



RESPECT

Peace Pace
مریم نور



Respect yourself...

Love yourself...

If you cannot love and respect
yourself how are you
going to be alive???



Respect yourself....

Respect nature... Love all what
you see... The word respect and love
is one icon... it means seeing again
and again... when you see a beautiful
woman, if she is really beautiful you
will have to look again and again...
This is the gain of respect..



who are we respecting?
why the money? why the power?
the love of power or the
power of Love??



Love yourself... not your ego..
but yourself... and then you
love every self..



By respecting myself, I respect
the creator in me.. in us.. in mine..

We are the creativity

We are the dance not the
dancer...



Respect is a great grace to
be lived... it is such
a treasure... such a nurture
to everyone and everything...

When you respect somebody
it means deep down you love
the whole existence... you are
whole and holy..



Why we are still respecting
the same fools?

Why we are supporting the
same idiots?

When are we going to wake up?



Why waste our life with the
slaves? why not be free?

Why not be myself?



Who is the saint?

Who is the sinner?

Who is the sage?

Who am I?

Do I know myself?

How can I respect

that which I don't
know??



When you respect Christ... you
become another Christ ... not a
Christian ...



A respect is a response... it is
an ability to be one with the
other.. with nature and with
every lover and every
Treasure ...



Let us forgive... Let us share..
Let us go in and live in our
only inn ...

Let us love our body and respect
the whole parts of our body..



We are bodymind, self, soul and
spirit .. This is our divine
trinity in our holy divinity





Be still and know that I am God..

This godliness is in us... This
omness is in us.. This is the
oneness with the one...



Let us hold hands and start
our trip... If not you and
me who else? If not now when?
Now-here or nowhere...



Let us live our new now.. new
birth.. just take a deep breath
and this is a new step in our
holy trip...

Let us die to the past and to
the future and live this fresh
treasure ... live it with total
Respect ...





I want to respect myself... I want to learn how to do it...

Nobody can teach you the truth... Truth cannot be taught... it can be learned.. by how? No not by how... it is your thirst that takes you to the water... No one can teach it but you can catch it... it is in you..

A man came to a Sufi master...

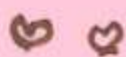
Man: I wish to learn.. will you teach me?

master: I do not feel that you know how to learn..

Man: Can you teach me how to learn?

Master: Can you learn how to let me teach you?

And between these two sentences is the key of the truth... of all understanding.. To be who you are is not in the mind... not in the book... but in your being.. and no one can go with you... no one can feel my feelings... nothing can be said about it... once you ask about, you are lost ... truth is here and now..



I just felt that I need to shit... this  shifts happens by itself... so I went to the bathroom and let it go out....

I just sneezed... it came on its own way.. its own accord... look at the children how they play... look at nature... a bird is singing... a rose is sharing... the sun is rising... what is this unity? This whole and holy dance? what is this harmony? who is writing through me? who is reading through you? who is listening through us? what is this mystery?

No one can say it! No one can know it... but everyone can feel it... All our senses are dancing together and they gather all the treasure that is in existence and we enjoy it and we rejoice it...

Jesus says rejoice and rejoice... life is a celebration, let us take a deep breath... it is still free... it is our freedom... take a deep life force... life power... and let your body mind dance with your self and soul and spirit... This is a great bliss... Life is only a blessing...



The only discipline is to be blissful.. No other discipline is needed.. no should, and should not, just a simple message to be blissful... In whatsoever you can be, be blissful..

Unless you have abundant bliss in you.. so much that you can share it, there cannot be any poetry, there cannot be any flowers.. Bliss is a gift from God to all of us.. to all nature... We can allow it to happen but we cannot produce it and we cannot force it..

Just open the windows and you will see the sun. We are very closed.. This is why we are sad...

Bliss is a fragrance of meditation... yes! Meditation means become more and more silent... our mind is too noisy ... just watch it... why so much traffic? you cannot find bliss in this constant inner war..

Just watch your mind and you are living in this nightmare!! By watching you see the cause and the cure and you are your own healer... you are your own master ... just be silent few minutes and watch your noisy mind... That is the law of light... 



All what we see is light, love, life and laughter...

A Lebanese man is stumbling through the woods, totally drunk, when he comes upon a preacher baptizing people in the river. He proceeds to walk into the water and bumps into the priest..

The preacher turns around and is almost overcome by the smell of alcohol, whereupon he asks the drunk, "Are you ready to find Jesus?"

The drunk shouts "Aye, I am.."

So the preacher grabs him and dunks him in the water. He pulls him up and asks the drunk, "Brother have you found Jesus?" The drunk replies, "No, Ah... have no found Jesus."

The preacher shocked at the answer, dunks him into the water again for a little longer. He again pulls him out of the water and asks again.. "Have you found Jesus, my brother?"

The drunk again answers, "No, me no see and no found Jesus.."



By this time The preacher is at his wits end and dunks The drunk in the water again... but this time holds him down for about 30 seconds and when he begins kicking his arms and legs he pulls him up.

The preacher again asks, "for the love of God, have you found Jesus?"

The drunk wipes his eyes, catches his breath and says to the preacher, "Are you sure this is where he fell in?"

Who is the drunk in this dung?
Life can be a tale told by an idiot or it can be a tale told by a blissful being and we learn from both of them..

