



I Am Free

Peace peace
فریم نور





Free - dom

Free - dome...

Where is my own kingdom?

Where is my own home?



I can't be alone ... I need you..

I need the other

I want to live my love.. my
joy ... just to share
it with you ...



The real honey-moon is only for few
days ... and the more intelligent you
are, the shorter the honeymoon is.. so
be aware !! What have you
done in your life?

The other is killing your freedom...

You too are killing his or
her freedom ...





Yes!!

I need my freedom... why?

Because freedom is of immense
value..

Be alone but not lonely... Be in
love with yourself... Love and
freedom are our wings
for life



Jesus says I am with you
but not part of you...



Be yourself... Be whole and
holy ... Be your own
identity ... your own
divinity .. your
own individuality ... You
are the existence...



Unless one knows oneself
one remains in need
of the other...

When you are alone you feel lonely,
you feel the other is missed...

If you are with the other, a new
problem arises because the
other starts living
in your space
making conditions upon you,
he starts demanding things
from you...
he starts destroying your
freedom...

What to do? where to be?

I can't be alone!!

What is the way?





Yes! I am The existence...

Existence Loves all... it reflects our love and our hate... it is a mirror... Whatsoever we do to it is returned to us much more... just plant one seed and you will have a great tree..

Once we start loving all what we see, The whole existence becomes warm arms Towards us... It always pays in the same coin...

The moment you become yourself you see all the light in you and around you... whatsoever you are, existence is that for you... you are light, love, life and laughter.. and who is not??

Let us be who we are and we have the key... meditation is the only master key... so let us walk our way to our home... Let us be aware of our center and our circle.. Let us be meditative and active and we can see what we are here for... we have a vision...



What is my 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 for peace...

What is your vision?

So I am not alone... Let us join our
hands and hearts and start our trip
together to gather more lovers for peace..
why wars? why cancers? why poverty?
what is the cause? where is the cure?
let us cure the roots of the tree not
only the branches... no roots no fruits...
what we are writing is not words
from papers but sounds from our inner
silence...

Be still and know that I am God...

This oneness is our oneness... is our godliness
is our identity and our divinity...

So why not be who we are??

If not now? when? If not you and me who else...

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

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

We have all what we need in us.. in our heart...

Truth is not far away... it is in the core of our being.. it is so near why go so far?? now-here or nowhere.. now or never !! And the whole trip is in the first step...

Let the first step be on my mind... my ego... my arrogance... This is what hell is.. next step I am in my heart.. in heaven... at home with God... That is the secret of the whole existence.. God is not a person but only a presence.. but at the innermost core of your being.. it is our own whole and holy home..

In that silence is the truth.. you have arrived home..



www.welcome.home...

A new style web for our home..

I am free to share what I feel and what it flows from my own river, anger or love, I don't care if it is good grammar or bad power... This is my own treasure... Thank you for reading it... or delete it... whatever you do is your love to me... I am home you are well come to our well of will and way...

A home is not a house... we don't have any home on this earth... The home exists not here but inwards, very deep in the core of our being, but to go there needs courage it is a long journey and very dangerous adventure..

All the buildings and the towers and all what you see out is only a shadow of our illusions not our visions... Soon will go into dust as our body..

We are a being, we live in a house but we build our home and all ideas about the outside disappear..
Enjoy your comfortable house but
The Kingdom of God is within...



God is not separate from this world: God has become The world ...



We have heard it said again and again that God created the world.. I say to you: God became the world...

Thank you for saying the Truth... Truth is the only winner and the only treasure...

Now there is no other god except the world.. The creator is in his creativity... god is just a creative force... He or she or it.. or in small letter or in capital letter is the same truth... the same treasure ..

I am free to be what I feel.. I and you and us are one with the world and who cares if you are in the capital of the country or in any hut on the beach... just be yourself and listen only to your heart and not to any other head...

Yes! We are the creativity and we are all over before and after...

You are free to create your own cross
and carry it and cross it...

Adolf Hitler pushes The doorbell at the
pearly gates of heaven and demands to be
admitted..

He kicks up such a fuss That saint peter
calls Jesus to come and deal with The
situation..

"I want to come in" cries Hitler.. "and I
will reward you highly if you let me stay."

"What do you mean?" asks Jesus.. "You
cannot possibly come in. Just Look at
what you did on earth?"

"Look" says Hitler, Taking Jesus to one side,
"if you let me in, I will personally present
you with Germany's highest award for
bravery, The Iron Cross."

'Really?' Says Jesus.. "That's a very great
tempting offer... Just let me make one
phone call."

So Jesus calls up The father...

"Dad, I've here Hitler at the
gates, and he wants to come in..."





"Jesus Christ!"

shouts God... 'Are you kidding?

The guy is mad!!"

"I know, Dad, but you see, he has made me this terrific offer.. He wants to give me The Iron Cross!"

"The Iron Cross? you idiot!! Look what happened when you got that wooden one!" shouts God, in amazement and in anger...



Be angry... There is nothing wrong in it. Accept it, and enjoy it too... it is a sort of cleansing inside...

When anger disappears then Love will appear...

Anger is part of life, it comes and goes.. But if you repress it, then it becomes pain.. it becomes your own being, you remain in rage and you hurt others too... you do it and you will say, 'I did it in spite of me..'

Something happens which is beyond our control.. Such a person may not be bad or angry, but he lives and moves in anger..

Just watch yourself... watch others too...

stand by the road and just watch.. you will find two types of people.. one is sad, the other is in anger...

Anger is active sadness; sadness is inactive anger.. They are our mirror too.. watch your own behavior..

when do I feel sad?

Oh! the boss is here I have to smile.. I can't tell him anything.. I stay sad...

You come home, and with your wife you will find a small cause and you become angry...

Enjoy your feelings..



Anger is the answer... is the cure.. you have done something.. you are alive..

No need to go to any other to confess or to feel a sin or a guilt...

The higher you go, the angrier you become, the lower you come, the sadder you become.. what to do?

Just be in patience.. no anger no sadness.. watch yourself... be centered in your inner home...

Now nothing distracts, nothing disturbs.. you are so happy, so blissful inside.. you are free...



We are free from the past... from the future... alive now in our natural life, light, love and laughter...



Teenager girl...

A teenage girl had been talking on the phone for about half an hour, and then she hung up...

"Wow" said the father, "That was short, you usually talk for two hours. What happened?"

Guess what did the girl say???

"Wrong number," replied the girl..



The phone Bill

The monthly phone bill arrives at the Goldman's...

Mr. Goldman opens the envelope and stands in shock at the amount... He calls a family meeting to discuss the issue... he shouts..

"This is unacceptable. I don't use our home phone, I only use my work phone!"

The wife said.. "Me too.. I use my company's phone!"

Their son too.. "I use my office mobile.. I never, ever use the home phone."

They all look at the maid who said.. "What? So we all use our work phones.. what's the big deal?"



Whatever you are doing, don't let past move your mind; don't let future disturb you.. Because the past is no more, and the future is not yet... To live in the history, to live in the imagination, is to live in the illusion..

And to live in the non-existential, you are missing that which is existential..

Naturally you will be sad.. you will be miserable, because you will miss your whole life.. your whole life is holy with the whole.. No yesterday.. no tomorrow.. now is the only present..
Enjoy it now...

Be a knower not  a  believer...

The more you know, the more you are absolutely alone..

The moment you become conscious, you become alone.. the greater the consciousness, the greater the awareness that you are alone but not lonely...

Do not escape from society, friends, crowds, and others... Be with them but not part of them..

Aloneness is our essence... is our existence.. is our oneness with the One... to be one with the creator is living your creativity...



The urge to create is the first stirring of the divine within you...

The urge to create is the presence of God.. you have the first message, the first ripple has reached to you... It is the beginning and the birth of prayer...

To be creative is to be religious... when you create you are lost in your creation.. God created us to be known... He is the creator and the creativity... He disappeared in us... So what you love you live in what you love...

God is living in us... in... our heart.. I am and we are possessed by existence or God or godliness... I am the hollow bamboo and God is singing... we are holding the pen and existence is writing...

Any flow from our being is a book by God... is an action from his or her compassion... God is a presence not a person...

Unless your life learns how to create, you are not alive... then no other prayer is needed... we have to go in creativity and share our divinity... the divinity of our unity...



Let us unite with the whole ... Let us live
the mystic union, the ultimate expression of
love ...

The lowest is the man/woman relationship and
the ultimate, the highest, is the meeting of the
mediator with the whole...

The drop and the wave and the ocean is
one ... this is our journey ... from sex to
superconsciousness ... We are no more only
Godliness is ... Just be aware of who
you are and keep witnessing ...

What is witnessing? It is our only key!!
This is our only
master key ... So  be your own master..

Be aware of who you are and the
moment you start becoming aware of your
actions, your thoughts, your feelings ... These
are the three dimensions of our being ...
Self, soul, spirit are one with The One..

Be in the moment ... remain alert to each
step on your trip .. now I am writing .. now
I am eating .. don't just go on stuffing food
inside . Think, but witness your thoughts ..
feel, but remain alert that these feelings ..
these moods are not you ... You are beyond
any bond ... beyond any boundaries ...



All boundaries are our beliefss...
We are part of infinity, and the
part is equal to the whole...



In the world one plus one equal two...
But in the whole world.. one plus one is
one.. This oneness is existence.. is our
ishness...

You are what you think... Jesus says...
I am the truth...

If we want to be blissful we have to
drop our walls... we have to forget our
identity.. I am not christian, you are not a
Hindu ... we do not belong to any box.. go
beyond your cage and fly high in any
sky...

Once all these boundaries are dropped, suddenly
you are moving into a totally new world, a
world which is beyond any word...

Be free and enjoy any change and
any challenge and watch your mind and
this ego is our only enemy and my enemy
is in me and who is the master? Am I
a slave to the thing or the thing is my
utility? who is using who? Enjoy your
game!!!

A chicken farmer went to a local bar...

He sat next to a woman and ordered a glass of champagne...

The woman perked up and said, "How about that? I just ordered a glass of champagne, too!?"

"What a coincidence," the farmer answered. "This is a special day for me... I am here celebrating!",

"This is a special day for me too, I am also celebrating!" said the woman..

"What a coincidence!" said the farmer.. As they clink glasses the man asks, "What are you celebrating?"

"My husband and I have been trying to have a child and today my doctor told me that I am pregnant!"

"What a coincidence," said the man. "I'm a chicken farmer and for years all of my hens were infertile, but today they are all laying good fertilized eggs."

"That's great" said the woman.. "How did your chickens become fertile?"

"I used a different cock," he replied.. The woman smiled and said "What a coincidence."



coincidence...

Man, while he is unconscious, lives only in coincidences; his life consists only coincidences and nothing else... the unconscious life is an accidental life...



As far as ninety-nine point nine percent of people are concerned, everything is meaningless, just coincidences and coincidences...

Only for the very few rare people who can be counted on the fingers are not into coincidental... like Buddha, christ, mohammad and few others...

But unless we are awake it remains coincidental... I am in a deep sleep and snoring day and night, just like a drunkard... not knowing from where and to where...

Yes! you too... me too... Just look around you... why wars? What are we doing? All what we see is accidental... we try to make some sort of meaning out of it just to console myself, but in fact there is no meaning in all what I am doing!!

Who is listening to the truth?

Why we crucified christ?

★ Why we are killing each others? who are we? who am I to do this?

Who am I makes a difference !!

Am I different from Judas?

Can I change the other? No!!!

Can I change myself? Yes...

How to change myself?

By being myself... and I have the key and whatever I am doing is only for myself...

Writing books, being entv, sharing my joy... planting health seed and being one with nature and with existence and living in a spiritual commune and a very simple life...

Live simply so that everyone else can simply live...

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



★ ★ Yes! No accident by accident... ★
★ We met for a reason beyond any
★ season... We are here to plant seeds
of peace... if not now when? If not you
and me who else?

Let us listen to our heart not only
to our head... All what we are doing is
accidental.. We are living in this unconscious-
ness.. your love, your hate, your friendship,
your work, all is accidental..

Let us stop being accidental!!
Gather yourself together, become a little
more conscious. See what is happening. And,
slowly slowly, when you act out of your
loving heart, you will see tremendous
power arising in you.

And then your whole life will have
a totally different flavor to it..

Come and visit my home, come and warm
my arms, come and let us hug and bug
and share our dare to care... come and
live what you feel and what you see...

★ If you do not feel it, you do not hear it... ★

Do not believe it... no one has the right to believe, everyone has the right to know

I will share your love to me... I will share few seeds from your garden of life, love, light and laughter... Thank you all

♡
The 6 most important words are

I admit that I was wrong

The 5 most important words..

You did a great job...

The 4 most important words

what do you think?

The 3 most important words

May I help?

The 2 most important words

Thank you

The most important word

we
the least important word...
Me



★ Yes our beloved mewe... ★
★ Let us be who we are... Let us ★
live our choice not our force.. but
our grace... Be aware of who you
are and why we are here.. We
learn from pain too.. no pain no gain...
Every accident has its gift...

Once I was travelling with a friend..
oh.. traveling... let us go beyond grammar.
Use any words you love.. we can
read in between the words and the
lines too...

So I was with my friend and there
was an accident... our car fell down
from the bridge, upside-down...

I had been talking to this friend for
years about meditation and he was a very
learned scholar... He says all the time...
" whatsoever you say, I cannot think that
there is a possibility of a mind without
thought. How can the mind be without
thought?" And he would argue.. And
of course, there is a point: How can
the mind be without thought?

★ ★ Yes it can! Listen... ★

★ Just for a few seconds we became aware that the accident was going to happen... we where coming down a hill and the driver lost control, something went wrong in the car, and for a few seconds we were aware that something was going to happen because the brake was not working, the steering was not working...

The car was going on its own; now what to do? No more mind to think.. 'Let thy will be happen'

Now wherever it was going, nothing could be done. And it was really a steep hill!!! So for a few seconds, the mind stoped... his thoughts stopped, because in such a strange situation you cannot think; what to think about??

You cannot go on thinking your ordinary thoughts because they are too trivial in such a moment, when death is at the door what can you do... just at your head... within moments you will be gone! The very shock of it is enough to stop the process of thinking...

★ what we did ?? ★

When he fell and when I pulled him out of the car, he was laughing.. He said, "But is this the way to prove it? Couldn't you have done better? It was too dangerous!"

Nobody was harmed. It was too dangerous.. the whole car was destroyed... but he had a glimpse. Since then he has not argued about it; he knows it... That accident proved a great revolution in his life; a radical change happened...

But he saw the point... no pain no gain.. The point is, that conscious can be, and be without content... So that accident was a blessing...

I thanked the driver and said what I had been trying to tell this man for years and was not able to, he had simply done!!

If he had died in that moment he would have been born on a very high plane..

★ Nothing was wrong, even death would have
★ been good, because in that moment of
★ no-thought he would have died in
divinity... in infinity... ★

yes, he was saved, ★ but he has changed..
Since then he has never argued, he
dropped argumentation... He became a
Totally new man...

A new man not born again christian...
but born again a Christ... a superman...
a superconsciousness... Just be yourself...
Be in this now as you are... you know
The key of awareness and you have it..
use it before you lose it... now or never..
stop asking how? and where? and when? and
why? ... The answer is in the question and
you are the question mark...

My only companion is the book and I read
only osho... and I have a soulfriend in Lebanon,
but we are very few in the Arabs... so we
are connected to be in a commune...

A spiritual commune where our work is our
meditation... most communes are fake.. when
The master dies, The crowd around him will
be Judases... So be alone but not
lonely and you have all what you
need if you trust existence... ★ ★ ★



I trust The Trust...

Be still and know that I am God..

This amness is our isness...

Don't see the i.. the ego.. the mind.. but
the amness in our inner treasure.. use
your mind but do not be used by it..
Reading is our only food for our being and
The whole grain is our food for our
body and brain.. plus some veges and
greens and beans...

★ Read any book by Oshawa and any book
by osho and you are home... you are

★ the living book... but you are no more
with the crowd... you are with the chosen
★ few who are searching for health and
happiness...

I am saying happiness not have a
penis ... yes my penis big... sorry..
my pen is big... don't read it spine...
why? you become a bone doctor... read
it my pen is big and you will get a
big pen.. read the book .. The P.E.N.I.S..
it is on our web...



Testicles

A male patient is lying in bed in the hospital...

An oxygen mask covers his mouth and nose. A young student nurse appears and gives him a partial sponge bath.

"Nurse," he mumbles from behind the mask, "are my testicles black?"

Embarrassed, the young nurse replies; "I don't know, Sir. I'm only here to wash your upper body and feet."

He struggles to ask again, "Nurse, please check for me. Are my testicles black?"

Concerned that he might elevate his blood pressure and heart rate from worrying about his Testicles, she overcomes her embarrassment and pulls back the covers..

She raises his gown, holds his manhood in one hand and his testicles gently in the other... She looks very closely and says; "there is nothing wrong with them, Sir. They look fine."

The man slowly pulls off his oxygen mask, smiles at her, and says very slowly, "Thank you very much. That was wonderful. Now listen very, very closely:

Are -my- Test- results - back?"



me too...

more of sun sexy tests...

Fred came to visit his friend John
who is 89 years old..

He noticed that John is sitting on a porch
on the rocking chair wearing only a shirt,
with nothing on from the waist down..

"John, what are you doing? Your private
parts are out in the wind for everyone
to see!" he exclaimed...

John looked off in the distance without
answering..

"John, what are you doing sitting out
here with nothing on below the waist?"
Fred asked again..

The old man slowly looked at him and said,
"Well... Last week I sat out here with
no shirt on and I got a stiff neck..

This is my wife's idea..."

Thank God we are not in Japan.. They say
erection not election... blown rice not
blown but brown!! But they say it as
blown and election as erection...

★ ★ You are so right light...

There is no need to force erection...

★ Sometimes if you want to will an erection that very will, will be the hindrance...

You cannot will it... It is something that is beyond your will, and if you try to bring it you will find yourself completely impotent.

And once the idea settles in your mind that something is wrong then you will be in Trouble... There is no need to will it. If it is there, good; if it is not there, perfectly good too...

That simply means that the body is not in the mood in that moment; the body does not want to go into it... The body says no, that's all...

Let us listen to our body; don't force anything... follow your feelings not your mind... It is just as when you are eating: the mind says "eat a little more because it is very tasteful" and the body says "no!" because the stomach is full and the body is feeling nauseous... But we go on forcing... we don't listen to our senses... let us Listen....

Sometimes the body says, "Now you are hungry... eat!" But what do you do? You do something else.. you say, "wait!! I am interested in a far more important thing!"

