



GOODBYE



Peace & Love
Marian Nove





Goodbye

Good buy

Good by

I don't know what is good...
what is bad... bad... buy...
but I know nothing

Let us gossip about it and
we doubt about it too

Goodbye

Where are we or me or you are
going? to buy? Shop until you drop!!

Let us hug bug each other and fill
our bag with ...??.. I don't know...

We fill our papers with letters...
just words.. no grammar... let us use
our gramophone The old one that
my gramma used . . .

So let us use our pen and papers
and let our heart flow
from what we feel and
Touch and read and hear...
let us be here . . .



We do not heal the past
by dwelling there; we
heal the past by living in
the now... This is our
present.



Tension is who you think you
should be...

No should and no must any more..
Just relax...

Relaxation is who you are..
Be aware of who you are...



I can't change the direction of the
wind, but I can adjust my sail
to always reach my destination..



K.I.S.S.. keep it short
Sweet heart.. or stupid..





It is better to try and
fail Than to never know
and always wonder...



Wander and wonder and
live your inner treasure..



Remember, whatever we do in life
we are never defeated unless
we give up



forget all the reasons why it won't
work, and believe the one reason
why it will...
will and way is our well...



The mind is everything.. what
you think you become...



😊 😊 If you really want to 
do something you will find a way..
😊 If you don't you will find an
excuse



To create more positive results in
your life, replace "If only" with "Next
Time."



Today was good... Today was fun..
Tomorrow is another one



No expectations no frustrations



witnessing is finding your inside mirror... 😊
And once you have found it, miracles
are happening.... just witness
your thoughts, thoughts
disappear....



Only an awakened man can
die a natural death; otherwise
all death are unnatural, because
all lives are unnatural..

Death is simply the culmination
point, the crescendo of our life..
It is not against life....

Trutch... I mean Truth...
no one can teach it .. but you
can catch it

If you are ready to welcome the
unknown, you know the secret of
remaining victorious in all the defeats
and all the failures...

If one can keep these two qualities..
innocence and intelligence together,
one needs nothing else...



Obedience



needs no intelligence...

All machines are obedient..

Nobody has ever heard of a
disobedient machine...



Religiousness is not something to be
believed in, but something to be lived,
something to be experienced... not a belief
in your mind but the flavor of your
whole being...



Everything that mind decides or states
is polluted by its conditioning, by its
prejudices.. that's what makes it
judgmental...



Why is a thief bad? why did he steal?

He does good thing too... let us see



the other as my mirror... we

have good and bad... let

us see the whole

face...



life is a constant change,
a flowing, it is a river... we
are not static...

only things are static... you are
not a thing... you are a living
life... you are immortal...

~

The flowers are beautiful, but what
about the thorns? They are part of
the existence of flowers...

Flowers will not exist without the
thorns; the thorns are protective... they
have a function, a purpose, a meaning...

~

just do whatsoever is good for you...
pleasant to you and to your surroundings...

This is what loving is... what
religious life is... let us live from
our heart...

The good cannot be bad, but the bad
can be good...

~

Aloneness simply means completeness.
You are whole, there is no need of
anybody else to complete you...



I am alone but not lonely... I am
free from the crowd, from the others..
I have all what I need in me and in
my home...



In life, in death we are alone, but
it is so full it is not empty... A new
life with nature, with existence...



Yes! you can make friends but soul
friends... you share with each other the
joy that you have...



You are full when you are in tune
with the universe... If you are not
in tune with existence, then you are
empty and out of that emptiness come
greed...





Do what you love... our work is our joy... I do it for myself... I love to be a creative... this is our living life..
♡

Do not ask for recognition... If it comes, take it easily... it is the shadow of our truth...

If it does not come... say goodbye to all and don't think about it...

Our fulfillment should be in the work itself... our work is our play..



A man who has any sense of his individuality... he, she, lives by love, by our own work, without caring at all what others think of it..



Our bliss is in what we do.. our total being is reading... is breathing..



You are unique... So you are
beautiful as you are..

Your own bliss... Your own mystery..
be yourself...



There is not a single man in the
world, however poor, who has
nothing to contribute..



Why not create a life where
money is not a power of hierarchy,
but simply gives more and more
opportunity to everybody..



Nature has no hierarchy... and no
one is a boss... nobody is a
master or a servant... nature has
no ego... no mind... all are
in harmony...

Only man has ego..

Let go and let god... live this
moment we have it only now...

Live or Leave...



Every child knows the
Truth but the parents are blind
and dead... He is afraid to tell the
Truth...



 The parents are running for money;
he wants to collect butterflies...



 If parents really love children they
will help them to be courageous
even to be against them... against

 Teachers... against society, against
anybody who is going to destroy
their individuality...



 Just be yourself... Live your joy...
Live your childhood... I am writing...

Sorry... my joy... sorry... Our joy is
flowing and glowing in words... later
we read it or we flow other
living... life is by living it... we
are here to play... play our
bliss...





God is the energy
of life..

we are this energy.. but am I
aware of this mystery?



To whom I listen?

To my mind? or

To my heart?



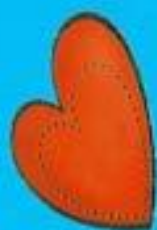
Use every opportunity in life for raising
our intelligence, our consciousness... watch
your hell and change it into heaven..



My child is not my child, born through
me, but they do not belong to us..
We have a past, they have only a
future...



Be aware of your anger... kids are
not angry... when you hurt others
you are hurting yourself... and your
heart becomes harder and harder..
and we start enjoying
attacking and killing..



why killing?

Just be aware that there
is no death... no birth... only
crossing a bridging... so we are

immortal.. why cruelty? why
violence?

Life is infinite!! just relax
and enjoy the bliss..

no past and future... just be
in this moment... forget the time...
the dreams... the works...

Life is in the present..

no past... no future

now or never

only the present is existential..

past is a collection of memories...
and future is nothing but our
imagination...

Reality is here now

now-here

or

nowhere



Now is the only now...

Do not think about love...

just love... just be.. just
fly in your inner outer sky...

you know the master key...

use it or you
will lose it..



Meditation is the only door to
our divinity..



Life is spread into years.. seventy
or eighty.. death happens in a
single moment...

But!!

If we lived our life rightly, we will
be able to enter into the
mystery of death...

Death is only a door to our
immortality.. is only a cover
to our inner treasure...

Inside is our eternal life..



Just be in the now the
future comes from the now...



Take care of the present... I do it
my way... my home is clean... no
debts... all what I need is at home
and in me... I have the book I love
and The Master of the saga or the
beyond any word... Hesheitwa is my
only life...



But... yes... I say but...

I need to be in a commune
where there are Arabs too... just
few of us... few cottages... simple
farmers... life of the natives...

No such communes yet in the Middle
East but few soul friends...

Let us keep planting our vision...
Truth is in us and it is the
only winner... The vision is in us
and will grow and glow from us



No...

We can't go beyond nature..



Mother earth will support us to live
our natural being... we are not
separate from nature..

We have the intelligence, the freedom,
to explore nature and this is our
home..



The roots of the tree are very strong not
the flowers.. So our roots are in our nature..



Our roots are in our love.. So our
love is not just a biological thing
but it is in our being... in our spirit..

Love has the potential to reach
even to our spiritual mystery and
beyond words....

Truth cannot be said... no one
can teach it but you can
catch it...

just open the inner door for
the higher evolution of
superconsciousness....





Ah!! What can we say about
the truth?? It has no time...



Once you know it... you become
it.. and you are no more in
the mind... no more in the
head... there is tremendous silence,
calmness, and a great awareness...



Live your joy... Live your freedom.. Live
your natural life...

Your joy will help the sad people.. your
health will help the sick..... no health
no wealth.....



The times of disaster are very revealing..
they don't bring anything new in
the world; They simply make you
aware of the world as it is.. They wake
you up... If you don't understand
this, you can go mad; if you under-
stand this, you can become
awakened



No pain no gain..





How can we use our pain...?
whatever it is, use it rightly...



The disaster is great... The
danger is great... but great is
the opportunity too..



Cancer is the answer...



See the treasure
in every test...



No illusion can stand against reality...
Reality is going to crush it sooner
or later...



Our children can only be happy if they
become what they have come to
become...



They can only become the seed
that they are carrying within themselves.



The mind should be trained to be
a servant of the heart... Logic should
serve Love..



If you are sad you are wrong;
if you are joyful you are right.



Whenever there is a question of
choice, the head cannot be
chosen against the heart...

The heart is our relationship with
existence, and the head is our
relationship with the society...



Against Truth, the greatest enemy
in the world is the person who
has knowledge... and the greatest
friend is one who knows that he
does not know..



Use the mind for that which is made
and use the heart for that
which is made..



Man has forgotten who he truly is...
He has almost become auto-hypnotized
with a certain idea about himself and
lives that idea... idol state.. a statue





Beloved Us

Goodbuy ... Goodbye Goodeye ...

 Any good is good if we are good...
If we are with God... with god... with
the godliness...

 When the drop of water knows its
well... its source.. This is our grace...
This is our choice ... we are The drop,
The wave and The Ocean... we are
the oneness of The one...



He too !! meweheshe it...

 Show me where there is no God...
no light, no life ... no laughter ... even
the evil is live ... See the truth in
every pain ... no pain no gain...



Be a watcher and this is our
Treasure ...

 We have it all in us right now and
here and let us hear it ... just go in...
You have the master key ... open up...



and wake up... Are you awake?
Are we aware?





Yes! I am drunk!!

But not drunk with ordinary alcohol,
marijuana, hashish, opium, LSD...



I grow my own marijuana within me.
No government can interfere with me..

My source of drunkenness is my silence,



my love, my centeredness, my
rootedness in myself...



Yes! Goodbye to all the others... I

love myself first and then I love all
what I see... we are us...



Once you know the inner serenity,

you live the divine unity and a gap



between you and your body arises, a



gap between you and your mind arises.

That creates my wobbly dance... my



wobbly walking... just like children...

Nothing can be done about it.. It is



not a medical question, it is natural to

any knower not to any follower... Be

still and know



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



Once you know... you die... die before
you die... goodbye to ignorance and back
to innocence....

Love your body and your mind but you
are the master of your being... Be
a master... be a victor not a victim...

If you surrender to existence you
are victorious.

"Let thy will be done"

And you are in the kingdom of
God.. let go and let god's will be
done...

To have my own will is egoistic...
To allow God's will to happen to us..
to me, to you, is surrender...

To be with God and in God is to
be victorious... there can be no other
victory greater than this... Truth is
the only winner...





Beloved Master ...

What is your business? What are you doing here? I am not lucky at all with any business I do ...



My God! My business? I am busy without business ...

Let us enjoy it ...

I have heard ... One Sunday morning a hippie-type young man with long hair entered the biggest church in New York ...

It was very early; The people of the congregation had not started to come, but the bishop was there ...

Looking at this man, he asked, "who are you? And what is your business to be here?"

The hippie-type person laughed, and he said, "Can't you recognize me? I am Jesus Christ."





And of course, Jesus Christ must have looked like a hippie... There is a similarity... perhaps he was the first hippie...



It is no coincidence that hippies go on turning into Jesus freaks; They have found the way...



The bishop got a little puzzled because he had never imagined in his life that Jesus Christ is going to appear in his Church one morning...



Now, how is he supposed to behave?

He immediately had a long phone call

with the pope..



He said, "I am puzzled, confused, I don't know what to do... A man here says he

is Jesus Christ.. And he says that he had promised to come back, and he has come back. What am I supposed to do?"



The pope was puzzled. For a moment there was silent voices, and then the pope said, "The most I can think of is, look busy.. who knows he may be the Lord... just look busy and inform the police..



♥ I don't even look busy. I am just doing nothing, and spreading this infectious at-ease to everybody..

♥ My whole message is: sitting silently, doing nothing, and the grass grows by itself... you cannot call it a business...

♥ But in the world you have to give some name, then I can call it a great show business...

♥ In fact, from my very childhood I wanted to create a big circus.. And it has happened; I am running the biggest circus around the world!!

I Take life - non - seriously...

It is a circus, it is a carnival..

Rejoice !!

When Jesus says rejoice, those words do not sound right on his lips... They show us his face like a British man... as if he has been always on the cross... He was a serious business man... Real Jesus was a celebration... was a bliss...

Rejoice your choice...





Let us be non-serious...

Let us live this moment.. it is only a bridge... from step to step is our work.. our worship...

Transform whatsoever we are doing into art, into music... Let it be a dance, not a cross, not a burden and a duty.. Let it be love, not marriage... you can fall in love with a wildflower..

Love is not serious, it is sincere.. it is truer than anything in life... But all other religions have been doing business, marketing...

Be yourself... Trust your heart.. Don't be busy... Are we over-scheduled? Are we filling up our lives with To-dos to fill some kind of void?

Are we afraid of downtime?

Afraid of the silence?

Are we competing with one another by stating how busy we are?

So  why  busy ??





Be buz but not busy...

The more I told myself I was busy,
The less time I felt I had in my life..

This busy belief was limiting me, it
was suppressing my creativity ... It was
not serving me at all...

I was too busy to do something I
Love ..

Too busy to give more than ten minutes
to my precious morning meditation; too
busy to prepare nourishing food for
myself; Too busy to pick up the phone
and call someone I love for no reason
at all...

Too busy to be fully present in my
life ...

Too busy ... Too busy ..

So, I dug deeper: how does the word
busy make me feel? It makes me
feel anxious... So why be busy...
why not just be ...??



why feel anxious?

Like there is a shortage of time, overwhelmed, fearful that I won't get it all done, over-scheduled, tired, stressed out and stuck...

😊 Saying "I'm busy" I realized also made me feel important, validated, part of my peer group... yes peer

💙 Regardless of what fills our day and how packed our schedules are, we can choose to be present and grateful for all that is going on in our worlds...

😊 This word busy, for me, is layered with negative and egotistical attachments.. And, being one who really believes that the glass is always half full and in the power of positivity and gratitude I made it my mission to rectify this busy business... But we are responsible for how we feel... feel what you love



In each and every moment, I am
responsible for how I feel...

One hundred percent..

I don't need to be busy to be
successful...

I love being present and in
the moment..

I honor my quiet, creative time.

Sure, there are works to be done, but
how I do my work?

Our work is our worship...

Yes, I have always been grateful
and optimistic but as always with
self-evolution, I was in need of some
fine-tuning...

Regardless of what fills our day and
how packed our schedules are, we
can choose to be present and grateful for
all that is going on in our worlds...

As well, we can choose to let go of
some of the 'tasks' that really don't
need to get done..



For instance, in my fine-tuning of
The word busy out of my life, I let
go of some things that don't need to be
Taking up my time... I streamlined my
life a bit... I am learning to delegate
more, to ask for help more and most
Importantly to not compare my life
and "it's-fulness" with others...



I love being present and in the
moment... I honor my quiet, creative
time... I am proud to be less busy and
happy to have shifted my mindset
from one of being too busy to one
of living a full life..



I am proud to be less busy
and happy to have to have shifted
my mindset from one of being too
busy to one of living a full
life of love, live, life and laughter..



Let us change our words from negative
to positive... Impossible.. I-m-possible..
A Thought is a destiny... take a deep
breath and relax





Fredy is 32 years old and still single.

One day a friend asked, "Why you are not married? Can't you find a woman who will be a good wife?"



Fredy replied ...

Actually, I have found many women I wanted to marry, but when I bring them home to meet my parents, my mother does not like them."



His friend thinks for a moment and says, "I've got the perfect solution, just find a girl who's just like your mother."



A few months later they meet again and his friend says, "Did you find the perfect girl? Did your mother like her?"



With a frown on his face, Fredy answers ... "Oh yes I found the perfect girl ... but"

But what? ...



☺️ 🍷 🍷 ☺️
I found the perfect girl ... she was
just like my mother!! You were
right, my mother liked her
very much... "

The friend said, "Then what's
the problem?" 🍷

Fredy replied, "My father doesn't like
her.. "



Live what you like to live...
Do what you love and trust
The trust...

Let go of the need to please others...
Just love yourself... if you love yourself,
you love the world...

Slow down, take it all in and realize
that this moment, right here, right now
is precious.. When we are too
busy being busy we can miss this
amazing life we are
Living...



Let us remember
for those of us who are
old enough to remember, enjoy..
for the rest, it's a history
lesson...



Very surprising how time and memory
have changed..

What was our eating in the fifties?
Pasta had not been invented...



no soft drinks... only natural water
and natural teas..



No take away and no delivery ...



Bananas and oranges only appear
at Christmas time



fish didn't have fingers in those days..



Indian restaurants were only found
in India...

'Kebab' was not even a word never
mind a food...



Sugar was only for the rich people, and was regarded as being a white gold ...



Brown bread was something only poor people ate ...

 white bread for white people who are rich ...



 Oil was for lubricating, fat was for cooking ..



 Tea was made in tea pot using fresh herbs ...



None of us had ever heard of yoghurt..



Healthy food consisted of anything natural and in the season and edible by us and for us..



Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock ...



Where is our dinner table now?

What are we eating on this planet? What is in my cup? in my bottle? in my plate? ...

