us ... just like the  
sun... shines on the good and the bad ... no thank you ... no  
hate ...

Thank you God for giving me this test ...   
this is a stepping stone... sadness goes to the very depths of our  
being ... and it is a new birth too ... no pain no gain ... life is a  
dance of up and down ...

It is midnight but I can't sleep ... I am not awake but I just want  
to chat with the pen and the paper ... I have no other power ...  
the book is my only friend ... I am alone ... I am stranger ...  
I watch how the history is repeating itself ... the law of jungle  
all over the planet ... the bigger fish goes on eating the smaller  
fish ... no protest ...

Don't have any desire; when the other world, the mysterious  
world, is ready to open its doors you are asking for some  
illusory power ...

Now is our power in us ... in our heart is our desire ... let us go  
inwards ... there is an inner world far more precious than  
anything the outer world can give to you ... and if we cannot  
prove this, who else can prove it?

Just be an ordinary simple human being ... this is who we are ...  
we are only a guest crossing a bridge why so much ignorance??  
The world is not so civilized ... it cares only for those who have  
power ... to be powerful is to be right, and to be powerless ...  
nobody cares about you, whether you are right or wrong ...  
The whole world is still centuries back, living in the same  
barbarous mind ... wake up a moment and see ...

We are living in the same barbarous mind ... only its houses  
have become different or better or bitter ...

Technology ... the roads ... but what is this better?? It has never  
been worse that it is now !!! why?

Because the primitive, barbarian man, howsoever violent, had  
no missiles, no nuclear weapons, no atom bombs ...




This is the same barbarian man with modern clothes, but the mind is below the animal mind ... and in few minutes this man is ready to destroy this whole earth ... global war soon and no one to be alive ...

It is time to drop the outer desire for domination ... Go inwards, you are getting older but you are not growing up ...

Let us go inwards to find the kingdom which is not of this world...if not now when? If not you and me who else?

Let us be the change you want to see in the world ... we are the living light ... the loving life ... the energy of peace ... why we are so blind? So deaf?

Let us hear and listen the silence of our inner stillness ... it is the voice of God ... 

God is not there in heaven ... God is not a person ... God is presence in us ... God simply means godliness ... the ultimate experience of silence, of beauty, of bliss, a state of inner celebration ...

Once we start looking at God as life, as godliness there will be a radical change in our life ... in our approach . then prayer is no more valid; meditation becomes valid ...

Let us drop all our mind noise and listen to the silence of existence ... one is now and here . in this tranquility, in this calmness, we become aware of luminous quality of existence ... then we are one with nature, with all the mystery that is in us ...

This experience is God and it is everybody's birthright, we are part of the truth ... let us be aware of who we are ... this awareness will stop the wars ... if I am not aware of my own reality, how can I be aware of the reality of others??


The first experience has to happen in me, in you ... once you have seen the light within, you will be able to see it everywhere... then we live in light ... not in fright ...

Truth is beyond words ... the word is only a finger showing me the moon ... but instead of looking at the finger and then look at the moon ... we cut the finger ... so be a watcher and live your treasure ... go in ... in is our only kingdom ... meditation is the only key ... the book is our only friend ... our only companion... I am still looking for soul friend or a commune ...

Yes! I am alone but not lonely ... my aloneness is a great grace... but I need a friend to support each others ... this is our only treasure ... our life is our only peace pace ... our only pilgrimage ... from ignorance to innocence ... and from innocence to sageness ... we need a master ... a sage ... just to help us to follow our self not anyone else ... the book alone is not enough ... we need a living book ... and it is here ... Go in and out and you will find your own guide ... keep searching ... keep seeking ...

And our thirst will take us to the river ... and once the drop starts seeking ... the wave comes ... and we meet and we melt in the ocean ...

Thank you for your love ... for your care and share ... I need such a story ... A story a day keeps our worry away ...

On the phone 

Ring, ring ... ring

"Hello?"

"Hi Honey, this is Daddy, Is Mommy near the phone?"

"No, daddy. She's upstairs in the bedroom with uncle Jony."

After a brief pause, Daddy says," But honey, you haven't got an uncle Jony."

"Oh yes I do, and he's upstairs in the room with Mommy, right now!"

"Oh, okay then, this is what I want you to do. Put the phone down on the table, run upstairs and knock on the bedroom door and shout to Mommy that Daddy's car just pulled into the drive way."

"okay, Daddy, just a minute."

A few minutes later the little girl comes back to the phone and says ...

"I did it, Daddy."

"And what happened, Honey?"

"well, Mommy got all scared, jumped out of bed with no clothes on and ran around screaming ... then she tripped over the rug, hit her head on the dresser and now she isn't moving ...

Not moving at all!!!"

"Oh my God!!! What about your uncle Jony?"

"He jumped out of the bed with no clothes on. too ... He was all scared and he jumped out of the back window and into the Swimming pool ... but I guess he didn't know that you took the water last week to clean it. He hit the bottom of the pool and I think he is dead."

Loooong Pause ....

Longer pause ....

Even longer Pause

Then Daddy says, " Swimming pool? Is this .... 4865731?



No words to say ... it is a joke ... it is a story ... it is a message...

Do I know my voice? Do I know the voice of my daughter?

Don't trust any voice ... not the outer voice nor the inner voice... because all voices are from the mind ... And we don't have one mind, we have many minds ... many selves ... you are a crowd !!

Find out the witness . Only then will you find out the inner voice... the inner voice will direct me. It's direction is very sacred ... it is religious, not simply moral ... it will not be a burden; it will be spontaneous. You will be naturally good ... you will not kill ... you will not lies ... you love life so much now that violence becomes impossible ... it is not a moral code; it is an inner direction ...


You affirm life, you revere life ... A deep reverence comes to you, and through that reverence everything follows ... that is what Jesus says, "Find out the kingdom of God first, and then everything will follow." Find out the inner voice ... the inner stillness, and then everything will follow ...

Emptiness has its own voice ... literally, is not a voice; it is an urge. It is not a sound, it is silence ... when I was in the womb I was in its silence ... in its total Trust ... I was connected with existence ... with God ... nothing to do but to be ... we are a being guided by God ... just listen to this silence ... to this nothingness ... Nobody says something to do; you simply feel like doing ....

Listening to the inner voice means leaving everything to the inner treasure ...

"let thy will be done ." 


Then it guides you ... you always move right if you move empty... no – mind but inner lecture ... inner treasure ... mind is Christian, is Communist ... out of our void what so ever comes is beautiful, is true, is benediction ...

It will be vast and infinite .... Just a silent lake ...   
In that clarity is awakening ... there is nothing left ... no doubt... all duality gone ...

The knower gone, the known gone, the seer gone ... All are gone, there is only God ... only a pure clarity ... a silent witnessing ...

This bliss is for us ... we are entitled to miracles ... but we have to grow up ... to wake up!! Now or never ...  
Now!!

Yes! This now is very powerful... 

Now, begins the search... 

It simply says "you have lived a life of illusions... now, begin the search the search into God...

We have lived a life of worldly pleasure, pain, misery, problems; we have searched in many directions and I have found nothing, you toooooo ... now begin the enquiry into God... we have lived through the ego, you have lived through the self and you are tired ... you have come to a dead end ... and there is nowhere to go any more ... we have accumulated money, you have power, he has fame, she has beauty, but nothing has been of any fulfillment ... now ... now or never, begin the enquiry into God ..."

God is nowhere

Or 

God is now-here ...

This "now" is significant: it does not mean that the book starts in the middle, it says enquiry into God starts in the middle of life...

It cannot start from the very beginning, that is not possible ... A child cannot enquire into God, he has first to enquire into life ... He has to go astray; every Adam has to go astray. Every child born of human beings has to lose God, has to go far away. Only then, when darkness becomes too much, anguish too heavy, and the heart starts sinking does one start thinking of doing something utterly different from what one has done ... then comes that moment ... now, begin the enquiry into God ... do not postpone the truth ... now or never ...

I just got a phone call from us ... me too I became nervous ... a call from us ... telling me "I am very nervous ... what to do?"

Do nothing ... Take a deep breath and watch the cause ...

You have been, repressing your energy: it spills over and it feels like nervousness ... from your very childhood you must have learned the trick to repress it ... you must have been a very very energetic child. And this happens to an energetic child. Parents don't like them, society does not like them. Why? Because they are such a nuisance.

The more energy a child has, the more of a nuisance he is around the house, in the school, everywhere ... so

be aware!!! 

This society exists for the less energetic, it makes no provisions for the energetic. It exists at the minimum; it does not allow people to live at the maximum. Hence millions of people think that they are nervous; they are not really. It is just that there is too much energy and you don't know what to do ... so one starts biting nails or one starts smoking cigarettes ... or taking drugs ... or doing anything to calm or repress his energy ... or to remain engaged; otherwise the energy is there and it is too much to bear...

When people condemn it, that this is nervousness, then more repression happens ...

The nails are yours and you are not even allowed to bite your nails. Then people find cunning ways – chewing gums, smoking... drugs ... and more and more ways ... and nobody will object too much ...

Now, biting nails is less harmful, in fact not harmful at all. It is a harmless joy ... it looks a little ugly, looks a little childish, that's all ... and you are trying not to do it ... that's is what you say: " I am finding it difficult to change my old habits." "No, I can't change it ... it is impossible." " the doctor said it is a habit from birth." And more and more mind excuses ...

No. you have not understood the cause and you are just trying to change the symptoms ... it can be forced but then you will start doing something else, because where will the energy go? You have to learn to live more energetically, that's all, and all these things disappear ...

Dance more, sing more, swim more, go for long walks ... use your energy in creative ways ... move from the minimum to the maximum.

Live life more intensely. If you are making love then make wild love, not just lady like ... that means at the minimum ...

A "Lady" means a woman who lives at the minimum or does not really live but only pretends to ... Be wild!!

And now you are no more a child so you are allowed to be a nuisance in your own place. Jump and sing and jog ...

Just try this for few weeks and you will be surprised: nail biting disappears on its own. Now you have far more interesting thing to do, who bothers about the nails?

But always look at the cause, never too concerned with the symptom ... cure the roots and you will cure the fruits ....

Wisdom seeds

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



Always welcome the problems ... why?

Because problems give you dual advice ...

First, you know how to solve it ...

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



3 stages of life:

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

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

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



We are very good lawyers for our mistakes ... very good judges  
for other's mistakes ...



World always say ...

Find good people and leave bad ones

But the love says; find the good in people and ignore the bad in  
them; why? Because no one is born perfect ...

Change is a constant growth ...



Negative thinkers focus on problems ...

Positive thinkers focus on solutions ...



Never held your head with pride or ego ...

Even the winner of a gold medal gets his medal only when he  
bows his head down ...



I have not failed ...

my success is just postponed ...



