

WHAT CAN I DO?

BE AND THEN DO



Peace Pace
مریم نور

What can I do

Love your enemy, it will drive him crazy.



When I married Mr. Right, I didn't know his first name is always.



The best man for a job is a woman.



I keep losing weight but it keeps finding me.



I started out with nothing, and I still have most of it.



When I count my blessing I always count you twice.



Cleaning the house when kids are growing is like shoveling the snow when it's still snowing.



It is nice to be important but it is more important to be nice.



Today is the tomorrow you worried about yesterday.



If you have a garden and a book, you have everything you need.



I was on a diet for a month and last 30 days.



It is not the years in your life that count ... it's the life in your years ...



Life is not about finding yourself ... life is about creating yourself.



I am not a complete IDIOT... parts of me are missing.



He that chooses his own path needs No map.



Everyone brings dog to the house ... some when they enter,
some when they leave.



Retirement is when you stop living at work and start working at
living.



The need to success is always under construction.



I try to take one day at a time, but sometimes several days attack
me at once.



When women go wrong ... men go right after them.



God grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the
difference



Dance as though no one is watching you, Love as though you
have never been hurt before, sing as though no one can hear
you, live as though heaven is on earth ...



Live simply so that everybody can simply live.



We may not have it all together ... but together we have it all.



How to be? 

Yes! You can be a bee too ... Let us share our flow of words ...

What can I learn from the bee? 

It means collecting honey like a bee ... we can go from house to house and just a little bit from this and from that, so we are not a burden on anybody ...

And be aware!! Never go to the same house again ... be a beggar on the bridge of life ... be a fakir like the SUFI

The bee goes from one flower to another, and goes on moving from flower to flower ... it is non-possessive ... It only takes so little from one flower that the beauty and the perfume is not destroyed, the flower simply never become aware of the bee ...

it comes so silently and goes so silently. 

The man of awareness lives in this world like a bee. He never destroys anything of this world ... He lives silently, move silently. He asks only that which is needed. His life is simple ... it is not complex. He does not gather for tomorrow ... the today is enough onto itself ... So let us be a bee and watch its life ...

It is never possessive. It never fights with other bees: "why have you come to my flower?" on the contrary, the moment the bee finds beautiful flowers, full of juice, it goes back to inform the commune ...

Now scientist have discovered that bee have a certain language. At least four words have been discovered, deciphered. Now that much is certain, that they use four words ... these four words are not linguistic, they are gestures ...

The moment a bee discover some flowers, they go and tell others in the language of the four sounds and shapes ...

But if we discover a treasure we hide it!! The bee lives in a commune, thousands of bees together in one honeycomb. And it starts dancing a certain dance. That is the first symbol ...

When a certain dance is danced by the bee, all the bees become aware that she has discovered something ... it is as if she is saying "I have found it! I have found it". And then after the dance it starts moving and the whole crowd of bees follows ... it becomes richer and richer in its experience ...


Let us be rich in our love. The moment we love a flower we pluck it, our love is very destructive. It is not love, it is violence... it is hatred hidden somewhere in the name of love ...

Let us be a blissful bee, unattached, always moving, non-possessive, live all aspects of life, all the colors of the rainbow, all the notes of music. And never be destructive, be creative... the creative person is a divine being, a holy being ...

The word being means "behu" in Sanskrit ... "yahoo" in Arabic... that which grows. All that grows is God ... is Allahoo...

All what we see grows because of the power of God ... the love of Allah ... and everything grows in its own pace ... in its own breath ... it is our energy ... breath is our bread and our life ...

So let us be aware of the word "be" ... the way to be is not to be... if you really want to be you have not to be ... not the Ego... not the mind ... not the I but the amness ... the existence... let go and let and let God ...

"let thy will be done". 

You will have to choose non-being if you want being to arrive... be good then whatsoever is flowing out of good being is good!

In the past it has been said again and again to us to do good and then we will be good ... even to kids we say do this, do that... don't do this ... don't eat this... so our name become "don't" and "do".

The truth is just the opposite, be good and then whatsoever you do will be good, why? Because action comes out of being.

Being is primary not action. Look at all the power people ... it is the love of power not the power of love. The being remains bad or dead and the mind goes on doing so good political actions and religion which has nothing of God.

We do respect such people and we see them as saints, but if you look inside them nothing has happened, they are the same. Old rotten beings ...

They manage, they discipline themselves, they cultivate themselves with virtues and they do service and they do prayer and power, but this is all doing ...

Doing remains on the outside. It never goes into the center, and the center is the real treasure. Unless we change our center, we are just superficial, decoration at the most ... Let us wake up ... Not make up!!!

Let the act be the shadow of your being ... 

A Jesus can be judged only by his being: be near him, don't try to listen to what he is saying. Try to listen to what he is. That is the key: just be near him!!

Just being near the truth you see your own being, listen to what he is... Being vibrates; being blooms, being has a fragrance about it. If you can be silent near a Jesus, you will start listening to his silence.

And that silence will make you so blissful, so fulfilled, so overflowing with love and light and compassion ... that is the mystery of Allahooo... "Allahooo" Is far more significant than the word "God"

In fact no other word in any language of the world exists which is more important than this word "Allahooo..."

All other words used for God are at the most qualities of God ... they not as comprehensive as "Allahooo"... Allahooo simply means Existence ... it contains all.

It contains good and bad ... life and death ... It is not quality ... but all the good qualities as the totality ... and it does not mean existent ... it means existence ...

Man is existent ... God is existence ... It simply means "existence exists"

It does not make sense ... the tree exists, the man exist, the mountain exists ... but not God. Existence is the quality of the mountain... With God it is a mystery... it is a very spirit ... the mountain exists today ... tomorrow it may not exist ... there was a time when it was not there ... there will be a time when again it will not be there ...

God is always is ... the isness ... the existence ... 

We cannot use a past tense for God ... Now and forever, Allahooo is for existence... forever beyond time and space ...

God is Now-here

Or 

God is Nowhere

We exist but not God ... there is no God but God ... the Godliness ... the Samadhi...

God is a presence not a person...



God is godliness ... the ultimate experience of silence, of beauty... of bliss, a state of inner celebration ... This truth will change us from the roots ... then prayer is no more valid, meditation becomes valid ... you become aware of your own innermost core, because that is the secret of the whole existence...

The moment you know who you are you have found God, and in that very finding you finds freedom ... you find truth ...

Let God be your beloved, Let God be your friend ...



When you are thirsty, Allahoo is thirsty with you. And when you drink cold water, it is God flowing within your being. It is God who will quench your thirst. The thirst is God, the quenching is God ... that water that quenches is God ... all what you see is Allah.

First we look where there is God ... Then we look where there is no God!! "Oh-Thou" the sustainer ... the only power ... the only treasure ...

How Can I Plant Some Seeds in Us?



Yes! Let us share few seeds to sow ...

Blessed are those who give without remembering and take
without forgetting ...



Life is short, don't waste time worrying about what people think of you, hold on to the ones that care, in the end they will be only
ones there ...



As our thought so is our destiny ... and as is our destiny so our
life ... let our first thought of the day simply be peaceful ... let
us plant this seed, water it with love and we will live the love,
light and laughter ...



Some people want it to happen, some wish it would happen,
others make it happen ...



The key is to keep company only with people who uplift you,
whose presence calls forth your bliss.



If you keep on thinking of all the ways in which others cheated
you, fought with you, degraded you or angered you, your heart
will forever be full of hatred ...
Learn to let go and be happy ...



"I like the dreams of the future better than the history of the
past"



You can't just sit there and wait for people to give you that
golden dream ... You have to walk your talk and make it happen
for yourself ...



Always remember you are unique. Just like everyone else ...



Live simply so that everybody can simply live.



We may not have it all together, but together we have it all ...



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



When women are depressed they either eat or go shopping ...
when men are depressed they invade another country.



If we eat good no doctor is needed ... if we eat wrong no doctor
can cure us.



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



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



I have not failed ... my success is just post pond ...
Failure is our treasure for the future...



You can be the freedom...the new being... but the cost is to
accept responsibility in its totality...

It is not impossible


It is

I-m-possible



Nothing is impossible ...

You can do anything. You are not a can!! You are being who
can be a being ... trust be who you are ... don't listen to
others... nor to your brain ... religion itself is nothing but a
passion for the impossible, just be aware of yourself ...

Who am I makes a difference 

So if a person only lives with the possible, he lives lukewarm ...
He lives only for the name's person, doing his job not creating
any trouble for his family or the society; he may not be a
mischief-maker, may not be a troublesome person, may be
perfectly adjusted, but what is the point?

Is this what you are here for?

What can I do?

Ask yourself ... your heart ... your feeling ... one simply lives
and dies and never knows. Anything beyond that which is
beyond death ... so unless you can help a person to have a
glimpse of the impossible, and you create a desire in him to long
for the impossible ... to desire the impossible ... yes you can!!!

This power is in every one of us ... once you know it ... you
live it You share it and this is how you grow up and glow in
this glory and this meaning ...

Then our growth is neither economic nor political nor social ...
it is religious ... it is real then we are not Christians nor a
follower to any religion, but a free being who has taken
possession of his whole mystery ... He is himself... you too ...
me too ... we too ... and nobody else can order you what to do...

We are a royal family in kingdom of God ... not a loyal family to the oil or dollar or any other power ...

No one can ignore the truth ... 

Jesus was ignored first as just a crazy young man, but truth cannot be killed ... And whenever you crucify truth, later on you start feeling that you have done something wrong, and you feel guilty ... hence Christianity ... then glorification comes in, then you have to compensate ...

Just love the truth ... it is in us ... the people who understand love, they don't glorify ... love is the only way to life ...

Love knows nothing of glorification, it is hate that glorifies ... when you hate and then you kill and then you feel guilty ... they we glorify ..

We killed and burned so many in Christianity and all other religions and then we labeled them as a hero or saint or a Christ...

When you see the truth, if you have eyes to see and ears to hear, if you have heart to feel, immediately you fall in love ... It is instant!! There is no way of going back ... and love is not glorification ...

Love is a meeting, a merger, a melting ... 

The disciple becomes one with the master, attuned, in deep accord ... His heart beats in the some rhythm ... He forgets who is the master and who is the disciple ... The oneness becomes so absolute, how can he glorify? There is no separation!! For glorification you have to be separate ...

The drop and the wave and the ocean is one ... we are one with the one ... but who is aware of this oneness? At-one-ment with the one!!

The nature of man and woman is one ... day and night ... war and peace ... good and bad ... If we become one then the whole is created; both meet and become one ... that oneness is the search ...

Our two eyes are very significant ... not only the visible eyes, but the male and female in us. Now modern sciences speak about the male and female hemispheres of the brain.

The right side of our mind is feminine and the left side is masculine ... so is the right side of the body and the left side of the body ... And when our male and female meet inside us, that meeting is called heaven ... Jesus says: "when your two eyes become one there will be light"

So let us be aware of how we can be one with the one in us ... be aware of your male and female energy ... unless they become aware of it ... it is contained in the two eyes ... but you cannot see it unless they become one, then it is released.

Then comes the explosion of light ... 

And when the two flames of your consciousness join together, that one flame is the light of God in us with us ... And if you can become that one, you have become the great one ... you are one with God ... Jesus Christ ... We all have this mystery in us... in the core of our heart ... God gave it only to us ... to the human being ... once we know it, we become it ... it is our birthright ... our nature ... this is the new man ... the new humanity ... death and born again a being ... this is what resurrection is ... it means there is no death but born again as a being not a bodymind ... a free human becoming.

Death is a myth ... life is eternal, only forms change, but life lives.


Go into yourself. That is the only miracle you are not the body, you are not even the mind. You are just pure life energy; you are a witness ... In that witnessing is the real miracle ...

Our body is one of the most amazing miracles. Let us love this gift from God ... it is our home and our mystery.

So let us follow our nature ... but how to follow this mystery if you don't know what is it?

And we are not allowed to know it!! You are given precise instructions as to what to do: what to eat, what to get up in the morning, when to go to bed. You have been given precise instructions ... those instruction – if follow - you become a saint, but a slave. People will worship you, respect you ... but all the respect is fake ... "If you follow our instructions, we will respect you. If you don't follow, you will be thrown into jail." It is a mutual business or understanding ...

Either you are made a slave spiritually or prisoner physically: these are the two alternatives the society gives to you ... and it never lets you become aware that there is a source of infinite guidance within you, from where God speaks ...

God has no other hands than ours to use ... 


God still speaks; he has not stopped speaking ... He is not partial. It is not that he spoke to Mohammad and Mosa and Jesus and he does not speak to us ... He is speaking to you as much as he was speaking to Mohammad ... the only difference is, Mohammad was ready to listen and I am not ready to listen. Jesus was available and you are not available.

To become available to our inner nature only key to open up our awareness ... Let us follow our own nature ... our own heart ... our own consciousness ... but you have been told by the priest: follow certain rules of conduct, the ten commandments, follow certain principles ... not our nature ...

Priests are very much afraid of your nature ... because if we follow our feeling we will get out of their grip, we will no more be a slave. You won't go to the churches and the mosques; and you won't listen to your stupid Priests and Politicians and so called Leaders ...

You are right ... what is actually happening is that blind people are leading other blind people ... You don't listen to them anymore if you listen to you own nature ... if you know your own inner voice, you will become free ... your inner voice has to be crushed, destroyed, utterly destroyed, at least distorted so much that even if you hear it, you can't understand it ...

Yes! They have succeeded. Unless you struggle hard against them, there is no possibility of succeeding ... Their exploitation is so old, their oppression is so ancient, their strategies are so cunning and they have infinite power in their hands ...

And what can we do against them as an individual? 


Yes you can do!!


If you go in ... if you listen to your heart, you will attain to such power that no power on the earth can enslave you again.


Our heart is our eternal home 

Where is our home?