The mind continuously goes on enforcing his wills on me and on all my senses...

Let us listen to the body and flow with its feelings...

Our body is a great mystery... it is a gift from God... enjoy it!! Love it!! Then you don't starve it, because you care... you listen to its demands... it is our home and our car.. and our friend... One should be grateful to the body...

The real prayer arises out of your body, not out of your mind.. The body is our nature.. only by loving your body will you come closer to Allah.. and when the mind listens to the body it becomes good grace too...

The body has its own wisdom.. it knows how to dance, how to sing, how to pulsate with God... Trust your body...

Thank you everybody...



The body is very wise...

The mind is a very late arrival...



The body has lived millions of years, it knows what is needed... It is the mind that interferes...

Mind is very immature, body is very mature.. Listen to the body ... And when the truth says listen to the body why we do not listen and then trust yourself .. you are the master not the body...

When the body is at ease, relaxed, and there is no tension, and the body is not fighting for something, is not trying to attract your attention because you are not fulfilling a need, when the body is calm and quiet, you can float high, you can fly high, you can become a white cloud. But only when body needs are truly looked after... This is why Jesus said... "Eat my body and drink my blood" The best whole bread and the best pure water ... holy water ... it is from us to us...



★ ★ The body is not my enemy.. it
is my friend...

★ The body is your earth... your roots..
you have to find a bridge between you and
your body... If you don't find that
bridge, you will be constantly in conflict
with your body... and a person who is
fighting with himself is always miserable..

The first thing is to come to a peace
peu with our body and never break it..
Then the body will be our friend.. we
look after each other... we are one with
our home, our temple...

So watch what you are eating.. what
you are wearing... what you are breathing..
what you are doing for yourself.. your
soul and your spirit...

fast when the body needs this feast..
let your life be a living celebration...

let your work be your worship... my
body is asking for a two days of
fasting.. only on breath.. I am feeling it.

So yes! I will do it now... nothing only
breath...

Take a deep breath...

If you are not breathing fully, you cannot live fully...

Once breathing is perfect everything else falls into line... breathing is life

The child learns that if he breathes as mother said then he remains in control... If he breathes perfectly and totally as every child is born breathing, then he becomes wild. So he crippled himself... So listen to your breathing...

The rising and falling of your breath: That is the way of looking within... It is through the breath that we are bridged. Breath is the bridge between your soul and your body...

If you can watch your breath rising and falling, slowly slowly you will be able to see the body as separate from yourself, because the watcher cannot be the watched, the observer cannot be the observed.. Suddenly one day you will realize you are the witness of it all.. In that very moment freedom has happened to you



★ ★ Who else can speak about freedom?
Thank you my beloved master...

★ The true freedom is spiritual...

True freedom has nothing to do with outside world... it is always spiritual... your soul is intrinsically free... you are free from the past, you are free from the future... All that you have in your hands is the present.

Only the meditative mind can be this... This freedom... you have all the sky and all the earth for you why you are chained?? Come out of your cage and fly high in this mystery and trust only yourself... you are the living Truth... read your own book...

If you have thrown out all the rubbish of the past and all the desires and ambitions for the future, this very moment you are free just like the bird on the wings, the whole sky is yours... and the sky is not the limit...

But man is so much in love with his own misery that he cannot understand the idea of freedom, because to be free is to be free of misery.... we need fake support...

We created father in heaven, father in the church, father at home... This is father fixation...

Our worship is just like slaves praising the tyrant who has reduced them and us and me from humanity into slavery... our blindness seems to be unlimited...

So for thousands of years, if you have been in chains, handcuffed, you must have started believing that these are ornaments, that is the will of God... is this the will of God??

Where is my will? Where is my way? Why be a victim of victims... Be a rebel.. Be a victor... unburden yourself from all laws and religions.. live your own experience... This now is our only new truth... what is your care right now? what is your anxiety right now? In this silence, you are absolutely free... what exists is the present moment.. To be fully alert in the present, to gather your consciousness from past and future and concentrate in the present, is to know the taste of freedom...

In full awareness, say good-bye to your chains... you are no more a victim but a victor.. no more a beggar but an emperor...



★ ★ This whole existence is full of love,
full of freedom, except the miserable human
★ being. And nobody is responsible for it
except us... you drop it now or never.. just
understand that freedom does not come in
fragments, neither does slavery go in fragments.
When you bring a light into a dark room,
have you not seen it? Does the darkness
go in fragments? or does the light come
in fragments? The moment you bring the
light in, there is no darkness...

In the very understanding what freedom
is... you are free... you are born
free... We are a royal family living
in the kingdom of light... of love...
of life and freedom...

We are not loyal but royal...
Only that which has grown within you
cannot be taken away from you..

A human being's life is small. Be
decisive about it. You have to be free
in your soul, because that is the only
freedom there is

★ ★ ★ ★

yes! We are born free... but in
our mind we are slaves to all
what we know... They told us all the
lies ...

Man is born with a soul, but not with a
self..

Soul you bring with you. The self is created
by the society as a substitute so that
you need not feel without identity...

The people who created the idea of
the self were full of good intentions, but
because they themselves had no idea of
their own souls, they created a false
self and they died as a created self...
They never came to know what existence
has made them, and for what..

Our soul is part of existence. Our self
is a social institution. So the first thing
to remember is that the distinction is unbrid-
getable... So destroy your self and you will
know your soul...

Your soul is not a doctor, not a president...

not any power... Your soul is a mystery..
Your self is the misery



★ ★ Your false self is your sleep.

The soul is your awakening...

★ You go on believing in what others told you... Be this and don't be that...

Nobody has the right to believe

Everyone has the right to know

Your self needs many degrees, your self needs recognitions, honor... it lives on lies...

Your self can be made a slave, but not your soul...

The whole world may be full of light, but deep inside me is darkness... But if we are aware of our soul, no death and no fire can touch us... you are not the body... you are not the cup... you are immortal...

To know this is to be free, free from all prisons: The prisons of the body, the prisons of the mind, the prisons that exist outside you...

Just live your life with joy and celebration.. Dance with nature.. This is our nurture... Be aware of who you are and why you are here ??

Try to reach the ultimate height of which you are capable..



Let us remember ...

Not a single person is born in the world who has not a certain capacity which will make him proud...

Yes! Each one is pregnant with a seed and it will be a great Tree and one seed turns the whole earth green.. So be the change you want to see in the world...



Have you seen children when they are born? Their hands are closed. A closed hand, a fist, is a mystery: one never knows what is hidden inside...

And have you seen a dead man? When somebody dies... have you seen his hands? yes!! He dies with an open hand, empty, spent...

These are only metaphores...

As you go beyond the false self, you suddenly discover a sky that has no limits... no names... Total freedom.. freedom from false...



Yes! Let us feast some festivals...

Life is only a laughter...

Marriage is the only war in which you
sleep with the enemy..



Whenever I find the key to success, someone
changes the lock..

My road to success is always under
construction..



Irrespective of the direction of the wind,
the smoke from the cigarette will always
flow towards the non smoker



The door bell or your mobile will always
ring when you are in the
bathroom or you are f....



Doctor: How is your sex life?

Man: As usual, Monday to Friday..

Doc: What about the weekends?

Man: Weekends? I am at home, relaxing with my wife...!!



poems Written By Husband And Wife

Wife: I wrote your name on sand,
it got washed..

I wrote your name in air,
it was blown away..

Then I wrote your name on my heart and I got
Heart Attack..



Husband: God saw me hungry, he created
pizza..

He saw me Thirsty, he created
pepsi

He saw me in dark, he created light.

He saw me without problems, he created
you..



Wife ... Twinkle Twinkle little star
You should know what you are
And once you know what you are
Mental hospital is not so far..



Husband: The rain makes

All things beautiful, The
grass and flowers too..

If rain makes all things
beautiful why doesn't it
rain on you

Wife

Roses are red; Violets
are blue, monkeys like
you should be in the zoo
Don't feel so angry you will
Find me there too, not in
the cage but outside,
laughing at you!!!



What is your size??

The doctor said, 'Joe, the good news is I cure your headaches... but the bad news is that I will require castration..

You have a very rare condition, which causes your testicles to press on your spine and the pressure creates one hell of a headache..

The only way to relieve pressure is to remove the testicles...

Joe was shocked and depressed. He wondered if he had anything to live for.. He had no choice but to go under the knife... When he left the hospital, he was without a headache for the first time in 20 years, but he left like he was missing an important part of his body and of himself...

As he walked down the street, he realized that he felt like a different person.. He could make a new beginning and live a new life..

He saw a men's clothing store and thought, "That's what I need... A new suit..."

He entered the shop and told the salesman, "I would like a new suit"

The elderly tailor eyed him briefly and said, "Let us see size 44 Long!!"

Joe laughed, "That's right, how did you know?"





"Being in the business 60 years," The
Tailor said

Joe tried on the suit it fit perfectly...
As Joe admired himself in the mirror, the
salesman asked, "How about a new shirt?"

Joe thought for a moment and then
said, "Sure."

The salesman eyed Joe and said, "Let us
see, 34 sleeves and 16-1/2 neck."

Joe was surprised, "That's right, how
did you know?"

"Being in the business 60 years."

Joe tried on the shirt and it fit perfectly.
Joe walked comfortably around the shop and
the salesman asked, "How about some new
underwear?"

Joe thought for a moment and said "Sure"
The salesman said, "Let's see size 36.."

Joe laughed.. "Ah ha!! I got you. I've worn
a size 34 since I was 18 years old.."

The salesman shook his head, "You can't
wear a size 34.. A size 34 would press
your Testicles up against the base of your
spine and give you one Hell of a great
Headache ".....

Be aware of your size or you
will loose it



Yes! Let us change the locator of our treasure ... wear your size...



We are the rainbow ... let us play our game... A man who can gamble all his life for the unknown result, that's exactly the situation of a religious man...

Life is an adventure and it is a great risk... you are no more in this world of the mind... of money and power and war...

You have no more maps and no more books and without any companion, alone but not lonely.. our aloneness is our only richness.. our only existence..

Let us walk our own path.. our inner path is our only path.. go in.. in is our only inn.. from head to heart.. from heart to being.. to soul.. to spirit and beyond..

So it is time to trust our experience not what others said to us.. let your thirst drink and your doubt search and your heart seek... If you don't see it you don't feel it.. if you don't live it you are not alive.. Live the truth.. Live your size..





Yes! Wear your size...

When the shoes fits then
You can lift any weight and you
can walk your talk and you can live
your truth...

Our inner treasures says:

Think of all the great words and great
Teachings as your deadly enemy... Avoid them,
because you have to find your own source..

You have not to be a follower.. an
imitator.. You have to be an original
individual.. You have to find your innermost
core on your own, with no guide, no guiding
scriptures...

It is a dark night, but with the intense fire
of inquiry, you are bound to come to the
sunrise.. others are believers.. you are a
knower...

Throw away all the books, you are the living
book. It is a great challenge to read the
existence... it needs strength, it needs a love
for truth at any cost..

Only those who gamble everything for
Truth are the blessed ones.. Life is an
experience in your heart not an experiment
in the lab...



You should not believe in the word
water, but look for the experience.. 
The word may be coming from Christ, but
still, it is a word.. His word came
from his own life.. his nourishment is not
going to be my own nourishment.. If he has
quenched his Thirst, all that he can say is,
" Water has helped me to quench my thirst."

You can go on repeating "water" as mantra,
but your Thirst will not be quenched... So
what to do??

Systems of belief are the most cunning
ways of denying The Truth... You are not
a Christian, I am not a Hindu... just be
yourself and live your own experience..

Truth Liberates..

Truth certainly Liberates, but The truth has
to be your own... only then it liberates..

♡
A believer is the ugliest slave in the
world..

♡
The real being remains open... I know nothing"
I am available..



Avoid all beliefs ... Remain clean, empty ...
And then you are very close to Truth... you
experience it but you cannot express it..
First step... drop the ego.. The ego can live
only in lies ...

Secondly, you will have to drop belief
systems...

And thirdly, you will have to drop your mind,
because the mind lives in the past and in the
future ... And truth is always in the present..
Now-here or Nowhere

When you are here, there is a meeting... it
is between you and the whole, a bridge
suddenly happens... In fact...

The bridge has always been there, you
were just not aware
of it..

♡
Drop the mind and you are possessed by
the whole;

cling to the mind and you remain as
far away from the whole as one
can be..

Wake up now ... come to the present..

Where I am now?

★ who am I makes a difference
♡





A doctor entered the hospital in hurry after being called in for an urgent surgery ... He answered the call and came to the surgery block.. He found the boy's father going and coming in the hall waiting for the doctor..

Once seeing him, the dad yelled:

"Why did you take all this time to come? Don't you know that my son's life is in danger? Don't you have the sense of responsibility?"

The doctor smiled and said, "I am sorry, I was not in the hospital and I came as fast as I could after receiving the call. And now, I wish you'd calm down so that I can do my work"

"Calm down? What if your son was in this room right now, would you calm down? If your own son dies now what will you do?" Said the father angrily ...

The doctor smiled again and replied:

"From dust we came and to dust we return..

Doctors cannot prolong lives..

Go and pray to God for your son, we will do our best by God's grace."

And without waiting for the father's reply he carried on his way running..

"If you have any question, please ask the nurse!!"

What did the nurse do ???





The nurse said, Tears coming down her face :

His son died yesterday in a road accident, he was in the burial when we called him for your son's surgery.. And now That he saved your Son's life, he left running to finish formalities.."



What else can we say??

"Be still and know That we know nothing.."



A world is a mirror; it always shows your real face to you..



The face in the mirror is not the cause; the face in the mirror is only the effect... Look at your original face... and listen to your original Truth... Trust only yourself... Let Love be your life between others too without any expectations... giving is receiving...

Love is enough unto itself and this is



the total unity with existence without any suppression, it has simply disappeared



from your consciousness, not leaving even a scar behind but a shining star

 Love is the greatest thing in the whole existence... 

In fact, everything is in love with everything else... whenever you will come to the peak, you will be able to see that everything loves everything else.. Even when you cannot find anything like love, you feel hate, even hate is a good step.. it is fear.. face your fear and you see a great gate is opening in you..

All what you see is light, love, life and laughter... Now you don't see.. you feel sad... but this will pass too...

I am not only a drop of water.. but I am oceanic.. I am not isolated from the whole, but one with the whole and holy and beyond any bond and any word... just be still and know that I am God.. This amness not the ego.. is godliness... is existence.. is love and compassion.. and you can live love but not talk about it..



Let us love by the words
but you can catch it..

no one can teach it.. Listen
and feel it...

Love has three stages..

First you have to learn how to love
yourself, because by loving yourself you
can love the other..

I need you but if I don't love
myself how can I love you? That is the
second stage of love..

Loving the other is not easy, loving
myself is simple.. The other needs not fit
with you.. I love you as you are, without
any egos; otherwise, the other always
destroys it..

you have to be very loving, very aware
and compassionate... The other is not your
enemy.. you have to love in such a
love that flows from your being and
changes both of you... but without
forcing your power... just be grateful
to the other that he is participating
in your experiment.. Love in spite of
any pain that comes from the
other...

 Only when you can love the other person to such an extent  that it becomes a transformation in him or in her does the third stage of love arrive...

 Then it is not a question of two persons loving each other; then it is love which engulfs two persons and the two friends become, in a certain deeper sense, one whole..

When the man and woman are no more two persons but one being, this is what meditation is. This will be his growth in mysticism... The third stage of love.. then no other religion, no other methods are needed.. Love itself becomes your God, your ultimate experience..

But the second step not easy and no need to escape and to hide in monasteries.. no need to run away from life... don't be a coward.. it needs courage to live your life... If love cannot change you and the other, it only means you don't know what love is... love is the only way to change...

★ ★ And change is the only challenge.
★ No one can teach it but you can
catch it ... catch what you need..
★ what you love ... what you desire..
what you greed... yes! you are so
right ... There is no place where love
is being taught. There is no place where
love is being nourished...

That is one of the functions of the
mystery school: To make your love
pure, pure of the ego and power ★
and domination...

Let thy will be done!!

Total acceptance ya Mariam... This is
my daily lesson ... no pain no gain... no
death no life... my mind is my only
challenge ... my only enemy... how to love
it and be only a watcher... no need
and no desire only to be one with
myself and with existence... one with
the only one... This is our only truth..
our only life... just a sheer gift of
joy, a delight connection with all of us..
Sharing all what we have...

★ ★ Yes! Love is the greatest magic
★ Don't be afraid of the other; let the
other enter your life ... do not escape..
go into the world, to change the world,
because this is the only way to share
peace ...

By escaping to the hills and to the
monasteries you will miss Transformation..
you will shrink, you will not expand...

And if I cannot love a single person,
how am I going to love the whole world??
And that's what prayer is...

Loving the whole universe

Compassion is the highest love and
the highest prayer...

We are here to hear the voice of all
the worlds ... all the words and be
one with every seen and every seed...

It all depends on how much we can
love...

And why one should be miserly about
love.. it costs nothing.. and it is not
a quantity, but a quality.. just like
children ... The more you love the more
you have it...

★ ★ The more you give, the more
★ the universe goes on pouring into you
★ from all sides... There are hidden springs,
just as in a well...

Love has an underground way of filling
you, invisible...

The only way to know is just give it
and see... you are always full...
just be grateful of this now... This
wow!!!

Just be a listener and the inner
treasure will flow through you
with the whole existence... you are not
a body... you are a being with the
becoming... me we is us... is all
the existence... why fear? why war?
when the power of love overcomes
the love of power, the world will
know peace...

Let us plant our seed and one seed
turns the whole earth green... let us
keep sharing our words... our Toys..
our courage and our weakness and
This is how we grow and glow
and flow...



Unconditional Love...

True Story!!

A story is Told about a US soldier who was finally coming home after having fought in Vietnam.

He called his parents from San Francisco, "Mom and Dad, I'm coming home, but I've a favor to ask, I have a friend I'd like to bring home with me."

"Sure." They replied, "We'd love to meet him."

"There's something you should know, he was hurt pretty badly in the fighting... He stepped on a land mine and lost an arm and a leg. He has nowhere else to go... very badly news but what can I do?! and I want him to come and live with us."

"Son, you don't know what you are asking. Someone with such a handicap would be a terrible burden on us.. We have our own lives to live, and we can't let something like this interfere with our lives.. I think you should just come home and forget about this guy."

At that point, The Son hung up the phone.