If we remain asleep, unconscious, our life will be just accidental... no love, no respect... but like driftwood, at the mercy of the winds and the waves, no meaning but waiting for death to come.. But if we become a little alert and aware, the quality of life changes.. and this is the meaning of respect...

Once you respect yourself, then your  life will be a beautiful story, a parable of immense dimensions...

Then a single man's life contains all the scriptures of the world. Then one can read the whole story of existence within one's own heartbeat.. But let us be more aware, more awake, a little more conscious..

If one is blissful that shows he is conscious. If one is absolutely blissful that shows one has arrived...

I am so blessed that I have a great master in my life... he is alive in my being... in the core of my heart and I am addicted to his words and his silence...

Yes! Everyone is Christ... He was born as Jesus and became Christ consciousness... This is our pilgrimage... we are seekers... we are on the way... we have the will and this is why we are together.. we wonder and wander and we know that every breath is a path...

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

We are together but what are we
gathering? which ring?

Welcome to the 21st century ring...

Our phones	 wireless
Cooking	fireless
Cars	keyless
Food	fatless and tasteless
Tyres	tubeless
Dress	sleeveless
Youth	jobless
Leaders	shameless
Relationships	meaningless
Attitude	careless
Wives	fearless
Babies	fatherless and motherless
Feelings	heartless
Education	valueless
Children	mannerless..

Everything is becoming less but still,
our hopes are endless..

In fact I am speechless...

From Love to Lust to dust..

No just but justless... no hope but
hopeless...



A divorced woman, frustrated with married life, ran an ad in the local newspaper that read...

"Looking for a man who won't beat me, who won't run around on me, and who is a fantastic lover... not less than this..."

After one week, her doorbell rings.. She goes to the door, opens it, and sees no one there. She closes the door, and is about to walk away when the bell rings again... Opening the door once again, she sees no one there, but happens to look down and notices a man with armless and legless sitting on the doorstep..

"I am here to answer your ad" he says.. The woman does not know what to do, what to say... So the man continues.. "As you can see, I can't beat you, and it will be impossible for me to run around on you.."

"yes, I can see that," said the woman, "but the ad also said I wanted a fantastic lover," The man smiles and says, "I rang the doorbell, didn't I?"



★ Unless you create the more, your soul will not be alive... will be less or lifeless...

Unless you plant your seed you don't become the tree...

One seed turns the whole earth green.. you are the seed...

Once a farmer asked Jesus... "why don't you do something? I cultivate the land, I create something; you simply sit under the tree with closed eyes, doing nothing. I have been watching you, people come to you, you talk to them or sometimes they sit silently by your side. why don't you do something?"

The poor farmer was naturally curious; he had been watching Jesus sitting under a tree just by the side of his farm, with people coming, going, and no visible work happening...

Jesus said, can't you see that I am also a farmer? Can't you recognize me? although my farm is of a different quality, on a different plane?? I grow the crops of bliss... I sow the seeds of bliss...



Every master... every prophet.. every  enlightened being is planting seeds of life in us and in the right season they will bloom. And look into my eyes: you will see your face... we are only mirrors to each others...

Who is not a seed? who is not a farmer? So why we are not planting seeds of peace? we are the cause of all the wars... our history is full of misery and so is now... wars and global madness and our future is in our now... let us die to the past and live a new birth a born again Christ not christian... a born again Mohammed not Mohammadan... let us be aware now... If not now, when? If not you and me who else??

let us be aware...

unless you create your seed you don't have any soul... any life... you are the living seed... just plant it.. the soil is ready... nature has all the nurture we need... and we live our Treasure and we enjoy our power...

Unless you create your power you will not find any power...

Unless you create your original face you will not find any face..

You come faceless into the world..

Unless you create your soul you don't have any...

You can have only that which you create.. Unless you create your self... you don't have your soul and your spirit... You have the seed in the core of your heart but who is working on it to create it??

Don't take it for granted... That has been one of the causes of our greatest miseries to humanity, that we think we have it... How can you have the tree if you have not planted the seed...?? We are the seed... let us plant it.. Spirituality should be that creativity.. creating the creativity in our divinity..



This is the unity of our trinity...

Bodymind, self, soul, spirit
are one seed from Allah...

Spirituality should be our creativity...

creating our face... the original face...

Then there is joy, then there is great
exaltation... Then life has zest, juice, flow,
thrill.

Then life pulsates, it is adventure; it
is not a monotony, it is not a nightmare.
It is a harmony with existence... Then
Trees start growing in our desert...
Then we listen to the wisdom of the
Sands, and the birds start singing
in our wasteland, flowers... come, clouds
come, and the empty look is no more
empty; it is full of life...

Look at the empty room... it is our
full home... it is full of a divine
mystery... So let us remember...

The meaning of our life has to be
created ...



So you know it...

No one can teach you how to respect your life... but you can catch it. So the whole art depends on how to become a lover.. a lover of truth... a disciple..

So how to walk our talk??

★ First step is to remain unaware, blissfully unaware... I don't know... but I want to know.. Then search for a way to change your consciousness... learn how to be a disciple. Once you are ready the master is ready... The disciples comes and dies before the master... that's what surrender means...