Everybody has a deep longing for the home but it has nothing to do with the physical home ... the physical home has become just an object for a deep longing for the home ... it is just an excuse ... Because we don't know the real home, we create a small home and we cling to it ... this gives a sort of consolation, it makes one feel that one has a home ...

In fact, we don't have any home on this earth. 
The home exists not here, the home is somewhere inwards, very deep in the innermost core of your being. But to go there is a long Haj...a long journey, a long pilgrimage and very hard, very dangerous ... This is why we do out external home, and you are never at home! To convert a house into home is a psychological Trick ... it helps, it is like a pill, a Tranquilizer. It is like a blanket; it feels you are warm and secure ... to feel that we are not uprooted, that one has roots, has somewhere to go, and that you belong to a place ... Hence we create countries, nations, motherlands, fatherland churches, temples, and politic and more and more power, but the search is for the home ... and it is not outside ...


Go in ... in is our only inn ... 
When we start looking for the right home all idea about the outside disappear ... and I am not saying that you here to leave your outside home, there is no need, but one comes to know that this is not the home ... It is perfectly good as a house, comfortable ... Make it as comfortable as possible. Don't be against the world, be for it but not in it ... you belong to a far greater world ... greater kingdom ...


The kingdom of God is within ... 
Yes! Homelessness of God is not for the body but for the being... we wonder and wander in this treasure ...
This life is not stable, not permanent; here we are only for a few moments. Death is coming continuously; we are dying every moment while we are living ...

The home is not possible here

The home is possible only in eternity ... 

You were not here one day, and you will not be here one day again ... you can stay here as if you are guest in the hotel and next day you go. You can have a tent, a Sheller, but you should not become attached to it ... you can't call it "my" "mine" Nothing belongs to us ...

One is a homeless wanderer in the very nature of things ... 
It is easy to read it, easy to say it, easy to see it but can you write your name on water? Can you make a house on the sands?
You go on making it, it goes on disappearing. This disappearing is the sacred unity with the divinity of the divine ...

this is the oneness with the one ... 
It needs courage to lose out identity and die in the divinity ... the drop become the ocean ... As the ocean comes lose, dance, rejoice, and melt into it ...


Yes! We are afraid of the great death ... the great melting ... when the bondage disappears, you disappear ... no God but God... no one but the only oneness ... the only existence ...
You are no more!! Because as long as you are, there are limitations, definitions ...

Yes! The fear and the attraction are one ... to jump in the ocean and the fear will not stop ... yes and no ...

How to dance this grace? How to live this choice? This is our challenge to change the fear into very near hear ... listen to your heart ... Who am I? Why I am here?

In spite of the fear come closer and closer to the fire ... the Ego will die ... that is what freedom is all about ... you are free ... go beyond the window and fly in the whole sky!!!

Yes! Keep flying and flowing but be aware not follow anybody... be a fellow traveler not a follower ... Be your own master ... not a slave to anyone ... Listen to your heart not to your head ...

Let us enjoy this joy!! 

When everybody on this earth was dead and waiting to enter heaven, God appeared and said: "I want the men to make two lines, one line for men who were true heads of their household,

and other line for the men who were dominated by their women.
I want all the women to report to St. Peter"

Soon the women were gone and there were two lines of men.
The line of the men who were dominated by their wives was 100 miles long, and the line of men who truly were heads of their household, there was only one man ...

God said:

"You men should be ashamed of yourselves ... I created you to be the head of your household!! You have been disobedient and not fulfilled your purpose!! Of all of you, only one obeyed. Learn from him"

God turned to the one man, "How did you manage to be the only one in this line?" The man replied: "I don't know. My wife told me to stand here."



Two things

Two things are very difficult to achieve!

1. To plant your ideas in someone else's head ...
2. To put someone else's money in your own pocket ...

The one who succeeds in the first one is called a teacher ...

And the second is called a businessman ...

The one who succeeds in both is called wife!

The one who fails in both is called a husband ...



Wife number in on mobile ...

A newly married husband saved his wife's number on his mobile
as "My life"

After one year of marriage he changed the number to "My wife"

After 2 years of marriage he changed the number to "Home"

After 5 years of marriage he changed the number to "Hitler"

After 10 years of marriage he changed the number to "wrong
number"



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

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



A man is almost about to die ...

As he lay on his deathbed, the man confided to his wife. "I cannot die without telling you the truth. I cheated on you throughout our whole marriage ... all those nights when I told you I was working late, I was with other women. And not just one woman either, but I've slept with dozens of them."

His wife looked at him calmly and said: "Why do you think I gave you the poison?"



Who needs a contract?

Marriage is a contract which say's "I will stay for you forever" Who like to eat spaghetti for the rest of his life? Live now, Love now, the river is rivering ... thank you Osho, for your love, for reminding me that love is not a contract ...



A newly wed girl was being welcomed at the husband's home in a traditional manner. She was asked to give a little speech she addressed as follows:

"My dear family members, I thank you for welcoming me, my new home and family ... firstly, with my presence I would not want to create any inconveniences by my being here. I mean that I don't want you all to change your way of life, your routine ..."

"What do you mean my child?" asked father.

"What I mean is: those who used to wash dishes must carry on washing them. Those who used to do the laundry must carry on doing it ... those who cooked should not stop on my account ... those who used to clean should clean"

"As for me, I am here just to control your son!"

This is what marriage is ... this is what the divorce is ... this is what a lie is ... Watch out your mind, your brain, your thought!!!



The missing husband!!

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

Woman: I lost my husband

Inspector: what is his height?

Woman: I never noticed

Inspector: slim or healthy?

Woman: not slim can be healthy

Inspector: color of eyes

Woman: never noticed

Woman: should be black

Inspector: what was the wearing?

Woman: I don't remember exactly

Inspector: was somebody with him?

Woman: yes my dog Romeo, tied with a golden chain, height 30 inches, healthy, blue eyes, blackish brown hair, his left foot thumb nails is slightly broken, he never barks, wearing a golden belt studded with blue bails, he likes non vege food, we eat together, we jog together ... the woman start crying ...

Inspector: let's search for the dog first!!!



Why we are not aware of whom we are?

Where is our mind? Where is our sense? Where is our brain?

What are we doing with our time? Just think for a few moments a day!!!

What did I do for myself? For my Mother earth? For my eternal home?

Yes! The answer is In ... in my head, in my mind, in my brain, in my heart ...

But where do you look? Where is your look? Where is your face look?



Listen to this ...

Rita went shopping and then stop to the cannibal butcher's store ...

"How much are brains today?" Asks Rita

"Well" replies butch, pointing to his display shelf ... "The missionaries' brains are ten dollars / pound, the nuns' brains are twenty dollars, and the politicians brains are 200 dollars"
"Two hundred dollars?" ... Screams Rita ... "that's impossible!
How can they be so expensive?"
"Well" explains Butch. Looking quite hurt. "Have you any idea how many politicians we have to catch to find one with a brain?"



Look at these kids

What stops us from helping others?

Nine children were standing on the track to participate in a running event ...

Ready! Steady! Bang!!!

With sound of the toy, all nine girls started running. Hardly had they covered ten to fifteen steps, when one of the smaller girls slipped and fell down, due to bruises and pain she started crying...

When the other eight girls heard the little girl cry they stopped running, stood for a while and turned back ...

Seeing the girl on the track they all ran to help ... One among them bent down, picked her up and kissed her gently and told others how she is ... they all helped to lift her with love ... they all joined hands and hearts together and walked together towards the winning post ... there was pin drop silence at the spectator's stand ... officials were shocked!!

Slow claps multiplied to thousands as the spectators stood up in appreciation ... Many eyes were filled with tears ...

Yes! This happened in "Hyder Abad", India. Recently!!

The sport was conducted by national institute of mental health...

All these special girls had come to participate in this event they were spastic children

Yes, they were mentally challenged ... what did they teach the world?

Teamwork?

Humanity?

Equality among all? 


We can't do this, why? Is it because we have brains?

Use your brain but be aware of that you are the master of this machine, or it is a devil ... an evil power not a live power ... be in the now ...

The past is over ... now is the present ... the gift from the past. Let the pain be gain not guilt... not a light by yourself, but a light with yourself ... become one with your consciousness not with your brain ... not with your machine ...

So just be aware of your brain and break through the cloud of the mind, do not breakdown ... if you know the art of transforming the pain into gain then there is a great step in your trip ... a new vision ...

Meditation is the art taking us from hell to heaven ... meditation is the greatest discovery ever made, and I don't think there is ever going to be another discovery which can surpass meditation... this is the key that all the prophets used and now ever the scientists and many of us ...

Meditation is the secret of all the secrets ... the master key to our inner treasure ... to our Kingdome of the God. 

Meditation can bring you to your nature ... it can help you to drop all pain ...It can make you alive ... Intelligent, loving, witnessing and spontaneous; it can make you responsible ...

It can make you a benediction to yourself and existence ... Except meditation there is no other method which can help ... this is the key, the master key ...

"an hour of meditation better than seventy years of worshipping"
thank you our beloved Mohammad ... Every breath is a path towards birth and death in a meditation way ...

Let meditation be our longing not our desire ... what is the difference?

Desire is desire for something that is outside you ... desire is objective. Longing is not objective ... longing is for that which wants to explode in you ... it is inner, it is subjective.

If a rose wants to become a lotus, it is a desire. But if the rose long to become a rose, it is longing ... If the seed want to sprout and become a tree, it is longing! It is perfectly in order ... it is

how it should be ... But if a seed wants to become a butterfly, it is a desire ...

Desire is absurd; Longing is existential ... Longing is perfectly beautiful; Desire is dangerous. And the distinction is very delicate and one has to be very much alert ... Longing is opening of the inner; desire is accumulation of the outer ...


Man desires money; man longs for meditation. Man desire power; man long for purity. Man desire knowledge but longs for awareness ... We desire the world, but long for God ... that which is intrinsic to you is longing.

Drive your energy from desire into longing ... 

Desire distracts you from your Tao, from your nature, from yourself ... desire takes you astray ... it allures you onto fantasies which are not possible. It drives you crazy, because it gives you hopes which cannot be

fulfilled ... 

Time, energy, life, will be wasted, and in the end we live only frustration in the hands ... in the head and the

heart ... 

Let us wake up!! Now or never ... what is my desire? To win the world? To be rich? To be a saint?

But to become a free being, it is a longing ... no need to depend on any other ... it is in me ... in my heart ... I am born free ...

It is your own flowering ... it is already there ... you are a seed from Allah. You are needed as you are ... plant your seed ... find the right soil and it grows by the grace of God.



No need to know many kings to see the glory of the outlook ... just one false face is enough to see our fake method of life ...

There is no need to teach all kinds of planting ... all kinds of meditations ... all kinds of cups ... our languages ... Just one method ... one way which can be the simplest, easiest, and applicable to all ... and just that one method can be spread over the world ...

It is what is called by

the existence witnessing the breath ... 

It is a very simple method. Just in your silent moment when you are sitting, or travelling in a train, or just in any now, close your eyes and watch your breath. Going in, you go with it; coming out, you come outward ...

As you go in, come out, you will become aware of two points ... just listed to what I am saying ... nothing else we need ... no breath ... no life ... no births ... watch your breath ...

As you go in, there is a small fragment of moment when the breath stops before it starts moving outwards ... it is a gap ... and the same happens outside; before it has moved outward, for a split second the breathing stops ... before it again moves in ... These two points are very significant ... because as you become more and more aware, these points will become bigger, longer...


One breath goes in and then there is a pause, breathing stops ... and that pause there is so much beauty, so much bliss ... and the same happens outside; again the breathing bigger and bigger and bigger ... There comes a time, which has been calculated for almost ten thousand years, and has been found to be exactly the same by all meditators who have used this method or this way.

That the pause is of 48 minutes ... you have arrived home. Then all that meditation can give to you will be available to you ...

Now this is the simplest method that is found by the best masters ... it is done without anybody knowing about it ... somebody can be sitting by your side and he will not know what you are doing ...

It need not be done at a particular time, you can do it any time... you can do it as many times in the day as it is possible ... sometimes just for two minutes; sometimes for longer periods, sometimes just for one or two minutes ... Sometimes you are not feeling sleepy and you are just lying on the bed; don't bother about sleep, just do the method. It will do both jobs: it will give you a deep meditative silence, and just by doing it ... you will only know in the morning when you wake up the somewhere sleep come in ... But the strange thing is, if you meditative and fall into sleep, you will wake up meditating unconscious, the

method continued ... your whole night become a meditation ...
now that is the longest period you can get ...

and your sleep will be a different quality ... 

You will be more silent, more relaxed, more rejuvenating. And for six and eight hours, subliminally the witnessing continues ... In the morning when you become aware that you are awake, you will be surprised; you are witnessing your breath. This is the simplest method which can be spread to all kinds of people, to all ages of people ...

The smallest child who can understand this much language can do it ... And the oldest man, who is just on his deathbed, can do it ... because it does not need any physical exercise, does not need any physical posture ... And if the man who is on the deathbed can go on doing it and die doing it, he will have his best experience of life, in death ... And he will wake up in the new womb witnessing his breath ...

That continuity even goes on when your consciousness leaves one body and moves into another body ... another womb ...

its riches are innumerable ... 


Yes! Let us follow our nature ... your nature is consciousness... But you have been told by the priests: follow certain rules of conduct, the Ten Commandments; follow certain principles ... not your nature ... Priests are very much afraid of your nature, because if you follow your nature you will be free of them ... you will be your master and you will listen to your laughter, to your lecture, to your treasure ... and you will attain to such power that no power on earth can enslave you again or save you... you are your own savior.

Our ten commandments... 

Obey no orders expect those from within the only God is life itself. Truth is within, do not look for it elsewhere ... love is prayer ... Compassion is the door to truth; it is the means, the end and the achievement ...