Entire water in the ocean can never sink a ship unless it gets  
inside ...

So all the pressures of life can never hurt you unless you let  
them in ...



We all feel the pressure ... it comes from our problems ... and  
mind is the root cause of our problems ... this is the ego ... the



evil ... we have millions of problems and it is just useless to go on solving them ... I am the creator and no one can help me only me ... If I change myself, the problems drop on the periphery – because now no one is cooperating with them ... Just be aware and watch the mind and you are the one who creates the problems and you enjoy it ... it gives you attention... it gives you a situation ... it gives you fake power ... Problems are not in existence: they are in the psychology of man... watch it ... be aware of it and go beyond it ... Look deeply into it ... it will not increase, it will become smaller and smaller ... and you will have a good laugh ... So you have to learn how to lit your lamp and not walk in the darkness ... keep walking up and your problems belong to the valley, and watch the sunrise ... so rise higher in your consciousness ...

Be aware of this truth ...



"The ignorant man is an Ox. He grows in size, not in wisdom." Man is born only as a potential not as a problem ... if I don't develop my potential, if I don't grow spiritually, I am just like an Ox. The body will go on becoming bigger and bigger, but that is not growth ...

Growing old is not growing up, growing physically is not growing spiritually ... and unless you grow spiritually, you are wasting a precious opportunity ...

Man is the only being on the earth who can attain to Christhood... to sagehood ... elephants and lions and tigers can't become Buddhas... only man can become a Buddha .... a godliness ... a loving life ... only man can release the fragrance called God ...

Don't waste a single moment in anything else. Do the necessary things, the essential energy into watchfulness, awareness ...

**WAKE UP!!**



Unless you become yourself, you have not lived at all ... be who you are!!

Your life is a great poetry ... A great sacred book and look ...

We are the great music of God ... of existence ... ❀

You will not know the celestial celebration that goes on and on,  
you will not know the dance of the stars ... it is for us ... for me...  
for you to become part of this celebration ...

This is our bliss ... God gave us all his love and all his  
creations... we are here to live and share our life and this is our  
glowing and our growing ... But why we are not aware? Why we  
are snoring day and night!!

So now is the time to wake up and be a victor not a victim ...  
erase the past with love and live this now with love ... now is the  
only time to face our original face and be with our children as  
they are not as we want them to be ... they are our now and now  
is the seed of tomorrow ...

Let us be aware of what we are doing ... what we are planting ...  
one seed turns the whole earth green ... be the seed that we  
need... be the change that you want to see in the world ... watch  
out what you are planting in yourself and in your children ...

When you bring up your children, remember: Don't give them  
programs, give them your love ... give them understanding ...  
Don't give them fixed rules, just give them the vision to see  
things, so they can find their own rules. don't give them  
knowledge, just give them awareness ...

Let us remember, they will not be in the same world in which  
you are living and you have lived ... they will have their own  
world. You cannot dream about it, you cannot think about it ...  
they will never repeat the same life-pattern as you ... they will  
have their own lifestyle ...

Give them awareness: wherever they are ... They can find a way.  
Give them light, give them eyes to see, to understand and give  
them courage to be free ...

Give them enough courage so that whenever they find  
something is not right in their program, they can put it away,  
they can drop it ... this is love.

Don't enforce any pattern on them ... don't give your  
knowledge... the world is changing so fast that whatsoever you  
give will be out of date soon and will become a burden on them,  
and they will feel guilty if they drop it ... or if they really want

to drop it they will have to be angry with you ... in both ways it is not good, so don't create that situation for your own children...

Live a life of revolution and impart revolution to your children and to your friends who are ready for this evolution ...

Jesus was talking about this, but it has not been tried. Buddha also talked about this, but it has not been tried ... Mohammad talked about this, but it has not been tried ... now we are reading it, it depends on us ... whether it will be tried or not ... now or never is our treasure ...

Go beyond fear ... face your fear and you will be ready to face your original face.- your natural treasure ... and you are no more a slave to anybody ... the moment you drop all your fears ... and they can be dropped because they have been artificially created... they have been imposed upon you, they are not part of your nature, so they can easily be shaken off ... the moment you shake off all your fears, for the first time you will start existing as a single unit ... you will be unitary, you will become an individual ...

Remember the meaning of the word ...

" Individual"...

One who is indivisible ... 

That is the root meaning of the word "individual."

I am not yet individual ... I will have to go into a kind of individuation ... and the way to it means dropping all false divisions that have been imposed on you and upon you and me and us and by force ... by laws ... by rituals ...

Once you are an individual, all fears disappear ...

But let us be aware how to live without fear!!! 

There are fears which are intelligent ... you have to jump out of the way of the snake ... that fear is helpful; it protects you, it is your friend ...

But fears like the fear of touching your navel, the fear of being in love, the fear of being alone, the fear of sitting silently unoccupied, or the fear of the crowd, or the fear of traveling in an airplane or the fear of all the abnormal fears will disappear; normal fears are perfectly okay ...

Fear is like darkness. What can you do about darkness directly? You cannot drop it, you cannot throw it out, you cannot bring it in. if you want darkness, put the light out; if you don't want darkness, put the light on ...

But you will have to do something with light, not with darkness at all ... the same is true about love and fear; love is light; fear is darkness ... if you are obsessed with fear, you will never be able to resolve the problem ... it is like wrestling with darkness; you are bound to be exhausted sooner or later, tired and defeated ... and defeated by a power that does not exist only in the mind ... So don't make a problem out of fake fear ... love is born with us...

Yes! The devil is like darkness ... it is and yet it is not ...

Darkness is the absence of light ... the devil is the absence of God ... you bring light in. and darkness disappears ... you bring God in, the devil disappears ...

Live ↔ evil

What do you want to see ... there has never been a meeting between darkness and light, and there has never been an encounter between the devil and God ...

Let us read this story... 

Once darkness went to God and said ...

" I have not done anything wrong, but your sun every morning goes on chasing me, for no reason at all, and I am tired of sun goes on chasing me round the earth ... and every morning ... this is unjust!!"

The sun was surprised ... he said, " I have never come across her... what are you talking about?

What do you mean by darkness?

I have never come across anything like that. Please call her in front of me!"

The case is still in the files ... God been trying, but it is impossible to call darkness in front of the sun ... it is not possible in the nature of things ... why?

Because darkness is not a reality ... it exists and yet it does not exist ... it is absence ... and the same is with the devil, and it is

good that the devil is painted as dark, black ... that is just to show that the nature of it is like the darkness ...  
God is called "Light" in the Koran, in the Bible, in the Vedas ... in all the scriptures of the world, God is synonymous with light... meaningful, significant ... it simply says that, the devil cannot be ...

Don't fight with the devil because that will be fighting against darkness ... if you really want to destroy darkness. Just bring light ... just bring God ... God is in our heart ... in the core of our being ... so near ... why go far ... just go in ... meditation is the key ...

Yes! Yes! Yes!

You are so right light ... let us bring laughter too ...

A man died and went to hell and the devil asked him, "what hell would you like to choose? You can either Lebanese or American."

"What is the difference?"

"The same fire and the same punishment and same torture but the difference with American efficiency in the American hell and with Lebanese in the Lebanese hell ..."

"I will choose the Lebanese hell, because sometimes or most of the times the fire may not burn or the man who put the fire on may not come."



Grandpa is going deaf, so he is sitting on his couch watching TV at full volume ...

Suddenly his wife and grandchildren came I from their vacation in Hawaii ...

Hi Grandpa ... we are back from our vacation ...

What? Holding his ear

We are back ... we saw the famous devil volcano

What? Shouts Grandpa ...

Volcano!! One of those things that belches and spits fire like devils ...

Oh yes! Says grandpa ... shaking his head

I married one ...



In a pharmacy, the sales lady says; we have shampoo for dry hair, for oily hair, and for normal hair ...  
The customer asks: "Don't you have shampoo for dirty hair?"



Husband: every morning after shaving, I feel that I look 10 years younger.

Wife: you should save before going to bed!!



In a maternity section, the nurse says:  
Your baby is a real angel ...  
Once he lies down to sleep, he doesn't move ...  
Mother: a copy of his father ...



Wife on the phone: I spent the last month in a healthy clinic and lost almost half of my weight ...  
Husband: stay one more month!!!!



A man was saying that he has toured around the world looking for a perfect woman ... one listener asked him ...

Did you find her?

He said yes ... but she was looking for the perfect man ...



Two old black ladies are about to get their picture taken ... as the photographer pulls black cloth over his head and starts adjust the lens ... one lady asks the other;  
"what is he doing?"  
She answers "he is going to focus?"

The other lady looks at her friend in shock and says "both of us?"



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



Sally and Mary are chit chatting ...  
Mary says ... when I married George, I was looking for sex and good humor and I have found them both with him ..

Oh, really ...

Yes, every time we have sex, it is a joke ...



Who is your father? A school boy was asked by Obama ...  
Obama is my father  
And who is your mother  
America and your political party ...  
very good ... very good boy ... Now tell me, what is your wish...  
what would you like to be when you grow up?  
I want to be an orphan ...



Jon and Boris are sitting in a restaurant in D.C... discussing communism ...

In America we have such freedom, for example, anyone who wants to, can walk right up to the steps of the white house and call president Obama an idiot pig ...

Ah, we also in Russia have equal freedom, anyone who wants to can walk right up the steps of the Kremlin and call president Obama an idiot pig ...



During the official ceremony in a European country, the Brazilian Ambassador is in a carriage with the queen of England



when suddenly the horse fart noisily, very embarrassed the  
queen apologizes ...

I am very sorry ambassador ..

It was nothing, your majesty ... it happens ... Mind you, I even  
thought it the horse ...



A young man made application to change his name according to  
the provision of the law ...

What is your name ...

Bill stinks, sir ...

Well, I can understand why you want it changed ... and what do  
you want it changed to?

William stinks, sir ...



A little boy came home from Sunday school and his father  
asked?

What did you learn today?

Well, two thousand years ago, the Jews wanted to escape from  
the bad Egyptians ...

So Moses had the Jews to build this suspension bridge across  
the red sea ...

Then they loaded it down with dynamite ...

The Jews escaped across the bridge and when all the Egyptians  
chased them they blew up the bridge and all the Egyptians were  
drowned ...

Is that what the teacher told you?

No, but you would never believe the crazy story he did tell us ...



We believe out of fear and we improve on the scriptures out of  
ignorance ... why are we deceiving ourselves?

Who has the courage to decide?

There are many people who cannot decide, who go on  
thinking... but they don't walk what they talk ... they waste their  
whole life in thinking whether to do this or not to do, to be or  
not to be ...

And they are always hesitating, they can't act ... and without action life is futile ... is dead ... there is no growth ...

Yes! We should look at all the doors ...