★ "Let Thy will be done"

The disciple is the empty cup and the master rains the water in it... This is a gift from God to anyone who is ready to wake up, it is a jump of the flame of the light of God from the master to the disciple...

Trust is the word. And in trust truth happens and truth liberates up... we grow up.. we glow up... To Trust is to be ready to learn... is to be ready to be a disciple..



You are free to doubt... move into the unknown... only then you are alive... you have the right to know not to believe.. Growth is always from the known into the unknown... This is the real life of the seeker... He is connected in every breath... every breath is a path to the unknown... 

The real master may be a shoemaker and you will be with him and he will watch you and in that togetherness something will grow... 

Sufis work with their hands, carpet making, shoemaking, carpentry, or anything but with their hands...

Hands and head are the two poles, and if your energy is moving through the hands, the head by and by stops... The head becomes a servant... a utility for our divinity... Our body is a mystery of energy beyond science and beyond senses... It is our home and our dome and our womb and our bomb... our inner explosion is our only vision... 

Now physiologists agree that if you work with the hands, the same energy moves from the head... the energy is the same.. our right hand is joined with our left brain, our left hand is joined with our right brain...

Let us try this:
Whenever you feel that there is too much thinking, and you cannot stop it, rub your both hands fast, make them hot by rubbing, and suddenly you will feel the head has stopped, the energy is moving in the hands...

People who cannot sleep, this is the best cure for them, better than any tranquilizer.. Just close your eyes and rub your hands, and feel them getting warmer and warmer and warmer, and through rubbing they will get warmer... unity of left and right brain.. yinyang... when the hands are warm, the head becomes cool... These are the two polarities... This is the balance of our grace...



Hands should ★ be warm, ★ and the head should be cool...

But when there is too much Thinking, The head will be warm and the hands will be cool... That is unhealthy... you are going Towards madness...

A moment will come when the head starts functioning on its own, unconnected with the whole body...

That is what madness means... that is what we see now on this planet.. global madness... a part has become autonomous, a part has become dictatorial...

So the disciples who trusted Mohammad, they lived the love and the compassion and became one with nature and with existence.. One royal family in the Kingdom of God... But with Jesus only few women and Thomas and very few others respected Jesus but now what we see in Christianity and Islam and all the religions are not the real religiousness that is in the core of our heart... It became an institution not a real religion...



★ Truth is one but religions are many
and we know why... So let us go in
and let go and let God... Listen to Mohammad
not to the ones who are into laws and
rituals and sects... and so is with every
Sage and every master...

To learn from a master is to learn how
to be with him... To learn from a master
is to learn how not to be with yourself... This
is the growth in your being not in your
head... you will be more, but you don't
know more... your very being will become
more still and silent, and more blissful..

We want knowing not knowledge.. The
capacity to be and see and this is a
burning desire..

Many of us are into emotion not into
compassion... we ask and forget ~~it~~ it was
not a thirst.. not a trust but a wish.. just
a wish without roots, just a ripple on the
surface.. just a commodity...

If you want God you will be ready to lose
all, life is a risk... jump in the ocean and
then think... if you think you don't jump
you only wish...



A master does not teach, he is the teaching
his whole being is a message, a continuous
message... if you cannot see you are blind

"Let Thy will be done" total Trust...
who is ready? when I am ready the
master is ready... when you open the
window the sun is shining... but are we
ready? Is my being ready?

Jesus said... I am the truth... no need
for any books... just be with me... give
me your heart not your head...

Just look at nature... at a rose flower..

In the evening and when the sun is setting
and the roseflower has lived its day and now
it is time to dissolve, the petals starts
falling towards the ground, with no
hesitation... so soft and so strong... just
Trust...

When you come to a master he like a
rose petal... Fall into the master... let the
drop of water die in the wave and then
the Ocean comes...

Simply trust... respect your being...
that is what we are here for... Respect
your mystery...



Why are you here? Why have you come?

Why do we go to a master? Why are you reading this book? Why I am writing?

We are searching!!

The search depends on the seeker.. Masters can only show the way... If the reason of your search is wrong, from the very beginning you are taking a wrong step... The whole trip is in the first step... and the right end cannot follow the wrong beginning..

The seed is the tree and be aware of the false master... True master does not impose anything upon you, he helps you to be yourself... with him you die and you will be born again a new birth... your seed will grow, your flower will be your unique flower, not copy paste.. The false within will die ... you will give birth to your own seed...

A real master is a midwife.. he simply helps you, if you are ready, the master can come as a spiritual visit... not with the physical body... he can help you in many ways if you are ready... am I ready?

Who is ready?



Ready to die now??? die to all the past and the future!!! listen only to this now-here or nowhere else!!! where am I now? in hell or in heaven? in my mind or in my heart? in my body or in my self? Do I have a master or I listen to my ego? Am I thirsty to the real Truth or living with the false truth? what do I read? am I ready for this book? what is reading??

Reading is good after meditation, or it is only only a burden of information... Then it creates confusion, because you can read the Bible and the Koran but your mind starts falling into parts... not into unity... But if you meditate then you see the truth in all the sacred books... you can live the harmony in nature and in all existence... and in your own experience...

Reading means thinking and meditation means non thinking...

