

Wake Up


now or never








Peace Pace



مریم نور


We are good in making a living but not in living...



Active  Awake




Dance  Marriage  Clouds


Freedom  Balance  Being  Choice


Jump  Conquer  Beyond



Hate  Ego




Holy  Change  Ideal



Blessing  Courage  God  Gift


Church Eating  Breath



Jews  Commune



Advice  Divine  Meditation


Devil  Intelligence  Crime  Ego



Age  Negative  Health







































Amen  Faith

Angels  Money  Compassion

Body  Lies  Heart

Grace  Nature

Death  Logic  Body

Anger		In		Crowd		Evil
Darkness		Ignorance		Love		
	Friendship		Win			
Now		Reward		Respect		
Reading		Worry		Present	Sufi	
Wife		Yes		No		Wake
You		Poverty		Seed		
	Prayer		Oneness			
Rejoice		Peace		Woman		
Senses		Pain		Rebirth		Violence
	Stress		Temples		Trust	
	Positive		Problems			
Ocean		Power		Truth		
Sky		Time		Sin		
Past		Religion		Questions		
	Sex		War			
	Risk		Sad		Politics	
Sage	Zen		Zero		Union	
	Victims		Totality			
Ugliness		Stress		Victory		

Are we awake?

Do you think you are awake? Each morning you open your eyes, that is one thing, but to be awake is totally different...


Good morning God!
Or
Oh god! Morning again!!!

Are we aware? Are we grateful? Are we still in this now? Just close your eyes any time in the day and you will find an undercurrent of dreams, fantasies going on...

We are not awake, we are still dreaming, just our eyes are open... We are behaving mechanically... Yes! Our routine life... our robot part of our mind; then it goes on doing it without your being aware of it... It is our program...

 We are all programmed...

We have been programmed by all kinds of lies... of ideologists... from Adam and Eve until now... We are repeating our habits... That is why progress seems to be so hard... so impossible, because parents go on imprinting their children with their programming, and that programming has been our way of life...

 *Is there any cure?*

Yes!! Now-here...The real waking state happens only when you are completely deprogrammed, unconditioned... And when you are not dreaming you have clarity, you can see... then you do only that which should be done and you don't do that which should not be done...

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

 Wake up!!

The key of this secret gate is one word... Meditation... Morning is the best time to meditate... After the whole nights rest you are very close to the center of your being... it is easier to move into the center consciously early in the morning than any other time... Why? Because for the whole night you have been there at the center, you just left it...

Deep sleep rejuvenates because, although without knowing, you enter into the core of your being, but still you enter... All the tiredness of the outside world is taken away, and all the wounds are healed and all the dust too...

In our deep sleep, we dive in our own being... It is a bath of new birth and in the morning we are born again in our center... And in few moments before you go into the outside work... have a look at yourself... see who you are!!! Why you are here???

This is what meditation is all about.. Yes! Down the ages, the morning, early morning, when the earth is awakening

and the trees are awakening and the birds are awakening and the sun and all nature... This will be our nurture and our treasure... Your whole life will be transformed... and your whole day will be transformed... you will have a different orientation... Then you can go into the marketplace and still you will remain in contact with your inner center...

This is what awareness is... what alertness is... You start living for the first time and then life goes on glowing and growing beyond birth and beyond death... Then you are who you are... We are here to plant peace... But first be aware of your body...

Slowly slowly you become aware of each thought.... Of each gesture and a miracle starts happening; your body becomes more relaxed, more attuned with your senses and this will be your awakened grace... your eternal bliss...

Just take a deep breath and relax... with no tension, just be a witness to your mind... and soon you will be the master of your power...

🌹 Power of love or love of power? 🌹

🌹 I live to eat or eat to live? 🌹

🌹 My arms are for hugging or for killing? 🌹

🌹 Who am I makes a difference! 🌹

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

🌹 Be simple so that everybody can simply live 🌹

A boat stopped in a tiny Mexican fishing village... A tourist complimented the local fishermen on the quality of their fish and asked how long it took them to catch them...

“Not very long.” They answered in harmony...

“Why didn’t you stay out longer and catch more?” ...

The fishermen explained that their small catches were enough to meet their needs.

“But what do you do with the rest of your time?” ...

“We sleep late, fish a little, play with our children and siestas with our wives... In the evenings, we go into the village to see our friends, have a few drinks, play the guitar, and sing a few songs... We have a full life...”

The tourist interrupted, “I have an MBA from Harvard and I can help you... You should start by fishing longer every day... you can then sell the extra fish you catch... With the extra revenue, you can buy a bigger boat...”

“And after that?”

“With the extra money the larger boat will bring you a second boat and a third one and so on until you have an entire fleet of travellers and trawlers... so you become rich... Instead of selling your fish to a middle man, you can then even open your own plant... and even more places... You can leave this village and move to Mexico, Los Angeles, or even New York city... From there you can direct your huge new enterprise...”

“How long would that take?”

“Twenty or twenty-five years” replied the tourist...

“And after that?”

“Afterwards? Well my friend, that’s when it gets really interesting” answered the tourist, laughing.

“When your business gets really big, you can start buying and selling stocks and make millions!”

“Millions? Really? And after that?” Asked the fisherman...

“After that you will be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and dancing with your friends.”

“With all our love sir, but that’s exactly what we are doing now... So what is the point wasting twenty-five years?” Asked the Mexicans...

The moral of the story is: know where you are going in life... You may already be there!!



God is Nowhere
Or
God is now-here

What is your choice?
Why waste life?
Now is the only present... Enjoy it...



I live my life based on 2 principles... One, I live as if today is my last day on earth... Two, I live today as if I am going to live forever...

What I do for my grave?? For my eternal home and what I do for my eternal life... Be awake!!!

We are here to plant peace...
be aware of this trip and of this truth...



The evolution of consciousness goes through many ups and downs... it is a hilly track... Nothing has gone wrong with us, it is just that we have not acquainted with how the path moves...

Many times it goes down, just to go higher than before... It passes through valleys to reach to the peaks, and each peak is just a beginning of a new pilgrimage... because a higher peak is ahead of us...

But to reach to the higher peak you will have to go down again... Once you have known and understood that it is natural, all your misery, all your clouds will simply go... Keep your eyes always on the faraway and leave the mountains alone...

🌹 No roots no fruits... 🌹

Be aware that a higher peak is waiting for you... And there is no end to our pilgrimage... The darker the night becomes, the closer is the dawn... Just rejoice every now without any choice...

A life which knows no sadness, no tears, remains poor... Learn the art of oneness... no war, no peace, but simply remain alert, watchful... Existence goes on renewing itself every moment... Your gratefulness will change every pain into pleasure... Pleasure is our treasure...

If you are alive, climates will change, seasons will change and you have to learn winters, summers, falls, and springs

are one dance of grace... So whatever is happening is good...
Take it easy... This will also change...

🌹 Change is a constant law...

🌹 Change is our challenge...

But leave it up to existence... don't make any effort to
change... Do your best out of your heart and leave the rest to
God... to existence... to trust... Godliness is wiser than us...

🌹 Let thy will be done...

But listen to us how we feel!!!

- IT IS BETWEEN ME AND GOD -

Me: God, can I ask you a question?

God: Sure

Me: Promise you won't get mad.

God: I promise

Me: Why did you let so much stuff
happen to me today?

God: What do you mean?

Me: Well, I woke up late

God: Yes

Me: My car took forever to start

God: Okay

Me: At lunch they made my sandwich
wrong and I had to wait

God: Huuummm

Me: On the way home, my phone went
dead, just as I picked up a call

God: All right

Me: And on top of it all, when I got
home I just wanted to soak my feet in
my new foot massager and relax, but it
wouldn't work. Nothing went right
today!! Why did you do that?

God: Let me see, the Angel of Death
was at your bed this morning and I had
to send one of the other angels to
battle him for your life...

I let you sleep through that...

Me: "humbled": Oh...

God: I didn't let your car start because
there was a drunk driver on your route
that would have hit you if you were on
the road...

Me: "ashamed"

God: The first person who made your
sandwich today was sick and I didn't
want you to catch what they have, I
knew you couldn't afford to miss
work...

Me... embarrassed... O.K...

God: Your phone went dead because
the person that was calling was going
to give false witness about what you
said on that call, I didn't even let you

talk to them so you would be
covered...

Me... "softly"... I see God...

God: Oh, and that foot massager, it
had a shortage that was going to throw
out all of the power in your house
tonight... I didn't think you wanted to
be in the dark...

Me: I'm sorry God...

God: Don't be sorry, just learn to trust
me... in all things, the good and the
bad...

Me: I will trust you...

God: And don't doubt that my plan for
your day is always better than your
plan...

Me: I won't God. And let me just tell
you God, thank you for everything
today.

God: You're welcome child... It was just
another day being your God, and I love
looking after my children...

We are the royal family not loyal... Children are new
editions of love, of consciousness... Children are fresh doors
into live, love, laughter and light... We are not here to learn
from them because they are far closer to God than us... They
have come just now from God's home; they are still carrying
the fragrance... We have forgotten the truth completely...
They have not yet and it will take time for them to forget...

We are victims of victims... Let us be a victor... Let us wake up and be who we are...

We came alone... we live alone but we are not lonely... Our aloneness is a grace... aloneness not loneliness... Be in your aloneness and this is your bliss..

🌹 Beloved readers...

I love to share with us a small atom of “wake up”... but this atom is very long as pages but every page is a stage for the great sage who is in us... with us... So let us go in...

On the surface of the world right now... there is a war and violence and things seem dark.. But calmly and quietly, at the same time, something else is happening underground... An inner revolution is taking place, and certain individuals are being called to a higher light... It is a silent revolution... from the inside out, from the ground up, this is a global operation...

- A SPIRITUAL CONSPIRACY -

There are sleeper cells in every nation on the planet...

You won't see us on TV...

You won't read about us in the newspapers...

You won't hear about us on the radio...

We will not seek any glory...

We don't wear any uniform...

We come in all shapes and sizes, colors, styles and looks...

Most of us work anonymously...
We are quietly working behind the scenes in
every country and culture of the world...
Cities, big and small, mountains and valleys, in
farms and villages, tribes and remote islands..
You could pass by one of us on the street... and
not even notice...
We go undercover... We remain behind the
scenes...
It is of no concern to us who takes the final
credit... but simply that the work gets done...
Occasionally we spot each other in the street...
We give a quiet nod and continue on our way...
During the day, many of us pretend we have
normal jobs, but behind the false storefront, at
night is where the real work takes place...
Some call us the Conscious Army
We are slowly creating a new world with the
power of our minds and hearts... We follow with
passion and compassion...
Our orders are from the central spiritual intelligence...
We are dropping soft secret Love Bombs when no
one is looking...
poems, hugs, music...
photography, movies, kind words, smiles...
meditation, prayer, dance, webs...
and many acts of kindness...
We each express ourselves In our unique ways...
With our own unique gifts and talents... We are
here to be the change you want to see in the
world..

That is the motto that fills our hearts...
We know that quietly and humbly we have the
power of all the oceans combined...
Our work is slow but deep and effective...
It is not even visible at first glance, and yet with it,
entire tectonic plates shall be removed...
Love is the new religion of the new life... of the
21st century...
You don't have to be a highly educated person...
or have any degree to understand it...
It comes from the intelligence of the heart...
That is embedded in the timeless evolutionary
pulse of all human beings...



Yes! Be the change you want to see in the world...
Nobody else can do it for you... You see humanity has this
tendency of greed and fear, to get drunk with war and
disaster from time to time, but this time the field is not of a
small scale like before, it is on global scale, that's why Osho
said that,

“In the coming flood the only way is the way in...
In is our only inn...”

There would not be any Noah's Ark to get into and be
saved... Only by going in, one can go through the disaster...

The Hopis had prophesised the events and gave
instruction how you can avoid annihilation... They say, and I
explain...

We are the ones we've been waiting for...
I have been telling the people that this is the eleventh hour
Now I must tell the people that this is the Hour...
And there are things to be considered;
Where are you living?
What's your thinking, feeling, living environment?
Do you think according to your past, projecting into the
future?
Do you feel according to your fear, your hopes and desires?
Have you built your environment according to the above out
of insecurity?
Or you are present in accordance to the now?
What are you doing?



How do you live your days, is it fear, greed and desire
that go over your moods and dictate your actions? Or you're
free from the past and the desire for the future, enjoying
your being...

now-here
or
nowhere!!



What are your relationships?
Are they people to whom you are depended out of insecurity
or real people whom you love?
Are you in right relations?

Are you contented in yourself and share your being with your beloved, or you're tethered in mutual bondage with your mate?

Where is your spring of life, is it your very being or the thousand broken mirrors around you, yearning for the reflection of your self-made image?

 Know your garden...

Do you know your essential qualities and live according and through them or you feed upon ephemeral satisfactions and mutual exploitations?

It is time to speak your truth... Dare to be yourself, drop the empty behaviour, don't just “chat” unconsciously out of habit, regain your response-ability that you had as a child... fearless and innocent...

“The king is naked!”

Create your community...

Be with like thinking, feeling, living people...

Be good to each other...

Not goody-goody, not just polite,

but really compassionate to each other...

And do not look outside yourself for the leader...

Do not give up your responsibility to anyone, for any reason, in any field of your life...

Listen attentively to what the other says, but evaluate it in your heart...



This could be a good time!! It's perfect time for re-birth!! There is a river flowing now very fast... Events are happening very fast... Everybody can feel the acceleration of events leading towards the “Zero point”, the point of no-return for humanity and each individual the same... It is so great and swift that there are those who will be afraid...

The events are so overwhelming, that many will be utterly afraid... They will try to hold on to the shore... They will try to hold on the past...

Their “safety” their “knowledge”, their belongings and every day’s habitual thinking, the old perception...They will feel they are being torn apart, and they will suffer greatly... They will lose everything that they are attached to, and they will suffer greatly...

Know the river has its destination... Know that the torrent of events is pushing towards an altered state of consciousness...

The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water...

Be available to the unknown... Let go of the past and the future... the two shores of the rivers of life, be aware, conscious, alert and do not be taken by emotions see who is in there with you and celebrate... Share your joy, dancing with those in the same state...

At this time in history, we are to take nothing personally...
Nothing of the events to others or to anything...
Least of all, ourselves...

You are not what you know...
Anything that you see, hear, sense...
Anything you think, anything you feel, anything that happens,
anything...

You are not your body, meaning you are not your looks...
You are not your age...

You are not your illness nor your health...

You are not your habits...

You are not your thinking...

You are not your character and the picture you have of
yourself, good, bad, different...

You do know you are not your fingernail and yet all that you
may presently think is you amounts to more than a
fingernail...

Who you are is irrelevant to your perceived suffering and
your
perceived happiness...

Who you are is irrelevant to your success and your failure...

Who you are is irrelevant to your comfort or discomfort...

Who you are is irrelevant to your position in the world,
irrelevant to your relationships with your family, irrelevant to
your loneliness...

All the world's plaudits are irrelevant...

All the wealth or all the poverty

All the understanding or misunderstanding...

All the caring or not caring...

All the ease and all the difficulty...

All the knowledge and all the ignorance...
All the fame as well as being overlooked...
All the A's and all the Z's...
They are all the same...
They have nothing to do with you...

What does anything have to do with you? With me?
Nothing at all...

The you that you may think you are has nothing to do with
you...

The you that is you is untouchable, pristine and pure, it is
unbounded and timeless spaciousness...

Even if you happen to die, don't take it personally...

You are never born and you will never die...

You are eternal homeless...

For that moment that we do, our spiritual growth and
journey comes to a stop...

The time of the lone wolf is over...

Gather yourself!!!

Banish the word struggle from your attitude and vocabulary...

Just let go, flow with the river...

All that we do now must be done in a sacred manner and in
celebration...

We are the ones we've been waiting for...

Love and light...

Unless you become conscious of your consciousness,
unless you become aware of your inner light...

you go on living in illusion...

We are but we don't know who we are...
Who I am makes a difference...



Discover oneself is hard, it is going on the greatest exploration... It is easier to go to the moon, easier to go to the Everest... It is far more difficult to go to one's own center... Why? For the simple reason that you will have to travel alone, all alone... As one of the great Greek mystics, Plotinus, says... "It is a flight of the alone to the alone."

We are born alone, we die alone...
Between these two realities we create a
thousand and one illusions of being
together...



Enjoy all kinds of friends and enemies, loves and hates, nations, races, religions... Be alone and with people, and both are complementary, not contradictory...

Don't try to choose... just accept it as it is... Be a witness and this is the highest bliss... a new birth of freedom of superconsciousness...

The Irish jumped from a plane and then discovered that he had forgotten his parachute... As he was falling through the air, he looked around at the scenery and said to himself... "This would be very pleasant if it would only last!!"...

But this is our situation: without parachutes, falling towards the earth... Of course, it is beautiful scenery: clouds with sun rays and all greenery underneath you and a very silent atmosphere, no noise and unpolluted air... So everything is beautiful... But the problem is, it cannot last! Soooooon within few moments all will be gone; and you will be shattered on the earth...