But not for too long ... it should not become a habit ... look and decide, because in life there can never be any perfect decision...

If you are a perfectionist, you are in deep well ... nothing satisfies you ... everything falls short ... we should know that life is by living it with all the changes, knowing that life is short and we have limitations, yet we have to decide ... we cannot wait forever ...

Once you decide then you go with all your love ...

You risk all ... one has to be a gambler and live the inner treasure ...

This parable is a treasure. It is of tremendous significance ...

meditate over the meaning ... 

There was a rich magician who had a great many sheep ... he did not want to hire shepherds, nor did he want to erect a fence about the pasture where his sheep were grazing ... he was very miserly and very mean.

The sheep consequently often wandered into the forest, fall into ravines, and soon; and above all, they ran away, for they knew that the magician wanted their flesh and skins, and this they did not like ...

At last the magician found a remedy. He hypnotized his sheep and suggested to them first of all that they were immortal, and that no harm was being done to them when they were skinned, that, on the contrary, it would be very good for them and even pleasant. Secondly, he suggested that the magician was a good master who loved his flock so much that he was ready to do anything in the world for them.

And in the third place, he suggested to them that if anything at all which is going to happen to them, it was not going to hurt them ...

Why? Because he told them that they were not sheep at all: to some of them he said that you are lions, to others they are eagles, to others they are men ... and to others that they are magicians ...

So all the sheep were calm and no fear. They never ran away again but quietly lived the time and nothing is going to harm them ...



This tale is a very good illustration of man's position ...  
You have been hypnotized to remain in misery ... you have been taught, conditioned, to remain in misery ... and the trick is very subtle ...

For example, try to understand, first everybody has been told that happiness exists in the future ... this is absurd, this is nonsense ...

Happiness exists here now. You need not achieve it, you bring it with yourself. It is part of your innermost core ... but every child has been taught, that unless you have a big house and a double car garage and so many gadgets and much fame and a certain amount of bank balance and success in the market ...

You will not be happy and you will not be respected ...

As if happiness depends on some toys ... on some objects ... on some commodities!!!

As if happiness depends on anything; every child is born happy...

These ambitions create misery ... they never make you happy. They create you misery. Once the mind becomes ambitious the seeds of misery are planted deeply in you ... now you will never be happy, because the future never comes, tomorrow never comes ... and your hope hang in the tomorrow which never comes ... now or never ... now is the only time and here is the only space and the only seed to plant it in this place ...

So be aware that you are your own master and no need to anyone ...

And when you are ready to move towards the truth ... the truth will come to you ... if you are ready, the master is ready ... if you lost your Mom ... just call her ... and she will listen to your voice and she will come to you running ... just take the first step of your trip ... and you will see The truth ... you feel it and you catch it ...

A man found the Truth ... a little devil came running to the old devil and asked him ... "what are you doing here, a man found the Truth and our whole business is at risk ..."

"cool down my son, smoke a cigar and my people already reached there.." "I am coming from there and I have not seen any devils ..."

The old devil said ... "Devils are not needed, my people are the priests, the rabbi, the imams, the popes and much more ... they will organize the Truth and once the truth is boxed it is finished... it is dead ... they will surround the man and they will not allow the people to approach him ...

They will interpret the man and in their interpretations the truth will be lost...

Who wants the Truth? Who knows the Truth? Let each one of us ask ... why wars? Why we don't listen to our heart? Why we are followers to the mafias of our soul? Why we are a slave and not a free being? Who is the cause?? Yes I am the cause ... I am the cure ... and I have to choice ...

My Beloved ...




It seems to me that human beings feel that just to be themselves is not enough ... why do most of us have such a compulsion to reach power and prestige and so on, rather than just being simple human beings?

You are right ... First, you have never been accepted by your parents, teachers ... neighbors ... society ... everybody was trying to improve upon you, to make you better everybody looks at the mistakes, at the errors, at the weaknesses, which every human being is prone to ... Nobody looks at your intelligences, at your beauty ... and nobody ever told you to be thankful to existence ... On the contrary, everyone was complaining ...

Naturally, if everything is ugly in your life, you are not alive ... if you are a nobody, you are not accepted ... you have to be a somebody ... so you are living in such a constant conditioning that, " I am not enough as I am, something is missing. And I have to be somewhere else ... not here ...

Somewhere higher, more powerful, more respected, more well known."

This is half the story ... 

But the second part is more important ... Even if all these conditionings are gone or removed ... you are deprogrammed... then too you will still feel that you are not enough; because you can be more ... your being is only a seed ... and you have to be a great tree ... and that flowering will be your contentment ... your fulfillment ...

This step has nothing to do with power, nothing to do with money, nothing to do with politics ... it has something to do with you; it is an individual progress ... And for this, the other conditioning is a hindrance ... it is a distraction, it is a misuse of natural longing for growth ....

Every child is born to grow and to become a fulfilled human being ... with love, with compassion, with silence ... He has to become a celebration unto himself. It is not a question of competition, not even a question of comparison ...

The whole conditioning produces an inferiority complex ...."

Succeed! Succeed is the goal ."

Become a climber, an achiever ...but where to ?

What is your natural urge ... cut the social conditioning, it is all crap ... and live your natural nature ...

This is our pilgrimage for our seed ... let it grow and glow in different soil ... you will grow and you will come to blossom, and you may have rose flowers ...

Somebody else may grow and will have marigolds ... and you are not superior because you have rose flowers; he is not inferior because he has marigolds ... you both have come to flowering, that is the point; and that flowering gives a deep contentment ...


All frustration, all Tension disappears; a profound peace prevails over you, the peace that passeth understanding ... But first you have to cut the social crap completely; otherwise it will go on deviating you ...

You have to be rich, but not wealthy, richness is something else... A beggar can be rich, and an emperor can be poor ...

Richness is a quality of being ... to be or not to be is our pilgrimage ... the first step is the whole trip ... go beyond the

ego ... beyond the mind ... and the second step you are in the kingdom of God ....

Yes! Let us go to our kingdom ... the door is always open ... listen to this Truth ...

Gudo was the emperor's teacher of his time ... He used to travel alone as a poor wandering master ... 

Once when he was on his way to meet the great political men, he approached a little village ... it was evening and a heavy rain was falling ... Gudo was wet. His straw Sandals were in pieces... at a farmer house near the village he noticed four or five pairs of sandals in the window and decided to buy some dry ones ...

The woman who offered him the sandals, seeing how wet he was, invited him in to remain for the night at her home ... Gudo accepted, thanking her ... He entered and read a Sutra before the family shrine ... He then was introduced to the woman's mother, and to her children. Observing that the entire family was depressed, Gudo asked what was wrong ...

"my husband is a gambler and a drunkard," the housewife told him ."when he happens to win he drinks and becomes abusive... when he loses he borrows money from others ... Sometimes when he becomes thoroughly drunk he does not come home at all.

What can I do?"

"I help him" Said Gudo ." Here is some money, Get me a gallon of fine wine and best food to eat ... then you may retire ... I will meditate before the shrine ,"

When the man of the house returned about midnight, quite drunk, he shouted;

" Hey, wife I am home. Have something for me to eat?"

"I have something for you, " Said Gudo ... "I happened to get caught in the rain and your wife kindly asked me to remain here for the night. in return I have bought some wine and fish, so you might as well have them."

The man was delighted. He drank the wine at once and laid himself down on the floor.

Gudo sat in meditation beside him. In the morning when the husband awoke he had forgotten about the previous night ...  
"who are you? Where do you come from?" he asked Gudo, who still was meditating I am Gudo and I am going on to Edo ...  
replied the Zen master ...

The man was utterly ashamed ... He apologized to the master of his emperor... Gudo smiled ... "Everything in this life is a great lesson ... a great gift ... and life is very brief ... if you keep on gambling and drinking, you will have no time left to do anything else, and you will cause your family to suffer too ..." he explained ...

The husband awoke as if from a dream ... "you are right. How can I ever repay you for this wonderful teaching!! Let me see you off and carry your things a little way."

"if you wish" said Gudo ...

The two started out. After they had gone three miles Gudo told him to return ... "just another five miles," he begged Gudo. They continued on ...

"you may return now" said Gudo

"After another Ten miles," the man said ...

"Return now" Said Gudo ...

When the Ten miles had been passed ...

"I am going to follow you all the rest of my life " declared the man ... what is this message? What happened to the man??

Modern Zen teachers in Japan spring from the lineage of a famous master who was the Successor of Gudo ....

His name was

Mu – nan ....

The man who never turned back ...



Yes! When you are ripe and ready, you meet your master ... you meet your mirror ... your seed will flower

Flowering represents spiritual enfoldments ... Just like a flower, one opens up ... One does not become somebody else; One remains the Same ... the only difference between an unenlightened person and an enlightened person is that of



flowering ... the unenlightened person is a closed bud, the enlightened person is an open flower ...  
That is the only difference, a very slight difference ... Every bud can become a flower and every flower has been a bud; hence it is Said that every saint was a sinner ...  
Fear is the root cause of remaining closed ... love helps to open up ... it is through love that one opens up ... love is the right climate in which the flower opens up ...

Whenever you are in love you start opening up  
Freedom has to be your ultimate love, so that you can open ultimately too ... your love affair with God ... less that that won't do ...

### Total Surrender

Let go and let God ... 

If you are in Love Fear disappears ... Fear exists only in the absence of love ... if fear disappears, the priests cannot exist ...  
Fear and disease are one icon ... priests and politicians are one ...  
You need leaders when you become a slave ... and you go to kill ... if you cannot create yourself the war is fulfilling your desire ...

It is the same energy that was creative became destructive ... so you are here to release your love energy and you become free from priests and politicians ...

The flow of love creates the flowering in us . and once we know this mystery, one has known God, one has know heaven ... one has regained the lost paradise ... one is back at the kingdom of God ... in the Garden of Eden ... Be yourself ... this is our own responsibility ....

Now take the first step of your trip ... come out of the trap ... there is always fear of being rejected, so nobody takes the initiative; everybody is waiting for the other to take the initiative, and the other is in the same feeling ... you just have to get out of your self – imposed

imprisonment ... 

the door is open ... nobody is rejecting you ... it is his problem... his feeling ... don't feel rejected : that is the whole art of moving into love ... and it is good to be rejected ninety –

nine times, if at the hundredth time you are accepted; it is worth it, that risk was worth it ... just jump in the ocean and then think... let your interest be in your inner world ... you need no medium ... you are your own master and your own doctor ... listen to your heart and no one can hurt you and you learn from your pain ... no pain no gain ... this is the dance of the new birth ... born again a human being ... a Christ not Christian ... this is who we are ... it is our birth right to be a living light ...

I am a sinner . can I also become free?