Life is here and now

Live fully awake

Do not swim, float 

Die each moment so that you are renewed each moment ... Stop seeking ... that which is is: stop and see



When you trust yourself then you are the dance not dancer ... the dancer is no more ... the dancer has disappeared and he or she or it ... does not exist ... only God ... only Allahoo.

The dance is so tremendously real that the unreal has to disappear before it ... the unreal cannot face the real ... the lie cannot face the truth ... The darkness cannot encounter the light when the real arises ... and the real is when you are a part of the whole ... Whether in laughter ... in dancing ...

in love ...

Whenever you are part of the whole ...

the real is separate, we are illusion ...

Meet and melt in the ocean

One with the whole

No God but God

I have learnt that God made truth with many doors ...


to welcome every lover who knocks on them ...




IBIN Al-Rumi


Sufi whirling

Yes!! Accept the situation you are in ... It must be the right situation for you; That's why you are in it ... Existence cares for us ... it is given to us for a reason ... no accident by accident... whatever I need is given to me ... cancer, anger, power, poverty, richness, war, fear ... Just be in your now ... face your feeling ... and if you are ready for the answer, the master arrives ...

And when your inner silence is ready, Allah arrives... 
And whatsoever is needed on the path is always supplied ... Existence cares ... nature is our mother. So don't be worried. Rather, use the now it is our challenge ...t his constant turmoil on the outside has to be used ... You have to be a witness to it

Watch it... 

Learn how not to be affected by it ... Learn to remain unaffected, untouched by it ... like a Lotus in water ... And then you will be grateful... it is meant to be ...

This is REAL growth 

Yes!! Forgive me ... Let us share our laughter too ... it is our divine door to our inner treasure ...

Lie Detector ...

A father buys a lie detector robot that slops people when they lie... He decides to test it out at dinner one night ... The father asks his son what he did that day ... The son says: "I did some school work." The robot slops the son ...

The son says: "okay, okay. I was at a friend's home watching movies."

Dad asks, "What movie did you watch?"

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

The son says: "OK, OK. We were watching porno."

Dad says: "What? At your age I didn't even know what porno was!" the robot slap the father

Mom laughs and says: "well he certainly is your son!" the robot slaps the mother!

Yes!! We have robots for sale ...



The phone rings and the lady of the house answer, "Hello"

"Mrs. Winter, please"

"Speaking"

"This is Doctor Jones. When I got your husband's biopsy at my lab, a biopsy from another Mr. Winter arrived as well ... we are now uncertain

which one belongs to your husband ... frankly, either way the results are not too good."

"What do you mean?" Mrs. Winter asks nervously ...

"Well, one of the specimens tested positive for Alzheimer's and the other one tested positive for HIV... we can't tell which is which."

"That's dreadful!! Can you do the test again?"

"Normally we can, but Medicare will only pay for these expensive test one"

"Well what I am supposed to do now?"

"The Medicare helpdesk recommend that you drop your husband off somewhere in the middle of Town ... If he finds his way home, don't sleep with him ..."



One afternoon a lawyer was riding in his limousine when he saw two men along the road, said eating grass ...

Disturbed, he ordered his driver to stop and go out to investigate ...

He asked one man, "Why are you eating grass?"

"We don't have any money for food, we have to eat grass"

"Well, then, you can come with me to my house and I will feed you." The lawyer said.

"But sir, I have a wife and two children with me. They are over there, under that tree."

"Bring them along"

Turning to the other poor man he stated. "you may come with us also"

The second man, in a pitiful voice, then said.

"But sir, I also have a wife and six children with me!"

"Bring them all as well."

They all entered the car, which was no easy Task, even for car as large as the limousine was ...

One of the poor man Turned to the lawyer and said: "Sir, you are Too kind ... thank you very much."

The lawyer replied: "I am glad to do it for all of you. You will really love my place; the grass is almost a foot high."

You really didn't think

There was such a thing as a heart-warming lawyer story ... did you???



We all do it ...

If you don't know how to sell it ... eat it ...

A new vacuum cleaner salesman knocked on the door on the first house of the street. A Tall Lady answered the door ...

Before she could speak, the enthusiastic salesman went into the living room. And opened a big black plastic bag and poured all the cow droppings onto the carpet.

"Madam, if I could not clean this up with the use of this new powerful vacuum cleaner, I will eat all this dung!!" said the eager salesman ...

"Do you need Chilly sauce or Ketchup with that?" asked the lady

"Why madam?"

"There is no electricity in the house."



Life is only a Joke ... Let us Live our joy now or never ... and the joke has many meanings so is the story ... so why worry? Let us live in this mine of mystery ... go for it ...

A men walks into a drug store with his 8 years old son, they happen to walk by the condom display, and the body asks

"What are these, Dad?"

To which the man replied: "those are called condoms, son ...

Men use them to have safe sex."

"Oh, I see" replied the son pensively "I've heard of that in health class of school."

He looks over the display and picks up a box of 3 and asks,

"Why are there 3 in this package?"

The dad said: "those are for high school boys, one for Friday, one for Saturday, and one for Sunday."

"Cool" says the boy ... He notices "6 pack and asks. Then, who are these for?"

"Those are for college men." The dad answers

"two for Friday, two for Saturday, and two for Sunday."

Wow! Said the boy ... "then, who uses these?"

He asks his dad, picking up a 12 pack ...

With a sigh and Tear in his eyes, the dad replied: "Those are for married men ... one for January, one for February, one for March ... up to December."

The boy replied: "I am not getting married!!!"



Sam and Sally live in an old house, very close to the railway station, and every time train goes by, the door of their bedroom wardrobe opens by itself ... Sally gets so fed up with this that one day she calls a carpenter to come and fix it ... But he can't locate the problem and he decides that the only thing to do is to get inside it, close the door and watch what happens ...

Just then Sam comes home. He sees a pair of men's shoes in the bedroom and starts looking around for the owner, but before sally can explain a train goes by, the wardrobe opens by itself, and the carpenter is revealed inside ...

Sam is furious: "And what the hell are you doing here." He cries ...

"You won't believe this: "says the carpenter "But I'm waiting for a train!!"



Little Sam walks into his parent's bedroom and sees his father putting in a condom ...

"Hey, Dad." Says little Sam. "What are you doing?"

"Uh, er ... I am going out to hunt rabbits." Says his embarrassed father ...

"Really?" says Sam. "What are you going to do when you reach them, Dad? Fuck them?"



David walks into where the last supper is being held ... He sits down at the table and says to the waiter, "Give me a Scot and soda."

"I'm sorry Sir," replies the waiter, "all are serving here is wine."

"Okay, some wine then" says David, "give me a mushroom pizza and Salad."

"Sorry sir," Says the waiter; "but all we are serving is bread."

"my God! Only bread and wine?" yells David, "The guy who's giving this party should be crucified!"



Bottle of wine
Women will love this one

A woman and a man are involved in a car accident on a Snowy, cold Monday morning; it's a bad one. Both of their cars are totally gone ... but amazingly neither of them is hurt.

God works in mysterious ways

After they crawl out of their cars, the man is yelling about women drivers ...

The woman says; 'sorry you're a man. That's interesting. I 'm a woman. Wow, just look at our cars!!

There is nothing left, but we're unhurt. This must be a sign from God that we should be friends and live in peace for the rest of our days."

Flattered, the man replied. "oh yes, I agree completely, this must be a sign from God! But you're still at fault Women shouldn't be allowed to drink."

The woman continues, "And look at this, here is another miracle. My car is completely demolished but this bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune." She hands the bottle to the man ... The mans nods his head in agreement, opens it and drinks half the bottle and hands it back to the woman ...

What did she do???

The woman takes the bottle, puts the cup back on and hands it back to the man.

The man asks, " Aren't you having any?"

The woman replies, " No ... I think now I'll just wait for the police ..."

Moral of the story: women are clever and smart creations of God

Don't mess with them



Smart man !!! let us see

On walking into the factory, the managing Director of the company noticed a young guy leaning against the wall, doing nothing ...

He approached the young man and calmly said to him, " How much do you earn?"

The young man was quite amazed that he was asked such a personal question, he replied, none the less, "I earn \$ 2000.00 a month, Sir. Why?"

Without answering. The MD took out his wallet and removed \$ 6000.00 cash and gave it to the young man and said, "Around here I pay people for working, not for standing around looking pretty! Here is your 3 month Salary, now get out and don't come back."

The young man was quickly out of sight ...

Noticing a few onlookers, the managing director said in a very upset manner and that applies to everybody in this company." He approached one of the onlookers and asked him, " Who's the young man I just fired?"

To which an amazing reply came ...

"He was the pizza delivery guy, Sir!"



Sir David, the chief executive of Sir David Pork Sausages incorporated, calls his clerk, Jony, into the office ... "Let us get straight to the point, Jony," snaps Sir David. "Your work has been lousy lately. You are late every day and your accounting errors are ridiculous ... you have been working for me for fifteen years, but recently you don't seem to know a pork Sausage from a bunch of bananas!"

"Well, Sir," replies Jony. "I have tried not to let it affect my work, but things have been going very badly for me at home." "oh! I am sorry to hear that," apologizes Sir David. "I hope I am not interfering, but if you tell me what is on your mind, perhaps I can help?"

"that's very kind of you, Sir, you see, I have been married for two years, and about Six weeks ago my wife started to nag me constantly. You know : Nag! Nag! Nag! I just don't know what to do. She is driving me nuts!"

"Ah!" cries Sir David. "I am sure that I can help you. You see, women need to feel that they are wanted. You have probably been neglecting her needs. For example, when I get home from work, I embrace my wife, kiss her passionately, remove her clothing piece by piece and carry her upstairs to bed."

"that sounds great!" cries Jony ...

"It is, why don't you give it a try? Take the afternoon off; she won't be expecting you, and the element of surprise will make it even better!"

"that is really kind of you, Sir ..."

Jony came next day to work very happy and went in the office of Sir David and told him ...

"thank you for your help and your love ... your home is very beautiful and so is your wife ..."



Yes! now is the time of the new man ... new seed ... new soil... New whole and new holy The new man is going to be the very salt of the earth so that we are no more dragging ourselves from the cradle to the grave, but we can live each moment a great grace, a song, a dance, a celebration ... The old man that has existed up to now is on his death bed ... He has been conditioned to live in misery, in suffering, in self torture

So that he will be rewarded ... he will be in heaven ... this is only a lie, a hope, to be a slave ... but not a free being ... And there is no other life than the life of reality, than the life that exists in this moment ...

The new man is a rebellion, a revolt, a revolution against all the conditionings which can enslave him, oppress him, exploit him... just by giving him hope of a fictitious heaven, frightening him, blackmailing him about another fictitious phenomenon: hell ... No hell and no heaven ... be free from such conditions... such ignorance ... don't be part of the crowd ... be alone but not lonely We are the highest creation, we are the only royal family in the kingdom of God ... we are here to create a new way of life, new values of life; that we are destined for new goals, faraway stars are our targets ...

We are going to live our lives, not according to ideals, but according to our own longings, our own passionate intuitions ... and we are going to live moment to moment; we are no longer to be befooled by the tomorrow, and the promises for tomorrow...

The new man contains the whole future of humanity ... just disconnect yourself from old traditions, old religion, old nations, old ideologies ...

The old is no longer Gold ... the old is the rotten corpse of on an ugly past ... It is a great responsibility for the new generation, for the young people to renounce the past ... In the past, religious used to renounce the world ... now we have to love the world so that it can be saved ... It is time to listen to Christ not to Christians ...

The new man is a manifestation of one humanity ... the new man will not be concerned about heaven and hell, virtue and sin... but more flowers, more beauty, more love, more compassion ... And we have the capacity and the potential to make this planet a paradise, and to make this moment the greatest ecstasy of your life ... just be aware of who you are ...

You are the new man ... the new Christ ... the new light ... you just have to drop all the dust that has gathered down the ages on

the mirror of your consciousness ... 

The new man is us in our freshness, in our silences of the heart, in our depth of meditation, in our beautiful space of love, in our songs of joy, in our dances of ecstasy, in our love to our earth ... No religion teaches you to love this earth, and this earth is your mother, and these trees are your brothers, and these stars are your friends ... You have to write your holy book ... you come with an empty book, and it depends on you what you make of it...

Birth is not life; it is only an opportunity given to you to create life ... to create a life as beautiful, as glorious, as loving as you can imagine, as you can dream ... Man has never faced a greater responsibility before: a responsibility to renounce the whole past, to erase it from your being ...

Be Adam and Eve again, and let this earth be the garden of Eden... It is going to be our garden ... let us do it ... our hands have that touch ... we can create the godliness that God gave it in us ... plant it in the core of our being ... it is within our creativity ...

The new man is the greatest revolution for evolution ... we are the saviors but we became the slaves ... it is time to wake up!!! Let us be the beginning of a new world ... and because we have known the old world and its miseries, we can avoid all those pains; we can avoid all those jealousies ... all those angers ... all those wars ... We can go through a total transformation: we can create innocent people, loving people, people who help each other to be free ...

We can create nourishment for everybody to be dignified, to be respected, to be healthy, to be rich and wealthy ... not according to some ideals and values, but just as he is ... as our nature is this is what Jesus said ... You are the salt of the earth ... but why we are sharing our insult? 🍌

Once a Master was very much insulted by a few people ... they abused him badly. He listened silently and then he said, "Have you anything more to say? Because I have to reach the other village in time ... People must be waiting in time. If you still have something to say, when I come back I will be coming by the same route and I will inform you and I will say whatsoever you like."

Those people were very much puzzled. They said, "We are not saying something, we are insulting you!"


The master laughed. He said, "For that you have come a little late. You should have come at least ten years ago. Now I am not so weak. You can insult, that is your freedom I am not taking it."

And he said to them, "In the other village which I just passed before yours, people had come with sweets to offer me. I thanked them, I said, I don't need sweets and I don't eat sweets. what do you think they must have done with the sweets ?"

