



G O S S I P S



Peace Peace
مریم نواز



I am not against gossiping...

I myself gossip so much... But let
our gossiping also be
creative, not destructive...



Let your gossiping also have a
quality of poetry and creativity
in it..



Gossip about God... Gossip about Love..
Gossip about light... Gossip about
Laughter...

What are gospels? Gossips about
God..

Gossip about truth, gossip about beauty,
gossip about grace..

Gossip about your lips...



I hug you with my two warm
arms and I kiss you with
my two lips...



Keep it short stupid...

or

Keep it short sweetheart...



All the parables of Jesus are gossips, and
all the stories of all the prophets are
gossips... But all their gossips are from
their heart... The heart that hears not the
heart that hurts...



Let us be aware of every word
that flows out of our lips...

Is it for peace? Is it for love?

Is it a lie? What am I sharing?



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



Gossip about this wonder that
surrounds you...

Gossip about the unknown...

Gossip just for charging your lips...

Your lips and your hips are one...

Let them dance together...



Yes! you are so smart .. we have
four lips ... horizontal and
vertical...

One has hair and the other has not...

One is for me and the other
is for my lover or for
my boss...



What are we doing with our gossiping?
Why we are very destructive?

people gossip only as a means to destroy
others, to hurt others...

Don't be aggressive; then nothing is
wrong in gossiping..





The real juice of life is within
us...

this very moment you can turn in,
look at your original face and be in
silence... a silent pilgrimage to our own
being..



Truth cannot be said... whatever can be said
is going to be a beautiful lie because
it can lead towards truth..

Ugly lies takes us away from truth... so
what is your choice? ..



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



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

If you eat good, no doctor is needed.. if
you eat bad.. no doctor can
cure you..





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



First learn how to be silent...

Learn it with trees and rocks...

They are silent and they are not
uncomfortable at all...

Learn it from the stars... they are
silent, not embarrassed at all...

Learn what positive silent is...



Be meditative; it will come to you...

Let your gossiping also be a sort
of communication for that which
cannot be communicated...

and this is the real relating with
others...



tell beautiful stories... a story a day

Keeps the worry away...

share beautiful jokes.. laughter is our
inner treasure...



★ ★ Let us start with a star !!

★ A story is a star..

★ A young woman had a habit of spreading gossip about the people around her..

Once it happened that she changed her house to a new locality, and started to gossip about her new neighbor.. Within a few days the whole community knew about the story.. Her neighbor was deeply hurt and offended...

A few days later the young woman learnt that what she had said was completely untrue.. She was very sorry and went to a learned scholar to find out what she could do to repair the damage...

"Go to the marketplace" he said, "and buy a chicken, and have it killed.. Then on your way home, pluck its feathers and drop them one by one along the road."

The woman did what she was told, but bought only the feathers... she did not kill a chicken.. There were many feathers in the shop...

The next day the scholar said, "now go and collect all those feathers you dropped yesterday and bring them back to me."

The woman followed the same road, but the wind had blown the feathers all away.. what to do ???

★ After searching for hours, she returned with only Three in her hand..

★ "You see," said the learned Scholar, "it is easy to drop them, but it's impossible to get them back, so it is with gossip. It doesn't take much to spread a rumor, but once you do, you can never completely undo the wrong..."

I am not against talking, but let us share our joy in words... let us gossip too, but let our gossiping also have a quality of poetry and creativity in it. Gossip about God..

★ what are gossips? ★

Gossip about love, about nature, about birth and death, about the unknown...

What are we doing with our gossiping? We are very destructive. People gossip only as a means to destroy others, to hurt others..

Don't be aggressive; then nothing is wrong in gossiping...

All the parables of Jesus are gossips, and all the stories of the Sufis are gossips... All the jokes of the Zen are gossips... It is impossible to improve upon them; They have done the best thing in gossiping..



The west cannot understand it. They think these are just myths, stories, they are not true. That is not the point. Who said they are true? They are truer than truth.. They are not just true.. They are truth Told in a beautiful language so that people who cannot understand truth, even if they can understand it... they are cosmic gossips. They are indicators of something beyond the known, beyond the word, beyond the expressed. They are fingers raised towards the unknown...

First learn how to be silent. Learn it with Trees and rocks. They are silent and they are not uncomfortable at all... learn it from the stars, they are silent, not embarrassed at all.. Learn what positive silence is... Be meditative; it will come to you...

And then by and by we stop our destructive gossiping. Gossip about something beautiful.. Gossip something about the really significant. Let our gossiping also be a sort of communication for that which cannot be communicated. And of course you will never be or feel embarrassed, and your social interaction will not be just an impotent gesture; it will be real communication... All beautiful poetry is gossiping... All what we are doing now is gossiping...

Let us keep gossiping and gossiping  
our beautiful stories and jokes and seeds
of life and light and love...

This is how we will change our life 
with others... your relationship will not be
just a formality, it will become really from
heart to heart...

Oh!!

A little boy was doing his maths homework... He
said to himself, "Two plus five, The son of a
bitch is seven. Three plus six, The son of
a bitch is nine..."

His mother heard what he was saying and
asked, "What are you doing?"

The little boy answered, "I'm doing my maths
homework, Mom."

"And this is how your teacher taught you to
do it?" "Yes Mum!"

The mother asked the teacher next day...

"What are you teaching my son in
maths?"

The teacher replied, "Right now, we are learning
addition."

The mother asked "And are you teaching them
to say two plus two, The son of a bitch is four?"

After the teacher stopped laughing she
answered..." what I taught them was, two
plus two, The sum of which is four..."

Today is The first day of Ramadan... It is

The day of fasting... not only we don't eat but we don't fight... we forgive... we unite... we plant peace not war...



Fasting is in every religion but who is living this truth? How many wars in the name of The cross or the christ or the crusader... and also in the name of Islam which is peace and in many other religions too... So what is fasting?

When you fast you are eating your own meat. You lose weight... But the word fast is very beautiful if it goes beyond the body... it means 'being close to God... To Allah... to existence'. Do not starve your body... eat when you are hungry and drink when you are thirsty and relax when you are tired... just feel your body and listen to your silence and to your senses...

Do not starve yourself... Love yourself... God is love... Allah is compassion... He would like you to be full of him. And when you are full of him you may not feel the need to eat...

Just live what you feel and what you Love and listen to your own body.. your own being...



Yes! There is a natural fast also; it happens in animals too ... If you observe a dog, if he is not feeling well he will not eat ... This is the inner power ... But our fast is outer. The dog is in contact with nature, we are not ...

When the body is ill, no animal can be forced to eat. If you force him to eat, he will vomit ... This is beautiful. The body doesn't need it; it is ill. The whole energy is needed for the body to cure itself, and that energy will be diverted if you take food, because then the energy will be needed to digest food and to digest food, it will be a burden ...

The body is not in a good condition; the whole energy is needed for the body to cure itself and if food is thrown in the body, that will be a division. Not the whole of the energy will move towards curing; it will be prevented ... first the food has to be digested ...

If in our illness we simply listen inwards and don't eat, that's beautiful. Sometimes you don't feel hungry, then don't eat. But don't take a vow that "I will fast for a few days," because, who knows? In the evening you may feel hungry ...



let us move with nature... nature is
our mother and our nurture... This is
why I need to be in a spiritual commune...
no more family any more... we need just
a small commune where we live our
feelings... our natural nature...

Rather than fasting, eat less; that is far
more helpful. Don't make the body heavy with
food because food functions like an intoxicant.
And when food is an intoxicant it is against
meditation; hence people started fasting.. But
to fast long is destructive to the body, and
the body is the vehicle... we have to use it...
so do not weaken it... keep it strong.. and
listen to it...

There are people who lives only on water..
or on breath... and there are animals who
lives months without eating... just listen to
your mystery... to your inner power... to God...
not only to the society or the crowd...

No one loves me like my body... it goes
with me to the grave... it is my home and
my friend... God gave me this gift... why
not take care of it?? Love your body,
this is your body... your nature...





Six Golden Rules for Fxxxing...

These rules are so true..

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

So remember
Fasting is good for your health, and may
God cleans our dirty mind...

You have many minds but you have only one heart .. every moment your mind changes... 

Watch it: you have a thousand and one minds, and they go on rotating.. One moment you decide never to smoke again, another moment you are pulling out your cigarette.. and you keep repenting and feeling guilty.. 

The heart is one, it is always one. The heart means the watching consciousness in you. Who is the watcher of the head? try to meditate over it ... Anger comes: who is watching? You know perfectly well that there is anger; you know perfectly well that it is coming and growing, you know perfectly well that soon you will be overwhelmed by it and then it will be gone.. who is watching?

The watcher remains..

Only one thing in you is constant, and that is the watcher. Everything changes, only the watcher is alive.. Change is a constant law.. Go on watching... watch your feelings, moods, how joy becomes sadness, how sadness becomes joy.. soon a moment comes which is the balance, the silence, the bliss.. you live in the middle and you will know yourself...



Accept yourself as you are now. Once you accept it, things will start changing.. not improving... just like all the seasons are one dance.. once you accept yourself as you are now... you are free...

Simply be yourself. Once you see the fact that this is what you are, suddenly all problems disappear. Problems are homemade.. you weave and spin them. A rose is a rose... God created her a rose.. as it is without any name... happy as it is... why become sad??

So first you have to love yourself, know yourself, be yourself... out of that you will radiate love, understanding, tenderness, care for others.

Out of meditation arises true compassion which is the great altruism... great sharing, great rejoicing...

And once does not become egoistic about doing something good to people, one simply enjoys our nature... sharing your love, your light.. just like the sun and the rain... and the moon... one is not obliging anybody... it is only a flow.. just like the river... then there is no ego, no bragging... you simply enjoy the moment as it is...



Do you know what is the meaning of is?

Is, is, isness... That-which-is.. is..

G - O - D ...

God is not a person but a presence.. He is the innermost core of our being, That silent core, That space where nobody else can enter you.. That private, that absolutely intimate virgin space, your interiority, is God...

God is not a word, it is a code word. When our insight is clear, when all the clouds are gone, who bothers about questions and answers?

In that silence is the truth..

 Take jump into it and be a watcher.. be a witness... be the seer not the dancer..

 If you reach this essential core you are blessed, you have arrived home!!

This is the God of the mystics... So if Jesus became Christ why not you and me? Truth is so near in us why go so far? You need no one to help us... we have the book we love and the master is alive in our heart...

The moment you know who you are you have found God... the godliness in us... your own God is your own freedom.. your own Truth... Let us experience our life... and our Truth...



Nobody can teach the truth, but you can catch it... Truth has to be discovered within your own self, your own soul, your own spirit.

When there is no thought, no desire, no ambition, in that state of no mind truth descends in you or ascends in you...

Truth comes as a surprise; it comes when it comes... it comes when there is no expectation for it, not even preparation for...

There is no way to truth, because the mind is the barrier and it is the mind that creates the ways... truth is from heart to heart... from silence to silence.

Truth is not a discipline either, because it is our freedom... It is a bird on the wing, not a bird in the cage.. The cage may be of gold, may be studded with diamonds, but a cage is a cage and it cannot contain freedom... so only who are capable of being free attain to it..

Yes you are ... and everyone is born free and a living truth... but we listen more to our ego... to our head... and we live our fear not our freedom...





Two women that are dog owners are
arguing about which dog is smarter..

First woman: "My dog is so smart, every
morning he waits for the paper
boy to come around and then he takes
the newspaper and brings it to me..

Second woman... "It is true, I know..."

First woman: "How?"

Second woman: "My dog told me.."



My dog knows more than your dog... So his
truth is bigger than your truth... we are
so proud that dogs are much smarter than
any master...

I trust the dog more than my trust to
myself... and he loves me more than my
children and my husband and my friends... rarely
you see a home without a dog and a
servant to take care of the dog... just ask
yourself... who is taking care for me? who
loves me? Do I love myself? Do I know myself?
How do you describe yourself??



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

He looked at her slowly then said...

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

I, J, K..."

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

He said...

A dorable, Beautiful, Cute, Delightful,

Elegant, Foxy, Gorgeous, Hot...

She smiled happily and said...

"Oh, that's so lovely..."

What about I, J, K?"

He said, "I am Just Kidding!"

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

One man came home and he was trembling so much, so drunk, he could not manage to open the lock... Finally the policeman saw him and came to help. Can I help you Sir? The drunk said "Yes, just hold the house steady, There seems to be such a great earthquake..."

Thank you for our inner earthquake Too..
Grandpa is going deaf, so he is sitting on
his couch watching t.v at full volume...

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

"Hi grandpa... We are back from our vacation."

"What? Holding his ear"

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

"What? Shouts grandpa..."

"Volcano... you know... one of those things
that belches and spits fire..."

"Oh yes..." says grandpa... shaking his
head ... "I married one..."

I am married one too... it is my mind.. I hear
this mind all the time... This is why I hear
only the chaos that is inside me... The outside
is a cosmos... inside is the gossip of the
clouds... This is why I don't look inside,
I don't listen to Christ... to any master... to
any sage... I don't want to face my original
face... my beloved... "Knowing thyself" is very
dangerous... it needs courage to say yes to
the ocean and jump in it and meet and
melt and merge in our inner sage...

Remember, The sage does not mean The saint. The saint is against the sinner; it has a polar opposite to it...

The saint has a goal, he has chosen to be virtuous, against vice... The sinner is one who has chosen vice against virtue. They are polarities like negative and positive... They are partners, they can only co-exist

The sage is a tremendously beautiful sign.. beautiful phenomenon, because of his wholeness.. The sage is a perfect circle, he contains all, he rejects nothing. That was the idea of Sophos; it was a beautiful word.. But it fell from its reputation...

It fell because it is a dangerous word too... it can easily be used by the cunning people.. Because The sage is whole, he is both, now the sinner can use it...

He can say, "I am both.. I don't choose.. whatsoever is the case..." Now the sinner can pretend to be a sage... He can say, "Because it is so, this moment I am like this.

This is happening, what can I do? I have dropped choosing. I have accepted life in its totality."

So who is the sage?

 Now the sage is a totally different phenomenon from this cunning person... The sage is beyond sinner and beyond saint... He accepts both with total love... He is one with existence... with godliness...

Unless we can create real people the world is doomed... real person cannot belong to any sect... to any club... to any religion... The real being is like the sun.. is like a fragrance, free, moving in the winds... He cannot belong.

Jesus never belonged to anybody... That's why Jews were angry with him... They wanted him to belong...

So let us be who we are... let us live our nature with nature... we are one with the earth and one with the sky... Observe the Trees.. The tree can go higher in the sky only if it goes deeper in the earth. And so is the rule, so is the law...

A man who is deeply rooted in the earth can go deeply in God, not otherwise... A woman, or a man.. is one with existence... we are not the body... we are never born and never will die.. we are crossing a bridge... why not enjoy this now... this step... This is our prayer and our treasure..



Question



If you had to choose for president, from a choice of 3 candidates, whom would you choose ???

Your choices are :

Candidate A: Associates with crooked politicians, and consults with astrologers, he had two mistresses.. He also chain smokes and drinks 8 to 10 martinis a day..



Candidate B: He was kicked out of office twice... sleeps until noon, used opium in college and drinks a quart of whiskey every morning... and every evening...



Candidate C: He is a decorated war hero.. He is a vegetarian.. Does not smoke, drinks an occasional beer and has not had any extramarital affairs...

Which one of these candidates would be your choice?



Candidate A is Franklin Roosevelt..

Candidate B is Winston Churchill...

Candidate C is Adolph Hitler..



What was your answer? He too!!





Mulla Nasruddine was sitting with a friend..
His wife came and the friend said...

"I suppose this is your most charming
wife!"

Mulla looked sad and said, "This is my
only wife!!"



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



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



You are perfect as you are...

perfection has not to be achieved, it is not a goal... just remember, the moment you make perfection a goal, you will go neurotic.. That is how the whole world has gone neurotic...

How can the perfect become perfect??

If a rose flower tries to become a rose flower it is bound to go neurotic... it is already a rose flower...

perfection has not to be achieved... everything is perfect as it is... everything is divine.. and God is perfect... one has only to be it to recognize it and then life is a play..

We are here to play...

play prayerfully

just relax... take a deep breath and ^{be} yourself.. why you are here? yes! To be whole and holy... let us be in our totality... in our wholeness... the life is by living... by living moment to moment... we keep growing and glowing.. so let us be blissful not perfect.. just be a witness and you have all what you need now and here... rejoice and do not bother about perfection...

Life is beautiful because everything is imperfect...
This is what perfection is... So God is the
most evolving factor in existence... and evolution
and perfection are against each other... But if
we know that the inner meaning of perfection
is the imperfection.. is the evolution.. is the
growing and glowing from infinity to infinity..
That is the growth in our perfection... it is
up to our heart not to our head... The
ego is into logic and outer power but the
heart is the power of love not the love
of power....

So let us listen to our heart.. let us see and
see through our third eye and hear with our
third ear... and listen to our soundless voice...
and meditation is the key for our only
kingdom... the kingdom of God... the royal
kingdom not the loyal... kingdom...

The kingdom of this world belongs to death,
but the kingdom of heaven belongs to eternal
life...

So let us act with more awareness and
let us vision our vision... let us know why
we are here... let us hear the silence
of God in our heart...



Where is our heart?

The physical heart is not your heart... The real heart heart exists, just behind the body heart... The real heart exists in the soul, it is the center of the soul....

The physical heart is the center of the body and the spiritual heart is the center of the soul. They both exist together, side by side...

When the spiritual heart starts opening, you will have ripples in your physical heart, too... They correspond, they are very close together...

When something vibrates in the spiritual heart, you will feel echoes in the physical heart, too... In fact, you will feel it is only in the body heart, because we know nothing about our heart of our being...

When we go deep into meditation, we feel the feelings of our spiritual heart... it blooms like a rose flower and the physical heart starts catching the vibrations, the echoes, then you will heal your heart as your body by such love.. Love heals..

 Yes! No heart attack, but love attack in our heart...

 Yes! When our spiritual centers start opening you will have love attacks... your body will feel the trembling, the restlessness. soon it will settle, and when it settles you will have a new being, a new plane of being..

You have moved from the physical to the spiritual..

You are born again into your new birth.. a new consciousness of your being... you are beyond your mind... beyond the ego... both of your hearts will start dancing together.. Then a great beauty arises... and it is not only spiritual, it will be seen in your physical face too. A glow, a new quality of energy will be around you. And not only will you feel it, others will feel it, too..

You will have a new vib..

You will have a new change..
You will be the change you want to see
in the world... you are the light.. the love..
the life... and the laughter... If Jesus
became Christ why not all of us??..

Let us be who we are !!

If not you and me who else?

If not now? when?

God is now-here or nowhere...

Many people are meditating and it is going to happen to them... every work is worship not warship... do what you love and money will come... breath and bread are here... Just be aware of who you are and why you are here??

Thank you existence... I have the book I love... it is my best companion.. I have the master who is guiding me towards my inner treasure... my inner heart... my inner home... our inner godliness... God has no other hands than ours to use... why plant wars? why not plant peace?... what is your choice? what is my choice? So let us hold hands and be soul friends and plant our seed of life.. and one seed turns the whole earth green... let us plant the tree of life.. it is in us... it is from existence to existence ..



Budha, Jesus, Mohammed, attracted millions of people, not by the sword... not by the words but by the silence of the loving hearts...

They attracted rich and poor people... they become beggars and they planted the real richness ... why? what is the cause?