The parents heard nothing more from him. A few days later, however, they received a call from the San Francisco police.. Their son had died after falling from a building, they were told.. The police believed it was suicide.. The parents went to the city morgue to identify the body of their son.. They knew him, but to their horror they also discovered something they did not know, their son had only one arm and one leg...

★ The parents in this story are like many of us.. We find it easy to love those who are good, looking for fun to have around, but we don't like people who are sick or handicapped... We would rather stay away from them..

We will live with beautiful and smart people as we are...

But, Thankfully, There are few of us who loves us as we are with an unconditional love that welcomes us from heart to heart, regardless of how messed up we are..



★ ★ Why we don't listen to the advice of the master or the others?

★ Advice is the only thing in the world which everybody gives and nobody takes... Nobody can give me any advice only my heart... you are unique, every individual is unique..

My advice will be my experience.. it may distract you from your own life, that may take you away from your own being..

Yes! You can ask a question.. you can understand the answer, you have to be just a listener to it, without any prejudice... and it will be a totally different thing in you; it will be molded by your own being... then it is no longer mine; it is yours..

That's the function of a real master.. not to create followers, but to create masters.. Just understand what you hear and what your heart says is the answer.. words are empty cups it is up to us.. up to you what you put in it... listen to your heart...



When the words are in my heart they are full of life.. my own life.. my own experience... The moment they leave my lips, the content is left behind; only the container reaches you.. But if you allow the container to enter you, it will reach your heart.. because it is coming from the heart.. when Christ speaks is not what the priest speaks... and your heart put the words and it has nothing to do with Christ...

★ Let us not blame anyone.. whatever happens to you, to me, is our responsibility...

★ I like writing, I like talking... I like listening.. good!! So far, so good...

★ But understand the whole alchemy of listening

Listening, writing, with or without mistakes, it is up to me.. But listening rightly, you will have your own understanding flowering.. you will not be dependent on me or any other follower... you will be yourself... you will be free... your freedom is your own experience.. your own kingdom...



★ So be aware of your own awareness..
listen to any advice... but let it sink in
your heart... don't follow it.. be a fellow
traveler not a follower... not a slave.. to
be a slave you are dead.. you have
committed suicide..

Don't commit suicide.. grow higher and
higher into life, into love, into lingering
too... from here to there and choose
your choice.. your joy... your laughter..

Anna, 6 years old, gets home from school..
She just had her first family planning
lesson at school..

Her mother, very interested, asks...

"How did it go at school today?"

"I died of shame!" she answered!!

"Why?" her mom asked..

Anna said "Karen, says that the stork brings
babies.. Salley next door said you can buy
babies at the orphanages.. Peter in my class
says you can buy babies at the hospital."

Her mother says "But that's no reason to be
ashamed?"

"No, but I can't tell them that we were so
poor that you and daddy had to make me
yourselves!"



we don't recognize beauty anymore
only children have it

A man sat at a metro station in a great place in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes...

During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work..

Three minutes went by and a middle aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule...

A minute later, the violinist received his first dollar tip: a woman threw the money in the till and without stopping continued to walk..

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again.. He was late for work...



★ ★ The one who paid the most
★ attention was a 3 year old
★ boy... His mother pushed him but
the kid stopped to look and listen..
Finally the mother pushed hard and the
child continued to walk turning his
head all the time...

This action was repeated by several
other children... All the parents, without
exception, forced them to move on...

In the 45 minutes the musician played,
only 6 people stopped and stayed for a while..
About 20 gave him money but continued
to walk their normal pace. He collected
32 dollars. When he finished playing
and silence took over, no one noticed it..

No one applauded, nor was there
any recognition...

No one knew this but the violinist
was Joshua Bell, one of the best musicians
in the world. He played one of the most
intricate pieces ever written with a
violin 3.5 million dollars...

Do we see the beauty??



What is the lesson?

Two days before his playing in the Subway, Joshua Bell sold out thousands of tickets in Boston and the seats average \$100...

Why do we pay money to be and see and when it is free we don't see? And the more we pay the more we respect...

Are we seeing the beauty of our mother earth? Are we seeing the mystery of our body? Are we feeling our senses??

We have lost many of our senses... No joy anymore... So be joyous, enjoy life, love your body, feel grateful that God has given you such a beautiful body, such a sensitive body, with so many doors to relate to reality... eyes and ears and nose and touch...

Open all these windows and let life flow in, let life's sun shine in... Learn to be more sensitive... Use every now to be in the best wow!!!



Me too... I am looking for a friend...
Friendship has also disappeared
from the world.. what we call friendship
has nothing to do with the real idea
of friendship..

Choose your friend... you cannot choose
your father, nor your mother, nor your
family... but choose the friend of virtue..
The Soulmate...

One who has some grace, who has some
flowering, who has some quality around him,
who has an energy field of virtue.. which
means whose company is one with your
life... with your senses... and then you
will be able to choose a real master..
because the master is the ultimate friend..

If you cannot choose friends, you
will not be able to choose the real
master either..

Choose good friends, and then one day you
will be able to choose the
ultimate friend... yes! I have
you my friends and my ultimate
friend...

★ ★ Yes my master:
★ " And when you choose a friend,
listen to his counsels.. He will not
enforce them, they will be gentle voices...
He or she will not be very loud.. He
will not argue, he will not command..
He will only suggest, he will only hint, he
will only indicate...

And that is the case with the ultimate
friend, The Master... "

Christ only point the way... Mohammad too..
They don't make it very loud because
they don't want to be violent... They ★
don't want to drag you according to
themselves.. They have no desire to push
you, to dominate you. They simply express
whatsoever they have known and understood..
Now it is up to us to follow or
not follow..

To be a fellow not a fellow... do
not follow any one only yourself... we
are not a number but a member.. we
are a holy book... a great secret in each
one of us.. So let us be friends and
support each others...





This is the commune that I am
Looking for ... a heart-to-heart
connection.. we are fellow travellers..
We are a royal family in the Kingdom
of God... This godliness is in us.. and the
guide is not holier than us... He just
knows the way and I am ready to
know mine too... He is ready to help us.
Jesus is only a friendly guide and so is
every enlightened being...

So when love becomes just friendliness, no
possessiveness, no jealousy, no desire to dominate,
when love starts giving freedom to the
other, total freedom, then it becomes
Friendliness...

And that is the highest human consciousness..
Very few people have known friendliness..
It is a sad thing that such a vast
humanity goes on missing their own
intrinsic potential...

So let us be free and transform Lust into
love, love into friendliness.. The moment you
have reached to this state of friendliness
you have arrived home... the kingdom of
compassion...



Heartening Story with A great Moral

A boy was born to a couple after eleven years of marriage...

They were a loving couple and the boy was the gem of their eyes...

When the boy was around Two years old.. One morning The husband saw a medicine bottle open..

He was late for office so he asked his wife to cap the bottle and keep it in the cupboard..

His wife, preoccupied in the kitchen totally forgot the matter.. The boy saw the bottle and playfully went to the bottle fascinated by its color and drank it all..

It happened to be a strong medicine meant for adults to be taken in small dosages...

When the child collapsed the mother hurried him to the hospital. And sure he died.. The mother was stunned.. When the father came and saw the dead child..

He looked at his wife and said just five words..



what were the five words?

"I am with you darling."

The husband's totally unexpected reaction is a proactive behavior..

The child is dead.. He can never be brought back to life... There is no point in finding faults with the mother, besides, if only he had take in time to keep the bottle away, this would not have happened.

No one is to be blamed. She had also lost her only child. What she needed at that moment was consolation and sympathy from the husband.. That is what he gave her..

If everyone can look at life with this kind of perspective, There would be less problems in the world." A journey of a thousand miles can begin with a single step."

Let us take off all our envies, selfishness, and fears, and we will find things are more loving and more easy.. Sometimes we spend time in asking who is responsible or whom to blame.. whether in a relationship, in a job or with the people we know....





Just be aware not to blame...
by this way we miss out the
warmth in human love.. in
human relationships..



Blame is a game from the mind.. the
heart does not blame.. but blooms
with love..



How can I judge your smile? Is it because you
are sad or you are happy? From the
outside it is always wrong..



yes! say it again and again..

Be alert. Look deeply into anything that
makes you afraid. And you will be surprised that
if you look deeply into anything that makes you
afraid, it will disappear..



Unless you have a positive goal, your freedom
from is meaningless... you should also be
aware of what you are fighting for:
what is the goal of your freedom..
freedom from what? freedom to what??

Be free now or never

Now is the only time..



What is your feeling now?

Are you in hell? in a great noise? I am living in such an area where so much voices and loud music and cars and day and night... what can I do? If the dog is barking do I bark? I am looking for a commune... or accept it as it is without any anger or hate... This is why I read.. I write and I live as the best I can...

Nail in the Fence

There once was a little boy who had a bad temper...

His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence...

The first day the boy had driven 37 nails into the fence... Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down...

He discovered it was easier to hold his temper than to drive those nails into the fence...

Finally the day came when the boy didn't lose his temper at all.. He told his father about it and the father suggested that the boy now pull out one nail for each day that he has put in the wall...



The days passed and the young boy was finally able to tell his father that all the nails were gone..

The father took his son by the hand and led him to the fence..

He said, " you have done well, my son, but look at the holes in the fence.. the fence will never be the same..

When we say things in anger, they leave a scar just like this one.. you can put a knife in a man and draw it out..

It won't matter how many times we say I'm sorry, the wound is still there..

A verbal wound is as bad as a physical one.. friends are very rare jewels, indeed...

They make you smile and encourage you to succeed...

They lend you an ear, they share words of praise and they always want to open their hearts to us...

Where is my friend? yes it is in me...

My enemy is in me too... unless I love

myself I can't love you.. I can't love nature.. so let Love live in us first..



A young woman fell in love with a man..
The woman was a Catholic and the man was
a Jew. The woman's family was very worried,
and they said, "We cannot allow you."

The family was very rich, and they said,
"If you marry this man then you will
not inherit anything." And she was the
only child, so all the money was hers..

Now this was too much, so she asked,
"What should I do?"

So they said, "First convert him, let him
become a Catholic.. then... we see what we
can do.."

So she tried, and she was very happy, because
the Jew was more interested in the money
than in the woman, so he was very willing.. A
Jew is a Jew, he was very loyal.. He started
reading the Bible and started going to the church,
and he was in love with Jesus... The woman was
very happy, things were going very well and
after every month she would report to her parents

that things are going perfectly well..

Then one day she came home and was crying
and weeping and the father asked.. "What is
the matter?" "Yes, now he wants to be
a Catholic monk.. I have overdone."





A nun goes to her head nun: "I was raped. what shall I do?"

The head nun answers: "Drink This most bitter Tea with no sugar"

"Shall That bring my purity and honor back?"

"No, but it shall Take that happy Look off your face!!!!"

Credit facility 

Credit will be given to the persons above 85 years old..

Y b accompanied by both parents 

At a bar...

Having already downed a few power drinks, she Turns around, face him, looks him straight in the eye and says:

"Listen here, good looking, I screw anybody, anytime, anywhere, your place, my place, in the car, front door, back door, on the ground standing up, sitting down, naked or with clothes on; it doesn't matter to me.. I just love it!!"

Eye now wide with interest, he responds "No kidding... I'm a politician too"



Beloved Master...

Truth is one... Then why we have many religions?

Truth is one, but interpretations are many and can be millions..

Truth is one, but the people who see the Truth are different... their eyes give different angles...

Christ has his own unique personality, so is Mohammad, so is Krishna... When Christ looks at the truth, the truth reflects in his eyes; that becomes Christianity... and so is the Islam and the Hinduism..

So all the religions came via unique beings... And the unique person's uniqueness is always reflected in it..

When you will come to see the truth, there will be a meeting of you and the Truth...

The truth will transform you and you will transform the truth and the ultimate result will be a cross-breeding between you and Truth... Then Bible will be different from the Quran... It is the meeting of the individual with the whole, but the individual brings his uniqueness...



when a painter comes into the garden and looks, he sees thousands of colors that you are never aware of. He sees many greens, not one green; different shades of greens. He has trained his eyes to see color... when I see or you see, we just see trees are green; our eyes are not trained for it. .



When a poet comes he will sing a song about the trees, the painter will paint a painting of the trees and the song and the painting will be different... Although they both happen in the same garden, they happen both through the same garden but the interpretations are bound to be different...

Look at this book.. it is unique as its arts and language and pattern... I share what I feel and what I love and how I love... it is my joy... So be yourself.. listen to your own feelings...

Yes! Truth is one and religiousness is one, but the moment it descends on the earth it takes a form.. That form is going to be different.. If we understand this, then there will be no fight between forms... all those forms will be accepted...

If the wine is one.. we accept all the different cups... In fact, the world is richer because we have many religions..



Just think of a world which is only one religion.. it will be a poor world; it will not have variety... Truth will suffer..

Let us listen to this anecdote...

Life is only a joke... a laughter..

At a bar in Paris an American was drinking with three Frenchmen.. "Tell me! what is sang-froid? I know it means cold blood, but I would like to know the meaning of that particular term." "Well, let me try to explain. Suppose you have left your home for a business trip and you came back and you saw your wife in bed with your best friend, you do not get emotional, you do not get upset.. You smile at both of them, and you say... 'pardon, I am sorry to interrupt you', well, that is what I would call sang-froid."

Another Frenchman said, "well, I wouldn't say what you said... 'sorry! don't mind me.. please continue..' well now, that's what I would call sang-froid..."

"Ah!" broke the third "well, maybe.. But as for me, I'd go a step further in my definition..

If under the same situation you said
'pardon the intrusion, please continue!
and your best friend in bed could
continue, well That is what I would
call Sang-froid..."

Truth is one but interpretations are
many..

And it is good, and it is a more beautiful
and richer world because of that



Does God Exist ??

A man went to a barbershop to have his
hair cut. And his beard trimmed, as the
barber began to work, they began to have
a good talk.. It was about so many
things and various subjects when they
asked about God..

The barber said. "I don't believe that
God exists."

"Why do you say that?" asked the customer.
"Well you just go out and see the poverty...
the killings... the sick people.. I can't imagine
a loving God who would allow all of
these things... If there is God there must
be joy and health..." said the barber...



The customer thought for a moment, but didn't respond because he didn't want to start an argument...

The barber finished his job and the customer left the shop... and he saw a man in the street with long, dirty hair and ugly beard.. he looked so dirty..

The customer turned back and entered the barbershop and he said.. "you know what? Barbers do not exist."

"How can you say that, I am here and I am a barber and I just worked on you."

"No," the customer said.. "Barbers don't exist because if they exist, there would be no people with dirty long hair and untrimmed beards.. Like that man outside."

"Ah, but barbers DO exist!! That's what happens when people do not come to me."

"Exactly!" affirmed the customer. "That is the point!! God too DOES exist!! That's what happens when people do not go to him and don't ask him for help.. That's why there is so much pain and suffering in the world..



Yes! we can help the poor... help them to understand more about technology, more about science.. they need to work not to beg... So they need better technology, they need electricity, they need machines.. they will work and have good income... and teach them to use birth control methods.. this will be true service..

If we can reduce the population, if millions of people can decide not to have children at all... the world is already overpopulated, it is an ugly act to go on reproducing children...

All the children are our children... we are one royal family not a loyal husband and wife..

The world is already overpopulated, it is bound to be poor.. help them to use all kinds of natural birth control... Be aware of what you are doing with your children..

Sex is not to be used for reproductive reasons, this is what the power people are saying, otherwise it is a sin...

The truth is just the opposite: If you use sex as fun, it is virtue; if you use it for reproduction, it is sin..



professional help



A woman received a call that her daughter was sick...

She stopped by the pharmacy to get medication, got back to her car and found that she had locked her keys inside...

The woman found an old rusty coat hanger left on the ground. She looked at it and said "I don't know how to use this." She bowed her head and asked God to send her help..

Within one minutes a beat up old motorcycle pulled up..

A bearded man who was wearing an old biker skull rag...

The man got off of his cycle and asked if he could help...

She said. "Yes, my daughter is sick. I've locked my keys in my car.

I must get home. Please, can you use this hanger to unlock my car?

He said. "Sure." He walked over to the car, and in less than a minute the car was open...





She hugged the man and through tears said...

"Thank you so much!! You are a very nice man."

The man replied, "Lady!! I am not a nice man. I just got out of prison yesterday, I was in prison for car theft."

The woman hugged the man again sobbing, "Oh, Thank you God!! You even sent me a professional.."

Do not be a slave [♡] to your profession.. Your work should only be a part of life but not all your life...

Life should be multidimensional; then it is very rich.. do not play one tone, one note, so seed... soo seek... so see... plant many seeds in your outer and inner garden...

Life should be as many colors, rainbow-like. One can face God only when one has become like a rainbow... nothing excluded, everything included..



One day a florist went to a barber for a haircut... After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week... The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door...

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop. The next morning when the barber went to open up, there were a 'thank you' card and a dozen doughnuts waiting for him at his door...

Then a member of parliament came in for a haircut, and when he went to pay his bill, the barber again said the same excuse.. The next morning, when the barber came there were a dozen other members of parliament lined up waiting for a free haircut..

Both politicians and nappies need to be changed often and for the same reason...



★ An atheist was seated next to a little girl on an airplane and he turned to her and said, "Do you want to talk? Flights go quicker if you... strike up a conversation with your fellow passenger."

The little girl, who had just started to read her book, replied to the Total stranger, "What would you want to talk about?"

"Oh, I don't know," said the atheist.. "How about why there is no God, or no heaven or hell, or no life after death?" as he smiled smugly...

"Okay," she said.. "Those could be very interesting topics but let me ask you a question first..

"A horse, a cow, and a deer all eat the same stuff - grass... Yet a deer excretes little pellets, while a cow turns out a flat patty, but a horse produces clumps.. Why do you suppose that is?"

The atheist, visibly surprised by the little girl's intelligence, thinks about it and says, "Hmmm, I have no idea." To which the little girl replies, "Do you really feel qualified to discuss God, Heaven and Hell, or life after death, when you don't know Shit?"



Forgiveness...

Towards the end of Sunday service, the minister asked;

"How many of you have forgiven your enemies?"

80% held up their hands

The minister then repeated his question.. All responded this time, except one small elderly lady....

"Mrs. Neely, are you not willing to forgive your enemies?"

"I don't have any," she replied, smiling sweetly..

Mrs. Neely, that is very unusual.. How old are you?

"Ninety-eight" she replied..

The congregation stood up and clapped their hands..

Oh, Mrs. Neely, would you please come down in front and tell us all how a person can live for ninety-eight years and not have an enemy in the world?"

The little sweetheart old lady came down the aisle, faced the congregation, and said.."I outlived all the bitches."