Why so much hospitals and drugs and pills and bills and death and no breath and no water and no bread?

What is this conspiracy?

Who is responsible?

What is the cause? Where is the cure?

Yes!! I am the cause and I am

the cure ... no pain no gain...

I learn from our mistakes and change is a constant law ...

This is our challenge now ... if not you and me who else? If now now when??

Let there be peace on earth and let it begin with me...
No health no wealth...





Why no peace?



Islam is peace but what is the greatest threat facing Islam Today?

American aggression in the middle East...



The Zionist occupation to Palestine...



These are merely symptoms of the greatest disease...

The real threat is in our hearts..

Instead of allowing Islam to transform us, Some Muslims are trying to

Transform Islam to serve their political agenda!! They are using the label Islam to kill and murder innocent people... This is not Islam... In the name of Christ we did many wars... no peace.. war and preparation for a bigger war...

Remember Surat 15 Alraed verse 11...

"Allah did not change the condition of the people until they change what is in themselves."



How can we end The oppression of the Muslims by restoring to even worse behavior ..

If our spiritual and moral conditions worsens how can we expect God  to improve our economic and political conditions ...

This is the fallacy of the self spoiled jihadists... we are all victims of ignorance... Victims of victims... 

Yes! You are all right... They are killing us so why not kill them?? 
But when there is fire, we use water to put it off not fire on fire...

Let us listen to The Qoraan and to our heart and what The prophet is  telling us...

 Allah permits retaliation only against

 The guilty party not against the innocents... If they are coming to kill us do not allow them ... do your best to change the hate

   into Love ... 



In Surat 53 Alnajm Verse 38
says ..

No soul shall bear the burden of another.



"Fight in God's cause Those who fight
you but do not commit aggression
Allah does not love aggressor"



There are many who are seeking
God but instead ended following the
devil...

Yes! The truth troubles us.. Let us be
in our being... in our heart... not
in the head who knows only the
fake and the false...

There are many false Teachers 
Taking Verses of the Quran out of
their right context, corrupting the 
Teachings of the holy prophet... this is
what they know... we believe what
others told us...

"So what is the greatest Jihad? To fight
the un believers in the battle and
Kill them?... "



No, the holy prophet said:

That war against the unbelievers is a dead jihad... The greatest jihad is to fight the evil within myself... my own ignorance... 

am I here to kill?

"So who is the holy warrior then?" 

Thank you for this question!!

Imam Ali was fighting the unbeliever...

but his fight is change from hate to love... from death to deathlessness... 

And in one of the battles he put the sword of light on one of the people who spat on him... Ali threw his sword and refused to kill... why? 

Ali said.. when the man spat on him he himself became angry and he no longer was fighting with love and light... but to revenge for his own pride... 

he knew if he killed that unbeliever out of anger other than out of desire for justice, he would be a murderer in the eyes of Allah... Ali is a true holy warrior... 



So is Jesus Christ when he went
in the Temple and he was ready
to kill them all... he said... This is



the home of God and you are
doing business out of this bliss...



So the knife in the hands of the
holy beings will heal us...

no birth and no death...



but why we are here?

what is our vision? what



is our mission? If not peace what
else?



Since Adam and Eve we are still
in the same old mistake...



let us do a new mistake and
we learn from our mistakes...



We are here to change the
evil energy in me first... evil to



live... God gave me this choice..



no other creature has this treasure...

Versus or virus? peace or war? we
have arms to hug... we are here to
say thank you not tank on you..



Yes! Thank you God...

Let us see it now...

clear as mud..

Are you confused but what is going on in
The Middle East?

Let us explain...

😊 We support The Iraqi government
in the fight against Islamic state...

We don't like IS, but IS is supported
by Saudi Arabia, whom we do like.. 😊

😊 We don't like president Assad in
Syria... We support the fight against
him, but not IS, which is also
fighting against him...

😊 We don't like Iran, but Iran supports
The Iraqi government against IS. So, some
of our friends supports our enemies
and some of our enemies are our
friends, and some of our enemies
are fighting against our other
enemies whom we want to lose, but
we don't want our enemies who
are fighting our enemies to win..





I did not get it
Too...

But let us talk more...

If the people we want to defeat are defeated, they might be replaced by people we like even less...

And all this was started by us invading a country to drive out terrorists who were not actually there until we went in to drive them out...

Do you understand now?

Not me too... But the best bomb is to be a witness... just observe and be yourself...

We have all what we need to be who we are...

Be clear and clean and learn and learn from new mistakes... Thanks on us and Tank on them and pray for them... and jokes on us..



A farmer ordered a high-tech milking machine...

Since the equipment arrived when his wife was out of town, he decided to test it on himself first...

So, he inserted his manhood into the equipment, turned on the switch and everything else was automatic.

Soon, he realized that the equipment provided him with much more pleasure than his wife did..

When the fun was over, though, he quickly realized that he could not remove the instrument from his member.

He read the manual but did not find any useful information on how to disengage himself...

He tried every button on the instrument, but still without success ... what to do??





Finally, he decided to call the
Supplier's Customer Service Hot Line
with his cell phone ...

"Hello, I just bought a milking
machining... sorry machine from your
Inpaining ... sorry again, from your
Company ... It works fantastic, but
how do I remove it from the cow's
breast or udder?"

"Don't worry" replied the customer
service rep, "The machine will
release automatically once it's
collected two gallons... Have a nice
day."

Yes! have a nice month or more...
what else can he do ... Be aware
of who you are.. A cow? A bull? ... a
fool? or what? So pay the fucks ...



Let us pay it here !!

Bought a parrot which could already
Talk ...



It had belonged to a sailor and had
a large vocabulary...

However, the man soon discovered
That the parrot mostly knew
swear words...



At first he thought it was funny,
but then it became tiresome, and
finally, when the man had important
guests, the bird's swear words
embarrassed him very much...



As soon as the guests left, the man
angrily shouted at the parrot...



"That language must stop!"
But the bird answered him with
curses...



He shook the bird and shouted again

"Don't use those ugly words!"



Again the bird cursed him..
Now the man was really angry.. what
to do?





He grabbed the parrot and threw him into the refrigerator ...

But it had no effect ...

From inside the refrigerator, the parrot was still swearing ...

He opened the door and took him out, and again the bird spoke in dirty words and curses ...

This time, the man opened the door of the freezer, threw the bird into it, and closed the door ..

This time there was silence. After two minutes, the man opened the door and removed the very cold parrot ... slowly the shivering parrot walked up the man's arm, sat on his shoulder and spoke into his ear ... sounding very frightened: "I will be good, I promise ... those chickens in there .. what did they say ?? "



Yes! again ... Let us gain..



An elderly couple had just learned how to send text messages on their mobile phones...



The wife was romantic type and the husband was more of a no-nonsense guy...



One afternoon, the wife went out to meet a friend for coffee... She decided to send her husband a romantic text message and she wrote.



"If you are sleeping, send me your dreams... If you are laughing, send me your smile. If you are



eating send me a bite.. If you are drinking, send me a sip. If you are crying, send me your tears.. I love you."

The husband texted back to her...

"I'm on the Toilet... please advise me " ...





Let us go beyond any known ... any senses... we are spread in dimensions beyond the senses..



The invisible is in us.. is seated within the circumference of the visible.. this is how we touch the universe... the existence...

"One who has known, has known all." That one is the seer, not the seen... Hence, the eye is not the means for attaining it, closing the eye is the way to see the unseen..

Let us go beyond what we see.. let the third eye see the unseen... when there is no seen and only the seeing remains, the seers appears..

We have eyes, but we don't see the truth... sight is attained through night seeing... This is what freedom is..

every limitation is a bondage.. let us go beyond any wall and any way and any will..





Nothing is mine or yours... Truth is for all, and nothing is new nor old... just be yourself and experience your own way and will... live your own witnesses... Be in



The now... why I am writing words? Who is going to read it? Books are many but the readers are few...

Let us read in between the words... Oh, yes, we are friends, but where are we going?

Where have I come from? And what are we supposed to do? We belong to the truth, but we have forgotten our origin...

Now it is time to go back on the main road... Today, the world is more and more into evolution... what is this evolution?

Wars? Killing?
All over the world there is hate and anger among all of us.. is this our vision?



In such a world There is
only one thing we need, and
that is the true understanding of
humanity ... why we are behaving
in such ways of wars?



Why we create walls and barriers between
each others? Why don't we go in and see
our beauty and our bliss?

We are the energy of God and why
we are living the energy of the devil?
We have the choice ... see the good and
the bad and love this cross as it is
and this is the challenge of change ...

A builder may use wood, stone, and
other materials to build a house, but to
be a being and use your consciousness,
you need to meditate .. it is in yourself ..

😊 We are not different from any Christ .. or
any light ...

💔 That which is born of God can never
be other than God ... But we are not
aware of this grace ...





This Song...



Let us remember this Song...



O man, how did you change?



The earth has not changed,
Water has not changed,
Fire has not changed,
Air and ether have not changed,
The sun has not changed,
The moon has not changed,
Animals have not changed,
Trees have not changed..

O man, how did you change?

How did we change?

We believe that we are a body.. a man
and a woman, rich and poor... We are
Teachers, doctors, priests, politicians, old
and young, fat or thin, happy or
Sad... good and bad... American or Arabs..
Muslims or Jews... But in reality, the
Truth within us is one... we all
come from God...



We have the freedom to   
become what we want... 

By our own power we can make our life good or bad... heaven or hell.. God lives in our heart... very near why go very far?? 

But what are we doing ?

Instead of knowing the greatness in me, I spend my life eating and drinking, fighting with others, and living the sex, money, power, and wars...

Animals are better than us...

" If you do not attain your own self, if you do not experience the truth, then what is the use of living? Do not dogs and pigs also live? "

what makes us unique? So let us go in and know the divine energy that vibrates within us!! Only a human being has the ability to experience his identity with God... that is why we must use this gift to know who we are!!   





The value of human body...

We should know the value of our birth... we are not cheap... nor a sheep..



Our birth is very rare... let us take care of this divine diamond...



Once a disciple asked his master...
"What is the value of my body and my being?"

The sage said... take this diamond to the market and get its price... do not sell it."

The disciple went to the market and asked a fruit seller... "How much will you give me of this?" "I will give you two oranges." said the fruit seller..

Then went to a shoes seller... "I will give you this small pair of shoes"

Then the disciple went to a goldsmith... a very ordinary jeweler... "I will give you \$100 dollars.."

Finally he went to the best jeweler... "O brother, you cannot sell this diamond... it is priceless."



The disciple came back to the master who said..



"Now do you understand the value of a human being? A person can sell himself for two oranges or one pair of shoes or he can make himself priceless... it all depends on his own vision."



We have attained this human body through God's grace... We cannot attain it over and over again... this human body is a priceless jewel.. Do not throw it away..



You will discover the value of this body when you see your inner self... The human body is a temple within which God lives in the form of the self... So we must turn in and meditate...

Now we have only little awareness...

The more we meditate, we go beyond any step... and every breath is a path to meditation... you don't need to go and study how to meditate... just be aware of how you are now?



😊 who 😊 I 😊 am 😊 now 😊

How am I ^{or} now?



Not easy to say it.... I feel good and bad...
I am not hungry but I am bored....

Why I am bored? I don't know what
is boredom... say it.. I hear you....

... ♡ ...

Boredom....

It needs intelligence to feel boredom,
The rarest people feel it because it
needs wisdom to feel it... it is a blessing..

Out of boredom we search for the
Truth... unless we experience our
inner treasure, boredom will remain
and will become heavier every day..
Look at rich people, or the famous...

The rulers... They are dead but not
buried yet... Let the dead bury the dead..

Be alive and look for your self...
who are you? why you are here?



In the West we use our   
mind ... in the East meditation... 
Use both.. head and heart... Logic
and love...

Go beyond boredom and search for God 
in every breath ... in every pain... in
every moment... It is our natural
life...

Anamils are not bored ... They eat
the same grass every day... But we
have a choice... This is our grace..
 our bliss...

 Use boredom as a jumping-board
Toward the mystery of our life .. let
us experience our pain... no pain
no gain...

 Heaven and hell in us... This is the
balance... the cross... use it and be
aware of your path... Every breath
is a path to paradise... so move
from wrong to right and be
grateful to both of them...





start



living on



your own

The whole of humanity is bored ... This is why we are fat, sick, go to wars... go shopping and on and on...

go in... in is our only inn..

Everybody is somewhere else; nobody is where he should be ...

One has to risk... to live our adventure ... wander and wonder..

Boredom can disappear in a single moment if we are ready to be free under the dome of God... of existence.. on in the kingdom of the creator ... This is our home..

So let us be sincere with myself first.. Once I know the path to myself.. I start walking my life... so let us respect who we are... God needs us... so let us be ... To be or not to be...



❤ To 😊 be ❤ or 🖤 not 😊 to
Be

Be the energy that grows and glows in us...

All that grows is Allah... is God... all nature grows in its own pace and place..

If you really want to be.. is not to be... let go of your mind and let god be in the core of your being..

God is so near why go so far..

Whatsoever is flowing out of good being is good..

Don't do good.. Be good.. once you are good so all what you do is good.. just like children...

Unless we change our center, all what we do is fake... change is a constant law... constant love... this is our

challenge... we have the key to this door and you know it...



Meditation is the only master key...
Just read any book that fits you...
Look for the right master not the fake
gurus... and by changing yourself.. you
are changing the world...

from warship to worship...
why wars? why not peace? let us
plant our joy... our being... the seed
that God gave it to us...



Just be near a Christ and listen to his
silence... to what he is... that is the key..

We are the cosmic energy.. just
be near the truth and you feel it..



You are a being who vibrates and
blooms... just one seed turns

the whole earth green... if not



you and men who else? If not now
when?

With love and compassion we change
hell into heaven... and this is why we
are here... let us hear our inner voice..
this is our choice and our grace



What is my grace?



Love is the first grace that lives in the heart and starts healing us...



One starts feeling the invisible hands of God behind it... So love is the first touch then grace comes and the third experience is of God...

It is the law of ascending.. we fall upwards, not to the earth but to heaven.. If we trust, some cosmic energy pulls us up, we start levitating spiritually..



we reach to the ultimate peak of consciousness.

Just as the apple falls downwards, we start falling upwards..



We are connected with a higher treasure... This is the law of grace, or the law of power... cosmic power..

We can use the power of heaven and the power of earth... Science and Soul.. and



This is the oneness with the One.. This is the grace of God...



When love arises, if you think this is all, an end in itself, then you become satisfied too early ...



It was just a beginning, just a stirring. Much more was to come, it was just the opening of the door ... one need not to cling to it... one has to go deeper and deeper, and the only way to go deeper is to go beyond...

One has to be alert of something more that comes always like an aroma, a fragrance... Love is like a flower, grace is more subtle, like aroma...

Unless we are very alert we will miss it... Once you start feeling grace then love is no more a doing of your own; it is a happening... it is beyond us, bigger than us...

You can't stop at grace... it is already half the journey... a divine hand  is holding us and keep rising up and peace is coming, compassion has been found... what more can there  be? 



Our journey is endless... no stop...
until you witness the truth..

No god but God



La ilaha illa lla hou

This is our life pilgrimage... from
head to heart... and it is endless...
We are here to plant the seed that
God plant it in the core of our being...
why wars? let us learn from the
pain and change it into a challenge...

Every now is a new challenge, from
one peak to another peak... life is a
risk keep moving ahead.. as if time
stops, thinking stops... you are fully
awake...

The whole life is an adventure... without
th ego... if you fail or if you win... you
keep playing because it is not a question
of success or failure.. it is living
the moment... enjoying the thrill

That is valuable.. so keep changing
your life... change is a constant law
of love...



❤️ Jon gets a new job and on
The first day, The boss walks up
to him and says...

"What is your name?"

"Jon Smith ..." Jon replied...

😊 'Look here' snaps the boss... "Say Sir
when you speak to me."

"All right" says Jon... "Sir Jon Smith!"

😊 A joke a day keeps the worry away.



😊 A family took a trip to Disney Land...
After three exhausting days, they
❤️ headed home...

As they drove away, The son
waved and said, "Goodbye Mickey."

😊 The daughter waved and said...

❤️ "Goodbye, Minnie."

😊 The father waved, rather weakly and
said... "Goodbye, Money."



Yes! A joke a now keeps
us in the wow...



The secret of a joke is the
unexpected ending...



Do you know what is my next
step? So!! Life is only a joke..
watch yourself and laugh... The joke
first moves in a certain line, and
then takes such an unexpected turn that
logically you are shocked for a moment.



You were moving with the joke
expecting certain thing... something
illogical happens... And it's that illogical
thing that makes the joke beautiful,
that makes you burst into laughter...



What are we doing? Why wars? Why
not peace? Why pieces? Where are
we going? Where I am now?..



Now or never is our only life and our
choice and grace..





Let us have fun...

Logic is not fun.. let us wake up..



Sometimes a joke can wake you up,
more easily than any serious talk...
why?



Because listening to serious preach
you tend to fall deeper into sleep..



But a joke is so light that you don't
want to miss it.. you listen very
carefully and attentively..