Whenever a person of heart is there, a person who lives in his heart, he imparts around him vibrations of sweetness...

Just being in his presence, near him or her, near the light of life... you feel a sudden joy for no visible cause ... He is not giving you anything, he is not giving you any physical comfort... on the contrary, he may lead you into physical discomfort... through him, you may pass into many pains... no pain no gain ...

Ah... The heart is always true ... is always authentic... it is sincere... it is simple... it is not cunning... it reflects what it is in our being... God is never known through

the head .. only through the loving heart... the heart is the door to our divinity...

Me too I want to be aware of myself... But
The mediocre mind never allows the genius...
We have a light inside our being but the
mind is the ego... is the wall... is the mediocre
power...

When we meet a master, we are not
in his being... but in his head... in his
body... we are into the knowledge not
into the way towards our well...

How can a troubled mind understand the
way??

So being a Christ is the only way to go
beyond the mind... who is ready to listen to
the truth? What are we doing with the
truth? Why wars in the name of Islam?
In the name of Love? In the name of peace?

Jesus was condemned by the Jews.. why?
Because his presence made them feel mediocre..
What are we doing with Mohammed? The
same cause!!! Truth is the only danger...
The only crime... we keep killing each other,
so the ego, the mediocre mind can feel at
ease... we are living the lie.. not the
Truth...



Listen only to your heart...

I have heard a story about a fox coming out of the cave where she used to live...

Early in the morning, as the sun was rising behind her, her shadow was very long... She said, "My God!! I am this big?? I will need almost a camel for my breakfast!!"

And she started searching for a camel for her breakfast... So is with every animal...

Everyone of us... we look at our shadow...

But the fox or the bird... could not find

a camel... It was just the middle of the

day and the sun was over the head of

the fox... The fox was feeling very hungry.

What to do... he looked at the shadow, and

the shadow was disappeared...

It had not disappeared, it had just gone

underneath the fox... As long as the fox

was there, the shadow was going to be

there, but now it was absolutely invisible

to the fox... The sun is still there but

where is my shadow??

So the fox said.. no need for a camel... a bird

will be enough... or an ant!! or anything!!

just be aware of the ego!!



Watch your ego... accept it.. and
go beyond it... respect all what you see...
God is in every seen... in every feeling... and
beyond any bond...

I have heard about an ugly woman...

She was so neurotic about mirrors, because
only mirrors made her aware that she was
ugly... otherwise, without mirrors, she was
beautiful...

Those poor mirrors had nothing to do
with her ugliness... She was ugly, but she
was forcing the responsibility on the mirrors,
fighting with the mirrors..

Just feel it.. why ugly? what is ugliness?
why fighting with the shadows? The ego is
just a reflection of a lie in the small pond
of our mind..

There are religions who have God, ego, and
the self... and there are religions which don't
have God.. only the self... But all are wrong..
why? Because we don't know God!! God is
the existence... we judge and we are in
such misery...

So let us be free... The freedom from the
self... This is the ultimate freedom.. just not
to be.. only God is...

Two Business Men

Two business men in the center of Beirut were sitting down for a break in their soon-to-be new shop...

As yet, the shop wasn't ready, with only a few shelves set up...

One said to the other, "I bet any minute now some pensioner is going to walk by, put their face to the window, and ask what we're selling."

No sooner were the words out of his mouth when, sure enough, a curious old woman walked to the window, had a peak, and in a soft voice asked...

"What are you selling here?"

One of the men replied sarcastically,

"We are selling ass-holes."

Without skipping a beat, the old dear said... "must be doing well... only two left..."



Yes! She is a smart fart for such a great shift...



Let us shift to this too..

A group of young women decided to arrange for a camp with their mothers-in-law to hopefully get to know and understand each other better..

Two buses were hired, one for the mothers-in-law and the other for the daughters-in-law ...

Unfortunately the bus with the mothers-in-law was involved in an accident and all the passengers died on the spot..

The daughters-in-law ... women being women, shed a few tears.. but they were all puzzled by one sister who wailed uncontrollably for what they perceived to be her loss ...

Her friend asked her, "forgive me for asking but why are you crying so hard, I did not realize you were so close to your mother-in-law?"

To which she replied, "No we are not close at all... But she missed the bus!!"

Yes! Why not... let us gossip about death...
Death is the only lie... "Never born... never died...
just visiting this planet earth..."

Every knower knows this... and lives this...
You are the dewdrop and once you start living
this truth... The Ocean comes to you... and
you are no more... The ocean has disappeared
into the ocean...

Nothing is ever born and nothing ever dies...
things only move between manifestation and
unmanifestation...

The old wave disappears, but the water in
the wave remains in the ocean; it will come
again in a new wave...

The old is continuously becoming new... allow
it... simply allow life and go with it in deep
Trust...

This trust is not a belief... it is trusting the
existence... we have come from it, it is our
source. We are not outsiders, we are insiders...
And we will go back to the source... all is
good... All is from Allah... All is from God...

Being against death means you will miss the
greatest mystery... you miss life itself... take
a deep breath and enjoy this joy...



Death is happening to everybody, but it depends on how we react with it ... If you can react in a friendly way, in a receptive mood, death can be transformed into eternal life. If you cling to life, you are possessed by it; then you missed life itself..

When death happens, be silent... Watch!!
There is no death... just respect this secret... you are beyond breath... your light will be here forever... all sages are alive... all saints too... we are one with the trees and the mountains and the existence... We are home...

Once death is accepted joyously nothing can frustrate you ... let us start learning the art of birth and the art of death. Death is as divine as life ... meeting is as divine as departing to be together is as divine as to be alone ... To be young is as divine as to be old ... to be or not to be is also divine... life is only a celebration, death will be the ultimate ecstasy.. your being becomes one with the whole... So let us celebrate life and death... breath and birth are one eternal path...

Let us live that which never dies...

Bring your attention to looking inside yourself to that which never dies... You are now ready to let go of what has died or gone... forget about trying to bring it back, and don't take it personally that it has gone.

Each Master has different miracles...

A woman goes to Buddha: her child is dead and she is crying and weeping, and she is a widow and she will never have another child, and the only child is dead, and that was  all her love and all her attention...

But what did Buddha do? He smiled and said to her, "You go into the Town and just  find a few master seed from a house where nobody has ever died."

 And the woman rushed into the town, and she went to each house... And wherever she went they said, "We can give you as many mustard seeds as you want, but the condition will not be fulfilled... because so many people have died in our house..." Again and again it happened...

But she hoped... "Maybe... who knows? There may be some house somewhere that death has not happened there..."

And she went around and around the whole day ...

By the evening a great understanding had dawned on her... "Death is a part of life.. It happens. It is not something personal, it is not a personal calamity that has happened to me."

With that understanding she went back to Buddha...

He asked her .. "Where are the mustard seeds?"

And she smiled, and she fell at his feet and she said, "Initiate me... I want to be a knower not a follower... I want to know that which never dies.. I don't ask for my child back, because even if he is given to me, he will die again.. Teach me something so that I can go inside myself and face my original face.. The face which never dies..." And Buddha helped her to meditate...

Once you know meditation, you don't have to follow anybody. You have your own eyes open, and you have your light just ahead of you showing the path and all that is right and all that is good happen choicelessly...



The master functions as a friend.. He holds your hand and takes you on the right path, helps you to open your eyes, helps you to be capable of transcending the mind. That is when your third eye opens, when you start looking inwards.. Once you are looking inwards, the master's work is finished.. Now it is up to you..

So you gather courage, you become more daring. You know that nothing is wrong. With every single step, something greater is happening.. And finally as you enter the very source of your being, the center of your being, the whole universe falls upon you. The whole ocean will fall into the dewdrop..

Once you have experienced this bliss, this ecstasy, who cares about the self? about the mind?

For the first time you find the infinity, the eternity, and all the mysteries of existence are suddenly opening their doors to you.. And they go on opening, door after door.. There is no end to this pilgrimage..



Yes! Millions of tourists in the world.. but it is very rare to come across a pilgrim... A Tourist is superficial... from place to place to do shopping or just visiting and rushing from one city to another city without knowing why he is doing this... he is restless...

The pilgrim is from head to heart, a sacred visit... he is searching and seeking for a master or a sacred place.. He is interested in energy fields where he can dissolve himself... A place where the ego can be dissolved...

We can create a sacred place where we plant a spiritual commune. It is a loving place... where our mind will be in a higher level and then many doors will open, and we live the truth that unites us... it is beyond words.. it is transmission without words... without scriptures...

Nothing is impossible... I-m-possible.. let us start one by one... let us lit a candle instead of talking about the darkness.. let us walk our talk... I ask myself... what did I do today for myself? for my mother earth.. for lost home?? what can we do now?



Let us be silent...

close your eyes... and feel your body to be completely frozen... This is the right moment to enter into your inner world. Gather all your energy, your total consciousness, and rush towards the center of your being. It is exactly two inches below your navel, inside...

A great urgency is needed, as if it is going to be our last moment... faster with great intensity... Take a deep breath and feel it in your inner place in your center... in your being, and a great silence descends over you, just like soft rain falling... you can feel the coolness... The whole night is becoming silent with you...

A little closer to the center, and you are surrounded in a cloud of peace... peace that passeth understanding...

Move a little closer, and you feel a great blissfulness you have not known before, a tremendous power which is harmless, a light that is filling your very being...

You are luminous... This is who you are!!



In this luminosity you can see the center perfectly well. Step into the center, and you will start feeling a divine drunkenness, a great ecstasy.. you have heard These words.. This is a direct experience...

Here you will find your original face. The face of Christ, the face of Mohammed. Such faces are a symbol of everybody's face.. Our original face is a beam of light... it is your awareness, your alertness.. your consciousness...

It is our original face of witnessing.
Witness that you are not the body...
Witness that you are not the mind..

Witness that you are only a witness..
Suddenly a door opens into the cosmos... you see from where your life has been coming.. you see you are no more, only existence is... This pure existence... this pure nothingness. is the only religious experience there is... to make your witnessing deeper, relax... relax in your silence.. in your stillness and listen to your inner voice.. Sink into your very sources of life...

Dissolve yourself in This ocean of consciousness... This is pure silence..

This is the beginning of an endless journey..
"Ignorance has no beginning but an end.. Enlightenment has a beginning but no end." Now you are taking the first step into light.. into life.. into enlightenment..

These are the three steps..
The first step is: you will find a sage as your shadow, but very luminous, very solid, almost tangible.. you will feel a tremendous compassion surrounding you..

In the second step, Mohammad will come in front of you and you will become his shadow.. your shadow of course is dark; it is only a false entity.. As the prophet becomes more and more radiant in front of you, your shadow starts dissolving..

Your shadow has dissolved into the light of the sage. Only a pure witnessing remains, only an utterly transparent, so he cannot make any shadow...

This is your pure life eternal.. This life is cosmic.. You have entered into the womb of existence. And the whole existence is in your heart beat..



★ Now gather all these experiences, the
★ bliss, the ecstasy, the peace, the silence,
★ the serenity, and persuade the master to
come behind you... He has to become a constant
companion to you in your acts, in your gestures,
in your day-to-day affairs...

This is the first step... The second and
third will follow in their own time... You
have just to wait in deep trust..

If the first has happened, the second is
bound to happen.. It is really the growth of
the first... The third is the growth of the
second, and the third is the final step...

Once you have become enlightened, you are
free from birth and death.. you are free
from all bondages, you are even free from
yourself..

And only the man who has attained the
ultimate freedom can dance, and there will be
no dancer but only dance; can celebrate, but
now celebration will be arising from the very
depth of existence itself; can laugh, but now
it will be a totally different laughter, it will be
existence laughing through you..

Soon it will become your all day experience.. That's
everybody's birthright

Father Murphy wants to raise money for his church and he has heard that there is a fortune to be made in horse racing...

However, he does not have enough money to buy a horse, so he decided to buy a donkey instead and enters him into a race. To his surprise the donkey comes third. The headline on the sport page reads..

" Priest's Ass shows."

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

" priest's ~~Ass~~ out front "

The bishop is so upset by this kind of publicity that he orders father Murphy not to race his donkey again... The headline reads " Bishop scratches priest's Ass "

This is too much for the bishop. So he orders father Murphy to get rid of the donkey.. He gives it to sister Angelica.. and the headline reads....

" Nun has best Ass in town "

The bishop faints.. what can he do?
this not fair for the sister !!!



He then informs sister Angelica  
that she must dispose of the
donkey... She sells it to Vic for 
Ten dollars....

The next day the bishop is found dead
on the dinning room table with a newspaper
clutched in his hand... The headline reads,
"Nun sells her Ass for ten dollars..."

Hey.. Enrico... go and  tell my wife Lucia that
I am coming very late tonight... Enrico knocked
the door and said..

Your old man is late tonight.. how about go
up and have fun... and I give you fifty dollars..
"How dare you?" "A hundred then.." "well
it would not be right.." come on... two hundred
dollars... just for a half an hour and your husband
will never know..."

Lucia takes the money and Enrico has the
time of his life..

When Alberto gets home and asks his wife..
"Did my friend tell you I work late?"
"Yes .. he stopped here for a minute..."
"And I hope that he gave you my
salary two hundred dollars..."



Rajiv Gandhi, Gorbachev and Reagan are doing a fact finding tour of India... They are driving through Calcutta when they see a little boy squatting by the side of the road, and decide to talk to him... Gandhi walks over and asks him what he is doing..

I am mixing shit and sand...
And what are you doing for that?

I am going to make a statue of Gorbachev..
Gandhi goes back to the car and reports what the boy said..

Gorbachev is very impressed and seeing a potential communist, goes to speak to the boy himself..

What are you doing my son?

I am mixing shit and sand..
What will you do with it?

A statue of Gandhi...

Gorbachev is confused and reports back to the car... So then Reagan walks over to the boy and asks...

What are you doing my son?

I am mixing shit and sand..

And I suppose this is my statue..

No.. I can't.. I don't have enough
shit for you..



The new priest was coming to visit and
The mother gave little Emma some instructions
If he asks your name say Emma Jane..
and if he asks how old are you say
you are eight years old and if he
asks who made you, Say God made
me ...

The priest came and putting down his
hat and Bible saw little Emma and
patting her head asked...

What is your name little cuty?

Emma Jane

And how old are you?

Eight years old said mom...

Well.. well... isn't that fine Emma Jane?

Do you know who made you?

The little girl hesitated for several
moments... and then she replied...

↑ Mama did tell me the man's
name but I have gone to play and
forgotten it.... may be you are the
one who made me... I don't remember
what she said.... "



★ ★ let us remember who we are...
we are not a number... and not
★ a member of any party, any organization,
because every membership is a subtle
slavery...

Truth can live and blossom only in freedom.

♡
I have looked deep enough in every corner
of my being, there seems to be no purpose
at all, and I consider it a great freedom..
If there were a purpose, then you would
be in bondage, then there would be a
destiny you have to fulfill... then you could
be a failure..

♡
Every purpose creates failures and
successes... But if there is no purpose,
nobody is a failure... wherever you end
up, that is the place you were destined
to end... wherever your boat leads you,
and wherever the river moves, that is the
direction... If you have any direction, you
are going to be in conflict with many
direction.. trust the trust and let thy
will be done..

♡

Don't have any direction, and don't have any desire. That does not mean repress desire. That simply means, rejoice in every desire, rejoice in every moment. whatever is available, whatever has come across your path, love, be friendly..
♡

Don't make any demands on existence, otherwise you will be in suffering. All those who live in misery, live in misery for the simple reason they are thinking that a certain purpose has to be fulfilled, a certain success has to be achieved... a certain ambition.. And when it is not achieved.. and there are more ways of not achieving it... you will be in misery.. And even if you achieve it, it makes no difference, you will be in misery.. you will be in misery because when you achieve it you will find nothing is achieved.. read this seed of wisdom several times.. write it many times... put it on the mirror... on the fridge... in any place you can see it more and more... remember that you are not a number but a member...
♡

You cannot live if you are trying to be richer... you will be richer if you live.. I know no other richness than to live each now as it is... yesterday is a history... tomorrow is a mystery.. now is the only present... live this now-here...

At this moment you are so present and you are so aware and so alive which is beyond words and beyond actions...

Everyday, whenever you reach to the point of your innermost being where everything is silent, where you cannot even say where you are, a pure isness, unbounded, a tremendous power of drunkenness arises... a divine drunkenness.. That is the only wine.. The wine of Jesus.. The wine of freedom... The wine of reality.. just taste it, it is available to all of us.. it is your very essence.. it is in yourself not in any book...

Look at the outer book and at the inner book too and accept them both... it is one icon.. just say yes and let down read this isness... And whenever you found the truth, spread it, don't keep it in your heart.. Sow it in as many fields as possible... it comes back to you..



Our hearts are just like mirrors which don't gather any dust... Go on removing the dust, and remember your unity, your union with the whole existence...

Nothing allows you to separate yourself, no anger, no failure. Nothing divides you from existence...

Every evening remove all the dust... Go to your bed with a clean mirror, in a silent song, harmonious with existence... When you live with friends in a commune, you are in heaven, there should be no discussion about anything, only dialogues..

There should be no need to impose anything on anybody... only sharing by love not by force..

When intelligent people are there, they can see the reason themselves... They are not to be forced... they live the grace... they share what they love and what they dare to care...

Enjoy your silence, it is arising out of you... it is not imposed from outside; it is coming from within... it is not the silence of a

 graveyard; this is the silence of a garden, of the grace... of our choice..

Just go in and listen to your inner truth..
Truth is not hidden... Truth is all over the
place, only our eyes are closed...

When "yes" comes from your own being,
Then only is it true.. If it comes out of
fear, it is untrue... If it comes out of greed,
it is not true. When it comes only out of
understanding, without fear, without greed,
★ without punishment, Then you act according
to your inner truth...

★ The whole world can live with such peace
and silence if freedom is not misunderstood...
Freedom is a greater responsibility, it gives
★ us dignity and pride. It makes us aware
that we are living in a meaningful way...
There is no other meaning to be found...

If you simply awaken into your consciousness
and act according to that awareness, your life
is going to be moral, virtuous... without being
dragged by religions, forced by people, without
creating any guilt... Truth gives us a great
freedom... We are born free... but The real
freedom is a great responsibility.. if we drop
it we also drop our life... we are responsible
for planting peace....

Meditation is the only key to our life... All scriptures are unholy... you are whole and holy and all what you see is the book of Allah... We don't need guides... read the book you love and the right master will come to you... If you are ready the master is ready... The Ocean comes to the dewdrop...

All what we need is to be aware... who am I? why we are here? where are we going? Every guide wants you to be blind... It is easier for the guide to enslave you... you will not doubt... you will not ask question... you just follow like a sheep, and that's what all religions are giving us...

They give us security in heaven... we go to wars and we kill in the name of peace... No one is going to heal me from my ignorance only me... we are victims of victims... you can

★ be a victor right now... be a rebel... be a jewel not a pebble... be an emperor - not a beggar... just love yourself and let love be your stepping-stone to meditation...

Be in a meditative state now... do what you love and love what you do... you are enough to yourself... you are the whole universe.





Yes! you are the universe..

But your own universe has no wounds,
has no sins, knows nothing of misery..

Your own universe is innocent, utterly
blissful... Just be yourself not your ego...
not your mind, be a witness... and all
your miseries will go away... and you live
your freedom from such dead gossips...
Why do you accept your wounds and the
wounds of others and you talk all the
time about your pain and you don't
talk about your gain... your joy... your
happiness ??