So death is right here near by the corner... we try to make our life to last forever... we try in every possible way to avoid death... but death is unavoidable... We try to befool ourselves that we are exceptional... but nobody is an exception... Death comes to all of us... The only thing inevitable in life is death...

Yes! Enjoy this now, eat, drink and be merry... but this is a philosophy... It is a stupid unconsciousness... It is a state of more and more misery for us...

Consciousness is bliss... It is a life of the awakened one, of the enlightened one... All the masters want us to be reminded again and again that when death is there, what kind of life we are living?

There is another life which is deathlessness... and it is our birthright to attain to it... But the false has to be dropped first... the false has to be seen as false, and then the quest starts for the real...

The moment you recognize your life as nothing but a slow kind of death, you will start looking for the real life... And the real life is available and not very far away; it is available inside us... within us...

Whatsoever you do on the outside is to be taken by death... Let us do something for our inner transformation, because that is the only treasure which cannot be taken away by death... and if not now? When? If not you and me who else?

Yes! Why so much pain in the world... This is not natural... blissfulness should be natural and universal... But we have to deserve it... And for deserving, we don't have to do some great acts... go to the moon or to the Everest; you have to learn small acts... small secrets... But who is ready to learn?

Just by seeing the cover of the book we say "Oh! I know this book!" So what to do? Get rid of such egos!!!

The coexistence of ego and bliss is absolutely impossible; only one can exist... It is like darkness and light.. good and bad... devil and divine... We have a beautiful story...

Darkness appeared before God with tears in her eyes and complained against the sun that: "I have not done anything against your sun... I am not even acquainted with him, we have never met; still he goes on harassing me... Whenever I go, he

reaches me sooner or later, and I am constantly on the run... Now I am really tired, and I want you to do something about it... Why is he after me? Why the light is against the darkness?"

God called the sun asked him,
"Why are you after darkness? What wrong has she done to you?"

The sun said, "Who is darkness? I have never met her... I would like to be informed..."

God looked around to where darkness had been standing, but nobody was there...

Since then God has been trying to arrange some kind of meeting, a roundtable conference, some kind of meditation, negotiation... But although all the religions say that God is all powerful, in this case he has failed... He or she has not been able to bring the light, the sun, in front of darkness: only one appears at a time...

The reason is very simple: Darkness has no existence of its own... It is only the absence of light... when the light is present, how can its absence also be there? That absence is possible only when light is absent...



This case is going to remain eternally on file,
undecided... This story is really significant... It says something
about us... and bliss... the ego is the absence of blissfulness...

The more egoistic a person is, the more in anguish, in
suffering, in misery, in darkness he is... His life is nothing but
hell... There is no hell than to live in the ego... And there is no
other heaven than to come out of the ego... In coming out of
the ego, you come out of suffering, misery, anguish... And
when there is no ego, what is left is blissfulness...

I close my eyes... it is there

I open my eyes... it is there

I walk... it walks with me

I sleep... it sleeps with me

I am no longer separate from it... I am not the I but the
amness... the existence... the wholeness.. we are one with
the oneness... the godliness... the at-onement with the one...

🌹 Let thy will be done... 🌹

🌹 Let go and let God... 🌹

Thank you for this awareness...

Yes! Be aware that we are not a person... not a body...
but a unique individual... our identity is our divinity... our
immortality... our eternal mystery...

Can't you accept your own insight? Do you always need
a witness? Do you always need somebody else's approval?

🌹 Be yourself...

🌹 Respect yourself...
🌹 Trust in yourself...

Life is an experience in our being not an experiment in the lab!!! You have lost trust in yourself... You have lost confidence, so you have to ask somebody... Even if you are feeling blissful, you have to ask somebody...

“Am I going right?”

Bliss is the indication... When you feel blissful, you are right.. moving in exactly the way you should move... Because bliss increases only when you are approaching closer to God, and in no other way...

If you are going away from God, anguish arises, you feel more and more frustrated, more and more bored, more and more miserable...

Misery is an indication that you are going astray, a natural indication that you have lost track of truth...

Truth is not a convenience... Convenience adjusts with you; but with truth, you have to adjust... Truth cannot move with you... You have to move with truth,,,

So be aware of your ego... Ego moves in very cunning ways... Watch the politics, the mafias... See how they argue... two egos are in conflict, you have to fight for your ego.. Maybe the other is right, but you cannot allow this, that will be very bad for your ego... you only boss...

The real seeker for the truth is ready to go with it... you will follow the truth... hold your cross and follow yourself... Don't be a Christian... be a Christ... not a follower but a fellow traveller... Go wholeheartedly with it... and unless you are so wholeheartedly with truth, so straight with truth, you will not be able to attain it...

it is in us...

But how to be in us??

I would like the woman to become as feminine as possible, only then can she flower... And the man needs to be as masculine as possible, only then he flowers...

When they are polar opposites, a great attraction, a great magnetism arises between them...

And when they become close, when they meet in intimacy, they bring two different worlds, two different dimensions, two different richnesses and the meeting is a tremendous blessing... a great benediction...

This is the real marriage... the unity of light with light, of love with love... it is beyond body...

And this is our ordinary life... to be ordinary is to be extraordinary... You are not to be holier than others... We are all one energy but in different forms... one truth but in different fruits...

The pope is addressed as your holiness... The top of any power has many labels, many titles... but all of us are holy ordinary humans...

The moment you are ready to be ordinary, you become divine; that's the only way to become divine... God is very ordinary... you see him in the rocks, in the trees, in the sun, in the wind... in any lower and higher states... This is why he is very happy...

Jesus, Mohammad, Buddha and many others are ordinary people... they reach the ultimate depth of being and existence...

Our whole effort to transform the mundane into the sacred... We don't want to create a rift between the lowest and the highest... That rift has created a schizophrenic humanity... Let us be united and see God in every seed and in every tree... and in every scene and beyond any dimensions...

The mind is the wall... Be the well.. Be the spring and the river... Go beyond any dimensions...

I am against all kind of minds... English, Arabic, American... because mind is mind... just different patterns, different ideas, but the basic structure is the same... Different cups but the poison is the same...

Mind means you are not conscious... and you can be unconscious in any way... What does it matter... It does not mind... it does not matter... We are together not to buttress

our egos... We are here to destroy our egos... First, a great destruction is needed... Only then your energies are released for some creative work...

And what is a Lebanese mind? Just an accident that you are born in Lebanon or in any other land... and we have been conditioned in a certain way...

And the function of the master is to uncondition you... I have the book as my best companion and when you are seeking for the ocean... the ocean will come to the wave...

 Wake up now or never...

Let us smile too... Go beyond any mile...

- FIVE RULES FOR MEN TO FOLLOW FOR A HAPPY LIFE -

1: It's important to have a woman who helps at home, cooks from time to time, cleans up and has a job...

2: It is important to have a woman who can make you laugh...

3: It is important to have a woman whom you can trust, and doesn't lie to you...

4: It's important to have a woman who is good in bed, and likes to be with you...

5: It's important to have a woman who is good in bed and all what I said in every one, but very important that these four women do not know each other or you could end up dead like me...

One woman a day keeps you fart... sorry... keeps you far away!!!



I asked my new girlfriend what sort of books she's interested in, she said: cheque books..



What is the difference between a good lawyer and a great lawyer?

A good lawyer knows the law...

A great lawyer knows the judge...



What is the difference between a good secretary and a personal secretary?

One says "Good morning, boss." The other says, "It's morning, boss."



Me too... I love jokes... a laughter is a door to our inner treasure... Yes! More and more laughters... Let us go for it...

- THE MEXICAN MAID -

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

“Now Maria, why do you want a pay increase?”

Maria: “Well, Señora, there are three reasons why I wanna increeze... The first is that I iron better than you...”

Wife: “Who said you iron better than me?”

Maria: “Your husband say so!”

Wife: “Oh yeah!?”

Maria: “The second reason, I am a better cook than you.”

Wife: “Nonsense, who said you were a better cook than me?”

Maria: “Your husband did”

Wife increasingly agitated: “Oh he did, did he??”

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

Wife, really boiling now and through gritted teeth... “And did my husband say that as well?”

Maria: “No Señora... the gardner did.”

Wife: “So how much do you want?”



I want to spread the fire of the love, life, light and laughter around the world... We may not have it all together but together we have it all... And it is so simple that it can be done... Just a little support from your side... It cannot be done against you... It can be done only if you are open, available... waiting for it... Then it is going to happen...

This time the transmission of the lamp is going to happen to millions of people... We don't belong to any nation, to any religion... but to the whole universe... yes! Truth is the only danger and we need courage to share our experience... This time is a very ripe time...

Wake up now and see what is going on all around the planet... Either the power of love is going to win or the love of power is going to destroy the whole earth, the whole of life...

🌱 What is our choice?

Only one thing can prevent them from destroying the world... and that is spreading meditation, silence, love, joy, dance, making the whole life a celebration, a continuous ongoing festival...

Listen to your heart and be what you feel... what you experience... Walk your talk... Stop judging and giving dead emotions... Let us live our love... our compassion...

🌱 What are you doing for yourself?

🌱 For mother earth?

🌱 For your eternal home?

We are here only a guest... crossing this bridge to another bridge... Why wars? Why so much ignorance? What are we here for? Who am I makes a difference!!!

Yes! Thank you for all your seeds of love... I will share it now and forever and ever... One seed turns the whole earth green...

🌱 THE HISTORY OF MEDICINE 🌱

2000 B.C... Eat this root

1000 D.D... That root is not healthy... Say this prayer

1850..... That prayer is superstitions... Drink this potion

1940..... This potion is snake oil... Swallow this pill

1985..... That pill is ineffective... Take this
antibiotics

2000 A.D.... That antibiotic is artificial... Eat this root



Let us go back to our roots... no roots no fruits... our
earth is our mother... and our food is our nurture... If you eat
good no doctor is needed... If you eat bad no doctor can cure
you... Be your own doctor...



Listen to your heart and watch up your mind...



The 6 most important words are
I admit I was wrong...

The 5 most important words are
You did a great job...

The 4 most important words
What do you think?

The 3 most important words are
May I help?

The 2 most important words are

Thank you

The most important word is
We

The least important word is
Me



Mewe is us... We are a royal family... God is the only truth and this godliness is in all of us... in the core of our being... We are soulfriends... Why not be who we are?

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



We are good in making a living but not in living...



If I judge you, I have no time to love you...

You are me...

By judging you I am judging myself...

By loving myself I am loving you and the world...



No one can insult me because I don't want respect...

This is attaining true respect...

Know yourself...



Know yourself is the only knowing...
No one can defeat you because you have dropped the very
idea of winning...
How can you be defeated?
You can only defeat the one who wants to win...
Truth is the only winner... the only treasure...



Fill your heart with creative power to accept the past,
decorate the present, and transform the future...



To attain liberation, know yourself as the witnessing
consciousness of all these:
You are neither earth, nor air, nor fire, nor water, nor ether,
nor anything...
You are beyond words and worlds..



If you want to see the brave, look at those who can forgive...
I forgive but I don't forget the action!!!



No one can understand the sound of a flute
without understanding both the flute and the one who plays
it



Be still like a mountain and flow like a great river...



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 anyway...

What you spent years building, someone could destroy it
overnight...
Build anyway...

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... It is always between
me and myself...

Between me and... it is our only oneness with the one...



Between doors of birth and death love is the life
If we die living the life of loving...
then there is no birth and no death... but deathlessness...



We can easily forgive a child who is afraid of the darkness...
The real tragedy of life is when adults are afraid of the light...



When the power of love overcomes the love of power...
the world will know peace not piece...



In the middle of difficulty lies opportunity...



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



A thought is a destiny

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..



Life is always full of many broken places,
but there are those who become strong 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 for us...



The quality of our life will be largely determined by the
quality of our relationships... and it is only with our heart that
will be a communication...
This is what compassion is...



Woman without her man is nothing...
How do we punctuate it?
Men: A woman, without her man, is nothing...
Women: A woman: without her, man is nothing...



Let your smile change the world...
But...
Don't let the world change your smile...



When it comes to going after what you love in life,
don't take No for an answer...



Make peace with your past so it won't
screw up your present...



It is ok to get angry with God...
He can take it...



Frame every so-called disaster with these words...
“In five years will this matter?”



Don't compare your life with others...
You have no idea what their journey is all about...



What other people think of you is none of your business...



A perfect swimmer becomes part of the river:
He is a wave in the river...
How can the river destroy the wave??
The drop is one with the ocean...



I can give you the flower, but how can I give you the
fragrance?
You have to clean your nose and become more sensitive...



Life is always in the present...
Yesterday is a history...
Tomorrow is a mystery...
Now is the present...
Live it...



Granpa... do you still have sex with granma?

Yes, but just oral sex...

What is oral sex?

I say fuck you...

She says fuck you too...



Don't waste your precious time on regretting the past or
negative thoughts or in worrying about things beyond your
control...

Better to convert your energy in what is positive in the
present...

Now or never...

Now-here or nowhere!!!



Kiss is: Keep it short stupid...

or

Keep it short sweetheart...



Let us come back to our relationships... not relationships!!

The only relationship which is unconditional,
undemanding, is that which exists between the master and

the disciple... In fact, it is so rare... So unique... it is all... It is a closeness in which nobody is higher and nobody is lower... the master is a giver and the disciple is a womb, a receiver...

Just as the disciple is in search, the master is also in search... who are ready to be born every now... with every breath...

The teacher is not a master... the student is not a disciple, inside themselves there is darkness; their knowledge is hiding their ignorance... And there are students who are in search of knowledge...

The master shares his being... and so is the disciple who is searching for his being... The master can create trust and the disciple drops his defences and he becomes just a child... innocent, alert, alive... a new birth... birth for the being...

The ordinary father and mother gave birth to my body... which will end in death... But the master gives us the birth of consciousness, which knows only a beginning... and there is no end to it...

All that is needed is an atmosphere of absolute trust, things start happening on their own... neither the disciple does them, nor the master... The seed will grow by itself...

The master is a medium of the universal consciousness... if you are available, suddenly the universal consciousness stirs in you... the seed... the sleeping, dormant consciousness... The master has done nothing nor the disciple... it is all a happening...

The master moves towards the disciple... the disciple moves towards the master... Sooner or later they are going to meet... The meeting is of the very soul... not the body nor the mind... The lamps remain separate but their flames become one... It is not a relationship... it is at-oneness with the one... one light... one godliness... one ocean... one existence... one truth...

So let us face our truth... It is in us and we can see it in and out... Politics is the concern with the outside, politics is the concern to change the outer, the circumstances... There is a higher world than politics; the higher world is of spirituality... with the inner treasure... Change the inner space and you will live the total grace...

Do not be against the world; but rejoice in the world, the world is the manifestation of God... Rejoice, never ever renounce... Rejoice in the totality of life, the wholeness of it... Rejoice, and rejoice again... Life is more like rejoicing than like joy... That is how life is... One goes on flowing from one peak to another, and the flow is a continuum... And whatsoever is total is divine... rejoice every now in its joy and in its sadness...

Rejoicing contains the polar opposites in it, hence it has more totality... And whatsoever is total is divine, whatsoever is partial is no more divine... That's how life is and should be... Rejoicing is the art of living...

The art of living depends on your personality.. we have two categories... T personality, toxic... and the other N personality... nourishing... The first one is always looking at things in a negative way... depressing... sad... but hides in beautiful plastic face... He looks at mistakes, errors, anything that is missing... Just to be perfect... So he poisons his own being and he drips poison... It can be a heritage... from parents and society... we are victims... and such T personality are the great poisoners of the world... They are everywhere, hiding in many ways... They have dominated the whole history... they have the love of power.. and they talk in rational terms, very difficult to defeat them in argumentations... never reasonable but always rational... his ideals are against life...

The second personality, is the nourishing... It looks into life, very reasonable... wholistic, looks at the good side of the thing... trusting, not judging... These are the people who become poets, painters, musicians, dancers... and real saints...

If an N type person becomes a father or a mother... then they are real mothers and fathers not fakes...

The T type is the majority, but once you become aware, there is not much of a problem... You can travel from T to N very easily...

So just relax, enjoy, accept, and the problems will disappear... we are the cause and we are the cure... So it depends on us... on you...

🌹 What is important?
🌹 What is your choice?

If you have a negative mind, then nothing is important...
But if you have a positive mind, then everything is important,
because

All is God...
The God within you...

Just watch your own mind... whichever appeals to you...
feel your own attraction, what attracts you more... and that
can become your path... No can become your path, Yes can
become your path... But what is significant is Totality... If you
say Yes with your total being... you are liberated... If you say
No with your total being, you are liberated... It all depends on
us...

If you love money with your heart is as good as you love
prayer with your heart... It is your feelings... Every work is
worship... Let your heart decide... the heart heals... the heart
does not hurt... The real mother says no for your yes... and
says yes for your no...

The last words of Jesus on earth were:


“Thy kingdom come, thy will be done. Amen.”

Yes, Lord, yes...