Yes, absolutely yes! In fact, only a sinner can become a Saint and a sage and beyond ... life is a celebration and there is no sin... it is an unconscious step ... it is bound to happen ... we don't know what we are doing ... we are unaware ... so whatsoever you do, goes wrong ...

But to recognize that "I am wrong" is the beginning of a great pilgrimage ... is the beginning of real virtue ... to see that "I am ignorant"

Is the first glimpse of wisdom ... Go beyond your knowledge ... it is rubbish ... it is borrowed ... God is in the core of our heart... God is life ... one has to dive into life. And of course when you are unconscious, you will miss the target many times...

It is because of this, that Jesus has a tremendously significant saying : He says "if your right eye causes you to sin, take it out and throw it away. It is much better for you to lose a part of your body than to have your whole body thrown into hell."

Now; if we don't understand the real meaning of sin, we are bound to misinterpret the whole statement .... And Jesus will look too harsh, too hard, too violent ...


Saying that, " if your right eye causes you to sin, take it out and throw it away,"

Does not look like a statement from Jesus ...

A man of love and compassion ... but what he means is not what the head is saying ... but listen to the meaning ... " if your right eye causes you to forget yourself, then take it out and throw it away." It is a metaphor ... He is saying that it is better to be blind, than to be forgetful of yourself ....

The blind man who remembers himself is not blind, he has the real eye ... so the only sin if you don't know yourself ... sin means to forget oneself ... and this is an opportunity to remember yourself ... you lost your way to home but you saw many other ways too ...

The fish in the ocean is born in the ocean, lives in the ocean, but knows nothing about the ocean ... unless you take the fish out of the ocean ... then, suddenly, a recognition arises in the fish ... only when you lose it you remember it ... and that is the grace

of knowing .... 

we have lived in God ... we all come from the original source of existence ... But we have to be thrown out into the world, so that we can start searching for Allah again, searching for the ocean ...

so there is nothing new to look at ... the sinner is full of forgetfulness, and the sage is full of remembering ...

the sage lives simply, spontaneously; there is no question of effort at all ... He lives life, just as we breathe ... He is very ordinary; there is nothing special about a sage ... But the saint is very special ... trying to do something with great effort, because it is not his own understanding ... naturally he expects much respect from you ... they are living only for the ego .

It is good to realize that you are a sinner ... this is the beginning of something very good ... very significant ... you can be a sage... not a Saint ... don't be deceived by the outer looks.

Live your ordinary life with awareness ... and you become a sage ... you will be free out of your cage ... you will fly in all the sky ... this is your consciousness ... your freedom ... your eternal home ... your kingdom of this existence ... of godliness... this our divine divinity ...

Sister Agnes was walking through the park near the convent  
when she was attacked and raped several times ...

Hearing this, the mother superior hurried to the hospital and met  
the doctor on duty ...

"Oh doctor! How is poor sister Agnes?"

"she is doing fine ... all what she needs a plastic surgeon ..."

"what for she needed plastic surgery?"  
"we are getting a small trouble ... we are trying to get the smile  
off her face ..."



On Sunday school, the teacher asked the little Jony: "tell me one  
of the Ten commandments!"  
Jony said: "Don't ommit adultery!"



It is a dark and a stormy day at the Vatican ... the pope is on his  
deathbed and on his side a crowd of bishops, cardinals, and  
priests and Cardinal Catass is crying ....  
"Ah! Don't be upset, don't cry ... the Vatican council will find a  
great man to take place and he will do much better than me ...  
said the pope ...  
"But" whimpers Catsass ... "that is just what they promised us  
last times."



From worse to worst is our first and last lust ....  
Two Jews arrive at the pearly gates of heaven and asks st. peter  
if they can come in ... certainly not, we don't allow your sort in  
here ... get lost ... you are the worst ...  
He then goes to tell Jesus proudly what he had done ... Jesus  
becomes furious ...  
"Peter," he shouts, "you can't do that, quick go and get them  
back ..."  
Saint peter runs off and comes back a few minutes later  
puffing...  
"they have gone ...."  
"who? The Jews?" asks Jesus ...  
"No, gasps st. Peter," the pearly gates ....



Hey ... Enrico ... go tell my wife that I am coming late  
tonight...  
Enrico knocked the door and said ... "your old man is late ...  
how about we go up the stairs and have little fun ..."

Lucia is shocked but he said "I give you fifty dollars"  
"how dare you?"  
"A 100\$"  
"well it would not be right" "come on 200\$ ... just for a half an  
hour and your husband will never know ...  
When the husband gets home and asks his wife ... Did my  
friend tell you I work late?  
Yes! He stopped here for few minutes ...  
And I hope that he gave you my salary 200\$



Grandpa is really worried about his health and is waiting  
nervously in the hall way at hamchop hospital while a team of  
eminent physicians gathers together to consult about his case ...  
All the doctors retire to another room to discuss the old man's  
condition, but grand pa has hidden his grand son Albert in a  
closet ...

The little boy stayed there in order to listen . then Albert is  
supposed to report to grand pa what is the truth of the  
situation...

After a short time, Albert escapes and runs back to the old  
man...

Quick Albert what did those doctors say? I cannot say for sure, I  
listened hard, but they used such big and strange words, I can't  
remember much of it ... But I do remember one thing ...

Tell me quickly what is it?

Well, they said .. "we will find out all what we need to know at  
the autopsy ..."



He remembered only this unknown word to him ... auto ---  
reminded him of a car ... and psy ... you know what pussy is !!

Yes! The letters P and P ...

Don't pee on them but use them ...

Bernie is in the urinal standing next to a very large Blackman ...  
looking over Bernie is astonished and very jealous to notice the  
huge size of his neighbor's equipment ...

Excuse me mister, but could you tell me how you managed to  
get such a magnificent member ...

Simple man, when I was a boy, my mama tied a brick to it and  
for a whole month I walked around like that ...

Bernie runs home and tells his wife ... cancel all visits and  
engagement, I am not even going to work ... I am going to get  
myself a wonderful big gift ...

He tied a brick and does not go out of the house for a month ...

Eventually his wife says ... let us look and see how it is  
growing...

So Bernie opens his pants, takes a good look and says ...

"well, we are half way there, it had turned black already ...



Just relax and enjoy your feeling ... face your fear ... say your  
sin ... share it with yourself ... Sin is a technique of the pseudo  
– religions ...

A true religion has no need of the concept at all ... the fake  
religion cannot live without the concept of sin ... Because sin is  
the technique of creating guilt in people ...

Let us share more and more the whole strategy of sin and  
guilt...

Unless you make a person feel guilty, you cannot enslave him  
psychologically ... it is impossible to imprison him in a certain  
ideology, a certain belief system ...

But once you have created guilt in his mind, you have taken all  
that is courageous in him . you have destroyed all that is  
adventurous in him ... he can never be independent ...

He will depend on religions ... So if you call a mistake is a sin  
you are killing the sinner ... if somebody commits a mistake in  
mathematics ...  $2+2$  is 5 ... you don't say he has committed a  
sin... He is unalert, he is not paying attention to what he is  
doing ... He is unprepared, he has not done his homework ... it  
makes him feel foolish but not guilty ...

Adam and Eve committed the original Sin: they disobey God...

And nobody knows who this God ... what is for him and what is  
against him ... there are thousands of religions on this earth ...

And who is right?

There is a sect in India who keeps the nose covered, always covered ... because to breath directly is a Sin .... Just this much is enough to throw you to the seventh hell ... because with each breath you are killing millions of germs ... whether you kill a man or you kill a germ, it is all the same crime as far as God is concerned ...

So the moment you breath out, you throw out hot air ... that hot air is enough to kill millions of germs in the air ... we keep killing inside and outside ... So with each breath, what Hitler and many others did ... we are doing it in a simple breath ... So they can't speak without the cover and also to eat ...

If even breathing is a Sin, then you can think anything can be a Sin ... so let us go beyond our ego ... beyond our mind and let us live the truth that it is in us ....

Who is our corrupter ?

Yes! It is the computer ... but not the machine ... it is the mind who did the metal ... this mind corrupts very diplomatically .

It corrupts in such subtle ways: very difficult for you to even be conscious of what is going on ...

For example:

Something in a certain moment is true, then the mind clings onto it and it says ...


"when it was true in that moment, it must be true forever ...

because truth is eternal"... and the truth is eternal and nothing changes like truth ...

Change is a constant law ... 

Because if it does not change, then it will die any day ... the river keeps rivering ... life is not a fact but an act ... a verb not a noun ... life is by living ... by loving ... it changes so continuously that it cannot die, because change means a renewal of life energy ...

Truth is eternal, but not fixed, not non changing ... it never accumulates the dead parts ... because through those dead parts, descend death ... if you don't shit ...what happens to it?

You are what you don't shit ... 



But mind has its own logical forms, which are absurd if you know what life is ... But if you don't know life, then mind has its own logic ... And the logic seems so solid, absolutely error-proof ...

Look for this ...

Now is a new breath ... this moment is true ... to morrow it will become a dead burden ... don't carry it ... live it now ... enjoy it now ... now is the only time ... the only present ... this very moment let your consciousness meet ...

Let it go deep in you ... it can transform you ...

Let us be pregnant with this moment ... it will glow and grow for ever ... from life to life ...

Live the mystery of now ... nowness ... isness ... stillness ...


Find your own Christhood ... your own Mohammadhood ... your own lighthood ... one with whom you can have such a unity that the disciple doesn't feel any more that he is a disciple, and the master has forgotten that he is a master ...

Nobody knows who is who ... in such a deep unity the Quran is born ... the Gita ... the Bible ....

And God is infinite; He need not repeat ... He is not yet exhausted ... He is immortal mystery ...

This is why we have real religious man and false man ... the real lives the now, the false lives the past ... the old ... moving with the new, you will attain to all that is hidden in the old; and clinging with the old, you will miss all that is hidden in the old and hidden in the new ...

The new is always the door of God ... He goes on making new doors for you as you travel along; always new doors he goes on opening for you ...

Don't ask for the old doors ... 

Mind always asks for the old doors ... if I say something to you, you immediately start comparing ... whether it is written in the Gita, Koran, Bible ... if it is written, your head nods; you say, "Right." If it is not written, suddenly you are closed; you are not nodding, you are not saying yes ...

Whatsoever is written is already irrelevant ... breath a new breath ... it is a new birth ... the past and the future is in this


now ... this seed ... plant it and let it grow into a big olive tree... living in the now ... in a new meaning ...

Our mind grabs every piece of information that reaches to you... it screens it, sorts out whatever is adjustable with your existence knowledge, allows it ; and whatever is going to disturb your mind, anything new, unfamiliar, a stranger, it rejects

Science has discovered a surprising fact .... Our mind used to be thought of in the past as a receiver of information from the world, our eyes, our ears, our noses, all our senses were doors from where the existence can enter into us ...