Let us be aware that it is difficult to
find a Christ and it is difficult to understand
his language because it is not your language..
He speaks from the heart and we speak from
the head...

If you go in, you will experience your
inner treasure.. you will recognize your home.
It is not a philosophy, it is an existential
experience... So let us live the outer and
the inner treasure...



The day you start living according to your own light, your Christhood is far more complete than even Christ or Buddha... Now we have more power and more unity and more wisdom...



Man is not to be divided, and man has to be given the total freedom of being himself. But this is possible only when we are clean from the garbage that society has forced upon you, and when meditation takes you inwards so you don't have to look into any scripture for guidance..

You don't have to borrow light, the light is burning inside you, the inner flame.. Once you have found your inner flame, you have found the whole universe in its completion... Just think for a moment... before now or this life you were not.. after this life you will not be again.. then what remains is pure existence... so what to do? where to go?? Just melt in the ocean... just be ready to disappear yourself... you will blossom into flowers.. you will fly with the birds; you will become clouds and no ego and no i.. no self.. be the nothingness and this is the answer..

This oneness can never be said, but can only be lived in you.. it is the being of no one but one with the one... it is a life full of music, but the music is soundless, full of beauty, but the beauty is formless, full of joy, but the joy is indefinable, full of dance, but there is no movement.. This is our mystery which is beyond the mind...

The meditator knows something that mind is not capable of knowing about. The mind only knows the superficial, and the superficial is always dual; it is divided for and against...

So let us go in and face this nothingness which is non-dual, it is not divided. It is just pure silence, but a very alive silence. And if out of that silence anything happens, that has a beauty and a truth which anything created by the mind cannot be compared with...

A man of silence, he may not do anything, but just his silence is a blessing to the whole existence. His silence is a music only heard by those who have gone deeper and beyond the mind...

Your silence is the blessing that creates peace and the unknown will become known...



Just be aware, that which is known today was unknown yesterday. But the known and the unknown are not needed... we need the beyond of both... the unknowable, the chaos.. it is irrational, illogical... There is no way to know it, to bring it into explanation... "why the tree is green?" "because it is green?"

Just accept it... no way to make a science of the truth or a philosophy of it... This chaos is nothingness... This nothingness is our essence... is our mystery created by Allah.. by God... by the unknowable...

You can enter into it, you can be one with it, you can rejoice in it, but don't ever try to explain it or analyze it...

All efforts of man are bound to fail in the head... live in your heart.. life is not a system; it is not mechanics...

So when you ask a sage... "what is truth?" He replies in a very strange way... "whatever works"

He will not define Truth... Jesus said.. "I am the truth.." This anness not the i... not the ego... not the mind.. but The existence is The Truth..





Do you know what electricity is?

We only know how it works.. we don't know what it is, there is no way to know it, and there is no need...

So be aware and let existence function..

Total trust with existence...

"Let thy will be done"

Use it, love it, rejoice it. There is no need to know it... all systems are bound to fail... stop wasting your life... walk your path with total joy... Go dancingly in without bothering and worrying what it is... rejoice in it...

What is the point in thinking what is music?
Love it, listen to it, create it...

What is the point of finding the definition of dance? Just dance!!

But still very few people are out of the cage, mature enough to recognize this immense chaos without fear, and to use it as much as you can... Love it, live it, and drop the childish idea that you have to understand it... what are you going to do by understand it? Just stand under the bridge and Trust it... even if it falls down... it is meant to be...

Mind is too small, and existence is too vast, without any boundaries... There is no way that there will ever be a system which explains everything... And that will be a very fatal day if some system explains everything.. life will lose all joy..

people are trying to explain everything.. then love becomes just chemistry, biology, hormones... Do you ever think about love as hormones, as biology, as chemistry? And the moment you think about chemistry, biology, hormones, love loses all mystery... And certainly love is more than chemistry, biology, or hormones... They may explain sex, but they cannot explain Love..

Love need not be sexual... In fact, at the highest point even sexuality transforms into love ... from sex to superconsciousness...

Love unexplained... you can experience it, but you cannot explain it... It is not an experiment in the lab... but an experience in your life... in your being not in your head nor in your body but in the core of your heart..



It is time to laugh...

Love, life, light and laughter are beyond the mind... it is the gate to our grace... to our choice... not to our grave... nor to our force... So listen to this silence...

It is a sunny afternoon in the rose garden of the Vatican in Rome.. The pope is in deep discussion with a smart VIP money man..

"I am prepared to offer you one million dollars" said the businessman...

"No way... one billion dollars and no less" said the pope..

"Okay, our last offer, five hundred million dollars"

No way... Six hundred million! One dollar for every catholic or the deal is off...

"Holy shit... Let us forget the whole thing" and the businessman walks off in frustration...

Meanwhile, St. Peter came in and said to the pope.. Why did you refuse so much money??

"You don't know what that guy wanted me to do? He wants us to change the end of the Lord's prayer from the word Amen to the word Coca-Cola!! So I can't lie... I want to live my honesty..."



It is that fateful night in old

Jerusalem town... upstairs at the
downtown MacDonald's burger house,
Jesus is host at his famous farewell dinner
party...



Ronald MacDonald, The clown, is running around
everyone party hats and whistles, trying to get
the serious saints to laugh..

But Jesus has been looking moody all night
when suddenly, he puts down his wineglass and
shouts across the smoke-filled room, "Peter!"
he cries, pointing his finger... "Peter! Tonight,
you are going to betray me!!"

"Ah no, Lord!" calls Peter back, turning pale...

"I would never betray you!"

"Okay, Peter" says Jesus, "I was just checking
upon you. Come over here and eat some
bread and drink some wine with me."

So they eat bread and drink some wine..
And then Jesus says, "Okay, Peter, you can go."
Then Jesus looks around the room again, and
calls John, his beloved disciple...

"John! Tonight you are going to betray me!"

"Ah no, Lord" replies John, falling off his seat in
shock. "I would never betray you.. It is just not
possible!!!"

"Okay, John," replies Jesus.. "Don't get excited! I was just checking... come over here and drink wine and eat some bread with me!"

As the evening progresses, one by one, Jesus calls his apostles to him, eating some bread and drinking wine with each of them..

Finally, his wandering eye rests on Judas, who has been sitting in the corner for the past hour being with Mary Magdalene..

"Judas" shouts Jesus..

"Yes, Lord" replies Judas, straightening his shirt...

"Judas!" cries Jesus. "Come here I want you!"

"Yes, Lord," says Judas, jumping up and standing nervously in front of Jesus. "Judas" says Jesus.. "Tonight, you are going to betray me!"

"Ah, Jesus Christ!" cries Judas.. "Why do you always pick on me when you get drunk?"

Ah who is not drunk?

Let us drink what we love and be drunk in love and life and laughter... life is only a joke... is only a joy... why so much wars? Why not hug with our arms? Thank you for your hug...



All our questions arise out of our mind, and we are trying to go beyond the mind.. beyond the mind there is no question, There is nobody to ask... But if you start thinking about meditation, that is not meditation... If we start thinking "what happens when awareness witnesses the wholeness of existence?" If we start thinking, we are moving inside the mind in a circle, in a vicious circle, we may find some answer, but that answer is not the Truth...

You have to go beyond thinking, beyond any questions.. just be silent and you know..

You are not, only The universe is...

You are just a ripple in the river, arisen in a certain moment and dissolved back again, but not for a single moment separate from the river... This whole existence is nothing but a vast ocean in which all kinds of ripples, tidal waves, arise and disappear, and the ocean remains...

That which remains in our authentic reality.. That which comes and goes is just a dream, or just a phenomenal, illusory reality... For a moment we think we are separate from God but deep down we are part of this mystery..





Let us go deep down the ocean.. In that ocean nobody is separate.. we are all connected with light... And once we feel this love of oneness, suddenly a great joy arises that we are eternal, we are oceanic, that you have always been and I will always be and oneness is our unity and our individuality...

But be aware, we are not those small personalities... That small VIP... no one is important... This time you stop taking personalities and simply become The Whole..

The whole is the holy... The whole feels more cozy than nothingness, but they are simply two ways of saying the same thing.. The whole appears cozy, it seems you are becoming more than you were before.. And nothing seems dangerous.. You are becoming even less than you were before.. You were at least something, now you are becoming nothing...

But becoming whole, you have to become nothing... Becoming part of this vast existence, you have to relax the separateness, the individuality... and live the divinity...



Good morning!!

What happens when you wake up? Do you feel your divinity? or you are still dreaming?

Oh God! Good morning! or Oh God! morning again?

When a baby comes out of the womb, how does he look? Who wants to touch him? How does he look? What is this innocence? What is this beauty? What is this divinity?

Yes! Wilhelm Reich says, in his book...

Listen Little Man!!

That man reaches out with his life energy when he feels well and loving.. and The feeling changes when he feels fear ... This energy is around us in the atmosphere... you are what you attract...

We all have a light energy around us.. even the flowers and the trees and the rocks... This is a reality, but Truth came for the chosen few...

Life is an energy that surround our body... it depends on our feelings... how are we living our life? Love or hate? just watch your mind... and watch yourself... be aware of how are you living? So be aware of this aura in us and around us... It is a great sign for our life...





A man can be cured before he becomes sick... Now Kirlian photography is recognized by all the scientists. It shows, at least six months ahead, what is going to happen..

In the East, it has been known for centuries that before your death, six months before, you stop being able to see the tip of your nose. Because your eyes start turning upwards, they cannot see the tip of your nose.. and now, the aura can be accepted on scientific grounds...

So be aware of what you are eating and what you are thinking... Reich was a unique genius. He could manage to see and feel what is not ordinarily possible...

But if you are meditative, you will start seeing the auras of people, even your own aura. You will see your own hand with the light rays around it, radiating. And when you are healthy you will feel your aura expanding. When you are sick you will feel your aura shrinking...

And you know by experience, without understanding, that there are people you want to avoid, because meeting them you feel sick... And there are people you want to meet, because meeting them you feel an expanding, you feel more alive...

Wilhelm Reich was right, but unfortunately The masses never accept their own geniuses; on the contrary, they condemn them ... He was first thought to be mad, then forced him into a madhouse, and he died in a madhouse...



In The East, he would have become a Buddha.. He had the quality, the insight.. But a wrong society, a society of very little men, of very small people ... small minded, who cannot conceive the vast, who cannot conceive the mysterious... The whole atmosphere is full of life.. And if you understand your own source of life, you will be aware of nature... you will be one with life and you can dance and talk with all this existence...

Once you are aware of the truth, you are alone but not lonely... I have the book as my best companion and very few soulfriends and I visit few spiritual places and live in such communes...

You are born free and you are free to be a rebel and live your jewel and be who you are... Do what you love and plant people for peace not people for war... and Now is the time...



Y6 not now when? Y6 not you and me
who else?

A new rebel is an individual, absolutely free
from the chains of the crowd, even if those
chains are of gold... He is as free as a
bird on the wing.. He will not accept any
cage, howsoever precious...

Truth is his religion, freedom is his path..
And to be himself, utterly himself, is his
goal...

A man who has any courage, a man who has
any guts, is bound to be a rebel..

The establishment is the enemy of religion..
But it happens in the natural course of things
because man is stupid...

Rebellion does not mean that you have to go
against something which is intelligent. You
rebel against any stupidity.. Any idiocy in
any place.. That is our responsibility to
share the truth not the lie...

Rebellion is your fragrance, your attitude of
watching around you.. Your sword of love
should remain shining... That's all... And everybody
is keeping his own sword shining with
compassion... You have to be on your own..





Does The rebel belong to any category?

The rebel by his nature cannot belong to any categories; he is a new category..

He introduces a new man into the world.. He is a new beginning..

All The categories that have existed up to now have proved either failures, or insufficient to change the whole of humanity..

The rebel is the seed for the transformation of all...

There have been great people in the world, but even the greatest of them are very small in comparison to the authentic rebel I am talking about, because they all, in some way or another, compromised with the establishment

And that's where the real rebel differs from them all....

They were wise, they were creative artists, they were musicians, dancers, all kinds of people.. but something is missing in them..

They all lived in a compromise with the vested interests... None of them was total in his rebelliousness... Yes, partial rebels have existed, but a partial rebel is not enough... either a rebel or a robot!!



Me too... I want to be a rebel not a robot...
A rebel means a jewel not a pebble...
We need total rebels to change the
destiny of mankind from going into a
graveyard... to turn its direction towards
the garden of Eden...

The rebel will have to create a category
for himself by his own living, by his
own responses... He will become absolutely
discontinuous with the past through his own
creativity, his love and his own non-compromising
approach.

The rebel will not have any past, any history.
He will have only the present and a vast future
which is open... not dominated by the dead past,
because there is no past for the
rebel..

Now-here or nowhere...

The rebel means absolute freedom, absolute
love, absolute creativity... He is a totally
new kind of man who has been dreamed
of by few people in the past... by few
people who are poets, philosophers, mystics.
But it has remained a dream and they
called them "utopians."





The word "UTOPIA" means, "that which never comes."

You can dream about it, but it is not going to happen ... it is a hopeless hope ... It is an opium to keep people dreaming and hallucinating, so that they can tolerate the suffering and misery in the present...

The rebel is not a dream, the rebel is a reality ... He is not a utopia ... he is an actual realization of man's potential; he is a promise fulfilled, a dream realized ... Naturally he cannot belong to any existent category ... He will have to create his own category..

It will be created by the very fact that many, many intelligent people, youthful, alive, are ready to take the challenge of an unknown future ... Slowly ... slowly, a category will form by itself ... and it will be full of life, and light and love and laughter ...

Yes! Thank you for sharing your joy in such beautiful jokes ... A joke a day opens up all our way ...



Sexy Miss Thorn, the primary school teacher, wiggles into the classroom one morning... "Now, children" she announces, "today, we are going to start a whole new and exciting subject called Sex Education!"

There is a loud cheering from the boys, and excited squealing from the girls as Miss Thorn claps her hands to restore order. "Settle down, children!" shouts the Miss... "Soon, you little boys will be getting interested in some little girls, and some of you little girls will have your little eyes on some little boys."

Suddenly, little Albert interrupts.. "Hey, Miss Thorn!" he shouts. "And for us little guys who are already screwing, can we go out and play football?"

Two husbands are sitting in the pub one day talking about their wives when Dick looks into him and says. "Do you know what it means to come home at night to a woman who will give you a little love, a little affection, a little tenderness?"
No. I am afraid I don't "
"I will tell you what it means, it means you are in the wrong bloody house.."



Grandpa Giggle is really worried about his health and is waiting nervously in the hallway at Meatchop hospital while a team of eminent physicians gathers together to consult about his case...



All the doctors retire to another room to discuss the old man's condition, but Grandpa has hidden his grandson little Albert in a closet in the room to listen. Then is supposed to report to him what the truth of the situation is... After a few minutes, Albert escapes and runs back to the old man...

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

Tell me quickly what is it? Well, They said.. "we are not sure what he has, but we will find out everything at the autopsy."

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



Oh myself!! Where are you? what can I do with you? who are you?

We are not aware of the true self, we create the ego; when I say "I am happy"... what is this I?

This I is man made ego... man made ignorance and arrogance... we are not aware of our true center, True self... true oneness we have to invent a false center...

There are two possibilities: either know the true center or create a false center...

The society helps the false center because the false center can easily be dominated... Without being dominated we don't feel good... we are a slave to others... we are born a free self.. a free Soul... a free spirit.. but we became a slave to the false power... not the power of love but to the love of power... we are living the false truth... This is why we are killing each other for peace... what a shame!! For what we are doing this since Adam and Eve?? Let us listen to our heart not to our head... Let us drop this false entity called the ego and be aware of who we are...



The ego is a created thing... you are free to begin with the I or with the eye... what is our choice... let us see with our third eye... let us hear with our third ear... let us love with the core of our heart...

The true self was before we are born and will be after we are gone...

The true self does not exist only between birth and death. On the contrary, birth and death are just episodes in the long, eternal journey of the true self. And this is not the only birth; many have happened before and many will happen afterwards...

Once you become aware of your true center, you become aware of eternity, and to know eternity is to know God... Hence the true self is the door to God...

But the problem is that we don't accept ourselves. You don't accept yourself as you are... you want to improve it and this is the problem...

Nobody ever improves, because everybody is already that which one can be, so one has to relax and accept it... If that is your pattern, then that is you.. "Let Thy will be done"





Once I accept and I respect myself as I am .. as this oneness is .. then things will start changing ...

Change is a constant law...

In improvement there is greed, in improvement there is ego ... In change... it is like summer changes, and then it rains, and rains change and it is winter ... we are a seed that changes into a tree ...

One seed changes the whole earth into greens not into greeds...

So let us be aware of our true energy.. true seed ... and grow as you are meant to be.. a rose is a rose... just be yourself now as you are... Once you are finished with all that laws of improvements.. you are free.. you are home... all problems disappear..

problems are created by us ... are headmade.. you weave and spin them... If you become aware that you are going to die, then now you start rethinking about life. Then you would like the death to be absorbed in life... now self-discipline will be our way.. "How to live?" If not now when??



Let us live in such a way that we become capable of living totally and dying totally ... It is to live a directed life, a life with the sense of direction. It is to live a life fully alert and alert with awareness of death... Then our river of life has both the banks, life and death, and the river of consciousness flows between these two...

Anybody who is trying to live life, denying death its parts, is trying to move along one bank; his river of consciousness cannot be total. He will lack something; something very beautiful he will lack. His life will be superficial... there will be no depth in it. Without death there is no depth...

Mohammad said... "Sleeping is half of the death..." So when we sleep it is a total trust... "Let Thy will be done..." who is breathing while you are sleeping? who is dreaming? what is the dream? what is the vision? So be aware of your self and yes.. love yourself.. Be selfish!!!



If you don't love yourself... How are you going to love me?

Being selfish is the very source of being a lover to every other... If you hate yourself you are not alive... If your love cannot even reach to the closest point, it is impossible for you to reach towards the stars... you cannot love anything, you can pretend.. and this is dead emotions... no compassion.. And that's what humanity has become.. a community of pretenders, hypocrites...

please try to understand what I mean by being selfish... First you have to love yourself, know yourself, be yourself... Out of that you will radiate love, understanding, tenderness, care for others...

Out of meditation comes this truth... this compassion... meditation means just enjoy yourself and your aloneness, forgetting the whole world and just enjoying yourself.. Once you are this grace then you know that the mystery of existence is in our inner treasure.. go in... in is our only inn..



Me too... I am drunk with this
sharing... myself is ourself... is our
inner and outer worlds... is our inner
and outer words and swords... But we are
in the outer power and that is the first
wrong step and we are in the trap and
we clap for it... Once you become interested
in the outer there is no end to it...



Man has reached Everest, The South Pole,
The North Pole, The moon, and now we
are striving to reach Mars and other planets
and nobody is bothered about the purpose..
A man has not even made an intensive effort
to know himself. We know more about the
moon but nothing about myself, my own being..
This is a sheer stupidity..

Self-knowledge should be our first priority,
and once we have known ourselves then we
can search about the whole world...

Religion comes first, Science can only be
secondary.. Religion is no longer important, and
that is the fall of humanity.. And the reason
is that we are not at all interested in the
inner treasure...

Just as mind is the method to go out, meditation
is the method to come in..

Once we know our energy, the journey
Towards home has started. And when you
reach the center of your being you reach
God because God is nothing but our innermost
center... The godliness in us...