"Be still and know that I am God"

Our amness is our godliness... our unity... our divinity... Reading gives you philosophy... but meditation gives you life...



★ So let us read our silence... Let us
read between the lines... and you will
be a wise man... If you read only the
lines or only the words, you will become
an ugly scholar, a parrot, a computer, a
memory... a mind... Live your choice.. not
your force... What is his choice?

Woman: Do you drink beer?

Man: Yes..

How many beers a day?

Usually about 3

How much do you pay per beer?

5 dollars which includes a tip..

And how long have you been drinking?

About 20 years, I suppose..

So a beer costs 5 and you have 3 beers a
day which puts your spending each
month at 450 dollars.. In one year, it
would be approximately 5400 dollars.. correct?

Man: correct..

Woman: If in one year you spend 5400 dollars,
not accounting for inflation, the past 20 years
puts your spending at \$ 108,000, correct?

man: correct

Woman: Do you know that if you didn't drink so much beer, that money could have been put in a step-up interest savings account and after accounting for compound interest for the past 20 years, you could have now bought a Ferrari??

Man: Do you drink beer???

Woman: No

Man: Where is your Ferrari???



Live your choice, face your fear, watch your feelings, be aware of your mind, just remember that you are not a slave, not a saviour, you are a human becoming... you are growing and glowing out of your own experience... you are not a follower to any other, be a fellow traveler, a soul brother and your life is your lesson, your test, your challenge for your change... life is a constant change, once you live this love, you are alive...



Who is alive?

A man and his son were walking in the forest. Suddenly the boy trips and falls down and feeling a sharp pain and he screams.. "Ahhh, what a shit!"

Surprised, he hears a voice coming from the mountain, "Ahhh, what a shit!"

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

This makes him angry, so he screams again, "You are a coward!" and the voice come back: "You are a coward!"

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

Son, pay attention to what I am going to do." Then he screams.. "I love you!"

The voice answers: "I love you!"

The father shouts, "You are wonderful!!" and the voice answers:

"You are wonderful!!"



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

Then the father explains, "People call this 'Echo', but truly it is Life.. Life always gives you back what you give out!! Life is a mirror of your actions... If you want more love, give more love!! If you want more kindness, give more kindness!!"

If you want ^{more} understanding and respect, give understanding and respect..

Giving is receiving... what you plant you harvest... This rule of nature nurtures our life...

Life always gives you back what you give out.. Your life is not a coincidence, but a mirror of your own doings...

What are we sharing? Emotion or Compassion? Great!! Emotion...

So be aware of your feelings... Watch what you are sharing... Let there be peace on earth and let it begin with me...

★ You are wonderful if you know how to
wonder and wander in your inner chaos...
★ Then you echo is your mirror..

Let us look inwards... we are afraid to
see the truth... we are afraid to be who
we are... we hear the word "know thyself"
but we don't make any effort to know
the truth... to respect the truth..

Inside There is chaos. Outside There is no
chaos but cosmos... let us go in and face our
mind... our ego and we live our truth... The
Master will help us to be a being not a mind...
In the beginning it is a breakdown, but if
you are moving into it consciously, soon the
breakdown becomes a breakthrough....

To transform breakdowns into breakthroughs
is the whole function of a master.. Any other
doctor or therapist simply patches you up...
He puts a few bandages and a little oil
here and there, he helps you to stand on
your feet again, back in the old way.. You
go to him again and more pills and more bills..

He is not here to transform you... you
need the pyramid power which is inside you..
Only a Master can help you



When you are ready The master is ready....
And when you are perfectly awake your very
chaos becomes a cosmos, The noise becomes
music. Suddenly, all that was insanity, madness,
transformed into Christ hood, into enlightenment...
Just be conscious of your feelings.. be aware
of your mind... be a watcher... and the
spring will come, and your seed will be
a tree... your inner world becomes full
of fragrance...

Yes! let us share [♡] our fragrance... it is
in our smell and in our smile... which
one you want? Me too...



How can you smile without I? SMILE?
How can you be "FRIEND" without "I"?
How can you "Wish" without "I"?
How can you be "FRIEND" without "I"?
"I" am very important, but This "I" can
never achieve "SUCCESS" without
U...

So "Me" is a good choice but "We" is
god's grace ...



More fans and fans

Hillary dies and goes to Heaven where she meets St. Peter...

She notices that there are clocks all over ... she asks St. Peter "why there are so many clocks here..?"

St. Peter tells her that each clock here represents a person on earth and that every time a person tells a lie, the clock ticks off one second... We have only one clock that belongs to Abraham Lincoln and since he only told two lies his whole life, only two seconds had clicked...

Hillary asks, "where is Bill's clock?"

St. Peter says, "Bill's clock is upstairs in Jesus's office... He is using it as a writing fan."

Look at your ceiling  you will see your fan too. We talk about the Truth but we live in lies... Start watching when you are lying.. and you can stop it immediately!! The ego is the greatest lie in the world... Watch your ego and be aware of yourself...



★ There is a very, very Tall coconut tree
and there are 4 animals, a Tiger, an
Elephant, Giraffe, and a Squirrel... who
pass by..

They decide to compete to see who is the
fastest to get an apple off the tree..

who do you think will win?

Your answer reflects your personality...

Time limit : 30 seconds

Got your answer??