A doctor says to his patient...

"I have a bad news and a worse
news."



"Oh dear, what is the bad news?"
asks the patient..



The doctor replies, "you only have
24 hours to live."



"That is terrible," said the patient..

"How can any news possibly be
worse?"

The doctor replies.. "I've been trying to
contact you since yesterday.."





Let us share our jokes... But don't miss what is the goal of it...

You got it... In between the laughter.. we drop bombs into our heads and goes to our hearts and explodes into.. love... Light and life and laughter...

Let us use the joke that helps us to be alive...

Let us not use wicked jokes.. It hurts us and harms us. A joke is a healing Touch to bring us back to our original face... The real faceLook..

No child is born with a long face.. Every child is born with laughter... With a great joy which is ready to explode.. Let us release that joy again.. to bring our real childhood back to our being...

Life is a joke and laughter is our language.. And the gap between the laughter is the silence of our stillness..



A crusty old man walks into a bank and says: "I wanna open a fucking saving account!" The astonished woman replies: "I beg your pardon, but that kind of language is not tolerated here..."

She goes to the bank manager to complain...

Manager agrees such foul language can't be accepted...

They both return to the window and ask the old stupid: "Sir, what seems to be the problem here?"

Old man: "There is no fucking problem.. I just won 200 million bucks in the fucking lottery and I want to put the fucking money in this fucking bank.."

Manager: "I see sir, and is this bitter bitch giving you a fucking hard time sir? we fuck her and you are welcome to my office..." 



😊 When money talks, stupid walks,
and nobody checks the grammar!!!

😊 Check your check book, and it gives
you the best look.. the best language
😊 for any age.. at any stage..
yes! let us share our care..

😊 This must count as the best
mother-in-law joke..

😊 A married couple was in a terrible
accident where the man's face was
😊 severely burned...

The doctor told the husband that they
😊 could not graft any skin from his
body because he was too skinny, so
the wife offered to donate some
of her own skin...

However, the only skin in her
body that the doctor felt was suitable,
would have to come from her buttocks..

The husband and wife agreed that they
would tell no one about where the
skin came from... no one should know..



       
They also requested that the doctor
also honour their secret.. After all, 
this was a very delicate matter...

After the surgery was completed,
everyone was astounded at the man's
new face... He looked more handsome
than he ever had before!!

All his friends and relatives just
went on and about his youthful beauty..

One day, he was alone with his wife
and was very happy and was overcome
with emotions at her sacrifice.. He said:
"Dear, I just want to thank you for
everything you did for me how can
I possibly repay you?"

"My darling" she replied... "get
all the thanks I need, every time
your mother kisses you on the
cheek... it is much better
than any check..."



Yes! Laughter is a door to our divinity...

But what is The purpose of human
LIFE?

According to the sages..... The aim of
life is to eliminate all suffering and to
attain the highest joy

Let us think about it... what do we
want? We want happiness... we
want ecstasy... we want love...

And in one way or another we try
to get it, so we fall in love, we get
kids, we do business, earn money, many
ways to be rich and famous and
powerful...

Even when we hurt others, we do it in
order to be happy.. But if we watch
ourselves, then we see that
we are not happy... we can buy
the whole world but we cannot buy
happiness.. Truth is not outside us.. it
is in us and we know how to
go in... meditation is the only
key .♡

★ One of the masters said.....

o man, you have roamed so much in the outer world..

★ You have gone from one place to another, you have picked flowers and fruit and did many works but you are not happy... you are not alive..

★ Now is the time to fly in your inner sky...

I met many rich people and no one is happy... the poor people too wants to be rich... but we are very rich.. but unhappy... Yet... we are still looking for the same shit...

★ We never stop to think how we might put an end to our troubles... Instead, we blame and complain all the time...

★ Stop talking about the darkness, lit your candle...

Don't tell me I love you, show me

★ love... So let us be who we are... if not now! when? If not you and me who else??

o

 a  story  is  better  ...

Once Sheikh Nasrudine visited India... while roaming through the city of Delhi, he came upon a vegetable and fruit market. As he stood in the market watching, he noticed that many people were buying chilies...

In India people are very fond of chilies, but they use them in small amount... Nasrudine thought they must be a delicacy, so he bought two kilos of them, and sat down under a tree to eat them...

As he munched the first chili, his mouth began to burn, and his eyes and nose began to water... He moaned and fanned his mouth, and then began munching another chili, thinking that this one would taste better... He went on in this way, eating chili after chili, but suffering did not stop...



we  are  just  like  Nasrudine..

We are eating chilies in the hope that the chili we eat tomorrow will be better ...

We keep offering the same problems to each others and in this moment our mouths are burning, our eyes are watering, and our noses are running...

While Nasrudine was bravely munching his chilies, a man who had been watching walked up to him and asked what he was doing...

"I saw a lot of people buying this delicacy, so I also bought some and began to eat them." explained Nasrudin...

The man said, "Look, These are chilies, they are supposed to be eaten in very small quantities."

Nasrudin nodded and went on eating... The man was astonished. "Now that you know what they are why don't you stop eating them".....



"well" said Nasrudin.. "I bought
these chilies and I have to finish
them. I am not eating chilies any more..
I am eating my money!"

☺
This is how we live our lives... we
have bought our problems, and even
though we find them quite hot, we
have to go on eating them because we
have made the investment...

☺
We keep searching for more fun,
more entertainment, more loving friends,
more wealth, more fame...

☺
But do any of these things bring us
real satisfaction? Do our enjoyments
bring us true joy? or do they bring us
only dryness and heat?
What are we really doing in our
life to satisfy our needs or our
desires or our greeds?

I thought I was enjoying sense pleasures.
I did not realize they were enjoying me.
I thought I was spending my time.. I did not
realize it was spending me...



Oh God!! For - give me...

You are so generous... all what I am writing is from you to us... from your book to our look...

★ Yes!! Let us look at our life...

Let us open our eyes... while I run after my desires, time is eating me.. is hurting me... Today I ate sweets and

★ now I feel so much pain in my stomach... I say no to sugar and the no is yes... The mind is my devil...

It is the nature of desire to grow..

★ to expand... The more we pursue our desires, the more they increase..

No matter what I have, I want more... until we turn within and

★ discover the satisfaction, no matter how much money we have we want more... more friends, more cars, more towers, more wars, more power...

★ All the joys of the outer world are temporary... They can never last... Without the joy of the self... we are dead...



 only  when  we  drink  the
nectar of The Self do all our
Zero's amount to something..



Happiness is within us, and it is ours, but
we are always looking outside...

All our actions comes from inside... even
the false truth... When you play music
or you play Tennis, it is your inner joy
that you experience...

The joy of the world is like a dog's
bone...

A dog finds a piece of bone and starts
to chew on it... As he chews, pieces of the
bone get stuck in his gums and blood
begins to flow...

The dog tastes the blood and thinks, this
bone is tasty.. The more he chews on the
bone, the more his gums bleed... The
more he tastes the blood, the sweeter he
feels the bone to be...

This is an unending cycle...



The word cycle is very important... 
It is our energy of life... of light and
light... of good and bad... peace and war...
Every seven years we change from sleep
to sleep... from down to up... 

Every seven years our body comes to a
point where the old goes and the new
settles... and in that transitory period
everything is liquid... 

 If you want some new dimensions
to enter into your life, that is this
now... breathe in and out and be a
witness to the gap in between... Now 
or never... 25 centuries ago there were
born few enlightened souls and now
 we are in such a cycle... be in 
the gap and humanity will achieve a
peak... Let us live this moment with the
whole... now it is ripening... we are in 
a state of Liquidity... of unity... of
divinity... if you can use it, you can reach a
peak... if you miss it, this moment is missed 
for 25 centuries again... be with God
not with the dog... 

★ Just as the dog does not realize that he is tasting his own blood, we do not realize that the joy we get from this world is coming from inside us...

★ The mystery of Allah is inside us.. in the core of our heart.. of our being.. of our spirit... Very near.. why go very far??

★ Think about the happiness you find in your life... it comes from far or from us? When I eat and my stomach is full, I experience a moment of satisfaction... The joy comes from me... it is inside me... I meet a friend.. I read a page... I buy what I desire or what I need... all from me to me... what happens??

★ At such moments the mind becomes still, and the center of bliss within reveals itself, like a flash of lightening...

★ Yet this bliss is the shadow of the real bliss inside the heart...



What to do to experience the bliss directly? 

We must turn within in meditation and look for happiness where is really dwells... 

Let us record what is going in... during the day we are out.. but during the night let us go in... 

Sleep is part of death... if we are alive during the day we are alive after we leave our body... 

A few hours of sleep have completely refreshes you if we sleep normally... Our own sleep teaches us over and over again that the real source of strength and energy is within us.. 

 Inside everyone of us is a divine, conscious energy called Kundalini... or the serpent... 

 Through meditation, this inner energy is awakened and it makes a spontaneous yoga unfold within and the energy move upwards and reunites with the Self and purified the entire body...  

Eventually, Through the prayer...
or the power of meditation, you will
know your True nature, your own
Inner Self...

You will reach a center which is beyond
pleasure and pain, a state in which you
will experience nothing but bliss.. That is
The State of The SELF..

When you live it, you will be completely
transformed. The world, too, will be
transformed for you, and you will see it
in an entirely different way...

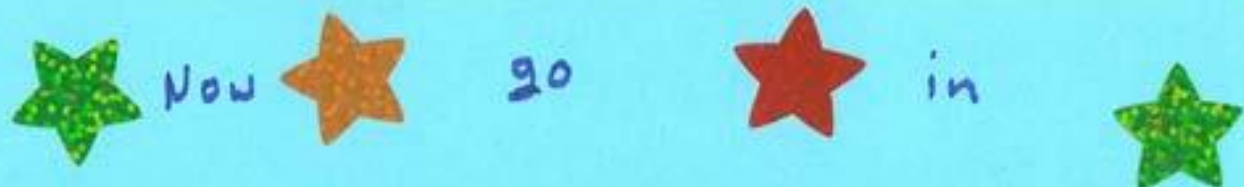
God is filled with many great skills
and beauty and placed them in us... but
we cannot see them... we have to go

In ... in is our only inn...

Our body looks small, yet it is an
image of the entire universe...

Our body is a Sun one thousand
times more brilliant than the outer
sun, and yet, it is cooling not hot... it is
The mystery of Allah in us..





Now go in

There are so many secrets in us that no one can say it but everyone can see it..

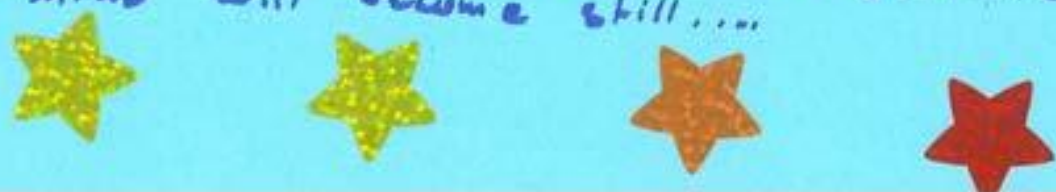
All the wonders you see in the outer world can be found to a far greater degree within...

When the inner energy awakens and rises to the peaks, you will hear divine sounds that are so sweet they cannot be described...

As we listen to our inner treasure, we will become alive and we will taste a divine nectar in our tongue...

Let us drink our inner nectar, and we will find it so delicious, so completely satisfying, that no outer taste will compare with it...

When we go deep within in meditation, exquisite fragrances will begin to fill your being, fragrances so sweet that, as you smell them, your mind will become still....



Let us go to our inner beauty which
is unchanging...
It never ages, and it is never spoiled..



As we meditate more and more, as
the inner energy works within, we will
begin to see and live such beauty that
we will hardly have the power to bear
such Treasure...

★ In the center of our being we see
our blue pearl... that is the light of
the self within us... The Blue Pearl...

God lives within every human being...

Everything you seek in this world is in
you...

★ We have to go in and dig it out..
In our heart Allah lives... The heart
is the true home of God... It is the
seat of happiness, the abode of
unending love... Let us go there... it
is so near why go out... it is from
head to heart... we have the master key...
Open and go in... The divine door is
always open and welcomes us...



The Bee And The Elephant

Once there was a bee who was
 young and strong and full of the hot
blood of youth...

One day he was flying blissfully from
 flower to flower, sucking nectar... He
kept going farther from home, forgetting
that it would soon be evening and time
to return...

 He had just flown into a lotus flower
when the sunset and the lotus closed...

The bee was trapped. He had a sharp
 stinger and could easily have pierced
through the petals and flown away, 
but he was lost in his intoxication...

 He thought, I'll spend the night here
drinking nectar, and in the morning,
when the lotus opens, I'll fly home... I will
get my wife and my neighbors and friends
and bring them here to drink nectar..
 They will be so pleased!! They will be
so grateful...

 Soon it was midnight... There was a young
elephant roaming through the forest....



What did the elephant do?

Yes!! He was also very intoxicated..

He was tearing down trees and ripping up plants and stuffing them into his mouth..

When he came to The Lake where The bee was reveling, he began to snatch The lotuses and eat them... The bee was still drinking nectar and still thinking, I will bring my wife... I will bring my neighbors... I will bring all my friends... I will have a great honey factory

Suddenly There was a loud crunch..

"Alas!" The bee cried.. "I am dying. I am dying... I am dead."

All The bee's plans remained in The lake. All his friends remained in their houses.. His wife was still at home..

And The bee was inside The elephant's mouth..

Like that bee, we are going farther and farther in this world... When are we going to wake up??

When are  we going  to see The elephant ?

When are we going to stop our imagination ? Why we are making greater and greater progress, not realizing that we are leaving our Source behind..

Every day The elephant of death comes closer, but we never notice his footsteps..

We are crossing a bridge... we are only a traveler who comes and goes..

 We accumulate wealth and take pride in our riches.. 

But when we leave we Take nothing with us..

We came into this world with our fists clenched, but when we go, our hands will be open ...

In this world everything changes, everything dies .. Youth becomes old age, health becomes sickness, beauty become silicone .. silycone... Just watch your life... from dust to dust...

 know  the  best  ... 

Bliss is our best gift...

★ Let us live our bliss.. Let us be
our self and watch the truth...

A Time is coming and very soon every thing
will die.. every empire, monument, and
city ... and towers will crumble...

★ There have been so many kings, emperors,
and great leaders, but where have they gone?
only the inner treasure is eternal..

only the inner consciousness will last..

★ all else are dust and dust...

without meditation on the self, without
spiritual practice, the only thing you
will attain is your death...

★ Death is our only path..

where are we going? Most of us if
not all of us in nowadays we are lost
in eating, drinking, indulging in all the

★ pleasures of the world.. and in power and
wealth and poverty and when are we going
to wake up? Once your house is on fire,

★ What is the use of digging a well?



Now or never ...

Let us be who we are..

As long as I am alive and healthy and strong, as long as my senses still function, do something for myself... no one loves me like my body... it goes with me to the grave... My body is my home, my temple ... my master and my mystery from God... The Creator loves me more than anything else...

Why wait? Contemplate The Self and attain it now... Know that life is very short ...

You were not born into this world just to eat and drink and have kids... Animals are doing it and they are better than us... They live in harmony with existence... what are we doing? where are we going??

Now - here

or

Nowhere



Thank  you  all


This is very beautiful and I am honored
to have received it...


At birth we boarded the train and met
our parents, and we believe they will
always travel on our side...

However, at some station our parents
will step down from the train, leaving
us on this journey alone..

As times goes by, other people will board
the train; and they will be significant,
that is our siblings, friends, children...
and even the lover of our life...

Many will step down and leave a permanent
vacuum... Others will go so unnoticed that
we don't realize they left their seats...

This train ride will be full of joy,
sorrow, fantasy, expectations, hellos,
goodbyes and farewells...



★ The train keeps on going...

we will have good relationship with all passengers requiring that we

★ give the best of ourselves... This is what success is... give your best.

But the better is... don't do good..

★ Be good... Once you are good... you be yourself..

But the mystery to everyone is: We do not know at which station we ourselves... me... will step down..

So, we must live in the best way, love, forgive, and offer the best of who

★ we are... We are a royal family... we are living in the kingdom of God...

So it is important to know the truth and to live it and to be it... because

★ when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life...



We wish you a joyful journey
on the train of life...



Sow your seeds and reap success
and give lots of your love... More
importantly, let us be Thankful and
grateful to our past... to our history...
because of them we are here...
we plant our seeds for our future too...



We are the existence...

Never born...

Never died...



Lastly... We thank you God for being
The driver of the train of life...



You are our creator... and who
created me loves me more than any
one else... So why worry? let
us trust the trust... let us
live this now with a great wow...



and let us keep flying and thank you
for the butterfly!!!



goodfly high in our inner
and outer sky...





Me too... Thank you for
reminding me... let us laugh..
laughter is another colour in
our rainbow treasure.....



A fittyish woman was at home happily,
jumping on her bed and very delightful...

Her husband watched her for a
while, and asks: "Do you have any
idea how ridiculous you look? what's
the matter with you?"