On the circumference we are different
people but at the center we are one, at
the center we all meet... The farther
away we go from the center, the farther
away we go from each other...

Hence love is a natural byproduct of
meditativeness because you start feeling
a new kind of closeness with people, with
Trees, with rocks, with stars, with everything
that is And when you are at the center
suddenly you know that there is only one...

We are all part of one organic unity..
and this is the only religion... The religiousness
of the heart ... not the laws and dogmas
of the head...

Let us be who we are.. Truth is so simple..
and so dangerous too ... let us be
simple... live simply so that everybody
else can simply live... We are good in
making a living but not in living..



You are so right in light... wisdom is our
dome... knowledge is not wisdom... let us
live our self-luminous...

What we are sharing is from heart to heart..
not.. notes... not appendix.. not foot-notes... it
is a flow from our inner truth... the river
has no map to go to the ocean... we have
no book to teach us how to breath... the
baby comes out of the womb without a
book... why not be the book... the whole
existence is our only book...

Look and cook and throw the book..
this is my only looking book... BUT.. I
have the book of my beloved master...
it is my best companion and HE is my only
light and life and love and laughter... He
is not a body and he is not a name.. I was
dead until I met his being... His light..
and I am no more... He is....

Love does not need footnotes... The Koran is
unaware of footnotes... Buddha and Christ
and many others gave us the truth without
any sources... go in and face your original
face... whenever truth arrives it is self-luminous.





In those moments of self-luminous wisdom there is the distinct realization that objects are only head knowledge... But once you see God is in every seen then truth is in all what you see and your consciousness is all what you need...

All forms arises in the ocean of consciousness and disappear... But the consciousness remains, it is eternal... This is our nature... our self-nature... Be a light unto yourself, follow your own consciousness, your own awareness...

Once you realize your awareness, then there is no self... no I, no shadow for this ego... now you are not separate from the whole... you are no-self...

To realize who you are is to realize that you are not! If you want to be, never try to realize, because in the very process of realization the ego disappears. And the self is only another name for the ego...

There is nothing like self-realization. Yes, there is realization, but the realization always makes you absolutely clear that the self has never existed in the first place and it is not there... Only God is... There is nothing and in this nothingness only God is... This isness is godliness..

This godliness is our reality...

The reality is one... It is better to experience it... Life is to live, not to discuss.. Life is as deeply and intensely as possible.. And a natural being simply passes beyond stages of life without condemnation... He has lived life, he has known life, now he wants to know something more. He wants to know something of the eternal, of his innermost core.. He has lived the world of the outside, he has been a Zorba, now a moment comes of turning in. The outside reality has been explored without any inhibition, then you will naturally one day turn inwards...

Live everything in life so you can transcend joyfully without any guilt... That is difficult for people who have been programmed with taboos: sex should not even be mentioned; death should not be mentioned either...

Sex and death are the two points: one is the beginning, the other is the end... people are kept unaware of both... But we can know it any now and we have the key and truth is very simple.. knowing that you are not.. only God is, this oneness is in us...



Knowing that you are the whole,
There is nothing to lose... just be
aware of your aloneness...



I am born alone, I will die alone, and
between these two alonenesses, everything that
I do to deceive myself that I am not
alone is dangerous...

There is no way to be not alone...
Aloneness has such beauty that the mob,
The crowd, can destroy it... So be aware
of this grace in us...

Yes!! I like to fight alone because I am
stronger and I can fight with all my wisdom
and with all my innocence and with all my purity..
I do not want masses to be on the streets
in favor of me...

I want to live my only wealth.. only that which
I take with me when I leave my body... that
means, except meditation, nothing is important..
Except awareness, nothing is important, because
only awareness cannot be taken away by death.
Everything else will be snatched away, because
everything else comes from without..

You will be taking with you only whatso-
ever awareness you have attained... That is
your only real wealth..

No health no wealth...

This is why misery arises because we don't allow change to happen.. we cling, we want things to be static.. If you love a man you want him tomorrow too, the same way as he is yours today.. That's how misery arises... Nobody can be certain about the next moment.. what to say about tomorrow?

A man of awareness knows that life is a constant change... and change is our challenge... to accept the nature of life, to accept this changing existence, with all its seasons and moods, this constant flow which never stops for a single moment, is to be blissful!! Then nobody can disturb your bliss... So let us flow our grow and live our glow...

So why you want to live in a life with no change!! and that is not possible.. you are asking the impossible...

A man of awareness becomes courageous enough to accept the bliss of change.. This is our bliss... Then all is good, then you are not frustrated because you never asked for anything..



To be happy is a great Talent, great intelligence, great awareness... almost a genius is needed to be happy. To be unhappy is nothing. Even stupid people are unhappy. It is nothing

Why it is very easy to be unhappy?

Because the whole mind lives through unhappiness... If you remain happy for a longer time, the mind starts disappearing, because there is no connection between happiness and the mind.

Happiness is something of the beyond. That is why the mind will create them... create fantasy problems, out of the blue, to make you unhappy.

Once you are unhappy, the mind is happy.. You are back on earth and things start on and on moving in the rut...

The mind is the root cause of unhappiness and whenever you are happy you are no mind... you are mindless...

Watch a moment of tremendous happiness.. Suddenly there are no thoughts... You are simply happy; not even the thought of unhappiness is there..



In a really intense moment of happiness there is no thought... It is pure... It is completely empty of thoughts, so the mind is disturbed very much... It lives through unhappiness... It has a great investment in unhappiness...

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

It is unbelievable that people are unhappy just because of habits...

There is no causality for being unhappy... The world is absolutely ready to make us happy... Everything is as it should be, but somehow one goes on missing. One goes on living in one's own cloud, dark, dismal. By and by, one gets too attached to it. One almost starts liking it. In fact without it, one will feel at a loss as to what to do... People are wed to unhappiness... It is like almost or it is almost like ups and downs... like a marriage unknowingly..



Yes! You are so blessed... You have found a track; a window has opened. Now don't lose that track... Whenever you see that the mind is arising again with its old tricks, immediately jump out of it... Immediately do something to distract yourself... Even jogging will do... A good jerk to the body will do or slapping your face... Anything that gives a shock just a cold shower or running around the house... anything that simply changes the trend, and you will find that you have regained the track... This is only for a few days...



Once you start living in happiness, once you know the taste of it and it enters deeply into your being, there is no need then to any worry... any path... any method... just be a watchful... just watch yourself... your being... happiness is in us... it is simply here... feel it... be your feelings... you are beyond all the thoughts... all the senses... you are the beyond any word...



Let us watch our Thoughts..

Watch your thoughts

They become words...

Watch your words they become actions...

Watch your actions they become habits

Watch your habits They become characters.

Watch your characters They become your
DESTINY...

Our destiny is in our choice... let us live
our choice and when aware we live our
choicelessness...

Let both sides of the coin be there...
See the negative and the positive.. accept
it all with love and compassion and live
this cross and cross it with total trust...
"Let thy will be done"

Our destiny is in our unity... in our divinity...
We are a divine mystery and we are beyond
any misery... our life is a celebration...
let us celebrate it now - here or nowhere
else... if not now when? If not you
and me who else?? Now is the only time
and here is the only place.. let us live
this grace...



Religion has discovered the higher law... The law of grace... If there is a law that pulls things down, there must be a law that pulls things up...

It is very simple; in life everything is balanced by its polar opposite... So where is the polar opposite of gravitation?

Newton sitting under the tree, and an apple falls down... "Why does the apple always fall downwards? Why not sometimes upwards? or to the right? or to the left? just going in any direction.. why does it always come downwards?"

And something clicked in his mind, that there must be some power that pulls it towards the earth... There have been people who have been falling upwards... A Buddha... a Christ... a Mohammad... They know that something pulls up, if you allow... if you surrender... if you trust... something starts taking you upwards, you start levitating spiritually...

Something in you starts rising higher and higher and higher and reaches to the ultimate peak of consciousness.. just as the apple falls downward you start falling upwards.



There is a law of falling upward...
falls in love... And sometimes when
you meditate, dance, sing, you will feel it...
being possessed by something higher, from
above. And you are taken to higher
plenitudes... That is the law of grace...
or the law of power... the power of
love not the love of power...



And when you can live both worlds...
one belongs to science, one belongs to
religion... to the real religiousness of the
heart not to the sects and all what we
are seeing since Adam and Eve... Listen
to your inner treasure... go in... in which
science and religion will become one...
One with the existence... This Oneness
is our oneness... is our mystery... is
our peace...

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

Let us be the change we want to see
in the world... let us be here and there...
Earth and heaven are one...

A primary school teacher asked the children in her class, "If I sold my house and my car, had a big garage sale and gave all my money to the poor people, would I get into heaven?"

"No!" All the children answered..

"If I chat with my friends about love and prayer and cleaned my house every day, mopped the floor, and kept everything neat and tidy, would I get into heaven?"

Again the answer was "No!"

"Well," she continued, "Then how can I get into heaven?"

A five-year-old boy shouted out,

"You gotta be dead!"

A woman without her [♡] man is nothing.. how do we punctuate it?

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

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



It depends how we punctuate our fate..

It is up to us...



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

What did you learn today?

Well, two thousand years ago, The Jews wanted to escape from the bad Egyptians, so Moses had the Jews to build this suspension bridge across the red sea...

Then they loaded it down with dynamite... The Jews escaped across the bridge and when all the Egyptians chased them they blew up the bridge and all the Egyptians were drowned...

Is that what the teacher told you? No, but you would never believe the crazy story he did tell us...



We believe out of fear and we improve on the scriptures out of ignorance...



Nobody has the right to believe...

Everybody has the right to know...



Be a knower not a follower...

Be a member not a number..



A few hundreds years ago, There was a very learned scholar in Baghdad, who was also famous for his great character, one day an acquaintance met The great scholar and said.. " Do you know what I just heard about your friend? "



"Hold on a minute... just hold on a minute and listen before telling me anything, I would like you to pass a little test. It's called Tripple filter Test. "

"Triple filter? "

"That's right" the scholar continued.. " Before you talk to me about my friend it might be a good idea to take a moment and filter what you are going to say, That's why I call it The triple filter test.. The first filter is Truth... Are you sure That what you are about to tell me is true? "

" No, actually I just heard about it and... " Said the man...

" All right, " said the scholar, " So you don't really know if it is true or not. Now let us try the second filter, the filter of goodness. Is that good or bad? Is what you are about to tell me about my friend something good? "



The man was silent and then said..

"No, on the contrary...."

"So," the scholar continued, "you want to tell me something bad about him.. But you are not certain it's true, you may still pass the Test Though!! because there's one filter left: the filter of usefulness..

Is it what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded the scholar, "if you want to tell me is neither true nor good not even useful, why tell it to me at all?"

Dear Reader ... we are one whole and holy spirit ... why do we come such across these kinds of gossips? what kind of situation is this? what to do?

Let go and let God... Just ignore such ignorance and keep walking your way and living your will...



No wonder why I am alone but not lonely.. I have the book I need and few soul friends and a living master in my inner treasure





You are so right...

There should be passion flowing between you and your work... when really you have found your vocation, it is a love affair... It is not that you have to do it.. It is not that you have to force yourself to do it.. Suddenly you do it in a totally different way you had not known before... your steps have a different source... different dance, your heart goes on humming... your whole system functions for the first time at the optimum... It is a fulfillment... Through it you will find your being... it will become a mirror; it will reflect you... whatsoever it is... a small thing... a small seed is a great Tree...

It is not a question that only great things become vocations no... A small thing... you may be making toys for children, or making shoes, or weaving cloth... or crying.. or whatsoever...

It does not matter what it is, but if you love it, if you have fallen in love with it; if you are flowing with no reservation... this is your great Vision..



Do what you love and money
will follow and will flow...



If you are not withholding yourself, if
you are not dragging ... dancingly moving
into it ... it will cleanse you, it will
purify you...

Your thinking by and by will disappear..
It will be a silent music, and by and by
you will feel that it is not only work...
it is your being...

Each step fulfilled, something in you
flowers...

And richest is the man who has found his
vocation... And richest is the being who starts
feeling a fulfillment through his work...

Every work is our worship or warship!!

Work like you do not need the money
Love like you have never been hurt...

Dance like nobody is watching you..

Sing like nobody is listening....

Live like it is heaven on earth..



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



Abraham Lincoln was a son of a shoemaker, and he could become the president of America ... one of the greatest presidents ever ...

When he gave his first address in the American parliament, just to insult him somebody stood up ... a very rich man .. and said, "Don't forget that your father used to make shoes for our family."

Abraham Lincoln's answer is worth remembering. He said, "I will never forget, and I am grateful that you reminded me because I want to declare to the whole nation, through the parliament, that my father was a perfect shoemaker, and I am not going to be that perfect a president. It is a question of perfection.. I know my father and I want to ask you, do you have any complaint against my father's shoes? Then I can come and repair them, because I have learned from my father the art of making shoes."

Lincoln was not offended.. on the contrary, he was very proud that his father was a good shoemaker..



You cannot humiliate a man like Abraham Lincoln.. Only small people, suffering from inferiority, can be humiliated.. The greatest of human beings are beyond humiliation.. They know they are one with existence.. they are very rich... They live the divine humbleness, the loving humbleness... it is simply a recognition that the ego is false, that we are not separate from God... That we exist as part of this vast universe and we don't exist as separate entities... There is no me but we... We are joined together with this infinity and in this humbleness there is love and no ego...

Ego and love are diametrically opposite.. whenever there is love, there is life, there is light and there is laughter...

Let this fact sink in our being more and more... there is no i but us... and this us includes the trees, the suns, the moons.. the worlds ... Then what is there to claim?? One becomes clean.. In that cleanliness there is humbleness, there is no inferiority, there is no superiority... "I am you and you are me..." And when we understand this vast truth, misery cannot exist...





Let us be aware that if all these trees and all these stars and all these rivers and oceans belong to you, how can you be miserable?

If this whole life, past, present, future, is your life, how can you be miserable? Then where is death? There is no death... The whole is never going to die...

So a humble person is a knower not a follower... He knows that there is no birth and no death... In love and humbleness, one overcomes death.. death disappears....

Death is going to happen to everybody... to the body but not to the being... it enters our body the very moment we are born... Since that time we start dying...

You can use this opportunity as a door to the divine.. Use this shock joyously: dance and sing and continue to meditate..

If you can die meditatively, lovingly, rejoicingly, hallelujah in your heart... you are in heaven... in eternal life... Death is as divine as birth... as life... births and deaths are small episodes in the eternity of life..

What can I do now?

Be a rebel... But There are barriers for the rebel - to - come. The most important barrier is that he has to go against The crowd, and the crowd has all the power.. The rebel is very vulnerable, as vulnerable as a rose flower.. You can destroy it very easily; you can crucify a rebel without any difficulty..

But The rebel is going to be born... or he is born and it will take time to recognize him.. he is so new, he does not fit in any category. Hence, sometimes a gap is needed to create a category and to recognize him..

Yes be certain That a Christ is coming... a savior is coming... now is the time, man has come to a crisis which he has never encountered before. He has to choose either for a new man or for committing global suicide.. And people are going to choose for peace.. A new man is bound to arise.. to be against all religions, governments, establishments and vested interests... Now is the time to wake up! enough is enough...



Albert Einstein was asked..

' Do you have something to say about the third war? "

He said, " I am sorry. I cannot say anything about the third world war, but if you want to know the fourth, I can say something. "

The man who had asked the question simply could not believe that if he could not say anything about the third, what he could say about the fourth?

He asked him, unbelievably that, " Okay, what can you say about the fourth? "

And Albert Einstein said that... " The fourth will never happen... there will be no people to do wars... But about the third, nothing can be said. "

All our great warriors, all our historical figures, all our so-called great men have brought death so close that now man has to choose.. There is no other alternative

than a new man... The old man has erased himself out of existence...

The rebel will have a new morality.. not according to any commandments, but according to his consciousness..



He will have a new religiousness; he will not belong to any religion, because that is absolutely stupid...

Religiousness is a private and personal phenomenon... It is just like love, it cannot be organized... And the moment you organize truth or love, you kill them.. Organization functions almost like poison...

The new man will not be a christian or a hindu or a muslim.. He will simply be religious.. Religiousness will be taken not as a belief, but as a way of life... A grateful way, a beautiful way, a responsible way... a way full of consciousness and full of love, full of sharing, friendliness, and creating One world without any boundaries..

No armies are needed, no weapons are needed, no nations, no religions, only a little meditateness, a little silence, a little love, a little more humanity... just a little more... and compassion will be our way of love and life and light and laughter.. And existence will become fragrant with something so totally unique and new that you will have to find a new category for it.



Let us look into the lives of the mystics...
These enlightened people, you will not find any
category but you see the glory in each one
of them glowing in their faces...

You will not find any similarity in them..
You will find only utter uniqueness...

Sometimes They are so ordinary that you
may not even recognize them...

Sometimes They are so radiant that even
those who are blind will see their light..
But there is no general rule, and there are
no fixed characteristics.. You do not have
to fulfil certain ideals... just be yourself...

Let us take away all laws, all ideals...
all hopes and expectations... just live the now...
future does not exist, respect your being
now as you are...

 There have been teachers, not masters,
they were unconscious and teaching morality,
discipline, methods, how to become enlightened..
 You are already enlightened... This is who
we are.. it is our birthright... but we
 are not aware of it... do not follow any
law...



Love is the only law...

If you can become sick, you can become healthy, and you can also again become sick.. Enlightenment is not something that you have to attain, because that which is attained can be stolen... That which is attained can be robbed... and it can be lost in dust and in dust and in rust...

Wake up now:

You are enlightenment itself..

Just live it

From this very moment, whatever you do, do it in the way enlightenment is bound to do it...

Thank you for all of you and for Alan Watts. He was a drunkard, but he was the man who introduced to the West the most essential parts of Zen and enlightenment... He wrote not as a scholar, but as a Master.

Before he was dying, he was still drinking, and a disciple asked him that... "Have you ever thought... if

Buddha had been you drinking alcohol, what do you think he would have thought about it?"



Meww too.. what is our answer?



Alan Watts said.. "There is no problem.

I always drink in an enlightened way! "



Jesus did it with us too... "Eat my body and drink my blood..." Mohammad did it too... "Let your work be your worship"...

So let us be drunk in every step on our trip... The question is not what you do, the question is how you do it... look at the children... see and feel how they play... how they eat...

Enlightenment should not have any limits; and it should not have a particular formula, a particular pattern that you have to follow... Enlightenment should be an individual experience. Listen only to your silence... to your heart... to your feelings... This is your own experience, incomparable and unique to everybody. Once this is understood, all the clouds that surrounds us with darkness start going away... All what you see is light... God is light... is luminous darkness...



I will go on repeating again and again, until it sinks in us... That we are light.. we are enlightened. And we are not to do anything special for it... You have just to be as you are, Totally relaxed, at ease with existence.. not going anywhere, no achievement, no goal...

★ Goal-orientation is what is making us miserable..

★ Drop all the goals, and you will start dancing this very moment. Because you have so much energy involved in your process of achieving, moving far away in your head energy, in your imagination, you don't have time, you don't have space, you don't have energy to be here...

If you can gather all your energy in this very moment, just the accumulation of that energy will become a dance in your heart. And that dance transforms everything... not our efforts but the power of love that lives in the core of our heart... That is the power of God in us..



Father Murphy is chosen to do some missionary work for the Catholic church, and is sent to a remote part of the Arctic... After a few months, a bishop comes to visit...