Now go down to see the analysis..



If your answer is

Tiger, you are dull

Elephant, you are silly..

Giraffe, you are acting like an idiot.

Squirrel, you are showing stupidity..

A coconut tree does not have apples...



The one who is aware in this now... will
win... but I am not in the now when I
am reading or whatever I am doing... and I
give dead excuses... I did not see it because
of the noise in the street... I can't hear
noise and see the cause.."



How can we share?

Ask The cloud... ask the sun... ask the
rose flower... They are too full of love so they
share... Look at The flower, full of fragrance, and
the wind comes... So let us feel grateful to Love..
Love is innocent when it is nothing but a
sharing of your energy... when love is not
motivated, it is prayer...

The flower cannot help but share. it is happy
that it has bloomed, what else can it do??
We are not breathing... we are not writing..
we are not reading...

When you become aware, you will say
" God is. "

And don't call it work... we are not doing
anything.. just celebrate... rejoice... at the
most, you can call it play... or playing...
We are here, that which is, no name but
an energy that is holding us together..
name it any word... ray of light or of life..
and go beyond any bonds and be the being
and share your joy and rejoice this share
and be grateful to the other who accepting
your dare to share.....



Let us share this seed...

If you don't love yourself, you are not alive... So love all what you hate.. do not repress any needs, any seeds, any greeds... live all your desires... just watch your mind... your feelings and then you face your original face... Do not live by law, or by rituals or by force...

A man who is denying love cannot meditate; whenever he meditates, immediately sexuality surrounds him... If you are fasting out of mind, ~~seeks~~ you see only food... you look at the moon and you see it a piece of bread...

fulfill all natural needs, nothing is wrong in them. What is wrong in food, in sex?? Be natural so when you meditate there is no other thing waiting for your attention...

If you fulfill your natural needs, you will see that your dreams will disappear, because there is nothing to dream about...

If you are moving naturally, if you have found a tuning between you and nature, then you are one with the ultimate law of life... Find yourself almost always in rhythm... even if you go out of step, come back again... remain with nature and you will find God...



★ When lower needs are fulfilled, higher needs arise; when higher needs are fulfilled, ultimate needs arise.. This is the natural economy of life..

If a person is hungry, how can he listen to music? or tell him to pray?

Live all your primary needs, food, shelter, love, and then the energy is released from the lower world.. He will start reading poetry, listening to music, enjoy dancing.. Now higher needs are arising..

And when these higher needs are also fulfilled, one day you will see a new needs are arising which are called the ultimate needs... Meditation, God, prayer.

Our mind has been conditioned for centuries by people who have not understood our real needs. They were looking for how to force people... How to create sin in us, how to create guilt in us...

A guilty person never feels at ease with himself.. He cannot have any confidence, he feels his mistakes, so he goes to church, he goes to any therapy... now that guilty conscience is creating trouble... Drop it. Life is yours... it belongs to nobody else..

Live your life. Don't allow anybody to 
change your life... it is totally yours..

And your body is giving you the right touch,
the right indication. 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...

If you listen to the body, the body will not
have anything to say to you.. And 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 you give the body what it needs, it
will be calm and quiet, you can float high,
you can fly high, you can become a white
cloud, but only when body needs are really
truly looked after...

The body is not our enemy, it is our
friend... The body is our earth, our home, our
car, and has all our roots and no roots
no fruits...



★ 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 law, peace-pact with your body, and never break it... then the body will become very, very, very friendly..

You look after the body, the body will look after you...

It becomes a vehicle of tremendous value, it becomes the very temple... One day, your body itself is revealed to you as the best shrine of God...

Your body is your nurture and is your mother... it is a great mystery... whether you are asleep or awake, aware or unaware, it goes on functioning, and the functioning is so silent, even if you do not love it, it goes on functioning; it goes on doing service to you.. We should be grateful to this gift from God..

The Fisherman And The Richman

A boat docked and locked in a tiny Mexican fishing village...

A tourist complimented the local fisherman on the quality of their fish and asked how long it took him to catch them..

"Not very long" The answer came out..

"Why didn't you stay out longer and catch more?"

The fisherman explained that their small catches were sufficient to meet their needs and those of their families...

"But what do you do with the rest of your time?"

"We sleep late, fish a little, play with our children and take siestas with our wives in the evening, we go into the village to see our friends, have fun, play with each other and enjoy a lot. We have a full life!" The tourist interrupted, "I have an MBA from Harvard and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch..."



 "great idea... but what can I do with the extra money?"

"With the extra income, you can buy a bigger boat..."

"And after that"

"With the extra money and the larger boat you can make more money and more boats and you can meet richer business men and you can work with them and you will be a great owner of many plants"

"And what else?"

You can then leave this little village and move to Mexico city... Los Angeles or even New York city !! From there you can direct your huge new enterprise."

"How long would that take?"

"Twenty, perhaps twenty-five years" replied the Tourist..

"And after that?"

"Afterwards, well my friend, that's when it gets really interesting..." answered the Tourist, laughing... "When your business gets really big, you can start buying and selling stocks and make millions !!

"And after that?"