And in Islam, the word Amin, it is the word Yes!! Total
surrender... Total trust... It is easy to say No... The mind loves
to reject... The moment you say no to somebody, you feel

very powerful... But, if it comes from your heart, then it is for the yes...

The rose flower... has thorns and petals and fragrance and the symbol of love... Total acceptance from our totality... Just be aware of your mind... Be your own master and then you know who you are and why you are here!!

 Let us have some jokes...

Every wife is a “Mistress” for her husband...
“Miss” for one hour and “stress” for the rest 23 hours



There are 2 times when a man does not
understand a woman...
Before marriage and after marriage...



My husband and I divorced over religious differences...
He thought he was God, and I did not...



Romantic... SMS... she sends the following messages...
My love if you are sleeping, send me your dreams...
If you are smiling, send me your smile...
If you are crying, send me your tears...

I love you...

He replies: I'm in toilet... What do I send?



- THE ABC -

After being married for thirty years, a wife asked her husband
to describe her...

He looked at her slowly... then he said:

"You are A, B, C, D, E, E, F, G, H... I, J, K..."

She asks... what does that mean?

He said: Adorable, Beautiful, Cute, Delightful, Elegant,
Gorgeous, Honey, Fancy...

She smiles happily and says...

"Oh, that's so lovely... What about I, J, K!"

He said, "I'm just kidding!"

His eye is still swollen... but it will get better...



At a cocktail party, one woman said to another,
"Aren't you wearing your wedding ring on the wrong finger?"
The other replied, "Yes I am, I married the wrong man."



What is the cause of divorce?
The marriage...



- LEBANESE ARE LEBANESE -

The angel Gabriel came to the Lord and said: "I have to talk to you... We have some Lebanese up here in heaven that are causing problems... They are singing on the pearly gates, my horn is missing, they are wearing Dolce and Gabbana instead of their white robes, they are riding in BMW's instead of the chariots, and they are selling their halos to people for discount prices... They refuse to keep the crouching down midway eating sunflower and watermelon seeds and smoking Nargileh... Some of them are walking around with just one wing!!"

The Lord said, "Lebanese are Lebanese... Heaven is home to all my children... If you want to know about real problems, call the devil!!"

So Gabriel gave the Devil a call... The Devil returned to the phone, "OK I am back... What can I do for you?"... Gabriel replied, "I just want to know what kind of problems you are having down there!"... The Devil said, "Hold on again, I need to check on something." After 5 minutes, the Devil returned to the phone and said, "I'm back... Now what was the question?"... Gabriel said, "What kind of problems are you having down there?"... The Devil said, "Man I don't believe this... Hold on!"... This time the Devil was gone 15 minutes, the devil returned and said... "I am sorry Gabriel, I can't talk right now... Those damn Lebanese have put out the fire and trying to install air conditioning!!!"



Yes! We can change hell into heaven and heaven into hell... What is our choice? Both are in and we are the master...

 *Are we the master of our power? Of our treasure?*

Let us read this lecture and feel our facts... The facts about religions, whether one is a believer or a knower... The following facts have some sensible things which all should admit...

CHRISTIANITY:

One Christ, one Bible, one religion..

But

The Latin Catholic will not enter Syrian Catholic church

These two will not enter Harthomas church..

These three will not enter Pentecost church...

These four will not enter Salvation Army church..

These five will not enter Seventh Day Adventist church...

These six will not enter Orthodox church...

So much for one Christ...One Bible... One Jehovah...

What is a unity??

ISLAM:

One Allah, One Quran, One Nabi...

And all Muslims call themselves brothers!!

But,

Shia and Sunni cannot see eye to eye and they are killing each other anywhere and everywhere...

The Shia will not go to Sunni Mosque...
These two will not go to Ahmadiya Mosque...
These three will not go to Sufi Mosque...
These three will not go to Mujahiddin Mosque...
There are 13 castes in Muslims and these brothers can't
share their places of worship...

The brothers have been killing, conquering and fighting
each other in the name of Islam since the day Islam existed...
They have never been or never will be at peace with Jews or
Christians in the name of religion, yet all 3 pray to the same
God of Abraham... The American attack of Iraq and
Afghanistan is fully supported by all the Muslims countries
around them!!

HINDUS:
1,280 religious books
10,000 commentaries
More than one Lakh sub-commentaries...
For these foundation books
330 million gods,
variety of Acharyas... masters...
Thousands of Richies...
Hundreds of languages
Still everyone goes to the same temple...
Hindus never quarrelled each other for the last
ten thousand years in the same place in the name of
religion...
Only politicians had tried to divide and rule...
But India will be back into the golden age of peace...

BUDDHISM:

Buddhism is the world's first religion
Fourth- largest religion behind Christianity, Islam and
Hinduism...

Buddhism is both a religion and a philosophy
Largely based on teachings attributes to Siddhartha Gautama

The concepts, Karam, Rebirth, Samsara
They classify themselves as Theravada or Mahayana

Both accept the Buddha as their teacher
Both accept the middle way, dependent origination,
Four Noble Truths, Noble Eightfold path and three marks of
existence

Both accept that members of the laity and of the Sangha can
pursue the path toward enlightenment "Bodhi"

Both consider Buddhahood to be the highest attainment
They do not believe that this world is created and ruled by
God...

They consider that the purpose of life is to develop
compassion for all living things without discrimination...

And to work for their good, happiness ad peace and to
develop wisdom leading to the realization of the ultimate
truth...



What is the moral?
Keep religion out of politics
And
Keep politics out of religion
The killing will stop and there will be peace on earth...



WHAT ABOUT THE JEWS?

Jews are the most intelligent people, that is why they are hated so much... But what are we doing with this intelligence? They are into business... No other race has existed in such adverse conditions as the Jews... And when you live in adverse conditions the challenge is such that you can service only if you bring your intelligence to its highest peak...

If you behave stupidly you will be destroyed... They were living always amongst strangers antagonistic to them; They became more and more intelligent... More Nobel prizes goes to Jews than anybody else... They are the first to reach at the top of any crop... The 14 million Jews are more powerful than all the other population... They are the best in:

History
Medicine
Nobel prize winners
Inventions that change history
Influential Global Businesses
Influential policy-makers... Polititians
Global media figures
Global philanthropists

Look at this truth...

In the entire Muslim world 57 Muslim countries
There are only 500 universities

In USA alone 5,758 universities
In India 8,507 universities

Not one university in the entire Islamic world features in the top 500 Ranking universities of the world... The Muslim world lacks the capacity to produce knowledge...

But... It was not like this at the beginning of Islam... They went East and West and spread wisdom and science... But now it is no more...

A great conspiracy on the Muslims and the Arabs... It is so clear and we know why but who wins? The oil? The soil? The seed? Which power wins?

The power of love
or
the love of power



What is our vision?

Tell – A – Vision

If your vision is for one year plant wheat...

If your vision is for ten years plant trees...

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

Let us plant people for peace...

For one peaceful world...

Thank you Oshawa... Thank you Osho...

Thank you all of us...

Let us be the change we want to see in the world.. Let us be the seed that we need... One seed turns the whole earth green...

Yes! You are so right and bright... Every religion has been destroyed by its priests...

There is an American parable in the east that a newly recruited devil came running to the old master, the Great Devil, perspiring, huffing and puffing... He said... "What are you doing here smoking Havana cigars? Are you not aware that one man on the earth has found the truth? If he spreads it to the people, our whole business will be destroyed!"

The old devil went on smoking and smiling... He said, "Don't be worried, my son... You are new... you don't know our strategies... My priests have already reached there; they are surrounding the man... Now they will not let anything reach to the people unless we allow it... It is in our force... They are my servants, but they will pretend to be his priests... They will write his books, they will interpret his philosophy... They will make a church, and they will convert people... They will not let anybody to reach to the man directly...

We don't allow anybody to reach to truth directly... Everybody has to go via the right channel, and the right channel is the priest.. And all the priests are my employees, so you don't be worried... Quiet down... Have a Havana cigar..."

The new devil said, "This is strange, because I saw there many very saintly looking people sitting around the man."

The old devil said, "Yes, they are my people... very expert... It has happened many times; many people have found truth, but my priests have always spoiled it... Truth has never been able to reach to the people; what reaches to the people is distortion..."



Now or never is the time to wake up and be your own healer and your own master... The book that touches your heart is the door to your inner treasure... Inner lecture... go in... in is our only inn...

The innernet is our innerlight... Just trust yourself and respect peak...

🌷 FEW SEEDS OF WISDOM 🌷

What is the difference between people who pray in church and those who pray in casinos?
The ones in the casinos are serious...



When I was young I used to pray for a bike,
then I realized that God does not work that
way, so I stole a bike and prayed for
forgiveness...



A little boy went up to his father and asked:
“Dad, where did all of my intelligence come
from?”

His father replied: “Well, son, you must have
gotten it from your mother, because I still
have mine...”



John's teacher sent a note home to his
mother, saying: “John seems to be a very
bright boy, but spends too much of his time
thinking about girls.”

The mother wrote back the next day:
“If you find a solution, please advise... I'm
facing the same problem with his father...”



Soldier: Sir we are surrounded from all sides by enemies
Major: Excellent!! We can attack in any direction...



Life is not about the people who act true to your face
It is about the people who remain true behind your back...



If an egg is broken by an outside force... a life ends...
If an egg breaks from within... life begins...
Great things always begin from within...



It is better to lose your ego to the one you love...
than to lose the one you love because of your ego...
Let go and let God...



A relationship doesn't shine by just shaking
hands at the best of times...
But it blossoms by holding firmly in critical
situations...



When you trust someone trust him completely
without any doubt... At the end you would get
one of the two:
Either a lesson for your life or a very good
person...



 *Why do we have so many temples, if God is everywhere?*

A wise man said: Air is everywhere, but we need a fan to feel it... My beloved wise man... You are the living fan... you are the living temple... you are the jewel... So why do we need a pebble? Be yourself and no need to any medium between you and you...

The drop and the wave and the ocean are one... Let us live our oneness with the one... Let us be with our soulfriends... Whenever you feel that somebody is a destructive force, immediately tell him to leave... There is no need to condemn him, simply say... "We don't fit."

Don't waste time, and don't hope against hope that he will change and everything will be okay... Once the community has become grounded, you can afford few egoists also... They are good, they add a little spice...

🌹 BELOVED MASTER,
WHAT DO YOU MEAN BY SAYING THAT LIFE IS
PERFECT?

I mean exactly that: Life is perfect. But I understand why the question has arisen... The question has arisen because you have some ideas about perfection, and life does not fit with your ideas; hence you call it imperfect...

When I call life perfect, I don't mean that it fits with my idea of perfection... I have none... but I simply mean there is nothing else to compare it with, there is no ideal... this is all

there is... it has to be perfect as it is now... Total yes! Total acceptance... Let thy will be done...

Yes! You are the most perfect hunchback... Once we start seeing life as it is, it is perfect... Even imperfection is perfect...

Do not bring your ideals... the you are creating the imperfection... Life simply is as it is... This isness is the existence... It is as it should be, there is no other way... no comparing, no judging...

Look at life through wonder... and suddenly all is perfect... Yes, sometimes it is cloudy, but it is perfect... and sometimes it is sunny and it is perfect...

As it is, it is a blessing... To be in time with this blessing is to be playful... and playful...

Two Pakistanis, Muzaffar and Musharraf moved to Paris where they made friends with a French guy named Jean-Paul... They used to go all over Paris with him when suddenly one day Jean-Paul disappeared...

The two went to the police and lodged a complaint... The police asked them if they could give some vital clues about Jean-Paul that would help find him...

Muzaffar says... "Jean-Paul was handsome and tall"

Police say... “Most Frenchmen are like that ,
give us something specific.”

Musharraf says... “Jean-Paul had blue eyes and
was very fair hair...”

Police say... “Comon guys, lots of Frenchmen
have blue eyes and fair hair, tell us something
specific...”

Muzaffar and Musharraf... “Oh yes, Now we
remember! Jean-Paul had two holes in his
ass!!!”

The policemen got really interested... “Now
that's something very specific... But tell us how
do you know this?? Have you guys seen it??”

Muzaffar and Musharraf... “No we haven't
actually seen the holes, but whenever we went
with Jean-Paul everyone used to say... Here
comes Jean-Paul with the two assholes.”



BLOODY MONKEY – VERY NAUGHTY

A young girl realized that she had grown hair
in between her legs... She got worried and
asked her mother about it...

Her mom calmly said, "That part where hair has grown is called Monkey and be proud that your monkey has grown hair..."

The girl smiled...

At dinner, the girl told her sister, "My monkey has grown hair."

Her sister smiled and said, "That's nothing, mine is already eating bananas."



 *How can we find a real sageman? A real Christ?*

Two things: Sincerity and mercy... His compassion will give you the idea... His love... his overflowing love, for no reason at all...

One glimpse of the real man, and you are in love... you are love... If you can find a man of love, then don't miss the opportunity.. He is the door... Enter into him, and you will find your life, love, light and laughter...

Remember, sincerity does not mean seriousness... It means truthfulness, it means authenticity...

A sincere man is one who simply says whatsoever is the case whether or not it contradicts himself; whether it is consistent or inconsistent, makes no difference to him...

A truth is that whose contradictory is also true... So a man of sincerity is where we miss... If you come across paradoxes, you think, "This is inconsistent man; How can he be true?"

You have an idea that truth has to be consistent... And that prevents you from sages... and Christs... and you fall in the trap of logicians, philosophers, thinkers...

A Buddha, A Christ, A Mohammad... they see the truth in its totality... and the totality is paradoxical... whether you are convinced or not convinced, that is up to you... They are ready to help us but not to force the truth upon us... It is not by force but by choice and by grace... by a story...

- DIFFERENCES AMONG GIRLS AGED
8, 18, 28, 38, 48, 58, 68 AND 78 -

- 8- You take her to bed and tell her a story...
- 18- You tell her a story and take her to bed...
- 28- You do not have to tell her a story to take her to bed...
- 38- She tells you a story and takes you to bed...
- 48- You tell her a story to avoid going to bed...
- 58- You stay in bed to avoid her story
- 68- If you take her to bed, that will be a story...
- 78- If you take her to bed... that's the end of the story...



Just listen silently and fully, to what our beloved is sharing with us... Be still and know that the truth is our path... and if we listen silently, totally, it penetrates to the very core of our being; it reaches to our heart... The seed will fall into our consciousness and starts growing...

Just the opposite is the case with the untruth; if you listen totally, no untruth can penetrate in your being... That totality is enough to throw any kind of untruth out...

In a total state of consciousness, in total silence, untruth cannot penetrate; only truth, only the divinity... can go in... can penetrate...

So let us be open to any question... to any path, but when we are still... no more questions... but total acceptance... a state of awareness... of witnessing... of deep communion with the one... at-one-ment with existence... So no more two beings but one entity, so attuned... a great melting happens... and those are the moments of truth... of meditation...

Jesus is telling us... Eat my body and drink my blood... So we become part of his dance, of his song, of his mystery... it is a mysterious phenomenon...

Yes! Truth is universal; time makes no difference, place makes no difference... And this is one of the most fundamental truth of spiritual growth; the false has to be given up, because the false is the barrier...

If you think that darkness is light, then where is the necessity to search for light? If you think this life is all, then there is no question of seeking and inquiring about another life...

If time is your total reality, then eternity never becomes a quest for you... The false will mean the ego; the true will mean egolessness... The false will simply mean that you believe yourself separate from the whole; and the true will be dissolving this illusion of separation, becoming that which you really are... a part in this cosmic harmony, totally one with it...

Yes! We don't have any separate destination, we don't have any private goal... Then wherever the whole is going, we are going...

🌹 We are just a wave in the ocean

And before the real can be known, the false has to stop, because the false is covering our eyes...

We are clinging to the false, to the toy... And unless we see the point, that the toy is only a toy, not worth clinging... In that moment of seeing, the toy slips out of our hands on its own accord... because we are no more clinging to it...

🌹 Truth is the only winner...

Seeing the false as false is the beginning of the truth... But that seeing is hard and arduous!!

For lives we have lived with the false, and we have believed in the false... We have nurtured, nourished the false... All our hopes, all our dreams, are rooted in the false... Our whole lives are investments in the false; hence we are afraid even to look, we are afraid to observe, to watch...

The most frightening experience for human beings is : To remember, to watch, to be aware.... hence the difficulty in meditation... It does not arise from the outside; there is no disturbance outside... The real disturbance is within us...

No wonder why we don't want to meditate... We are in a double mind... We listen to truth but then we look at our investment and the power of money is stronger than the power of love...

Great courage is needed to mediate, courage to drop all the investments... courage to see the false... See, watch and don't be afraid, and don't avoid seeing the truth...

 Get out of the rut and have a new birth

We have to be alert not to choose the false... because the false is very appealing... The truth remains silent... Unless you are ready to receive it, it will not even knock on your doors... So be aware of the rationalizations of the false... its propaganda, its argumentation... its proofs...

Truth will never push you; it will wait... it will come through awakening... The truth never claims anything... It is

the voice of God within you... it is universal... the whole speaking through you... It will make you a nobody...