Q





Does Society have a responsibility to its disadvantaged people?

We are the society and we are the cause of destroying the people...

Each child is being destroyed by us.. we are victims of victims and the few who are victors no one listens to them.. we kill them in many way...

First the society distracts the child from nature... from himself... first make a man sick and then give him drugs.. This is a very cunning game...

But why hit the person in the first place??

I am reminded of a small anecdote:

One monk saw a small girl, not more than 12 years old, was carrying a fat and heavy small boy. The monk told her..."My daughter, you must be tired... you are carrying so much weight." The girl was very much angry. She said.. "Weight? You are carrying weight... This is my brother."

Love is not a responsibility, Love is not a duty... it is your joy...



Out of your love, do whatever you can do ... but not out of your Christianity, your Hinduism or any head religion...

Children are here like flowers.. let them grow and glow... just give them water and they give you all the fragrance of existence... nourish them with your love, love is the only safety.. do not force any laws, any rituals, any sects, let him find his own truth... don't make him a beggar... let him be his own emperor... his own master...

 " you have to be yourself, not just my son."

 He has come through you, but he does not belong to you...

You have been a passage, but if roads start claiming people who walk on the roads, just think how much more difficult life will become...

Once you travel on a road, be grateful to it... and keep walking... it is only a bridge from place to place... and what are parents except roads??



Me too ... I love to laugh...

Hilarious Definitions



Experience: The name men give to
their mistakes..



Life insurance:

A contract that keeps you poor all
your life so that you can die Rich...



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



Atom bomb:

An invention to end all inventions..



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



School: A place where parents pay and
children play...



Smile: A curve that can set a lot of things
straight...

Yawn: The only time some married men ever
get to open their mouth





Conference room:

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



Etc: A sign to make others believe that you know more than you actually do...



Boss: Someone who is early when you are late and late when you are early...



Nurse: A person who wakes you up to give you sleeping pills...



Doctor: A person who holds your ills, and kills you by bills...



So let us be aware of who we are and with whom we are playing and paying our life and our bills and wills...

Let us be in our well... in our way...

And our will, will take us to our best place and best peace place...



Let us use the red color

for marriage ... husband and wife...



Men and women should meet, know each other, and there should be no hurry to get married.. slowly slowly, you will learn the art of Love, and you will learn the ways of being with people, and you will also learn with whom there is a spiritual affinity...

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

marriage is a merging of two hearts into totality.. Love can become marriage in its unity... in its freedom, it is nonpossessive... it has nothing to do with any law or with any registry office... use the social function only for the society but in the heart there is no law only love...

Marriage has to go the way it has existed up to now and a totally new concept has to be introduced. only then can a new man be born on the earth... come out of this bondage called marriage...



yes!! Hello there!



This letter was started by a woman like yourself, in hopes of bringing relief to a tired and discontented wife...

Unlike most chain letters, this one does not cost anything, just send a copy of this letter to five of your friends who are equally tired. Then bundle up your husband and send him to the woman at the top of the list and add your name to the bottom of the list...

When your name comes to the top of the list you will receive 16,478 men and some of them are bound to be a hell of a lot better than the one you already have...

Do not break the chain.. have faith!!
One woman broke the chain and got her own son-of-a-bitch back..

At the date of writing this letter... another friend of mine received 183 men... They buried her yesterday... but it took three undertakers, thirty-six hours to get the smile off her face... Be aware of this grace...



Once upon a time a couple completed their 25th year of marriage.. They had become famous among their friend circle for not having a single conflict in their period of 25 years.. And now their friends had gathered at the occasion to find out the secret of this marriage... So one of the friends asked.. "It is unbelievable.. How did you make this possible?"

Husband recalling his old honeymoon day said "We had our honeymoon after marriage.. We selected the horse riding, we both started the ride on different horses.. My horse was pretty okay but the horse on which my wife was riding seemed to be a crazy one..

On the way ahead, that horse jumped suddenly, making my wife topple over..

Recovering her position from the ground, she patted the horse's back and said,

"This is your first time."

She again climbed the horse and continued with the ride. After a while, it happened again... Oh! what to do??

This time she again kept calm and said,
"This is your second time" and
continued...

When the horse dropped her third time,
she silently took out the revolver
from the purse and shot the horse
dead!!!

I shouted at my [♡]wife: "What did you
do? You killed the poor animal. Are
you crazy?"

She gave a silent look and said...

"This is your first time."

"That's it. I understood her, I accepted
her as it is, and hence we are happy
ever after." said the husband..

♡
One of the secrets to become happy is,
"Accept the person as it is"

♡
Marriage is only a joke... why so much
Talk???

Husband is one who is the head of the
family, but his wife is the fuck.. sorry!!
the neck, and whichever way she turns,
he goes..

♡

 A husband reads an article from newspaper to his wife, which says...

 "A woman uses 10,000 words a day, where the man uses only 5000"
the wife replied, "The reason has to be because we have to repeat everything to men."
The husband then turned to his wife and asked... "What?"



Position of a husband is just like a split air conditioner, no matter how loud he is in the outdoor he is design to remain silent indoor..



Why do most Indian women request God for the same husband in the after life? "

Because efforts taken to train him in this life should not go waste..!!



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



Me too!! who is not angry?

Anger is the answer... just like
cancer is the answer...



When pythagoras says not to be angry,
he does not mean repression, he is telling
us to transcend anger.. just be a loving
watcher to your anger...

I was angry and now too and I
say it again and again and let it flow...
this is how I grow and glow... So use
your anger in small doses better than
going to bomb... You may do something
tremendously harmful to yourself or to
somebody else; you may murder or you
may commit suicide.. So go beyond it..
Do not repress and do not express just
watch it and go beyond it and be
grateful to this lesson... no pain no gain..
you become so separate from it and it cannot
affect you.. just like the cloud in the
sky...

In watching, you are not supporting it.. and
a great serenity arises in you... the silence
that follows the storm...

"Be still and know that I am God"



This oneness is our stillness... our existence...
This is our deep meditative state.. our
fresh and young and innocent now and
wow !!!

Then you will be thankful even to anger..
because it has given you a new space
to live in, a new utterly fresh experience
to go through... you have used it.. you
have made a steppingstone out of it..

This is the creative use of the negative
emotions...

And once the heart starts singing, once it
is in the hands of God and he starts
playing on the heart, life is a celebration..
The head is a single note, hence it is
boring... the head is a politician, it is on
a power trip.

The heart is humble, your real being, lives
in the heart.. let your being function as
a single unit in which nobody dictates...

let there be a democracy, an inner
democracy, and no dictator... The head
disappears the only does real sanity
arises, real wholeness and health..

Just face the Truth !!!

Man is now living in his most critical moment and it is a crisis of immense dimensions... Either he will die or a new man will be born...

Unless human consciousness changes Totally man cannot survive... As he is right now he is already outdated... it is global madness... global war... what is your choice?

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

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

Watching the news you are seeing every kind of destruction on earth including natural catastrophes and man made wars. There will be floods which have never been known since the time of Noah, along with earthquakes, volcanic eruptions and everything else that is possible through nature.

The earth cannot tolerate this type of mankind any longer... There will be wars which are bound to end in nuclear explosions, hence no ordinary Noah's Arks are going to save humanity... we need a new Ark...



An Ark of consciousness, remaining
centered exactly in the middle
of the cross... in the middle of
The cyclone...

Except this truth there is no other
Truth...

All the cities are going to disappear
and the holocaust is not going to
be confined to certain places..

It is going to be global... no escape
will be possible..

We can only escape within and that is
the real home... where are we going?
We are not here to worship wars... or
any other ignorance states but only
a scientific way of coming to our
innermost core..

Truth is very near... why go so far...
Just go in... in is our only inn...
meditation is the only key and every breath
is a path to life or death... what is your
choice? what is your grace?
The power of love or the love of
power??



power is dangerous without meditation..
Any kind of power is bound to become
destructive if there is no meditation
involved in it..

Power means energy but what are we
doing with our energy ?? for example..
Hitler would have been mad even without
power, but once he became powerful then
he killed millions... a naked sword in
the hands of a child... So be aware of
your power...

Once meditation becomes the foundation,
then power is creative, then it brings
poetry and great music and great dance in
your life.. and in the world... when the
flower opens, the fragrance is bound to be
released...

Humanity is suffering from too much power...
Technology, science... they have given too much
power to man and man is insane.. Man has
no meditateness, no silence, no peace within
himself... He knows nothing of awareness...

😊 Hence we are standing on the verge.. Any
😬 😊 moment global suicide...



Meditation is the only key to peace...
No other discipline... no other key is
needed... Once you know how to be
silent and aware, everything else
follows of its own accord..

Love comes, compassion comes, service comes,
prayer comes... you need not seek for
them.. Truth comes, freedom comes,
godliness comes... but they come of
their own accord... And remember, when
these things come of their own accord,
without any effort on your part, the
world will know peace..

And we are the world... we are
the drop and the wave and the ocean...
So we are here to imagine our magic
grace... imagination is a great power... all
that happens happens through our feelings...
our imaginations... Then reason comes in
and figures it out... you are your own
master and you live your own mystery...
Imagination plus meditation is the way
to God... just wait and be..



😊 😊 God can happen any now.. we
just need to be utterly silent and
waiting with total trust...

😊 So this is the paradox: if you ask that
He should happen right now, you will have
to wait very long... maybe forever... If
you are ready to wait forever, He can
happen right now..

In fact... God is Nowhere

God ^{or} is now-here

If you can wait, He has already happened
in that very waiting... He comes so silently,
even the footsteps are never heard..
just two steps are the whole trip..

Let go... and.. let God...

One step on our ego... on our mind... our
arrogance... on hell.. Then the second
step will be in heaven... from head to
heart.. from evil to love... it is in
our choice... So meditate over it and
allow that feeling of waiting... the
drop and the ocean are one..



Let us live this oneness... The oneness is the bliss...

Man can make efforts for pleasure but not for bliss...

pleasure will not come on its own.. you have to make efforts for it... because pleasure belongs to the outside world...

The pleasure that comes through having money, the pleasure that comes through food, through sex, through political power... and also respectability... These things never come as gifts.. One has to work hard, struggle for them; one has to be aggressive and violent...

If one simply sits silently and waits for a miracle to happen, those miracles never happen; they have never happened. You have to run and you have to run faster than others because it is a competitive game.. you are not alone; millions of people are running for the same goals...

pleasure is of the outside and once you get it, it will die... it is only a hope.. only a mirage... let us live our bliss... let us go in... it is our self-nature



★ ★ Bliss is a gift: It starts from within and comes from the beyond...

★ You are simply sitting doing nothing and it starts showering... you have just to be open, empty, so that when it descends in you there is space for it...

Bliss comes as a guest... All that is needed is a spaciousness so that you can function as a host... And this is the paradox of life; much has to be done for pleasure and nothing is attained, and nothing has to be done for bliss and all is attained...

You do not need any key... any master... you have to create the key within you, as you have created the lock...

All that is borrowed is going to create more trouble... if the understanding is there, the problem is not... you are the key and the lock and the bliss and the mystery... just be yourself and you know the way and you are the will and the well...



Truth has no path.. all paths are false..
no path to God... God is all and everywhere
God is here and now..

All paths are mind creations and to
come back to reality, one has to renounce
all paths.. All paths are fabrications,
lies... So are all philosophies, all and
all religions are lies..

Jesus has not given a path, the path
is invented by the priest... Jesus says
I am the way, I am the life... I am
the kingdom of God... Truth is in us...

Do not listen to the lies... do not

Trust anyone only yourself... now or
never... in you, in me, in the people,
in nature... just relax... you are in it, you
are it...

Seek and you will go on missing it..
Don't seek, just be, and suddenly it is
there... just enjoy it.. rejoice in small
things in life...

There is no need for any path.. paths
are needed because people want to go
somewhere, so what to do? You are already
there.. There is no need to go anywhere..
Reality is pathless...



★ let us play the pathless path...
★ the rainbow of the light... Jesus
★ did it and all the masters too..
He wants people to be in contact
with him... with the presence of the
truth... the very presence functions..
Jesus does not give methods to people
that is not his way...

He pulsates his being to others too..
It is from heart to heart... Hence Jesus
was always ready to go to people, to
drink with them, to eat with them..
because that is the most relaxing
moment in people's lives..

Even businessmen like to take you for
lunch, because then things are easier.. You
are more positive, you are more relaxed,
you say YES more easily..

Also a feast of words, you become involved
in the words, you become utterly involved
with the words.... This is the indirect
door... something happens to you...

If you remember your lover, immediately
you will find something has changed... you
are more centered... just feel the presence
of your lover.. of your master... no
distance between lovers...



★ Everybody is beautiful and divine...

We are the meeting point where Two worlds meet, and hence the beauty and the ecstasy...

When Two lovers meet, the egos are lost... This is how Jesus became christ and we too by loving myself.. by knowing who are you, you become one with God.. the meeting of the ultimate truth...

When the energy of Allah touches you only then you are the son of God... you are seeking God and God is seeking you too... the whole existence will feel ecstatic...

Meeting is melting of the divisions... you have to be completely free from all boundaries, no more walls... no more sects and laws... it is flood of light...

yes, you only have a small energy, but an ocean is created by small drops falling and falling... Small rivers flow into the ocean and creates the ocean...

Be the drop and keep flowing into the source and live your color in your rainbow untill the end and the new color too....



★ feel the other power as your own power ★

The consciousness is one in each one of us.
In deep love the two persons are not two.
Two poles are one peace pole... one bliss...
You have entered paradise, even
for a single moment..

And this moment can be transforming..
In meditation you can do it with every
person..

Whoever comes near you, simply dissolve
into him, and feel that you are not
Two, but one life is flowing..

When you are open and you flow into the
other, the other starts flowing into you;
and there is a deep meeting, a communion..

And if this possible with one individual,
it is possible with the whole universe..

This is Samadhi... Ya Samadh... deep love
between the person and the whole universe..

feel all what you see out is inside
you too... you are what you see... be
what you see... To be or not to be
is our choice... is our grace...

Really, if you love someone, no other meditation is needed..

Love itself is the greatest method.. In love you forget yourself.. and you are the other, suddenly you are filled with bliss... The blessing.. you are no more only God is... God is helping the other not you... Look Lovingly on the other.. on any object, anything has life.. anything will become a person..

So when you look lovingly, you forget yourself completely... feel the flower.. feel the other...

Let this thought live in your feelings..

I am no more.. existence is.. If you love one face, you see it in every face.. in every look... in every breath.. you have forgotten completely yourself, and you are the other and the other has become the center of your love...

In this state, suddenly, here in the middle of the object, the blessing.. as a by-product, as a shadow, comes to you.. suddenly you become centered in...



Life is contradictory, illogical... It works through the opposite... it is a dialogue between the opposites...

If there is no Judas, there is no Jesus... 
This is the challenge... This is the attraction.. Man and woman is the basic opposition, and then the challenge creates the Love.. And the whole life moves around Love..

That's why lovers fight... They will go far away from each other, they will become enemies.. And then again in the evening they are making love..

Again they look from such a faraway point that they feel attracted.. Then they have become simply man and woman again, not lovers...

This is the game of polarities... again and again, you come near and go far..

 Without polarities, life cannot exist.. If two lovers really become one, they disappear from life. They are liberated really... They will have no rebirth again; there will be no life in the future.. If two loves are one, this is the deepest meditation possible.. They have achieved non-duality... They are no more only existence is... The drop became the ocean... Jesus became Christ...



what is this attachment to misery?

★ ★ Just be a watcher to your misery and to your joy... then see what differences are there...

★ When you are miserable you attract attention of others... you will be respected.. just like the saints... They are against all joy... and only the ill person enjoys suffering... Look into your misery and see the cause and you are the cure..

Become happy and people become jealous of you, they are no more friendly... so we have learned to repress happiness and to express misery... It has become our second nature...

You have to be yourself and live your feelings and respect your life and others too ... Help the miserable and let him know why he is sad... misery is ugly..

Be happy, respect happiness and this is our goal of life ...

wherever bliss is God is.. we have to learn the language of health wholeness, happiness and joy... misery needs no talents anybody can afford it.. only creative people are happy...





From sex to superconsciousness
is the rainbow



Just relax and you are all the colors of
the rainbow...

When the mind is angry and tense, sex
becomes the master... because sex is the
only release, you have to throw some energy
out some way.. Then sex becomes the outlet.

It is a natural safety valve.. Nature has
given you an opening. If you cannot cope
with your energy and you cannot remain relaxed,
then the energy goes on accumulating, and there
comes the point it has to be release.. or you
go mad..

All mad people suppressed their sex energy.

Either Transform it or don't repress it..

Sex becomes the master because you are
so tense, you need it, you need its help.

When you are relaxed, sex disappears.. The
more you are relaxed, the more sex

disappears... If you are totally relaxed, sex
disappears completely.. And the energy that was
involved in sex becomes LOVE, Compassion,

awareness and freedom and joy
and laughter.....



Six Laughs



A man was so jealous of his newly born baby that he put poison on the wife's nipples while she was asleep..

The next day, their driver died of poisoning.



A man is dying of cancer, but keeps telling people he is dying of AIDS.. His son asked why? He answered, so that when I am dead, no one will sleep with your Mom..



A lady lost three panties in her house and blamed her maid in front of the husband.. Maid said, sir you are my witness you know I never wear panties..



A couple is having a quickie and their 6 year old catches them,

Son: "What are you doing?" Ask the Son..

Father: "I am putting petrol on your Mom."

Son: "Haauu.. Haauu!!" Which means Mom's engine is Taking too much petrol cause our neighbour has put in yesterday.."

Mother fainted..!!



A man went to the pub with his wife..

When he left for the counter to buy drinks a

prostitute approached his wife and whispered:

"You must demand cash before sex, I know him he does not pay..."

😊😊😊
An 8 year old boy is accused of rape
In court his lady lawyer holds his dick out
as evidence saying, "your honour see this,
can he rape with this Tiny Tot?"

The boy whispered.. "Don't shake it, we
will lose the case!!"

♡
A man returns home a day early from a business
trip. It's after midnight...

While en-route home he asks the cabby if he
would be a witness...

The man suspects his wife is having an affair,
and he wants to catch her in the act..

For \$100, the cab driver agrees.
Quietly arriving home, The husband and the driver
tip-toe into the bedroom...

The husband switches on the lights, yanks the
blanket back, and there is his wife in bed with
another man !!

The husband puts a gun to the man's head..
The wife shouts, "Don't do it !! I Lied when I Told
you I inherited money.. He paid for your car..
He paid for our new home, he paid for your
club... He pays for all our monthly dues!!..
Shaking his head from side-to-side, the husband
lowers the gun.. He looks over at the driver..