"And after that you'll be able to retire, live in a tiny village near the coast, sleep late.. play with your children.. catch a few fish, take a siesta with your wife and spend your time playing and enjoying with your friends"

"With all my respect sir.. with all your story, this is what we are doing now.. So what's the point wasting twenty-five years" asked the Mexicans...

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

The tourist wants to share his pain and erase your pleasure and your gain... Live your way and listen to your will and life is only a joke... why not learn from our mistakes and other's mistakes too... why fall in the same trap? let us wake up... let us enjoy this now and let the present be our present... Move on your own way and you learn from your own growth, even wrong growth, feels good, because you expand, you become bigger..



Be a beggar... be an emperor... be any bigger.

but beware of who you are and why you are here and where are you going? watch the difference between the wrong growth and the right growth... Every growth feels good even the wrong one and does not need much effort like the weeds in the garden, just a little water or the rain and they will grow...

But if you are trying to grow roses, they need care, they need a gardener.. weeds don't need a gardener, but roses do need one..

So I need a master to help me grow...

A master is needed, who can see the wrong seed from the very beginning... and can help you to destroy it, so that the right seed can be found within you... you carry the right seed also...

yes!! I don't have a crystallized center in me which can reply so the master has to go deeper into my unconscious, to the very roots of my being and see why I came to the master... out of emotion or out of compassion ??



So be aware of who you are... a follower
or a fellow traveler... When you are with
a master are you ready to be a disciple?
Are you ready to risk your life? Are you
ready to jump in the ocean and be part
of this mystery??

There are many who live on the fence
their whole lives... on the fence is not
a comfortable position and sitting on the
fence gives nothing... It is wasting your
life and time. Either come in or go out.
The master is not here to cure my body... but
my being...

Even if you have a healthy body it makes
no difference to your inner growth. Maybe, as
you are, health may not prove a blessing... It
may even prove a curse to you...

A story in Jesus life, it is in The Sufi books.
Once Jesus entered a small town... He saw
a man running after a prostitute... He asked
him "what are you doing? why are you
wasting your life in such foolish things?"
The man looked at Jesus and said... "I was
blind and you touched me, and now I can see...
what else can I do with my eyes?" Now
he can see only the cup... only the form...



Jesus entered the town, he saw another man completely drunk, lying in the gutter, crying and weeping and screaming... He went near the man and asked, "What are you doing? Why are you wasting your life? Be awake and realize the divinity in you."

The drunkard opened his eyes and said... "My Lord, have you forgotten me? I was ill for ten years, then you touched me, now I am healthy, but what else can I do... I am enjoying... Eat, drink and be merry! You are so great my Lord."

Jesus became very sad.. He had never imagined that health could be turned into a curse..

So what are we doing? Health, life, strength, youth... everything we turn into a curse.. because all depends on our consciousness...

There are people who have turned their illness into a blessing, who have turned their blindness into an inner insight.. who have turned their pain into a new life.. it depends on us how to see life and death.. Live this now... no yesterday and no tomorrow... Now-here or nowhere else..



The only miracle is not to do miracles.. it is all magic power... Jesus cured our ignorance ... but what are we doing with our innocence? Unless you live your innocent and your wisdom you are not alive...

Just go in... in is our only inn... you need no one to heal you... The book is the best companion and when you are ready the master is ready... The real master who helps you to be your own healer... no one listens to you only you... don't go to any healer ... no pills and no bills and no need to be rich or to be famous or to be with many titles

Just listen to your heart... be one with nature ... and drop your ego... Unless the ego is dropped, whatsoever you are doing, you are a criminal. Your politics will be a politics of crime; your talent will be a talent of crime... Ego is the root cause of all wars and all crimes... You will succeed on the failures of many .. ego is the criminal... Let go of the ego and let God be our guide..



Don't ask for attention. live in such a way that it is as if you never existed..

He Moves in such a way that nobody comes to see him or ask him... This is the living style of a real master... real knower... Then only we will attain to the explosion which is spirituality...

Our ego is our enemy, always like a hard rock on the possibility of the explosion.. It will destroy us from within..

Why do I ask for attention?

Because I am not certain about myself!! you have to know yourself directly, immediately.. you have to go in...

You, me, he, she are one with the one.. This oneness is our existence... unless we attain to the truth we are living in the false and we are deceiving nobody but ourselves... myself...

So be aware and you are part of existence... of compassion but not of emotion... do not deceive yourself... be spiritual but go beyond all what you see and what you dream...



So be alone and live your total
aloneness and that has a beauty of
its own... That is the hidden splendour...



That is the spiritual...

Spirituality is not a game... Everything
finished, all games dropped, one comes back
home, alone... sit in the home, no
experience... all experiences are distur-
bances...

When only consciousness remains, only then
a man like Christ is satisfied with the
disciple... Be with a real master... He
will help you to be yourself... to go beyond
the mind... beyond imaginations... only the
truth remains... no birth and no death...
the deathless... you, in your fully awakened
state...

Everything is a dream... There are layers
and layers of dreams... But spirituality is
not a dream... it is the dreamer who
has awakened out of all dreams... then
only the hidden splendour is revealed..

The secret of all the secrets becomes
known... you become the knower...



Trust in God...

A man just got married and was returning home with his wife...