This has been an ancient understanding prevailing for thousands of years ... But just within these five years, science has become aware of a totally different situation. Your senses are not simple windows; your mind allows only two percent of information and discards ninety – eight percent of information... it is continuously on guard of what enters you ... it should be in tune with your concepts, superstitions, ideologies ... if it is not, the mind is not going to get disturbed, to get in a chaos, by allowing a new idea which will not be fitting with you ... so our mind is not a vehicle of knowing, but a vehicle of preventing 98% of the knowledge that was available to you;

It means it is the same stuff of which you already have enough...

So the mind is our devil, our ego ... our wall between me and God ... 

Only a meditator can know people, can know things, can experience beauty as it is in itself ... because he does not interfere, he does not censor, he is not on guard, he has nothing to lose ... he has already dropped all that could have been the cause of fear ... it is utterly empty ...


Once in a while you are empty . in this moment, you can see things with a clarity, with transparency . But when your mind starts, covered with your own thoughts, they protect the dead against the living, they protect the static against the dynamic, they protect what has been given to you as knowledge against existential experience ....

Only a state of no – mind is an open door; without any judgment it allows you to see things as they are, not as they should be, not as you would like them to be, not to fit with you...

Existence has no obligation to fit with your mind ... you are not the mind ...

But every mind is struggling some how to make the existence fit with it . it is impossible; hence the misery, the frustration, the deep despair, the feeling of failure ...

If you listen to the master, you slip out of your mind ... if you listen to your heart you slip out of your mind ... those few moments when you slip – not you sleep out of your mind, you will become aware of this extraordinary gathering of brothers and sisters ... this is the power of lovers ...

The power of commune ... the ones with the oneness ... 

This is the best step in our life ... you have to risk your outer life.... Your mind ... and go in ... to the mystery of existence...

No desires, no ambitions, no prestige ... no power ...

How to know who am I ? 

Because without knowing myself , all knowledge is futile; and if you know yourself , you need not know anything that is unnecessary ...

Knowing oneself, one comes to know the very innermost core of existence ...of our being ... of our center ... of our bliss ...

Yes! Be alone but not lonely ... standing alone like a tall Lebanon Cedar, utterly alone in the sky, far away from the earth, almost reaching to the stars ... But the beauty of the Cedars of Lebanon ... their courage to go beyond the crowd, their courage to be alone ...

These are the people who have renounced all borrowed knowledge and are in search of something of their own ... because that which is not yours, is not right ... it may have been right for Jesus Christ, but it is not right for you and for me ... You are a unique individual in your own right ... you have to find the truth alone, not by following somebody else's

footsteps... the world of truth is something like the sky, where birds fly but don't leave any footprints ...

The world of truth also has no footprints of Jesus or Mohammad or Buddha ... it is the world of consciousness: where can you leave the footprints ... ??

All followers, without exception, are wrong ... they are following someone ... why??

Because they are not courageous enough to seek and search on their own ... they are afraid that alone, " I may not be able to find anything . and what is the need when Jesus has found ?"

But you never think that when Jesus drinks, his thirst is quenched ... but that will not help your thirst ... Jesus eats, his hunger is gone, but that will not make you nourished ... you have to eat, you have to drink; you cannot simply depend ... So many great people have loved, what is the need for you love? You can simply follow them ... But that will not be love; that will be only a carbon copy. And to be a carbon copy in this world is the ugliest way being ...

The authentic man is always original ... He is strange ... He is not replica, not a repetition ... He is a new song, a new dance ... a new beginning, always and always a born again with every breath and every path ....

The new priest was coming to visit and the mother gave little Sara some instructions ....

If he asks your name say Sara ... and if he asks you how old you are say you are eight years old, and if he asks who made you, say God made me ...

The priest came and putting down his hat and Bible saw little Sara and patting her head asked ...

What is your name little cuty ....

Sara

How old are you ... Sara?

Eight years old said Mom ...

Do you know who made you Sara ?

The little girl hesitated for several moments and then she replied... Momma did tell me the man's name but I've forgotten it "



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 ..."



Thank you for this Story

Pencil, Rubber, and you ...

Pencil: I'm sorry

Eraser: for what? You didn't do anything wrong ...

Pencil: I am sorry because you get hurt because of me ...

whenever I made a mistake, you are always there to erase it .

But as you make my mistakes vanish, you lose a part of yourself... you get smaller and smaller each time ...

Eraser : that's true ... But I don't really mind, you see, I was made to do this ...I was made to help you whenever you do something wrong ... Even though one day, I know I will be gone and you'll replace me with a new one, I 'm actually happy with my job. So please, stop worrying ... I hate seeing you sad...




I found this talk between the pencil and the eraser very touchy... parents are like the eraser where as their children are the pencil... they're always there for their children, cleaning up their mistakes . sometimes along the way, they get hurt, and became Smaller, older, and eventually pass on ...

Though their children will eventually find someone new ... spouse ... but parents are still happy with what they do for their children, and will always hate seeing their precious ones worrying, or sad ...

All my life, I've been the pencil ... and it pains me to see the eraser that is my parents getting smaller and smaller each day . for I know that one day, all that I'm left with would be eraser shavings and memories of what I used to have ...

Moral: we never know the love of our parents for us till we have become parents ...

But let us see what is parents ... 

To be a parent is great art ... to give birth to children is nothing, any animal can do it; it is a natural, biological process ... it is very ordinary ... But to be a parent is something extraordinary; very few people are really capable of being parents ...

The real parents will give freedom . they will not impose themselves upon the child , they help the child to be himself ... to be herself ....

They are to support, they are to strengthen, they are to nourish, but not to impose their ideas, not to give the shoulds and should – nots ... they are not to create slaves ...

The first day he went to school ... Mom asked him ... what did you learn today?

I learned that my name is Joni not don't ...



Don't do this ... don't do that ...

That's what parents all over the world are doing : their whole effort is to fulfill their ambitions through the child ... this goes on and on from one generation to another generation ...

We go on giving our diseases, we go on infecting children with our ideas which have not proved valid in our own lives ...

It is a very strange world ... we are victims of ignorance ... we don't know our original face ... you are wearing the Christian mask ...

I am wearing the Muslim mask ... we are only robots and puppets ... How unconscious we are !!!

All parents are disappointed in their children even the parents of Jesus and Buddha ... Jesus father, Joseph, must have hoped that now he was going to be a carpenter ... not a savior ...

Just be yourself ... don't feel any guilt . your life is yours and you have to live according to your own light ...

And when you have arrived at the source of joy, your inner bliss, go to them to share ... they will be angry, wait, because anger is not permanent; it will pass ... respond with love ... to share, first you have to have it; you can share only gift that you can

give to them ... this is what you owe to them : you owe enlightenment to them ...

Become your light and share your love but do not follow them... be with them but you are different ... you are unique ... so is everyone ... they have helped you physically, you have to help them spiritually ... that will be the only way to repay to them ...

the only prayer to our parents ...



parents have some investment in their children ... they have some ambitions they would like to fulfill through their children... that is why we are cruel ... we are victims ... we are ignorant ...

never treat another person as a means ... because each person is an end unto himself ... Be aware of who you are ... who I am makes a difference ....

To love one's own parents is one of the most difficult things in the world ... But if one can manage it, it is of great importance... If you are at ease with your parents, you are at ease with the whole existence, because existence is the ultimate parent ... But it is difficult because the child is so helpless and dependent on the parent that he feels hurt many times by the parents . and because the parents have to give guidance, the child resents them ... as the child grows and becomes powerful, a natural rebellion happens . then one only goes on paying respect to the parents, that's all, but love disappears ...

It is also not in the nature of things to love one's parents, that's why it is very difficult; it is going upstream . it is very natural for the parents to love their children; the flow is downstream ... it is a natural thing, there is nothing special about it . every mother loves the child and every father loves the child ... it is plain, ordinary, and the people who brag about it are simply being stupid ...

But to love one's parents is going beyond nature, it is transcending your biology ...


It is an uphill task, but if you can do it, it becomes a door to God... only enlightened people can do it ... only the masters



who are living in love and in compassion ... then they can plant the seed of God in their parents ...

We are needed on this planet to plant peace in the people ... But if I don't have it ... I cannot share it ...

Life gave you so much, and life gave you so many experiences... life made you

whatsoever you are ... 

life, love, live, light and laughter ... 

I just got one now ... 

The pope is very sick . Doctors come from all over the world to try and diagnose his illness, and finally a little Jewish psychiatrist finds the cause of the problem ...

He tells the pope ... " your holiness, because you have had nothing to do with women all your life, your hormones are unbalanced and there is only one possible cure. You must make love with a woman ."

"No, no!!" cries the pope, " I can't. all the vows I have taken ... I just can't ..."

"But, your holiness ... you must or you will die ..."

The pope retires for a few days to consider his fate, and then calls the psychiatrist again ...

Yes! You are right ... it is a sin if I don't obey your decision ... I will do as you ask ...

But please, be sure that the girl has nice, big tits ."



Sister Mary, 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 liquor was for mother's constipation ...

"it is .." says sister Theresa ... " when she hears about this ...  
she will shit herself ..."



Okay! One more joy !!

Father Ferro 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 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 Ferro 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 orders  
father Ferro 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 Ferro to  
get rid of the donkey.

He gives it to sister Angelica and the headline reads ,  
" Nuns has best Ass in town."

The bishop faints ... he then informs sister Angelica that she  
must get rid of the donkey ... she sells it to Dick for ten  
dollars..."

The next day the bishop is found dead on the dinning room table  
with a newspaper clutched in his hand ... the headline reads ...  
" Nun sells her Ass for Ten Dollar ..."



A nervous young man walks into the drugstore and is very  
embarrassed when a middle aged woman comes to serve him ...

Can I see the druggist?

- I am the druggist ... what can I do for you??
- Well, it is nothing important ... next time ...
- Young man, my sister and I have been running this  
drugstore for thirty years, there is nothing that you can tell  
us that will embarrass us ...

- Well, alright, I have this awful sexual hunger that nothing will satisfy me, no matter how many times I make love I still want to make love again ... is there anything you can give me ?
- Just a moment I will have to discuss this with my sister ...  
A few moments later she returns ...  
" the best we can offer is five hundred dollars a week ."



Please understand me and forgive me ... I love to share jokes and stories ... I love to talk about nothing ... it is the only thing I think I know anything about ... I am not teaching you anything... I don't have any message ... I am not here to convert you not to invert you , I am simply singing my own song ... the meaning is not in the words, the meaning is in the silences between the words ...

I don't write or speak out of knowledge, but from our heart ... from infinity to infinity ... Because knowledge is very small . And the person of knowledge is really saying or repeating something which he has accumulated in his memory; he is behaving like a computer ...