The woman continues to bounce on
the bed and says: "I don't care..
I just came from having a mammogram
and the doctor says I have the breast
of 18 years old".....

The husband says: "What did he
say about your 65 year old
ass?"

"Your name never came up", She replied..



Two men sitting around drinking a few beers...

How is your wife looking these days?

She went to the beauty shop and got a mud pack and for two days, she looked nice... then the mud fell off

A man went on a safari with his wife and his mother-in-law... one day he was lying in his tent when he heard a cry from his wife... he jumped out and saw mama-in-law shaking her fist at a huge lion who was standing five feet from her and ready to move... "Do something to my mother" pleaded the wife in alarm...

Why should I? That lion get himself into this mess... let him get himself out of it... it is his problem... don't worry... A lion is a lion" said the husband...



Old man Fink and his friend
Grandpa Funk are having a
few drinks with them dinner...



"You know" says Fink, "when I was thirty
my erection was so strong, I could not
bend it at all, even with both of my
hands..."



Funk nods his head appreciatively...
"When I reached forty," continues Fink,
"I could bend it just a little bit,
but only with a great deal of effort..
At fifty, I could bend it a little
more... And now that I am sixty... I
can easily bend it in half..."



The two friends keep sipping their
drinks... "It is just amazing,
Funk..." continues Fink, "I wonder
how much stronger my hands
are going to get? What do you
feel?" ... "I am back to my
babyhood... I am back to peeing."



The best horse



Father Fink goes to farm in order to buy a horse.. He saw a beautiful one that he likes and asks if he can try it...

"Sure," says the farmer... "but I have to tell you something... this horse used to be for a bishop and if you want the horse to move, you have to say 'My God!' and if you want him to stop, you have to say Hallelujah..."

"That is okay" says the priest and jumps up on the horse and say, "My God" and the horse moves off and the priest is seen galloping into the mountains...

The priest is shouting My God, My God and the horse is really moving...

But suddenly the priest sees that they are coming to the edge of a cliff and in panic he yells stop! stop... but the horse keeps on going... then he remembers and shouts 'Hallelujah!'"

The horse stops, right on the edge of the cliff and looking down, the priest says My God!!



Know Your Self... or
no your self..



The Self...

smaller than the smallest,
greater than the greatest,

This Self forever dwells
in the hearts of all..

A person freed from desires,
with mind and senses purified,

Beholds the glory of the Self
and is without sorrow...

only light, life, love and
laughter...

This is our inner outer treasure..



The self contains everything is in the
universe..

You will experience this when you

Turn within and see it in meditation..

All what we see out is the shadow
of the truth... The truth is in and it
does not die... it is immortal... So

The Self is the source of all our joy..





Let us be touched by this
True Story..



Farid was one of the greatest
sages of ancient times..

He had two wives.. an old one and a
young one... One day he called
them both and told them.. "I am
giving up this household life and going
into the forest to live as a hermit..
I have divided my wealth into two
shares, and I am giving one share
to each of you."



The older wife accepted her share,
The younger one said: "Why are you
giving up your wealth and going away?"
"Because the self cannot be satisfied
with wealth" He said...



"Will this wealth give me immortality?"
she asked..

"No" said Farid.. "Your life will be like
that of the rich... No one can possibly
hope to attain immortality through wealth."



"Then I do not want it" said the

 young wife.. "I married you in your old age not for the sake of your wife wealth.. but for the sake of your wisdom... I want to attain the Self..."

 Hearing this... said the sage.. "you were always dear to me but now you are dearer..."

Give all your material wealth to your older wife... she is my friend and my Soul sister and each one is needed...

The sage began to explain the greatness of the Self... "we love one another not for each other's sake, but for the sake of the Self... All creatures are dear to us for the sake of the Self... The Self is the dearest in the world..."

let us see the self and hear the self and meditate on the self. Make the self manifest before you... this is

 the step in our mystic journey... the whole trip is in the first step."





The



Self



Self ... soul ... spirit ... are words from the truth that is in us and in all what we see and beyond any bond ... The dewdrop, the wave, and the ocean are one .. I am not I ... amness is our bliss .. our quality not identity ...

Let us listen to our self not to our ego ... The true self was before you were born and will be there after you are gone ..



The moment we become aware of our true center, we become aware of eternity and to know eternity is to know God .. Hence, the true self is the door to God ...



So be yourself as you are and suddenly all problems disappear .. Be selfish .. love yourself, know yourself, be yourself .. Out of that you will radiate love and you love others .. we are mirrors to each others .. we share our love and we live our joy .. and our compassion ..



God is so near to us... in our
being... in the core of our heart..



Why go far? Just go in... meditation
is the master key for the compassion...

Love yourself now as you are and
you will live the truth.. you cannot
say it ... but you see it...



no one can teach it.. but



you can catch it... our thirst will

Take us to the river... our hunger

will take us to the bread... God is
the only truth that loves us...



Let us remember this true story!!

In India there lived a great Sufi
named Bayazid Bistami...



When he was young, he set out on
a pilgrimage to Mecca...



On his way, he came upon a
dervish, an ecstatic being..

"Where are you going?" The dervish
asked...



"To Mecca" Bistami replied..
Why?

To see God...





The dervish asked him..

'How much money do you have?'

"Four hundred gold dinars."

"Give them to me.." said the dervish..



He took the money and put it in his pocket... Then he said...

What will you do in Mecca? You will simply walk around the sacred



rock seven times. Instead of doing that, walk around me seven times.



Bistemi did as he was told...

"Now you can leave, you have achieved your purpose... But first let me



tell you something... Since the



day Mecca was built, God has never dwelled there. But since the heart was created, God has never left it.. Take



back your money and share it with any one who is hungry and poor and sick... and Go home and

meditate... meditation is the master key to live the compassion of Allah which

is everywhere..." Just be



yourself and the truth reveals itself in your heart..



The heart  is the  greatest
Temple of God..



Once a master was explaining to his disciples.. " God and The soul are one and the same... just as God exist within himself, He exists within all of us in the same measure... "

One of his disciples got up and said.. "O Guruji, God is so great... He has so much power... Infinite worlds exist within Him .. How can we be God?"

The Guru replied... " Take my water bowl to the Yamuna River and fill it with water. "

The disciple left, and in a few minutes returned with the water bowl.. The guru looked in the bowl and said... "I Told you to get water from the Yamuna River... This cannot be the water of the Yamuna River. "

Why is not from the river?



  It is not from the river...
On the river you have fish,
you have turtles, There are cows

 Standing in the river... There are
people bathing in the river... There
is nothing of such things in the bowl
of water you brought from the river...
go and get the water of the Yamuna
River..."

The disciple replied... "But this is just a
small amount of water... How could it
contain all those things?"

"What you say is true" The guru said..
"Now take this water and pour it back
into the Yamuna River..."

The disciple went to the river, poured
the water into it, and returned...

"Don't all those things exist in that
water now." said the guru... "The individual
soul is like the water in the bowl.. It is
one with God, but it exists in a limited
form, and therefore it seems to be
different from God... so be
aware of where you are.."



Now, you are back in the river with all the living souls, fish, turtles, cows and everything else that the river contains...



In the same way, when you see your own inner self through meditation and knowledge and wisdom, you will realize that you are that which is...

that you are in the existence...



One with God... One with the oneness.. Then you will also be filled with all of God's power..

So let us meet, melt and merge with with the Ocean... This is our nature.. our birthright...



A drop of water falls as a rain on the top of a mountain.. Many drops become a stream, and the stream flows down the mountain and becomes a river... The river flows until it merges into the ocean..

When the river merges into the Ocean.. what happens?



where is the drop?

where is the river?

what is the original drop of water
going to call itself?

Is it going to consider itself
a drop of rain, or is it going to
consider itself the ocean?

This is the mystery of what
all the prophets saw and said...
wherever you look you see only
God.. only Allah...

There is no god as a person.. as
he or she or it... This godliness is
the whole existence and it is in us..
in the humanity.. in the core of our
heart... Show me where there
is no God!! And we are all light...
and enlightenment is already ours... yours..
You just have to understand.. But we
just don't have the awareness that
God is within us.. we have already
realized God; however we are
not aware of this bliss..





Can I become aware?

That awareness is what you have to attain.. It is just as if you had ten dollars in your pocket but forgot where it is and you said you have no money.

Then you put your hand in your pocket and you said, "Oh, I found the money." What do you mean when you said that you had found the money? it was already there.. you found what you already had...

How do we try to find God?

Do we look for God as He is, or do we look for God as we want Him to be? Are we looking for

the solution or for the problem? let us listen to this story...

Once Nasrudin got very drunk and came home late at night... He began walking back and forth outside... what was he looking for?



His wife woke up and
called "who is it?"



It is me ... he said
why are you wandering around
outside? Don't you have
a key?

I have the key ... but my problem is that
the door has no lock!



Is this what we are doing?



Are we looking for God according
to our ideas, or are looking for God
as He is?



It is necessary to give up something
to find God?!!



What is mine or yours?

Our life is a gift from God to God..
Nothing belongs to me... Not even my
body belongs to me... from dust
to dust...



God is found through understanding...
Renounce our ego and our pride...

all is all

No god but God...





Only



Allah



there is a being inside us
who knows everything ... Try to
understand Him ... He is God ... So near
to us ... why go far?

Because He exists we exist...

Before the picture can be painted,
there must be a canvas ... God is
the canvas on which our picture is
painted ... do we see this??



just let us give up our wrong
understanding ... our ignorance ... nothing
else ...



Can I do it?

Certainly you can ... nothing is impossible
I-m-possible

God is within every one of us ... techniques
cannot reveal Him ...

Can a flashlight illumine the sun
when it is the sun that lights
everything? meditation is the
key to be a knower not a
believer...



A flashlight cannot shine beside
The sun...



Like the sun, the Self is always shining
with its own light...

We meditate and do spiritual
practices only to make our intellect
pure enough to reflect the light
of the Self...



Sit very quietly in your chair; then
turn within and try to see who
watches your thoughts from inside..



If you keep watching in that way,
you will know the Self..



The self is already working
inside us ... we will find the self
when we understand the self...



we have the book we need..
we have the master who loves the
truth in us... what else do I need?
My thirst will guide me to the
river...



So let us turn within.. Look for that
inner knower... God is in our
heart... we lost Him in our heart.
we will find HIM only in our heart



★ The ★ Mind ★ is ★ our ★
worst enemy and our greatest
friend ..



The true sages said that the mind is the
source of both bondage and liberation,
the source of both sorrow and joy, that
is why, if there is anything worth
knowing in this world, is the mind...

The mind is the body of the Self...
So this is our first step in our trip...
But we are in the trap...

The mind is always moving outside,
focusing on external objects, and as a
result it has become very dull..

It has lost the capacity to reflect
the radiance of the self... just as the
water of the lake is filled with dirt
loses the capacity to reflect the sun..

Let us clean our inner body with
meditation and health food and the
mind becomes more and more clean
and clear ...



The Value of the mind...

The mind is infinitely valuable; only because it exists can we be called human beings..

My master used to say..

"If someone loses his hand, he can still live ... If someone loses his leg, he can still live ... If someone loses his eyes, he can still live a very good life ... However if someone has lost his mind, he is as good as dead."

The purer the mind is, the happier one feels... The greatest happiness comes when one stills the mind...

Be still and know that I am God..

The awareness ... not the I...

Just for a few moment make your mind still, and then you will experience a joy you can experience in no other way ... "O man, you are trying to control the mind, but little do you realize that the mind will control you"

★ Letters ★ and ★ words ★
create our thoughts, and Thoughts
create our feelings

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..

♥
Just as our thought can weaken us and
make us small, they can also make
us stronger and take us closer to
the self.. we are what we think..
let us turn our mind in and
become still....



What is my Thought?



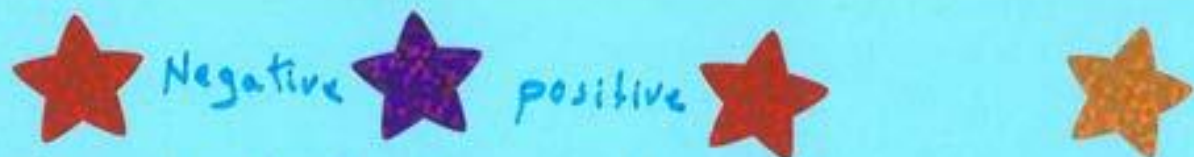
Once there was a temple
in a town where each of the
trustees of it will put a golden coin
in the donation box every month...

As one of the trustees watched
this go on month after month, his
mind became a little twisted...
He kept thinking, just once, I will
put in a copper coin... nobody will find
out...

So one month he put a copper
coin in the box... But at the end
of the month, when the trustees opened
the box, they discovered that there were
no gold coins inside... only copper ones..
Everyone else had put in copper coins
too...

Thought has immense power.. one
person who always thinks good thoughts
can make a hundred people think good
thoughts... But if one person thinks bad,
he can make a thousand people think
just like him...





Negative

positive

The third chakra is loaded with negative emotions.. that is why our stomach becomes disturbed... I cannot digest it... or 'I cannot stomach it' it is literally True...

When you cannot take it... you vomit it and you feel better...

Negative emotions have been repressed.. it is like a rock on my heart... just face your fear... your hate... your anger.. all is a power... use it... change it... this is our challenge...

Express the negative and allow the positive. Go and chop wood... do not kill anything... no hunting and no wars... go into the forest and shout, scream... hug a tree... jump.. Sing.. dance.. take cold and hot showers... many ways to get rid from our negative feelings and we learn from our new mistakes every day... no pain no gain...





Once you are relaxed, there
arises a balance between the

★ negative and the positive... And
when they are balanced, the door
is open, the energy can move

★ higher... fly high in your inner
★ sky... polarity is the cross... the
balance of the energy... up and down and
we live the dawn...

★ Man has been damaged so much that
all sources should be tapped...

Help should be taken from every source
possible, only then there is hope...

★ otherwise man is doomed... global wars
and global madness soon...

★ Let us grow the positive...
don't talk about darkness, lit a
candle...

★ Let the positive grow and let the
negative be broken... the positive
should always be ahead; then you
will not fall back... then you will see
★ the stone and the diamond..





Once you see the truth
then you respect both sides
of the coin..



Once you know how to compare.. you
are your own master..



The positive must penetrate first..
if there is no light... I can't see the

darkness.. fly beyond the window and
smell the fragrance of the flower and



Then the negative is not such a big
problem... come out of your prison

right now... the door is open, don't
choose another prison.. a better one



more modern, more attracting...



be aware... the shit is a shit but
the smell is different...

No make ups anymore.. but wake up!!



Don't go from misery to misery... you are
a mystery... don't be a victim.. be a



victor... be a rebel... don't allow
yourself to be possessed... you are born free..



You live free and you leave free... you
can start rising in love rather than





Bliss



Bullshit



What is our choice?

Life can either be a tale told
by an idiot... or it can be a tale told by
a Christ...

It all depends on me.. on us...

If you remain asleep, unconscious, your
life will be just accidental... like drift
wood— at the mercy of the wind...
Where is my will? Where is
our way?

But if we become a little alert.. aware,
the quality of life immediately changes...
Then it is no more accidental... It starts
having a subtle meaning to it...

That meaning is bliss

And then life starts turning into
beautiful love and laughter ... if one
is miserable, that shows he is unconscious
If you are blissful that shows you are
conscious ...





Let us be aware of who
we are...



Let us live our joy and our joke..
Aziz goes to the medical room to see
doctor Azima



"Hi doctor, I came home last night
and found my wife in bed with
my best friend... I was about to kill

them both, when she said come on
Aziz, we are all friends, let us have
a cup of coffee together.. So we all



sat down and had a cup of coffee...
The next day, I find her in bed with a
stranger and she said the same thing,
and we had a coffee together..



And doctor, this happened every day
this week..."



"I see," says the doctor, "but I am not a
therapist.. I am a doctor, why you tell me
this?"



"Well," says Aziz.. "I am worried..
will it be bad for me all this
coffee?"



what is pragmatism?



This is very pragmatic!!!

David is dozing in his armchair in the funeral home...



The phone rings and turns out that the democratic political party has booked an entire hotel in Town for their conference, and that in room



213, one of their delegates has died.



David throws a coffin in the back of the car and drives down Town...



Half an hour later, David calls the manager's office to confirm that the job is done...



"Yes, it is done, and that the occupant of room 312 has been removed..."



"You idiot" shouts the manager...



"I said room 213! Was the man in 312 dead also?"



"He said he was not!" said David calmly...



"So what did you do?"

"You know boss ... you know what liars these politicians are."



priests and politicians are the mafias of the Self...

Leave politics for the stupid people.. The utterly stupid who cannot do anything else...



First try to be a scientist, a poet, a painter, a pottery.. a weaver.. a carpenter.. something intelligent.. creative... if you find you cannot create anything, when you have looked around and tried and tried and you get 'f' then go into politics.. That is the last resort for the stupid...



The criminal and the politician are One .. If the criminal is successful, he is a great leader.. If he cannot succeed in power, he becomes a criminal... They are destructive people.. Their whole effort is to dominate people and we support them...