Let the ego melt, disappear, evaporate... totally surrender... Let they will be done... The master is only a window to you... so you can go and fly high in the sky...

Let us be aware of who we are... Let us use the science and the wisdom and be a witness in the middle... in the center of the crossroad...

Be a sage... not a sinner nor a saint... just a watcher of the treasure...

Unless you can find a real master, you will be with people who are just like you...

The spiritual guides have disappeared... They are replaced by priests... and how more by the psychiatrists, psychologists... with blind people... blinds with blinds... dead with dead... But they are experts in this business, they are full of information... They know everything about light without ever having experienced any light...

Only the awakened can wake those who are fast asleep... If you are asleep and your psychoanalyst is asleep, who is going to wake up?

You will have to knock on many doors before you find the right one... That's the only way, that's how things are...

By knowing the false you will become capable of knowing the real...

Let us be aware of who we are and see the difference between the action and the actor...

A real master will not judge... If he tells you that this is wrong... it is not you but the act... you remain untouched by your action... And out of love he is telling us what to do... If he says don't drink, he is concerned with your health, it is not that drinking is bad... Sometimes it may function as a medicine...

You think two plus two make five, and the master will say no, this is wrong... It is not that you are a sinner... but the mathematics has to be put right... You are good, it is only a mistake... and this is how we learn and how we grow... There is no sin but a mistake... and it will be an advice not a commandment... not by force but by grace... You will not go to hell and your freedom remains intact... No sin and no guilt... but absolute love and respect... So let us live our freedom and be who we are and do not follow anyone...

 Trust your trust...

Existence supports your trust... Trust is one in different words and all what you see is godful... is overflowing with God... Yet we see not... we are blind... because of our beliefs.. the more beliefs we have, the more blind we are...

I want to know... I don't want to believe... Only a naked mind can see God, only a naked heart can feel God... only a child... only the sage and the wisebeing...

God is everywhere but something is blocking the way... If you are a Hindu, or a Christian or any flower you will not see he treasure...

Our thirst will take us to the river...
And God comes to us if we want to see him...
Just open the door...
Be still...

🌹 Be in silence... and he comes in many ways... 🌹

Every breath is a path to a new birth... God is so near, no need to go any far... He is in the core of our heart... of our being... Take a deep breath and thank you God...

God is not separate from existence... God is the creativity... He did not create the world in six days and now is resting... He is continuously creating...

🌹 The river is rivering... 🌹

When a flower blooms, it is God blooming again; when a bird singing, it is God singing again... when I write and you read... it is existence through us... In nature, that creativity is unselfconscious... In man, that creativity is trying to become conscious...

In nature, God is fast asleep; in man, He is trying to become awake... The more aware you are, the more you will be godly... You are already godly, but only in awareness will you know it... will you be able to see who you are...

So wake up now!! If you are a Christian you will not find God... Those are ceremonial religions, those are poor substitutes in all the temples and the churches and the mosques... They keep you in a kind of consolation, comfort, convenience...

 Be a victor not a victim...

Yes! I love the real religion... the religiousness of the heart... not the head rituals... It needs courage to be into real religion... into the oneness with the one... It needs you to put your whole being at stake... go to the unknown... you know nothing... all what we know is a lie... is fake... is the shadow of the sun... Look at the real sun... real nature... real treasure... listen to the mystery of the inner treasure...

It is going into the dark; it is leaving that which you know for that which you don't know... And you never know whether you are going to be a loser or a winner...

All is vague... great courage is needed... Just jump in the ocean and then think... If you think you won't jump... Chop your head... listen to the core of your heart... You feel a new energy, a new dance... a new melody not a new argument... now the inner being has transformed... now is a new birth... Born again a Christconsciousness... a Sufi... a Buddha...

Oh! Yes In the morning, you are more soft.. the whole night's rest, the whole night with God deep within your heart... the whole night of a sincere existence... no deception, no repression... Whatsoever you wanted to do, you did in your dreams; it was a night full of light not full of fight... There was nobody else, you were alone... and you were utterly free...

This is our nature... now and forever... now or never... just dream out and in... life is only a dream... otherwise you would go mad... The world makes you slave, the dream again frees you... Your freedom is ultimate... No limitation exists...

Keep dreaming, it keeps you sane... Researchers say that a man does not suffer much because he dreams... it is a proved scientific fact: you can be allowed to sleep and if you are interrupted while you are dreaming, within three weeks you go mad...

🌹 Just keep dreaming day and night... this is our only play...

🌹 *Why dreaming helps so much? Why it keeps us cool?*

It gives us freedom... freedom is an inner necessity... hence all these who have known the ultimate reality... they call it freedom, nirvana... Samadhi...

That is the urge, the desire, the great desire to become absolutely free.. The reality does not allow you to be free, the dream gives you freedom...

And in the morning you are more at ease, more at peace, more together... Again your compassion is back, again your flowing, again your juice is flowing...


Now to say “no” will be difficult, to say “yes” is easier... In the morning we are less egoistic than in the evening. In the morning, people are less violent, less ambitious than in the evening, more religious... By evening they turn into politicians... Hence morning prayer and its importance... When you open your eyes, the first breath is either meditation or prayer...

🌹 Oh God... Good morning...

The moment in the morning is very, very valuable... You will not get it again in the whole daytime, you will have to wait again twenty-four hours to get it... This is a great, significant, potent moment... Use it, don't disturb it... Get into it... It is the energy of the dawn... of the sunrise... of the high fly in every sky... the good luck.... All the doors will open up and you will wake up...

Be aware of this grace and let it be our choice... get into this lucidity of being, into this choice not by force... This is the flowing which is all around us from infinity to infinity...

🌹 Oh God! Good morning...

not
Oh God! Morning again!!! 

Let us be aware of this day... Let us go to sleep early and wake up early and be alert and the fog will disappear... and you are who you are...

We too... Let us have a smile...

Little Ernie took his paper up to the teacher for marking and as she bent over the desk, he looked down the front of her blouse and said, "Teacher, I see something.." The teacher was extremely embarrassed and said, "Ernie, that is very rude.. Tomorrow, don't come to school..." The next week Ernie was sitting in the front row when the teacher was writing on the blackboard... She dropped her chalk and, with her back to Ernie, bent down to pick it up... Ernie got up and without a word headed for the door... "Where are you going?" asked the teacher...

"Teacher", said Ernie, "my school days are over..."



Our eyes are always the same size from birth,
but our nose and ears never stop growing...This
is what I read!!



ATTENTION SENIORS:
NEW RULES AT MOST GROCERY STORES...

A little old lady went to the grocery store to buy cat food... She picked up four cans, and took them to the check-out counter... The girl at the cash register said, "I am sorry, but we cannot sell you cat food without proof that you have a cat... a lot of old people buy cat food to eat, and the management wants proof that you are buying the cat food for your cat."

The little old lady went home, picked up her cat and brought it back to the store... They sold her the cat food...

The next day, she tried to buy two cans of dog food... Again the cashier said "I'm sorry, but we cannot sell you dog food without proof that you have a dog... a lot of old people buy dog food to eat, but the management wants proof that you are buying the dog food for your dog..."

So she went home and brought in her dog... She then was able to buy the dog food...

The next day she brought in a box with a hole in the lid... the little old lady asked the cashier to stick her finger in the hole... The cashier said, "No, you have a snake in there..." The little old lady

assured her that there was nothing in the box that would harm her... So the cashier put her finger into the box and pulled it out... then she said to the little old lady, "That smells like shit..." The little old lady said, "It is, and I want to buy three rolls of toilet paper!"

So..... don't mess with old people...



A cat has 32 muscles in each ear...



A snail can sleep for three years...



Women blink twice as much as men...



A nice lady named Suha never asked her husband, Basho, about a black box which her husband kept under their bed for twenty years...

One day while cleaning her bedroom, Suha could no longer contain her curiosity... She opened the box and found three eggs and 3000 dollars cash... She asked Basho, "My beloved, why

do you put three eggs in the black box under our bed... Are you superstitious or something?"

Basho easily panicked and answered...
"Sweetpie, every time I had sex with a whore I place an egg there as a sign of regret."

Suha was angry but kept it under control because there are only three cases of adultery in their twenty years of marriage... She could live with that... "But what about the 3000 dollars?"

Shivering Basho answered, "Just listen... every time the... the... the eggs reach a dozen, I sold them and place the money there!"



Ye! Money and sex our blood and energy... We are not against this truth but we are against money-mindedness... and sex-mindedness... So let us share what we dare and care...

Renounce money-mindedness, but there is no need to renounce money... Money has to be created, wealth has to be created...

Without wealth all science will disappear, achievements of man will disappear... Man will not be able to reach the moon, man will not be able to fly...

Without money life will become very dumb, just as without language all art, all literature, all poetry, all music will disappear... How are we connected now?

So money helps us to exchange things, it is also a form of communication... it is here to go all around the world... From hand to hand... That's why it is called "currency"... It has to remain like a current... like a river...

Money is power... is like blood circulating in the body... In the body of society money circulates... So use it before you lose it... the more movement the better power... Let it move fast and as far as you can...

🌹 Look outside, the beautiful creation...

🌹 Look inside... the beautiful God...

By and by you will see that the in and out meet and mingle and are one... so is sex...

Sex is such a significant phenomenon because it is the source of all life... It is so significant that if you repress it you will repress many other things... For example, the person who is sexually repressed will become uncreative, because creativity itself is a kind of sexual activity...

In the true sex, if a person is totally creative he will transcend sex without repressing it, because his own energy will become creative... He will not need to go into sex, not that he will prevent himself... the very need will disappear... He now has a far higher bliss happening to him...

🌹 The lower power is bound to disappear
when you have the higher in your hands...

So never drop the lower, try to attain to the higher...
When the higher is there, the lower is bound to go on its own
accord... Then life becomes more beautiful, more healthy...
more whole and holy... A real dancer disappears in the
dance... his mind, his ego... his sex are dissolved into his
dance... he is no more a dancer... he is the dance...

But if sex is repressed, then just the opposite will be the
result; your creativity will be dead...so your science... your
joy... and you will go to wars... to drugs... to all the news that
you are watching...

Sex is the seed... if sex is allowed its natural growth,
respected, valued, then a transformation happens...

Sex is biological pleasure... just like animals... The
second step is love... the man who has accepted sex
respectfully, lovingly, will be able to transform it into love...
and on the branches of love, the flower of bliss happen... that
is true religion...

Let us remember that we are not a number but a
member of one peaceful world... one royal family... in the
only kingdom of God...

We came here with empty hands and we leave with
empty hands too... but where are we going?

Death will take everything away from us... Unless and until I look within, I will remain dead and empty...

Look within, and you become as emperor not a beggar... The beggar immediately will disappear... the mind is a beggar, and the soul is an emperor...

To know oneself is to know that nothing else is needed... you have the greatest treasure, the whole kingdom of God, that there is no point in adding anything to it... nothing can be added to it... it is already perfect as it is...

So if you want to search and seek, search and seek the true treasure... which cannot be taken away by death... Please be aware of this secret... of this seed... Yes! We know it but when are we going to be it?

This is the criterion:

🌹 That which can be taken away by death is a false treasure... 🌹

🌹 That which cannot be taken away by death is a true treasure... 🌹

And there will be many troubles and many pains in life... They are part of growth... Accept them for what they are... that does not mean to become morbid, that does not mean to become a masochist... Whatsoever happens, endure it... But if you can improve upon it, if you can modify it, modify it... A very sane advice...

The danger is there... One danger is that people start fighting with every pain in life; they want to avoid all pains... But then growth is avoided... This is one pitfall... The other pitfall is: people start accepting pains, not only accepting them, inviting them; not only inviting them but creating pains... As if by going through many pains, they will grow faster... they become self-destructive, they become suicidal...

🌹 Both are extremes and both have to be avoided...

If some pain comes in your life, accept it, endure it watchfully grow through it... If you can see that you can modify it a little bit here and there, then do it... modify it, because modifying it is also part of growth... and the wise man is not exposed, really, to any agony, any hell... Whatsoever the sage is exposed to is part of a growing life...

No pain... no gain...

Life cannot grow without challenges... and pains, miseries, sufferings bring challenges... you cannot become aware without suffering... Suffering evokes awareness in us... So let us have the best rings in our life...

Love ring...

Engagement ring...

marriage ring...

And the last at the lasting ring is

Suffering...

Enjoy it all any way...



Yes! Let us ring our bell?

For whom is the bell ringing? For all of us... Let us talk about the belly ringing!!

Do you know that in all old eastern countries, particularly in the Far East, they have always thought that man lives in the belly...

In the old days, just a hundred years before, if you had gone to Japan you would have found people who if you asked them: "Where do you think?" They would show you their belly... "We think here..."

The belly is your source of life... You were joined to your mother from the navel; it is from there that life started pulsating... The head is the farthest corner of your existence, the center is the navel... Your existence, your being, resides there...

You and your brain are two things... the brain is your machinery ... you use it... where is the seat of the mind? Zen says it is in the stomach, it is the belly... it is in the navel, there exactly, from where the first pulsation came... and then it spreads all over...

So let us be aware of our intellect and our intuition... Where do they come from?

Intellect is very limited; intuition is infinite... it comes from the belly, your belly will feel it immediately...when you

fall in love you don't fall from the head... it has nothing to do from the brain, love is blind because we don't know from where it comes but not from the head... It is a feeling from somewhere beyond...

But a wrong notion entered into the human mind, and it was a small belly and a very protruding chest... The idea came from the body of the lion... The lion has a very small belly and a very big chest... Somehow the human ego got identified with the lion, and the lion has a very small belly because he eats only once in every 24 hours, and he lives only on meat, so much food is not needed...

A lion's intestine is very small compared to that of a man; one fourth, man is a vegetarian, and if you eat vegetables they need to be longer in your intestines; only then they can be absorbed because they have much roughage... If you eat meat it has no roughage; it is already digested food... The animal has already done the work for you... You are a sucker you simply eat it and it is already eaten food, digested, completely digested... So a very small intestine is needed...

But the foolishness of man is this... That he tried to have a small belly like a lion... But we are not meat eaters... we are a vegetarian body... We have twenty molars for whole grain and eight incisives for beans, roots, veges, greens and fruits, and only four canines for a small portion of fish or meat once a week... or some dairy food...

Our body is our book.... We are not a belly... we are a being... We are not here to eat... We eat to live, we don't live to eat...

No wonder why so much cancers and so much wars... If we are not healthy we are not happy... Health is our wealth... So let us respect our body... It is a great secret and just relax and take a deep breath from the belly not the chest... Just watch the baby... But now the chest have become bigger and bigger like mister universe... and the belly goes in... They are ill, not natural... They are ugly and this is why plastic beauty is all over the people...

Natural beauty is a creation of love... is not something physical, it is also spiritual... The physical does not last long... It is only a facade; it is so formal that it can't mean much...

If you fall in love for physical beauty, you are going to be disappointed soon, not even a honey moon but few days, but you don't see the point of failing and falling...

Unless one learns how to fall in love with spiritual beauty, love remains unfulfilled...


Once you have fallen in love with spiritual beauty there is no end to it, it has infinite depth: You can go on falling and falling and falling and you will never come to the bottom of it... Only then is love a fulfilment...

Search for spiritual beauty, and that, in other words, is the search for God... You reach the center of your being...

Every cell of your being starts dancing, every fibre of your existence starts vibrating in an unknown, mysterious melody... And then you be the beauty... the divine beauty... it cannot be destroyed because it is not something painted on form the outside... It is not a makeup but a wake up...

Beauty is God himself... is godliness... If you are in love with beauty you will not do anything wrong, because to do anything wrong you will have to do something ugly...

The man who loves beauty will not be able to assert a lie, because a lie is ugly.... His sensitivity towards beauty will certainly prevent him from doing many things that he could have done if he was not sensitive enough...

 Beauty is an expression of God,
in whatsoever form it appears...

One night, Mulla Nasrudin's father noticed a light in his barn... He went to see what it was all about and he found his son with a lantern, all dressed up...

“What are you doing all dressed up and with that lantern?” Asked his father...

“I am going to call on my girlfriend, Dad” said Nasrudin “I have got to go through the woods and it is dark ”...

“When I was your age calling on my wife for the first time, I went through the woods without a lantern.” Said the father...

“I know, but look what you got, Dad!” Said the son...



 *My life is very difficult... What can I do?*

Difficulties are part of life... Don't be worried about them... They are always there and they always help; they become a challenge... If difficulties don't arise, work can't happen... Each difficulty gives us more energy and it makes us capable of facing things....

Say yes to any step in your trip and in your trap... Accept all enemies as friends, they are friends in disguise... Their trouble will be of great help...

Life is a bed of roses, thorns are part of it... You have the right to feel your feelings and to react as you feel... but be aware that criticism is out of compassion, condemnation is out of hatred... Listen to your heart not to your head...

Condemnation arises from egotism: I am greater than you, I am going to make you small... Criticism is not concerned with ego... it is an exploration into what truth is, into how truth is.. it can be very hard because a sword

sometimes must be used to cut falsehood... There are stones of falsehood, so the hammers and chisels of truth have to prepare them...