Yes! I share contradictions ... it is perfectly Good ... this is poetry not politics ... not meaning but some significance, not meaning but some fragrance, not message but

presence ... 

I have nothing to say to you, but I have much to share with you... it is a dance from heart to heart to transform ourselves ... to live a new light ... a new joy ...

We are hearing the now ... this is the real religion which we are searching for centuries but has not been able to find it ... it is in us ... without words, without fictions, without sins and guilts ... A simple religion that transforms each moment into a glory, into a gratitude, into a prayer ...


Yes! Let's help ourselves to get rid of knowledge, to become again a small child with eyes of wonder and a heart which cannot believe ...

No one has the right to believe ... every one has the right to know... this is our birthright ... is the authentic religious element without any dust on it ... this is what real

enlightenment is .... 


This is who we are ... God is light and we are part of this mystery ...

The trees are green because they are green ... this is what mystery is ... nothing more can be said ... such is the ultimate nature of things ... if we try to use reasons about anything, we fail ... and we miss the truth ...

" Be still and know that I am God ..." 

It is our essence not our I ... not our ego ... not our mind ... but the existence ...


God is found in love ... not in reason but in love ... make your temple in love ... get out of


the obsession of reason ... 

people who are still rooted in tradition, and who think they know what is right and what is wrong, will never come to Christ...they will continue to live their routine life ... the dull, the dead life ...

they will go on fulfilling their duties as their forefather used to do ... for centuries they have been following a track, and they will go following that rotten track ...

of course, you feel certain, so many people have walked on it ... But when you come to a Christ and you start moving into the unknown, there is no high way, no rotten path ...

you will have to make your own path by walking;   
the path will not be found ready – made we are not here to depend on anyone ... you are not here to follow anyone ... you are not to accept any belief ... you are here to experiment ...

you have to move on your own ... 

life is a pilgrimage and no two steps are the same ... you will face more and more dangers and the higher you go, the more is the danger of falling ...

the unknown cannot be guaranteed ... life is a risk ... every breath is a path to birth and death ... this is the challenge of the uncharted sea, the roaring waves, with no possibility of seeing the other shore .

if you are ready to jump in the ocean then you are your own master ... it is a gamble ... if you are ready, no need to wait any longer ... now or never ...



you have already waited enough, for many many lives ... truth is here but no one can give it to you ... no one can teach it to you ... you have to catch it ... open up your heart !! god is giving it to us ... the question is of your receiving it, welcoming it ...

you say: " Good and bad have stopped to exist."

That is good, that's beautiful ... good and bad are all man made... sinners and saints are all man made ... and they are not different at all; the difference is only superficial, very superficial, not even skin – deep ...

Scratch a little, and in your saint you will find the sinner ... all are man – made ... mind – made ...!!

Now if we know this truth ... we can enter another dimension... not man – made, where distinctions are of no relevance, where nothing is good and nothing is bad ... where whatsoever is is, and whatever is not is not ...

There is no question of good and bad; either something is or something is not ... Good and bad are nothing but alternatives to be chosen, either choose this, or choose that ...



They keep you in the division of either /or ..

The moment you start seeing the fake of all good and bad, when you start seeing that they are socially made things ... of course they are utilitarian, and I am not saying to go into the marketplace and behave as if there is nothing good and nothing bad ... just be with the people but be aware of who you are ... Be respectful to them and to their dreams ... it is not for you to interfere ... Be polite to people and their stupidities, be polite to them and their games , But all the time remember, deep down nothing is good, nothing is bad ...

Existence is there; there is nothing to choose between ... just total acceptance if you don't choose ... you choose sanity ... you choose divinity of unity ...

Wake yourself up!



Awareness is eternal, it knows no death ... no birth ... only unawareness dies .... So if you remain unconscious, asleep, drunk, you will have to die again ... if you want to get rid of this whole misery of being born and dying again and again, if you want to get rid of the whole wheel of birth and death, you will have to become absolutely alert ... you will have to reach higher and higher into consciousness ...

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

Old man Fink and his friend Funk are having a few drink and talks ...

You know, says Fink, when I was thirty my erection was so strong, I could not bent it at all, even with both my hands ...

Funk nods his head ....

When I reached forty, I could bend it just a little bit, but only with a great deal of effort ...

At fifty I could bend a little more, and now that I am sixty ... I can easily bend it in half ...

The two friends keep sipping their drinks ...

"it is just amazing, Funk, I wonder how much stronger my hands are going to get?!!"



How do we look at our energy?

And what is our energy?

Your body is energy, your mind is energy ...

Your soul is energy ... light is energy and Allah is the light ...

all what you see is sacred light ... a sacred language ...

Existence is energy ... and every energy dances with our highest energy ...

Consciousness is the highest form of energy ... it is the organic unity ...

When you are happy with yourself, happy as you are, blissful as you are, grateful as you are, and all as you are in this cosmic dance ... God is in us ... that feeling of total unity is what Allah is ... God is the experience of this divinity in our unity ... this is what witnessing is ...


The more you save your energy, the more you have, the more will be given to you, because you are proving yourself worthy of it ... when the energy comes to a certain degree, the transformation happens automatically ... that is the science of alchemy ...

You heat water, then comes the hundred degree heat and the water evaporates ... at 99 it was hot, but still water ... 100 degree and the jump ... so it happens in the inner world ...

The first step is to feel your energy ... and how to feel it intensely, totally ... and out of that energy the insight arises ... How to use it ....

The energy starts directing you ... this is your light ... and you follow it ... then there is spontaneity ... and then there is freedom .... Don't let the head to control you ... ask your being... listen to your heart ... be your own master ... it is virgin silence ; the mind cannot interfere there ...

Energy is delight ... there is no need to go anywhere ... just become a great container of energy ... that is the moment when you become at – one – ment with the one ... pouring into God... and God starts pouring into you ...

This is our greatest grace ... this is our bliss ...   
It is not a question of theology, it cannot be decided by logical argumentation ... you have to feel beauty, you have to feel music ... you have to feel dance ... if you don't feel it you can't see it, you can't say it ... when your thirst drinks then you know the energy of the water ... not in your body but in your being ... Take care of your body but you are a being ... the body goes back to mother earth ... but where do you go? Where is our home? Our kingdom?

Thank you for knowing this truth and you have the key and meditation is in every now ... in every breath ... and this is our home ... well.com to our well ... to our source ...



The book is our best companion and we will meet a master if the seeker is ready the answer will come ... go in and listen to our inner treasure ... inner lecture ... Truth is so near no need to go far ... go in ... in is our

Only inn ...



Go in and change the roots ... do not change the symptoms ... you are miserable with this man you change him ... but after the honeymoon you will live the same pain and you will do the same foolish thing with some other man or with other woman or with other job or other car ... the same depression, the

same boredom ...



you go on changing the bedroom but what about the boredom?? You can go on changing the other again and again but it will be just the same routine, the same vicious circle ... if you really want to change your misery you have to go to the root cause ...

the root cause is that you don't know what love is, so how can you be a lover? Know what it is??

The root cause is that you are not blissful so when you relate with somebody, in the beginning you manage to act blissfully, but how long can you act?

As things settle you start coming back to your normal self because one cannot live continuously acting ... those honeymoon days when you are smiling when there are songs on your lips, are just days of acting but soon they disappear, you come back to your natural and normal pace. One has to, otherwise it is very tiring; one cannot go


on putting on a face for long ....  
Take off your mask and face your

Original face ....



And the same is true with men and women ... and then both are miserable persons; they double the misery, they multiply it ... And then everybody blames the other, but I am responsible not the other ...

First we should find the root causes of our misery and burn them... Before you start growing roses you have to pull out all the weeds, you have to prepare the ground ... remove all the rocks ... one should go deep into the causes of misery ... and

They are not many ... 

The main root is the ego and then others are off shoots ... " let go and let God."

A man with ego is bound to remain miserable because ego can never be fulfilled, its thirst is unquenchable ... it always brings frustration and this is our misery ... it destroys all joy, all love, all truth ... you simply become

a black hole ... 

just see what happens when two black holes meet ... and they call it marriage, love ... Nothing to share, nothing to give ... and everybody wants to use the other, both are beggars ...

first destroy the root of misery in you ... the ego ... and all its friends ... jealousy, desires to dominate ... and bliss will start coming ... it is your nature ... this is your pilgrimage ... it is a sacred journey ... then each step is towards Allah ... And Truth comes to you if you are ready ...

Sara is so fed up with her husband that she is almost suicidal ...

the next day she receives a letter which says:

hello there ! this letter was started by a woman like yourself, in

the hope of bringing relief to tired and discontented wives ...

unlike most chain letters, this one does not cost anything ... just send a copy of this letter to five of your friends who are equally

fed up ...

then bundle up your husband and send him to the woman at the top of the list and add your name to the bottom of the list ...

when your name comes to the top of the list, you will receive 16.500 men ... And some of them are bound to be a hell of a lot better than the idiot you already have ...

Do not break the chain . Have faith!! One woman broke the chain and got her own

son – of – a bitch back ...

At the date of writing this letter, another friend of mine received  
183 men ... they buried her yesterday ... but it took three  
undertakes thirty – six hours to get the smile off her face ...



Salvator goes to see his doctor because his wife keeps on having  
children ... Doctor gives him a condom and tells him to follow  
the instructions and his wife will have no more children ...

A month late Salvator is back ...

" My wife is pregnant again ."

" Did you follow the instructions like I said."

"Sure Doc!! ... it says stretch is over the organ before the  
intercourse, well, we no got organ ... so I stretch it over my  
violin ..."



Farmer Hay keeps the best bull in the neighborhood and makes  
money renting its services ...

One day Farmer Hay and his son Ned, leaves the bull with  
young Sam, giving him the instructions to charge Ten dollars  
for every cow that comes to visit it ... Sam is sitting in the  
farmyard when an angry neighbor drives up and demands to see  
Farmer Hay ... "He is out Sir and so is Ned, but I can help  
you... "

" No you can't ... Ned has gone and got my daughter pregnant "  
said the neighbor ...

"you are right Sir, you will have to see Farmer Hay, I don't know  
what he charges for Ned ..." said Sam



What can we do in such jokes?

Yes! We laugh ... but what is the message? What is the center of  
this power? Of this lecture?

Let us read this truth ...

Is that so ?

The zen master Hakuin was praised by his neighbors as one  
living a pure life ...

A beautiful Japanese girl whose parents owned a food store lived near him ... Suddenly, without any warning, her parents discovered she was with a child ...

This made her parents very angry ... She would not confess who the man was, but after much harassment she said Hakuin ...

In great anger the parents took the baby and gave him to the master . " is that so ? " was all what he said ...

By this time he had lost his reputation, which did not trouble him, but he took very good care of the child ...