Change yourself ... politics is an ego trip ... our ego is our only enemy.. let go of our ego.. let go and let God..



☞

yes!! Let go and Let God!!

we know now that God is not a person but presence, an experience of love and compassion... bliss and celebration... truth is that which is... no name for it... but you are living it... It is a mystery and no one can say it or see it but we are living it--



This aliveness is God.. Let us be aware of our birthright.. our bliss and freedom...



Show me where there is no God!!!

So God is in the war and in the peace... this is the challenge and the growth... this is our choice and our grace... what to do? do good or be good?



Be a christian or a christ-consciousness? Once you are good all what you do is godliness...

Truth is available only to the one who says ... I don't know anything, but I am ready to know... I am ready to cross the cross... and ready to see the Truth and be it..





The God who lives in all ...

Everyone should learn and know
and welcome others with love
and respect ...



This is true worship and true religion
If a religion does not teach love and
respect and forgiveness .. it cannot be
the religion of humanity...

God is one for all, He lives
in all the temples and mainly in our
heart ...



The heart is the divine temple of
God.. of Allah

God has no one name... all the
names and the nameless... The
isness ... The existence... The whole
holy nothingness... The innocence... The
beyond any bond...



Although he has many names, he is One..
Therefore, we should know how to
live the awareness of universal
brotherhood and sisterhood...





God exists in all religions, but He
or she ... did not create them.. it
is my ego... my mind ... and I learn
from my ignorance ... from my mistakes
no pain no gain
If God created all these religions, we
would have to call him a politician..
why would god create so many religions
and make people fight with one another?
It is me, we, us... you... who have
drawn religious boundaries...

This is the cause of wars... no peace
Since Adam and Eve... we have wars
and preparation of bigger wars... so
what we see as peace is what we
are doing for a greater disorders...
global madness soon... greatest explosion..
Very few people will remain and we
go back to be a native family.. farmers
and live few years and this planet will
die....





Where do we fly after we go or we die?

Where are you now? This is after this now ... heaven and hell is in us... what we plant we harvest...



Rumi, the great Sufi saint.. had four disciples who came from four different countries... Once he told them a story...



A Persian, a Turk, a Greek, and an Arab were on a pilgrimage... Someone gave them five dinars and told them to buy themselves some breakfast....



The Persian said, "I will buy angur with this money and we can all eat some."



The Turk said, "No, I like uzum..."



The Greek said... "I don't want to buy anything but stafyllia..."



The Arab said... "I want to buy inab..."

The four travelers began to quarrel..



Why fight? This is what we are doing all the time... So what to do??



Finally, a wise person
walked by and asked them..



Why this quarrel?

After they had told him their story,
the wise man said... "Give me your
money, and I will buy you all of those
things..."



He went to the market and brought back
some grapes...

"My angur" said the Persian...

"My uzum" said... said the Turk...

"My stafyllia" said the Greek...

"My inab" said the Arab

These men are still fighting over a
different language since Adam and Eve...
we fight for the cups... we don't know
what is in the cups...

Let us wake up now or never...
Most religious people and the power people
are fighting over the same thing.. So

✕ Instead of having blind faith in only
one religion, we should have the understand-
ing that God is the same in all religions..





There are many paths to the truth,
and they are all good...

But the road ends where the temple
is... We are the temple... every breath
is a path to Allah...



If we spend all our time fighting
over the roads, we will never reach The
Temple...



In the true abode of God only God
exists and He is completely pure and
formless...

We Trust no sect, no religion, no tradition...
go in.. trust your heart.. your being...
no one has the right to believe..
everyone has the right to know.. Be
a knower not a believer..

Be a fellow traveler not a follower...
Once you touch the truth... you are
like a river merging in the ocean..

Because of our ignorance and wrong
understanding, we have forgotten our
True Self and became slaves to
others... we are born free.. so
be who you are...



Once King Akbar asked his prime minister Birbal....

"Who is greater, me or God?"

Birbal was very clever... Without hesitation, he answered... "You are, Your Majesty."

The king was happy... and asked...

"How can that be?"

"O your Majesty, if you do not be who

you are, you are not a king... I mean, if you do not wish to accept someone, you can banish him from your kingdom very easily... But how can God banish anyone from His kingdom? Where can he send him...?"

Most religious people are like Akbar; they accept only those who belong to their religion and banish everyone else...

But if a religion excludes anyone, then it is not the religion of God... God is all-pervasive, so whom can God reject... show me where there is no God... no Allah... no compassion..

I do not belong to any religion... Existence loves us all, so I also accept all religions..



Sons of God



Christianity Teaches that no one
can attain God except Through his
son, Jesus Christ...

How can Christians deal with this idea?

Jesus said... "your faith healed you, not
me nor God... truth is in you."

Every breath leads us to life... God is life,
love, live and laughter... So be yourself
and enjoy your joy and share... it...

what I give comes back to me... mine...
so live your choice ... your grace ... and
your laughter

Next time ~~it~~  happens, smile with
awareness...

A rabbi's son converted to Christianity
and the rabbi was totally distraught...
Totally confused...

God himself came down to earth to
console him...

"After all" said the Lord... "did not
the same thing happened to my son
Two thousand years ago?"

"Yes" replied the rabbi, but don't
forget, my son was legitimate."



We are not legitimate.. only
his son ... only the Jews... or the
juice

So what is your choice?

While walking down the street
one day, a high ranking politician is
tragically hit by a truck and dies...
His soul arrives in heaven and is
met by St. Peter at the entrance...

"Welcome to heaven" says St. Peter...
"Before you settle in, it seems there is
a problem... We seldom see a high official
around these parts, you see, so we're
not sure what to do with you."

"No problem, just let me in." says the
politician --

"I'm sorry but we have our rules."
And with that, St Peter escorts the politician
to the elevator and he goes down, down,
down to hell...

The door opens and he finds himself in
the middle of a green golf course.
In the distance is a club and
what it is?

The club is for all the politicians and friends and other politicians who had worked with each others and everyone is very happy and in evening dress...



They all run to greet him, hug him, and thank him about the good times they had while getting rich at the expense of using the people..

They play a friendly game of golf and then dine on lobster and caviar... Also present in the Devil, who really is a very friendly guy who has a good time dancing and telling jokes...

They are having such a good time that, before he realizes it, it is time to go...

Everyone gives him a big hug and waves while the elevator rises..

The elevator goes up, up, up and the door reopens on heaven where St. Peter is waiting for him..



Now it's time to visit Heaven "

 So 24 hours pass with The politician head of state joining a group of contented souls moving from cloud to cloud, playing the harp and singing...

 They have a good time and, before he realizes it, the 24 hours have gone by and st. peter returns...

" well then, you've Spent a day in Hell and another in Heaven... Now choose your eternity. "

 He reflects for a minute, then the head of state answers: " Well, I would never have thought it, I mean Heaven has been delightful, but I think I would be better off in Hell. "

 So st. peter escorts him to the elevator and he goes down, down, down to Hell.. Now the doors of the elevator opens and he is in the middle of a barren land covered with waste and dirt and garbage... He sees all his friends, all dressed in rags, picking up the trash..

 Oh! what is this?

♡

All my friends are
no more as
before? why so much dirt? why
picking up the trash and putting it in
black bags??



the Devil comes over to the politician
and lays an arm on his neck..

"You are a politician... you know how
is our life runs... yesterday we were
campaigning... Today you voted for us...
and we are devoted to our business... yes!
priests and politicians are the mafia
of the soul and they know how to
work the best devilish business....

This is why we are where we
are and who we are...

Can we be aware of this state?
Yes! and now... Truth is very simple
and it is our nature and our nurture...

Be simple so everybody can simply live..
let us share our happiness not our
epines !!! epenis...





why religion has not
changed the world?



who is the living change?

Change is a constant law... I am the
boss... not the ego! but the annex... do
what you feel... you are the living
light... the living love... the living
Truth so play your prayer... share
your treasure... your experience...

now my heart is flowing words without
capital letters... the river is made of
drops of rain... no two dew drops are
the same... so why big letter and
small letter? why God and not god?
In arabic no big and small... the body
grows old but the being grows up and
this is the godliness... the religiousness...
the consciousness... so change is our
constant law of love and change is our
challenge... so listen to your
heart not only to your head..





most of the people who tell
us to follow religion do not live
it themselves ... instead, they create
fights in the name of love ... in the
name of peace ...



Jesus is saying the Kingdom of God
is in us, so is Mohammed, but who listens
to the truth?

If we understand the truth... no need
for any religion or any temple or any
book...

Only when we forget the equality
we start the fights and the attachment.
We have to live the religion of
Oneness

and then we will act with love
Towards everyone and Towards nature
and beyond any bond ... any dimensions...
This is the real religion that we
need ... one seed turns the whole
earth green... be the seed... be
the change you want to see...

if not you and me who else?



So let us use the master
key that we have...

The meditation...

When you pray to god,
you finally become one with him...
absorbed in him ... you are no more only
god is ... That is called meditation...
meditativeness...



every breath is a path to meditateness...
to be the awareness...

Yes a story will tell the
Truth...



There was a great seeker in India...

Bullah Shah... for forty years he studied
many religions and many philosophies and
took initiations from every teacher he
came across ... yet he did not make any
progress.



The only things he attained were a
mind filled with doubts and a head
burdened with knowledge he had
got from head teachers... So what
to do with such case? where to go?





So Bullah went to a friend..

O friend, how can I describe my condition to you? I am carrying so much weight and I cannot get rid of it ...

♥ The friend said.. I know a sufi master who can help you..

♥ They went both of them and the sufi said.. "Leave your books out.. and spend some time with me...

♥ So Bullah stayed with the sufi.. no books... no meditation rules and laws... just be in your self as you are.. as you feel... relax and let go...

♥ In few weeks Bullah became a born again human becoming... he was a very ripe seeker... his awareness turned in and he began to dwell in the inner self... inner well...

♥ When he returned home, he threw away all his books and began to tell everyone he met that peace and bliss lie within not in books or temples...



No need of books and temples...
"Just turn within, and you will find God."



When the orthodox Teachers heard what Bullah was saying.. Oh... he is saying the truth.. so they all turned against him..



They called a great assembly and they told him ...



— Bullah, you have committed a great sin ...



— If I have committed a sin, then surely I should be feeling pain ... but instead of pain, I am feeling joy, and all my agony has left me ... if I have committed a sin,



what punishment have you prescribed me?
— For your heresy, we are going to brand your body with a red-hot iron bar.. There is no sin worse than heresy..



— I will accept this punishment, but first let me ask you something ... suppose that a religious Teacher told an innocent person that if he followed a certain practice, he might attain something soon



and the soon still is in the moon...
or in one year, or in ten years, and
in this way forty years went by
and the poor seeker did not attain
anything from the Teacher...

What punishment would you prescribe
for such a teacher?

— That would be a horrible sin.. if
someone who has nothing to give makes
others work for nothing, his body
should be branded in twenty places...

— Do you all agree with that?

— Yes we do?

— All of you deceived me for forty years.
You made me study various scriptures
and you forced me to practice techniques
and rituals, yet I did not receive
anything... So all of your bodies
should be branded instead of mine..

But we are all victims of
victims... let us forgive and let us
meditate and go in... in is our only
inn...





A



Story



The men who drew circles

Once a rabbi, a priest, and a sheikh
were talking about God...

At one point they asked each
other...

"What do you offer to God every
month?"

The priest drew a circle on the ground
and said... "Everything I get I throw
in the air... whatever falls in the
circle is for God... and whatever falls
outside the circle is for me?"

The sheikh Nasrudin said... "Well, I drew
a line, everything I get I throw in
the air, whatever falls inside the
line is for me and whatever falls
outside the line is for Allah..."

The rabbi said... I am totally different
from both of you... I am a Jew and
very generous....





what do I do?



I throw everything into the air...
no circle and no line... all is
for God.. nothing is mine, and I



Say to God.. "O God, accept all
what I have... whatever you want...
then whatever falls on the ground
is for me and the rest is for
you... take it all...."



Many religious people are into
marketing... business... they think
that they are giving everything to
God, but they are really keeping
it all for themselves...



A donation... is.. do-a-nation..
one peaceful world...



Don't commit adultery... is by a
small shift become don't commit adultery!!



So it is up to us how we share
our joy... giving is receiving... and
be more and more aware.. don't
give your diamonds to the pigs...



Every one is Christ
consciousness

All of us are family of Allah... we are
in his kingdom... whoever manifested
from the truth is God-incarnate...
We all came out of the same light...
The cups are different but the water
is the same...

Just be yourself... When a person
turns within and realizes his own Self,
he becomes one with God...

Once you attain the self-realization,
the only role that is left for you is to
plant the seed that you have.. plant
peace, wisdom, love... work... and unity...
Unity is our divinity...

Why war? Why not peace?

Just worship God as He is... from your
heart.. every work is worship... as long
as we do it with love.. Allah has no
other hands than yours to use...



😊 Once a very religious priest
was traveling somewhere by sea...
and in the course of his journey he
landed on an island..



😊 There he came across three very
simple beings who were bowing to the
rocks, the trees, and the water and
praying..

😊 "O Lord, you have become all
these things... please accept our
prayer"

😊 When the priest heard them, he was
shocked... "You haven't learned to pray
correctly," he said... "What is the
point of bowing to water, to trees,
and to rocks?"

😊 The men begged the priest's forgiveness..
"No one has ever come to teach us,"
they said... please be our master...
please teach us how to pray... God told
you to come.. we are ignorant..
Thank you for coming..."





The priest taught them the art of praying, and then he went back to his boat and set sail...



A little while later, he saw the three men rushing towards him on the water...



When they reached the ship, they cried...



"O priest, we forgot how to pray as you taught us; we forgot how to pray properly... please give us another lesson."



The priest was amazed... "How did you managed to walk on the water?"



"Before starting out, we prayed to God..

O, God, you are so powerful!! please thicken the water so that we can walk on it!! And the water became thicker."



When the priest saw the results of their simple devotion, his pretension left him.. "It is you who know the



true meaning of prayer, please Teach me." said the priest..



To reach God, we simply have to
to pray from our heart... our

innocence ... our childhood spirit...

This is what love and faith is ..
just to love him without any goals..
without trying to impose any rules...
any conditions...

Why ask and be a beggar? we
are a royal family ... and God
is our creator and He/she loves us
more than anyone else .. and
knows our needs .. why greeds??



Just do what you can .. do your
best and God will do the rest..
Do what you love and life will be
full of bliss ...

Yes! we feel our senses.. but face
your fear ... face your anger and it
is a lesson ... no pain no gain and
The best will come ... Keep walking your
bridge and you are connected with the
existence ... with the mystery of our
divinity and our unity...



What does god wants from
me?



Just be simple.. silence is the language
of god... simple words... be your inner

innocence.. do not sacrifices you life for
anyone nor for god just experience

love... Love is God... is god.. is nature..
is what you see and what you don't
see and you don't know

Be happy.. God loves happiness... no
sins and mistakes... we learn from
our new mistakes every now and then

only sin is to say there is a sin..
God's teachings are pure and sacred
and simple.. just be yourself.. and
plant peace..

God is the light of peace and
justice and we are his disciples...

let us hold hands and plant what
is in our heart and why wars??

let's use our arms for hugs and
thank you not tank on you



The true religion...

Once a rich man built a temple to Vishnu, so that devotees of Vishnu could worship their deity...

But he found that only a few worshippers of Vishnu came... He decided to replace the image of Vishnu with Rama.. Now the worshippers of Vishnu stopped coming, and some devotees of Rama began to visit.. but only very few.. what to do to attract more people?

He changed it and put the idol of Shivan.. Now what happened? All stopped coming



only few of Shiva's lovers started coming.. The man said... I will put Shakti... The Divine Mother... But again all left and only few lovers of Shakti came...

The man thought, Hinduism simply does not attract people. So he destroyed the Temple and built a mosque, and then Hindus stopped coming and one or two Muslims came...

This did not satisfy the man either. So he tore down the mosque and built a church..

And the same story... few
Christians came..



Finally, the man decided that he would
have nothing to do with any house of
worship...

Instead, he built a tennis court and
a health club... then many people
from all sects and religions... began to
come...

This is the problem with religions and
sects.. None of them works for everyone..
An outer religion cannot be equally
natural at all, because it is something
that is acquired...

Only the religion of the Self is natural
to everyone ... because the Self has been
with everyone from time immemorial..

The self within is our own; it cannot
be alien to us... God put it in us..
If we live our Self, we have no
fear... God is loving us.. to have faith
in Allah is the highest understanding
and the true essence of all
religions





Let us have the awareness
that Allah is all what it is...

Everything is made of one conscious
energy.. This is the highest science
and the highest religion...

No matter what we do in the world,
if we do not achieve this awareness
of equality, none of it will be of
any use...

One who meditates even for an instant,
with the awareness that all objects are
a creation of the same Truth.. the
same God... a reflection of the same
divine glory, is following the highest
religion...

The great Sufi master, Shams al-tabrizi
said, "Do not think that God is only
in your heart... you should be able
to recognize Him in every garden, in
forest, in every house, and in every person..
You should be able to see Him in your
destination, in all the stages of your journey,
and in all your fellow pilgrims... you
should be able to see Him in and out
and beyond any limit...