★ "what would you do?" the driver replied

★ "I'd cover him with that blanket before he
catches cold." ★★



Sadie and Yetta, two Jewish widows,
are talking...



Sadie: "That nice Morris Goldman asked me out for a date. I know you went out with him last week, and I wanted to talk with you about him before I give him my answer."

Yetta: "Vell, I will Tell you.. He shows up at my apartment punctual Like a clock... And like such a hollywood style with his look and his fine suit... Wonderful man... And he brought me such beautiful flowers you could die for... Then he takes me downstairs, and what's there, such a beautiful car.. a limousine with a uniformed driver and all what you love to see..."

Then he Takes me out for a dinner... what a marvellous food.. Den vee go see a show.. Let me tell you Sadie, I enjoyed it so much I could just die from pleasure!!

So, then we are coming back to my apartment and into an Animal man !!! He turns completely crazy.. he Tears off my expensive new dress and has his way with me...!!"

Sadie: "Oy!! Vey... ^{Two times} So you are telling me I shouldn't go out with him?"

Yella: No... I am just saying... wear an old dress!!"



Mexican Jews

Sid and Max were sitting in a Mexican restaurant



Sid asked Max, "Are they here? Any Jews in Mexico?"



"I don't know, why don't we ask the waiter?"
When the waiter came, Max asked him...

"Are there any Mexican Jews?"

"I don't know Senor, let me ask," and he went into the kitchen

He returned in a few minutes and said, "No, Senor, no Mexican Jews."

Are you sure? Max asked..

"I will check again, Senor," and went back to the kitchen..

While he was still gone, Sid said, "I cannot believe there are no Jews in Mexico.. our people are scattered everywhere."

When the waiter returned he said, "Senor, no Mexican Jews."

"Are you really sure?" Max asked again, "I cannot believe there are no Mexican Jews."

"Senor, I asked everyone" the waiter replied..

"We have Orange Jews, Prune Jews, Tomato Jews and Grape Jews, but no one ever heard of Mexican Jews!"



Yes! Let us radiate Love, life, light and
laughter...

No Love, no life... Let us do it and
let us be it...

Sitting alone in your room, be loving...
Radiate love, fill the whole room with your love
energy... Feel vibrating with a new frequency, feel
swaying as if you are in the ocean of love...

Create vibrations of love energy around you..
And you will start feeling immediately that
something is happening, something in your aura
is changing, something around your body is
 changing; a warmth is arising around your
body... a warmth like deep orgasm... you
 are becoming more alive... something like
 sleep is disappearing... something like
awareness is arising...

Now or never... now is the power of Love..
Now is the time of live... Just catch it..
You are it... nobody can teach it but you
can catch it and you are what it is...

Be yourself... This is the first step of
the holy trip... Just face your original face...
This is the eternal trip... This is our new
birth... our new breath and bread....

 Law and Love, are Tremendously Significant...

 Jesus is saying to us...

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."

This is the first and great commandment. And the second is like unto it..

"Thou shalt love thy neighbor as thyself."

these two words represent our bread and breath.. our polar opposites...

The mind which is legal can never be loving. And the mind that loves can never be legal...

The legal attitude is irreligious; it is political, social... and the attitude of love is non-political, non-social, individual, personal, religious...

Manu, Marx, Mao, these are the legal minds: they have given the law to the world. Buddha, Jesus, Mohammad, these are the people of love.. They have not given a legal commandment to the world; they have given a totally different Vision...

Love people when you find them blossoming in the greatest Truth but do not follow them..

Be yourself..

Know thyself...

Open your petals and release your fragrance...

Be aware of the lawmakers!!

Except Love, there should be no Law.
And if people's hearts are full of love,
there is no need of law at all... Just be
happy and then see what happens... choose to be
blissful and be in the kingdom of God and you
will live the law of love ... The eternal law
of life and light... The law that pulls you
upwards...

Let your heart flow of love that has the
justice and a justice which is without compassion
can never be just..

The legal mind says God is law, He is just.
But the legal mind cannot know what God
is ... The legal mind cannot reach to that
dimension...

The legal mind always goes on throwing
responsibility on somebody else .. on the society,
the economic structure, the history...

Love takes the responsibility on itself:

It is always "I" who is responsible, not you..
the mind says "Impossible".. The heart says
"I-m-possible" ..

So let the Law flow from your life....



It needs intelligence to know the law of your life... and we are taught to remain unintelligent... The society does not want us to be happy... so they need stupid people.. Stupids are loyal and obedient...

Politicians don't want intelligence to happen in the world, priests too and all the power people are commanding us...

The intelligent person wants to be his own master, wants to live in the present and out of this now will create his future.. You can be happy only if you are intelligent..

The more meditative you become, the more intelligent you become.. Intelligence comes from your heart not from your head... Once you touch your center you become happy, you become creative, you become rebellious, you start moving into the unknown... you start living dangerously, because that is the only way to live..

To be free means to decide that "I will live my life intelligently, I will not be just an imitator, I will walk my own path, I will be alone but not lonely..."

To be free is to be yourself....



Me too... I have no friends... Very rare... but you are right.. Thank you..

You will not be able to know many things about yourself if you do not meet people.. If you do not meet anyone who abuses you, then how can you know whether there is anger in you or not?

If nobody insults me, then I will think that I am without anger... And we will know the anger within us only when someone abuses you or me or us...

So in a way, the person who abused you has helped you to understand yourself; he has helped you to realize that there is anger within you which was kept suppressed.. That dark corner came into light by his abuse..

But the monk who runs away to the jungle does not get these opportunities of understanding his inner treasures because there is no one to abuse him.. no one gives him an opportunity he is alone there.. Self-observation becomes difficult...

This world is our school... is our challenge to be changed.. let us listen to our creator who is our highest master...

Here in this jungle, thorns will prick you the moment you walk on them.. and you thank them, and the wisdom will be born when you accept the pain as a gain...

How is wisdom born?

It is born out of conflict, it is born by accepting the challenges of life, by getting defeated, by falling down and by rising again..

If you become peaceful in this world, then it is positive.. If there is no god, there is no heaven and if there is no devil, there is no hell too... Hell and heaven are in us.. are one icon... to see the truth in every look...

The only path is the path of courage.. you fall down and up too... This is our challenge.. Have you ever noticed that the children of rich families are not very sharp or very intelligent? They have no challenge... The children of millionaires are usually mediocre.. The more the struggle, the stronger the spine becomes...

So do not run away from the world just wake up and be one with the world.. And never avoid challenge; always face the challenge and be the change you want to see in the world...

Let us not live the peace in the graveyard but the peace of one peaceful world, by our efforts... Let us live the positive peace which is attained by living to the maximum...



If you want to know the maximum
of your being... Listen to your body...
We are bodymindbeing soulspirit... just one
word... a mystery...



The body is wiser than your so called
mind... so listen to your inner treasure
and you are free to live your own
freedom... To write what you feel and
what you love and how you feel...

I have my own way.. my own will.. my
own grammar... my own treasure and I
respect your own freedom too...

So listen to your own body... The body is
our home... our car.. and your body is
ninety-nine percent of your energy: mind is
a small fragment... Why are we making
Too much fuss out of it??

So be aware, don't let any other power
use you... you have to drop the church
not your sexuality!! Because the church
or any other dead religion, will never allow
you to grow... so listen to your body and
go with the body and you will be a being...

And soon you will see, sexuality is beyond body.. is changing into spirituality.. This is the real orgasm... The real ecstasy.. no mind any more... nobody any more... she is more total.. more rounded.. more of a whole... The woman goes beyond body orgasm and her orgasm is deeper than the mind...

 And when her whole body is throbbing with joy, is moving in a timeless moment,  is no more part of a thinking process, all thoughts have disappeared, and there is great  silence... This is the eternal orgasm...

Just look at the faces of the lovers.. they are so blissful, so calm, so meditative, that you will not find such looks only in your original face... the face which is beyond time and space and place...

So let your energy move with nature.. let the bud become a flower.. be in the world but not of it... go beyond.. float with your energy... with your river and it will take you to the ocean... just let go and let God.. All is accepted, because all is divine...

I live my life based on two wills..
I live as if today is my last day
on earth...

I live today as if I am going to
live forever...



You can't change the past, but you
can ruin the present, by worrying
over the future



Thank God for what you have..

Trust God for what you need..



Love... and you shall be loved...



Everyone needs to be loved...

Especially when they do not deserve it.



The real measure of a man's wealth
is what he has invested in
eternity...



If you fill your heart with
regrets of yesterday..
and the worries of tomorrow,
you have no today to be thankful
for..

♡
Anger is a condition in which the
Tongue works faster than the
mind...

♡
Every one has beauty, but not everyone
sees it..

♡
It's important for parents to live the
same things they teach and also it
is important for parents to live the
same things they ^{learn from} teaching so be
aware of who you are and what you
are teaching ??

♡
All people smile in the same language..
But be aware of this language!!!
watch your feeling !!!



Man looks at outward appearance...
But God looks within... in the core
of our heart...

♡
The choice you make today, will usually
affect tomorrow...

♡
Whenever I find the key to success,
Someone changes the lock..

♡
To err is human, to forgive is not
a company policy...

♡
The road to success is always under
construction..

♡
All the desirable things in life are
either illegal, expensive or
off road... or fattening
or married to someone else

♡
In order to get a loan, you first
need to prove that you don't
need it

I don't know what do you need.. just
feel your need... your desire... your greed.
I don't give you any laws or instructions..
I simply teach you one thing:

Become more and more conscious,
become more and more aware, and let
your awareness decide.. And once you
find your own way, why create my care?
Who am I to guide you? Let your thirst
Take you to the river...

The master gives you the light... The light
that is in you.. and that gift will be enough
to find your own path...

No one will give you your map... whatsoever
goes well with you is fine... let your hunger
eat... let your thirst drink... Don't impose
unnecessary structures upon your being...
you are already in a prison, don't create
bigger prisons for yourself...

Although remember one thing: work as
diligently as possible for becoming more
conscious... let your whole concern be
consciousness...



👁️ 😊 And when you are conscious,
when you are a little bit alert,
😊 aware, when a light starts burning
in your inner being, when you are
able to see, many things will change..
Not according to any structure, not
according to any ideology, not according
to any fanaticism... but according to
your own understanding.....

Things are bound to change... And change
is a constant law... misery arises because
we don't allow change to happen; we cling,
we want things to be static...

This is ^{why} we are into plastic looks...
into copy paste.. to accept our life as it is
growing with all seasons and moods is the
natural way of growing... Then all is good,
then you are never frustrated...

'Ask and it shall be given to you'
Jesus says this bliss to all of us but now
he is saying.. just be yourself and do
not ask and it shall be given to you... why
ask? We are not beggars... be an emperor..
We are a royal family in the Kingdom of God...

So why asking? You already have
it... you are it... Be still and
know that I am God... not the I..
not the mind... not the ego but the
awareness... the existence...

Look into the flower and you will find
God... Look deeply anywhere and you
will find God...

Today I found one of my homefriend...
is stealing money from my bag but I
saw God is doing this to teach me a
lesson... he is not the action... most

★ of the ones I lived with mainly in
Lebanon did more hurt than this one..

★ Judas is teaching me too... God is in
hell too... he is teaching me to love
or to hate?? to react or to respond?
So what to do?

I don't put money in my bag when
the soulgroup is here, at my home... keep
the money in a private place... and I
told him what to do... how can I help
you?? ... We are responsible...

Yes! I am responsible... I have the ability...
the cure... it is not a duty but out of Love...
Love is a response!! Start becoming conscious;
that is the only way to arrive home... I am
the cause and I am the cure...

To be conscious means to take the whole
responsibility on your own shoulders... Take the
whole responsibility for your life... I am
the cause of my hell... change yourself..
then I can create my heaven too...

Responsibility brings freedom and brings
creativity... once you go this way.. you
are free all the way... Now it is up
to you, nobody can disturb you...

This is human dignity.. God is a great
respector of individuals, and a person
becomes individual only when he takes the
whole responsibility for himself upon
himself...

You are your own master... walk your talk...

★ ★ You have all the tools you need... just
★ ★ use your key... meditation is our
★ ★ workshop and worship not warship...

Real worship consists of living. Real worship consists of small things...

A religious man lives day to day, moment to moment... cleaning the floor, and there is worship. preparing food, and there is a worship ...

Worship is a quality, it has nothing to do with the act itself, it is the attitude that you bring to the act...

Recognize !! see !! And there is worship... we need the book as the best companion but also a living master who can wake you up, he simply goes straight like an arrow to your heart... This is an order by Allah through the master.. God is the mystery in us..

The people who crucified Jesus, are the same who are worshipping him.. it is out of guilt.. it is repentance ... They started feeling a great pain, a great heaviness, a great anxiety ... They condemned him as a criminal and they worshipped him as God... The same with every truth.. We are into wars and killing... why wars ???

War is the greatest thing that man  
has remained involved with ... killing  
and murder seems to be our goal... we
are ill... we are so ignorant... and this
is our enemy ... it is in us...

Peace is missing in the heart, hence the
war exists ... more peace less war.. When
the power of peace overcomes the power
of war the world will love love...

A man of peace is simply a pool of silence...
He pulsates a new kind of energy into the
world, he sings a new song. He lives in a
Totally new way, in love and compassion..

A man of peace is creative. He is not
against war, because to be against
anything is to be at war... he simply
understands why war exists... And out
of that understanding he becomes very
peaceful...

Only when there are many people who are
pools of peace, silence, understanding, will the
war disappear...

Who are these people? It's not you and
me who else? It's not now when? now
or never!!! Wow!!!

Let us play with our seeds...
yes! we plant them too...

If you come early,
The bus is late...

If you come late, the bus is already
gone...

Once you have bought something, you will
find the same item being sold
somewhere else at a cheaper rate

When in a queue, the other line always
moves faster and the person in front
of you will always have the most
complex of transactions...

If you have paper, you don't have a pen,
If you have a pen, you don't have
paper...
If you have both, no one calls...

Since light travels faster than sounds,
people appear brighter before you
hear them speak

A story a day keeps the worry away...

An old, tired looking cat wandered into my veranda.. I could tell from her collar and well-fed belly that she had a home and was well taken of...

She calmly came over to me, I gave her a few pats on her head.. She then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep...

An hour later, she went to the door and I let her out..

The next day she was back, greeted me in my veranda, walked inside and resumed her spot in the hall and again slept for about an hour...

This continued off for several weeks...curious I pinned a note to her collar." I would like to find out who the owner of this wonderful sweet cat is and ask if you are aware that almost every afternoon your cat comes to my house for a nap"

The next day she arrived for her nap with a different note pinned to her collar..." she lives in a home, with my non stop chatting and nagging wife, she's trying to catch up on her sleep...

Can I come with her tomorrow??



Let us be in this now, in this here... no time to waste... here now is the present to live... no yesterday no tomorrow... now is the only festival... let us celebrate this mystery... we are together beyond place and time and to be in the present is to be free, is to be blissful, is to be alone but not lonely...

Easy to say it but who is living it? Just look at a child of three and you will see what life is, how joyous he is and how sensitive to all what is around him, how alert, watchful; nothing misses his eye... And how intense in everything... He is what he is feeling... he is totally in his heart he does not calculate... Love and hate are one icon in its totality...

Once we experience this empathy we are beyond words... This is a very rare awareness... you know what sympathy means, you also know what apathy means; but empathy only very rare beings are aware of it..

Sympathy and apathy are opposed to each other.. Empathy is beyond both.. to help us understand it let us read this incident in Ramakrishna's life...

He was in a boat, going to the other shore and just out of nowhere, he started screaming,

★ "Don't beat me!" Tears started flowing from his eyes, and one could see that his body was getting distorted as if somebody was with him...



He was with him and beating him badly... The disciples could see nobody there, but he was in immense Torture...



When they reached to the other shore, they found a fisherman with a big crowd surrounding him... He had been beaten by a few people.. And the strangest thing was that the same bruises and scratches that had come up on his back, had come up on Ramakrishna's back too ... exactly the same..

It was a very mysterious phenomenon.. They asked him and he said.. "This is empathy.. You feel so one with the other that your separate identities lose their boundaries.. the other's thirst becomes your thirst, the other's hunger becomes your hunger, the other's joy becomes your joy..

The other is no more the other, some secret passage has opened between two beings.. a very deep connectedness... Light is light with every light...

Man has forgotten about empathy completely, but he knows about sympathy... sympathy is not something great.. when somebody is in misery you sympathize; but if you look inside you will find you are feeling great because you are not in misery, somebody else is...

At least in this situation you are superior.

You can sympathize... you can afford it..

Apathy is your everyday experience.. you pass people as if they don't exist.. no recognition of the other's existence... let us try it today.. just smile and let your face face every smile or at least every face... every tree... every bird..

Sympathy once in a while... when somebody goes bankrupt, when somebody's house is burned, the whole neighborhood is sympathetic...

And these are the same people who were jealous of his beautiful house... How can it be??

It is a mask... let us be honest and face our original face... Sympathy is not a great quality... it is phony... Apathy is inhuman.. we harden our heart, a self-destructive.. we don't feel the others, we are dead but still breathing a pumping mechanism ~~for~~^{for} breathing...

Empathy has almost disappeared from human beings.. It is certainly the only quality that joins you with the life current within other human beings, animals, trees... with the whole existence.. It is pure religiousness...

But no religion teaches empathy... All religions teach is sympathy... and sympathy is not the real feeling... it is a dead body... "Let the dead bury the dead..."



But in animals and in trees, empathy is still alive and pure.. There have been experiments on animals...

A child of some animal is taken deep into the ocean.. The mother is on the shore, miles away; but when they start torturing the child, the mother starts feeling the same.. when they stop torturing the child, the mother stops being tortured...

There is some connection between the mother and the child, which, even miles away, remains... Some invisible connection..

The child has been in the mother's womb for nine months.. He is nothing but an extension of the mother. whatever he has is the gift of his mother, his blood, his bones, his flesh, his very life is ninety-nine percent from the mother, only one percent from the father..

But now no motherhood and no fatherhood... we are holding few pounds of dead meat...

no life ... only unnatural institutions.. we are what we watch and what we eat and how

we feel and how we do and we are only a robot working for the robot... no harmony anymore between us and nature... our thoughts are destructive and are affecting nature too.. when are we going to wake up!!

★ ★ ★ when are we going to listen
to our heart?

When are going to keep our mind silent?
Our whole energy has been diverted by the
educational system, by religious teaching, by
political ideologies.. And to live without the
heart is not to live at all..