Somebody from the crowd said, "They must have taken them back home ."

The master said, "Now what will you do? you will have to take your insults back home. I don't have to take your insults, there is no other way, you have to take them back ." When we feel insulted we have participated with the person. But you are not conscious, so anybody can push your buttons ... you function

like a machine: push the button and you are on; push the button and you are off ...

We are a verse not a virus ... 

What we did to Jesus? To Mohammad? what is the lesson? where is our awareness? our love? our compassion? why we are victims of victims? watch the children when they play and hurt each others!! They cry and they keep on playing ...

Let us understand our feeling and face our fear and our mind ... we are the cause and we are the cure .. I am here to lit a candle not to curse the darkness

By watching, meditating, slowly slowly we become more and more aware of our feelings, our reactions ... rather than the reactions of others

Let us be aware of our emotions ... let us be aware of the compassion ... of the love ... of the forgiveness ... of our true nature ... This is the new man ... the new humanity ... this is the new birth ... born again not a Christian ... not a Mohammedan ... but a free being ... a human becoming ... a unity with existence ... the oneness with the one ...

But where are you going to find God? 


You are right! me too ... we feel that our life is meaningless, empty, just a noise by idiots, and we search for some meaning... But this search is fake ... we are searching in the wrong place ... the truth is already in us . What they are seeking is in the seeker himself ; the sought is in the seeker ...

We need not go any where: we simply have to learn how not to go anywhere ... just stop this search and go in ... meditation is the master key ... in is our only inn ... our only home ... in the core of our heart is our being ... be yourself ...

Our body is our temple. Except for your body, there is no other temple in the world ... that chant, that music, is already happening inside your own temple ... Listen only to your heart... don't listen to anyone else ... don't torture your body ... do not destroy your body ...

Unless you love your body immensely, respect your body immensely, you will not be able to know God at all ... because the body is the gift from God ... If our body is the temple, then

Allah is the truth inside it ... listen to Christ , to Mohammad , to Buddha ...

To your inner treasure ... 

Just be your being without going anywhere. Not going to the past, not going to the future, not going into desires, into psychological spaces, into psychic travels, not to go anywhere...


Just To Be ...

And right now - here or nowhere ... If you are just here ... immediately something is left, something which is in tangible ... you cannot show it to anybody else ... you cannot teach it to anybody else ... But I can catch it if I am ready for it ... if you are ready ... it will come to you

You cannot share your experience with somebody who has not known it, But your whole being starts feeling a kind of thirst, a kind of drunkenness ... you become full of juice, you become full of aliveness, and a very indirect, subtle, delicate experience of the presence of a great grace bigger than you ...

That's what God is all about ... It is beyond any word ... any silence ... any sense ... let us wake up any now ... if not now? When? If not you and me who else ? You want know something of the transcendental, you are thirsty for the transcendental? Me too ...

And once in a while, even in ordinary life, it happen "Now you are with me" Jesus on the cross said it to the one on his right side ...

This is for us too .. It is a symbol for all of us ... 

You know those few moments when suddenly one day, you wake up in the morning and you feel everything seems to fit perfectly ... The birds are singing, the air is fragrant, the sun is rising, and suddenly you feel all that nature is still and quiet . . .

You are no more separate for a moment ... you are no longer alone for a moment ... you feel a great joy arising in you for no reason at all ...

You suddenly feel vibrant, utterly rejuvenated, at home ... May be the beautiful morning, the song of the birds, of fresh air, the dewdrops on the grass leaves shining in the early sun ... all this is created not by our effort, but just by God ... by existence ...

you fell in harmony with yourself and with God ... with existence ... with this mystery ... And let us remember, it happens always together: whenever you fall in harmony with yourself, you fall in harmony with existence too ...

The other is me .. is my mirror ... my soul ... my seed ... my soil ... mewe is our unity with all what we see and beyond ...

The individual is the universal ... If inside you all conflict has disappeared, even for a single moment, in that moment you are part of the whole ... you are no more an island, you are no more separate ... all walls have suddenly disappeared; you are no more imprisoned ... You are no more a slave ...

In that moment, you know the glory, the splendor, that life is ... that splendor is God, that feel is God ... That experience of harmony is God .. . this is why Mohammad said ...

La ilaha illa llahoo 

There is no God but God ... 

God is not a person, but a presence ... once in a while God will knock at our door This happens to everybody ... it happens in spite of you ... and we don't know why it comes and why it goes ... " Let thy will be done "

It happens in any now ... in ordinary life, in emergencies ... your house is on fire ... no contact with cosmic layer ... and that is the source of life ... a tremendous joy starts overflowing you... tremendous ecstasy happens for no reason at all ... It may happen in a thousand and one ways ... But watch: whenever it happens, whenever that tremendous blissful moment comes to you, when God knocks on your door, watch in what context it is happening. Be alert !! Look around ... in what space it is happening ... And then you have the key !!!!

Whenever you will be able to create that context, that space, the moment will come again ... you cannot make it happen, but you can make yourself available for it to happen . . . You cannot force it to happen, but you can create all that is necessary for it to happen ...

It is not a doing on my part ... it is a happening ... But still, we can play a great role ... that's how all techniques of meditation have been developed That's how yoga come into existence...

That accord is present in all of us ... no need to go to any guru...
gee you are you ...

You are alive because of this energy in you ... face it ... be it ...
and you have the key ... this is our connection with the whole...
Once it is cut, you will be dead .. You are alive. The only step is
to go deep inside your own being and to find where it is
happening Yes you can ... I can do it

Yes our beloved new man 

The new man will not have any guilt ... the new man will have
only one religion; that is awareness .. The new man will have
only one world , this world ... One peaceful world ...

This world that you see is like a circumference , and that world
is the center ... and I call the whole man the holy man; then you
are Jesus Christ ... you are body being ... you are Zorba The
Buddha ... you are all ...

Then the whole life, with its whole spectrum, all the colors of
the rainbow, you can live without any fear, you can dance like a
Zorba, you can meditate like any Buddha ... and there is no
contradiction ... Every work is worship ... not warship ... every
breath is a path to our new birth ... new step in our trip ...

Let us drop the past and the future and live this now with our
wow !!

Yes! Drop the old completely; it was sick, it was schizophrenic.
And let us have a new man: organic, healthy, whole ... and with
such being comes a new world into existence ... which will not
be divided by politics into nations; which will not be divided by
religions into different sections, fighting, murdering, killing,
burning, living people ...

We can do this earth a paradise, if we are together, if there are
no nations and no churches, no religions, nothing dividing man
from man ... Then we will have so much energy to plant peace
not war ... and this earth can blossom into new flowers of
consciousness ...

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 ... 

What is my vision? Who am I makes a difference

This vision is given to us by a sick on his deathbed ... He left this treasure in us for all of us ... So what is my vision? what is your vision ... The old vision was warship ... it was split between the body and the soul, between matter and spirit, between this world and the other world ... go beyond all the old religions ... do not choose to be a saint or any degree in any matter ... don't be half ... and the half can never be totally fulfilled ... just unite yourself with the oneness ... with the existence ...

The rose flower has petals and thorns and fragrance ... 
Be the roots and the fruits ... no roots no fruits ... no pain no gain ... No darkness no light ...

Now is the time of the new man ... the past history of man is hysterical: it is sick ... Now is the life of love ... love is the only way to life, light and laughter ... this is our only treasure ...

The only problem in life is love ... If you miss love, then your life is empty ... it has no meaning, no joy ... or if you are full of love, but is contaminated by attachment ... because that attachment, creates jealousy ... anger ... and more and more poisons ...

It is like a garden which is full of weed and you are trying to grow roses in it ... if your mind is full of hate, jealousy ... then you cannot grow roses of love ... The whole soil is being exploited by the weeds ... and weeds are cunning people, very cunning people ... be aware of your mind and such crowds ... And love is a rose flower, for more delicate than any rose can ever be ... It is the subtlest flowering of consciousness ... It is the flowering of your innermost being ... It is the opening of your heart ...

Just as petals opens up, your heart too opens up in love ... But there are dangers for it, and those dangers all come from attachment ...

Attachment is the root of all the dangers for love ... One has to destroy attachment mercilessly .. . My body is not mine . . . I do not exist ... only God is ... we are the medium of this mystery ... God has no other hands than ours to use ... We live in the marketplace but we drop all attachment, all clinging, all jealous...

Yes! It can be done many did it why not you and me?? we support each others ... This is what freedom is .. This is what bliss is ... Blissfulness is our birth right ... we just have to claim it ... And it is everybody's choice ... If you want to be blissful nobody can prevent you ... If you want to be miserable it is your own decision to be so ... let us live our choice ...

Story of a blind love 

There was a blind girl who hated herself just because she is blind ... She hated everyone, except her loving boyfriend ... He is always there for her ... she said that if she could only see the world, she would marry her boyfriend.

One day, someone donated a pair of eyes to her and then she can see everything, including her boyfriend ... Her boyfriend asked her, "now that you can see the world, will you marry me?" The girl was shocked when she saw that her boyfriend is blind too, and refused to marry him ...

Her boyfriend walked away in tears, and later wrote a letter to her saying .. "Just take care of my eyes dear "



I don't do this donation ... be aware when you love and when you give ... Just be grateful and no expectation ... leave one eye to yourself ... once you accept, doors start opening ... This whole earth is full of blind people .. Blind because we cannot see death approaching ... Blind because we cannot see that life is evaporating every moment ... Blind because I don't know where I am going and from where I came and why I am here ... and blind because I don't know who lives in the core of my heart... and in the innermost core of my being ...

The outer eyes are insignificant ... love will open the inner eye which is the real eye because only through that can Allah be seen ... it is our insight ...

Yes!! The crowd consists of blind people and the leaders are far more blind than the followers. Only then can they lead; they are more perfectly blind ... blind and mad too ... They are monsters, not men ... One has to attain to a little awareness. Awareness gives you insight, vision, and light ... Existence is light ... is luminous darkness ... let light be our life ... This is who we are...

Life has no tradition to follow, no ideology to imitate, no pattern fixed by the past . . . Life is always an opening into the unknown, into the future, mind moves towards the past ... Mind is always closed in the experience that has happened already, and life is always open for the experience that has never happened before ... How can they meet? How is there any possibility of their meeting? Then, by and by, mind becomes completely closed in itself ... Not only that, the mind even becomes afraid to see what life is ...

The fear comes because the mind knows that if you look at the life, you will be proved wrong ... So better remain with closed eyes, don't look at life ... don't listen to it!!

That is how we became blind and deaf ... 

That is why we don't understand any truth ... 

The now of this now is different from the now before this now... The river is rivering ...

Truth is beyond mind ... beyond time and space ... life is by living ... everything will be different in every now ... You are absolutely new .. every breath is a new birth and a new death ... life is constantly a resurrection ... every moment it dies, and it is born anew ... but we go on carrying the old mind ... so we don't fit with anybody ... any nature ... why ?

Because the harmony is possible only if you are a flux – like phenomenon changing, moving, merging into the new now ...

If you become a formless river of consciousness, then everything fits .. Then you fit with life and life fits with you .. and all is okay .. All is beautiful, because mind lives as a tradition and life is momentary...


Tradition comes from the same root as the word traitor". . . betrayal of life ... your mind ... The ego ... Then let go and let God ...

If you can drop the mind, everything is attained Dropping the mind is the essence of all religions ... Sufism is nothing but how to drop the mind, the tradition, the past ... That is why religion always looks as a revolution, because it is always against Tradition . . it is always against the past ... It is always against frozen roots and frozen words ... It is always for the flow... for the glow and grow ... We grow up . . . we don't grow old ... The body grow old but to grow up is our choice ... it is optional ... To grow old is natural for the body ... but you are a being ... you have the choice to grow up ... to surrender all your things gracefully ... Through understanding ... through real growing ...

Growing up in age is only aging ... not sageing .. be a sage, so you can remain clean and clear ... Only that clarity can encounter the ultimate truth ... this is what real virginity is ... remain fresh ... new birth ... living the moment ... one with the one ...


We all can do this trip ... from the trap to the tip ... just from head to heart ... just be in silence and let your heart guide you... allow your thoughts to drop and total let go and let God ... The master will help you to reach the inner master who will guide you to the truth ... If this trust happens, it is faith ... the real faith... The oneness with God ...

Wisdom comes from the heart, it is not of the intellect ... not from the head ... but from the being ...

This is the only way to reach home ... 

To know yourself ... to be who you are ... This is the pilgrimage beyond any image .. any stage ... This is the infinity in us ... The divine unity in us ... not to follow anybody but yourself ... we are fellow travelers ... we are here to support each other ... not to depend on each other ... We came alone, we live alone, but we are not lonely ... our aloneness is our grace... is our choice ... is our endless path towards the Truth ... towards our faith ... to our let go ..

" Let thy will be done " ... Risk your life for this life ...

Life is a mirror of our treasures. 

A man and his son were walking in the forest. Suddenly the boy trips and feeling a sharp pain he screams "Ahhhhh"

Surprised, he hears a voice coming from the mountain,

"Ahhhhh"

Filled with curiosity, he screams: "Who are you?" but the only answer he received is : "Who are you ?"

This make him angry, so he screams: "you are a coward!"

He looks at his father, asking, "Dad, what is going on? "

"Son," the man replies:

"pay attention! "then he screams. "I love you!"

The voice answers: "I love you!"

Then the father shouts, "you are wonderful!", and the voice answers: "you are wonderful!"


The boy is surprised, but still can't understand what is going on...

Then the father said ... "This is our echo .."



Echo is life ... life always gives you back what you give out!!

Life is a mirror of our power ... of our actions ... If you want more love, give more love!! giving is receiving ... If you want respect ... give respect ... This rule of nature applies to every aspect of our lives ... Life always gives you back what you give out ... Your life is not a coincidence, but a mirror of your own doings .. We harvest what we plant ... and one seed turns the whole earth green...