Yes I am alone ...



I came alone, I live alone .. I
leave alone, but I am
not lonely ----



Now is the Time to be a human
being ... now is the journey of being
human...



Good bye ... goodbye ... and good buy the
best of what I love ...



The best book ... it is my only
companion ... every page or every
word is a seed for my heart...



So books and pens and papers and a
simple life ...



Let us remember that life consists of
small things, there are no big things...



Small things are big thing .. a small
seed is a big tree ... a big bank...



You share it with mother earth...
with our royal family in the
Kingdom of God... let us be



who we are and let our
shining star fly beyond the sky...





A single act may not look very significant either as evil or as good... is very alive action... it is part of a big work... our work is our worship...

A single flower is not a garland, certainly, but there will be no garland if there are no single flowers to put together...

Do not belittle your failures, do not belittle your good acts... Each and every act is significant... each step is the whole holy trip... it is okay... okay or ok... let us do mistakes, let us fail... no pain no gain BUT let us be aware of what we are doing and how we are being?? The ordinary things can become extraordinary...

It is up to me how I am doing it? and why? and to whom?...

So let us do what we love and love what we are doing... So be good.. and all what you do is good...



A Zen monk was asked...

"What did you used to do before you become enlightened?"

He said, "I used to chop wood and carry water from the well."

And then he was asked, "What do you do now you have become enlightened?"

He said... "I chop wood and carry water from the well."

The questioner was puzzled... He said, "There seems to be no difference then."

The master said, "The difference is in me... The difference is not in my acts, the difference is in me, but because I have changed, all my acts have changed.. their significance has changed; the prose

has become poetry, the stones have become sermons, and matter has completely disappeared... Now there is only God who is uniting through us, chopping woods

and carry water through us.. all is only God and is only Allah... there nothing else.





Where is my face?

my original face!!

I am not my body... I am not the
car... I am The being... The driver...

but how can I see and be my being?
my amness... not the I... not the ego...

not the dust... respect the body...
respect the dust and back to the dust...
but the real being... the original face...

The face of the creativity... the face
that is part of the whole hole... holy
and beyond any bonds... the immortal...

Yes! I can face the true face.. This
is our grace and our birthright...

our power and our treasure...

let us be our being

To be or not to be

Be like the bee and fly high in
your inner and outer sky... it is one
sky, one dome, one holy kingdom of
god... no word can say the truth...
no one can teach it but you
can catch it now...



We are born with an unknown, an unknowable potentiality...

Our original face is not available in the mirror or in our eyes... it is going to be a discovery, and that is the beauty of it... And that is the difference between a being and a thing...

A thing has no power, no potential, it is what it is... A table is a table, a chair is a chair... you are a chairman sitting on the chair not in the chair... you are holding the money not the money holding you... it is an act but not a fact... it is not a seed of something...

We are seed from the tree of life... just be a tree... plant your seed in the best soil... be your soul... self soul and spirit...

S. S. S... super stupid shit
or

Self soul spirit ? who are we?





We are not a thing...



that brings all the trouble and
all the joy, all the challenges, all
the disturbances....

The child comes just a clean paper..
with no words on it.. all dimensions
are open...

This is our first step of understanding...
A child is a being to be... he does not
bring a map with him... total trust like
the river going to the ocean... no one can
predict the next moment...

All power people invest children... priest and
politicians and parents and all of us are
victims of victims... be a victor... be an
emperor not a beggar...

If Catholics disappear the pope will drop...

Each child that is born has some
power which can be exploited by
parents, politicians, priests, and money
people... so wake up... be a sage
not a slave....



Nobody is interested in your own potential, they are interested in their own investment, and of course everybody is investing....



"We gave you... now you give us"
We are not conscious of what we are doing with our children who are not ours...

Generation after generation we are still doing this... war after bigger war in the name of peace...
The child is helpless, he cannot fight all these people... the devil is very strong and our challenge is very weak.. this is our choice... But... you can change the devil into lived... or soon global madness and few people will remain and then the few will die and all this earth will sink too.. it is sinking anyway... The string is the only flag all over this planet... no hope for one peaceful world...





Truth came for the chosen few...
stop your mind trip now and out
of the trap and change your step...

Go in ...

Meditation is the only master key...
with individuals there will be totally
different kinds of societies...

There will be communes, not societies...

There will be no nations, because there
is no need...



The whole earth is our mother...
Only on the maps we have lines...
and over those lines we go on fighting
and killing and murdering...



It is such a stupid game that unless
the whole of humanity is mad, it is impossible
to think how it goes on continuing...

The sun is for all of us... the moon...
the stars... so why do we draw lines?
why maps? why passports?

These nations can exist only if our personality
is false... all the religions can exist
because we don't know our original face!!



with your original face you will
feel so alive ... you have found your
real life ...



Don't let anybody destroy your being...
let your Thirst take you to the river...
let the dead bury the dead...

live alone ... do what you love and
your bread will come like your breath...
listen to your heart ... listen to your
inner bell ... don't waste a single
moment anymore ...

start doubting, start questioning...



don't be afraid of any power...



there is no authority...

You will be an authority only to yourself
if someday you come to know the truth
of your own original face...

Yes! we can share our experiences...
but that is not authority...

Be finished with all that has been
given to you, forced upon you, and the
original face will start showing
up...



you will never know, you cannot
even imagine what your original face
will be, what your true being will be.
You will know only when you know, when
you are face to face with yourself, when
there is no hindrance of any kind and
you are left totally alone...

In that aloneness have flowered
all the beings that have flowered...
Not many have flowered. Only once in
a while...

It is a strange tragedy that
millions of people are born and
only once in a while a person blossoms..

That is why my master ... to whom all
my love and life is from... he says...
there is no gardener, no God
looking around, watching, caring,
otherwise millions of trees, and only
one tree comes to flower...

So be your own master and lit your
light and live your life..



Be your own  gardener and God
will help you...

The whole responsibility is yours... is
mine... take the first step... where
is your will? your way?...

Accept your aloneness. Accept your
ignorance... accept your responsibility
and then see the miracle happening...

The ocean will come to the wave if
the dew drop becomes a wave...

We are connected with the whole...
we are one with the ONE...

Just walk your talk... walk your
dream and your vision...

We are here for a reason beyond
any season... no accident by accident...

God created us for a role to play..

let us do our playshop prayerfully...
gratefully... Thankfully... let us use our own
language and our own silence in
action... not in  emotion,  





Yes! we are the only
conscious being on the
earth...



But what are we doing? what I am
doing with this glory??

It depends on me whether it will be
agony or glory? war or peace? good
or bad??

consciousness is a double-edged sword..
it can be used rightly, can protect, but
the sword can harm, too...

Anything that can become a blessing can
also become a curse; it depends on how
we use it...

Life is so blissful, but man has lost
contact with life...

The birds are happy, the trees are
happy... all nature is happy because
they are not self-conscious.. they are
simply happy... They don't know that they
are happy... don't become too self-
conscious... just be aware and
remain alive...



We are born a baby and we
keep growing old and glowing up...



This is our life mystery... we cannot stop
it...

Let us grow old and up... god is
our goal, To be human is our



journey but who wants to be human?

This is why we kill and we fall back into
animals... everything is allowed in wars.. That's
why man needs wars...

Man becomes a drunkard, a drug addict..
You are no more human and watch the
news... so why go back? Humanity
is a bridge.. you cannot make your
house on the bridge.. it has to be
passed... it is not to be lived upon..

A man is a growing phenomenon, a
process...



Let superman be our
goal, then only will you be able
to be man, and at ease... simple and
planting peace not war... love not hate..

Godliness is our goal... divinity in
our unity...



life is light but I am not in contact with life... this is why we are miserable... and we talk about our misery... our life is no more natural with nature... no more simple...



look at all the buildings, all man-made.. the farther away you go from nature, the farther away you go from happiness..



A man is bound to be more miserable if he is more knowledgeable.. We need knowing... it is our innocence.. Knowledge is cunningness... it is very

difficult for an educated person not to be cunning...



The training is for the mind, for logic, not of love... And the training is for doubt, not for trust.. So be aware of what you are doing? what you are studying? what you are working? who is deceiving you? So be aware.. be yourself.. listen to your heart..



We say "we are defending" but we are attacking ...

We respect Jesus, Mohommad, but we follow the politicians... Hitler and beyond..

Who is the king? who is the prince? who is the ruler? what are they doing?

Education makes us more cunning.. more miserable... come out of this cage and fly in your inner treasure...



Listen to this !!

The first time I met Nasruddin...

I saw him fishing in a lake..



but not a single fish in the lake..

I asked him... why don't you go to that lake which is near and full of fish?

He said, ' I know. There are so much fish in that lake that it is even difficult for them to swim.. The lake is full of fish. "

" But then why are you sitting here? I don't see any fish at all... "

" That is why I am sitting here.. what is the point of fishing in the other lake? "

Any fool can do that ... to fish here is something." said Nasruddin...



The ego goes on fishing in the lakes where fishes are not... That which is obvious, that which is available, is not attractive....



That is why we miss God...

God is very near ... why we go very far?

He is our life ... He is the ocean in which we live ... we are in His kingdom... let us watch it in our life...

We always go out ... we desire that which is not for us... you have a beautiful car, house, wife, children ... money and good work... but you want what your neighbour has...

people are attracted only to that which they don't have...

why don't we count our blessings?

why we don't see the beauty of

this now ... we are reading what our heart is flowing... let us be who we are and what we have...





Listen to this laughter...



Nasruddine and Farid... They met in the street and Nasruddine said... tell me Farid... my wife is kind of fat.. In fact, when she takes off her clothes at night she is one great big blob... Is your wife like that?"

"Ah, no, my wife has a gorgeous figure.. In fact, she is so trim she does not wear anything underneath, and she is a real sexy..." replied Farid...

"Well" continued Nasruddin, "my wife is so ugly, she covers her face up at bedtime, she puts creams and on and on... Does not your wife do that?"

"Ah, no. My wife does not need any creams or make up, and her hair is magnificent" replied the friend..

Well, Farid, I have only one more question. please listen to me... How come you are choosing my wife?" demanded Nasruddine...





that is the way of the ego...
always chasing somebody's else's
wife, always chasing something that
you don't have... once you have it, all
interest is lost...

So an egoist remains miserable, because
to be happy one has to be happy with
what you have...

You have a million dollar... the ego will
say why not more... so run more...
and so on, so forth...

The ego gives us goals... but are
we enjoying our goals?? So we are
the cause of our misery...

Shop until you drop..

Go out from place to place and
no peace... and we go on throwing
the cause on others... I am the cause
and the cure and I am responsible..

You can change only yourself not the
society... that is the only hope, there
is no other hope...



When we understand that we
are all together supporting each
other, then the ego will disappear...
and we start becoming blissful...



Every child is born in a blissful
state, and every person dies in tremendous
misery... what happens? what goes wrong?

No parents any more... no one is religious...
we follow dead rules and sects... and the
ego will grow in dogmas...

But if the house is meditative, loving,
compassion... they help the child to grow
without the ego... but in love... in unity...
Share your love... your joy... we are
one family... why wars?

God comes in millions of ways to us,
but our ego never allows us to see
him... God comes very silently... very
lovingly, but be aware of the
ego... of the mind... the ego is
not interested in the truth... so live
your choice... to be happy or to be
miserable? whatsoever you choose you
become...



What  is your  choice?



The Indian president... The French president... and The Arabic king are sitting along together in a meeting.

"I have a problem and I need your help... I have twenty personal bodyguards and I know for certain that one of them is a Chinese spy... But which one?"

Says the Indian..

The French and The Arabic nod sympathetically and then The French says: "I have a similar problem... I have twenty mistresses, and I know for sure that one of them is unfaithful... But which one?"

"That is nothing" says the king of Saudi Arabia... "I have twenty people in my cabinet, one of them I know is intelligent, but which one?"



Where are you?



An angel of death finds Cohen and delivers him to heaven... St. Peter looking at his files asked him... "Mr Cohen, have you done any good in the world?"

"Well, one time I gave a dollar to a poor man..."

"I see, anything else Mr Cohen?"

"Yes, I once gave fifty cents to a blind man..."

"Were there any other virtuous acts in your life?"

"No, That is all."



"Okay" Says Saint Peter, turning to the angel of death.. "Give him his dollar fifty back, and tell him to go to hell."



♥
A man called in to the doctor complaining about an itch between his toes.. Having examined his toes, the doctor could not find any itching.. "Which toes do you mean?" asked the doctor.. "The two big ones." said the man...





Yes! Be alone and love
yourself..



Christ is alone but not lonely..
be like the sun... the stars... the
river will not bother when people
come to swim or not... And the sun will
go on shining... flowers will go on
glowering... birds will go on singing..

Only us, only mad people will be in
difficulty... you feel confused... always we
think to please others.. then it is good for
us... Then if you need the other's Love, you
are a slave to others...

So Love Yourself first, and then you
love the world...

Yes my soul friends... He.. she.. it.. we.. any
word... we are beyond words and beyond
any dimension...

I am writing to hide my weakness... no
need to any book... any action.. just be
here and play what you love... playshop..not
workshop... all of us are writing and reading..
let us play... but with awareness.. with
good and bad.. Gull or live.. let
enjoy the now... it is our wow!!



Let us share our Bomb!! 

Every atom is a bomb.. 

If Jesus was born in a stable, and bombed the world with his word and his world... So each one of us can put dynamite into our words and in our heart 

 And whether we do it or not, it is going to happen...

 Evolution cannot be stopped, perhaps it may be delayed a little bit, postponed, but it cannot be stopped... 

 So it does not matter who becomes the vehicle, but truth  should win and it is the winner... and a new man should be allowed

 to appear... That is the only hope, not only for this earth, but for 

 This whole existence... Yes! Let us be aware of who we are, and why we are here... Let us keep the good and throw the junk... Yes do it!!! 



I am fed up with my husband... can I throw him?

yes! why not!! life is only a joke...

Suzy is so fed up with her husband, that she is almost suicidal... The next day, she receives a letter which says.. "Hellow there!! This letter is great... don't stop it... it does not cost anything. just send a copy of this letter to five of your friends who are fed up from their husbands... Then bundle up your husband, and send him to the woman at the Top of the list, and add your name to the bottom of the list...

When your name comes to the top, you will receive 16,500 men and some of them are bound to be much better than your idiot... so called husbands... don't break the chain, if you do it, you will have your own son- of- a- bitch back..



Be aware, today my friend got 183 men...
They buried her, but it took 40 hours
work to get off the smile on her face... 

So let us observe and live our
 life and our laughter and keep our 
witnessing alive...

 Be aware ... nothing is new under
the sun ... only this now ... the verb... 
The rivering ... The seeing ... but witne- 
ssing is detached from the mind,
from all what we see or who we are...

Once you have known the 
 knock of it, it is the most simple
thing in the world ... why? and how? 
Because each child is born in that 
innocence ... you have known it in
 your mother's womb ... you have
known it when you were a small 
 child ... so it is only a rediscovery... 
we ... can ... rediscover our treasure
now ... it is in us and we have
 the master key... 



Meditation is the key...



You know it.. so let us use it...
use it or we ~~lose~~ it...



Meditation is not something new... you
had come with it into the world... MIND



is something new, meditation is our
nature.. our nurture... it is our



very being... How can it be difficult??



We just have to know the Knack,
Watch !!



Sit by the side of the river and
watch... Yes! Sometimes a boat comes..
a dead body comes... a beautiful



woman... just watch.. You have
nothing to do... It is the river and
it is the river's business...



You simply sit silently... Sitting



Silently and one day, the moment
your watchfulness is total... the



mind evaporates.. only God is



there... the ultimate Truth..



So be loyal to yourself... do not
obey any one ... you are a royalty..
We are in the kingdom of God... listen
to your heart and to the true master's
love to God...

The master Kabir speaks from his
heart ... and people come from all
ranks and sects... He never quoted
sutras nor indulged in logic mind stuff..
Instead, his words are flow from his
heart... from heart to heart...

Yes! from heart to heart it heals any hurt...
So a self-centered priest came to the
temple, to dictate his words and to debate
with Kabir... or Kabir...

"Hey Sufi teacher" he called out, "wait
a minute, whoever respects you, will
obey what you say, but a man like
me, does not respect you ... Can you
make me obey you?"
What did Kabir do? He is a real
Sufi lover ...



Kabeer said... "Come up beside me and I will show you..."

proudly the priest pushed his way through the crowd to the teacher...

Kabeer said... "Come over to my left side..." The priest obeyed...

"No" said Kabeer, "We may talk better if you are on the right side.. Step over here..."

The priest proudly stepped over to the right.. "You see" observed Kabeer.. "You are obeying me and I think you are a very gentle person... Now sit down and listen.. let us obey and bow to our heart not to our mind..."

Be the master of your mind and the lover of your heart... The heart heals our hurt and God is in our heart... the ego is in our mind...



Let go



and let



God..



...



What is the middle?



Once it happened that a great emperor went to see a great Zen master... The Zen master was rolling on the floor and laughing, and his disciples were laughing too... He must have told a joke or something...