"How do you like it here," asks the bishop, "among the ice and polar bears?"

"Just fine," says Father Murphy... "The Eskimos are very friendly people."

And what about the weather?" asks the bishop.. 

"Ah" says the priest, "as long as I have my rosary and my whiskey, I don't care a bit about the weather." 

"I am glad to hear of it" says the bishop. "speaking of whiskey... whiskey, how about a glass or two?" 

"Great idea!" says Father Murphy.. "Rosary! Can you bring us the whiskey?"

Hymie is a little drunk when he comes home...

"Becky" he calls his wife in the bedroom.. "start nagging... or else I won't be able to find the bed."

- ★ Just enjoy your life, it is perfect as it is.
Just be simple and natural... you are
right now as you are and where you are.
★ You are at home.. Don't waste your
time running here and there..
★ You are your own Master... your own healer..
Your own G.U.R.U....

Ge you are you!

But you have been told always to become
something, someone.. That's why every religion
is against The Truth... is against The Master..
You know it... priests and politicians are The
victims of victims... are the morphics of the
Soul...

Unless you can feel The divine in the
mundane, you are not an intelligent person..
Allah is now-here or nowhere else.. Show
me where there is no God!!!

If you cannot manage in your small things
an expression of gratitude, joy, awareness, then
you are bound to remain miserable.. not only
in this life but perhaps for many lives...

Now or never be aware of who you are..
and you have to key!! Go in...



Just be as you are... Try to find a living Master... it is not easy... but it is in your heart, be ordinary... do not try to improve yourself... For centuries people have been improving and improving and improving, and nothing is improved...

Stop improving!! And you will be surprised to know that The energy that was involved in improving becomes your dance, your own way of celebration...

God created us to do what we love.. to live a simple life... we have all what we need... our mother earth has all what we need to be healthy and wealthy... health is wealth... so why such greeds and such desires to be a slave to the ego? to the mind!! Just listen to your heart... We are here only a guest for few days... what are these high Towers for? why be a robot? why serving the machine? why wars? let us wake up now and be who we are and plant peace not war...



Yes it is possible ... we are here
to plant people for peace ... nothing is
impossible .. I-m-possible ...



Experience life in all possible ways..
good-bad, bitter-sweet, dark-light,
Summer-winter..



Experience all the dualities... Don't be afraid
of experience, because the more experience you
have, The more mature you become...

There is no evil and there are no evil
forces in the world. There are only people
of awareness, and there are people who are
fast asleep... and sleep has no force.. but
it is our choice... if you want to wake up,
it is your choice ...

The whole energy is in the hands of the
awakened people ... And one awakened person can
awaken the whole world ...

One lighted candle can make millions of candles
lighted without losing its light...

The heart is always right, if there is a
question of choosing between the mind and
the heart, I choose the heart... it is the
power of existence... The heart is unpolluted..



Yb the whole existence is one, and if the existence goes on taking care of trees, of animals, of all what is here and there.. Then it will Take care of us.. why be possessive? why not trust God... trust existence... The whole is already ours...

Looking at sunset, just for a second you forget your separateness; you are the sunset.. This is what your heart is telling you.. not your mind... listen to your heart...

The mind can speak, and knows nothing... and the heart knows everything, and cannot speak... The heart knows too much.. knows the unknowable and it is difficult to speak.. The mind knows so little, it is possible for it to speak... "Istofti Abbak" said the beloved Mohammed... "Listen to your heart..." "Trust your heart"...

-  Our heart is our home... and God is in our heart.. so near, why do so far.. why
-  go out?? No need to waste your life in making a living.. just be alive!! Our
-  unity with our divinity is our divinity.. Be a divine mystery... a divine unity..

Let us listen to our divinity ... it is so simple ... truth is very simple...

You have a clock, it has the "tick."

You can open a clock and you separate everything... The tick disappears ... You put the parts together again in a functioning order, The tick appears again...

The tick is something very new. No single part can be made responsible for it, no single part had it. It is the whole that ticks..

That tick is the soul... You take my hand away, you take my leg away, you take my head away, and the tick disappears... The tick is the very soul.. But the tick remains only in an organic unity...

God is the tick of this whole existence.. You cannot find God by dissecting, God can be found only in a poetic vision of unity... This is what Mohammed did and look what we are doing as Arabs and Muslims... We speak about unity and we kill each others... God is a mystic experience. Science can never reveal it, philosophy can never come to it... Only a very loving approach can... yes you can...



When you fall in rapport with existence,
when you are no more separate as a seeker,
when you are no more separate as a
watcher, when you are no more separate
as an observer... When you are lost in it,
utterly lost in this love with God.. The
mystery is there in you.. The tick is in you..
Trust in trust and it Ticks in us...



Trust is a mystery, it cannot be said...
cannot be explained... but you can catch it..
You can live it..



It is the highest form of love, it is the
essential core of compassion.. Trust does not
mean faith... Trust creates a quality of
religiousness..



Trust is The ultimate breakthrough; it helps
you to know The Truth on your own.. And
Truth liberates you only when it is yours; not
from others but from your inner being.. Nobody
can give you the truth, it has to be discovered
within your own soul.. It cannot be borrowed
from the scripture.. it is in your inner sacred
treasure.



In our inner treasure the good and bad are absolutely accepted and absorbed.. This is a world of multi-dimensional, a world which will accept the earth and the sky so totally that the sky is not higher and the earth is not lower; which will accept the body and the soul so wholly that there is no question of who should be the master...

Let consciousness be the master of the body and mind... and it is a step towards a quantum leap... This is our trip...



The better world will be where the two are one... The duality of body and spirit is dissolved: the body becomes the manifest spirit and the spirit becomes the unmanifest body, they are both one.. You are one entity... you are one with God... The drop and the wave and the ocean is one... Only God is... This oneness is the existence...

I am not only God is...

So let us be aware that a real human being is not good or bad... is a human becoming.. He is as he is... he will be totally in it... His anger will be total, his love will be total..





The old idea of a good man was that he would never be angry... That brought repression into the world, and once you are repressed, you go on and on living with your repressed part...

The repressed part remains a burden... why? Because it has not been absorbed.. Once absorbed, it releases great energy in us... It makes us vital, it makes you passionate, it makes you throbbing with infinite life.. Repressed you are divided in two, you are cut into two; you live, but your life is only so-so...

Down the ages, the soldier was forced to repress his sexual desires...

Just allow all the armies of the world to be sexually satisfied and there will be peace... There will be less sects... Look at our weapons, they are symbols of sex.. He would like to enter into somebody's body through a bayonet, through a sword...

Expression is life; repression is suicide.



life is a laughter too...

Sisters Maria and Theresa were walking down a street when they were grabbed by two men, dragged into an alley and raped.

Twenty minutes later The nuns continued their stroll...

"What is father going to say," said sister Maria, "when we tell him we have been raped twice?"

"What do you mean, twice?" asked her companion...

"Well, we are coming back this way, aren't we?"



An old lady always had a glass of milk with her meal... One day she went to a friend's wedding and some joker put some gin in the old lady's milk, unknown to her.

She sipped the milk, savored it, drank some more... and finally emptied the glass.. And asked for more of such milk...

Then with a smile on her face she said
What a cow!! What a cow!!



A priest and a drunk bus driver arrived at the pearly gates where they met St. Peter...

"I am the village priest and would like to be admitted to heaven"... said the priest...

"I am the village bus driver and want to come in too..." said the drunk...

★ "Okay" said Peter... you Mr. Priest will have to wait over there for few years

★ but you Mr driver, you can go right now in..."

★ "But wait a minute, I preached every Sunday... I am the priest and he is a drunk driver..."

"Listen!" said Peter... "when you preached everybody slept... But when he drove everybody prayed like crazy... so who will be admitted to heaven?"

One drunk said to another "Are you a man or a mouse?" second drunk... "I am a man... if I were a mouse my wife would be afraid of me"

Thank you my Beloved Master..

You are alive in the hearts who are searching for the truth... But we have a question.. Why we are so blind and we can't see the truth? Budha, Jesus, Mohammed, Sarmad...and many others came to this planet and we are still killing each others... why?

The reason is very clear... The little man destroyed every possibility for enlightenment.. what we did with all the masters? All the sages?

Around the world, whenever there was a man of immense consciousness the masses were against him or her... The masses are violent..

One christian was asking me if Jesus will come again... If he is intelligent, he will not come again.... Truth is the only danger... the devil is the ruler of this planet... only very few are searching for the truth and the rest are dead but not in the grave yet...

Every genius who has known something of the inner is bound to be a little difficult to be absorbed, he is going to be an upsetting force.. And anybody who is not miserable looks like a stranger.. This is the danger..



The enlightened man is the
greatest stranger in the world, he does
not seem to belong to anybody... No
organization confines him, no community, no
society, no nation.. His rebellion is so
total that it makes the unconscious crowd
antagonistic... Such a man cannot be tolerated
alive; he can be worshipped when dead...

But if you are ready to take the risk..
it is simply looking inwards... Any now is
the age of the new man... the age of truth..
Everybody is naturally a light... no fear, no greed,
a perfect balance... Now no more balance...
The table has 4 legs and now it is on one
leg just like us... How long can you stand
on one leg? And life has become inwardly
poorer...

Now.. man has become less and less alive,
less and less connected with the totality, less
and less joyful.. Sadness is all around... wars
and cancers and more and more new diseases
and less cures and more drugs... Be your
own master and your own healer...



There are still a few enlightened people around the world, but they don't want to be unnecessarily in trouble.. But we are here to plant peace not war... to be with more and more enlightened friends. We want to create a wildfire of awareness surrounding the whole earth..

Once you become enlightened, nobody can kill your truth... you can be crucified and poisoned, but your enlightenment remains a witness even on the cross...

Jesus is alive and on the cross he helped the man on his right... "Now you are new... we.. are in heaven.."

And when there are thousands of enlightened people, the society will not have the courage... The society could manage to kill Socrates, because he was alone.. and Jesus too was alone.. But now is the time to experience the taste of the truth.. of the life source.. then nobody can take it away... you are no more a follower to any religion..

to any layer... to any power.. you are a free being... to be or not to be!! ♡



Let us be aware of this habit in our personality ... in our life...

You feel as if you are standing naked, and somebody has taken away your clothes... You immediately run and find some other clothes, some other layer of personality to cover yourself... You have always remained hidden..

★ It is just an old habit; it will disappear..

Many times we will put the personality back, but soon we will start seeing that this mask cannot be my face... I put it off and on.. It is something separate from me... I just want to please the other for a reason.. This is part of our habitual conditioning...

★ It reminds me of little Albert who came late as always to his class... But today he had a perfect excuse; he said to the teacher.. " It is raining, and it was very difficult.. I took one step forward and I slipped two steps backwards. "

The teacher said. " Okay, but then how did you manage to reach here? "

He said. " I simply started going towards home ... one step forward, two steps backwards. Finally, I managed to get here, that's why I am late. "

Don't find dead excuses ; it is not part of the process. That will be an excuse, and you will feel consoled ; it is just your old habit, old addiction... It takes a little time, but once you have tasted a little bit of the truth, the process has started transforming you..

It may take a little time, but certainly and surely it is going to destroy all your layers and reveal to you the reality where you are not, but the whole existence is .. only in the whole can you rejoice..

Separation is a false idea ; you are not separate. And this separation creates all kinds of anxiety, of tension, of sadness.. but you go on protecting yourself. But how long are we going to do it?

Yes, let us hope and wish that one day we feel enough is enough and we will drop this old garbage, and the fresh flame of joy, of bliss, of benediction will arise in us.. It is already there, but we are not aware of it.. But the old garbage prevents us from seeing it...

Let us relax and take a deep breath and be who we are ... why wars ? why worry ? The creator loves us more than any morality...



Now you know it... no morality is needed..
It is a form of domination... listen only
to yourself... then certainly your character
has a virtue, but then it is not moral; it
is religious, it is spiritual.. and this power
is born in us out of meditation not out
of education...



You are not here to live according to others..
Find your own insight, That's all.. drop conscience
and create consciousness, and then you will be
living an authentic. And to be authentic is
to be divine. To be divine is to know what
God is all about... Be conscious, be a light
unto yourself...

Different minds have different moralities.. So
listen only to yourself... to your body.. to your
mind.. Then you are no more afraid of birth
and death... Birth and death are only episodes
in an eternal existence..

Jump out of the wheel of morality... and go
inside, you will find the fragrance of your
grace.. of wildflowers.. you will find the eternal
juice of life.. you will find the spring that is
not going away; it is your very nature... These
roses will go on growing in you.. This fragrance
will go on becoming more and more mysterious..



The man of awareness is a being who lives in mysteries... To him everything is mysterious.. Nothing is to be taken for granted, everything is a miracle..

Life is a miracle, the songs of the birds are miracles, the flowers with so many colors... The whole existence, if your inner being is awake, becomes an unending series of mysteries..

In the East, Two times have been thought to be mysterious and when you are closer to the mystery of existence ^{you are beyond} than any other time. In the early morning when the sun has not risen and the last star has disappeared, That light is cool because the sun is not present and the night is gone.. in That space meditation is easier..

And the same happens again at sunset. When the sun is setting and the night has not come yet, That interval again is a good moment to meditate you will be surprised to know that because of

these intervals, prayer has been given the name Sahad... Support...

When the night is gone, your life is refreshed.. more relaxed, sitting silently you can enter into yourself more easily than any other time.. it is dawn time.. Hence morning and evening are best times for prayer..



 Let us know that we can pray and we can meditate at any time.. just a little look inwards..

 But The sufis, who have found the middle of the night to be the most vulnerable point to enter into the mysterious... They are also right...

 In The middle of the night when everybody is asleep, when even trees are asleep and birds are asleep, and the whole world is silent, you can wake up and just sit in that silence... You will find it easier to enter into yourself...

But if you know the method of how to enter into yourself, you can enter at any moment.. Even in the marketplace or doing your ordinary work, you can remain meditative..

This moment is as capable of revealing the reality to you as any other moment... This now see the false and see the truth and accept them both... accept your body and your shadow... once you see the false that it is false it will fall down and it will disappear..

Shadows cannot be abandoned, they can only be recognized as shadows, and what remains is the truth...

We don't have to run away from the false.. we have just to see the false and the false falls away, and the truth remains.. all the way...

Let us share this truth too...

All kinds of Therapies work... Homeopathy, naturopathy works, ayurveda works... Any touch... Any drug... any miracle... All kinds of "pathies" should be allowed, because there are all kinds of imaginary sicknesses... Then any kind of healing will help; just by your mind you can help and heal... But go beyond your mind... go to your heart... go beyond psychology... jump out of your mind and meditation is the door to our divinity... to our whole and holy unity...

Science remains confined to matter... psychology remains confined to the mind... Meditation is an effort to penetrate beyond matter physiology, beyond mind psychology, and to find the original source of life and consciousness...

Don't get into intellectual discussions... just a little silence, peace and witnessing, and you will know where it is... just in us... no need to know the point... it is bound to be different in every person... just as individualities differ, your physical organs differ... your point of your source is two inches below the navel....



Remember, your navel is the point, and around it somewhere is the source of your life energy, because when you were born you were connected through your navel with your mother. Your mother's life energy was moving through the navel into you; There was no other connection...

So one thing is certain, that your navel for nine months has been the connection with existence, with your mother. Everything you were getting was through the navel. But it cannot be on the surface of the navel, it can only be deep inside. Everything that is so precious, like life has to be in a very subtle way hiding...

Experience is the question; don't be mathematical. Your thirst will know the water... will know the river.. there is no need to be worried about how many inches. You just gather your energy and go to the very deepest that you can.. just sit silently and be totally quiet and there is no thought, no wave in the ocean of your being, out of this silence comes a different kind of creativity ... authentic creativity... can open new doors into the mystery of existence... be creative... let your heart bloom out all the secrets of your being.. You are the secret.. bloom it...



The secret is in us... in our inner pyramid..
When you sit in a pyramid you feel more
energy in you...

The pyramids were created by Egyptian
mystics from very ancient scriptures from
the continent, Atlantis, that drowned either by
natural catastrophe or by man's stupidity...
But in Alexandria, in Egypt, they had saved
everything worthwhile from the lost continents
of Lemuria and Atlantis.. But the library was
 burned and we lost a great treasure... it
had all the maps of the pyramids, and the
reasoning why that particular shape is a great
mystery... why it is rejuvenating...

 Pyramids can be called authentic creativity, but
our so-called painters or musicians have no
understanding of meditation... it is just doing

 something because the society does not accept
you sitting silently... and do nothing...

this nothingness is our isness... is our existence.
We have all what we need in our earth.. in our
mother nature... and we have all what our
self, soul, and spirit needs in our breath and in
our core of the heart... Many people on this
earth are living only on breath.. on prana.. and
they are alive and aware and witnessing this
mystery of Love... mystery of God... mystery of
Allahoo ...



If you don't have to do anything, That is the greatest moment just to be ... Don't do anything.. Be Silent.

Do only when things are necessary to be done.. So much nonsense will be cut out and you will have much more energy to explore the inner...

Now, look at all the faces of the people.. no more original face... most of us are copy paste.. plastic body... fake noses and our nose is the pyramid of our body and being... without bread we can live few days... without water too but without breathing how long can we stay?

Take a deep breath and let it touch your lower hand... your lower energy... just like the babies and be grateful that the air is still alive inspite of all the polation... Let our love change the poison into potion and the emotion into compassion... Only the human being has this grace.. Let us be silent few minutes everyday and plant this gift in us and in this planet...

Love is the only way to peace or global war is at the door ...



Let us enjoy existence as it is...

Just be silent without comparing.. settle down in your own consciousness, and you will know the answer, the answer that cannot be given from outside...

The less you are, the more you are..
If you are nothing at all, then you are everything...

"Let thy will be done"

Just a silent witnessing, and all boundaries disappear... And suddenly you become one with your original face, original source.. you become an ocean of consciousness... This is our very nature.. we are one royal family... we are all connected with the ray of light, love, filled with life and laughter... We have all what we need... why greed? why desires?

Let us desire the truth.. the mystery of the rose and the thorn... the birth and the death... the good and the bad... the light and the darkness... This is the mystery of duality...

The mystery of oneness... Let us be at home right now... under one dome... in the kingdom of God... This is our only place and space...



A is Allah ... Z ... is Zen

Zen is not a religion ... it is a sufi way of living .. it is a manifestation of our nature...

It is a freedom from all social structures..

It is a freedom even from myself ..

It is pure freedom.

In This freedom, all that is creative arises..

All that is beautiful blossoms ... all that is significant it is our signature...

A grace that you have never been aware of surrounds you ..

An aura of light follows you..

Collect all these experiences and much more in few moments of silence every day...

You are not here to become anyone, you have just to dissolve into the totality of existence...

In this annihilation, you reach to the highest peak of consciousness. In that peak there is light and there is joy, and there is song and there is dance, but there is no "I" at all...

We have never explored our inner space, otherwise there is no need of any religion, and no need of any temple...

This very body becomes the temple



Once your body becomes the temple...
Then this very consciousness becomes the light...
The enlightenment... The Buddha... The Christ...
The Mohammad... The Rabiya... The Khadija...



Let us be aware of these three steps...
Very small steps for our trip...

First, request The Sage, the internal and the
eternal flame to follow you, to become part of
our ordinary day-to-day life..

In the second step, you start becoming a shadow
to the enlightened being.. He takes you over; you
start disappearing...