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

I love to share this seed again and again ...

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



Fill your heart with creative power to accept the past, decorate the present, and transform the future to be one with our inner treasure ...



Thank you for your share and your care . .

We may not have it all together but together we have it all ...



I will share your love now ... I repeat again and again the same seeds ...

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 stronger at the cracks ...



When one door of joy closes an other door opens. But often we look so long at the closed door that we do not see the one which has opened ...



When there is a will, there is a new way ... keep walking your talk ...



Butterflies love ... An amazing story
Two butterflies were in love ... One day, they decided to play
hide and seek ... During the play ...
male butterfly "let us play small game ."
female butterfly. Okay
male butterfly: The one who sits in this flower tomorrow early
in the morning ... that one loves the other one more ...
F.B: Ok ...

Next morning, the M.B waits for the flower to open so that he can sit before the F.B does ... Finally, the flower opened ... what he saw was a terrible thing ... His love has died inside the flower ... She stayed there all night ... so that early in the

morning ... as soon as she sees him ... she can fly to him and tell him how much she loved him ...

Moral: Husband and wife, parents and children must compete to love each other, it builds a strong and long relationship ...

Always be the first to show your love to your others ... they are your powers ...



Prayer to God . . .

Great moral story

A woman was at work when she received a phone call that her small daughter was very sick with a fever ...

She left her work and stopped by the pharmacy to get some medication ... she got back to her car and found that she had locked her keys in the car. she did not know what to do, so she called home and told the baby sitter what had happened ...

The baby sitter told her that the fever was getting worse ... she said, "you might find a coat hanger and use that to open the door."

The woman looked around and found an old rusty coat hanger that had been left on the ground, possibly by someone else who at some time had locked their keys in their car ...

She looked at the hanger and said "I don't know how to use this" She prayed to God and asked for help!!!

Within five minutes a beat up old motorcycle pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head ...

The woman thought "This what you sent to help me? " But, she was desperate, so ... she just kept quiet ...

The man got off his cycle and asked if he could help ... she said, "yes, my daughter is very sick, I stopped to get her some medication and I locked my keys in my car. I must get home to her. please, can you use this hanger to unlock my car?"

He said, "sure." He walked over the car, and in less than a minute the car was opened ...

She thanked the man and through her tears she said, " thank you so much ... you are a very nice man."

The man replied, "lady, I am not a nice man. I just got out of prison today ... I was in prison for car theft and have only been out for about an hour."

The woman thanked the man again and with sobbing tears cried out loud, "Oh thank you God! you even sent me a professional!!"

Moral: always have trust in God; pray to him and be patient. He will help us from sources which we can never could have imagined ...



Little Jony asked God for a bye bye gift ... a bicycle ... he prayed and prayed but no answer ... then he stole one and asked God to forgive him and to protect him too ...



Paddy was known for his bad language ... the priest took him aside on Sunday and said, "Every time you swear you must give five dollars to the nearest stranger ... that will cure you soon and sure ..."

As Paddy left the priest, he stubbed his toe and then silently handed five dollars to a woman just entering the church ...

"Okay" whispered the woman. "But this is the price for the priest I charge more from others, but okay for you ..."



Please can you help me?

I always dream of sex and sex and sex ... why?

Your dreams simply shows that you are living a repressed life... your dreams are also reflections ... Dreams only indicate that you are doing something wrong with your life ... when your life is really harmonious, lived consciously, dreams disappear ... All kinds of dreams disappear ... As meditation goes deeper, dreams start disappearing.

But dreams show something about you. And you have to rearrange your life ... your dreams are symbolic. your unconsciousness is trying to convey a certain message to you, that you are doing something wrong ...

Sex is part of life ... of our path ... we cannot deny it ... we can transcend it, but we cannot deny it ... If we deny it, we will

create sickness and a repressed life ... If you repress something, nature is going to take revenge on you ... let us live our challenge for our change ...

And remember, you cannot fight with nature, you can win nature by being one with it ... Nature is our mother and is very loving and very compassionate ... But once you start fighting, you are bound to lose ... Nature is vast and you are very tiny ... It is like a wave fighting with the ocean, a small leaf fighting with the whole tree ... it is stupid ... The wave can win, but not against the ocean, with the ocean ... And that is the basic teaching of all the great masters ...

Sex can be transcended and should be transcended, but it should be with nature, through nature ...

Accept your sexuality ... it is part of you!!



We are born out of sex, each cell of our body is a sex cell ... respect it, it is a gift from God. Be more and more meditative about it. Drop all judgments ... sex is sex ... go deeper into it with total love and respect and in that very seeing, you will be going beyond it ... The day you know what sex energy is, you will transcend it by understanding it ...

And be aware !!

The disappearance is not really the destruction of the energy, but a transformation. In existence nothing is ever destroyed, things are only transformed ... It is sex when it is transformed that becomes love ... And it is love when it is transformed that becomes prayer ... And it is prayer in its ultimate transformation that becomes God ... This energy is in us ... is us ... is the whole holy existence ... but who is aware of this truth ?

No need to go and ask any master ... any Christ ... but be more meditative ... be more aware about yourself not only your body...

Christ is not a body nor Mohammad is a body ... he is not confined in time and space ...

Wherever you are, if you are aware, if you are meditative, you are in his or her presence ... light does not die but helps us to see our light ... you can be in contact with your lover, with your

master wherever you are ... the way is to go in ... to go within your being ... In the core of our home we are at home. .

Answers will be coming to you not from the mind but from the heart . there will be a total difference of quality . . you hear it . . . you feel it . . .

This is the mystery of the Koran ... Mohammad thought that he heard it ... and he was right ... His mind was silent and from the depth of his being heard the Truth ... It came to him, it has been revealed to him ...


You are always identified with the surface, and the answer comes from the depth ... from the core of the heart ... of the being ... this is where the godliness is ... You don't know your own depth ... that is why you will feel God is answering, that the master is answering ... In a way you are right there is only Allah and nothing else ...

Whenever your inner treasure has started living, the work of the outer master is done ... Jesus says ... "you are a living Christ ..." Mohammad says ... "everyone of you is my brother ..." We are the same quality of light from the only truth ... but you don't know who you are ... just be yourself ...

Mohammad is alive right now ... "just one verse is enough ..." but who is aware of this gift ??

All the books are not needed ... all what you need is your inner look. ... is your outer look ... This is the book of God ... All what we see is a sign to be connected with the life that is alive ... All the answers of all the prophets are not really concerned with our questions ... But are concerned with how to create the response within us so our inner depth starts speaking to us, so our own consciousness becomes our master ...

Let us be more meditative ... Be more silent ... Allow more and more stillness to penetrate us ... Christ is saying

"Be still and know that I am God " 

This I is not the ego but the amness ... "alamana" in Arabic ... our birthright ... our whole and holy light ... All what you see is God ... is Godliness ... is the ninety nine names and the hundred names of Allah ... Truth is beyond letters and numbers ... Truth is a quality which is beyond quantity ... It is a divine divinity ...

Yes ! yes ! yes!

Thank you for such a question It is a very significant question ... what is the power of money? what are all these feelings which are around money? what makes it so powerful that people sacrifice their lives for it. yes! dear money ... oh ... dear honey ... honey, money ... many ... does not mind and does not matter ...

All the religions have been against wealth because wealth can give you all that can be purchased in life ... And almost everything can be bought except life ... except those spiritual values ... love, compassion, freedom, enlightenment, health ... But these few things are exceptions, and exceptions always prove the rule ... Everything else you can buy with money ... But!! Because all the religions have been against life ... against the truth, they were bound to be against money ...

Life needs money ... use it but don't be used by it ... don't be a money mind ... life needs comforts, life needs good foods, life needs good clothes, good houses, good cars, beautiful literature, music, art, poetry ... Life is vast!! And a man who cannot understand classical music is poor ... is deaf ... He may hear, his eyes, his ears, his nose ... all his senses will be perfectly right medically but metaphysically ... no hope

"Let the dead bury the dead" 

Can you see the beauty of this book we will need a great discipline ... To understand classical music is possible only if you learn and it is a long learning. It is not like Jazz music, for which no learning is needed ... even monkeys can understand jazz In fact, only monkeys can understand it ... What you hear today all over the media, it is not music, just a few crackpots making all kinds of noises, and you think it is music ... you will find better music in a waterfall, or when the wind blows through the pine trees, or simply when you walk in the forest in autumn on dry leaves, and sounds are created ... But to understand that, you will need to be free from hunger, free from poverty, free from all kinds of prejudices ... For example, Mohammedans have prohibited music; now they have deprived man of a tremendous experience ...

But Mohammad said to Bilal "Arihna ya Bilal."

This is the sound of existence ... the music of stillness ... This what Bilal gave us ... His voice was from the harmony of nature to nurture our inner treasure ... But who understood the message of Mohammad?

Let us remember this truth !!



It happened in New Delhi ... One of the most powerful Mohammedan emperors, Aurangzeb, was on the throne ... And he was not only powerful, he was really terrible ... Up to his time Mohammadan emperors were saying only that music was against Islam, but that was all; Delhi was full of musicians. But Aurangzeb was not a gentleman, he was really an ignorant man who knows nothing about Islam nor anything about music ...

He declared that if any music was heard in Delhi, the musician would immediately beheaded ... And Delhi was the center, naturally, because it was the capital for thousands of years ...

So it was the place where all kinds of geniuses were living ...

When this declaration was made, all the musicians gathered together, and they said, "something has to be done, this is too much!! They used to say it is against Islam ... that was okay. But this man is dangerous, he will start killing."

So as a protest, all the musicians of which there were thousands... went to Aurangzeb's palace ... They went in a very peaceful way ...

He came on the balcony and asked the people, "who has died?"... because what they had done ... They were carrying a corpse the way it is carried in India ... There was no corpse inside, just pillows, but they had managed to make it look like a corpse ... The king asked, "who has died.?" And they answered, "music. and you are the murderer of it."

He said, "good that it has died ... Now please be kind enough to me ... dig as deep a grave as possible, so that it can never come out from the grave again."

Those thousands of musicians and their tears had no effect on the king: he was doing something "sacred". Music is denied by such heads ...? yes!

Why? because music was basically played in the east by beautiful women ... In the East and in the west the meaning of

the word "prostitute" differs ... In the west the prostitute is selling her body ... but what about the East??

In the East, in the past, the prostitute was not selling her body; she was selling her genius, her dance, her music, her art ... You will be surprised that every Indian king used to send his sons who were going to become his successors to live with great prostitutes for a few years, to learn etiquette, to learn gentleness, to learn music, to learn the delicacies of dance ... because a king should be really rich about everything ... He should understand beauty, he should understand logic, he should understand manners ...

That has been the old Indian tradition ... Mohammedans are ignorant crowds ... music was against their mind ... why? because to learn music you had to enter a prostitute's house ... Such Muslims are very much against any rejoicing, and the house of the prostitute was full of laughter, songs, music, dance... and all ways of life ... They simply prohibited music; to hear music is a sin ...

For the dead mind everything is a sin ...



And the same has been done by different religions ... for different reasons, but they have all been cutting man's richness... And the most basic teaching is that you should renounce money ...

Who are the richest ? 

Yes! the Vatican and all the priests and the politicians and you know much more ... most of the lands are in the hands of the so-called religious people ... what are they doing with this money? why so much poverty and most of the people are poor? Is this what Jesus said? Is this what Mohammad did? ...

You can see the logic ... If you don't have money, you can't have anything else ... Rather than cutting branches, they were cutting the very roots ...

A man without money is hungry, is a beggar has no clothes ... you cannot expect him to understand Dostoevsky, Einstein nor any verse from the Quran or the Bible or your silence ... or any flower or any star ...

All the religious together have made man as poor as possible.
And you know why ...

Wake up !! enough is enough!!! 

Yes! they have condemned money so much, and praised poverty so much that as far as we know ... they are the greatest mafias the world has known ... They are teaching us how to be aware and alert ... Look what the priest or the Bible is saying not Jesus ...

"A camel can pass through the eye of a needle, but a rich man cannot pass through the gates of heaven ..."

Use all what you have but don't be used by it ... you are not a utility but a unity ... a divine divinity ... Be the richest and the poorest ... enjoy your now as you are ... do not feel any guilt ... any sin ... any birth, any death ... just be yourself ... This is the only wealth and the only health that we need ... There are people who have a born capacity to be a musician. Mozart started playing beautiful music at the age of eight ... Vincent van Gogh was born of a poor father who worked in a coal mine... But look at his son!!! He never got educated, he never knew any art school, but he became one of the greatest painters of the world ... but in his whole life he could not sell a single painting. Now each painting is worth a million dollars or more... But he painted for his soul ... whatever you are doing let it be for yourself ... yes!

His painting needs tremendous intelligence to be understood ...

Truth is beyond time and space ...

Yes! Physicists have now discovered that Van Gogh is right. stars are not as they look, they are exactly the way Van Gogh has painted them ... So is the sun and the trees ... But who is going to see the truth?? His world is not our world ... So is the same with Christ and Mohammad and Buddha and many others... But are we aware of this mystery?

Yes! We are the mystery of God ... But how are we going to understand this richness? yes! When you are satisfied as you are... then you see the drop and the wave and the ocean are one... The higher your consciousness, the greater your vision; The lower your consciousness, the smaller your vision ...

Go and stand on the street under a tree and look: you have a vision ... you can see to the nearest corner of this road, then there is a turning and the vision stops ... Climb the tree and have a look from the tree, then you have a greater vision. move in an airplane ... then you have a bird's - eye view of the whole city ... Go higher and greater becomes the vision; go lower, smaller in the vision ...

There are rungs in the ladder of our consciousness, look from there: eternity is revealed ... This is who we are ... one with eternity ... what are we here for? why war? why not peaceful world? why pieces in the hospitals?? on the streets??? ... at homes? All the news are dead news ... evil is all over why not live? why evil? ..