Only a completely unconscious person enjoys condemning... What is the psychology of this feeling?... Most of us in the world have fallen into this trap... its psychology is clear and very simple... Every person wants the status for his ego that "I am the greatest." It is very difficult to prove this... It is difficult to prove that... "I am the greatest", because everyone else is trying to prove it... And they are all trying to prove only one thing that they are the greatest...

No one is better than the other... just be yourself as you are... do not compare... do not put marks on your face... You are a unique being... There has never been any individual like you before and there will never be again... This is your privilege... comparison will bring trouble...

A person who understands the uniqueness of everybody can be religious, because he feels immense gratitude for whatsoever God has given to him... If you don't compare, then you are neither bigger nor smaller, you are simply yourself...

Do you know that an Ostrich's eye is bigger than its brain?!!... I know some people like that also! Let us smile... Life is only a joke...

Yes! Just be yourself and you are perfect as you are now... never accept any criterion that makes you miserable...

Never accept any morality that makes you feel guilty... Never accept anything that is trying to enforce something upon you against your simple nature...

You are a roseflower, and you are going to be a roseflower... Let the whole world condemn or appreciate... It does not matter...

Once a man takes this stand that... "I am going to assert myself..." It has nothing to do with ego, it is simply loving and protecting yourself...

And there will not be any need in you for any god, for any religion, for any moral code, for any mythology, for any effort to become enlightened... Just be yourself...

Just being natural is more than you can ever imagine... Except man, the whole of existence is enlightened... Nobody is trying for anything else: everybody is at ease, at home with the universe...

🌹 *But why we feel alone? We feel sad? We feel guilty?*

Down through the ages... All the religious people have been saying this:

"We come alone into this world, we go alone..."

All togetherness is illusory... The very idea of togetherness arises because we are alone, and the aloneness hurts... We want to drown our aloneness in relationship... That is why we become so much involved in love...

Try to see the point! Ordinarily you think you have fallen in love with a woman or with a man because she is beautiful, he is beautiful... That is not the truth... The truth is just the opposite... Let us see why and how!!

You have fallen in love because you cannot be alone... You were going to fall... You were going to avoid yourself somehow or other... And there are people who don't fall in love with woman or man... they fall in love with money... They start moving into money or into power trip, they become politicians... That too is avoiding aloneness...

If you watch man, if you watch yourself deeply, you will be surprised... all your activities can be reduced to one single source... The source that you are afraid of your aloneness... everything else is just an excuse... The real cause is that I find myself very alone... When I am alone I am not alone, I am simply lonely...

🌹 *What do we mean by this truth? Alone or lonely?*

There is a tremendous difference between loneliness and aloneness... When you are lonely you are thinking of the other, you are missing the other... Loneliness is a negative state... You are feeling that it would have been better if the other were there... Your friend, your wife, your mother, your beloved, your husband... It would have been good if the other were there, but the other is not... Loneliness is absence of the other... Aloneness is the presence of oneself...

Aloneness is very positive... It is a presence, overflowing presence... You are full of light, of love, of life, of laughter... of godliness... that you can fill the whole universe with your presence and there is no need for anybody...

What is needed is not something in which you can forget your loneliness; what is needed is that you become aware of your aloneness... of this now... This is our wow! Our vow is our reality... And it is so beautiful to experience it, to feel it, because it is our freedom from the crowd, from the noise... from the numbers, from the fear of being lonely...

To be alone is the only real revolution... real evolution... To accept that you are alone is the greatest transformation that can happen to us...

Yes! We need a commune... just few of us in a faraway place... in nature... and live just our own aloneness... just like the birds, the trees... the sun, the moon... our natural life... with our mother earth and we are here to go back to one peaceful world... no wars, no maps, no history... no such civilization...

Yes we can... if not now when? If not you and me who else? Now we are planting the seed the spring is coming and the grass will grow by itself...

Yes beloved us... we are not alone... We are connected in the light... We are not the body... we are never born and will never die... we are the existence... the infinity... the divinity... Just one step!

 Drop guilt...

There is no sin... no hell and no heaven... just now feel your freshness, look at the dawn in the early morning sun, you will have the freshness of lotus in the lake, you will have a new birth every breath... a new path to a new door...

Once guilt disappears you will have a totally different kind of life, a luminous and radiant... You will have a dance to your feet... and your heart will be singing a thousand and one songs... Look at the birds and at the children and this is who we are... Just be aware of who you are and why you are here...

There is no evil and there are no evil forces in the world... There are only people of awareness and there are people who are fast asleep and sleep has no force...

The whole energy is in the hands of the awakened people... And one Christ can awaken the whole world... One lighted candle can make millions of candles lighted without losing its light... The more you give, the more you receive... Buddha says:

Light the candle of awareness in your heart,
and your whole being will radiate love and
compassion...

Yes my beloved us... we are mewe... We are one with existence... This oneness is our aloneness... our isness... our stillness...

🌹 Be still and know that I am God 🌹

This amness is not the ego... not the mind... but the totality... the infinity... the divinity in us...

🌹 *Who is not divine? Show me where there is no God!!*

You are divine but you have not known it yet... In fact, it is because you are divine that it is so difficult to know it... It is at the very heart of your being... If it were something outside of you, you would have encountered it by now... If it were something objective, you could have seen it... But it is not outside and it is not an object... It is your subjectivity... It is not something to be seen, it is hidden in the seer... it is a witnessing... it is an experience in the core of the being...

One cannot become divine unless one already is... We can become only that which we are... Becoming is nothing but unfolding; the hidden becomes manifest.. And once we know that at the center we are divine, then a great trust arises that nothing can go wrong...

🌹 Let thy will be done 🌹

and everyone is Christconsciousness... is that which is... Even if we go as wrong as possible, we remain divine...

The sinner is as divine as the saint... There is no distinction at the root, at the source...

The idea of God as a person is our mind projection... It is not the true God... That is why many masters spoke about the godliness in us... The whole existence is overflowing with godliness... with the action... There is no division between God and the world; existence is divine...

Once we have this vision, that all is divine, we start looking at things in a new light... then the world is no more a puzzle, no more a problem, no more a question... not a problem to be solved but a mystery to be lived...

I am not God... but I have known godliness in me, in you, everywhere... It is a quality, it is a fragrance that comes from the whole existence... I am aware of it and you too... Christ is saying this to us and many other masters too...

Let us be aware of this grace.. let us wake up now... It is so easy... we are living in the same ocean of love... of lovingness... of our isness...

🌹 Yes! Let us read us!!

The young father was pushing the crying baby down the street with what appeared to be absolute calm and self assurance... People on the street could hear what was saying as he passed... "Take it easy, Nasrudin," he said... "Don't let it get you down, Nasrudin, you will soon be safe

back home... things will be all right... if you just keep calm..."

One motherly type woman waiting for a bus, heard and saw the young father and said to him, "I think you are wonderful the way you are taking care of the baby..." Then she leaned over to the baby and said, "Now, don't cry, Nasrudin, everything is going to be all right."... "Lady," said the father, "You have got it all wrong... His name is Tommy... I am Nasrudin"...



- Darling, I could die for your sake...
- You are always promising that, but you never do it...



I have seen many lovers promising each other that they will love each other forever and ever... And not knowing anything about the next moment...

Not knowing anything, what do they mean by "Forever and ever"? If they are a little alert, they will say: "It feels in this moment, it is a truth of this moment, in this mood, that I will love you forever and forever... But nobody knows about the next moment..."

That's why lovers always prove to be deceivers to each others... In the end they think...they have been cheated... They have both promised things which they cannot deliver...

 Let us enjoy this love delivery!

A rich farmer said to a young man, "I have 3 daughters with money... The youngest one is 23 and she will take 25 thousand dollars to her husband... The next one is 32 and she will take 50 thousand dollars with her... Another is 43 and she will take 75 thousand dollars with her... So which one is good for you?" ...
"That's interesting," said the young man... "I was just wondering if you have one about fifty years old..."



The young lady's hopes had been high for two years while her boyfriend remained silent on the question of marriage...

The one evening he said to her: "I had the most unusual dream last... I dreamed that I asked to marry you... I wonder what that means?"

"That means, that you have more sense asleep than you have when awake..."



A mother, worrying about her son's safety, said to him: "Didn't I say to you not to let that girl come over to your room last night? You know how things like that... worry me!"
"But I did not invite her to my room tonight, I went over to her room, now you can let her mother do the worrying."



A girlfriend at a cocktail party said to her boyfriend, "I keep hearing you use the word 'idiot', I hope you are not referring to me."
Don't be so stupid, as if there were no other idiots in the world!



The husband was complaining about his wife to a friend...
"I don't know what I am going to do about her, she has the worst memory in the world!"
"You mean she forgets everything?"
"No... She remembers everything..."



A friend came up and shook hands with the future bridegroom, "Congratulations, my friends, it is a great day, one of the happiest days of your life..."

“But I am not getting married until tomorrow!”
“I know, that makes this one of your happiest
days...”



Two old black ladies are about to get their
picture taken... As the photographer pulls
black cloth over his head and starts to adjust
the lens... one lady asks the other, “What is he
doing?”

She answers, “He is going to Focus!”
The other lady looks at her friend in shock and
says,
“Both of us?”



Let us be aware of this awareness...

- Fall asleep consciously -

You have been sleeping everyday, but you have not
encountered sleep yet... you have not seen it... What it is,
how it comes, how you drop into it... You have not known
anything about it.... You have been dropping into it daily,
coming out of it, but you have not felt the moment when
sleep comes on the mind, what happens...

So try this, and with three months effort, suddenly, one
day, you will enter sleep knowingly... Drop on your bed, close

your eyes, and then remember, remember that sleep is coming and “I am to remain awake when the sleep comes...”

it is very arduous, but it happens... In one day it will not happen... Persist every day, constantly remembering that sleep is coming and , “I am not to allow it without knowing... I must be aware when sleep enters... I must go on feeling how sleep enters... I must go on feeling how sleep takes over, what it is...”

And one day, suddenly, sleep is there and you are still awake... That very moment you become aware of your unconscious also... You become your own master and your own treasure...



🌷 Let us play with wonderful definitions...

Cigarette:

A pinch of tobacco rolled in a paper with fire
at one end and a fool at the other...



Marriage:

It is an agreement where the man loses his
bachelor degree and the woman gains her
master...



Lecture:

An art of transmitting information from the notes of the lecturer to the notes of the students without passing through the minds of either...



Conference:

The confusion of one man multiplied by the number present...



Compromise:

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



Tears:

The hydraulic force by which masculine will power is defeated by feminine water-power...



Conference room:

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



Ecstasy:

A feeling when you feel you are going to feel a feeling you have never felt before...



Classic:

A book which people praise, but never read...



Smile:

A curve that can set a lot of things together in a straight style!!



Office:

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



Yawn:

The only time when some married men ever get to open their mouth...



Experience:
The name men give to their mistakes...



Diplomat:
A person who tells you to go to hell in such a
way that you actually look forward to the
trip...



Optimist:
A person who while falling from Eiffel Tower
says in midway
“See I am not injured ye!!”



Miser:
A person who lives poor so that he can die
rich!!!



Father: A banker provided by nature...



Boss:

Someone who is early when you are late
and is late when you are early



Politician:
One who shakes your hand before elections
and your confidence later...



Doctor:
A person who kills your ills by pills,
and kills you by his bills!!



Bullshit:
Bullshit is a far better word than
“rationalization.”
We use it to avoid the word bullshit...



Guru:
Guru and disciples are mind trick...
You create them... this is a game...
You need no one to teach you...
Guru means
Gees... You ... R... U...



🌹 BELOVED MASTER...

WHY ARE YOU SO MUCH AGAINST RITUALS AND RULES?

Remember: I am not against rituals when there is no heart in it... Then it is a ritual!! But if there is a heart then it is from love to love... just remember those three mystics from Russia, praying to God:

“You are three, we are three... Have mercy on us!”
This is a ritual, a simple one, of their own invention; this too is a prayer... but their heart was in it...

A famous story about Moses: He was passing through a forest... He saw a man praying... but the man who was praying was saying such absurd things that he could not go further... He had to stop the man...

What he was saying was profane and sacrilegious... He was saying to God:

“God, you must be feeling sometimes very alone, I can come and be always with you like a shadow... You can depend on me, you need not be alone... Why suffer loneliness when I am here? And I am not a useless person either... I can be a helper... I will give you a good bath, I am a shepherd... And I will take all the lice from your hairs and your body...”

“Lice?” Moses could not believe his ears. “What is he talking about?”

“And I will cook food for you... And do you know what? Everybody likes what I cook.... It is delicious... And I will prepare your bed and I will wash your clothes... And when you are ill, I will take care of you... I will be a mother to you, a wife to you, a servant, a slave... Just give me a hint so I can come...”

Moses stopped him and said,

“Listen!! What kind of prayer is this? What are you doing? To whom are you talking? Lice in God's hair? He needs a bath? Stop this nonsense... This is not prayer... God will be offended by you...”

Looking at Moses, the man felt at his feet... He said,

“I am sorry.. I am an illiterate, ignorant man... I don't know how to pray... Please you teach me!”... So Moses did it...

Yes! Moses taught him the right way to pray, and he was very happy because he had put a man on the right track... Happy, puffed up in his ego... Moses went away...

And when he was alone in the forest, a very thundering voice came from the sky and said,
“Moses, I have sent you into the world to bring people into me, to bridge people with me, but not to take my lovers away from me... And that's exactly what you have done... That

man is one of the most intimate to me... Go back!! Apologize... Take your prayer back... He is sincere... He is loving... His love is true... It was not a ritual... Now what you gave him is just a ritual... He will repeat it, it will be only lip service; it will be out of his being.”



Don't learn empty gestures... Let your gesture be alive, spontaneous... What you have been told by others is never going to become your true life... and your true life will remain absolutely against it... and you are a victim of victims... Wake up and listen to your heart...

So on the surface, you learn one thing; deep down, you learn quite another... Deep down, you learn quite falsity... hypocrisy...

His grandmother watched the boy eat his soup with the wrong spoon, grasp the utensils with the wrong fingers, eat the main course with his hands, and pour tea into the saucer and blow on it...

“Haven't watching your mother and dad at the dinner table taught you anything?”...

“Yeah,” said the boy... “Never to get married!”



People are learning on two levels: what you are teaching... what you are...

Small children are very perceptive; they go on seeing all the falsities... You cannot cheat a small child; he is very intuitive... He knows! And even if he allows you to cheat, he knows that you are cheating and he knows that he is being cheated and he is allowing it, but he is just playing a game... He is enjoying it!! You think you are cheating him, he thinks he is cheating you...

Let your own awareness decide your lifestyle, life-pattern... Live your own freedom or it will be hypocrisy...

The master is here not to make you understand him, but to help you to understand yourself... You have to watch your own actions, your own relationships, your moods more closely; how you are when you are alone, how you are when you are with people, how you behave, how you react, whether your reactions are past-oriented, fixed patterns of thought or you are spontaneous, responsible...

Watch all these things, go on watching your own mind, heart... That is what has to be understood, that is the book to be opened... You are the unopened book...

Let us read our living book... our body is a great mystery... without this gift I cannot read nor write... I can't do anything... So how is my relationship with this ship??

My body is my home and my temple and beyond any science... Only by loving your body you will come closer to God... One should be grateful to the body... The body never creates any problem; it is the mind that creates all the problems... animals don't suffer from any idea about the body... only us... so let us love our body...

By loving our body a new being is arising, a being which is not isolated from the whole, a wave is still a wave, but now a deep understanding is happening that "I am not separate... I need not be worried about myself, I have been before I was born and will be after I am gone..."

This being a wave is only a phase, a momentary phenomenon... It is only a question of form; deep down I am one with the formless ocean, I am oceanic...

Let us go to the ocean, we only see the waves, because they are on the surface... The sea is waving through all the waves...

Remember the ocean and forget the waves, because waves really don't exist, only the ocean exists... The waves are here because of the winds...

And the same case with all beings... The man, the tree, the rock, the bird... are waves from God... We are not separate from God... Only one jump is needed... to die in the ocean... to become oceanic... to disappear in the ocean...

Surrender

If you want to achieve the maximum benefits out of any situation you have to be committed totally... This will give you the key...

Bodhidrama became enlightened in India, and he searched for a disciple and could not find one... Hence, he had to go to China... He had the key, and he was getting old, and he could not find a right successor...

And for nine years he waited in a cave, just waited, looking at the wall... He was creating a great magnetic force... He was trying to call this forth the one who would be able to carry this tradition onwards... And he had said, “When the right person comes, only then will I face him; otherwise I will continue facing the wall...”

And then one day the right person came... He stood behind him... This man who had come did not say anything... he simply waited, patiently waited... and two silences met...

And then the next day, early in the morning, the new comer cut off one of his hands, presented it to the master and said, “Turn towards me; or I will cut my head...” The master turned immediately... he had to turn...

For nine years he had not looked at anybody... He said, “So you have come?” ... Because a disciple is only one who is ready to give his head... his ego... his mind....