In the third step, even your shadow is no longer
there, only a pure presence of the truth.. of
compassion...

This is not an achievement, you are already it...
You have forgotten the language...

Just for a few seconds sit down with closed
eyes to remember your inner peace.. your inner
space.. There is nothing to achieve, and there is
nothing to become... but we have never looked in...

Look in. And whenever you have time, you know the
path.. every breath is a path.. Just go again in the
inner space so that the fear will disappear and
you start enjoying your mystery and your mastery..





Be your own Master and live your own mystery... This is the only way to live our only will... our only Truth..

Truth is so easy, no one can teach it but all of us can catch it...

Once a single man has been enlightened, the path becomes easy. You don't have to discover electricity again and again.. Once discovered you start using it, you don't have to be a great scientist..

Don't ask how and why!! Just use it before you lose yourself...

The man who discovered electricity worked on it for almost twenty years... Three hundred disciples started with him and nobody remained because it took so long; everybody became exhausted... But the original scientist continued... His explanation to his own disciples was, "The more we are failing in finding the root of electricity, the closer we are going to the very root. Every failure is bringing us closer to the discovery..."

Once we know the closed doors we are close to the opened ones... I know how the closed door looks... so now I know how the open door looks... keep searching... the Truth is in us... soon it will shine..



And finally, one night in the darkness, suddenly the first electric bulb started radiating... And you cannot conceive the joy of the man who had been working for thirty years.. His silence... he was in awe.. in wow... He could not believe his own eyes that after all this time it had happened, electricity had been controlled.. " Now in our hands, how to use it? "

He went to share his joy with his wife.. she said.. " come inside the bedroom, it is the middle of the night... I want to sleep.. put it off!! "

Now, you don't have to work for thirty years to know about electricity. Nor do you have to work years and ages and centuries to be enlightened or to know about the secret of our inner light...

Now that so many people have awakened, the path has become clear-cut; it is no longer hard and arduous. You can playfully enter inside and joyously experience the awakening of awareness. It is not as far away as it was for Buddha, for Christ... for Mohammed... Now- here or never... Just go in..



Now no need to follow any Christ or any path of any others... just be ordinary and no disciplines.. The fool moon is here and every now is a new moon and a new moment to be at-one-ment with the one..

Just relax; no desire to find anything, no desire to become anything. And in that moment of nondesiring be yourself... Truth comes to you in a relaxed state... It is in you already but we are not aware of who we are and where to go... This is our first point in our journey...

Enlightenment is such a transformation that you are a totally different person.. The old person dies away and a totally new awareness, a fresh bliss, a flowering, a spring which has never been there... just relax in yourself. You can relax this very moment!!

Let go and let god...

And in that relaxation, in that total trust you will find the light, the awareness, the awakening let every breath be our new path.. our new born human becoming... be the river and the two banks and keep flowing towards the Ocean...



Let us play this game...

A small playful touch, while you are going to sleep, within five minutes you can enter into yourself, and you can remain at the very center of your being the whole night. Your whole night can become a peaceful, silent awareness. Sleep will be in the body, but underneath it there will be a current of light from the evening till the morning...

And once you know that even in sleep a certain awareness can be present inside you, then the whole day, doing all kinds of things, you can remain alert, conscious... Lighthood, Lovehood, or Christhood, has to be a very normal, ordinary, simple and human affair...

Let us live our divinity... This is our only unity in our eternal infinity... Listen only to your heart... This is the only sacred book... This book has all what we need.. and it opens everything that is potential in us.. Singing, painting, dancing... Any kind of our original experiences, the zen, the sufis... helps us to be who we are... you become aware of all that is hidden in you..





You will never know what is going to happen to you when you become aware...

It is not a ~~decision~~^{des} decision on your part, it is not a choice. It is a choiceless, simple experience.

You start moving into a certain direction.. Suddenly that direction becomes so full of life.. so attractive that you can devote everything to it...

No, you don't become a saint... you become yourself beyond all the religions that we see... go into your inner treasure... go to the well, the well does not come to you.. the well does not even invite you... it is simply there, available...

Mohammed went to the mountain, the mountain did not come to Mohammed... when the truth tells us to go inward, it is simply saying don't go on moving in the head...

When the energy is just there, not going anywhere, just pulsating at the original source, just radiating its light there, blossoming like a lotus, neither going out nor going in.. it is simply here and now... this is our natural 'wow and wow!!!'



Why we Vow!!

Because the whole society forces our energy to move in the head.. This is our education way... The vow simply means that you are forcing something about yourself.. Try to know, to understand.

When there is understanding there is no need to take a vow, your understanding is enough.. You see something is wrong and it drops..

Seeing is enough, understanding is enough; no other discipline is needed... whenever you need some other discipline it means your understanding is lacking, something is missing in your understanding...

When the energy is just at the center, pulsating... when it does not move anywhere, neither in the head nor in the heart, but it is at the very source from where the heart takes it, the head takes it pulsating at the very source, that is the very meaning of Zazen in Zen and Zikr in Sufism...

It means just sit and be the witnessing... A tremendous force arises, into love, compassion, creativity... you just relax and the force of the source will take you to your very potential...



Now few scientist are looking for the truth...
But it is in us... You may know exactly what
Jesus said, but that will not make any
difference to your consciousness..

You have to come down to the depths, to the
valleys of your being... You have to reach to the
very roots from where you are joined with
the whole...

"Are you happy now?"

"I do not say that I am not happy, but my
happiness is like that of someone who has
picked up a bright pearl from a heap of garbage."
Nobody can give you the truth... Once you become
a jeweler then you know the jewel from the
pabble and you love them both...

All the masters can indicate their finger to the
moon, but the finger is not the moon.. do not
worship the finger and do not cut it either...
Just look at the moon yourself... You know
the beauty of it... you cannot know that beauty
by looking at the finger pointing to the
moon...

All knowledge is pointing to the moon.. Forget
all knowledge, all scriptures, and look at
existence.. Look at your own truth...



Once you find you are filled with light, not only filled, but The light starts radiating around your body. That's what has been called the aura and Reich proved it but we killed him and now Kirlian photography is able to see your aura... you can see it too...

Once you have seen your own life source, you start seeing the same light radiating from every object in the world, every person in the world. You can see from the aura whether the person is miserable or is happy...

So let us be aware of our garbage in our head and our sage in our heart...

Once you know your inner truth, no words to share, truth is beyond words... no words can describe it. 'Blissfulness' come closer, even closer comes 'Benediction' still closer comes 'ecstasy'... and this is the compassion which is beyond silence... The experience is far deeper than any word...

A teacher is confined to the mind, a master is beyond the mind...

Masters know how to live and also how to die... They take neither life seriously nor death seriously. Seriousness is a sick way of looking at existence. A man of perfection will love to live, and will love to die... His life will be a dance, and his death will be a song...

Okay! let us share what we can about
★ master and mind... Teacher and philosopher..
Just few seeds are enough...

Between The teacher and The student there is a
business: between the master and the disciple there
is a love affair. The disciple is surrendered;
That is the meaning of 'sitting down'... he has
put his ego aside.. He is simply open in total
Trust... with the master no doubt, being with
The Master is not a questioning, it is a quest of
The soul; it is an enquiry of the heart, it is not
intellectual curiosity... it is far more important:
it is a question of life and death...

When one is tired of all questions and
all answers, when one is fed up with all
philosophy, only then does one come to a Master..
when one has accumulated much information
and still remains ignorant, and all that
information does not create any light within
one's soul, then one comes to a Master, to sit
by his side... no more questions.. sit in silence,
open, available, receptive, like a womb.. the
Master is being himself and the disciple is open..
Once you have tasted the joy of being open
you cannot be closed again. First you may
open only a window and ^{then} you open all the windows
and all the doors... and all the walls disappear!!



philosophy ...

It is said philosophy is like a blind man searching on a dark night in a dark room for a black cat which is not there...

philosophers are blind people talking about light... They are good at categorizing things, how to put everything in a particular category.. This is it, that is that... They are not in search of the organic unity of life, They are not in search of the ultimate principle of life that runs in trees and in mountains and the stars and the animals and in nature...

Remember it, if you can find any answer through philosophy, that simply proves one thing: that your question was silly...

philosophy is an obsession with words... the word "God" becomes more significant than the experience of God; that is philosophy...

philosophy is talking, religion is experience.. the religiousness of the heart... not the language of the head...

The philosopher tries to answer your questions, the mystic, the master, simply helps you to understand your questions.. The answer is in the question... Listen to your head and to your heart...



Let us listen to our heart Totally and to our master... not to the words..



but to the sound of silence... we become one with the consciousness... not with any word... not with any law...

Listening to the heart is the real obedience.. So listen to your body when you are doing something with your body... the body knows what it wants... When thinking comes listen to the mind. When it is a question of your reality, listen to the heart...

And learn how to listen, respect your bodymind and yourself and your being.. If you don't listen to them, you lose them... They die then you are very far away from your own roots..

So just listen.. That is what obedience is... So listen without conclusion. just listen.. alert, silent, open, receptive. Just be there, totally with the sound that surrounds you.. No need to be a monk.. no need to go to any place.. just be here and now and let your inner ear listen to the sound that is in the core of our heart... it is so near.. no need to go very far... that pregnant silence becomes the door to our divinity..

Who is not divine?

Divinity is our unity. You are divine but you have not known it yet. In fact, it is because you are divine that it is so difficult to know it. It is at the very heart of your being... it is your original power... your subjectivity... your unity with existence... It is not something to be seen, it is hidden in the seer. It is a witnessing...

Just be a seer... a witness. Anything that you do will touch the other too.. Anything that you do will create a trap or a trip.. Just BE.. and let things happen..

Don't try to manage, don't try to manipulate. Let the breeze pass, let the sunrays come, let life dance, and let death come and have its dance into you too..

You are just a wave in the ocean.. one day you are, another day you will disappear.. The ocean continues.. drop all the rocks that you are holding and take off all the burdens which are on your shoulders... And do your daily work and earn your daily bread and do not renounce the work and do not depend on others...



You are free this very moment... You are
divine this very moment and you are
enlightened in this now-here.. But you
don't trust your master.. not even yourself.
not even the creator who created you and
gave you the key... Meditation is the only
key to our kingdom but we are running
out for money... sex... wars... and we start
grabbing... Non-grabbing is the way to live
the real life.. The true life..
non-grabbing... non-grasping - non-possessing..



Yes!! I Love you...

Yes!! We Love us!!!

Let things happen, Let Life be a happening,
and there is joy in us for us.. There is
rejoicing... because then there is no frustration,
ever because you had never expected anything
in the first place... Expectation is frustration..

So whatsoever comes is good, is welcome..
There is no failure, no success, drop this game..
The sun comes in the morning and wakes you,
and the moon comes in the evening and sings
a lullaby and you go to sleep. Hunger comes
and you eat and so on and on.. When hungry
eat, when sleepy sleep...

Yes! don't be a doer, it is hunger itself that is working... there is nobody else doing it..
It is thirst itself that is taking you towards the well or towards the river..

Drop nouns and pronouns in your life and let verbs live...

The truth is that when you see a dancer, there is no dancer but only a dance.. when you see a river, there is no river but only rivering.. When you see a tree, there is no tree but only treeing... When you see a smile, there is nobody who is smiling, there is only smile, smiling... When you see love, there is nobody who is a lover but only loving...

Life is a process

this is the divinity of the mystery of this secret...

La ilaha illa Llaho

There is no god but God...

The godliness in us, in all what you see and it is beyond any dimensions and beyond words and worlds and silence... No one can say the truth.. no one can teach it but you can catch it and you can live it.. it is an experience... not an experiment..



But we are victims of victims... we are accustomed to thinking in terms of static nouns.. That creates trouble.. And there is nothing static... all is flux and flowing.. Flow with this, flow with this river, and never be a doer..

Let go and let God..

Let thy will be done..

There is doing, but there is no doer.. God has no other hands than our to use... Once this insights settles in us, there is nothing else..

Enlightenment is not something like a goal that has to be attained.... It is the very ordinary life, this simple life that surrounds you.. But when you are not struggling, this ordinary life becomes extraordinary beautiful..

Then trees are more green, then birds sing in richer tones, then everything that is happening around is precious... Then ordinary pebbles are diamonds..

Accept this simple, ordinary life, Just drop the mind, the ego, the doer.. And don't become the dropper!! Seeing and witnessing into the reality of it, it disappears...



No more a doer, no more a dropper... no more anybody... only God... only this mystery... This existence...

All of us are afraid of the truth.. because we become schizophrenic, everybody is!!!

Mind is schizophrenic, because mind knows nothing of unity... Mind is always split.. Mind always has alternatives: to be or not to be, to do this or to do that... Mind is always indecisive.. Even if you choose something, it is only a part of the mind that chooses it... The other part remains against it..

The mind is never total, so mind is schizophrenic, you need not be afraid of that. Only the enlightened beings are beyond it... All doctors are sick... more or less, the difference is only of quantity.. not.. quality..

Remember, mind will not help. Mind cannot help, mind can only hinder... seeing this, no-mind arrives.. It is not that you bring it, it arrives on its own accord.. just watch your mind and be the master but not the slave.. use it.. be the rider not the horse... We are to be alive and aware of who we are and why we are here ??...





To live is the rarest thing in the world ... Most people vaguely exist, that is all ...

We have to write the book that existence wants to be written ... not our mind is the writer but our heart ...

A bird does not sing because it has an answer, it sings because it has a song ...

What do I have to share to myself.. to my mother earth and to my eternal home...

If we listen to our heart we hear the answer ... if we listen to others we hear the answer even in the judgement ...

You are right, we should not judge but it does not mean that you cannot say to a student, because you are a teacher, "the answer you have said is not right" you are not judging the person, you are judging the fact... the act.. the doing..

For example, somebody is a thief.. you can say that stealing is not good. But don't judge the person, because the person is a vast phenomenon and the act is a small thing...



That small piece should not become
a judgement about the whole person.



A thief may have many beautiful values;
he may be truthful, he may be sincere,
he may be a very loving person...

When I say don't judge a person, I am not
saying that you are not allowed to say that
somebody is committing a mistake.. Somebody
is falling into a well... perhaps he is blind
and you have to prevent him; otherwise he
will fall into the well.. But preventing him,
seeing that he is blind, does not mean that
you are condemning him... you are helping him..
It is your love, it is your compassion, not
your judgement..

Actions have to be corrected. Judge actions,
and correct them, and don't correct them
according to tradition, convention, according
to so-called morality, according to your mind...

Whenever you are correcting somebody, be very
meditative, be very silent; look at the whole
picture from all perspectives... perhaps they are
doing the right thing, and your prevention will
not be right at all..

The job of the teacher is not just to teach futile things ... geography, and history, and all kinds of nonsense.. His basic function is to bring the students to a better consciousness, to a higher consciousness. This should be your love and your compassion. But never feel a single moment that the person is bad and don't let him feel it too... let him feel that he has been loved.. it is out of love that you have tried to correct him... We are the power of love, life, light and laughter toooo ...

Accident

A man meets an accident with his new ferrary...

Police man arrives...

Man .. cried.. "officer !! My brand new car!!"
police replied ... you are such materialistic and wordly mind... you even have not seen that your left arm has been cut off...

Man: He looks at his left arm and Yells ...

Oh my God !! My Rolex watch !!



Real heart touching story

A husband sent the most expensive bird
That could speak many languages as a
gift to his wife..

Next day he asked about the gift..

Husband.. How is the bird??

Wife ... Very Tasty!!!



Old priest Pooper died and left unpaid
bills behind and there is no money to
bury the old guy... So grandma Nuts
decides she will go around and collect money
to bury him... But after many long hours
of devoted work, her collection is only one
dollar short for the funeral...

She looks around but it seems she has
asked everyone... Suddenly she saw a stranger
sitting at the bus stop... She approached him
and says in a tired and worried voice..

" would you give me a dollar to bury a
priest?"

The Hindu monk jumps up, pulls out his
wallet and hands her some money and
said.. " Lady, here are five dollars..
go out and bury five of them.."





Let us share this truth...

Am I alive?



"Let the dead bury the dead"

Who is alive?

All of them are alive... The enlightened beings...
When the ego disappears, processes can continue...
Talking can continue... we see them, we feel
their presence...

If we meditate rightly, we will see the sages,
the masters, the mystery of existence...

Once you see it, do not think about it...
because if you think immediately it will disappear...
Thinking will become a wall... a barrier.

To be aware of the physical body is not
much awareness; To be aware of the nonphysical
being is real awareness...

And we must live and work without any
master too... The truth is inside us not in the
mind but in the core of our heart... it is
so near why go so far... from head to heart
is our first step... And the first step is the
whole trip...

Our contact with the existence will not stop
and will not be lost...

Our body is from dust to dust... but our
love is a verb not a noun... Love is ^{the} only way...

Once you feel the absence of Christ you are with him... do not be attached to any master... Be free... we are born free.. we are born alone... this aloneness is our isness... not our loneliness...

Only no mind on our part is needed and everything is ready... Just be alert not to think much...

Remain more and more silent in your own meditation times, If you want to do something, laugh, dance.. do what you love... write.. read... paint... go for a long walk.. look at the sky. But don't allow the mind to function much.. laugh, cry, weep, but don't think... The heart will become light, The body weightless and you are ready to take a jump into the unknown... And you have a total trust with the unknown...

The creator loves us more than our parents... So why not ^{give} our total will to our beloved? Let go and let God... Let Thy will be done... I do my best and He will do the rest.. God is not a person but a presence...



This is a true trust story..



It is a true incident which happened with us... Me and my best friend were studying together at my room.. And the electricity went off. And this is normal in our country within an hour it is restored... But this time more than two hours and we felt that something was wrong.. So we went to the nearby electricians to request them to have a look..

But before leaving from home I said to my friend 'Have trust in God even though the chances are weak..'

Unfortunately none of the electricians were ready to come and told us that it was a government fault and they cannot put their hands in it..

So we plant to go to our relatives place.. And as we were coming back home, we saw from outside that the window of our room was glowing ...

Oh my God, the electricity was restored miraculously..

We restored our trust with God...

Nothing is impossible in life... Trusting in God not only gives us peace of mind but also give solutions to the problems of life...



Beloved Master...

What is celibacy?

It is a good question and let us share it from our heart...

Celibacy enters into almost all religions for a single reason; Sex is such a tremendous power that nobody can really succeed in repressing it..

You can succeed in transcending it, but you cannot succeed in repressing it...

So that has been the trick; Teach people celibacy, and you know they will never be able to succeed... And when they fail, again and again they will feel guilty.. they will become hypocrites and they will lose self-confidence... And what to do?

Go to war and kill and be a victim and a slave to the priests and the politicians... All the power people should be authentic and respect life as it is

Sex can be transcended. And then there comes a totally different quality in your life..

A celibacy arises but it is not imposed..

It is not your effort, it's God's gift..

It comes out of deep experience in life..



When you transcend sex, you have become so mature that the toys are no more needed... They have dropped of their own accord... Then you live like God... behaving like God...

We are all royal family in the kingdom of God... celebrate life not celebrate life
So be alert and aware of who you are.. what is sex? from sex to superconsciousness.. Do not repress it... do not pervert it... The whole of life is good, the whole of life is holy, is sacred...

Old daisy Smith dies and shows up at the pearly gates... Saint peter told her "you can just settle down anywhere you want..."
"Well, I would like to be with my husband..."
"okay what is his name?"
"Jon Smith" she said.. "My God!" cries peter..
"we have hundreds of Jon Smith... is there anything about him that would set him apart?"