Let us turn our dream into vision ... yes we can ... this is why we are here.. Just be your life ... The earth is alive ... it is part of you ... and life always wants to go higher and higher There is no limits to its aspirations ...

Henry Ford was born poor, and became the richest man in the world ... He must have had some talent, some genius for creating money, for creating wealth ... And that is far more difficult than to create a painting, or music, or poetry ...

Let us respect money. Money is one of the greatest inventions of man ... It is just a means. only idiots have been condemning it; perhaps they were jealous that others have money and they don't... their jealousy become their condemnation ...

Money is only a utility to be used ... It is a way of exchanging things ... All over the world there was a barter system ... you have a cow and you want to buy a horse ... so will look for a man who needs this way it is a difficult job!! money made it so simple ... He can simply sell the cow, take the money and find the man who wants to sell the horse ... give and take ... walk your talk ...

A fun with a man and a woman ... 

A man and a woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little

old woman had a shoe box in the top of her closet that she had told her husband never to open or ask her about ...

For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover ...

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside ... She agreed that it was time that he should know what was in the box ... when he opened it, he found two crocheted dolls and a stack of money totaling \$95.000 ...

He asked her about the contents. "when we were to be married," she said, "my old grandmother told me the secret of a happy marriage was to never argue. she told that if I ever got angry with you, I should just keep quiet and make a doll."

The little old man was so moved, he had to fight back tears ... Only two precious dolls were in the box ... She had only been angry with him two times in all those years of living and loving... He almost burst with happiness ...

"Honey," he said, "that explains the doll, but what about all of this money? where did it come from?"

"Oh," she said, "That's the money I made from selling the dolls."



I respect the money but I don't respect to be repressed ... money became the medium of exchange ... The barter system disappeared from the world ... Money is a great service to humanity, and because people become capable of purchasing, selling, naturally they become more and more and more rich ...

This has to be understood

The more money moves, the more money you have let it move from hands to hands ... you cannot eat the dollar ... but you can enjoy it only by spending it ... spend it and this is how it saves you!!

Now! If I am a miser and I keep it ... what is my feeling? yes! fear and fear and fear ... face your fear!! If nobody is a clinger, a miser, and everybody is moving the dollar as fast as possible, if there are 3000 people, three thousand dollars have been used, enjoyed ... That is one single round ... Just give more rounds

and there will be more dollars ... Just by movement it goes on multiplying itself ...

That is why money is called currency. It should be a current ... we should not keep it ... the moment you get it, use it ... or it will use you ...

Don't waste time, because that much time you are preventing the dollar from growing, from becoming more and more ... Money is a tremendous invention ... But do we know how to use it? use it before you lose it ... Do not listen to any head ... only to your heart ... Be rich ... be healthy ... be wealthy and this is only a utility to live your own divinity

Once you know your identity ... your uniqueness ... you are beyond any utility ... you enjoy all what you see and what you live and you will be aware of your safe life ...

"let thy will be done" 

You don't need to go to any religious place ... the whole richness is in us ... Drop all the ideas that have been imposed upon you about money ... money is honey too ... Be respectful to it .. Create wealth, because only after creating wealth do many other dimensions open for you ..

For the poor man all doors are closed ... Be as rich as possible, as comfortable as possible ... In your head, in your heart ... in your facts and in your fictions ... just be in a meditative active... see God in every step ... in every breath ... let your laughter be part of your treasure ... love, life, light and laughter is our power ... our evolution our inner explosion ... This is the real religion ... the real vision ... We are here to hear the voice of our heart ... to be in the stillness of our being ... to plant the seed that God gave it to us ...

One seed turns the whole earth green ... If not now, when?

If not you and me, who else? Now or never is our power ... is our treasure ... The seed is ready, the soil is ready and the soul is the sage who is beyond the cage ...

Let us fly in our inner sky and plant our vision and the spring will come and the grass will grow on its own accord ...

Yes! the world is in chaos because people are being used, and things are being loved ... People were created to be loved,

things were created to be used ... Why are we in this chaos since Adam and Eve? can I change the world? can I change my friends? can I change my family? my children? my husband? My wife? If it is no ... no ... then the only yes is to change myself ...

Yes beloved us!! 

This is our only challenge ... to change myself ... We cling, we want things as it is ... A man of awareness knows that the river is rivering ... is a verb not a noun ... life is a changing ... a loving... Change is a constant law ... Just be one with nature, with all the seasons ... all the stops ... this constant flow which never stops ... this is the change that helps me to be alive ... to be awake ... to be in bliss ... Then all is good, then you are never frustrated ... don't, do good ... be good ... and it shall be given to you ... it comes to you ...

Yes! The chaos is there ... but why? it is outside is a cosmos ... let us go in and face our fear, our darkness, our mind ... our ego...

The now is not part of our mind ... now is the present to live with total trust and total love ... now-here or nowhere else ...


This is our bliss ... now is our wow!! let us enjoy it ... let us rejoice our grace ... let us do our best and leave the rest to God... the now is in absolute harmony with existence ... the past is no more and the future is not yet Soon our pain will be our gain... Soon our breakdown will be our breakthrough ... Soon you will be perfectly awake and aware that your very chaos becomes a cosmos, because it starts settling into an orchestra ...

The noise becomes music.

Suddenly all that was insanity, madness, is transformed into Christhood, into compassion, into enlightenment ... Chaos means energy ... energy of which you are unconscious. If you become conscious, this is the only miracle ... we have the book as our best companion and if you can meet a soul friend ... It is easy in the communes ...

Yes! Just being conscious is enough ... but I need a stick ... I need the book that dances with my heart and a soul friend ... or a commune ... This is the way I wish to be at ... the path that

supports us to be who we are ... and the spring will come and our buds starts opening, flowers bloom ... the inner world becomes full of fragrance and what else can we be ... to be or not to be ... I learn from the bee I learn from the bee and from every being ...

And thank you for this story 

The story of the pencil

A boy was watching his grandmother write a letter, at one point he asked: "Are you writing a story about what we have done or is it a story about me?" His grandmother stopped writing her letter and said to her grandson: "I am writing about you actually, but more important than the words is the pencil I am using. I hope you will be like this pencil when you grow up." Intrigued, the boy looked at the pencil. It did not seem very special ...

"But it's just like any other pencil that I've ever seen!" "that depends on how you look at things. It has five qualities which, if you manage to hang on to them, will make you a person who is always at peace with the world"

Let us know what the grandmother is telling for all of us ...

Let us listen ... what is the lesson??

First quality: you are capable of great things, but you must never forget that there is a God who always guides us according to his will ...

Second quality: Now and then, I have to stop and use a sharpener. that makes the pencil suffer a little but afterwards, he's much sharper, so you too, must learn to bear certain pains and sorrows, because they will make you a better person ...

Third quality: The pencil allows us to use an eraser to rub out any mistakes. This means that according to what we do correcting is a must ... it is not a bad thing; we learn from our mistakes; it helps us to keep us on the road to justice ...

Fourth quality: what really matters for the pencil is not its wooden exterior but its inside power, so always pay attention to what is happening inside you.

Finally, the pencil fifth quality: it always leave a mark. In just the same way, you should know that everything you do in life

will leave a mark, so try to be conscious of every action you do in your life ...

Yes! The path of action is very romantic ... yes and no ... is being in the world and yet not being of it ... transcending it ...

You have to use the dance to become the dancer and then you are no more ... the dancer disappears in the dance ... The drop too melts in the ocean ... This is our birthright light ... we are no more only God is ... only existence is ... only joy is ... do not expect anything ... just a laughter...

A young soldier asked permission from his commanding officer to leave camp the following weekend.

"you see," he explained, " my wife is expecting."

"Oh ... " said the officer ... "I understand. go ahead and tell your wife that I wish her luck."

The following week the same soldier was back again with the same explanation: "my wife is expecting."

The officer looked surprised ...

"still expecting?" he said, "well, well, my boy, you must be pretty bothered. Of course you can have the week-end off."

When the same soldier appeared again the third week, however, the officer lost his temper. "Don't tell me your wife is still expecting!" he shouted ...

"Yes Sir!" said the soldier resolutely, "she is still expecting?"

"What in heaven is she expecting?" cried the officer ...

"me." Said the soldier simply .. and calmly ...



Don't fulfill any expectations of any body ... you have only one responsibility and that is towards your own being ... If you try to please others you are in great trouble because they will impose on you, they will dominate, they will cripple and paralyze you ... Anybody who expects anything from you is your enemy ... be aware of such dead mind emotions ... Love gives freedom; there is no expectation ... no desire ... I love you as you are ... this is the highest value in life ... Just stay where you are ... you need not going any place ... you need not renounce anything!!

Let us remember ... Kabir never renounced anything. He lived a very ordinary life just as every body else lives ... The life of a householder ... He was a father, a husband, and his whole life he continued to work ... He was a weaver ... He continued to weave clothes ... Even when he had thousands of disciples ... And many times his disciples would come to him and say that, "you need not work at all. We are ready to provide everything for you, and your needs are not many. why do you go on working?"

And Kabir would laugh and say, "you don't understand. I work for Allah, I weave clothes for God ... because the customers who come to purchase clothes from me are divine ... How can I stop my work?"

This quality is true religiousness ... And this quality is possible only if you are in love with life ... And to be in love with life creates juice of life ... Then you don't become dry, then you don't become a desert ... then you become an oasis ...

This is the new religion that we need ... And religion always needs to be renewed ... to be alive and flowing ... to be born again according to the time and the circumstances ...

What was right five thousands years ago is no longer right at all today ... And what was moral in the past has become immoral today ...

Now war means total war, now war means universal suicide ...

The new religion cannot teach war: it can teach only love

This is the right method and it clicks immediately. You can try it and play with it ... We are here to play peace not war ... Take one method and play with it for at least three days. If it gives you a certain feeling of affinity, if it gives you a certain feeling of well-being, if it gives you a certain feeling that this is for you, then be serious about it. Then forget the others. stick to it at least three months ...

Miracles are possible. the only thing is that the technique must be for you ... if it is not for you then nothing happens ...

So these 118 methods can be a miraculous experience ... it depends on you ... read it in the book of secrets by Osho ... if it

is not for you read what the real Sufis gave us as methods ... if you did not like it ... watch your own mind ...


Every breath is a path ... just be your own master ... your own guru ... your own light ... love what you do and do what you love ... forget all the ways and be happy ... enjoy the moment... face your feeling ... be grateful that you are still needed ... still breathing ... still making new mistakes and learning from our mistakes ...

Thomas Edison tried two thousand different materials in search of a right step for the light bulb. When none worked good, his assistant complained, "All our work is in vain ... we have learned nothing yet."

Edison replied very confidently, "Oh, we have a long way and we have learned a lot ... we know that there are two thousand elements which we cannot use to make a good light bulb."


Yes! Don't protect yourself, become vulnerable, melt in a thousand and one currents ... unafraid and fearless, start flowing... God comes through all the ways ... All names are his and all forms are his .. and he is formless and nameless ... only the pathless can be travelled through so many paths ...

Now! God is reading and writing through us ... Don't be poor ... become the richest, claim the whole heritage of man! All is ours... you are vast ... you are alive beings, and life is infinite ... God is looking into us ... He loves us more than anybody ... He is the creator ... he helps us to be who we are ... whoever you are ... wherever you are ... you are safe ...

You are at home ... you are in the kingdom of Allah ... 

All the gates are open to all of us ... All the ways will take us to the top of the mountain ... Just keep on walking your way and live your will and the well is waiting for your thirst ... your thirst is whole and holy ... love yourself as you are ...

How can I love you as you are?

A soldier's story 

A true story is told about a soldier who was finally coming home after having fought in Vietnam ... He called his parents from San Francisco ... "Mom and Dad, I 'm coming home, but

I've a favor to ask. I have a friend I'd like to bring home with me. "sure" they replied, "we would love to meet him."

"There is something you should know, "The son continued," he was hurt pretty badly in the fighting. He stepped on a land mine and lost an arm and a leg. He has nowhere else to go, and I want him to come live with all of us."

"I 'm sorry to hear that, son. May be we can help him find somewhere to live."

"No, Mom and Dad, I want him to live with us."

"Son," said the father, "you don't know what you are asking. Someone with such a handicap would be a terrible burden on us. We have our own lives to live, and we can't let something like this be with us."

"Is this your idea Dad?"

"Yes, it is our idea ... your mom too ... forget about this guy ... He will find a way to live on his own."

At that point, the son hung up the phone ...

The parents heard nothing more from him ...

A few days later, however, they received a call from the San Francisco police ... Their son had died after falling from a building, they were told ... the police believed it was suicide ...

The parents flew to Sanfrancisco and were taken to the city morgue to identify the body of their son ... they also discovered something they didn't know, their son had only one arm and one leg ...



The parents in this story are like many of us ... we find it easy to love those who are good-looking ... we would rather stay away from people who are not healthy, beautiful, or smart as we are...

This story is for all of us ... do I love myself as I am now?

In the beginning God populated the earth with broccoli and cauliflower and spinach, green and yellow and red vegetables of all kinds, so man and woman would live long and healthy lives...

Then using God's great gifts, Satan created Ben and Jerry and crispy and said ... you want chocolate with that? And man said

yes!! And woman said with sprinkles ... and they gained 10 pounds ...

And God created the healthful yogurt that woman might keep for her family ... And Satan brought white flour from the wheat, and sugar from the cane, and combined them ... And woman went from size 2 to size 6.

So God said, try my fresh green salad ... And Satan presented thousand Island Dressing and garlic toast on the side ... And man and woman unfasten their belts following the food of Satan...

God then said, I have sent you heart healthy vegetables and olive oil in which to cook them ... And Satan brought forth deep fried fish, chicken – fried steak so big it needed its own platter... And man gained more weight and his cholesterol went through the roof ...