These are symbolic stories... Hands mean... “I give my action to you... to your heart... Use me, I am ready to become your messenger... I will carry whatsoever you want to carry... Now I will only do what you say... This is my hand.”... This is the meaning... It is not that he really cut off his hand... And then he said, “Turn towards me; otherwise I will cut off my head!” This is surrender...

The master turned, looked into the eyes of this man, and the key was transferred... Not a single word was spoken; there was no need... He became the successor...

Zen has remained an alive tradition like the Sufi... The word Sufi can be derived from Safaa... purity, purification... cleanliness... They are the divinity in Islam, not in the sense of being good... but beyond mind and beyond words no ideas... total trust... Allah is only a name for the totality of existence...

Ah! I can't share any words about Sufis... Sufis say that you cannot search for God unless he has already chosen you... the dew drop does not know the ocean... But if I start the first step and trust the trip... it will come to you...

Know yourself... Be aware of who you are... do the best you can... every work is worship... read Sufi books... listen to a Sufi story... it is not a riddle, it is a parable... it is seduction... it is the way of the lover...

The way of the Sufi is the way of the drunkard, the dancer, who becomes almost intoxicated in his dancing, who is transported through his dance... his dance is psychedelic...

It is said that Mohammad once said to Ali... "You are of me, and I am of you." When he heard this, Ali became ecstatic and involuntarily started dancing... What else can you do, when a man like Mohammad says to you, "You are of me, and I am of you?" How to receive this? Ali did well...

And remember, it is not anything, that he did... It was involuntary... He started dancing; out of ecstasy the dance started flowing... The existence started dancing through Ali... Total joy... Total happiness...

Another time, Mohammad said to Jafar, "You are like me in both looks and character..." Here again, in wajd, Jafar started dancing... What else to do?

When Mohammad must have looked into the eyes of Jafar, wajd, Samadhi, was created... The transfer beyond the scriptures happened... How to receive this? How not to dance? It would have been impossible not to dance... not to become the dance... God keeps dancing in him...

🌹The way of the Sufi is the way of dance, song, celebration...



Real Sufis are constantly in hiding... no time to waste the truth... on one side they hide from the stupid, on another

hand they go on helping those who are in search... this part is very essential...

So you have to become invisible from one side, to people who are not the right people, and you have to become more and more visible to those who are in search... These both go together in a kind of balance... It is balancing... it is a verb... from the right to the left and we live all the dimensions and beyond... It is the total way and then a balance comes of its own accord...

Thank you for reading about the great Sufi mystic Bayazid... When he heard the station of nearness he heard a voice which ordered him...

“Ask for something!”

The state of nearness is the state when you are falling silent, when voices in your head are disappearing, evaporating, when thoughts are leaving you, deserting you; when you are feeling utterly alone, not even shadows of the others are present; when you are just on the verge of disappearing... That is called the “station of nearness”... “Maqam Alqurb” in Arabic...

When bayazid reached this level of nearness to God he heard a voice which ordered him... “Ask for something!”... “I have no desire,” he replied... But the voice insisted... It said, “You ask for something!!” And again he said, “I have no desire.” But he said, “Then I want only thee!”... The voice then said... “Because of your desire you are still far from God!”

Bayazid missed... He was just on the verge... he started asking, he came back to the mind... Desire is desire... it will put us in the market place... When the I is still alive... I am not alive... I is the ego... amness is the existence...

When there is I it creates duality, and all is lost in duality, when there is no I... no ego... then you are one with the one... When you give up the world and the hereafter you are no more only God is... There is nothing inout Bayazid... only Allah... God has to be found in us... within us... but our eyes are fixed at distant goals... in the future not in the now... Our life is only 3 days...

- 🌹 The first day renounce the world
- 🌹 On the second day... renounce the other world...
- 🌹 And on the last day renounce yourself...

This is how Jesus became Christ... and every prophet and every real master... Only 3 steps and no more any trip... no more any trap...

The first step: becoming aware that this world is nothing but games, is nothing but our projection... The second step, becoming aware that the world, heaven, paradise is also nothing but unfulfilled dreams, desires for many doors... And the third step, when this world is dropped and that world is dropped, then all that left is you... then all that is left is the faculty of projection, the mind, the ego... so this step is to drop the ego... And suddenly you are back home... Nothing is needed... all is available... we are searching out...

We never looked within... at the inner treasure...We forgot the language of the inner...We forgot that there is an interior in us and that interiority is Allah... is God...Is Godliness...

When Bayazid was dying, his disciples saw a great light around him, but they had not known anything like this; so radiant...

They asked, Bayazid, please tell us what has happened to you? What is happening to you? Before you leave us, give us your last message... He opened his eyes and he said, "God is welcoming me... I am going into his embrace, his hugging... Goodbye..."

He closed his eyes, his breathing stopped... and a great explosion of light in the room and then it disappeared...

When a person has known the transcendental in himself, death is nothing but another face of God...God is the light of the existence... Then death is a celebration... The whole life is a preparation for this ultimate... This is the meaning of our life... Christ is saying... we are the light... we are the love... we are the life... we are the laughter... Alleluia...

Just sitting by the side of any light you will catch it... nobody can teach it unless you will catch it... It is our thirst... our hunger... our flow to the river...

Spiritual guidance is nonsense... Spiritual presence is the way of a real master... it may happen just by a look into your eyes... this is what happened when Jesus looked at Peter...
“Come with me and let the dead bury the dead...”

There is no fixed pattern of guidance with a real master... any touch can become a transfer of energy...

🌹 All that is needed is our availability... 🌹
🌹 All that is needed is our indefensibility... 🌹
🌹 Don't put walls between you and the truth... 🌹
🌹 Just trust the trust... 🌹

Ordinarily everybody is defending himself... That's how we have been brought up in the world; be defensive, be alert, because the whole world is your enemy... And if you are not defensive, you will be crushed...

In fact, people like Machiavelli say that the best way to defend is to attack... If you really want to defend yourself, before anybody attacks you, you attack... That's the best way to defence... And certainly it is...

If you are in search of defence then don't wait for somebody to attack you; it is better you attack... Make the other person defensive and you will be step ahead...

That is the best way for your defence... Machiavelli is the real teacher of all your spiritual guides... They are not helping you to drop your defences... nor your fences...

We are the cause of all what you see... all wars and all illnesses.. all the misery because of our ignorance... our ego... our mind...

Yes! It is our choice to be for the light or for the fight?
How did Bayazid become himself?? How to be who we are??

Junnaid was the master of Bayazid... for six years, not even looking at him for the whole day... Just saying "sit down"... After six years... The master touched the hands of the disciple and brought him in... "Then for six years again, there was silence... and after six years, he looked at me and smiled; and then for six years again he forgot about me completely... it took eighteen years... then he called me close, and hugged me, and kissed me on my forehead; and that very moment something happened.... I don't know how and what it was, but something in me died, and I was completely renewed... a born again a humanbecoming... a rivering... I looked all around; I had the same eyes, but everything looked new, fresh, alive... The whole existence became a beauty... And just the way I felt grateful to my master, he also felt the same towards me... It is our patience... it is not easy... but this is the only way to be who we are... total trust to the now... total trust to the master... it is a love life between them... alight in both of both of them... A true master looks at things in a totally different way and that is the only way..."

In the human being's growth, the presence of the master is needed, but not any spiritual discipline...

The real thing only happens between two living flames... All that is needed is that those two living flames should come closer... Now, coming closer is not a discipline... it is a love affair... it is not a practice... That's why a real religion is a love affair, a love affair with existence itself...

Be silent, be available, trust... because you have nothing to lose... And then one day... of course it is unpredictable when, one never knows because things are so relative... It may happen in this moment; it may take years, but it does not matter...

Once you have detected a real master, once you have had a little glimpse of an authentic man, then it does not matter when it happens... It does not matter whether it happens or not...

In finding the master it has happened already... Now it is only a question of when you realize it, when you recognize it... You may take a little time, you may take a long time... but it is immaterial... Take your time, enjoy it... and whenever you want to recognize... recognize this life, next life... time is immaterial...

When you are separate and have private goals, there is such a tension that your awareness becomes very narrow, you become closed, simply surrender, allow existence to carry you...

🌹 A story to share...

I have heard about an old woman who was travelling on a bus... she was very anxious, trembling and continuously asking the driver what stop it was...

The stranger sitting beside her said, "Relax, don't be worried... The conductor will go on saying what stop it is, and if you are too worried I will even call the conductor... You can tell me or tell him where it is you want to get off, so we can help you... or he can keep a note of it... and you relax!"

So what he did? And what she did? He called the conductor and the woman said, "Please remember, I don't want to miss my stop... I have to reach where I am going very urgently..."

The conductor said, "Okay, I will make a note of it... Even without your asking I will be announcing it, but I will make a note of it and I will come to you particularly and tell you when your stop comes... Don't be worried... Now, where is it that you want to get off?"

The woman, perspiring and trembling and tense said... "Oh thank you... You just make a note of it... I need to get off at the bus terminal."



Our consciousness becomes narrower and narrower when we become tense... We become closed, and it becomes more and more difficult in such tension, in such anxiety, to remember...

Ego means tension, carrying a load of fear, of anxiety... and unnecessarily... so why worry?

Now if it is the bus terminal, why should you worry? How can you miss it? The moment you rest, the moment you relax... you will have it...

Just relax, you know that existence is already moving, reaching towards those higher peaks... And you are part of it!! You need not have separate ambitions...

This is surrender; relaxing, dropping all private goals, dropping the whole achieving mind, all the ego projections... This is the whole secret of enlightenment: it happens in a deep state of rest...

Yes! Let us rest... let us learn to sit silently, doing nothing... Just resting in yourself... It takes a little time because we have been brought up to be restless, we have been brought up by people who have been victims too... who have been restless themselves... They have poisoned us, they have corrupted us, not knowingly, not intentionally, they may have been good people, they may have been very loving but they were unconscious, and unconscious people cannot help, they can only harm... They have made everybody restless...

Everybody is always running, rushing, not knowing where, not knowing why, for what... Speed in itself has become important.. as if it has some intrinsic value...

Just look at the rich people... What they are doing? Who is happy? So is the poor... My neighbour is a very busy man and always rushing from this place to another place... always on the run... Whenever he was at home he would play chess, playing cards... stupid things...

I used to ask him why... and he would say, "To kill time..." I told him many times... "This is strange; you don't go by train when you have to go to another town, you rush by airplane to save time... and when time is saved you play stupid games to kill it... And you think you are a professor of logic and philosophy and business... You are a fool!!! If this is for what time is to be saved, then why save it in the first place? Then go by bullock cart!! You will enjoy the scenery and the villages and so many things on the way... Journeying by airplane is not really a journey.. You enter a capsule in one place, you get out of the capsule in another place, to save time... and then what do you do with time?"



Yes! Truth creates problems... who wants to listen to any trouble? And he died in a plane crash... for all the cash... Catch the true money... not the false honey...

The problem is not in the money but in us... A meditator has to learn to do only the essential and not to waste one's

life in the unessential... just relax, rest, enjoy your joy and slowly slowly you will settle in your own centre you have touched eternity, you have touched timelessness, you have tasted nectar for the first time...

The whole of religion exists for this truth, this experience... If religion is not going to give you the experience of the immortal, of the eternal, then it is absolutely pointless...

Yes! You can get it without any medium... Your thirst will take you to the spring... The book is my best companion and the master of the book is in my heart... Truth is alive... It is beyond form and frame and time... I read only Osho and he is alive in my heart... He is not a body, not a name, but a mystery that lives in all of us... But the master is only a mirror... a reminder... just be aware of who you are and why you are here and you will be free from time and space...

 Now or never is our immortal treasure...

Yes! We can meet our treasure... Let us face this truth... the ultimate accident...

Be authentic in your search; do everything for it, it is the thirst to know the original behind the reflection that makes you worthy of the “ultimate accident.”

Chiyono went from one monastery to another to take sanyas, to become a nun... But even great masters refused

her because she was so beautiful... So what to do?... She burned her face and she was accepted as a nun...

She was so ready... The search was authentic... She was worthy of the accident, it was earned... She studied, meditated for thirty, forty years... Then suddenly one night... She was looking at the moon reflected in the pail of water she was carrying... Even reflections are beautiful, such music was there, that now a desire has arisen to know the source...

As she was walking along, she was watching the full moon reflected in the pail of water... Suddenly the bamboo strips that held the pail together broke, and the pail fell apart... The water rushed out, the moon's reflection disappeared and Chiyono became enlightened... She wrote this verse...

This way and that way
I tried to keep the pail together,
hoping the weak bamboo
would never break...
Suddenly the bottom fell out...
No more water,
no more moon in the water
emptiness in my hand



Enlightenment is like an accident... But don't misunderstand me... I am not saying don't do anything for it... If you don't do anything for it, even the accident will not

happen... It happens only to those who have been doing much for it, but it never happens because of their doing... and it never happens without their doing...

All your meditations will just create an accident-proneness, an invitation, that's all... Every work is worship... every work is our meditateness... Let our doing be our flowing from our heart... And be ready for the gift, for the grace and for the bliss... Be ready for the accident, for the unknown... ready, waiting, receptive...


Without the invitation the guest will never come... If we are totally available go for it... Mohammad went to the Jewish woman and ate poison... just to save a soul... She was in a great alertness and accepted the Islam... Buddha too... The host and the guest are one in the loving heart...

This is the law of existence: Truth cannot be conquered but can be invited... One has to be just a host for the ultimate guest, and that is what mediation is...

It simply makes you empty of all rubbish, it empties you completely so you become spacious, receptive, sensitive, vulnerable, available... And all those qualities make you passionately inviting; an invitation for the unknown, an invitation for the unnameable, and invitation for that which will make your life a fulfilment, without which life is just an exercise in utter futility... But one cannot do anything more than that; just an invitation and waiting... This is what we call prayer:

Invitation and waiting in deep trust
that it is going to happen...
And it happens, it has always
happened!



 *Why it does not happen to me? I am not happy at all... I don't know what happiness is... What to do?*

Let us share what we read... Humanity can be divided into two types: the sleeping ones and the awakened ones and, of course, a small part in heaven... which is in between... have-in...

Happiness will depend on where you are in your consciousness... If you are asleep then pleasure is happiness... Pleasure means sensation, trying to achieve through the body, forcing the body to achieve something it is not capable of...

We are trying, in every possible way, to achieve happiness through the body... But be aware, the body can give you only momentary pleasures, and each pleasure is balanced by pain in the same amount, to the same degree...

Each pleasure is followed by its opposite... why? Because the body exists in the world of duality, just as the day is followed by the night and death is followed by life and

life is followed by death... It is a vicious circle... Your pleasure will be followed by pain, your pain will be followed by pleasure...

But you will be at ease... When you are in a state of pleasure you will be afraid that you are going to lose it, and that fear will poison it... And when you are lost into pain, of course, you will be in suffering, and you will make every possible effort to get out of it... just to fall again back into it... How many times we stopped smoking? How many times we stopped many addictions? And we fall again in a bigger trap!!

But the sleepy person knows nothing else... He knows only a few sensations of the body... food, sex... This is his world; he goes on moving between these two... These are the two ends of his body; food and sex...

If he represses sex he becomes addicted to food; if he represses food he becomes... yes! Addicted to sex...

Energy goes on moving like a pendulum... And whatsoever you call pleasure is, at the most, just a relief from a tense state... Sexual energy gathers, accumulates; you become tense and heavy and you want to release it...

The man is asleep, his sexuality is nothing but a relief, like a good sneeze... It gives you nothing but a kind of relief, certainly... A tension was there, it is no more there; it will accumulate again...

Food will give us only a little taste on the tongue; it is not much to live for... But am I here to eat? Do we eat to live or live to eat? What is the food for the spirit? Many people now on this planet... They live on breath... on prana... www.baytallaah.com... Jasmuheen... You watch her talk and gives so many keys to our inner treasure... She is beyond body...

So it depends on people what can be called happiness... To the sleeping person, pleasurable sensations are happiness... He lives from one pleasure to another pleasure; he is just rushing from one taste to another taste... He lives on small thrills... His life is very superficial; it has no depth... It has no duality... He lives in the world of quantity...

Then there are the people who are in between, who are neither asleep nor awake, who are just in limbo, a little bit asleep, a little bit awake... You sometimes have that experience in the early morning; still sleepy, but you can't say you are asleep because you can hear the noise in the house... Your wife preparing tea, the noise of the samovar or the milkman at the door or the children getting ready to go to school...

You can hear these things, still you are not awake... Vaguely, dimly, these reach you, as if there is a great distance between you and all around you...

The same happens when you are meditating... The non-meditator sleeps, dreams; the meditator starts moving away

from his sleep towards awakening... He is in a sleep towards awakening... He is in a transitory state...

Then happiness has a totally different meaning, it becomes more qualitative, less quantitative; it is more psychological, less physiological... He enjoys music more, he enjoys poetry more, he enjoys creating something... He enjoys nature, its beauty... He enjoys silence... He enjoys that which he has never enjoyed before and this is far more lasting... Even if the music stops, something goes on lingering in you... And it is not a relief...