The head is only a biocomputer.. and soon
there will be better computers than the
greatest genius head.. Soon you will see not
only the head is being replaced by the
computer but a robot will be the best
bodybeing...

We can see it now... machines replace human
beings because they function better.. They don't
go on strike, they don't demand more wages..
They work without any rest.. soon you will
be paid if you remain unemployed...

When millions of people are unemployed, have
nothing to do, there is bound to be more crime,
more rapes, more divorces, more thefts, more
murders, more suicides...

The heart can connect itself to the whole
existence... the relationship between the master
and the disciple has not to be of the mind but
of the heart... if you are with a Christ
and he will bring you the water before you
ask for it.. no need to ask... You are one with
the one...

With lovers no need to talk.. before your beloved says something you know it.. It is already heard by you, although it has not been said...

So only in very rare cases is empathy still alive.. But it has been a great loss to humanity.. It has to be regained.. and then you will not feel as an island apart from everybody else, but just part of an infinite continent..

All that you have to do is to behead yourself.. Meditation is the key to behead your head... Your head remains in its place, but loses all its content, becomes hollow...

When the head is empty the heart is full
When the head is full the heart is empty
So what is your choice?? You can't have both!!
Up to now, humanity has chosen the head..
And you can see the consequence... The whole earth has become a madhouse..

To be free.. is to change the whole direction towards the heart.. And then you will see a new intensity, a new Totality... something that was so close and yet of which you were unaware...

Empathy is an experience of the heart.. Yes, it is the life current, it is life itself..



Life is a wandering. It is not a home. It is a search for The home. It is an adventure.. so use The world as a bridge to wake up our energy and walks towards God... And when life becomes a bridge to God, it is divine... But if we don't use it as a bridge Towards God it remains a dead Trip... a mundane, illusory, imaginary, fictitious.. yes! A fiction not an action...

So what is your life? what is your choice? What life you want to live? Do you want to be a christ or a christian? A follower or a fellow traveler? You want to fall below animals or rise above the angels?

Yes it is a very dangerous pilgrimage.. You trust the mercy of existence and you go into the other shore.. Trusting that if this shore exists, the other must exist, because one shore cannot exist alone...

So let us build our own Ark... let us move towards the other shore with this trust, risking all, real life begins.. And
★ real life is religious life.. Real life is our freedom ... freedom from the past...
★ freedom from the future... freedom of this now to be in our inner kingdom...
★ The kingdom of God...

Jesus was not a revolutionary of this world.
He was a rebel, a master of the inner
world.. The inner Kingdom..

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

for sure I am alone but I have the book I love
and a soulmate that is alive... we support
our vision... we are facing the sun and we
Trust its light...

We are guided with our thirst and the
Source is not far from us... it is very near..
it is in the core of our being... just go in..
Let go of the dead Kingdom and go to the inner
dome... This is where our eternal home is...
All what you see out is not alive... it will die
soon... So show me that which will never
die !!!

No birth and no death... we are only visiting
this planet earth... The body is our boat..
is our car... our house but our home is
beyond any world and any word and any
bond... Where are we going?

Where are you now? This now has the
map... has the trip... has the step... go
beyond any trap and be in the bliss
of this now!!!!

Let us choose our home or our room..

1: A murderer is condemned to death..

He has to choose between three rooms..

The first is full of raging fires, The second is full of assassins with loaded guns, and The third is full of lions that haven't eaten in 3 years..

★ which room is safest for him?



★ 2- A woman shoots her husband. Then she holds him under water for over 5 minutes, finally, she hangs him. But 5 minutes later

★ They both go out together and enjoy a wonderful dinner together... How can this be?



3- what is black when you buy it, red when you use it, and grey when you throw it away?



4- can you name three consecutive days without using the words...

wednesday, friday, or sunday?



5... what is a KISS?



6. This is an unusual paragraph... I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it!! It is highly unusual though. Study it and think about it, but you still may not find anything odd... But if you work at it a bit, you might find out.. Try to do so without any coaching!!



Answers...

1- The third room. Lions that haven't eaten in 3 years are dead.. That one was easy, right

2- The woman was a ^{heart} photographer. She shot a picture of her husband, developed it, and hung it up to dry...
Shot: held under water and hung..



3- Charcoal, as it is used in barbecuing..



4- Sure you can name 3 consecutive days... Yesterday, Today, and Tomorrow..



 5- Keep it short stupid

 keep it ^{or} short sweetheart..



And the last question...

The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph..



So I am free to the words as it is flowing..
I have no grammar and no gramma to teach me..
I wrote the numbers on the pages as you
will see them ... few or many words are
wrong but our heart can see the right
and the left and the up and the down..
So let us be free under our dome and
live in our inner and outer kingdom as we
feel it...

I just got an email from my Soulwing... it is
beyond words.. I will walk our talk soon..
watch our web when you can... www.baytallaah.com..
me too I feel sad and joy... I feel fear and
for ... I am alone and love to be in a
commune where we are one seekers...
We are searching for the truth... from
death to deathlessness... from false to truth...

Thank you all for your love and Thank
You for The Tanks too...





How to become more aware



By becoming more aware, one becomes more aware...

There is no other method to it.. It is a simple process. whatsoever you are doing, do it with such consciousness as if it is a question of life and death; as if a sword is hanging over you..

There is an ancient story in India..

A great sage sent his chief disciple to the court of the king to learn something which he need...

The young man said.. "If you can't teach me, how can such a king teach me? you are a great sage, he is only a king... what does he know about meditation and awareness??"

The great sage said, "you simply follow my instructions. Go to him, bow down to him; don't be egoistic, thinking that you don't need him.. He is only an ordinary householder. He lives in the world, he is worldly and you are spiritual... So go to him and he is your master too.."

He went and saw a beautiful woman dancing in the court and people were drinking wine.. He bowed down to the king but was very angry.. The king laughed and said "Your master knows me well, that is why he has sent you here.."



The young man said, "I don't care, he has sent me, I have come. But by the morning I will go back, because I can't see that I can learn anything here..."

The king smiled and said.. "you look so tired.. at least rest for the night, and in the morning you can go.. And who knows, maybe the night will teach you something..."

The king arranged for him to have the most beautiful room in the palace, the most luxurious.. He went with the young man, took every care about his food, his sleep and all what he needs...

But the young man could not sleep the whole night, because as he looked up, he could see a naked sword hanging with a thin thread just above his head..

Now, it was so dangerous that at any moment the sword could fall and kill the young man... So he remained awake the whole night, watchful, so he could avoid the catastrophe if it was going to happen..

In the morning, The king asked, "was the bed comfortable, the room comfortable?"

The young man said, "Comfortable? what about the sword? And why did you play such a trick? It was so cruel!! why you did to me such cruel test?"

The king said, "I want to ask only one thing: you were so tired, you could have fallen asleep very easily, but you could not fall asleep.. what happened? The danger was great, it was a question of life and death. Hence you were aware, alert.. This is my teaching too.. You Lango, or if you want, you can stay a few more days to watch me.. Although I was sitting there in the court, where a beautiful woman was dancing, I was alert to the naked sword above my head.. It is invisible: its name is death.. I was not looking at the young woman.. just as you could not enjoy the luxury of the room, I was not drinking wine. I was just aware of death which could come any moment.. I am constantly aware of death. Hence, I live in the palace and yet I am a hermit. Your master knows me, understands me.. He understands my understanding too. That's why he has sent you here. If you live here for a few days, you can watch on your own."

Death can happen any moment.. You can remain unaware if you think you are going to live forever... how can you remain unaware??

★ ★ Let us bring awareness to each
★ ★ act ... walking on the road, walk
★ ★ fully alert; eating, eat with great
grace ... whatsoever you are doing, don't
let the past and the future interfere..
Be in the present.. That's what
awareness is all about...

♡
Yes! It is easy to say it but not that
easy it to see it and be it... But
there is no other way... where do I go
if now comes my last breath? Can I know?

Yes I can!!

How do I feel now? Sad? joy? happy?
worry? bored? lost? hungry?
Let us face our feelings... let us be
grateful to all what is going on in my
mind and in my body... This is our great
Lesson... life is the only book... the only
test, the only challenge to be changed...

It is normal to have any feeling...
Think less, feel more.. feeling are more material,
they transform you.. feeling love is better than
thinking about love... change from head
to heart... from logic to love... and from
heart to being...

Let us be a bee and a being and a human
becoming...

Let us collect honey like a bee... The
bee knows the natural flower and the plastic
flower, so let us go from house to house and
collect soulfriends... go in and be in silence...

The man of awareness lives in this world
like a bee... he never destroys the perfume of
this world. He lives silently, moves silently.. He
asks only that much which is needed. His life is
simple, it is not complex... He does not gather for
tomorrow, the bee never gathers for tomorrow,
the today is enough unto itself...

So let us be a bee.. moving in our freedom...
never settle anywhere, remaining utterly free of
all attachment...

The bee is never possessive. It never fights
with other bees... on the contrary, the moment
the bee finds beautiful flowers, full of juice, it
goes back to inform the commune...

Now scientists have discovered that bees have
a certain language. At least four words have
been discovered, the words are not linguistic,
they are gestures. This truth is with the baby
in the womb and until he speaks... the mystery
of the four in all of us.

The four letters in sufisim... in Islam...

La ilaha illa Uahoo...

No God but Godliness

And four corners in the brain, in the four tooth of wisdom and four corners in the heart and four corners in our nirvana ... in our hara... in our life and death power...

Our body is our home and our mystery and we are a being... a human becoming... we are glowing and growing with every breath... from infinity to infinity is our divinity and our unity...

Let us be a blissful bee... a blissful being...

★ always moving like a river, nonpossessive, living all aspects of life, all the colors of the rainbow, all the notes of music. And never be destructive, be creative. The creative person, a holy person...

★ A being is the mystery that keeps growing.. All that grows is Allah... And everything grows in its own pace... peace pace is our eternal step... so

★ we are here not to be but to be a flowing being...

Whatsoever is flowing out of good being is good... Don't do good... be good and whatsoever you do is good....

The action comes out of being...

Being is primary, not action..

who am I makes a difference... The center is the real power... The real matter.. Unless the center changes, all changes are just superficial... decorations at the most...

Make up or wake up??

What is your choice??

Meditation is our own wake up key... Then the act is just a shadow of your being... Let us be with a being... with a Jesus, with a Mohammad, with a Buddha... Don't try to listen to the words but be in his inner being.. Just being near the truth is enough... Just listen to what he is... Look at the face of any baby... be with his silence... His being vibrates, being blooms, being has a fragrance about it. If you can be silent near a Jesus, you will start listening to his silence. And that silence will make you so blissful, and that silence will make you so fulfilled, so overflowing with love and compassion... That is our vision... That is our living action..



Let us have fun in the funeral... It is a great action too...

A woman was leaving the local coffee shop with her morning coffee..

She noticed a most unusual funeral procession approaching the nearby cemetery...

A long black funeral car was followed by a second long one too... Oh! what is this.. Two funerals..!

Behind the second car was a solitary woman walking with a bull dog on a leash.. Behind her many women walking too...

The woman wanted to know about this seen- She respectfully approached the woman walking the dog and said, " I am so sorry for your loss, and I know now is a bad time to disturb you, but I've never seen a funeral like this- whose funeral is this?"

The woman replied, " Well that first car is for my husband.. my dog attacked him and killed him."

"Well, who is in the second funeral car?"

" My mother-in-law. She was trying to help my husband when the dog turned on her."

The woman thought for a moment and asked the owner of the dog " Can I borrow the dog?" " Get in line."



What a great dog!!!

Closed casket

A very old couple had been living in the neighborhood for many years and were known to fight a lot...

Whenever there was a confrontation, yelling could be heard deep into the night...

The old man would shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!!"

Neighbors feared him. The old man died of a heart attack when he was 98...

His wife had a closed casket at the funeral..

After the burial, her neighbours, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

The wife said, "Let him dig... I had him buried upside down, and I know he won't ask for directions."



When you feel sooo down what else can
you do? Me too... let us have jokes...

A joke a now keeps the news away...
let us face our sadness with a joke... life
is only a joke... why so much AIDS? why
so much wars? why we are supporting all
the mafias? Any way!! let us Shifts the
way... Shifts will happen too..



A sponsor of some pills was conducting a
group therapy session with five young
mothers and their small children...

"You all have obsessions" he observed.
The first mother, Mary, he said, "you are
obsessed with eating. you've even named
your daughter Candy."

He turned to the second Mom, Ann: "your
obsession is with money. It manifests
itself in your children's names... Penny,

Goldie and Frank... don't worry..
I have different pills for all of

You and for the children too..
And for the husband and the father."

★ ★ He turned to The third Mom, ★
Joyce: " your obsession is alcohol... ★
★ This is too shows itself in your kids ★
names: Brandy, sherry and whisky... This
last name is for your cat!!! "

He then turned to the fourth, June: " your
obsession is with flowers... your girls
are called Rose, Jasmine and Poppy. "

At this point, The fifth mother, Kathy,
quietly, got up, took her little boy by
the hand and whispered..

Come on, Dick, this guy has no idea what
he is talking about... Let u go pick
up pussy and willy and go home.. "
people live and die for name and fame..
And the whole game is so stupid.. we are
born nameless. All names are by force.. But
a name is needed, it has a certain
utility but no reality..
We are nameless... The Truth is nameless..
The rose is not aware of her name.. what you
call it makes no difference...

The Psychiatrist

Ever since I was a child, I've always had a fear of someone under my bed at night.

So I went to a psychiatrist and told him..

"I've got problems... Everytime I go to bed I think there's somebody under it... I'm scared..

I think I'm going crazy."

Just put yourself in my hands for one year," said the psychiatrist.. "Come talk to me three times a week and we should be able to get rid of those fears..."

"How much do you charge?"

"Hundred dollars per visit" replied the expert.

"I will Trust you" I said..

Six months later, he met me on the street..

"Why you are not coming to heal your fear?"

Well, a bartender cured me for \$10.. I was so happy to have saved all that money that I went and bought myself a new car!"

"Is that so? And how did a bartender cure you?"

He told me to cut The Legs of The bed!!

And nobody under there now."

forget those learned doctors.. Go have a drink and talk with the drinker...



A man is driving along a highway and sees a rabbit jump out across the middle of the road...

He tries to avoid hitting it, but the rabbit jumps right in front of the car.. The driver, a sensitive man as well as an animal lover, pulls over and gets out to see what has become of the rabbit..

But the rabbit died.. The driver feels so awful that he begins to cry..

A little old lady driving down the highway sees a man crying. She asked him why and she said.. "Don't worry." She moves to her car and pulls out a spray can.. She walks over to the limp, dead rabbit, bends down, and sprays the contents onto the rabbit...

The rabbit jumps up, waves its paw at the two of them and hops off down the road... Ten feet away the rabbit stops, turns around and waves again.. he hops down the road again and again, until he hops out of sight...



The man is astonished..

He runs over to the little lady and demands... "what is in that can? "what did you spray on that rabbit?"

The old lady smiles and turns the can around so that the man can read the label... It says....

" Hair spray... Restores life to dead hair, and adds permanent wave..."
♡

The ocean can exist without the waves, but the waves cannot exist without the ocean... So take care of your body and feed your body with all its needs... The body is not separate from the being... and the being is not separate from the creator of this being... So gather all your courage to disappear into the ocean.. into

the creator of this divinity...
this eternal identity... This
sacred unity...



Beloved Master ...

I Love to be in harmony with existence.. With God.. but I don't know how to start??

God is The harmony of all that is and you can see it, everything is harmonious... The trees are dancing with the wind, they are not fighting but dancing... So all what you see in the sky and in the ocean and in us is in harmony with God...

This vast existence is a great orchestra; all is tuned with everything else.. There is no conflict, no division, no disharmony...

Only man can believe that he is separate, because you have consciousness and it gives you the alternative.. The paradox... But you are free to choose.. hell or heaven??

Either you can think yourself to be separate, then you fall into misery and hell, or you can try to understand the oneness, and suddenly there is bliss...

To be one with the whole is bliss..

To be separate from the whole is misery... So let us live our choice... and be what we want.. you are free to choose... whole and holy or hell and hellish ???

Let us go to heaven or be in it now where
mature women are dancing...

A mature lady, over 50, gets pulled
over for speeding...

Is there a problem, officer?

Madam, you are speeding

Oh, I see

Can I see your license please?

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

Don't have one??

Lost it 4 years ago for drunk drinking.

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

I can't do that...

why not?

I stole this car...

stole it?

Yes, and I killed and hacked up the
owner..

You what?

His body parts are in plastic bags in
the trunk if you want to see...

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



Within minutes 5 police cars circle the car...

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

officer 2: Madam, could you step out of your vehicle please!.. the woman steps out of her vehicle..

Is there a problem sir? Said the woman.
officer 2: one of my officers told me that you have stolen this car and murdered the owner..

Murdered the owner??

Yes; could you please open the trunk of your car, please..

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

Is this your car madam?

Yes, here are the registration papers..

The officer is quite stunned..

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

The woman digs into her hand bag and pulls out a purse and hands it to the officer..

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

Thank you madam, one of my officers told me you didn't have a license, that you stole this car, and that you murdered and hacked up the owner...

The older woman: Bet the liar told you that I was speeding, too...



Don't mess with mature Ladies..
Maturity means gaining your lost innocence again, reclaiming your paradise, becoming a player again... Is a rebirth, with more joy and more fun and more life and laughter.. Now you use the head, but the head is your servant...

If you can lose your ego you will gain yourself and you will live your maturity with joy..

Die to the past and be born to the present and life is only a joke..

Maturity is living in the present, fully alert and aware of all the beauty and all the games and all the splendor of existence..
Just enjoy the now as it is...
Be grateful that you are still alive...





How can I become a light unto myself??

Do not become... just be... you are The light but you don't see your truth... plant your seed... The seed is the tree.. just die in the soil... go in and see what is there, it is self-discovery...

You have just to close your eyes and look in.. Just watch The noise in your mind and they will pass too... then no more clouds in the sky...

And the day the traffic stops, suddenly you are full of light... you have already been full of light, just those thoughts were not allowing you to see that which you are...

Once you discover yourself you are free... just watch your thoughts... just watch anything, be a watcher... Take each step and each breath watchfully... the watching is the art of living... you are alive... "never born and never died just visiting this planet earth"... you are only a visitor.. a guest... crossing this bridge to another bridge... just be a watcher... no judgement, don't be a judge...

Don't identify yourself with anything, and slowly one learns the ultimate art of watchfulness... that's what meditation is all about...