The emperor was embarrassed.. "Why you are rolling on the floor, laughing like a madman... This is not good for you."



The master looked at the emperor who had a bow... In those old days they used to carry bows and arrows... He said: "Tell me one thing. Do you keep this bow always strained, stretched, tense, or do you allow it to relax too?"

The emperor said: "If I keep it stretched continuously, it will lose elasticity... it will not be of any use then... It has to be left relaxed so that whenever we need it, it has elasticity..."

And the master said: "That is what I am doing"...



Give time to play... we are here to play playfully...



Catch The first bird...

A young man wished to marry the
farmer's daughter...

The farmer looked at him and said:

"Son, go stand out in the field ... I'm
going to release three bulls; one at
a time ... if you can catch the tail
of any one of them, you can marry my daughter."
The young man stood in the pasture waiting
for the first bull ...

The barn door opened and out ran the biggest,
very mean and ugly ... he decided that one
of the next bulls will be better
choice than this one, so he ran
over the side ... side and let the bull
pass through the pasture out the
back gate ...

The barn door opened again .. Oh!!
unbelievable!! He had never seen

anything so big and fierce in his
life ... It stood pawing the ground,
grunting, slinging slobber as it eyed him..
He ran to the fence and let the bull



pass through the pasture ... out the back gate ...

The door opened a third time ... A smile came across his face ... This was the weakest little bull he had ever seen. This one was his bull ... And the bull came running by, he positioned himself just right and jumped at just the exact moment ... He grabbed but the bull had no tail ...

Life is full of opportunities ... Some will be easy, some will be difficult ... But once we let them pass ... may never be available again ...

So always grab the first opportunity, hail the first tail ...

Do not postpone the truth ... postpone the false ...





Let us share our care...

Let us dare to share and care...
yes my dear mewe...

Few words from our hearts, the same
seed again and again and no two seeds are
the same like never two breath are
the same...

Life keeps flowing like the river...
The world will be treated as a stepping
place not as a stopping place... use it as a
bridge to God...



The difference between capitalism and commun-
ism... the communism man exploits man... In
capitalism visa versa... the cup is
different but the shit is the same...



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





John and Boris are sitting in a restaurant in New York discussing communism...
"In America, we have such freedom.. for example, anyone who wants to, can walk right up to the steps of the white house... and call president Obama an idiot pig!" John says...

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



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



The first day Ramzi came back from school, mama asked him: "what did you learn today?"
"I learned that my name is not "don't" but Ramzi"



As parents, we say to our children..



"Don't do this, Don't do that"

We say it so much.. so they



Think 'don't' is the real name..

Let us watch out what we are
Saying...



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



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



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



To think in terms of time is politics..



To think in terms of eternity is religion..
the religiousness which is in your
heart..





what is the best ads?

A young farmer wishes to marry a beautiful girl with a tractor... please send me photos of the tractor...



Yesterday, I saw two frogs out in the back yard... They were very thirsty.. Suddenly they saw a large bucket full of white liquid... Oh! It is milk and frogs love milk...

So they hopped into the bucket and began to drink... They drank down a whole lot of milk... After a while, the bigger frog, the more anxious said... " Hey, we are in trouble... How are we going to get up and out of here? We hopped but we are in trouble.. we are down low... we are going to drown..."





The little frog, always optimistic,
Said: "We will figure it out..
just keep swimming.."



So they did... But the bigger said
"Look buddy, there is no way out
of here... why try?"



"Keep swimming" said the little frog...



"I can't stand it any longer, nothing
is happening... I am giving up!"



And he stopped swimming... and sure
enough, he went right to the bottom
of the bucket...



The little frog kept swimming round
and round in circles, sure that things
would get better... And as he swam
and swam, he noticed that it became
thicker and thicker until it turned into
butter... And he perched his little feet
on the butter as a stepping stone
and hopped out of the bucket...



So let us hope and keep swimming
and swimming and the bitter will
be better...





Take a deep breath



and be grateful to this jump..

The first step is the whole trip..

Use any pain as a stepping stone not
as a stopping stone...

Just be good and do not expect any
good from any one... just plant your
seed and the spring will come and
the grass will grow and glow...



Did I share this dinky story? Why not
let us repeat... Every breath is different...
if we don't breathe we die... and
every now is different... But who can
feel the difference of the moment?

So let us say it in a new cup... a new
now...

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



'please I beg you.. pardon
me... but I wonder if you



would sew a button on a
coat for me ? "



'Sure why not, come in, it is cold
and you need a coat... "



So the tramp gave the woman the
button ...



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

Ah! I got nothing but this button...



Ha-am I was thinking may be you
would sew the coat on...

The lady laughed and realized that
she has a coat with a missing button,



waiting for someone..

Yb I am ready to share the button,
at least a little effort and thirst of
my own ... A readiness to risk to
devote ... to dedicate and to sacrifice.
God is ready to give me the coat...





Let us look at the
button in us... in us is our
great treasure... in is our only
inn... our only mystery... just take a
step in... meditation is the key.. we
know it.. we have it...

Go in.. walk our talk... walk our
pilgrimage... we are pilgrims for peace..
just a step towards godwards... it
is not the movement but the direction..
you see it... god is guiding us..
let thy will be done.. I am ready
to do my best and you do the rest..
Thank you God I am still alive and doing
what I love and what I can to plant
peace...

Thank you for the thirst in us.. in me..
it is our thirst that takes us to the
river... To drink and be grateful to
the life that is alive and to
this moment that is the
only time that we have..





Beloved Master help me to be
who I am



Any moment you can wake up and be
who you are ... any situation can awaken
you .. And the master's work is to create
devices in which you can become awake..
Sometimes very small things ... just throwing
cold water in your eyes ... on your face..
will make you awake..

A man asleep can dream and dream for
thousands of years ... but it is a dream..
when you wake up you see it was a
dream ...

The truth is in us, it is not far away .. so
enlightenment is part of our waking
consciousness ...

But what are doing all day and night?
we collect many kinds of garbages .. so
wake up and face your time .. what
am I doing for my self? Be aware...





Awareness, is pure awakening...

A dream takes you away from yourself...
That is its basic quality... and you go from
your self to the soul and to the spirit...
you become the whole... the existence...
the light... you become fully conscious..

It is freedom from us... from our
past and our future... just freedom to
be in the now... now or never... you
are no more only godliness is..
So remember that you are not a person..
not a body... not a mask... you are
a being... immortal..
find your inner center... the body goes
on whirling but the whirling has to happen
on a center... so slowly, slowly he becomes
aware of the center... we too... you too..
where is our center? In the being... in
the core of our heart...



After 36 hours of continuous
whirling... Rumi became absolutely
clean about his center.. that was
his experience of the ultimate... the
fourth ...

AN I YI all I
No god but God

Then his whole life he was not doing
anything but teaching whirling to us...
It is the most simple method but it is
not for everybody ...

We are individually different...
Every breath is a path... every now is
a new birth and death...

Yes! We are free to doubt...

When great doubts arise in the human
heart, great things are bound to heaven or
to hell... when great doubts arises, great
challenges arises... great changes arise...
Let this doubt be your meditation and
reach deeper into it and you will live
the truth... nobody has the right to believe,
everyone has the right to know...



Yes! Nobody can see you except
yourself, because the others can see
only your body or your periphery, not you...
Your light, your flame of life, is hidden
in the core of your heart...



Except you, nobody can see you...
Except you, nobody can touch you...
Except you, nobody can feel who
you are...



The innermost core is absolutely
private... Even lovers cannot
penetrate it... Deep in love, still you
cannot penetrate it...



That is the misery of lovers; they
would like to penetrate each other,
they would like to go as far as
possible, they would like to meet and
mingle and become one, and all efforts
fail...



So this is the first basic fact to understand:
that except for yourself, nobody can
penetrate your privacy... consciousness
has privacy... the rock has
not...



😊 Beautiful is the world...

😊 because at least one thing is private...

your own consciousness... otherwise everything would be sold in the market place...

😊 the knower cannot be known; the seen can be seen..

The knower can feel himself; the seen can see himself...

😊

But truth cannot be said... no one can teach it but you can catch it..

😊 you can live it... you can experience it...



like is an experience in my life not an experiment in the lab...

😊 your body is a continuous flux... like a river it is flowing... But the flux is so fast that you cannot see.. And you think that it is solid.. it is not... all is light

😊 from light.. and God is the light, is the cosmic energy... our mind, our thoughts are moving like clouds.. form come and disappear...

😊

😊 But you are eternity... you are divinity



who are you?

You are not a changing phenomenon..

You are eternity... you are unity of divinity.. you are neither solid nor liquid; you are transcending all categories.

You are a sacred space... a tremendous emptiness.. And out of that emptiness all the mystery of Allah is in us..

"God has no form, but you are all his forms ... God has no names, but all the names belong to him."

The formless descends into millions of forms, and the nameless takes millions of names... you are the mysterious, the unknown, and the unknowable..

So drop th I.. drop the ego... let go and let God... do your best to plant the seed that you have..

Why war? why not peace... when the power of love overcomes the love of power, the world will know peace..



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

If not you and me who else? If not
now when?



The peace happens only when you are
fully awake.. when you are a Buddha, a
Christ, a Mohammed... a Fatima...



When all sleep is gone and all
dreaming is gone, when your whole
being is full of light, when there is no
darkness within you...



All darkness has disappeared and with
that darkness, the ego is gone.. All
tensions have gone, all anguish, all anxiety.
You are in a state of total
contentment..



You live in the present; no past, no
future anymore... You are utterly here now..
This moment is all...



Now is the only time and here is
the only space. And then suddenly the
whole sky drops into you.. This is bliss..
This is real happiness...



Why do I create problems?

Because without problems you feel empty.. then there is nothing to do, nothing to fight with, nowhere to go...

People go from one guru to another.. from one doctor to another because they are dead and stupid and ignorant...

We are all victims of victims... be a victor by reading the book you love and live the moment and be your own master...

The ego can live only when you struggle.. when you fight...

The greater the problem, the greater the challenge and with challenge your ego arises...

First we create a problem, then you go in search for a solution.. why you are creating a problem? The solution is in the problem... the answer is in the question... the truth is in us...



Now the whole world is in difficulty ... this planet is a small point ... soon global madness ... we are the cause and we are the cure ... just face your mind ... it does not mind ... it does not matter ... A deep understanding will plant peace ... then, with no problem to solve, what will you do? Immediately you start living, you will eat, you will sleep, you will love, you will have a chit-chat ... you will sing, you will dance ... what else is there to do? You have become a God, a Goddess ... you have started living ... it is not you but the creator through you ... we are united with the Oneness of existence ... the dewdrop and the wave and the Ocean are one ... stop being ignorant and victim of victims ... read and meditate and be aware of who you are and why you are here ... Start living this moment and you will see that the more you live, the less problems there are ...



you say "I want to be loved, I want to be rich, I want to be famous"



Look at such people how they are living... dreams are dreams... just be simple.. live natural life like the natives... look at the farmers... if they don't plant... the king will die... do what you love.. dance, sing.. paint...

Be ordinary, simple.. There is no need to be great.. you are great and God loves us more than anybody else... our real life is a miracle... is a mystery.. so why run after fake and false love??



To be 'great' is an ego goal...

to be real is existential..

Be real, not plastic...



Sit under a tree and watch your mind.. be aware of this crowd in the mind... see who is creating the problems... drop all the negative ideas... no darkness no light... see God in every pain... no pain no gain.. let us learn our lessons from our life.. from our new mistakes... accept your now as it is and see the Truth in it..





What do I want?

Nobody knows the answer.. because nobody is even aware of who he is ...

Who are you?

Out of that, things can be settled... what is your desire, your wants, your ambitions will be..

If you are an ego then of course you want money, power, prestige..

Then your life will have a political structure... and a constant struggle with other people... you will create misery for others and for yourself...

So it all depends on you
Who are you?

If you don't know yourself, you are living out of unconsciousness, and a life of unconsciousness can only be one of misunderstanding... you may listen to a Christ but you will interpret according to your own unconsciousness..

This is how we interpret the true into false and we worship the lie not the truth...



yes!! It is our interpretation...

Jesus says one thing, people hear it, but they hear only the words and they give to those words there own meaning...

A mother took her small son to a psychiatrist and for at least three hours told the psychiatrist the whole story of her son ... The psychiatrist was getting tired, fed up, but the woman was so absorbed in the telling that she was not even giving the psychiatrist an opportunity to prevent her...

One sentence followed another with no gap ... finally he had to say " please, now stop!! let me ask the son something!!"

And he asked the son, " your mother is complaining that you don't listen to whatever she says to you.. have you any difficulty in hearing?"

The son said, " No, I have no difficulty in hearing.. my ears are okay.. but as far as listening is concerned, how you can judge for yourself ... Can you listen to my mother?"





we are free to hear and to listen... one has to hear but to listen ?? it is your choice...

So where you are? In the body? If you are identified with the body, then your wants will be different; then food and sex will be your only wants, your only desires... These two are animal desires, the lowest rung of the ladder.. But if you are identified with the mind, self, your desires will be in music, dance, poetry and more and more in arts.. science, religion.. If you are identified with the heart, then your desires will be of a still higher nature... higher than the self... you will become more aware... more alert... more loving...

The mind is aggressive, The heart is receptive. The mind is male, The heart is female.. The mind is logic, The heart is love.. so it depends where you are stuck? Body? mind? heart? yes!! one more step...





the fourth, the



Transcendental..



Have no desire... no goal... no future, no past... now-here or nowhere else..

So it is up to you to know .. where are you? who are you? Are you here? can you hear and can you listen?

It is always to ask realistic questions, because then it can be of some help to you, to us...

Just look inside yourself . where exactly is your problem?

So move from desire to no desire ... you have all what you need in your heart ..

Science tries to fulfill your desires, and of course science has succeeded in doing many things but man remains in the same misery ... Religion tries to wake you up to that great understanding from where you can see that all desires are painful too ... Contentment is when all desires have been dropped ... So move from lower to higher energy ... to Nirvana... to Samadhi.. to the ultimate bliss...



So be aware of  who did it?
President Obama and Queen Elisabeth
met at the airport in London, where
they sat in a magnificent 17th century
carriage with six white horses... They
continue on towards the palace, waving to
the thousands of people..

Suddenly, the right rear horse left a fart..
Oh! The fart shakes the coach, the smell
is awful!! Both passengers in the
carriage must use perfume
 dipped handkerchiefs over their
nose, but two dignitaries of state do
their best to ignore the incident...

The Queen turns to Obama saying.. "Mr.
president, please accept my regrets.. I am
sure you understand there are some
things that even a queen cannot control."

Obama, as any other president with his
usual diplomatic way, replied: "Your Majesty,
do not give the matter another thought,
until you mentioned it, I thought it was
one of the horses.." who is the whore?
sorry, I mean the horse??

No work Today ...



Hung Chow calls into work and says, "Hey, I no come work today, I am really sick... got headache... Stomach ache and legs hurt, I no come work..."



The boss John says: "you know something, Hung Chow, I really need you today... When I feel sick like you do, I go to my home, and meet my wife and tell her to give me sex... That makes everything better, and I go to work. You try that!!"



Two hours later, Hung Chow calls again... "I do what you do and what you say... and I feel great... I will be at work soon... and Thank you very much and you got a very nice house..."



Watch out when you give any advice, or any order, people follow literally and then they become just blind...! (go to my home, he went to his home.. and it was a good sex play...





Commandment

Do you like the Ten Commandments?

Me too ... There is no such rules ... let

us break it all ... a rule or a



commandment is a dead thing and you are an alive being...

just simply be aware of any saying...



you have to look into things from your own awareness ... you have to go into

your being, alert, fully alert, and see what has to be done, and live through that



understanding ... that is the way of transcendence .. Yet, just for the fun of it listen to this joy..

1- Obey no orders except those from within.



2- The only God is life itself...

3- Truth is within, do not look for it elsewhere

4- Love is prayer



5- Emptiness is the door to truth, it is the means, the end, and the achievement.

6- Life is here and now..

7- Live fully awake..



8- Do not swim float...





9- die every moment so that
you are renewed each moment.



10- Stop seeking... that which is,
is, ... stop and see...



Seeking leads you astray... The
more you seek, the more frustrated



you feel ... The more frustrated you
feel the more you seek.. it becomes
a vicious circle ... seek and you will



never find ... do not seek and it is
there ... just look and see ... the



beauty is in and the shadow of this
creativity is out...



The source is in us ... so near.. why go
far ... in the core of my heart.. go in
and meditate few minutes a day and then
every breath is a meditative step...



Meditation is the only way and it
wills to our inner well ... we are here
to plant our bliss ... our joy...



R

Let us open our inner words..

our inner dictionary... trust only
your feelings... your senses... your
thirst is your taste for the
water... so be aware of this
word... illumination

The moment you are illuminated, the
whole of existence is illuminated... If you
are dark, then the whole of
existence is dark, it all depends on
you...

There are thousands and more
fallacies about meditation all
around the world...