The difference between pleasure and this happiness is: it is not a relief, it is an enrichment... You become more full, you become a little overflowing... Listening to good music, something is triggered in your being, a harmony arises in you... You become musical... or dancing with a weightless body... Gravitation loses its grip on you...

Suddenly you are in a different space; the ego is not so solid, the dancer melts and merge into the dance.. This is far higher, far deeper than the joy that you gain from food or sex... This has a depth.. But this is not the ultimate either...

The ultimate happens only when you are fully awake, when you are a Buddha, a Christ, a Mohammad, a Rabiya, a Fatima.... When all sleep is gone and all dreaming is gone, when your whole being is full of light, when there is no darkness within you...

All darkness has disappeared, it is a luminous darkness, and in this state, the ego is gone; all tension have disappeared, all anguish, all anxiety... You are in a state of total contentment... And you live in the now... in the present, no past, no future... You are utterly herenow...

🌹 This moment is all... 🌹

Now is the only time and here is the only space...

And suddenly the whole sky drops into you... This is bliss... this is real happiness...

Pleasure is animal, happiness is human, bliss is divine... This is our Haj... This is our pilgrimage...

Pleasure binds you, it is bondage... it chains you... Happiness gives you a little bit of freedom, but only a little more... Bliss is absolute freedom... You start moving upwards; it gives you wings... You are no more part of the gross earth; you become part of the sky... You become light, you become joy...

Pleasure is dependent on others... Happiness is not so dependent on others, but still it is not separate either; it is your very being, it is your very nature... To attain it is to attain to God, to nirvana...

Let us look at things which make us happy... Life is short, so don't miss any opportunity to be happy... Ordinarily we go on doing the opposite: we don't miss any opportunity to be unhappy... So whatsoever you are, be happy in it, "Relax and

accept yourself as you are... do not ask for any advice from others... listen to your heart... live your choice..." To be happy is a great talent... great intelligence, great awareness, almost a genius is needed to be happy....

To be unhappy is nothing... Even stupid people are unhappy... It is nothing... And it is very easy to be unhappy because the whole mind lives through unhappiness... If you remain happy for a longer time the mind starts disappearing, because there is no connection between happiness and the mind...

Happiness is something of the beyond... That's why the mind will create problems sooner or later... Even when there are no problems, the mind will create them... fantasy problems, out of the blue, to make you unhappy... Once you are unhappy, the mind is happy... You are back on earth then and things start moving in the rut...

The mind is the root cause of unhappiness and whenever you are happy you are mindless... Watch a moment of tremendous happiness... suddenly there is no thoughts... You are simply happy; not even the thought of unhappiness is there... That too you have to recapture later on... Later on you suddenly realize... "Ah, so I have been happy for so many minutes without any unhappiness arising, popping up!"... You recapture it only when it has passed...

But in a really intense moment of happiness there is no thought... It is pure stillness.. It is completely empty of thoughts, so the mind is disturbed very much... It lives

through unhappiness... It has a great investment in unhappiness...

So watch that... Once one has learned how to be happy, one should by and by start dropping habits of being unhappy... And they are simply habits... nothing else...

It is unbelievable that people are unhappy just because of habits... There is no causality for being unhappy... The world is absolutely ready to make you happy... Everything is as it should be, but somehow one goes on missing... One goes on living in one's own cloud... dark... By and by one gets too attached to it... One almost starts liking it... In fact without it, one will feel at a loss as to what to do..

People are wed to unhappiness... it is almost like marriage unknowingly... So you have found a track... whenever you see that the mind is arising again with its old tricks, immediately jump out of it... immediately do something to distract yourself... Even jogging will do... A good jerk to the body will do or slapping your face... Anything that gives a shock... just a cold shower or running around the house... anything that simply changes the trend, and you will find that you have regained the track... This is only for a few days...

Once you start living in happiness, once you know the taste of it and it enters deeply into your being, there is no need then... It is simply there...

Joy is our nature, our birthright... It is our royal kingdom of love and compassion... Why all these wars?? Why so much hate and anger and greed? Let us wake up now...

Don't be a victim any more but a victor... an emperor not a beggar... Let us be grateful and join this prayer...

- NEVER FORCE CHILDREN TO PRAY -

At dinner, a little boy was ordered by his father to pray...

They know how to play but Dad said... you pray...

Boy: To whom shall I pray?

Dad: Just pray for your family members, friends and neighbors, the poor... etc...

Boy:

Dear Lord

Thank you for our visitors and their children, who finished all my cookies and my ice cream...

Bless them so they won't come again!

Forgive our neighbor's son, who removed my sister's clothes and wrestles with her on her bed yesterday...

This coming Christmas, please send clothes to all those poor naked ladies

on my daddy's blackberry mobile
phone... And provide shelter, Lord, to
the homeless men who use mom's
room when daddy is at work...

AMEN

That evening Mom and Dad did not
have dinner...



A man was away on holiday when he
received the following telegram...
“Your mother-in-law is dead... Do you
want her cremated, embalmed or
buried?”
“All three, take no risks.” Came the
reply...



Let us share our seeds too...

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 else



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... A 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, I smoke six packs of cigar a day, I drink, I enjoy a large bottle of whisky a day and six cases a beer a week... I play the guitar and I go out every night...

– My goodness... That is just great for your old age... how old are you?

The little old man took the cigarette out of his mouth and said...

Twenty five...



A man went on a safari with his wife and his mother-in-law...

One day he was lying in his tent when he heard a cry from his wife... he jumped up to see mama-in-law shaking her fist at a huge lion who was standing five feet away from her... ready to move...

“Do something,” asked his wife in alarm...

“Why should I? That lion got himself into this mess... Let him get himself out of it.” Said the husband...



Yes! Laughter is the best teacher... and so is love...

The doctor came out of Mr Rizoto's bedroom and said...

- Frankly, Mrs Rizoto, I don't like the way your husband look at all..
- Nor do I, but he is nice to the kids..



Mr Fungus is sitting around the kitchen reading the newspaper...

His wife, Olga, is getting very bored and very frustrated...

- Hey, Fungus... Will you take me to the zoo?
- No, sweetheart, anyone who wants to see you can come here...



The difference between capitalism and communism...

In capitalism man exploits man and in communism visa versa...



Two men sitting around drinking a few beers...

- How is your wife looking these days?
- She went to the beauty shop and got a mud pack and for two days she looked nice...
Then the mud fell off...



To have the last word with a woman...
Apologize...



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



Say it with flowers, say it with kisses, say it with sweets, say it with drinks, but always be careful not to say it with ink...



The first day David came back from school...
Mama asked him...
- What did you learn today?
- I learned that my name is not “don't...”

As parents we say “don't do this”, “don't do that”... so much... So David thought “don't” was his real name...



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



Two men sitting in a restaurant in NewYork discussing communism...

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

Ah, said Boris, we in Russia have equal
freedom... anyone who wants to can walk and
call president Obama an idiot pig...



The world is to be treated as a stepping
place, not as a stopping place...
Use it as a bridge to God...



To think in terms of time is politics...
To think in terms of eternity is religion...



An atomic war will not determine who is
right
but who is left...



A pessimist is someone who is afraid that
the optimist is right...



Moving from head towards the heart
brings transformation...



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



what you are is God's gift to you...
What you make yourself is your gift to
God...



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



To be yourself gives you all that you need
to feel fulfilled, all that can make your life
meaningful, significant...

Just being yourself and growing according
to your nature will bring the fulfilment of
your destiny...



Each error is an opportunity to learn... Just
don't commit the same mistake again and
again...

That is stupidity...

But commit as many new mistakes as you
are capable of and don't be afraid...
because that is the only way nature
nurtures us...



Once upon a time... A tramp knocked at a
cottage door and when it was opened he
said to the housewife...

"I beg your pardon ma'am... but I wonder
if you would sew a button on a coat for
me?"

"Sure and why not? Come in... It is cold
and you need the coat..."

The tramp entered and handed the
woman a button...

"Very well," she said, "now where is the
coat?"

"Ah... I got nothing but the button,
ma'am..., I was thinking maybe you would
sew the coat on..."

The lady laughed and realized that she has a coat with a missing button waiting for someone...

If I am ready to supply the button, at least a little effort and thirst of my own... a readiness to risk... to devote... to dedicate and to sacrifice... God is ready to give me the coat... but it is me who has to take the first step... I have to open the door... All that it takes is a step towards him and enjoy the rest of the trip, for it is not the movement that leads us somewhere but it is the direction...



 A story a day keeps the worry away...

Last summer, on an extremely hot day, there were two frogs out in the back yard... They were very thirsty... Suddenly they noticed a large bucket full of white liquid... it was milk and frogs love milk...

So they hopped into the bucket of milk and began to drink... They were happy and they drank

down a whole lot of milk... After a while the bigger frog, the more anxious and pessimistic of the two said... “Hey, wait a minute... We are in trouble... How are we going to get out of here? There is no way to jump out... we are down low and the walls are sheer... and fragile... we are going to drown”... The little frog always optimistic, said... “We will figure it out, just keep swimming...”

So they continued to swim... Soon the bigger frog said in a panicky voice... “Look buddy, there is no way out of here... We are doomed... Why even try?”

The little frog answered calmly, “Come on, we will think of something... keep swimming.” Finally the big frog said, “I can't stand it any longer, nothing is happening... I am giving up”... and he stopped swimming...

and sure enough, he went glub, glub, glub... right to the bottom of the bucket...

The little frog kept swimming round and round in circle, sure that things would get better... and as he swam and swam he noticed that it became more and more difficult to move his legs... He was getting more and more resistance... The milk got thicker until it turned into butter and he perched his little feet on the

butter as if it became a stepping stone and
hopped out of the bucket...



Yes! Every pain has its own gain... Just relax... be calm
and trust existence... No accident by accident... It has a
reason beyond any season... Enjoy both sides of the coin... of
the moon... the light and the darkness are one.. This is why
we love stories... they speak to the subconscious of the
mind... and the mind loves stories and the body lives them
according to the mind order... This is why great masters
teach us with stories and parables...

Thank you for all your share and your care and yes for
the tea thyme...

TEA THYME

Most herbal spices are stimulants and
aids to digestion... They are used to
relieve many pains as nervousness,
spasm, coldness... Thus the kitchen
spice cabinet can be thought of as a
safe and natural alternative to the
synthetic drugs found in the medicine
cabinets or the commercial teas in the
organic forms...

Reading labels helps us a lot in
maintaining our health... Our body is

our vehicle and our home and our temple and we have the choice to choose the natural ingredients and it is more effective and less expensive...

You can plant all what you need in your garden and on the balcony...

Let us tease together...

Tea one

5 wps of good water, spring or filtered...
2" - 3" sticks of cinnamon..
2-3 - slices of fresh ginger or a tea
spoon of fresh juice...
3-5 cloves
1 Table spoon of camomile...

Just let them boil and simmer for few minutes... and drink it on an empty stomach... it is very good mainly for coughing and headache...
Enjoy it... health is wealth...

Tea two

5 wps of water
1 Table spoon of anise seeds
1 Tea spoon of caraway seeds
5 Seeds of cardamon

Boil them and simmer 10 minutes...
This tea is very useful for breaking up
mucus and is used for blurred eyes...
Now we watch too much TV and
computers... So be aware of your eyes...



THYME

Thyme is important as parasiticide for
intestinal worms... It is frequently used
as a tea for bronchial problems such as
acute bronchitis, whooping cough and
laryngitis...

It is also of benefit for the treatment of
diarrhoea, chronic gastritis and lack of
appetite...

Externally, its antiseptic properties
make in a useful mouthwash and
cleansing wash for the skin...

Herbs have lots of gifts to us, mother
nature has all the ingredients we need...

If you want to know more about herbs
and plants, pick up a book and there are
many books, ready to be read...



THE HOT ICE CREAM

Yes... It is hot and it burns the body...
Ice burns too...
Let us know the history of ice cream,...

A long time before Dolly Madison first served ice cream in the white house, people were licking, spooning and enjoying what has often been called the desert of kings...

Nero, emperor of Rome, employed runners to nearby mountains to bring back snow!!! Honey and fruits were added to create what was really a first century form of sherbet... Sorbet is the new word... in Arabic Sharbat...

Nero was so jealous of the delicacy that he ordered it served exclusively for his use...

Marco Polo, who spent his life travelling, brought a recipe from 13th century China back to his native Venice... milk was added... Only the wealthy could enjoy it since the freezing process was so difficult...

Ice cream was favourite in the 17th century English court of Charles the first, who by royal decree, the cook who knew the secret was sworn not to reveal it to anyone... What a sense... a royal is loyal to such law!!!

The historical development of ice cream has given way to the mechanical production... Americans eat too million gallons of ice cream per year... This was 30 years ago... What do we have in it? What kind of drugs and poisons?? Watch

the video “A Diet for a New America...” by John Robbins... the son of Baskin Robbins...

The ice cream industry of today has grown to be the favorite dessert... In the olden golden days when ice cream was made of cream, milk, eggs and sugar in better qualities and homemade ways and tools and a serving of ice cream did not do much harm... Today in this mass production time it is another matter entirely...

According to FDA... a gallon of ice cream contains any of an estimated 1200 ingredients such as stabilizers, artificial flavoring, emulsifiers, additives and preservatives... 16% - 50% polluted air and refined sugar is still primary ingredients and many more secrets that are added to the contents and the container...

Homemade ice cream can be made by using natural ingredients without any of the chemicals and can be delicious and as satisfying and less expensive...

Ask for ice cream made from sweet grains or fruits and here is a try for your kitchen...

Strawberry Ice Cream

2 Cups rice milk or nut milk...

½ cup cashews

1 Cup strawberry

12 pitted dates... soft...

1 table spoon maple syrup or honey...

You can add any rind of citrus or a dash of musk powder to give it the taste of the middle-Eastern smell...

Blend and freeze it and serve it before it gets too hard...
The health food stores have all the ingredients...

Yes! The cure is in the kitchen...



There are many books written by many honest doctors...
look for them and they are very simple...

Truth is very simple... and truth is the only winner and
the only danger... But what is your choice?

And instead of ice cream or ice scream... you can have a
cookie... it keeps you warm and centered... it is better if we
eat according to the seasons and body needs...

 COOK A COOKIE 

1 Cup almonds, ground in blender...
1 Cup rolled oats, ground in blender...
1 Cup whole wheat pasty flour...
¼ tea spoon cinnamon...
Pinch of sea salt...

Liquid ingredients:
½ Cup corn oil...
½ Cup maple syrup...

Combine all ingredients in bowl, with corn oil and maple syrup together, add wet to dry ingredients, form walnut sized ball and flat it on oiled cookie sheet...

Fill each cookie with ½ tea spoon of jam in the middle...

Bake at 350 for 15-20 minutes or until golden grown... brown...

It makes 12-15 cookies...

Enjoy chewing...



Let us say it again and again and again... Everybody eats, but very few know what to eat, how to eat..

If we eat wrongly, no doctors can cure us...

If we eat rightly... no doctor is needed...

Be your own doctor...



 *How to be my own doctor? My own healer?*

Yes! So easy... Listen to your body... to your pain... to yourself...

Who am I?

Why am I here?

How to start this trip?

Just by reading... Read what is good for you... what gives you the answer... I read only Osho, Kushi, and jokes and stories... 50 years ago I was dying of cancer but it gave me the answer and nowadays I am dying of so much ignorance on this planet...

Why don't we listen to our heart? Why so much cancers and aids and more new diseases and new tools for killing??

What are we here for?

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

Who am I makes a difference...

Let us just join hands and plant the seed of
one peaceful world...

Now or never...



Let us listen to this phone call...

– Halo... this is mariam nour... can I help you?

What is your name?

– It is me...

– What is the name of this me?

– My name is Sara...

– What is your question?

– I am bored...

– Congratulation... go and help others who are bored
too...

- But I am bored and depressed and I don't know what to do and here I am stuck...

Please help me....

- Good luck... you are in a cut-de-sac... dead end... so start a new beginning... Understand what boredom is and then you realise how gifted you are... The animals are not bored... The donkey looks bored but he is not... This privilege is only for us... boredom is a turning ring... go in... drive in... you are no more interested in the out... Life is a balance between in and out... Like day and night...

Now is the time for you to know yourself... Touch your heart and tell me what hurts you more?

- I don't like the school... I don't like my friends... I don't like my parents... I don't like shopping... I don't like sex...
 - What do you like? How old are you?
- I am nineteen but I feel I am ninety... I love to live alone and listen to music...
 - Do you have the money to support yourself?
- No... my parents are divorced but both of them give me what I need... This is why I love them...
 - Is this love?
 - No... but I only use them...
- It is good to know this... Sara!! Be aware of what you are saying... You are honest and you searching for a new door... a new change and no one will help you only you... I only give you a key...
 - What is the key?
- Go to any bookstore... look at any book you love... books that give you answers to your heart... gives you health

to your body... and start loving yourself... You are here
for a reason... You are here to plant peace not war...
love not hate... but unless you live it you cannot share
it...