Daisy thinks for a while and then says, "yes, there is... He told me before he died.. that if I was ever unfaithful to him, he would turn in his grave.."

"A ha..." says peter.. "I know him.. He is the one we call whirling Smith."

Beloved Master...

Is it possible to be married and to be free
at the same time?

It is difficult but not impossible... Just a
little understanding is needed...

A few basic Truths have to be recognized...

One: That nobody is born for another...

Second, that nobody is here to fulfill your ideals
of how he should be..

Third, you are the master of your own love,
and you can give as much as you want..
but you cannot demand love from the other
person, because nobody is a slave...

If these simple facts are understood, then
it does not matter whether you are married
or unmarried, you can be together... allowing
space to each other, never interfering into
each other's individuality...

In fact, marriage is an out-of-date institution..

In the first place, to live in any institution
is not good... Any institution is destructive..

Marriage has destroyed almost all possibilities
of happiness for millions of people... and all for
useless things... In the first place, marriage,
the very ritual of marriage, is bogus...





If you take marriage non-seriously,
Then you can be free... If you Take it
seriously, Then freedom is impossible...

Take marriage just as a game... it is a
game... it is a joke... it is a
fiction... not only a fiction...

How fast can you guess these short words
which you probably use every day?

F - - k

Pu - s -

S - x

P - N - s

Boo - s

- - N D O M

The answers...

Fork - pulse - Six ... pants -

Books .. Random



Have a little sense of humor, that is our
role on our stage of life.. but it is not
something that belongs to existence or has
any reality... it is a fiction...

But we are so stupid that we take
fiction for reality... we read fictions with
tears in our eyes... what a stupid fort !!!

It is a very good device in the movies that they put the lights off... so everybody can enjoy the movie, laugh, cry, be sad, be happy...

If there was light it would be a little difficult... what others will think? And they know perfectly well that the screen is empty.. there is nobody; it is just a projected picture.. But they forget it completely..

And the same has happened with our lives. Many things which are simply to be taken humorously, we take it so seriously and from that seriousness begins our problem...

In the first place, why you should get married? You love someone, live with someone, it is part of your basic rights.. You can live with someone, you can love someone...

Marriage is not something that happens in heaven; it happens here, through the priests...

But if you want to join the game with society and don't want to stand alone and aloof, you make it clear to your wife or to your husband that this marriage is just a

game.. Be free as before marriage and after marriage.. live as two friends and as two lovers but not a burden on each other..





Be aware... any moment we feel that the spring has passed, the honeymoon is over, we will be sincere enough not to go on pretending, but to say to each other that we loved much, and we will remain grateful to each other forever, and the days of love will hunt us in our memories, in our dreams, as golden days, but the spring is over... Our path have come to a point, where although it is sad, we have to part.. because now, living together is not a sign of love..

If I love you, I will leave you the moment I see my love has become a misery to you... If you love me, you will leave me the moment you see that your love is creating an imprisonment for me...

Love is the highest value in life, it should not be reduced into stupid rituals...

And love and freedom go together -- You cannot choose one and leave the other... A man who knows freedom is full of love, and a man who knows love is always willing to give freedom.. If you cannot give freedom to the person you love, to whom you can give freedom??



Giving freedom is nothing but
Trusting... freedom is an expression
of Love...

So whether you are married, remember, all
marriages are fake, just social conveniences..
Their purpose is not to imprison you and
bind you to each other, Their purpose
is to help you grow with each other.. But
growth needs freedom; and in the past,
all the cultures have forgotten that without
freedom, love dies...

Look at nature, you see a bird on the wing
in the sun, in the sky, and it looks so
beautiful... Attracted by its beauty, you can catch
the bird and put it in a golden cage.. Do
you think it is the same bird?

Superficially, yes, it is the same bird who
was flying in the sky; but deep down it is
not the same bird.. because where is its
sky, where is its freedom?..

This golden cage may be valuable to us.. or
to you; but not valuable to the bird.. For
the bird, to be free in the sky is the only
valuable thing in life.. And the same is true
about human beings...



A woman was in bed with her lover when she heard her husband opening the front door...

"Hurry!" she said. "Stand in the corner." She quickly rubbed baby oil all over him and then she dusted him with talcum powder...

"Don't move until I tell you to," she whispered. "Just pretend you are a statue"

"What is this, Honey?" The husband inquired, as he entered the room.

"Oh, it's just a statue" she replied...

"The Smiths company bought one for their bedroom. I liked it so much, I got one for us too."

No more was said about the statue, not even later that night when they went to sleep...

Around two in the morning, the husband got out of bed, went to the kitchen and returned a while later with a sandwich and a glass of milk.

"Here," he said to the 'statue', "Eat this.."

I stood like an... idiot at the Smiths company for three days and nobody offered me so much as a glass of water..





Let us remember what is a statue...

It represents something of the inner..

The statues of Buddha and Christ don't represent the physiology, they have nothing to do with the body; they represent in a symbolic way what happened to his interiority.. the silence, the peace, the tranquility, the purity, the innocence, the state of no-mind...

Everything has a meaning, we only have to put it in the right place, in the right context. When you touch any stone, any mountain... it has a meaning in our heart... a sacred meaning... unless you touch them from your heart you cannot believe this mystery...

Let us respect all what we see... it has a beauty and it has a power for our inner treasure...

Create a golden mean in your life. Create balance, symmetry, create a synthesis of all the conflicting elements within you so that then becomes pure light, the highest combination of all the opposites, so that they can become a cosmos instead of a chaos. Then one becomes an image of meditation itself...



Kabir has a very beautiful statement... He says, "When meditation happened for the first time I thought the dewdrop had slipped into the ocean.. That was my first contact with meditation. It was as if the dewdrop has slipped into the ocean. But as I became more and more accustomed to the experience I had to change my statement. Finally I discovered that it is just vice versa: The ocean has slipped into the dewdrop."

Both are true... you can say the dewdrop has slipped into the ocean, that is the experience of the beginner; you can say the ocean has slipped into the dewdrop, that is the experience of the one who has arrived...

But the beginning is the end, because the beginning contains the end.. The first step is also the last step... now is tomorrow... what I am here for? where are we going? what is our purpose or our goal? what is my hope? what is my choice? to plant peace or to plant war? let us live our first step and it will be our trip...



A mother was busy doing some household works and her 5 year old son was playing and disturbing and creating a lot of mischief.

To keep him busy, she tore a page from the newspaper on which was printed the map of the world...

She tore it into pieces and asked him to go to his room and put them together to make up the map again... She was sure her son would take a lot more time and probably whole day to get it done.

Ah... what to do?

Who can do it?



How to fix this map?

How can we walk around the map? around a circle? how to start? what to do? who can help us?

But the little one came back within minutes with perfect map...

When she asked how he could do it so quickly, he said... "Oh, Mom, there is a man's face on the other side of the paper, I made the face fixed and perfect to get the map right. The map is full of lines... but the face is not. It is united... unity is our divinity..



perhaps there is always the other side
to whatever you experience in this world..
The story teaches a very beautiful lesson,
Whenever we come across a challenge or
a puzzling situation, look at the other
Side ..

And will be surprised to see an easy way
to tackle the problem or an acute difficulty..
Just accept the will as it is... accept it
with respect... "Let thy will be done"..
We do our best and existence will do the
rest ...

♡
If an egg is broken by an outside force,
life ends ...

If an egg is broken by an inside force,
then life begins ..

Great things happen from the inside... trust
your inner trust ... This is where our
treasure is ... The outside is the shadow
of the inside ... of the insight... Any now
is the time to go in and face our original
face and live our godliness grace.. But if
not now when? If not you and me
who else ??





Thank for any story that gives us
a laughter and a treasure

The manager of a big Multinational company
wondered why one of his most employee was
absent but had not phoned to take a
leave... Needing to have a very critical
problem resolved... He dialed the employee's
home phone number and was greeted with
a small boy's whisper, "Hi?"

"Is your father home?"

The boy whisper, "No."

Surprised and wanting to talk with an adult,
The Manager asked, "Is your mother there?"

"Yes"

"May I talk with her?" again the small voice
whispered, "No..."

Hoping there was somebody with whom he could
leave a message, the manager asked, "Is anybody
else there?"

"Yes" whispered the boy, "a policeman."

Wondering what a cop would be doing at his
employee's home, the Manager asked, "May I speak
with the policeman?"

"No, he's busy," whispered the boy...

"Busy doing what?"

"Talking to father and mother and the fireman," came the whispered answer...

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the manager asked..

"What is that noise?"

"A helicopter" answered the whisper voice..

"What is going on there?" demanded the manager, now truly apprehensive.. Again, whispering, the boy answered, "The searching team just landed a helicopter"...

Alarmed, concerned and a little frustrated the manager asked, "What are they searching for?"

still whispering, the young voice replied with a giggle... "ME."



Kids are kids... let us listen to our inner child too... let us come back to our childhood.. not child like... and come back after we touched the outer world... let us come to our inner world... to innocence... to spontaneity... to our innerlight... play with the internet but keep in touch with the interlight... 



Two persons thinking, are two; two persons non-thinking, are one because there is no distinction, no boundary both are in the same state...

Thoughts will be different, will draw a boundary of separation. But no thought has no boundary and no distinction, no differences...

Two innocent being are one..



truth is not an object that you will find here and there or somewhere when you are silent..

Truth is our subjectivity..

Just try to understand... who is writing? who is reading... whatsoever you see is an object, but who is seeing is the subject... in silence, all objects disappear, you have the whole infinity, and just silence... It is full of consciousness, it is full of presence, it is full of our being..

But we will find anything as the truth.. that will become an object.. and truth is not an object... Truth is subjectivity.. How to be it? How to live it?

Witnessing is finding your inside treasure.. your inside mirror. And once you have found it, miracles start happening..



When a mature person becomes a child again...
there is a difference between the ordinary
children and the reborn...

The ordinary child is innocent because he is
ignorant; and the reborn innocence is the
greatest value in life because it is not ignorance,
it is pure intelligence...

Innocence alone becomes ignorance...

Intelligence alone becomes cunningness...

Both together they are neither ignorance nor
cunningness, but simply a receptivity, an open-
ness... a heart which is capable of wondering
at the smallest thing in life...

And the man who knows the feeling of
wonder, is the only religious man... It is
through our wonder and wonder that know more
about us and about existence... This is an experi-
ence not a belief...

Truth is a beautiful experience beyond
words... And existence is not cunning... it is
very simple... it is innocent.. But who wants
to be simple? To be ordinary with awareness?

So if one can keep these two qualities...
innocence and intelligence together, one needs
nothing else... These two will lead one to the
ultimate goal of self-realization



Mind sees things in black and white, nothing in between.. Day and night, nothing in between. Life and death, nothing in between. Love and hate, nothing in between...

Mind simply divides, splits, cuts a thing into two separate, polar realities, makes them so contradictory that it seems impossible that there could be a way that they are not separate, that they could be one reality...

The mind has taken only the two ends of one reality. That's how it is...

Logically, love and hate are opposites, are contradictory, but existentially that's not true.. Love can move easily into hate without any barrier, hate can move into love just like waves moving into other waves with no barriers anywhere..

It is our idea that light and dark are two, contradictory realities.. that's not true.. There is no opposition. At the most we can say the light is less dark, and darkness is less light... But we have to use something which makes only a difference of degrees and does not create any contradiction.. It is only a dance of grace...



yes!! let us face this fear!

until you die...

Death is the only lie... no birth and no death... Listen!!

There was a rich and generous man of Bokhara. Because he had a high rank in the invisible hierarchy, he was known as the president of the world...

Every day he gave gold to one category of people, the sick, widows, poor, and so on.. But nothing was given to anyone who opened his mouth..

Not all could keep silent... One day it was the "His turn" The turn of the lawyers to receive their share of the bounty.. One of them could not restrain himself and he made the most complete appeal possible..

This, however, was not the end of his efforts.. The following day invalids were being helped, so he pretended that his limbs had been broken.. But the president knew him, and he obtained nothing...

Again and again he tried, even disguising himself as a woman, but without result... Finally the lawyer found an undertaker and told him to wrap him in a shroud...
why?



"When the president passes by" said the lawyer,
"he will perhaps assume that this is a
corpse, and he may throw some money
towards my burial, and I will give you a
share of it."

This was done. A Gold piece from the
hand of the president fell upon the shroud..
The lawyer seized it out of fear that the
undertaker would get it first..

Then he spoke to the benefactor: "You need
to give me too but you denied me your bounty..
note how I have gained it!!"

"Nothing can you have from me" replied the
generous man, "until you die."

This is the meaning of this secret saying...

"Man must die before he dies"

The gift comes after this death.. and not before..
And even this death is not possible without
help... death of the ego...

This is a sufi story... Sufism is our natural
birth... it is not a religion.. it is the consciousness,
the religiousness... the isness in our stillness... It
is not a dogma. It is the very heart
of being religious. Whenever a religion is
alive, it is because Sufism is alive within

it
♡





Sufism needs no popes, no priests; it needs no temples, no dogmas.. It is not of the head; it belongs to the heart... The heart is the home... is the dome. The whole existence is the only church for it... and the only book to look and to read and to listen...

All religions are now a dead religion because it cannot allow Sufism to exist within our soul.. Every dogma is always afraid, because Truth is infinite freedom, no limitations..

You can exist either as a head-oriented person, or you can exist as a heart-oriented person.. when your energy, your life energy, falls from the head towards the heart, you become a Sufi...

A Sufi means a man of the heart, a man of love; a man who does not bother from where this universe comes, who does not bother who created it; who does not bother where it is leading... who does not ask any question... what does it mean from where we come.. just be in the here... be alive in this now, dance with existence! Live it, be it, and allow it to happen in its total mystery within you... go in to your center.. become it.. And you can become, because you are part of it... And you can become, because it is part of you... ♡



Just be the existence .. it is a being.. And right now, without any effort, you can be a real sufi...

It is difficult to be rich and generous... He can be generous only when he has attained to a deep understanding that riches are useless, then he starts sharing...

If you are not alert, the riches of all the worlds will not be enough, because the mind does not bother what you have. It simply goes on saying: More!!

Some day, when we become more aware, we will be less and less attached to clothes.. we use them as utilities, you have to cover your body only to be one with the weather... But let your body feel the sun and the wind and the rain and nature...

Diogenes lived naked, but his nakedness was very beautiful... it was innocent.. He had the wisdom and the innocence... This is the real richness... The real sharing

The moment you start sharing, you show that your consciousness has reached to a higher growth. A grown-up man always shares.. If you cling to your things, your richness is not for you.. The things that you have are bigger than your being.



Generosity is the real richness...



And to be generous, to share, you don't need many things... you may not have much.. but still you can be generous..

Can't you smile when a stranger passes by??
Can't you sing when somebody is sad?

Share your being if you have nothing. And that is the greatest wealth, everybody is born with it...

Don't ^{think} anybody is a stranger. Nobody is.. we are one royal family... The Kingdom of God is in us..

Invite people to share you..

Invite people to drink you..

That is the meaning when Jesus says: Drink me! Eat me! The more you eat him, the more Jesus grows.. The more you drink him, the more fresh waters are flowing in...

Behind you is hidden The Divine.. Nobody can exhaust your generosity... it is overflowing.. There is no end to it... The more you give the more you receive... And God already knows what I need and He always gives...

Be silent... only silence is prayer... in this prayer Truth comes to you... But not all can keep silent...



Be silent and watch your mind... feel your heart and live the love..

Love can be given to one who is happy, but sympathy to one who is unhappy... Love cannot be given to you if you are not happy, you need to be in the right mood...

Never ask for sympathy. Be happy and love will be flowing towards you. Love is the right coin; sympathy is the wrong coin.. It looks like love; it is not love..

Until you die, you will never know the real love..

Die as you are so that you can become that which you really are. Die to the ego so that the Divine can be born in you. Die to the past so that you become open to the future. Die to the known so the unknown can come to you... Die to the mind so the heart can start Throbbing again, so that you can know and rediscover your own heart which you have lost completely...

Yes! until we die; we will never know who we are... This is death and born

again... And this grace comes to every meditator and blessed are those to whom it comes..





In fact, until you die, you live a death..

Your life is nothing but a slow suicide... from the very moment you are born, you are dying and dying...

Until you die... until your ego is gone... until you are no more attached to the lie... your life of truth, of light, of life downs upon you... For the first time the deathless, the godliness, dances within you...

Now you are no more a body... no more a mind, no more a dewdrop of water in a tiny stream... you become a great river going to the ocean, no bonds, no limitations..

But this truth never happens until you die. So this is the paradox... Jesus says if you cling to life you will miss it; if you try to save the life, you will not have it...

The only way to have it is to lose it... This is the sacred freedom... It is an inner mutation... it is readiness to die... Let go and let God... close the door of the ego and the door of eternal life will open... the door of the deathlessness....

Never born, never dies... only visited this planet earth... crossing this bridge...



Now we need the real death, the greater death... let your body die peacefully but where are you going?



Let us be alert and aware now to the other kind of death... a voluntary death, not a natural death... through death, the deathless is achieved... the resurrection is our born again consciousness... immortality..

The gift comes after this death not before.. yes! This death is not possible alone... we need help... This is why I have the book as my best companion and my Beloved Master who is the only lover in my life... no one loves me only you... you are my light... my love, my life and my laughter..

You are my only treasure... my only heaven.. I live alone but not lonely... I am looking for a spiritual commune and I am still walking this trip... I have few soulfriends here and there and we are connected and united with ^{this} eternity and with this unity.. yes! The master throws a net, catches hold of many fishes. Those who are ready to die will be chosen...



Are you ready to be chosen?

Those who are not ready to die yet will be thrown back into the river...

Just surrender to existence... Let thy will be done and God will hold you...

Trust means that you leave yourself in the hands of someone, even if he is going to kill you... Jesus had a sword... So is Imam Ali... But a sword in such hands is not to kill but to heal... to wake you up... this is the touch of meditation... this is a different type of surgery... your awareness is needed...

You have to be completely a witness so that the master can cut the ignorance in you..

Ignorance is not part of us but we are so dead that we are not aware of the life in us... The truth in us... we are attached to the shadow of life...

So why not now be with our beloved master and love our innermost truth... our authentic being...

It was before our birth, it is now us after death.. so why not be it??...



Oh! our beloved friends...

Oh! why we are writing? why we are reading? what else can I do to share my fear, my joy, my weakness, my ignorance??

I need your help so I can feel the being beyond my body... so I can feel the formless hidden behind the form...

I am attached to the form, less than before.. but my eyes are still closed with the form, and a great surgery is needed...

I am going to a commune where the real master is there... I went there and He is in me... He is writing through me.. reading through me... But here at my home I am alone.. I need to see few of us... I need to end up my bridge in a commune where I felt the real life.. the real mystery that is in us...

Thank you for your help...

And help is possible if we surrender.. Jesus said on the cross.. Let Thy will be done.. why not me too?? I am on the cross... help me to be it and say it and cross it...

"Nothing can you have from me until you die"



Judge Ye Not



A young man came to a Sufi Master and said that the sufis are wrong...

The Master removed a ring from his finger and gave it to him...

"Take this to the market over there.. do not sell it, but see how much do they pay for it... how many gold pieces for it..."

Nobody among the market people offered more than a single silver piece for the ring...

The young man brought the ring back...