Meditation is very simple: it is nothing
but consciousness... it is not chanting,
it is not using a mantra or a rosary...
These are hypnotic methods... they can give
you a certain kind of rest, nothing is
wrong with that rest, if one is just
trying to relax, it is good.. you do it
on your own... no need to go to any club...
but if one wants to know the truth
then this is not enough..

meditation means transforming my
unconsciousness into consciousness..

Normally only one-tenth of our mind
is conscious, and $\frac{9}{10}$ is unconscious

The challenge is to grow the light
in our mind so that the whole
house is full of light... then life is
a miracle; it has the quality of

magic ... then it is no more
ordinary.. The mundane becomes
Sacred...

Ordinary stones look as beautiful
as diamonds; the whole of existence
becomes illuminated...

the moment you are illuminated,
the whole of existence is illuminated..
If you are dark, then the whole of
existence is dark... it all depends on me..

Let us be who we are and shine my
star and the sun and the moon will
dance with us... we are light and
love and laughter so why wars??



choose Nature



Whenever you find that Society is
in conflict with nature, choose nature..
it is our nurture and our only treasure..



Whatever is the cost... you will never be
a loser but the winner..



We don't belong to the Society or to
the family ... belong only to yourself..



Nature demands natural way of life



but the Society demands wars and all
what you see...

Let us be in tune with our own
body and our own self first.. then
with nature and then with the
world...



Society is using us for her own interest...



it should be just the other way
round ... The individual does not exist



for the Society, the Society exists
for the individual ... Society has no soul,
the individual has the soul, it is



the conscious center.. what a
blessing!! Thank you God...



The real Robbers

There is nothing to fear, because we don't have anything to lose...

All that can be robbed from you is not worthwhile, so why fear, why suspect, why doubt??...



These are the real robbers: doubt, suspicion, fear... they destroy our celebration... enjoy this now, we are still alive...

Because of fear we cannot love... we cannot pray...



So be conscious but never be cautious.. Consciousness is not rooted in fear.. Caution is rooted in fear, you may not do wrong but you can't go very far...



The very fear will not allow you to investigate new life styles, new channels for your energy, new directions, new lands... you will always walk the same path again and again, going back and forth like a train...





Authority

Never ask anybody what is right and what is wrong ... Life is an experiment to find out..

Each individual has to be conscious, alert, and watchful and experiment with life and find out what is good for him..

Whatever gives you peace, whatever makes you blissful, whatever gives you serenity, whatever brings you closer to existence and its immense harmony is good..

And whatever creates conflicts, misery, pain in you is wrong ... say goodbye forever to all what gives you negative life..

Every one has his own world, his own sensitivity ...

We are unique ... So formulas are not going to work ... The whole world is a proof of this...

You have your own experience to go by and the result is in the now not in heaven..



Happiness

Now you know it... no outside causes..

How you feel is something inside you,
a wheel that keeps on moving...
just watch it

You are free from outside excuses...
Your mood is not in the moon... it
is in me... change it...

change is a constant law...
Your moods depends on your self...
on your mind... on your unawareness..

So just watch and be aware..
I lost my job... it is a joy.. you
will find another door and better..

God is helping us... He loves us more
than anyone ... just be good and only
good comes to you ...

it is just like morning and evening...
You watch and enjoy the rising sun...
when the sun sets and darkness
descends, so that you watch and enjoy..



Home

Unless we find our real home
we have to go traveling, we have
to go on journeying.

And the most surprising thing is
that the real home is not far away...

we make many homes, and we never
look at the real home... The homes
that we make are all arbitrary; they are
sandcastles or palaces made of playing cards...
just toys to play with... They are
not real homes, because death destroys
them all...

The definition of the real home is that
which is eternal...

Only God is eternal

Everything else is temporary...

The body... the money... all what you see
and what you have... all are gone...
use the things but don't be used
by them... be the driver not the car...
we go on missing our real home because it
is very near.. it is in us.. just go in..
In is our only inn

poverty



Sooner or later the outer poverty is going to disappear... we now have enough technology to make it disappear.. and the real problem is going to arise... The really poor people are those who are missing love; and the whole earth is full of those people who are starved... we now have enough technology to make it disappear.. who will feed the spirit? who will feed the soul? Science cannot do that... only religion can feed us...



The true religion is our food and our life...

Now a new food is needed... Jesus gave it to us... Mohammad gave it to us... Buddha gave it to us... Fatima, Khadija... and few others but who listens to the truth? After the global war.. we do listen to our heart... truth is in us.. Religion is the science of Love.. of compassion...





Right or wrong

There is nothing right or wrong. it all
depends on our standpoint

what is good for you, maybe bad for me...
The same thing can be good for me now
and bad for me tomorrow...

it depends on the situation
We have been taught good and bad.. white
and black...

This is a foolish idea but it
has been implanted in our minds...

what to do? Meditation!!! just watch
your mind now!!!

We have to act in a positive way.. just
love yourself as you are now...

just watch, see, and feel, and whatever
you feel right, do it... You are your own
healer, your own master, your own
power... this is our bliss...



A Real Marriage

 The whole process of Love is joining opposites together..

helping polarities dissolve into one being ..

 And when one is whole, one is holy..

The man and woman cannot meet eternally; their meeting can only be momentary...

 That is the misery of love, and the joy too...

The meeting with the outer... the body.. can only be momentary... But There is an inner woman, an inner man ... The meeting with the inner is eternal..

 So deep down in each one of us is the mystery of the divine divinity.. the unity of the God in us...

Unless we learn the art of meeting with the other side, love will remain a misery, and joy a vicious circle and we will be torn apart...

 The inner meeting need no end.. it can be a real marriage ... the holy spirit unites in us ...





Yes! we love to laugh...

It is a release...

A wise man once sat in the audience and cracked a joke...

All laughed like crazy... after a moment, he cracked the same joke again, and a little less people laughed this time.. He cracked the same joke again and again, when there was no laughter in the crowd, he smiled and said..

"When you can't laugh on the same joke again and again... then why do you keep crying over the same thing over and over again...??"



why we are attached to misery??

why we are begging attention?

why this drama queen? This emotion is the cause of our poverty... of our ignorance and our pain...





Jesus is saying

let the dead bury the dead..

when are we going to wake up?



I am responsible for my body



and for my life... I do my best



and God will do the rest..



We all know the key for this

inner kingdom of God.. but if



we don't use it we are



lost in lust and in dust...

Relax... take a deep breath and



keep breathing such deep breath few



times a day... few minutes of

breathing will open many closed



doors to our divine body.. The

Journey is so beautiful... This is our



only pilgrimage..



Let us walk our life... keep

growing and glowing..



To grow old, is natural, but to grow

up is optional...



Make up or wake up?? what is



your cup???



Where is God?

Two little boys aged 8 and 10 are always getting into trouble and their

😊 parents know if any mischief occurs in their town, the two boys are involved...

★ So what to do?



😊 The mother met a good preacher who can help them to be good...

★ He agreed, but he asked to see them individually...



😊 The mother sent the 8 years old in the morning...



★ The preacher, a huge man with a deep booming voice, sat the young boy down and asked him very seriously...



😊 "Do you know where is God, son?"



★ The boy's mouth dropped open, but he made no response sitting there wide-eye with his mouth hanging open... what to say? what to do? why his mom did this?...



So The preacher repeated the
☺ question in an even sterner
voice ... " 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 ran
away from the room ... ran



☺ directly home and straight to
his closet.. and slammed the
door behind him..



☺ When his older brother, who is
Ten years old, found him in the closet,
he asked, " what happened?"



☺ The younger brother, gasping for
breath, replied..



☺ "We are in a big trouble this
time!! God is missing, and they think
we did it"





Beloved us...

We are the writers and the readers..



Existence is living through us... in



This last page ... are we lost? where
are we? who are who?

We are on the stage living the
inner sage ... where is God?



Where is godliness..? you are so
right light ... we know it .. we have



the key ... we open up and
we go up ... from down to
down ...



We keep walking our talk...

we keep planting our vision...



we keep holding our hands together...

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



Let us keep wonder and wander
and live our treasure and share
our adventure...



I thank you all and forgive me all...

Let us be still like a mountain and
flow like a great river ...



Why war?

There is no need for any war,
no need of any fight, no need
of jealousy, no need of hate...
Life is short and love is very
precious...

And when we can fill our life
with love, with harmony, with joy...
with arts so why war?...
Just devote yourself to love, to
creativity and this is our divinity

Who am I?
Why I am
here?

I am responsible
for my life...
I - m - possible
∞

Forget about getting love, simply
give; and you will see the truth,
you will live it... you get much more...
plant love and one seed turns
the whole earth green...
Existence will support us... Trust
God..... ∞



what we live as love is not
love... but we dominate each
other...

The name is love but the game
is politics...



We are slaves to society to each
others and to myself...

Love has not happened, or only
once in a while...

This is the situation of the ordinary
love, which is only love in name
not in reality



Love can exist only in equality, in
friendship... in freedom...



In any marriage, it is only two crowds
getting married...

There is going to be a great
war continuously, because there
is no love and there is no way
how to love... we are victims
of victims... wake up and know
yourself...





You can change your clothes, but you are not what you wear ... Be aware of who you are and change yourself.. you are the watcher ... this is your choice..
♡

So remain more and more watching on your personalities ... You are not a person.. not a mask... not a body.. but a being to become...
♡

Most of our problems or maybe all of them because we have never looked at them face to face ... And not looking at them is giving them energy.. So look at the devil ... and change it to lived ... evil.. Live .. you are the power ... this is our challenge.. let us change death in life .. we are never born, were died..
♡



Habit is easy...

Consciousness is difficult..

but only in the beginning...

just take the first step and
it is the whole trip...



let our trip be whole and holy...

this is our eternal celebration...



let us love the roots and flowers...

No roots, no fruits... no fragrance...



Love your body ... by loving the cover you
Touch the inner treasure...

the body is our home, our temple...
our car ... our earth ...

Real love is like a real flower
not like a plastic flower...

the body is a real flower.. now
is here and after few moments
who knows what happens .. let
us love our body...



Our body is a gift from God ... love it ... enjoy it ... Take care of it ... good food ... listen to its demands ... you will be in harmony with it ... you become attuned to the body; and the body is your friend too ...

Listen to the body not to the mind or you will be sick and many problems too ...

Just drop the ideal ... Love your body..
One should be grateful to
the body..

No.. we don't die in a certain day .. but
the day we are born .. we start
going to death day ... we start dying..

The child who is one day old has
died a little bit...

Goodbye a step .. a breath ... just
be aware of our immortality...
where are we now?

Yes! I am not my body...

I am not my home...

I am not my car...

I am the driver of this power...

Someday it will happen suddenly in
your meditations, you see you are out
of your body and watching your
own body lying there..



Respect your body and Take care of
it in a natural way...

Let the body dance with all the
seasons and be with the sky and
the earth... Look at the birds...
at the moon... at the trees...

We too are part of this mystery



The mystery is open only to the intelligent
child... Live your inner childhood..
Wonder and wander and live
your inner outer treasure...
we are so blessed with
our bliss...





The qualities of a mature person are very strange...



First, he is not a person, he is no longer a self...

He has a presence, but he is not a person...

Second, he is more like a child simple and innocent...

maturity has nothing to do with our life experiences... It has something to do with our inward journey, experiences of the inner.



The more we go in the more mature we become... only a presence... we are no more as a body... only silence remains...

maturity is another name of realization...
The seed became a tree...

Jesus became Christ

Ahmad became Muhammad...

maturity has a fragrance

Love is our action...

Love is our life



When the mind knows,
we call it knowledge...



When the heart knows, we
call it Love...



When the being knows, we
call meditation...

Beyond meditation is the living
Compassion

Al Rahma الرحمة

Ah Ya Allah... we are so blessed
by your love...



Everytime one realizes something of the
Truth, there is a dance in the heart.
The heart is the only testimony
for the truth...



The mind divides but the heart unites
let us live our unity... This is
our divinity... we are one
with the Oneness..





yes! you are so right... I am living the fear in me...

We love out of fear...

We seek truth, but out of fear...

out of fear we are not going to grow; we only shrink and die...

Fear is in the service of death..

Face your fear and heal it and life will give us all what we need... it is already in me.. in we.. in you.. just see it...

relax... take a deep breath if a Hariam... not everyone can breathe a deep air... This will shower me with gifts, and whatever you or me... are doing, we will have a strength, a power... an energy from the cosmos... a certainty, a tremendous feeling of authority---





♥ what is your identity?

Am I a Muslim? A Hindu? A man?

♥ A woman...

♥ What did the mind tells me?..

The reality is that you are not the mind... we are something beyond mind
let the mind stop and be a watcher.
Mind is gone, you are still here..

with greater joy, greater glory.. greater
being...



♥ Yes!



we are alone.. we came alone.. we
are strangers and let us accept this
Truth..

We are all strangers... I don't know
myself.. you too... we depend on
each other... we fight... we
divorce... and what is this
life?

It is a mystery.. be in
it.. accept it and I know
that I don't know.. let this will
be done ---



Love allows freedom..



If you love her, then
you don't interfere in her privacy.



"I accept the other as he is"
This is what love is...

If you love, then there are no
conditions to be put..

If you don't love, then who are you to
put conditions?



It is a known fact: you fall in love with
a man of your imagination... we go
on projecting our imagination on the
other... So we behave according
to our minds not our hearts...

We don't know what love is.. This
is only emotion..



For how long can we act? Sooner
or later the divorce... to be free...
but do I know what freedom is...? I
go from man to man and my ex
husband was the best..





If the whole existence is one,
and if the whole existence is taking
care of trees, of animals, of mountains
and all... why fear?

Why be possessive...



So trust existence. The whole is
already ours...



Just listen to your own heart...
That is our only teacher...



accept yourself as you are... no
judgement... This is how I am... full
of fear... it is just human...



Accepting myself I accept the others
too... almost ninety percent of
misery will simply disappear it has no
foundations and our love will be
flowing...



Love is the only way to live and
laugh and be who you are...





Truth is always pure ---

Except man, nobody lies.. nature
does not lie.. only me! why?
To hide my fear... my weakness...
my inferiority...

So let us be part of existence..
let truth be our religion.. this is
the glorious moment..

In this world the [♥] greatest courage is
to say goodbye to the mind..

there is no body who is inferior
and there is nobody who is superior..
there are no distinctions..

One has to live a natural life to attain
a natural death...

The natural death is the culmination of
a life lived naturally ---



So only very few people in the world have died naturally, because only very few people have lived naturally...



Unless you know the truth of your being, you will never feel the great benediction of life...



We will never be able to overflow with joy just for the sheer fact of existence...



There is no home, unless we find it in ourselves...



We keep walking and seeing and searching and doing what we love... And we remain at ease... yes!! what is wrong in being sad? face it!! It is a gift too... will go too... all comes and goes.. but you remain the watcher, the witnesses..





How can I Thank you?

How can I love you... you have
no name and nobody...

Truth is Truth...

But because of you I am learning
how to be alive... how to be ... just
a being ... a human becoming...

Yes! Meditation is the master key...
Meditation is concerned with the very
essential core of your being, which
cannot be divided into male and female...

Consciousness is simply consciousness
whatever is the case, the consciousness
has simply to be alert to it..

That alertness, that awareness, is
meditation... So be in a meditative
state.. every action is meditation... be
aware of how we are eating or
reading or writing... The river
keeps on rivering...



Just for a moment, try to feel
what I am saying:

Just be a watcher. Do not
cling to any moment because
it is beautiful, and do not push
away any moment because it is
miserable

Stop doing that.. That we
have been doing for lives, and you
have not been successful yet,
and we will never be successful even.

The only way to go beyond is
to remain beyond, to find a
place from where you can watch
all these changing phenomena

without getting identified...
unless you have found the experiencer
who is feeling the joy, the pain, the
fear, the sadness... we are not
aware yet... So find that silent
center in you... That is you.. That
is me ...





Who is with you?



Nobody is with anybody..

You are in a crowd always..
but alone...



Either alone or in the crowd
makes no difference, either in the
home or just a wanderer it makes no
difference...



Love is not a relationship, love is a state
of being..



people are talking to others so that
they themselves can believe in what
they are saying..



In the world of habits it is all repetition..
In the world of consciousness there is no
repetition..



Man is born homeless, and remains
his whole life homeless, and
dies homeless... just accept
this truth.. it is you..



Just be. And in that utter
silence of being are hidden all the
mysteries of existence...

The more you know, the less you
claim to know... "I don't know" can
only be said by a man who knows
perfectly...

You are free to fly with the words...

just put what you feel in the
gap...

A woman without her man is
nothing

How do we punctuate it?

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

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



Everything passes, but we are the reality ...

Everything is just a dream, but it does not matter whether it is dream or nightmare..

What matters is the one who is seeing the dream..

That seer is you.. is the only reality.. is the only eternal and immortal..

A new vision in our life a new flight in our light

You are always present ... for eternity and this is our divinity and our unity...

Soon no need to remember the truth... And that is the greatest day in one's life..

You are that which is...

You are the existence for ever and ever ... And one awakened being

can awaken the whole world.. One lighted candle can make millions of candles lighted without losing its light...

FOREVER