If I don't have water how can I answer your thirst... You
are welcome to my home and you will see what you can
see... Open my web and the internet has all the answers
for your innerlight...

- Your words are very loving... but what can I do now?
- Sara!! Go to your room... open up your closet.. take out
all what you don't need... clean your room from old
toys... old clothes.. books... shoes... make ups... you see
it all... all what you have not used for a long time... Put
them in nice bags... with a flower in every bag... and go
look for the ones who need your gifts... need your love...
they are for them... and from this step comes the next
step... now is the time to live...

Yesterday is a history...

Tomorrow is a mystery...

Now is the only present...

Go and share your present and then call me back and share
with me your love and you are welcome to my home... to our
dome and our royal kingdom...

Just step this step and the next step in the first step...The
whole journey is in our first step...

- Yes! I will do it soon and we keep in touch... You took off
a great burden from my head and heart and back...

See you soon



This is how I started my trip.. I was down in the trap and started reading books about my inner self... and went to the refugee camps and still going from in to out and here we are together in the garden of Eden doing our best to plant peace and be who we are now-here and total trust to existence... to God... to any name or verb... but let us walk our talk and let us face the global madness and plant the seed of global peace...

Yes! We can...

🌱 Impossible is I-m-possible 🌱

Start accepting yourself with all the imperfections, all the mistakes, all the failures... Don't ask yourself to be perfect... The river is rivering... you are a living loving... you are glowing and growing every now...

🌱 Change is a constant law...

Just look at the animals, at the birds; nobody is worried, nobody is sad... nobody is bored... nobody is frustrated... there is no tension, there is tremendous harmony with nature... You don't see a buffalo freaking out... It is perfectly centered, chewing the same grass everyday...

Animals don't make parties to change the world... to make religions... no animal is concerned at all with human ideas...

And they must all be laughing: what has happened to man? Why can't you be just yourself as you are? What is the need to be somebody else?

So the first thing is a deep acceptance of yourself as you are... no makeup... only wake up...

Live your senses as they are or you will move into perversions, jealousy, anger, hatred... a dry life with no juice...

To be yourself gives you all that you need to feel fulfilled, all that can make your life meaningful, significant... just being yourself and growing according to your nature will bring the Christhood... the Buddhahood to your heart... to your destiny and this is what enlightenment is... what our birthright is...

So let us be who we are... and this is why we are here... to hear our heart...

“Be still and know that I am god”



Let us say goodbye in the best way and by... Now, for the first time, humanity is on the edge... in the fear of a universal death... Before, individuals have felt it, it was a small thing.. Now it has become total and global... Any moment any computer in the Soviet Union or America can go wrong... it is not even in human hands, now everything is being controlled by the computers... And you know, you cannot depend on

machines, you cannot even depend on men... Just a small accident, and the whole world will be just going up in smoke; hence the tension is tremendous...

But we can make it a great opportunity too... Because death is so close, and life is more unreliable than it has ever been... You can change your life into deep silence, into meditation; you can realize, under this pressure it is easier to realize, your inner most center, which is immortal... No nuclear weapons can destroy it... And once we have felt it, all tension, all misery, all anguish, will simply disappear as if it was never there before...

This is the time for everybody to meditate... We are not the body... we are a ray of light... We are here to plant peace... we are here to hear our inner treasure... our inner silence... our inner stillness... Yes!


🌹 “Be still and know that I am God” 🌹

Christ is saying it... our amness is our oneness with existence... is our light to live the balance... to carry our cross and be in the middle of the heart... to witness without any judgment only by accepting all what is happening and just say...

Let thy will be done!

Let us do our best... and the rest will be done by the creator... But we are the hands of God... we are the medium... But what is my choice? To whom shall I listen? To my mind? To my ego? Or to our God?

This is the time that, except for meditation, nothing can help us to get out of our misery... meditation is the key for any cure... and it is a simple phenomenon... Just whenever you have time, sit silently, doing nothing... relax... close your eyes... watch your thoughts... as if you are watching a movie on the screen...

 You are just a watcher... 

And you are in for a great surprise... Perhaps the greatest surprise of our life...

If we can watch our thoughts, just as if they are moving there on the screen, and we are not involved in them... they start disappearing... It is our involvement that gives them life energy...

When you, or we, or I, or us... withdraw yourself and become just a witness, thoughts start falling, like leaves which are dead start falling from the trees...

Soon we will be surprised, the screen is empty... The moment the screen of the mind is empty, a miracle happens... our consciousness which was focused on the screen of the mind, finding there is nothing, turns upon itself... the circle is complete... So it comes back to the original source and this is what enlightenment is... You have become awakened, you have opened your eyes for the first time... Now for you there is no death, no misery, no pain; for you there is only blissfulness... And this blissfulness is not something that you will attain after death... This blissfulness is something that happens here and now...

We are to learn the religion of here and now.. All the religions have been teaching you postponement... That is a very cunning trick...

🌹 Buddha is saying now is the only truth...

🌹 Christ is saying Let them will be done...

🌹 Mohammad is saying... an hour of meditation better than seventy years of worshipping...

🌹 Be in the moment 🌹

But the priests are victims of ignorance just like us or most of us... There is no sin after death, there is no hell and heaven... Let now be our only life... and now is our only experience... And if we are living it, we are one with Allah... with God... with existence...

Now is our time to be a rebel... but our rebellion does not mean that we have to go against something which is intelligent, intelligible... Our rebel is against stupidity.. This is our responsibility, let us be alert and aware not be destructive... but live our attitude of looking at things, of watching things; what is happening in me, around me... our sword of intelligence, of wisdom, of compassion should remain shining, that is all...

You have to be your own master... your own rebel... your own watcher... no one is against the other... we are one royal family... we are the commune of one peaceful world...

Every rebel is a guardian, a guard, of the rebellious spirit... Listen to your heart... not to your mind, not to your

ego... This is how we save the world as one family... One holy and whole commune... one religion... The religion of the ONE for everyone...

Let us be together... not just talk or words... if we or you are missing what is in between the words and the lines you... are... missing yourself...

A master can repeat the same word many times but never the same power... just like your breath... Stop breathing!! But you will die... Every breath is a path to life and birth...

The book is the best companion... but to be with a living being is beyond words... it is a presence... a nourishment... it keeps us connected with existence... connected with the mystery of God...

When two lovers meet... two centers meet... it is not the meeting of the body but the being... the oneness with the one... This is the real gift that we share... our jewel not our pebble... just give it to anyone... The sun does not give to you and not to me... Giving is receiving... when you have it, give it...

“All that I hoarded was lost, and all that I gave is mine... All that I gave is still with me, and all that I hoarded is lost, gone”

Thank you Gurdjiff... Thank you every master... Truth is one in different cups...

What you have is not a property to be hoarded, it is a radiance, a fragrance to be shared... The more you share, the more you have; the less you share, the less you have...

 Dare to share...

Draw water from the well, and more water comes running fresh into the well... Close the well and no more springs will function... the flowing water is fresh... the flowing love is fresh...

Let us share our positivities, share our life, share all that you have... Yes! If you cannot find anybody, share it with dogs... with birds... but share... Share it with rocks... but share...

Hoarding poisons the heart... give and don't even wait for a thank-you... feel great grateful to the person who allowed you to share something with him...

Be thankful that he is reading your book.. he is listening to you... ready to see your dance... and when you gave him, he did not reject... he could have rejected...

Sharing is one of the most spiritual virtues, one of the greatest spiritual virtues...

Yes! It was Christmas and the judge was in a good mood as he asked the prisoner;

“What are you charged with??”

“Doing my Christmas shopping early”, replied the defendant...

“That's no offence,” said the judge. “How early were you doing things shopping?”

“Before the store opened.”



Let us listen to the wisdom of Sardar... The Indian laughter...

Boss: Where were you born?

Sardar: India

Boss: Which part?

Sardar: What “Which part?” my whole body was born in India!



Two Sardars were fixing a bomb in a car...

S1: What would you do if the bomb explodes while fixing?

S2: Don't worry, I have one more...



Sardar: You cheated me..

Shopkeeper: No, I sold a good radio to you...

Sardar: Radio label shows, made in Japan but radio says...

This is India Radio!



Few more? Okay! And we know now that the truth is in the joy not in the words... the joy of our life... to share not to hoard... Thank you for being with Sardar...

Sardar: What is the name of your car?

Lady: I forgot the name, but it starts with, T.

Sardar: Oh, what a strange car, starts with tea,
all cars that I know start with petrol...



Sardar joined a new job... 1st day worked till late evening on the computer... Boss was happy and asked what you did till evening...

Sardar: Keyboard alphabets were not in order, so I made it alright...



Museum Administrator: That's a 500-year-old statue
you have broken...

Sardar: Thanks God! I thought it was a new one...



At the scene of an accident a man was crying:

Oh God! I have lost my hand... Oh! Oh...

Sardar: Control yourself... Don't cry... see that man...
He has lost his head... Is he crying?



Tourist: Whose skeleton is that?

Sardar: An old king's skeleton...

Tourist: Whose that smaller skeleton next to it?

Sardar: That was same king's skeleton when he was a child...



Yes! Jokes are nothing but means to wake you...
Sometimes a joke can wake you up more easily than a serious
lecture... But a joke is so light that you don't want to miss;
you listen with love...

And between the jokes we go on sharing a few small
bombs in the head and in the heart... No child is born with a
long face; every child is born with laughter, with a great joy
which is ready to explode... Let us bring back our childhood...
our laughter which is a great power for life... It is our natural
gift... Everybody can laugh which is a door to the divine...

When the mind is no more there, God enters and takes
possession of you... You become a vehicle, a medium, a
hollow, for the song of existence...

Laughter in its present form is a dance of all your energies...



Yes! Let dance be our grace... dancing is an experiment, it unites our body, mind and soul in tune and we experience the harmony of existence in us...

It is why you see a new kind of grace on the face of the dancer... All the religions of the world were dancing religions... Only the dance has something unique: the dancer remains one with the dance... the unity is not broken, then the dancer is the dance... existence is the dance...

So is our work... every work is worship not warship... let us be aware of what we are doing... are we free or we belong to any movement or any party?

Let us not be part of any crowd... Let our work be something eternal... It has been going on since the first man appeared on the earth, and it will continue to the last man... It is not a movement, it is the very core of evolution...

I am part of the eternal evolution of man... The search for truth is my only way... It is neither new nor old.. The search for our own being has nothing to do with time..

I may be gone any now, but what I am doing is going to continue... somebody else will be doing it... I was not here and somebody else was doing it... You too are doing your vision and truth will never die...

Nobody is a founder in it, nobody is a leader in it... We are the writer and the reader of these words, and existence is supporting our choice...

Many Christs came and helped and disappeared and each one of us is light... So let our lamp... our light bring humanity a little higher, a little better, a little more human...

We are here to add more beauty and more peace and it is a great contentment to leave the world a little better... the world is too big; a single human individual is too small.. just few more light and the fight will be less...

One small light can lit a great darkness... So let us be the change we want to see in the world... If not you and me who else? If not now when? Yes! We can... This book is our bomb... Let us wake up!!

You don't need any polititian, any priest, any helper... They are lustful for power...Enough is enough!! Wake up... You have the power of love, they have the love for power... And once he gets power, then how can he allow you to be free, to be liberated, to be independent? Again you are caught in the same net...

And this has been going on for centuries... It is time to understand the whole situation... And it does not help to be a follower to any power...

You have to understand one thing: that if the world is really interested in enjoying freedom, then politics should not be so important... It should be dethroned, reduced in power... there is no reason that it should have power...

The government should be only functional, just as the post office is functional... There is no need to take them too seriously and waste all your newspaper front pages on these people who have been torturing humanity for centuries...

🌹 Wake up and be your own power! 🌹

With your power, start different ways of expressing, creativity, which have nothing to do with politics... Start small communes of painters, of poets, of sculptures, of dancers, who have no desire to be powerful, who really want to live, and live fully...

Let the whole society be slowly divided into communes of creative people... There is no need for political parties in the world... every individual should stand on his own merit... and people can choose...

We should move from party politics to pure individuals... from democracy, from dictatorship, to meritocracy...

Merit should be the only decisive point... And we have so many people with great merit, but they should not become part of any party, they should not degrade themselves... To beg for votes and promise you false things which they cannot fulfil... So only the third-class people, very mediocre people, become part of political parties; the best remain out...

Wake up and be free...



The best should be the ones who manage the society... We have in every field geniuses... but you don't find those geniuses becoming prime ministers or presidents... They can become presidents and prime ministers if there are no political parties.... Then their sheer merit will be enough, and nobody will even be capable of competing with them...

There is no need to be pessimist, no need to feel frustrated... After so long a history of continuous failure, we have to find a way... We have to find out why old attempts have failed, and we have to work out new ways, new strategies... The youth of the whole world is in the same situation and is ready to change all old structures and make every change that helps humanity to become free...

It happened at the time of Buddha... at the time of Mohammad and at the time of Christ but after the death of every enlightened being, it lasts few years and again it becomes a mind power... no love, no freedom... only power of war and power of money...

Freedom is such a spiritual necessity, that without it man never attains his manhood.... Liberation from dead ideologies, dogmas is such a great necessity, that once you are free of it you will feel as if you have got wings and you can fly into the sky...

The load of the past is too heavy, and it is killing everybody... as far as I am concerned, I see it as a great

opportunity... People change only when they come to the very edge of death; otherwise they don't change...

The politicians of the whole world, the theologians of the whole world, the religious leaders.... all have brought us to this global madness...

We are the cause and we are the cure... we are all victims of victims... No one can change the world... but everyone can change himself...

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

We have only two choices...

Wake up and live your choice...

Now the question is, either be ready to commit a global suicide or change the whole structure that has dominated us up to now... And very small changes are needed:

There should be no nations...

There should be no religions...

There should be no race discriminations...

There should be no color distinctions...

There should be no political parties...

Nations can exist only as utilitarian units;
otherwise everybody is a member of the whole earth...

We all belong to one earth... one peaceful world...

Governments can exist only as a function of units, and they should be ruled NOT by politicians but by people of merit...

We have enough people of merit all around the world; there is no reason to be pessimistic... perhaps at this moment we have more intelligence in the world than we ever had before... This is not the time to be pessimistic, this is the time to rejoice...

🌱 Let us end and begin with this story...

- JUDGEMENT -

This story happened in the days of Laotzu in China... One of the best sages ever... and he loved this story...

There was an old man in a village, very poor, but even kings were jealous of him because he had a beautiful white horse... Kings offered high prices for the horse, but the man would say, "This horse is not a horse to me, he is a person... And how can you sell a person, a friend?" the man was poor, but he never sold the horse...

One morning, he found that the horse was not in the stable... The whole village gathered and they said, "You foolish old man! We knew that someday the horse would be stolen... It would have been better to sell it... What a misfortune!"

The old man said, "Don't go far as to say that... Simply say that the horse is not in the stable... this is the fact; everything else is a judgment... Whether it is a misfortune or a blessing I don't know, because this is just a fragment... Who knows what is going to follow it?"

People laughed at the old man... They had always known that he was a little crazy... But after fifteen days, suddenly one night the horse returned... He had not been stolen, he had escaped into the wild... And not only that, he brought a dozen wild horses with him...

Again the people gathered and they said, "Old man, you were right... This was not a misfortune, it has indeed proved to be a blessing..."

The old man said, "Again you are going too far... Just say that the horse is back... Who knows whether it is a blessing or not? It is only a fragment... You read a single word in a sentence and you judge the whole book?"

This time people could not say much, but inside they knew that he was wrong... Twelve beautiful horses had come...

The old man had only one son who started to train the wild horses... Just a week later he fell from a horse and his legs were broken... The people came again and judged and said... "Again you proved right! It was a misfortune... Your only son lost the use of his legs... and in your old age he was your only support... Now you are poorer than ever..."

The old man said, "Nobody knows whether this is good or bad... Say only that my son has broken his legs..."

It happened that after a few weeks the country went to war, and all the young men of the town were forcibly taken for the military... Only the old man's son was left, because he was crippled... The whole town was crying and they knew most of the young people would never come back... They came to the old man and they said... “You were right, your son is still with you... our sons are gone forever...”

The old man said again, “You go on judging... Nobody knows! Just say what you see... But only God knows whether it is a blessing or a misfortune...”



The moral of this truth is judge ye not... Once you judge you have stopped growing... Judgement means a state of mind... In fact, the journey never ends... One path ends, another begins; one door closes, another opens... God is an endless journey...



You are welcome to the eternal journey
This is our pilgrimage and this is our stage beyond age...



Take a deep breath, every breath is a new path towards the peak...



Yes! Now is the time to wake up if not now when?
If not you and me who else?



How can we arrive at a natural death by living unnatural life?



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



Don't search for the home, there is none...
Search for yourself... You find the one...



The heart knows nothing of the past,
nothing of the future,
it knows only of the present...
The heart has no time concept...



Anger is always a sign of weakness...



Wake up?

Or

Make up?

Live your choice...