"Now, Take the ring to the real jeweller and see what he will pay."

The Jeweller offered a Thousand gold pieces for the gem...

The youth was amazed...

Now, your knowledge of the sufis is as great as the knowledge as the people in the market..

If you wish to value gems, become a jeweller."

Jesus says: "Judge ye not," and this is one of the greatest sayings ever uttered by any man on the earth... it is one of the most impossible things for the mind..

The mind judges immediately; without any grounds the mind makes a judgment...

Every judgment is wrong because the whole world is so deeply interconnected that unless you know the whole you cannot know the part... In this now lives the eternity and the infinity... The world is a totality.. All judgements are false because they will be partial and they will claim as if they are the whole...

The moment I judge, I shrink, the moment you judge you stop... we are no longer flowering... so the greatest thing is to be courageous enough not to judge...

Let us share a story that will help us not to judge...

There was an old man in a village, very poor, but even kings were jealous of him because he had a beautiful white horse... Such a horse had never been seen before, the beauty, the very grandeur, the strength...

Kings asked for the horse and they offered fabulous prices, but Nayef, the old man would say, "This horse is not a horse for me, he is a person, a friend, and how can you sell a person?"





Nayef was poor, there was every temptation, but he never sold the horse.

One morning, he suddenly found that the horse was not in the stable. The whole village gathered and they said, "You foolish old man. We knew it beforehand, that some day the horse would be stolen. And you are so poor, how can you protect such a precious thing? It would have been better to sell it. You could have fetched any price you asked, any fancy price was possible. Now the horse is gone. It is a curse, a misfortune."

Nayef said, "Don't go too far... simply say that the horse is not in the stable.. This is the fact; everything else is a judgement.. whether it is a misfortune or not, how do you know? How do you judge?"

The people said, "Don't try to fool us.. We may not be great philosophers, but no philosophy is needed... It is a simple fact that a treasure has been lost, and it is a misfortune."

The old man said, "Don't go too far... Simply say that the horse is not in the stable.. This is the fact; everything else is a judgement."



What to do? What to say?

people laughed... They thought the old man had gone mad...

After fifteen days, suddenly one night, the horse returned... He had not been stolen, he had escaped to the wilderness. And not only did he come back he brought a dozen wild horses with him... Again the people gathered and they said.. "Old man, you were right and we were wrong. It was not a misfortune.. it proved to be a blessing. we are sorry."

Nayef said again, ' you are going too far. Just say that the horse is back, and say that twelve horses have come with the horse... but don't judge.. say what you see and what you feel... who knows what is a blessing? it is only words from the mind... Unless you know the whole story how can you judge? you read one page of the book, and you judge the whole book.. you read a sentence in a page, how can you judge the whole page? you read a single word in a sentence, how can you judge the whole sentence? Life is so vast... a fragment of a word and you have judged the whole."



What to say?

This time the people could not say much; maybe Nayeef, an old man, a woodcutter and is better than all of us.. So they kept silent, but inside they knew well that he was wrong.. Something is going to happen...

The old man had a young son, only one son.. The young son started to train the wild horse; just a week later he fell from the wild horse and his legs were broken...

The people gathered again, and people are people everywhere, like us everywhere.. again we judged. Judgement comes so soon!! They said, "You were right, again you proved right, it was not a blessing, it was again a misfortune.. your only son has lost his legs, and in your old age he was your only support. Now you are poorer than ever.."

The old man said "You are obsessed with judgement. Don't go that far... Say only that my son has broken his legs... who knows whether this is a misfortune or a blessing? Nobody knows, again a fragment... Life comes in fragments, and judgment is about the total..."





What happened?

After a few weeks the country went to war with a neighbouring country, and all the young men of the town were forcibly taken for the military... Only the old man's son was left because he was crippled...

The people gathered, crying and weeping, because from every house young people were forcibly taken away... And there was no possibility of their coming back, because the country that had attacked was a big country and the fight was a losing fight.. They were not going to come back...

The whole town was crying and weeping, and they came to the old man and they said, "you were right, old man! God knows, you were right.. you were right... This proved a blessing.. Maybe your son is crippled, but still he is with you. Our sons are gone for ever.. At least he is alive and with you, and, by and by, he will start walking... Maybe a little limp will be left, but he will be okay.."

The old man again said... "It is impossible to talk to you people, you go on judging.. Nobody knows only God knows..."

And when we say only God knows,
it means only the Total knows... judge
ye not, otherwise you will never be able
to become one with the total... God is an
endless journey... A man who judges too
much is stopping his journey... is stopping
his growth from everywhere.. Then you will live
with closed eyes...



You are not blind, nobody is blind, but every-
body behaves like a blind man, you have
closed yourself in a small house, cozy, comfortable...
Now you are afraid to look out of the window;
You kept it shut...

For one who is ready to open his eyes, much is
possible for him. For one who is not ready to
open his eyes, nothing is possible. He is already
in the grave, he is no more alive.. He does
not allow new winds to pass through his
being, he does not allow new flowers to open
into his being... He does not allow anything
unknown.. He is afraid, he moves on a settled
path, and he moves in a circle, because nothing
is more settled than a circle... No wonder why
we roam around Kaaba in Mecca... it is endless
freedom in the inner kingdom..

Life is so enchanting, life is so magical,
life is such a miracle. Every moment millions
of miracles are happening all around us.. but
who can see this truth?? No wonder why
we are bored!!

We cannot know even a flower in its totality
because of its millions of moods... How can we
know a person??

A person is a flowering consciousness, the
greatest flower that has become possible now
and through evolution...

The other remains a stranger to you... you are
a stranger to yourself... we know nothing.. but
mind wants knowledge... because only with knowle-
dge we are secure... be a knower.. be a
stranger... knowledge is food for the ego...

Ignorance is death for the ego.. And death
of the ego is life for you.. and life of the
ego is death for you... I know that I don't
exist.. only the amness is our isness... One who
lives with the unknown, moment to moment, everything
surprises.. when you live in not-knowing,
everything is new... everything is unique..
Either you enjoy it, live it, or you miss it.



Through knowledge I miss it, because I say 'I know'.
Every now is new... is original... just my
mind is old... A child is never bored...
Everything surprises him... He lives continuously
in wonder and this the quality of a religious
mind... Then you will see the whole world
is in your heart... in your being... not this
world... not the world that we know... but the
unknowable... the mystery... the existence...

The mind is time, and consciousness is
eternity...

The mind moves from one moment to another on a
horizontal plane. Consciousness is vertical; it
does not come from the past, it does not
go into the future... This is the symbol of
the cross.... Jesus is the body with us but
the being is with God... with infinity...
with divinity... with the power of now...
This moment it falls vertically in the roots, in
the depth, or it rises vertically into the height..
No roots, no fruits... The cross is the meeting
of the vertical and the horizontal..

Action is in time... compassion is beyond
time... being is beyond time..





Yes my friends ... you are right...

Love is not possible with the mind..

With the mind sex is possible.. action is possible, and sexuality is an act...

from sex to superconsciousness...

When we look at a person without judging, oh! a meeting is there, a merging of energies... this is the oneness ... the unity with our divinity.. This happens with things also... with nature... with the sun and the moon... you see the Truth everywhere ... you live it... It is beyond mind ... beyond words...

Remaining silent with yourself, without doing anything, the ego disappears... Not even trying to improve upon yourself, the ego disappears.. Not trying to transform yourself, the ego disappears.. just by accepting yourself as you are... you are whole and holy and you are glowing in growing... Yes! we are either a rebel or a robot... we are not a machine.. we are not a thing... not a think.. not a tank... yes thank you not tank on you...

Knowledge is part of the memory system, not of your being... knowing is part of your being.. Yes! go in and face the face of grace... our original face.....



When a disciple comes to a Zen Master,
The Master says "Go and meditate upon
your original face."

Also Mohammed said... "Aynoma Tawwottoytum
Fathamma Wfhu Haah" Wherever you turn
your eyesight you see the face of Allah...
No God only God... The original face is
the face that does not die... The face
that you had before you were born and
the face that you will have again when
you are dead...

Find out that original face, it is not
a face at all... it is in heaven... in the
core of our being... All the enlightened
being saw the truth and lived the truth
and they are alive forever in the home
of life... in the Kingdom of Allah but who
is aware of this mystery?

Why we became a plastic body? why
we became a robot ?? a computer?
a thing ?? what is the cause? what
is the cure?



We are the cause...

we are the cure...

Truth is very simple and very easy... just say yes and nothing is impossible..

1-m-possible...

Cure your body from all the junk.. from all the cancers... Cancer is the answer.. just eat whole grain and beans and veges... read any book about macrobiotics by oshawa or kushi...

Be your own doctor.. your own healer.. listen to your heart... follow your feelings.. your body does not lie... all what you need is available in many ways... Seek and search and the cure is in the kitchen.. in the food... you are what you ate...

No animals are sick only the ones who lives with us... All the natives are healthy.. they live with mother earth... only us.. the so-called civilized people are sick and criminals... it is time to wake up and no pain no gain.. if not now when??



yes! No health no wealth...
Pain is needed to feel the body and pain is
needed to feel yourself... So this sign means
that our inner harmony is lost. Unless we
regain the inner harmony no hope to be
healthy... This is our unity with our
body and with existence...

When you are in yourself, there is no ego..
you are healthy... you are whole... when you
have a feeling of wholeness, no division, undivided,
one with the oneness, you are healthy..

When you are fragmented, divided, splits
you are unhealthy... So be aware of your
pain... listen to this sound.. to this sign..
It is our step towards our consciousness... to
be awake and harmonious... to be ecstatic..
and to be compassionate...

Our body is a gift from God... but what are
we doing with this gift? with this home?
with this vehicle??

Why so much plastic surgeries? You are
beautiful as you are... it is normal to
grow old but optional to grow up!!
♡



It is our choice to be awake and aware
of who we are and why we are here.. 
And when we live this ecstasy, we live the 
ultimate peak of joy, of compassion... All
the enlightened beings are living it.. why
not you and me??

When you have that joy, you like to share
it; you cannot avoid sharing... sharing is
inevitable. It is a logical consequence of
having... It starts overflowing; you need not
do anything. It starts happening of its own
accord... just like the rain... like the sun...
like the flower... Our mother earth loves
us as we are... gives us without any return,
any expectations... any thanks...

It is our birthright to be healthy, we just have
to claim it... we have to read about it.. now
the computer is in every hand... use it for
the best not for the lust...

Do your best and god will do the rest..
Eat the best food and walk and take deep
breath too and do some meditations and after
few months you will live this truth as your
nature... our nature is our nurture..

This story will empower our treasure
Too ...



A man once hurt his leg... He had to
walk with a crutch...

This crutch was very useful to him, both for
walking, and many other things... He taught all
his family to use crutches, and they became
part of normal life. It was part of everyone's
ambition to have a crutch... Some were made
of ivory, others adorned and adorned with gold
Schools were opened to train people in their
use, university chairs endowed to deal with
the higher aspects of this science...

A few, a very few people, started to walk
without crutches.. This was considered bad,
absurd... Besides, there were so many
uses for crutches...

Some replied, and were punished.. They
tried to show that a crutch would be
used sometimes, when needed; or that
many of the other uses to which a crutch
was put could be supplied in other ways...
few listened...

What can we do in such a situation?



In order to overcome the prejudices, some of the people who could walk without support began to behave in a totally different way from established society... still they remained few...

When it was found that, having used crutches for so many generations, few people could in fact walk without crutches. The majority 'proved' that they were necessary.. 'Here' they said, 'here is a man, try to make him walk without a crutch.. see? He cannot??'

"But we are walking without;" the ordinary walkers reminded them.

'This is not true; merely a fancy of your own;" said the cripples, because by that time they were becoming blind as well.. blind because they would not see....

A young man in the court, and the judge asked him, 'How old are you?'

"Of course, you know, and everybody knows I am forty years old."

The judge was surprised ... why??

Because ten years ago he came
and he said that his age is forty
years old... How is it possible... So the
judge asked him why?



The man said, "I am an honest man.. I don't
lie.. I am consistent.. once I say I am forty, I
will remain forty for ever.. you can rely on me!"
♡

If you are consistent with the mind, you will
become such a reliable man...

Life is always an opening into the unknown..
Life moves towards the future, mind moves
towards the past...

If you are alive, you are a riverlike being..
Life is constantly a resurrection. Every moment
it dies, every moment it is born again..

If you become a formless river of consciousness,
then everything fits... Then you fit with life,
and life fits with you... Suddenly everything is
absolutely okay... And that absolute feeling of
harmony is what religious people have been
calling God... But God is not a person.. God is
a state of being when everything fits.. when
all is accepted with love and compassion.
♡

yes! Thank you ... Truth is not veiled

A man came to Bayezid and said that he had fasted and prayed for thirty years and yet had not come near to an understanding of God..

Bayezid told him... that even a hundred years would not be enough..

The man asked why...

"Because your selfishness is working as a barrier between yourself and the truth" said Bayezid...

Truth is not veiled. It is not hidden.. It is always just hidden in front of your eyes.. just see it... if you miss it, it is because your eyes are closed... The veil is not on the face of truth... and not only one veil.. many millions of veils...

Once discovered, it is discovered... you are a Mohammad too ... the veil is on you.. on me.. So everybody has to unveil himself... and truth has to be seen again and again ... But why are our eyes closed? why I don't open them? There seems to be a great investment..



Drop the veils...

It will be difficult.. That's why I say you have an investment in your blindness... It is very loaded... It will be painful to drop the lies.. you will pass through a suffering, but one has to pass through it... it is part of growth. Nobody can avoid it... If you avoid it, you are avoiding your growth... If you avoid, then do whatever you want to do, nothing real can come out of it..

You can live in illusions, and you can create beautiful illusions also, but if they are false, they may be beautiful but they are not going to help

Beggars always dream that they have become emperors...

Disillusionment is the gate... Then you can be transformed..

Look at things in their reality, whatsoever is the cost... Be yourself... honor your harmony with existence... let go of the society and its laws and its teachings... do not expect any degrees from others... just know yourself and be who you are in this moment...





To seek respect from persons who are unaware, unconscious, is just like seeking honour from the rocks... suffer it. This is the price which has to be paid... Be alone but not lonely...

Seek, watch your pretensions, and drop them. This is what an honest, sincere, authentic man should be... true to himself... and whatsoever the price is, pay it, it has to be paid...

Once you are unveiled, truth is unveiled.. because truth has never veiled...

Truth cannot be in any teaching... no one can teach it... but you can catch it..

This is the law of existence.. truth is not a discipline, truth is freedom.. the mind has to go, the mind has to surrender.. let go of the ego and God comes to us.. God is in us... in the core of our heart.. just go in... meditation is the master key...

Be your own master and live your own treasure... you are an emperor... you are the power of love.. not the love of power.



Love



Remember not to hoard your love
or calculate ... Don't be stingy.. you
will miss altogether... Instead let your love
bloom and share it, give it, let it grow...

A great King had three sons, and he
wanted to choose one to be his heir, And
it was very difficult, because all three
were very intelligent, very courageous. And
they were triplets, all the same age, so
there was no way to judge ... So he
asked a great sage, and the sage suggested
an idea ...

The king went home and asked all the
three sons to come. And he gave them each
one bag of flower seeds, and told them
that he was going on a religious pilgrimage.
"It will take a few years -- one, two, three,
maybe more. And this is a kind of test
for you. These seeds you will have to
give back to me when I return. And whoso-
ever protects them best will become my heir."
And he left for the pilgrimage..



The first son thought, "What should I do with these seeds?" He locked them in an iron safe... because when the father returned, he would have to return them as they were...

The second son thought, "If I lock them up as my brother has done, they will die. And a dead seed is not a seed at all."

So he went into the market and sold the seeds and kept the money. And he thought, "When my father comes I will go to the market, purchase new seeds, and give him back better than the first."

But the third went into the garden and threw the seeds all over the place... After three years, when the father came back, the first son opened his safe. The seeds were all dead, stinking. And the father said,

"What! These are the seeds I have given to you? They had the possibility of blooming into flowers and giving great perfume... and these seeds are stinking... these are not my seeds..."



The son insisted that they were the same seeds, and the father said "you are a materialist."

The second son rushed to the market, purchased seeds, came back home and presented them to his father... The father said, "But these are not the same.. Your idea was better than the first, but you are not yet as capable as I would like you to be.. you are a psychologist."

He went to the third... with great hope, and fear too: "What has he done?" And the third son took him into the garden and there were millions of plants blooming, also millions of flowers all around. And the son said..." These are the seeds you gave me. As soon as they are ready, I will collect the seeds and give them back to you..."

The father said, "You are my heir, this is how one should behave with seeds." One seed turns the whole earth green.





The hoarder will not understand life, and the calculating mind will also miss it... Only a creative mind can understand it...

That is the beauty of flowers, they cannot be hoarded. They represent God. God cannot be hoarded... They represent love: love cannot be hoarded...

It is not just an accident that the flower has remained a symbol of love, down the ages, in all the countries, for all kinds of societies...

Love is like a flower... when it starts blooming in you, you have to share it, you have to give... And the more you give, the more love grows...

If you go on giving, a day comes when you become a constant infinite source of love...

Thank you our beloved master...

Thank you our forever giver...

Love is our only treasure...



Prayer is not a "spare wheel"
That you pull out when in
trouble..



But it is a "steering wheel" that directs
the right path Throughout..



Every breath is prayer.. is our inner
outer power... every work is worship...
every now is a new birth and a
new death..



Do you know why a car's windshield is so
large and the rearview
mirror is so small?

Because our past is not as important as
our future..

Look ahead and move... ahead is beyond
our head.. from head to heart
is our only path..



God is now-here or Nowhere



Friendship is like a Book

It takes few seconds to burn.

But it takes years to write..



All things in life are temporary.

If going well, enjoy it..

They will not last forever,

They can't last long either..

Every now is a special occasion..
enjoy it...



Old friends are gold!!

New friends are diamond!!

Don't forget the gold!!

Because to hold a diamond you always
need a base of gold!!



Often when we lose hope

And think it is the end,

Remember ..

It is just a bend.. not
an end...



A blind person asked a Master:

• Can there be anything worse
than losing eye sight?"

He replied:

• Yes, losing your vision!"

Tell- A- vision...

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

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

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



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



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

B





If not you and me who else?

If not now when?

Now is the time... here is the place..
grace is our choice...

One seed turns the whole earth green..
We are the seed...

God gave it to us... what are we doing
with it..??

What is our gift to God??



All what you have is this moment, do
not go on postponing it...



This small life that you have got can be
turned into a paradise... This very earth
is the flower of paradise..



to be alive means to have a sense of humor,
to have a deep, loving quality, to have
playfulness.. to be alive in our
life, light, love and laughter





This not the last page...
nor the last stage...
nor a book to look at..

It is only a play to share..
few words and the gap in between the
words...

What can I share with us?

Love is innocent when it is nothing but a
sharing of your energy..

You have too much, so you share.. And whoever
shares with you, you feel grateful to
him.. to her.. to it...

I am simply sharing few words from
my beloved Master... that is my
only joy...

I am not sharing, in a way; rather, I am
being shared...

Thank you for accepting my poverty...

This is not a work... I am not doing anything.

At the most we are not.. only God is..

A flower has bloomed and the perfume
is spreading...

Thank you...



Let us keep Gossiping... don't
worry...

Worrying does not take away our
Tomorrow's troubles...

It takes away our today's peace..



Peace peace

مریم نور