A year later the mother could stand it no longer. she told her parents the truth ... that the real father of the child is that man not this one ...

The parents of the girl ... at once went to Hakuin to ask his forgiveness, to apologize, and to get the child back again ...

Hakuin was willing ... He gave the child, all he said was : " is that so ? "



Forgiveness is one of the most fundamental things to understand.... People ordinarily think that forgiveness is for those who are worthy of it ... who deserve it ...

But if somebody deserves, is worthy of forgiveness, it is not much of a forgiveness ... you are not doing anything on your part; he deserves it .

You are not really being love and compassion . your forgiveness will be authentic only when even those who don't deserve it receive it ...

It is not a question of whether a person is worthy or not . the question is whether your heart is ready or not ...

I am reminded of one of the most significant woman mystics, Rabiya, a Sufi woman who was known for her very eccentric behavior ... But in all her eccentric behavior there was a great insight ...

Once, another Sufi mystic Hassan was staying with Rabiya . Because he was going to stay with her, he had not brought his own holy Koran which he use to read every morning as part of his discipline ... He thought he could borrow her holy Koran ...

In the morning he asked her and she gave him her copy. He could not believe his eyes ...

When he opened the Koran, he saw something which no Muslim could believe : in many places Rabiya had corrected it ...

It is the greatest sin as far as Muslims are concerned: the Koran is the word of Allah according to them . How can you change it?

How can you even think that you can make something better?

Not only has she changed it, she has simply cut a few words, a few lines ... removed them ...

Hassan said to her, " Rabia, someone has destroyed your Koran!"

Rabia Said, " Don't be stupid, nobody can touch my Koran . what you are looking at is my doing."

Hassan Said, " But how could you do such a thing?"

She said," I had to do it, the ones who wrote the Quran also did not put all what Mohammed said ... Any word you say, anything you see, anything you do is part of the Quran ... this existence is the Quran, and compassion is beyond any forgiveness ... is the highest power of love and prayer ... so when I saw that the devil is bad and a sin and a curse so I accepted that the devil is good too and Allah created him and I loved him and he became a good one too ... a verse not a virus...

So I changed the meaning into love and mercy and compassion... and this is what forgiveness is ... since I became awakened ... I cannot find any hate within me ... Even if the devil stands in front of me . I can only shower him with love, because this is what I have ... hate disappeared only love remains ...

So the devil has a role to play in our life ... if there is no bad there is no good ... so let our love be to everything ... the devil also created by God ... let us accept it all and be good even with the devil ... don't do good, be good ... and forgive anything and anyone ... we are in the kingdom of Allah where only love and compassion is ... nothing else .."

So God will forgive us all ... the Sun rises and shines on the good and the bad ... there is no sin, but we lost the way ... we search and we find our way to our home ...

To the kingdom of God ... to Allah ... 

Who am I to judge whether the other is worthy or unworthy ...  
forgive all nature ... the very judgment is ugly and mean ... so  
let us do mistakes and this is how we learn, but do new mistakes  
and we learn from our old mistakes ... this the beauty of the  
mystery school ... all is accepted and love is our life ...

If you love, love openly 

Twenty monks and one nun, who was named Ashu, were  
practicing meditation with certain zen master ...

Ashu was very pretty even though her head was shaved and her  
dress plain . Several monks secretly fell in love with her ... One  
of them wrote her a love letter, insisting upon a private meeting .  
Ashu did not reply . the following day the master gave a lecture  
to the group, and when it was over, Ashu arose ... Addressing  
the one who had written her , she said:" if you really love me so  
much, come and embrace me now ."



Let our love be alive ... if it is not alive it is lust ... lust is  
sexual, love is sensitive ... and it has many dimensions : the  
physical, which can become sex; the psychological, which  
becomes friendship; and the spiritual, which becomes prayer ...  
and it is possible that in love all three layers may be a prayer .  
there is no desire to use the other as a means ...

No person ever likes to be used; that's the most ugly things you  
can do to anybody ... the greatest immoral act in existence ...

We are not here to use each other ... we are not a commodity ...  
we are not a utility ... we are a divine infinity ...

When you move with lust towards somebody, how long can you  
pretend it is love? It is just something superficial which will  
look like love, but scratch a little bit and hidden behind it is  
sheer lust ... lust is animalistic ...

To look at anybody with lust is to insult, humiliate him or her  
and yourself too ... this is a sign that we don't respect ... we  
have a deep desire, deep repressed desire, repressed sexuality  
which comes in many perverted ways ... then your eyes become  
covered and colored only with sexuality ...

Sex can be raised to higher levels of love and prayer, and sex can also be reduced to lower levels of lust and animality ... Sex can become a conversion or perversion; it has both faces of the icon ... be aware of this energy in us ... you know how ... you have the key ... but if you don't use it you will lose it ... Meditation is the only key ... and the book is our best companion ... you have all what you need but when are we going to wake up??

Now or never !!! 

Cool smiles ...

A woman said : Dear mother – in – law, " don't teach me how to handle my children I 'm living with one of yours and he needs a lot of improvement ."



A couple drove down a country road for several miles, not saying a word ...

An earlier discussion had led to an argument and neither of them wanted to concede their position ...

As they passed a barnyard of mules, goats, and pigs, the husband asked sarcastically, " Relatives of yours?"  
" yep," the wife replied, " in – laws."



Two women that are dog owners are arguing which dog is smarter ...

First woman: " My dog is so smart, every morning he waits for the paper boy to come around and then he takes the newspaper and brings it to me .

Second woman : " I know ..."

First woman : " How?"

Second woman : " My dog told me."



A woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his beside every single day.



One day, when he came to, he told her to come nearer ... As she sat by him, he whispered, eyes full of tears ...

"you know what? You have been with me all through the bad times . when I got fired, you were there to support me . when my business failed, you were there. When I got shot, you were by my side . when we lost the house, you stayed right here . when my health started failing, you were still by my side. You know what?"

"what dear?" she asked gently, smiling as her heart began to fill with warmth ...

" I think you are bad luck ..."



Senility ...

An elderly man went to his doctor and said, " Doc, I think I 'm getting senile ... several times lately, I have forgotten to zip up..!!

"that is not senility" replied the doctor ... "senility is when you forget to zip down ."



Marriage humor

Wife: " what are you doing?"

Husband: Nothing ...

Wife: "Nothing ....? You have been reading our marriage certificate for an hour ."

Husband:" I was looking for the expiration date."



Stress relieve

Girl : when we get married, I want to chase all your worries, troubles and lighten your burden ."

Boy : it is very kind of you, but I don't have any worries or troubles ...

Girl : well that is because we are not married yet, darling ...



A newly married man asked his wife, "would you have married me if my father hadn't left me a fortune?"

"Honey," the woman replied sweetly ...  
I would have married you, no matter who left you a fortune !!!  
This is why we are together ...



A wife asked her husband:  
What do you like most in me, my pretty face ... or my sexy  
body?"  
He looked at her from head to toe and replied : " I like your  
sense of humor!"



Husbands are husbands  
A man was sitting reading his papers when his wife hit him  
round the head with a frying pan . "what was that for?"  
The man asked ...  
The wife replied, "that was for the piece of paper with the name  
Jenny on it that I found in your pants pocket."  
The man then said ... "when I was at the races last week, Jenny  
was the name of the horse I bet on ."  
The wife apologized and went on with the house work ..  
Three days later the man is watching TV when his wife bashes  
him on the head with an even bigger frying pan, knocking him  
unconscious ...  
Upon re – gaining consciousness the man asked why ... why she  
had hit him again ...  
Wife replied ... "your horse phoned ..."



We all love jokes ... but not the wicked ones ... but the one who  
has a knack ... a message ... such smile is a door to our  
treasure...  
If you can't say it in link don't say it in ink ... watch out ... say it  
with joy ... say it with a laughter not with a lawyer ...  
A cat came running round the corner heads straight to the meat  
shop and before the butcher could do anything takes a piece of  
meat in its mouth and runs away ...

The butcher runs after the cat and catches it only to find out that  
the cat belongs to a lawyer ...

He goes to the lawyer's office and asks, " if a cat comes running  
and steals a piece of meat from my store, do I have a right to  
demand payment for the meat from the cat's owner?"

The lawyer answers, " Absolutely."

Then you owe me \$29 . your cat was loose and stole meat from  
my shop today."

The lawyer without a word, hands in \$29 to the butcher . the  
butcher, having a feeling of satisfaction, leaves ...

One week later, the butcher finds a bill from the lawyer: \$ 100  
due fro a consultation



In few pager we end up the book but not the new look ...

We are the living book and living look ... the best cook book I  
wrote in America was on T.V...

Look and cook and throw the book



Look and see and be in all what you see ... our being is the only  
being ... let us go beyond the body ... beyond the brain ... and  
beyond the balls too ...

Let us keep play with our pen ... My pen is big ...

A man loved his girlfriend so much that he had her name

Wendy tattooed on his witly ...

One day he was standing at a urinal when he glanced down he  
noticed the name Wendy tattooed on the willy of the man near  
him ...

"Excuse me but do you know my girlfriend Wendy" he asked  
"No" came the reply " mine actually says, welcome to Australia,  
have a nice day!"



Bill Clinton statue committee

Dear friend

We have the distinguished honor of being on the committee for  
raising Ten million dollars for placing a statue of Bill Clinton in  
the hall of Fame in W.D.C.

This committee was in a dilemma as to where to place it, beside whom ...it was not nice the place the statue beside the statue of George Washington, such a wise man who never told a lie, not beside Jessie Jackson who never told the Truth, since Bill Clinton could never tell the difference ...

We finally decided to place it beside Christopher Columbus, the greatest Democrat of all ... He left not knowing where he was going, did not know where he was, returned not knowing where he had been and did it all on borrowed money ... He was going to the East, the wind took him to the west and he is still lost ... in the lust of history ... his theory ...

Yes! The history repeats itself ....

Over 5000 years ago Moses said to the children of Israel " pick up your shovels, mount your asses and your camels and I will guide you to the promised golden land "

Roosevelt said," lay down your shovels, sit on your asses and lit up your camel, let it go and this is the promised land."

Now, Bill Clinton is going to steal your shovels, kick your ass, raise the taxes, on you and on your camels, and mortgage the promised land ...

If you are one of the fortunate people who has anything left after paying taxes, we expect a generous contribution to our worthwhile project ...

Respectfully ...

Bill Clinton statue committee

P.S. it is said that Bill Clinton is considering changing the Democratic party emblem from a donkey to a condom because it stands for inflation, protects a bunch of pricks, halts production and gives a false sense of security while being screwed ...



Miss sexy's class goes for a picnic in the wood ... After all the kids have drunk lots of Lemonade, several of the girls went to the bushes to pee and there trouble with the little boys looking around for the same reason ...