God then brought running shoes so that his children might loose those extra pounds ... And Satan gave cable TV with a remote control so man would not have to move to change the channels... Just eat and watch such programs and shows ... And man and woman laughed and cried and lived such dead emotions and gained more pounds ...

Then God brought forth the potato, naturally low in fat and brimming with nutrition ... and Satan peeled off the healthful skin and sliced the starchy center into chips and deep – fried them ... and man and woman and children gained more pounds... consume fewer calories and still satisfy his appetite ... and Satan created McDonalds and its 99-cent double cheeseburger ... then said, you want fries with that? And man replied yea!! And super size them too ... and Satan said, it is good ... and man went into cardiac arrest ... God sighed and created quadruple bypass surgery. And Satan created cuts to health care system ...

AMEN 

Health is wealth ... no health no wealth ... yes, physical health and spiritual health ... Your body is your temple don't neglect it...

Respect it ... live its harmony, its dance with nature ... love it, it is a great gift, a great miracle ... a great mystery ... Feel your pain in the body and listen to this sign ... pain is needed to feel the body and to feel yourself ...

When you are in yourself, there is no ego. The word health is "whole" and "holy" and "wholeness" we are so blessed to have this body ... the hand is writing ... the eye is reading and more and more gifts ...

Yes! You are right ... real health is not in the body ... the body dies ... Real health has to happen somewhere inside us ... in our consciousness, where there is no birth and no death ... it is eternal .

First, to be awake, second to be harmonious; third to be ecstatic; and fourth, to be compassionate ... If these four steps are fulfilled ... we are inwardly healthy Yes we can fulfill all these four things ... we have the key ... Just use it any now before you lose it

A moment will come that you are no more only the dance is. In that rare space one feels harmony ... And to be awake and harmonious creates the possibility for ecstasy to happen ... Ecstasy means the ultimate joy, inexpressible; no words to say anything about it ... this is what compassion is ...

When you have that joy, you like to share it; you cannot avoid sharing, sharing is inevitable. It flows through you; you need not to do anything. It starts happening of

its own accord ... 

These are the four pillars of our inner health. Attain to it ... It is our birth right, we just have to claim it ...

Yes! We are available to hear and see and feel and be ... and immediately you will know who is healthy and who is not ... and what is truth and what is not ... and to know what is truth liberates!!

It is deliverance ... It brings to your life the ultimate joy, the ultimate flowering, the ultimate fragrance of existence ... this is who we are ... let us be aware of our true identity ... true divinity ...

Within the body is the divinity ... is the music of silence ... just go in ... you will taste the ultimate juice ... But if you go to your so – called saints, you will find them very dry, with no juice at all ... you will find them almost dead, with no life flowing in them ... and they have destroyed their bodies; they are living a kind of death ...

But this is thought to be very respectable ...

what has really happened?

What has gone wrong?

Why they have possessed us with such dead religion?

Yes! They are fanatics ... Only neurotics can be fanatics ... and it is very difficult to fight with fanatics ...

Wherever a fanatic is, sooner or later he is going to be a leader. He is so troublesome, he is such a trouble –maker, that you have to make him a leader; that is just to pacify him ... He will only be at rest when he is at the top, when he is the boss and you kiss his ass and you asking for a money ...

You are a slave for such asses ... Adolph Hitler was one of them... Because they are so mad you don't understand their act... you agree with them ... it is your greed too ... the same madness is in all the leaders ...

The sane person wants to be left alone, because he enjoys his aloneness; he wants his own space, he wants freedom: freedom from the crowd. And the mad person wants the crowd ... left alone, he becomes disturbed; in his aloneness he starts seeing his madness ... He goes always into the crowd; he wants to live with the crowd. He is a crowd lover 24hours ...

The sane person moves in solitude, and the insane person moves in solitude, and the insane person searches for the crowd. And our religions are nothing but crowds; Christianity, Islam, Hinduism ... Jews ... and more and more ...

When Mohammed became enlightened, he was alone, meditating in the mountain ... All of the enlightened beings were alone in a meditative being ... Enlightenment has happened to people when they were utterly alone ...

But leadership does not come that way. leadership comes when you move into the crowd ... Not only that: when you fulfill the

expectations of the crowd, stupid expectations, superstitious expectations, then you become a leader, religious or political ... watch the history and the news!! Since Adam and Eve ...

Is this live or evil???

And the crowd is afraid, everybody is afraid. And the crowd wants to be organized, because in organization there seems to be power ...

An officer or official telephoned the library of congress and told the chief librarian that the library had 18 thousands books with the word "nigger" in them and that all the books had to be removed in a week ...

"But," protested the librarian, "we have 50 and more thousand volumes with the word "bastard" in them ..."

"I know," said the official, " but those bastards are not organized."

In this world, organizations is power ... and mad people have a great magnetic force to organize ... They cannot be alone, they seek others; and others who cannot be alone, they are also seeking ... It becomes a mutual bullshit, a mutual arrangement for wars ...

Just be aware and listen to this ... 

Religions, at the source, are born out of a meditative aloneness... but the moment it becomes known that a Christ has happened, the mad people start organizing, the mad people start gathering crowd ... And that crowd finally crystallizes into Christianity ... Be a Christ not a Christian....

Yes! We are born free in a free world ... But religions are available to everybody ... one should be free to shop around ...

Parents should not decide the religion of their children ... the child is praying all his way we are here to play ... But now, nobody is interested in prayer; everybody is interested in making you a catholic, protestant, this and that ... this is an ugly situation and that divides people ... Religion has to be found by your own heart.

All religions are good. All religions are different ... all religions are ways: They teach the same goal ... But nobody can follow all the ways ... If you follow all the ways, you will go crazy ...


You have to follow one way, listen to your heart ... and search... nobody has the right to believe, everyone has the right to know ... let your thirst take you to the river ... Be your own doctor ... your own master ... your own self ... Be aware of your mind ... be a witness of the mind ... and the witnessing grows strong, you too will go beyond the mind ... your witness reaches to a sunlit peak and the mind is left in the dark valleys, far away ...

You can always hear the echoes of your mind, but they don't affect you at all ... you are beyond their reach ...

Religion is rooted not in character but in consciousness ... A really religious person has no character at all ... he is characterless ... But let us know the real meaning of this gift ... It is not the meaning in the dictionary ...

Somebody has good character, somebody has bad character ... both have characters ... the sinner and the saint, but the really religious man is characterless ... He is neither good nor bad ... he is beyond ... because he does not function out of his past; he acts moment – to- moment, he acts spontaneously; he has no ready made formula, he has no routine ...

He does not act out of habits ... And that is what character is: creating good habits is good character, creating bad habits is bad character ... creating consciousness, not habits, is religiousness... what is needed is consciousness ... what is needed is consciousness, not conscience ... conscience is a fake thing ... How?

let us listen to our heart ... 

Conscience is created in you by the society ... you are a sinner... you must feel guilty ... it is a subtle method of slavery... The society teaches you what is right and what is wrong ... And it starts teaching the child before the child is aware, before the child can decide on his own what is right and what is wrong, before the child is even conscious of what is happening to him, before the child is even awake ...

In a kind of sleep, in a kind of dream, the child lives in the beginning ... In the mother's womb the child sleeps for twenty – four hours ... Then after the birth, he sleeps for twenty – three

hours, twenty – two hours ... but he remains in a kind of limbo, neither awake nor asleep ... The child cannot make distinction between what is real and what is unreal ... And we start teaching the child what is right, what is wrong ... we are conditioning him ... yes! According to our ideas ... they become his conscience ... And because of this conscience, he will never be able to grow consciousness ... because conscience is a fake consciousness ...

And if you are satisfied with the false, you will never even think of the real ... It is very deceptive; the way we have been bringing up children is very deceptive ... It is ugly, it is violent, it is against humanity ... that is why millions of people live without any consciousness

Before they could have grown into consciousness, we gave them fake toys to play with ... and they will be rewarded if they follow the false ... and they will be punished if they don't follow the conscience ..

Conscience is artificial Is needed because the society does not want you to be intelligent ... so we are forced with fixed rules ... do this, don't do that ... Intelligence is enough, consciousness is enough ... This is our way to respond to the now ... to a new humanity ... to the reality as it is ... we live the change and it will be our challenge ...

In reality, things change. beautiful black hair disappears ... one becomes bald – headed ... But in pictures things are fixed ...


There is no need to develop a conscience ... 

The need is to drop conscience and develop the consciousness... if not now when ? If not you and me who else ???

Drop all that you have been taught by others, and start living on your own and searching and seeking ...

Yes, in the beginning it will be difficult because you won't have any map ... the map is contained by the mind, by the conscience... Cowards cannot move without guidelines; but with maps you are going in circles ... you never take a jump into the unknown ... It is only courage that can drop conscience... conscience means all the knowledge that you have... and borrowed knowledge never helps ...

Go in ... in is our mystic school ... life follows no logic ... no law .. only love...

Life is very uncertain, it is very zig –zag ... 

Unless you are conscious, you will not be able to live your life truly; your life will be only a pretension, a pseudo step, you will always be missing the train ...

Be conscious. Don't ask how to grow, how to develop a conscience ... Do just the opposite; destroying conscience ... be a Christ not a Christian ... be a fellow traveler not a follower ... be a victor not a victim ... be a jewel not a pebble ... wake up any now ... no make up ... no fake up!!!

Yes! Let us live our miracle ... the miracle is: If you can drop conscience, consciousness arise on its own ... because consciousness is a natural phenomenon ... we are born with it; just the conscience has become a hard crust around it, and is not allowing its flow ... conscience has become the rock, and the small spring of consciousness is blocked by the rock ... Remove the rock and the spring starts flowing ...

And with that spring, your life starts moving in a totally different way that you have not even imagined before ... and everything starts to fall in harmony in nature is our nurture ... is our right, not to be in harmony with nature is our wrong ...

So conscience as such ... as what we are living, is the root cause of all wrong ... so ask yourself ... why wars? why cancers? why so much ignorance? what is my choice? what I am here for?

Let us live our choice ... let us plant our seed ... let us be the change you want to see in the world ...

Let us have some fun ... not with nun but with none ...

One dark night a dervish was passing a dry well when he heard a cry for help from below ...

"what is the matter?" he calls down ...

"I am a grammarian ... and I have unfortunately fallen ... due to my ignorance of the path, into this deep well ... in which I am now all but immobilized ..." responded the other ...

"Hold, friend, and I'll fetch a ladder and a rope" said the dervish

"One moment please." said the grammarian ... "your grammar and diction are faulty ... Be good enough to amend them ..."

"If that is so much more important than the essentials ..."
shouted the dervish, "you had best stay where you are until I
have gonna learned to speak properly ..."

And he went his way



You are right ...

The problem of life is not philosophical ... it is existential ... You
cannot solve it from the outside ... you cannot just be a
spectator to it ... you are in it ... you are it ...

And moreover ...

What is philosophy?

At the worst a linguistic misunderstanding ... or at best a
linguistic analysis ... An even at its best it leads nowhere ...
Because the problem is existential ... and it cannot be solved
through language analysis and grammar It can be solved through
love and laughter ...



Father John, a catholic priest, was astonished one day to see his
friend, father Sam, driving a Mercedes car ... He asked him how
he could afford it ... so father Sam told him that one day during
the prayer before the collection he was swinging his rosary
when he realized that the whole congregation was hypnotized ...
so he told everyone to empty their wallets and when he counted
the money he had enough to buy a car ...

Father John said, " that is great ... I 'm going to try it."

But few weeks later when they met again, John was still riding
his bicycle ... "what happened?" asked his friend ...

"well " said father John .. " Everything went just as you said and
the congregation was completely in my power, but just then I
dropped the rosary and said, "Oh shit," and I am still cleaning
the church ...



An Arab walks into a bar

An Arab walks into a bar and is about to order a drink when he
sees a guy close by wearing a Jewish cap, a prayer shawl and a
traditional looks of hair ...

He does not have to be an Einstein to know that this guy is Jewish ... so he shouts over to the bartender loudly enough that everyone can hear, "Drinks for everyone in here ... yes ... to all of them, but not for that Jew over there!"

"Yes" said the bartender ...

Soon after the drinks have been handed out, the Jew gives him a big smile, waves at him, then says "Thank you!" in an equally loud voice ...

This infuriates the Arab. He once again loudly orders drinks for everyone except the Jew ...

As before, this does not seem to bother the Jewish guy ... He continues to smile, and again yells, " Thank you!!"

The Arab asks the bartender, "what's the hell is the matter with that Jew?"

"I've ordered two rounds of drinks for everyone in the bar but him, and all what he does is smile and thank me .. is he nuts?"

"Nope, " replies the bartender ...

"He owns the place."



Let us enter into a wordless state of consciousness ... A truth expressed in words immediately loses its truthfulness ... Words are too small; They cannot contain the great sky of the truth within themselves; They crush the truth, they destroy it ...

When you are thirst drinks the water, then you know its treasure... the meaning is given by you ...


"young man," said the judge, looking at the defendant "it is alcohol and alcohol alone that is responsible for your present sorry state!"

"I am glad to hear you say that," replied the drunkard with a sight of relief, "Everybody else says its all my fault!"

It is natural that words will be interpreted by each person according to his own past ... Be in the now, listen to the wind... to the trees ... listen without any background, without any judgment ... then it will rings the bell of life in your heart ... not in the head ... Unless your heart responds, the head cannot become a bridge to God ...

Our heart needs to be soaked with love, but we don't know anything about the heart ... The society has not allowed you to go through the heart; it pulled you to the head ... and you know why ...

Don't be finished with the physical ... always remember: "I am not my body ... I am a being"

And love is the way to the center of our being ... 

And when you understand life in its love, in its totality only then can you celebrate; celebrate not celibate!!

If you are sad, you are sad ... start dancing starts dancing because sadness is so beautiful, such a silent flower of being ...