Through meditation you discover your own light.. that light you can call any name.. your soul, your self, your God... or just be silent, because it has no name... it is beyond birth and beyond death and beyond any path and any method.. Just be a watcher...

Where is my direction?

I am free... the destination is something outside me, more like a thing... but direction is an inner feeling... change all what you feel... all the colors are yours.. all the numbers.. or numbers... or bumpers... stick it in any place... for war or for peace?? It is your choice... feel your direction and trust the Truth... Trust your heart... you love peace or pieces?? Watch the news!! what is my new news? good or bad??

Destination belongs to the ego... Direction belongs to life... to God... to total Trust to existence, to the unknown and each step is a discovery...

The more you know, the more you know about the knower. The more you love, the more you know about the lover...

So let us walk towards our direction.. we have the master key... a map is not needed.. The river know the flow towards the ocean so the drop trusts the wave and the ocean comes to us... it is in us already!!!

Be alone, go on your own. Move into the vast, into the infinite, and by and by, learn... learn to trust it...

Leave yourself in the hands of life, because life is God. When Jesus says "Thy Kingdom come, thy will be done," he is saying this with great trust...

Even if God brings death, there is nothing to be afraid of, it is he who brings the best, so there must be a reason in it... there must be a hidden secret in it, there must be a teaching in it...

He is opening a door

The man who trusts, the man who is religious is thrilled even at the gate of death... he can give a lion's roar... Even dying, we know nothing dies... at the very moment of death he can say "This is it!"

Each moment.. "This is it..."

It may be life, it may be death.. it may be success, it may be failure... This is the real prayer, the real direction.. The real

Total Trust ...





I Trust these two women too ..

Mrs. Smith and Mrs. Sam were sitting on their stoop watching the apartment across the street, which was rented by a young Italian girl...

As a steady stream of men entered and left at half-hour intervals they kept saying, 'She is a bitch... She is no good.. she is a disgrace to our neighborhood!!'

Then after ten visitors, Father Goodman, the neighborhood priest, went in... "Oh my!!" Said Mrs. Smith.. "The poor girl must be sick!"



An old friend was invited to his old friend's home for dinner and was impressed by the way his face talks to his wife and calls her.. honey, my love, darling, sweetheart...

The couple had been married almost 50 years and they are still in love...

While the wife was in the kitchen, the friend asked him about the secret of this love..

The old man grinned. "I have to tell you the truth.. I forgot her name many years ago"



more fun !!!

A good wife always forgives her husband when she's wrong...

There is a way of transferring funds that is even faster than electronic banking..
It is called marriage

I recently read that love is entirely a matter of chemistry... that's must be why my wife treats me like toxic waste..

After marriage, husband and wife become two sides of a coin... They just can't face each other, but still they stay together...

By all means marry, if you get a good wife, you will be happy. If you get a bad one, you'll become a philosopher...

Woman inspires us to get things, and prevents us from achieving them..

I had some words with my wife, and she had some paragraphs with me..

★ ★ yes! Short n sharp... one word is enough... Yes or no... But what are we doing?

We are shrinking each others.. in words and in paragraphs... let us know what shrink is...

This word exactly describes what the others are doing and what I am doing to others and to myself

what the psychotherapists are doing? They shrink people... They shrink people from persons into patients.. that is their work... They reduce you... It is your responsibility... you went to him... the cure is in the cause.. and you are the cause... you are the roots and the fruits..

When you go to a doctor or a priest... or a politician or to any therapist, you go as a person with dignity. They reduce you immediately as a label; you are neurotic, you... are a disease... you have to be treated with pills and bills...



By reducing you to a patient, the other.. has become much bigger... The more he reduces you to smallness, the bigger he feels...

This is an old trip and trap... only the names has changed.. The history will repeat itself... from priest to politician... from doctor to Therapist... from massage to yoga... from golf to running...

We change the cup but it has the same shit... it is a wake up not a wake up... You go to the priest and he creates guilt in you... you are wrong.. you go to hell, you are a sinner... you are not acceptable as you are...

Now the same work is in the hands of the psychotherapist, he makes you feel worthless...

So why be a victim? Be a Victor!!

Listen to your own body... your own head..

Your own heart... be smart and smell

Your own fart...





Let us share a new kind of therapy here.
We are here to know that we are not
ill ... no pain no gain ... who has told you
that you are worthless??

You are immensely valuable...
The meaning of the word "therapy" is that
which heals... what heals? Love heals..

Love is therapy
Compassion is therapy
Awareness is therapy

Healing is a function of love, life, light
and laughter... it expands your own
consciousness. It allows you to go higher
and higher and touch the stars... It
makes you feel respected. It makes you
feel that you are needed in existence, that
without you there will be something
missing in existence, there will be a hole
without you, unfulfillable ... you are a must..

This existence cannot be the same without
you, you are not just an accident..

You are essentially needed..



Let us Listen to this story...

Kabir is one of the most beautiful Masters, they call him the perfect Master.. One day he was caught praying in the mosque.. why caught?? Because the people felt very offended. He was saying to God..

"Listen, I need you, so you need me... And without you I will be nothing. And I say to you: without me you will be nothing. I am me because of you; you are you because of me."

The fanatic people were offended. They said, "What are you saying? Have you gone mad?"

He had not gone mad... but lovers are one... This is not ego... not from the mind.. This is a simple fact... Even a small leaf of grass is as valuable as any star.. There is no hierarchy in existence, nobody is lower and nobody is higher. We are all joined into one organic unity...

This is real therapy. when therapy is real it is nothing but Love.. it will help you to bloom...



When you bloom, it means the bud becomes a tree... So when you open up, you share your life, your love, your fragrance and music and dance and you have the whole sky to fly...

One seed Turns the whole earth green.. We are a seed... and no two seeds are the same... no two breaths are the same.. So let us be aware of who we are and why we are here...



A man went to the doctor for a check up.. He is 65 years old.. So he asked the doctor 'Do you think I'll live to be 85?'

Do you dance?

No?

Do you go to clubs for sports?

No...

Do you eat healthy food and drink wine and have sex?

No...

Do you spend a lot of time in the sun, like playing golf, boating, sailing, surfing, hiking or bicycling..

No, I don't



He looked at him and then said..
 "Why do you want to live to 85?"

It is not how old are you but how young are you?

Do you have life in the number of years or only a dead number? A dead happy birth day?

Someone asked David for the secret of his long marriage..

"Oh, we take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing... She goes Tuesdays, I go Fridays."

I have had bad luck with both my wives. The first one left me and the second one didn't ...

Two secrets to keep your marriage okay!!
 Whenever you are wrong, admit it.
 Whenever you are right, shut up.

why most of the free people are
vegetarian?

It is not a system... it is not a belief..

But I am a vegetarian because meditation made
me more human, more of the heart, and my
body is a vegetarian energy... why kill to eat?
why eat dead food?

Let us watch this truth...

The oldest religion in the world is Jainism.. It
is a small religion, it exists only in India.. They
have no God and no prayer... So they go inward..
and meditation is the key of our inward mystery.

For thousands of years Jainas have been
vegetarians.. They were all meat-eaters.. They
were professional warriors... What happened to
these people ??

Meditation transformed their whole vision.. Not
only did their swords fall from their hands,
their warriorhood disappeared and a new
vision started happening: a tremendous feeling
of love towards existence... They became
one with the whole... This is the real religion..
The religiousness of the heart... God is not out...
Truth is in us... it is so near why go so far?
No god and no prayer... just go in and you have
the key... use it before you lose it...

Let us understand this: The moment God and prayer are discarded, the only thing that is left is to go in... once you go in you will be a vegetarian by nature, you cannot kill... you have all kinds of delicious food, what is the need to kill living beings?

Only Mohammad ate meat once a week and a very small piece and ate a lot of whole grain to balance it and his love and compassion changed the meat from animal into vegetable and ate it only when there was no veges and no other food...

Just be aware of your sensitiveness, your aesthetic understanding... Remember!! The two brothers of Adam and Eve... who killed who? why? The one who ate meat killed his brother who was a vegetarian... once you kill any life you become a warrior... a killer...

Once you know what meditation is and you are a meditator, you become more aware of your bodymind and your soul... Do not force any laws on yourself... Be a free being... be more alert, more silent, more joyful, more ecstatic and find your innermost center... Many things will follow of their own accord; and when they come of their own accord, there is no repression, there is no fight, no hardship, no torture... only living our Treasure...

But if you live vegetarianism as a religion or as a philosophy, you will be continually hankering for meat, continually thinking, dreaming of meat, and your vegetarianism will be just a decoration for your ego..

Let meditation be the only essential religion ..

And everything that follows it is virtue, because it comes of its own accord.. You don't have to drag it, you don't have to discipline yourself for it ... just follow your heart... and whatever you do is your joy... you are sharing the best of you... every work is worship... no worship any more..

Yes! We are very smart... we can create enough vegetarian food... veges, fruits, grains, beans, roots, greens, seeds... and no cook books.. Look and cook and throw the book...

Let us love our mother earth... let us love all the animals as our brothers and sisters... just watch the ants... the peacocks, the birds... the bees... all are one family an Eco

family we are Ego family... let us be friends with all what we see.. We are one with existence...





You are right...

The whole animal kingdom is part of us, even the trees... Now the scientists have come to an established conclusion that trees are living beings.. Not only that, they have a very fine sensitivity, far more sensitive than you have.. They have placed machines around trees, plugged wires into the trees... machines like a cardiograph which shows your heartbeat. It shows the heartbeat of the tree, and if somebody is coming to chop the tree, immediately the graph on the cardiogram goes crazy... The tree is feeling really afraid and trembling...

Not only that, other trees around also go crazy, although they are not going to be cut.. But someone, some friend is going to be cut and they have a great feeling for it..

And the most strange thing that has come to the knowledge of the scientists is that if the person who is coming with an axe is just pretending, he is not really going to cut the tree, the graph remains harmonious..

This is something unbelievable, that the tree knows whether the man intends to cut it or is just pretending... Nature is more natural than us...



175
okay.. I will share  it...



"Darling" said the husband to his wife,
"I have invited my friend home for lunch."

"What?" Have you gone crazy? The house
is totally messy, I didn't get any grocery, all
the dishes are dirty, and I don't feel like
cooking any meal!!"

"I know all that."
"Then why did you invite your friend?"

"Because the poor fellow is thinking about
getting married."

♡
What is food shortage?

A survey was conducted throughout the world
and the question was: "would you please give
your honest opinion about the solution to the food
shortage in the rest of the world?"

The survey was, not surprisingly, a total failure,
because: In Africa they did not know what "food"
meant... In the middle east they did not know
what "solution" meant. In Western Europe they did
not know what "shortage" meant.. In Eastern
Europe they did not know what "honest" meant..
In China they did not know what "opinion"
meant... In South America they did not know
what "please" meant... And, in America they did
not know what "the rest of the world"
meant... So let us go back to our trees...
♡



Thank you for telling me the truth.. Yes!

trees are more sensitive than me... Who is



able to figure it out: if somebody comes with a sword at you, you will not be able to



figure out whether he is really going to hit you or is just pretending, acting...



You will not be able to find out through



your sensitivity ...

The reason is, man has lived for millions of years so insensitively that he has lost one of the greatest qualities of his being...

Meditation slowly slowly gives you back your sensitivity; and a man who has reached to the ultimate ecstasy of meditation is as sensitive as any tree, any animal, anything in the whole existence...

This sensitivity makes many people vegetarians.. And more loving, more compassionate, more feeling, more understanding of beauty.. It will make you aware of great music, even the music that happens when the wind blows through the pine trees, or the sound of the running water, even the music in the silence...

Silence is the highest music and the highest language.. We are one with the one. We are pulsating in the same rhythm, their hearts beating in the same rhythm... So what are we here for?





We are here to create a world of really sensitive people, who can understand music, poetry, paintings, who can understand nature, who can see human beauty, who can see the world that surrounds us and is in us.. in the core of our being....

Just a bird on the tree can fill you with immense rejoicing... The freedom of the small bird... The wisdom of the sand... The mystery in our body and in all nature... the power of this Now!!

Humanity has lost its heart, and we have to give it back to everyone who is willing ... that is the meaning of a free human being...

We have all the tools... just use it.. I have the book as my best companion and a loving master who is nameless but alive in the hearts of the ones who are seeking The sun not The shadow of the sun...

We are so blessed... Thank you for your being in my life... and thank you for your share...



We are here to share... but be aware..
The real master is here to shatter all
illusions.. yes, it will irritate you, it will
annoy you... That's the way of every
lover of truth... Let us clean our roots...
Let us plant new seeds in a new soil...

Unless you are totally destroyed as a
mind, there is no hope for you to be
awake... find your own way and live your
own will, drop all the past and live the only
now as it is..

Unless you are very intelligent, alert, watchful,
unless you look at your conditioning and become
a witness... it is impossible... to be free... So
delete all the ideas from you.. all informations
are wrong.. live without information... Life is
an experience not an experiment... And by dropping
all, you can be in communion with Christ or
with Mohammad or with any enlightened being...

A communion means: I respect you, I love you
as equals. You are not inferior, just asleep!! Your
sleep does not make you inferior at all, your
sleep simply gives you dreams...

When Kabir became enlightened somebody asked
him..." what have you gained?" He said: "I have
not gained anything, but I have lost many things...
I lost the outside house and I am at home..."



But by losing all what it dies, you become that which never dies... you become yourself, a purity, a clarity, a cloudless sky... So be aware of who you are!!!

If you can start enjoying your now... your unenlightened state, it will come on its own.. enjoyment bridges both.. That is why let our life be on joy, celebration, happiness... If you are happy you are right... if you are sad, you are wrong... do not look for pleasure but look for our real treasure...

Yes! The unenlightened person can be joyous only momentarily... because his mind is wavering.. He is continuously dragging himself to the past, to the future, here and there and he cannot remain here.. So he can't hear

The sound of silence...

But for a moment he can be in the present... just a little holiday in the present... just a little happiness, better than no happiness... just a taste...

When you are dancing and celebrating, your dance and celebration has the same quality as when Kabir is dancing... The same quality... The difference is of quantity, not of quality.. it is only momentary; it comes and it goes.. it does not stay... it is like a flash.. By the time you become aware of it, it is gone..



The flash is a  it becomes a constant source of light.. but lightening in the clouds has the same quality... it is not different... it is the same light. although I cannot read a book, and I cannot write a letter.. By the time I take the pen in my hand, the lightening is gone and it is deep darkness...

Oh!! How can I thank you ... You are giving so much stars and I am so blind... I am writing what you are blooming but may be one day a ray from your way will hit my will... the time is eternal and will hit me one day and heal my hurt...

In Christ life the flower has bloomed, in my life the flower has not bloomed, it comes and goes.. Just accept it as it is .. no goal to achieve.. or misery will follow me..

Let us drop goal and misery will drop..

 You may be sitting in the small garden of your cottage and thinking of the great palace.. how to get it?? In that very idea of the great palace which you can see far away in the sunlight, the marble palace, you are becoming miserable ..

 The more we become focused on that palace.. the more you forget the beauties of this small cottage...   



for the birds there is not much

difference between a palace and a cottage ... And the flowers bloom the same, and the sun showers the same ... we are the only creatures who are missing the Truth...

Let us forget the palace!! forget every place, live only the peace ... listen only to nature... dance with this grace ... sit on the grass... feel the wetness of it and be a witness... you will be surprised that the hut has become a palace... what a great transformation in us - when you change, the whole world changes...

Jesus says again and again.. Rejoice... it is a golden key ... your heart will dance, Throb, will be able to open more... and more will be flowing...

Just be in the now without any how.. just be spontaneous ... a child like... "How" always leads into the future... spontaneity is an understanding that "I have not to run after the desires.."

The mind cannot try to drop the mind... the desires... you have to understand that the mind is the devil... a new desire.. a new car .. a new palace... a new goal.. be a watcher... just see the point



To drop the mind means :



See the point...

That mind leads you astray; it never allows you to be here-now...

Seeing that, be finished with goals...

Are you hungry? Are ^{you} thirsty? Are you sleepy?

Are you bored? What are you feeling?

Why running out? Why create new steps?
new goals!!

Seeing the point, have a good laugh..

Relax, rejoice.. And you are here-now...

and in the here-now there is no mind.. And
when there is no mind, there is a childhood,
a spontaneity... meanwhile enjoy..

An elderly married couple is
sitting at home watching TV...

The husband has the remote and is
switching back and forth between a fishing
channel and the porno channel...

The wife becomes more and more
annoyed and finally speaks up:

For heaven's sake, Ya Khalil!! Leave it
on the porno channel, you already know
how to fish...

183 Ready to fish??

Let us fish with the king and play the best play...

Once upon a time a king who was growing old decided to choose his successor. Instead of choosing one of his ministers or his children, he decided something different.

He called young people in the kingdom together one day... He said, "It is time for me to step down and choose the next king... I have decided to choose one among you."

The kids were shocked!! But the king continued. "I am going to give you seeds to plant. Water it and come back here one year from today with what you have grown from this one seed... I will then judge the plants that you bring, and the one I choose will be the next king!"

One boy named James was there that day and he, like the others, received a seed.. He went home and excitedly told his mother the story. She helped him get a pot and planting soil, and he planted the seed and watered it carefully... Every day he would water it and watch to see if it had grown... and one seed turns the whole earth green...



After about three weeks, some of the other youths began to talk about their seeds and the plants that were beginning to grow...

James kept checking his seed, but nothing ever grew... Three weeks, four weeks, 5 weeks went by... still nothing...

By now, others were talking about their plants but James didn't have a plant, and he felt like a failure. Six months went by, still nothing in James's pot.. He just knew he had killed his seed..

Everyone else had trees and tall plants, but he had nothing. James didn't say anything to his friends, however... he just kept waiting for his seed to grow...



James kept checking his seed, but nothing ever grew... Three weeks, 4 weeks, 5 weeks, went by. Still nothing... By now, others were talking about their plants but James didn't have a plant, and he felt like a failure. Six months went by, still nothing in James's pot... He just knew he was not lucky.. He had killed his seed...



185  Everyone else had trees and tall plants, but he had nothing. James didn't say anything to his friends, however. He just kept waiting for his seed to grow.



A year finally went by and all the youths of the kingdom brought their plants to the king for inspection... James told his mother that he wasn't going to take an empty pot. But honest about what happened, James felt sick to his stomach, but he knew his mother was right..

He took his empty pot to the palace.. When James arrived, he was amazed at the variety of plants grown by the other youths.. They were beautiful in all shapes and sizes... James put his empty pot on the floor and many of the other ^{kids} kinds laughed at him.. A few felt sorry for him and just said..