Little Sam walks in amongst them pulls out his dick an pees without any trouble ... "wow" Says little Sally, really impressed... " that's a handy thing to bring on a picnic."



Small little kids are ready naked in the bathroom ready for Mom  
to give them a shower ...

He looked at her and said ...

Don't touch mine ... you have already broke your's ...



A man called in to the doctor complaining about an itch between  
his toes ...

Having examined his toes, the doctor could find nothing ...

Which toes do you mean?

The Two big ones ... said the man



What is your vision?

Why we are here?

Tell – A – Vision

If your vision is for one year

Plant wheat

If your vision is for ten years

Plant trees

If your vision is for life time

Plant people ...

Yes we can ... nothing is impossible ... it depends how we see it

...

I – m – possible ....

If you want happiness for an hour

Take a nap

If you want happiness for a day

Go fishing

If you want happiness for a month

Get married

If you want happiness for a year

Inherit a fortune

If you want happiness for a life time

Help someone ...

We are here to help ... to lit my lamp first and then the others ...

If I don't live love how can I love you ?

If I don't have water how can I help your thirst ??  
Truth is so simple and so easy ... you already have the key in  
you and in each page of this book ... just go in ... in is our only  
inn ...

our only kingdom ... 

Before we say goodbye ... we still have few hugs to try ... A  
hug is a bug too ... when the dewdrop is ready to drop the  
fear... the limits ... the wave comes ... and both will know the  
ocean is not far away ... But my ego is a frozen block ... it  
needs melting ... love melts it, fear makes it more frozen, trust  
melts it ...

The one who is trying " to find Himself " have to do the walk ...  
walk your talk ... remain melted and allow the river to move on  
its own ...

Let the river hug and bug the drop ...you should not be the  
guide . the river needs no guide ... it is very nature is to reach to  
the ocean ... it is not an effort ... it is its intrinsic quality ...

Salty true



The Muslims are not happy!!  
They are not happy in Gaza ...  
They are not happy in Egypt ...  
They are not happy in Libya  
They are not happy in Iran  
They are not happy in Yemen  
They are not happy in Afghanistan ...  
They are not happy in Pakistan  
They are not happy in Syria ...  
They are not happy in Lebanon ...  
They are not happy in any Arabic Land ...  
So, where are they happy?  
They are happy in Australia, Canada, England, France, Italy,  
Germany, Sweden, USA ...  
Norway, Holland, Denmark ....  
They are happy in every country that is not Muslim ... And who  
they blame ...

Not Islam ... not their leadership ... not themselves ... they  
blame the countries they happy in ..."  
And then; they want to change those countries to be like the  
Arabic country ...  
It is a painful joke ... but war against war is a bigger madness...  
we are living our history since Adam and Eve ...  
The cure is in us ... in me ... I can't change the other ... I can  
only change myself ... Be the change you want to see in the  
world ...  
One peaceful world is our family ...  
We are a royal family ...  
Islam is peace but who knows the truth?  
The solution is in us ... in our own inner treasure ... inner  
lecture ... you have the book as our best companion ... and a  
soul friend ... soul brother and soul sister ...  
All what we need is in us ... is so near ... why go out ... why go  
so far ?  
Open the door of your cage ... the handle is in your hand ... just  
open and fly high in the inner and outer sky ...  
I am the prison and I am the slave ...  
I am the disease and I am the patient ... just be aware of who  
you are and be responsible ...



Truth is so simple and so easy ...  
We are born free and we are the freedom under one dome ...  
What is your choice?  
A young lady ran to her doctor and said:  
" Doc, I am depressed and only you can help me! I am pregnant  
again, and my first baby is not even one year old."  
The doctor asked " what can I do to help you?"  
"please perform an abortion operation and help me out!!"  
The doctor kept quiet for a while and then replied:" I have the  
best solution, health wise and also easy to perform, and will  
save your money too ."  
The woman's face brightened ...  
Then he continued: you see, in order for you not to have to take  
care of 2 babies at the same time, let's kill the one in your arms.  
This way, you could rest few months before the other is born ...



if we are going to kill one of them, it does not matter which one it is ... there would be no risk for your body if you chose the one in your arms ."

The woman was horrified and said: "No ... no doctor!! How terrible! it's a crime to kill a child ..."

The doctor smiled and she has changed her mind ...

Let us listen to our heart ...

Let us go beyond greed ... 

Let us be aware of our mind and of its greed and lack of trust ... Through awareness comes the opportunity for the greed to be transformed ...

Turn your awareness in a positive direction towards the trust that whatever is given is absolutely right, and out of this trust allow yourself to dance in gratitude ...

Narada, the great Indian mystic, was going to see God ... playing on his flute, he passed a forest and came across a very old sage sitting under a tree ...

The old sage said, "please ask God one question from me ... I have been making all kinds of efforts for three lives, now how much more is needed? When is my liberation going to happen?" Narada laughed and said, "okay."

As he went on, he found under another tree a young man dancing and singing with his flute ...

Jokingly, Narada asked him, "would you also like to ask God some question ...?"

The young man did not reply, He continued his dance as if he had not heard at all ...

After a few days, Narada came back . He told the old man ... " I asked God. He said three lives more."

The old man was in rage. He threw his beads and his scriptures . He said, "this is absolutely unjust!! Three lives more!!"

Narada moved to the young man, who was again dancing, and said, "Although you did not ask, just by the way I asked God about you. But not I am afraid whether to tell you or not . seeing the rage of the old man, I am hesitating ."

The young man did not say anything; he kept dancing ...

Narada told him, "when I asked, God said, "tell the young man that he will have to be born as many times as there are leaves on the tree under which he is dancing!!"

And the young man started dancing even more ecstatically. He said, "So fast? There are so many trees in the world and so many leaves ...only this much? When next time you go to God, thank him!!"

And it is said the young man became liberated that very moment.

If there is such totality of trust, time is not needed. If there is no trust, then even three lives are not enough ...

And the old man must be around some where even now. Such a mind can't become liberated ...

Such a mind is what hell is ...

Hell and heaven are in us ... in our mind ... in our ego and our fear ... it is time to be victor not a victim ... to be an emperor not a beggar ...



How can I thank you ?

How can I be grateful to all what I saw and lived ... to all this beauty that is given to us ... to our body mind and soul ... to all of you on this planet and in the mystery of existence ...

Thanks to all my friends and to my enemies ... to Jesus and Judas ... to the positive and the negative ... to the good and bad...

I was looking where is God ... show me where there is no God!!! Thank you my beloved master ... because of you I am on the path of birth and death ... thank you for all the pains ... no pain no gain ... yes! Help me to be more grateful ... to grow up and glow in the light of existence .

Gratitude is, in essence, the very foundation of all religions ... it is the prayer ... through this grace we become aware of the presence of God ...

Let us be aware of one thing : that the existence has done so much for us and we have not even thanked it ... but tanked it with wars ...

"So let thy will be done .." total acceptance ... and we deserve it... thanks for all the showers that is cleaning us and healing us and teaching us ... it is never enough because the existence goes on doing so much to us ... we can't repay ...

This book is on paper ... from the title to the jewel ... we are the real treasure ... we are beyond any power and any book and any look ...

We have no beginning and no end ... we are crossing a bridge to another bridge ... we are here to play ... to plant peace ...

To remember that we are not a number ... nor a follower ... but a member of one royal family ... we are a fellow traveler sharing our pain and our pleasure ...

Life is our light is our teacher and our master ... we face the test first and then we learn the lesson ... So let us keep dancing our celebration ... our light and laughter ...

And we keep on walking our talk ... we keep on living the moment at – one – ment with the one ... this oneness is our isness ... is our existence ... our oneness is our openness ...

And if you can become that one ... you have become the great one ... the superconsciousness ... the mystery of our divinity ... of our divine trinity ...

How can I say thank you to all of you ??

Yes! By this gift too ...

It was a practical session in the psychology class ...

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

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

Then, the professor changed the cake and put some bread ...

The male rat ran towards the bread ... this experiment went on with the professor changing the food every time ...

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

the female rat ...

professor said: this experiment shows that food is the greatest strength and attraction ....

Then, one of the students from the back said

"Sir, why don't you change the female rat?...  
she may be his wife !!"



The reality is that you are not mind ...  
you are beyond ...



The reality is that we are alone, we are strangers ....  
And this is our mystery ...



There is no need to posses, because the whole is  
already ours ....



Listen to your own heart ...  
That is your only teacher ...



Once you accept yourself you will be able to  
Accept others ...



There is no home, unless we find it in ourselves ...  
Your home is where your heart is



The seer is the only reality ...  
The seer is something absolutely eternal ...



Misery nourishes our ego that's why we see so  
Many miserable people in  
The world ...



Hate is also a kind of love  
standing upside down ...



Learn to transform your poison into honey  
It is better to conquer yourself than win the world ...  
We become richer through the storms

Watch and understand ....

See what is, see what is not ...

Follow the true way

Let sex be the first step but not the last

You are part of the whole ... you belong to existence

Do I live to eat or I eat to live ?

The ignorant man is an ox .

He grows in size, not in wisdom

If you are ready ... the truth is ready ....

Accept life as it is ... there is a reason in every season ...

Live simply so that everybody can simply live ...

Allow every situation in your life to teach you



Relax ... existence

Needs you as you are ...

Be who you are



You are not what you do !!!

You are how you do !!!



We are separate only on the surface; deep

Down we are not ... only the

Visible part is ... the invisible

part is one



Nobody is higher and nobody is lower ...

Nobody superior and nobody inferior

Everything fits

Together ...



If you are happy, your happiness

will help other ....



We are one royal family  
Not loyal family



There is no God up in  
Heaven  
God is now – here  
Or nowhere ....  
Just a dash of light and  
No fight ....



### **- The Day The Penis Asked for A Raise -**

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

I do physical labor.  
I work at great depths.  
I plunge headfirst into everything I do.  
I do not get weekends or public holidays off.  
I work in a damp environment.  
I work in a dark workplace that has poor ventilation.  
I work in high temperatures.  
My work exposes me to contagious diseases..  
I also hang in there.....

Sincerely,  
P. Niss

### **The Response**

Dear P. Niss:  
After assessing your request, and considering the arguments you have raised, the administration rejects your request for the following reasons:  
You do not work 8 hours straight.  
You fall asleep after brief work periods.  
You do not always follow the orders of the management

team. **You do not stay in your designated area and are often seen visiting other locations.**

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

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

You don't always observe necessary safety regulations, such as wearing the

Correct protective clothing

You will retire well before you are 65

### **YOU ARE UNABLE TO WORK DOUBLE SHIFTS**

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

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

Sincerely,

V. Gina

**GOOD BYE TO OUR PENIS**

N



T



H



A



Y



K



U



O



Peace Pace

مریم نور