Dance, enjoy, and suddenly you will feel that the sadness is disappearing, a distance is created ... By and by, you will forget sadness and you will be celebrating ...

You have transformed the energy ... metal can be transformed into gold the same electrons ... a piece of coal and the greatest diamond in the world are just the same ... They don't have any difference ... In fact coal pressed by the earth for millions of years becomes a diamond ... this is exact science of energy ...

They are both carbon dioxide, both constituted of the same elements ... just a difference of pressure ...

The baser can be changed into the higher ... that is the whole of what alchemy means ... When you are sad, celebrate, and you are giving a new composition to sadness ...

If you change your sadness to celebration, then you will also be capable of changing your death into resurrection ... so learn the art while there is still time ...

Don't let death come before you have learned the secret alchemy of changing coal into diamonds .., And when you can go celebrating, death cannot kill you. Rather, on the contrary you have killed death. But start it, give it a try ... there is nothing to lose, why not try it now? sadness will be lost not you ... you change the energy ... Energy is one ... this one energy is fear ... is sadness ... is anger ... face it ... watch it ... let your heart live it not your head ... you are the master of it ... it is up to you ... one has to learn the secret, the art of how to transform energies... from poison to potion.

Who or what do we love more? 

A man was polishing his new car; his 4 year old daughter picked up a stone and scratched on the side of the car ... In anger, the furious man took his child's hand and hit it many times, not realizing he was using a wrench ...

At the hospital, the child lost all fingers due to the multiple fractures ... when the child saw her father, with painful eyes she asked, "Dad, when will my fingers grow back?"

The man was so hurt and speechless ... He went back to the car and kicked it many times ...

Devastated by his own actions, sitting in front of the car he looked at the scratches, his daughter had written ...

"Love you Dad ..."


Remember, anger and love have no limit ... things are to be used and people are being used and things are being loved,"

Yes! Celebration is our message ...

Rejoice! sing! Dance! And dance so totally that your egos melt and disappear ... Dance so totally that the dancer is no longer there, but only the dance remains ... we have to fill the whole earth with love fields ... we have to create a chain of changes and challenges ... And it can be done ...

Yes! I can do it ...

Yes I can be it ...


This is who we are ... 


This is our amness ... our existence ... our fragrance ... our seedsOne seed is enough to transform the whole earth into a garden into a paradise ...

So wherever you go, wherever you are, never forget for a moment that you are not alone ... you are not far away from GodThe godliness is not far ... it is in the heart ... in the core of our beingThis life is so near ... why go so far ... Just go in ... the door is open ... and God is waiting for us ... we are part of this truth ... the drop is part of the ocean ...

Let us remember, no one is an island ... let us be aware that we are not alone ... when next time you are celebrating ... make it a known fact that God is with you ... God has no other hands than ours to use ...

And those who are in tune with nature, with existence ... with life, love, light and laughter ... those who are surrendered,

let thy will be done ... 

Those who have known some trust ... will immediately feel the presence of Allahoo ... 

The present is our only present ... God is in every place and every space and every choice ... God is now- here You need not make any effort ... just relax and total trust ... the one who created me loves me more than any parents or any other creature ...

Yes! I don't know you ... you know me ... the ocean knows the drop ... help me to face my ignorance and face my innocence ... my original face look ... wherever I look I see you ... I used to look where there is God ... Now ... show me ... where there is

no God ... 

There is no God but God ... let God be your beloved, let God be your friend ... when you are thirsty, God is thirsty within you ... The thirst is God, the quenching is God, that water that quenches is God ... All is Allah ... all is God ... God is not a person but a presence ... yes!

A presence at the innermost core of our being; it is the innermost core silence in us ... that space where nobody else can enter ... that private, that absolutely intimate virgin space, your interiority ... is God ...

The basic, the most fundamental thing is to be aware of our own innermost core, because that is the secret of the whole existence...

Yes! I am alone, but not lonely ... in my aloneness is the divine existence ... is the divinity of infinity ... But I miss a commune... a place where I live the message of every sage ... I am waiting for this grace to come ...


The law of grace is the higher law of love ... 

You can rise in love ... if you trust, something starts taking you upwards, you start levitating not physically: spiritually ... and you can reach to the ultimate peak of consciousness ... Just as the apple falls downwards, you start falling upwards ...

We are possessed by something higher, from the above ... That is the law of grace or the law of power ... the power of love not the love of power ...

The law of science and the law of religion is one but this oneness is in us ... love is the first ray that penetrates the heart and starts a process of transformation ... It is the first experience of grace, and slowly slowly as the experience becomes more and more profound one starts feeling the invisible hands of God behind it ...

So the first experience is of love, the second experience is of grace, and the third experience is of God ... One has to be alert of something more that comes always like an aroma, a fragrance... Love is very visible like a flower; grace is more subtle like a fragrance ... And God must be very close by ... only God is ...

Let us have fun too ... 

The flood got higher and a boat came and the man in it said to the man who was sinking ... " come on mate, get in!"


"No" replied the man ... God will save me! the flood got very high now and the man had to stand on the roof of his house ...

A helicopter soon came and the man offered him help ...

"No, God will save me" he said. Eventually he died by drowning...

He got by the gates of heaven and he said to God "why you did not save me?"

God replied, "For goodness sake! I sent a boat and a helicopter... what more do you want? you want me to come personally by myself ?"

God has no other hands than ours to use ... 

God is not a person ... live the love ... the presence ... the compassion and the stillness of the existence ...

Yes! We are so blessed ... what can we say?? seeing is the only saying ...

A man enters the church and finds the priest.

"how may I help you son?"

"I am looking for my wife, she said she would be here but as I can see she is not around. Now that I am here, I would like to confess"

They go to the confession area ...

"Forgive me father for I have sinned."

"What are your sins my son?"

"The other day, I went looking for my wife at home but she was not there. I found her sister alone, I slept with her sister."

"Oh, that is sin, but at least you come to confess."

"Then an other day I went looking for her at her aunt's place but she was not there, I found her cousin alone, I slept with the cousin ."

"you know that is wrong my son."

"Then the other day I went looking for her at her working place. She was not there, I found her colleague alone ... a very nice guy ..."

The priest interrupts ... "Let me guess ... you slept with her colleague? ... the guy ...?"

"Yes father " there was silence after that . . .

" Father? .. Father? .father ?"

Still silent . .

The man peeps through and finds out that the priest is no longer there ... He looks for him and finds him hiding ...

"Why are you hiding father?"

The priest replies, "I've just realized I 'm the only one here and you come looking for your wife."



Let us look for our life ... who wants a wife ... yes let us share it again!!

Wife number on mobile

A newly married husband saved his wife's number on his mobile as "my life "

After one year of marriage he changed the number to "my wife..."

After two years of marriage he changed the number to ... "home"

After five years of marriage ... he changed the number to
"Hitler"... No wife ... no life ...

After ten years of marriage . . . or cage . . . he changed the
number to "wrong number"



Are you a number?

Are you a member?

Are you a husband? Are you a man?

Are you a lover? A sinner? F . . . er. . .

Sami went to confession . . .

"Bless me, father, for I have sinned."

"And what is it that you have done, my son?"

"I made love to one of the girls in the village."

"My God! and which of the village girls did you commit sin
with?"

"Ah, father that I cannot tell."

"And if you will not tell me; then I shall not give you
forgiveness."

"Ah dear!" said Sami . . .

"Was it Rita ?" asked the priest ...

"No ... it was not?"

"Then was it Flora?"

"Ah no ... it was not?"

"Was it Mary Lion?"

"Ah, sure no, it was not."

"Then who in heaven's name was it ?"

"As ... that I cannot tell."

"And if you don't tell me I shall not forgive you!!"

"Ah, father that's too bad" said Sami and walked out of the
church ...

His friend John, was waiting outside ...

"Well, Sami, did you get your sins forgiven?"

"No ... but I got the names of a new bitches!"



Bitch ... witch ... does not matter ... does not mind ... Are you
happy now?? What is your feeling? F-E-A-R???

F.E.A.R : has two meanings:

1- forget everything and run or

2- Face everything and rise

The choice is yours !! 🌊

It has something to do with your energies; it is not just a mind. It is not a critical attitude, It is a critical personality; and these are two different things . . .

To change a critical attitude is not so difficult ... to change a critical personality is difficult ... it is almost in-born ... you have carried it from your past lives, it is in your blood and bones. But once understood, then there are possibilities . . . Just let us do one simple step ... so simple ...

Every day for one hour, sit silently and be critical about anything that happens in the mind ...

For one hour, allow your critical character to have full sway ... Be possessed by it!! write, say, think, and don't be moderate in any way ... you have to go into that criticalness totally, to the very extreme, about anything and everything ...

Enjoy that process, and you will be surprised that within twenty – three hours your criticalness will be less ...

This is the first step: To allow it full sway .. because you have never allowed it, nobody allows it ...

Yes, it is so ugly, and it looks so stupid: why allow it?

So one goes on repressing it, one goes on condemning it, but the condemned remains; only the expressed evaporates ... So this one hour of criticalness will be catharsis ... Just shifts happens ... shifts happens ... let it go out ... no problem ... it is done!!!

This will be a mental vomit ... so this is the first step ...

Do it for at least three months, and in these three months things will start changing ... After this time do it just for ten minutes. . and make it more intense and more penetrating, like a sword, cutting everything. Do it for at least one month, and then reduce it to one minute ...

In that one minute, you can't make much criticism, but you can be absolutely critical, your whole being in a state of antagonism against the whole existence?

"why me? what did I do wrong? Why you don't love me?"

Then you start seeing the moon, the roses ... the fragrances ... your inner treasure ... you will enjoy the good and the bad ... the day and the night ... the war and the peace and you will be a witness ... and to be a witness is to be aware of your consciousness ... of your bliss ... and this is the life of the awakened one, of the enlightened one ... this is our birthright
The moment you recognize your life as nothing but a slow kind of death, you will start looking for the real life ...

The life which is beyond death ... which is deathless ... and it is your birth right to attain 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 ... And the real life is available and not very far away; it is in us, within us ...

Whatsoever you do on the outside is to be taken away by death... Do something for your inner transformation, because that is the only treasure which cannot be taken away by death ... 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 ...

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 ...



Life is not about the people who act true to your face, it's about the people who remain true behind your back ...



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



What is an enemy? where is my enemy?

Yes!! My ego! My ignorance ... and forgiveness comes out of understanding ... understand the stupidity of the whole game that goes on within our head ...

You will repress it in one form; it will come out in an other form... Jesus says "love your enemies ... "It means forgive them... they are my mirror ... our hate goes very deep ... it goes as deep as our ego ...

Unless we start living in the present, we will not be able to forget and forgive the past ... Live in the present; that is the positive way to approach existence ... live in the present that is an other way of saying: Be more meditative, more aware, more alert, more in love ...

Love knows only the present ... only the now ... and once the past is no more there, the future also disappears because the future is only a projection of the past ... To be free from the past and the future is to taste freedom and love and God for the first time ... And in that experience one becomes whole. healthy and in divinity of the unity ... All wounds are healed ...

Suddenly there is no more any enemy ... any hate ... any fear ... and death is no more ... you start feeling a born again consciousness ...

That well-being is the beginning of transformation ... This is our new humanity ...

New man for a new world ...

One peaceful world ... 

Yes! With new childhood ...

Two little boys, age 8 and 10, are excessively mischievous ...

They are always getting into trouble and their parents know if any mischief occurs in their town, the two boys are probably involved ...

The boy's mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys ...

The preacher agreed, but he asked to see them individually ...

The mother sent the 8 year old in the morning, with the older boy to see the preacher in the afternoon ...

The preacher, a huge man with a deep booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?"

The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open . . . what to do?

What to say? what is the answer??

So the preacher repeated the question in an even sterner tone ...

"where is God?!"

Again, the boy made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and asked, "where is God?!"

The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him ...

When his older brother found him in the closet, he asked ... "what happened?"

The younger brother, gasping for breath, replied ... "we are in BIG trouble this time ... stop talking ... be aware ..."

"Tell me what is the matter?"

"God is missing, and they think we did it!!"




What can I do?

What can we do?

Where is God? who can find him?

We are in big celebration!!!

Life is only a dance ...

Yes! Let us dance ... 

Let God dance through you, you are no more, only God is ... Dance is one of the most rhythmic phenomenon. If you are really dancing there is no other activity which creates such unity... it is a joyful movement of your body, your mind, your soul. In tune with God. one tune, one harmony ... This is the trinity ... the unity of our divinity...

Wherever there is innocence, the door to the divine opens ... and you are dancing for God, not for ordinary people ... God is your audience, and you have to disappear in the dance ... In fact there is no dancer and the dance; there is only dance!! Existence is the dance ... what a grace to be in this grace and in this choice ...

Thank you all for sharing this mystery ... it has no words ... it is in between the words ... Thank you for reading and writing and sharing this now with our wow!!!

Yes! We are here to do what we can and we are being our doing
and the more is flowing ...

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

"I can't describe you honey!!"

"yes you can ... do it now!"

He looked at her slowly then said, "you are A,B,C,D,E,F,G,H,...
I,J,K"

She asks ... "what does that mean?"

He said ...

Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous,
Hot.

She smiled happily and said ...

"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 ...



Yes !! laughter is a door to the divine ...

What else can we do?

We can do what we love!!

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 ..



When women are depressed they either eat or

Go shopping . . .

Men invade another country . . .



Kiss . . .

Keep it short sweet heart

Or

Keep it short stupid



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



What are the best rings in your life ...
First, there is the promise ring,
Then the engagement ring,
Then the wedding ring ... Then soon
The suffer ... ing ...



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



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



I had some words with my wife,
And she had some paragraphs with me



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



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



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



When a man steal your wife, there is no better
Revenge than to let him keep her ...



We keep in touch ... thank you
Very much ...



Peace pace
مریم نور