They were crossing a lake in a boat... When suddenly a great storm arose... The man was a warrior, but the woman became very much afraid because it seemed almost hopeless: The boat was small and the storm was really huge, and any moment they were going to be drowned... But the man sat silently. Calm and quiet, as if nothing was happening. The woman was trembling and she said:

"Are you not afraid? This may be our last moment of life! It doesn't seem that we will be able to reach the other shore.. Only some miracle can save us; otherwise death is certain. Are you not afraid? Are you mad or something? Are you a stone or something?"

The man laughed and took the stone, which is his sword out of its sheath... The woman was even more puzzled... What he was doing? Then he brought the naked sword close to the woman's neck. So close that just a small gap was there. It was almost touching her neck... What did he do?



He said: "Are you afraid?"

She started to laugh and said:

"Why should I be afraid? If the sword is in your hands, why I should be afraid? I know you love me."

He put the sword back and said:

"This is my answer... I know God loves me, and the storm is in his hands... So whatsoever is going to happen is going to be good... If we survive, good; if we don't survive, good, because everything is in his hands and he cannot do anything wrong..."

This is the trust which one needs to live... Such tremendous trust is capable of transforming your whole life any less won't do... Jesus said... "Let thy will be done..."



The little girl said to her Dad...

"You hold my hand... your hand is bigger than mine... if I fall down you keep holding my hand... and you save me... and you don't leave me... keep my hand in your hand..."





Do you trust the Lawyer?

A big time Gangster finds out that his personal accountant, Robert, has cheated him out of 5 million bucks... His accountant is deaf.. That was the reason he got the job in the first place.

It was assumed that Robert would hear nothing that he might have to testify about in court...

When the Gangster goes to confront Robert about his missing 5 millions dollars, he takes along his lawyer who knows sign language.. The Gangster tells the lawyer...

" Ask him where the 5 million bucks are, that he stole from me."

The lawyer, using sign language, asks Robert where the money is. Robert signs back, "I don't know what you are talking about." The lawyer told the gangster the answer..

The gangster pulls out a pistol, puts it to Robert's head and says " Ask him again!" The lawyer signs to Robert " He will kill you if you don't tell him."

Robert signs back.. "Ok. you win! I will tell you the Truth.."



what did he say?



"The money is in a black bag,
hidden in the cupboard at my nephew's
house!"

The gangster asks the lawyer, "What did
he say?"

The lawyer replies, "He says you don't
have the guts to pull the trigger."



What can we say? Life is a joke!! Life
is a law!! A law is a lie!! Say what
you love and keep living our Truth...
Listen to this too...

You have 2 cows..

Socialism ..

You have 2 cows, you give one to
your neighbour...



Communism ... You have Two cows.

The state takes both and gives you some
milk...



Fascism ... You have 2 cows..

The state Takes both and sells you some
milk...



Bureaucratism ... You have 2 cows.

The state takes both, shoots one, milks the other and then throws the milk away..



Traditional Capitalism

You have two cows

You sell one and buy a bull.

Your herd multiplies, and the economy grows..

You sell them and retire on the income.



Venture Capitalism

You have two cows

You sell three of them to your publicly listed company, using letters of credit opened by your brother-in-law at the bank, then execute a debt/equity swap with an associated general offer so that you get all four cows back, with a tax exemption for five cows..

The milk rights of the six cows are transferred via an intermediary to a Hot Company.. it is secretly owned by the majority shareholder who sells the rights to all seven cows back to your listed company.. The annual report says the company owns eight cows, with an option on one more



An American Corporation

you have two cows

You sell one, and force the other to produce the milk of four cows... Later, you hire a consultant to analyse why the cow has died..



French corporation

you have two cows

you go on strike, organize a riot, and block the roads, because you want five cows...



An Italian Corporation

You have two cows but you don't know where they are..

You decided to have lunch..



A Swiss Corporation

You have 5000 cows. None of them belong to you

you charge the owners for storing them...



A Chinese Corporation

you have two cows..

You have 300 people milking them..

You claim that you have full employment and high bovine productivity...



You arrest the newsmen who reported
the real situation..



An Indian Corporation..
You have two cows
You worship them



A British Corporation
You have two cows..
Both are mad..



An Iraqi Corporation..
Everyone thinks you have lots of cows..
You tell them that you have none..
Nobody believes you, so they bomb the
crap out of you and invade your
country..
You still have no cows but at least you
are now a Democracy..



An Australian Corporation
You have two cows..
Business seems pretty good..
You close the office and go for a few
beers to celebrate..



A New Zealand Corporation
You have two cows..
The one on the left looks very
attractive...



A Greek Corporation
You have two cows borrowed from French
and German banks..
You eat both of them
The banks call to collect their milk, but
you cannot deliver so you call the IMF..
The IMF loans you two cows
You eat both of them..
The banks and the IMF call to collect
their cows/milk..
You are out getting a haircut..



A Lebanese Corporation
You have two cows, came as a tourists
to share the best milk...
In one week they became male and
female hotline for the best business
VIP... And within two months
they gave birth to many copy paste
bastards and bitches... welcome
to our wow cow right now..



Welcome to the home of God...



Our kingdom has no dome and no door... Our earth is our mother and nature is our nurture, and the whole existence, is a continuous ceremony, a feast..

Guests go on changing, but the feast continues. The feast never stops for a single moment.. Singers change, but the song remains...