"Today, one of the room with his empty pot.. He will be out... it is a nice try..."

When the king arrived, he looked at all of them and James tried to hide in the back... "My friends, what great plants, trees and flowers you have grown" said the king... "One of you will be the king."



186  All of a sudden, the king spotted James at the back of the room with his empty pot... He ordered his guards to bring him to the front... James was terrified..." The king knows I'm a failure! Maybe he will have have me killed!"

When James got to the front, the king asked his name.. "My name is James" he replied.. All the kids were laughing and making fun of him... The king asked everyone to keep quiet... He looked at James, and then announced to the crowd..

'Behold your new king !! His name is James!'

James, could not believe it.. James couldn't even grow his seed.. How could he be the new king ?? Then the king said.. 'One year ago, I gave everyone a seed.. and told them to plant it and water it and bring it back to me today. But I gave you all dead seeds which would not grow. All of you, except James, have brought me trees and plants and flowers.. when you found that the seed would not grow, you changed it.. James was

 The only honest farmer... He will be the father of our kingdom..

Back in the time of the Samurai
There was a powerful Emperor who needed
a new head Samurai...

He sent Scouts Throughout The country looking
for one.. A year passed and only three
qualified for his review: A Japanese, a
Chinese, and a Jewish Samurai...

The emperor asked the Japanese Samurai
to demonstrate why he should be the best..
He opened a match box, out popped a bee..
whoosh! went his sword.. The bee dropped
dead on the floor in 2 pieces... The emperor
said: "That is impressive!"

The emperor then invited the Chinese to
show his skills... He opened his match box,
and out came a fly.. whoosh! went his sword..
The fly dropped dead on the ground in 4 small
pieces... the emperor exclaimed: "That is very
impressive!!"

The emperor then turned to the Jewish
Samurai to demonstrate why he should be
the head of the Samurai... where is his
power? so what he did?

 The Jewish Samurai opened a match box and out flew a mosquito... 

In a flash the Jewish master's sword went whoooooosh!! Whoooooosh!!.. There was nothing on the ground and the mosquito was still very much alive and flying around.

The disappointed emperor asked: "After all that, why is the mosquito not dead?" The Jewish Samurai smiled, "well," he replied, "circumcision is not meant to kill!"



No wonder why the Jews are shooting the whole planet... The minority is killing the majority... The Arabs are using the head of the penis and the Jews are using the head of the brain... The north pole and the south pole and the higher power shooting the lower power..

Repression is the cause of this expression.. It is time to respect our body and our senses and use our sex.. our sacred power to reach our higher power... from sex to super consciousness..



Am I conscious?

Faisal, a small boy was walking with his father for a short walk.. Suddenly he saw a man who was struggling to walk with a stick...

The man was tall and dressed in simple and clean clothes. He was wearing dark sunglasses even though it was night time..

Faisal asked his father, "Dad, why is the man wearing dark glasses in the night and using a stick and moving it around?"

His father said, "Son, God has not given him the gift of sight.. This man is blind... He cannot see ..."

Faisal was shocked and Touched his eyes and said, "Thank you God for the eyes you have given me." When he reached home, he put on his eyes a blindfold and tried to walk around.. He started bumping into the furniture and the walls. He could not see any face, any flower, all he saw was blackness... He could not see where the noise was coming from...

He took off his blindfold and saw all the colors around him ... For the first time he saw the gift of sight from God... He touched his eyes and said ... "O God! thanks for this grace you have given to me"

The moral of this story is...

The realization of a blessing is only after it's taken away from us...



Let us keep in touch with God now, this very moment... God is always in the present. There can be no way to God..

The way leads to tomorrow, and the tomorrow never comes... God is in us now...

Who is breathing in you? Who is conscious in you?

God is not to be known, God is the knower..

Once you know yourself... God is within and without; even in your sleep you are in

God... There is no need to go anywhere. One day you will be aware...

All traveling is dreaming, all pilgrimage is dreaming, desiring... Life has no goal... mind can exist only if there is a goal... The moment you think of the future, you have slipped out of reality and fallen into the ditch of dreaming..

Let us come out of our sleep and dreams...

God is beating in our heart, every fiber of our body, of our being, is alive... This aliveness is God... Let us feel it now...

If we do not feel it, we do not see it. We do not be it... Let us be our being...



Be silent and Know... There is nowhere to go, there is nothing to achieve... Go in... God is inside you; That is

191



why you are alive... Just wake up...

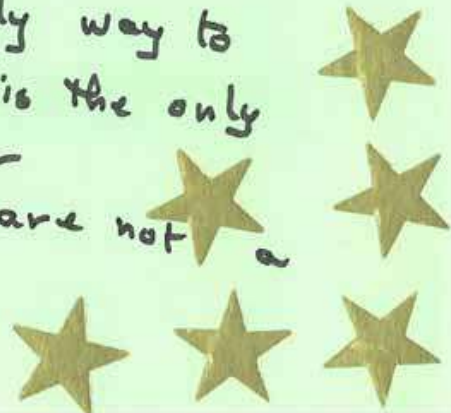
All religions are ways for the ego, for new desires... God can only be found by non-desiring.. Every breath is a path to God...

We go out to search for money and power but God is inside... In going is not a going at all.. Ingoing is our being...

When you don't go outside, you are in... It is not really a going at all; not even a single step has to be Taken. There is no space inside where you can walk and go in... When it is said "go in" it is only a sign... watch your mind... stop going out, a full point.. then suddenly you are in... all what you see out is the shadow of what is in...

You will find yourself inside... Your outgoing was preventing you from finding yourself...

Stop seeking: That is the only way to find God... Stop desiring: That is the only way to face God... This is our insight not our religion... we are not a follower but a fellow traveler...



let us be friends not followers.. let  192
us share our love and our vision for 
peace ... We are like a cloud full of rainwater
which want to shower ... We are like a flower
full of perfume which wants to share its fragrance
with the winds, and is grateful that the wind
accepts it, that is what love is.. what life
is.. what compassion is..

So just be free.. not a follower ... There is
a great distance between the follower and
the followed... In politics it is okay; there are
the followers and the leaders ... In religion
there are no followers and no leaders; there
are the awakened ones and their lovers...
people who have fallen in love with Christ.. with
Mohammad... with existence... you have experienced
the truth not in your head but in your
heart ... A follower can become a doubter at
any moment, just a little logic is enough
to create doubt...

 for example, those who were followers of
 Jesus were waiting for him to do some
 miracle when he was crucified. It was
obvious, to the followers ... where is the
   miracle ???

★ ★ ★ If he could raise the dead, if
★ ★ ★ he could cure the blind, why
★ ★ ★ could not he do a miracle where his
★ ★ ★ own life was concerned?

They were there waiting for some great miracle to happen ... It did not happen, all their arguments collapsed... no need to waste any more time with this man...

When the body of Jesus was brought down from the cross none of those followers were there ... Three women were there to bring his body down... It is not just a coincidence that those three women were not followers, they were lovers ...

It was not a question of being convinced, it was a question of love, love needs no proofs... In fact they felt more love for this man because he was humble, so simple, so ordinary, such a non-egoist, he died like an ordinary man.. These are not followers they are lovers...

Jesus is alive... Truth never dies.. only the body goes back to dust... but we are living in the lust of our mind... our logic... our ego... we are victims of victims... we can be a victor ... right now ... be a fellow traveler.. not a follower... not a slave...

And let us be aware... let us understand that a follower of Christ cannot be a follower of Mohammed... why? Because the philosophies are different.. we only see what the head says.. we don't listen to the truth... to our heart... But a lover to Christ can be a lover to every light and love and life ..

Love is vast enough to contain inconsistencies..

Mind is a very small phenomenon... So be a lover not a follower... Be a sage and live your pilgrimage...

The pilgrim is not a tourist, is not just visiting places, he is searching, he is a seeker.. he wants to be a knower, he is interested in energy fields where he can dissolve himself..

That is the meaning of a sacred place.. a place where you would like to die, to disappear, a place where death is more valuable than life... a place where the ego can be dissolved because something higher is available, because you can exist on a different plane, on a higher plane... no such places anymore... only in our inner inn...



★ There used to exist many sacred places on the earth, many energy fields... They have disappeared because pilgrims are not there and those energy fields cannot be alive.. cannot be nourished; those energy fields have no more function..

Let us create our energy field in us and find a spiritual commune, a place for our peace... a place for our pilgrimage... it is a love pilgrimage... Be ready to dissolve, to put our ego aside... only then do doors open.. only then does communion become possible; and only through communion can truth be conveyed.. can be lived and shared... unless we plant our seed we are not sharing our joy...

So let us walk our talk, truth can be shared only beyond words, it is a transmission without scriptures...

You are the living book... you are the original face of our grace... The whole existence is in our silence... The silence of the flower...

★ The silence in the inner cave not in the outer grave... let us go in and see what is in !!!



★ Soon we say goodbye to our papers and we stay in our inner power... That is our only treasure... The book is only the shadow of our silence... our only language... ★ 196 ★

To understand words and to hear words is very simple. Anybody can do it; just a little education about language is needed, nothing much. But a tremendous transformation is needed to hear silence and to understand silence... Silence is the basic requirement for understanding God, the basic need to know the truth...

Jesus used the words in order to give us the gap in between the words... The gap to go in and hear and see...

Let us be aware of the true silence.. not the one imposed on our noise.. Then we are sitting on a volcano...

The outer master become the inner to the true disciple.. total trust, let thy will be done.. God is available only to the true lover... So let us be short and sharp.. Let our words be yes and no... This will be our language with our silence.. speak the essential and it will be more effective..

A small Telegram is more effective
than a long letter...

197



Think only the essential and you will
be surprised ... ninety-nine percent is unessential;
drop useless thinking and you will save so much
energy...

The third step is the most subtle, feel only
the essential... then there is only love...
only compassion... only silence even while
you are speaking ... only gaps between
the words and between the lines...

To be with a master like Christ and
Mohammed and Kabir... you will be a great
disciple and you will unite in the cosmic
silence of the Beloved...

So let us watch our mind.. our words..
our silence...

The outer part of the mind... talking

The inner part of the mind... thinking
and the innermost part of the mind... feeling..

Then comes the silence of the existence...

And that silence is the door to the divine...

So we are here to find God with people..
and in people and in our ordinary life..

"Be still and know that I am God"





So let us be silent here with the crowd but not part of them... Be alone but live your aloneness... no need to escape and go live with nobody in the mountains... Don't be a monk... The monkey is a monkey so why not be yourself... be your silence... when nothing disturbs you, when nothing distracts you, then you are centered in your silence...

So let us be in the world, help people, serve people... let our work be our meditation, and sooner or later, you will find that you have become silent... you have changed not the other but your inner power...

You can become silent and prayerful and meditative in the world.. Then the whole world can become religious.. Live in the village and you can change it ... just ten people can change a big city... we are connected in a ray of light... only a small candle can erase a big darkness...



So lit a lamp and don't talk about the darkness...

★ Now more than ever we need to
plant peace ... We are passing through
a tremendous crisis... It has never been so;
there have been crises before, but never of
such proportion...

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

And only in silent moments we know what
peace is .. And the person who has tasted
something of peace is rich, is immensely
rich, all others are beggars, because he
starts knowing the inner Kingdom of God..

Just give yourself a peace touch.. you
are peaceful as you are.. take a deep
breath and relax and then take the
next step of peace comes from the very
source of your being, the sacred mystery
of your heart... so whatever you are
doing always create peace in you and
around you...

Once you have created peace, something of
the beyond will fill it... it will be nothing
out of your effort... The ocean comes
to the wave...



★ So through the mind there is no possibility of peace... you have to go beyond the mind... beyond the noise.. mind means thoughts...

Peace is divine, it is not human...

Peace means absence of all mental processes: no thoughts, no desire, no imagination, no memory.. And then suddenly you know who you are and you know what this world is ... this existence is all about... to know

It is not that the mind is not useful... but don't let it use you... be your own master...

So let us plant a positive peace, it is a life-affirmative, it is creative, it is active.. It needs courage to plant peace in us and in the crowd... not to escape to the monasteries and be a saint... just be here and live your love with total acceptance as it is and you will be a sage ... This is your natural nature..

peace has to be earthly, sensuous... it has to be full of love, full of joy, full of bliss and compassion...

This is why we are here... we are needed to plant peace...

★ ★ You are not accidental... Existence
needs you.. Without you something will be
missing in existence and nobody can replace it.

That is what gives you dignity, that the
whole existence will miss you..

The stars and the sun and the moon, the trees
and birds and earth... everything in the
universe will feel a small place in vacant
which cannot be filled by anybody except you..

This gives you a tremendous joy, a
fulfillment that you are related to
existence, and existence cares
for you ..

Once you are clean and clear, you can
see tremendous Love falling
on you from all dimensions??

What else do we need?

Just relax and Trust yourself..

Yes! I am part of the ocean...

And the ocean needs me...

Am I alone? If not you and me
who else?





Inner voice

If you have found your truth within
yourself there is nothing more in
this whole existence to find...

Truth is functioning through you...

When you open your eyes, it is truth
opening his eyes... When you close your eyes,
it is truth who is closing its eyes...

This is a tremendous meditation...

If you can simply understand the device, you
don't have to do anything; whatever you are
doing is being done by truth..

When you are aware of this bliss,
then you need no meditation... Then you
live as truth... alive, radiant, blissful,
a song unto yourself...

Your whole life becomes a prayer without
any words... It is a grace that does
not belong to our mundane world, a ray
of light coming from the beyond into
the darkness of our world... we are
the Luminous darkness...



Creativity



203

Creativity is the quality that you bring to the activity that you are doing... It is an attitude, an inner approach.. how we look at things... Not everybody can be a painter and there is no need also... it will be ugly... But everybody can be creative and plant beauty...



Whatever you do, if you do it joyfully, if you do it lovingly, if your act of doing is not purely economical, then it is creative...

If you have something growing out of it within you, if it gives you growth, it is spiritual, it is creative, it is divine...

You become more divine as you become more creative... All the religions of the world have said God is the creator.. But my feelings is that, the more creative you become, the more godly you become.. God has no other hands than ours to use...

So He is the creator because people who have been creative have been closest to him..

Love what you do and do what you love. This is why we are here... Let us keep planting more peace...



The Rebel

People are afraid, very much afraid of those who know themselves... They have a certain power, a certain aura and a certain magnetism, a charisma that can take out alive, young people from the traditional imprisonment.

The enlightened man cannot be enslaved... That is the difficulty... and he cannot be imprisoned...

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 ...

The masses don't want to be disturbed, even though they may be in misery; they are in misery, but they are accustomed to the misery.. And anybody who is not miserable looks like a stranger.. and he is a great danger too...

The enlightened being 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... He is free.. we are born free...





The Lovers



These three steps are to be aware of:

The lowest love is Sex ... it is physical.. and the highest refinement of love is compassion... Sex is below love, compassion is above love; Love is exactly in the middle...

Very few people know what love is...

Ninety-nine percent of us, think sexuality is love.. it is not... sexuality is very animal; it certainly has the potential of growing into love, but it is not actual love.. only a potential...

If you become aware and alert, meditative, then sex can be love and love can be changed into compassion... Sex is the seed, love is the flower and compassion is the fragrance..

When your love has no goal... not asking for anything .. Then all meditation is not needed.. Love is the living meditation... That is compassion; compassion is The highest phenomenon...



New Vision

When you open up to the ultimate, immediately it pours into you... you are no longer an ordinary human being... you have Transcended... your insight has become the insight of the whole existence...

Now you are no longer separate.. you have found your roots... otherwise, ordinarily everybody is moving without roots... not knowing from where their heart goes on receiving energy, not knowing who goes on breathing in them, not knowing the life juice that is running inside them...

When our inner being opens up, first step is the highest and the lowest.. and then slowly we start looking around.. spreading into all other directions...

And once you have attained to the point where your height and your depth meet, then you can look to the very vast circumference of the universe...

Then your consciousness starts unfolding

In all the directions, but the road has been one..



Shoring

As you are moving above your heart center,
your whole life becomes a shoring of love...
the seventh level of consciousness...

Start flowing your being... it is by your
force.. not by your choice... but it is
the flow and the glow of existence through
you...

★ Now the explosion of love is like
207 an infinite evolution to all the
existence...

★ The heart is in the middle of all your

★ seven centers ... three centers below,

★ three centers above.. you have come
exactly to the middle... This is the

★ mystery of the cross... you share the
roots and the fruits... the East West and
the mystery that is beyond any history...
It is now-here or nowhere else... Now
is the only vow and the only vow to
share...



Traveling

Life is a continuity always and always...

There is no final destination it is going towards.

Just the pilgrimage, just the journey in itself is life... to the highest sky... and to the depth of the ocean and to our infinite mystery of our inner treasure...

Just dancing and being in pilgrimage...

a peace pace... a peace pilgrim, moving joyously, without bothering about any destination...

What will you do by getting to a destination? then what? Then you will look very bored, nowhere to go... and in the journey you have lost everything...

What was the point?

So we are not a tourist... our journey is going home... inwards is our award... I am

so blessed to be with you... together we wonder and wander and have it all...

No welcome and not goodbye.. we are here forever and ever..



Let us be aware of who we are and why we are here ... let us hear our inner voice and listen to our silence too ...

Life is an echo, what you send out comes back, what you sow you reap, what you give you get ... what you see in others exists in you

Life is only an opportunity for our love to blossom

Everyone wants happiness ... No one wants pain ...

But you can't have a rainbow, without a little rain ..

Stop doing ... just sit there and watch ..

Everyday may not be good ... But there is something good in every day ...

★ ★ Enjoy life and all the things
★ you have now because you
★ can't Trust the next breath... every
now is a special celebration..



Don't blame people for disappointing
you, blame yourself for expecting
any thing from them..



Being single doesn't mean that you
know nothing about Love...

Sometimes being Solo is wiser
than being in a false relationship..



Sometimes people don't notice the
things we do for them, until
we stop doing it...

Do your best.. it is for you all
what you do...

giving is receiving ...





feelings are much like waves,
we can't stop them from
coming, but we can choose
which one to surf..



A lot of problems in the world
would disappear if we talk
to each other instead of about
each other..



If you are depressed you are living
in the past... If you are
anxious you are living in the
future... If you are at peace
you are living in the now-here..



The most beautiful line..
" But, I love you ! "
the most painful line is
" I Love you, but "





Beloved us...

He is we ...

Thank you all for being in
our human becoming ... we are
connected with our inner
Treasure ...

Peace peace

مریخ نور