Except for us, nature is always in ecstasy.. why wars? why are we killing each others? why we are sad? what do we need? our home is not outside... we are here to reach to our higher treasure, a higher ecstasy....

Look at the whole journey, and you can see the destiny... Jesus saw the existence in the now but I am still ill... I don't see that the whole is in this holy now...

If you can't look into the seed, you can't see the tree, the flowering, the possibility. Look at the seed from the inside... evolution is only in us... but we are not aware of it yet... unless we become one with the one, we are not home, we are not aware of our true identity... our true consciousness... oneness has been attained through consciousness.....



No!! You cannot be conscious through drugs.. only through meditation. Drugs are a deception, they give you a feeling which is imaginary... be aware of such ways... If you are addict then you cannot become yourself... you remain in your lower power or you have your choice to rise to your higher power..

You are free to come back home and be with your father and brother an no more lost in the lust... but live the eternal celebration in the kingdom of God...

We are home already but we are not aware of it... we are addicted to our dreams... wake up and be aware of your natural nature..

Blessed are those who are lost because they will wake up again and be at home.. no pain no gain...

Use any lie if it helps you to go in better than the truth that you cannot use... Just use the cup that fits the mind of the other and put the quality of water that he likes but it has your energy.. your love and this ray of light unites us with the source of our roots... of our light...



A man who has compassion has to think how others are going to react to his statements...

The statement is not the point but how you react to the statement is the point, what energy it creates in you, where it leads you....

It is your hunger that gives you the power of the food... It is your thirst that gives you the taste of the water... So when I go to a master am I ready to be with him? to listen to his heart?? Is my being ready to see the door and the wall and the nothingness??

The first step and the endless step are one trip... The beginning and the end are only in the mind... Life is a river from infinity to infinity.. no birth and no death.. So there is no door and no wall in the Kingdom of God or at our home.. right now we are at home... just respect this truth in you and no need to go to any place.. just be ready and the master comes to you... you are welcome any now..



Come, come any now...

It does not matter what state you are in. It does not matter who comes. The master is always ready...

There is a beautiful statement of Rumi, one of the greatest sufi masters ever.. Take it to your heart..

Come, come, whoever you are, wanderer, worshiper, lover of learning, it does not matter..

Ours is not a caravan of despair. Come, even if you have broken your vow a thousand times..

Come, come, yet come again..

The master is a host. True masters never refuse anybody, they cannot... If you go under a tree, a shady tree, tired of your journey and the burning sun on your head, and the tree refuses you, it does not give you refuge, it does not shelter you.... This does not happen. The tree is always ready to give you shelter, its shadow, its fruits, its flowers, its fragrance...

If the master says to you, "first go and become worthy of freedom then come to me," it is as if you go to a doctor and he says, "My condition for giving you a medicine has a rule..."



2 I will give you the pills to heal you but only when you are healthy. I never waste my medicine on ill people!!"

It does not matter who comes... The master is ready... so is the home of God... it has no door... any moment you are ready to see you will see that you are home...

First I was looking where is God.. now I am looking where There is no God... There is no God only God...

Truth is not outside us but inside us. We are part of it, one with it, the drop of water and the ocean are one... So we are one with the one.. This oneness is our existence.. So no need to go to any philosopher or to any doctor only to a real master who helps you to go in beyond your ego... philosophy is the most absurd effort of humanity.. let your thirst take you to the river.. to the source of your grace... of your choice... meditation is the only key that guides you to your own way.. your own path... it is in every breath... in every step... just be yourself and read the book that takes you to your inner treasure...



You are the truth... you are the existence, but this treasure is not a problem to be solved, it is a mystery to be lived... And you should be perfectly aware what the difference is between a mystery and a history... your theory is your own problem... go from your head to your heart... with the head so much questions.. why and why...

 With the mystery there is no question... The moon rises in the night... it is not a problem, it is a mystery, you have to live with it. you have to dance with it. you have to sing with it or you can just be silent with it.. just respect any mystery.. it is in us... it is our natural nurture but problems are man-created...

Watch nature, They are growing in harmony but no birds asks why?? Trees will flower as they have been flowering always, only man creates problems...

All the experts are sick people, they know how to die, they can create problems but no cure... no solution... but more questions and more wars and no one can give you peace.. peace is in our heart...

Let us go beyond the head... beyond the science of the west and beyond the wisdom of the east... don't create weapons and drugs and kill mother earth and people in the name of peace and don't be a monk and share celibacy in the name of peace... Just be normal with nature... be in the middle of your jewel... in the core of your heart and this is the unity... the divinity of our trinity of our self, soul, and spirit... This is our oneness with the one... So when the why comes to your head don't go to any head man.. or any head person just read this truth...

If Columbus had been married he might never have discovered America... because... his wife would have asked him the following questions... where are you going?

with whom?

why?

How are you going?

To discover what?

why you?

what do I do when you are not here?

Can I come with you?

Coming back when?

Will you have dinner at home?

What will you bring for me?

It seems you deliberately made this.

Don't lie ..

Why are you making such programs?
You seem to be making a lot of such
programs. Why

I want to go to my parents place..

I want you to come and leave me alone..

I don't want to come back..

I will never come back..

Why are you not stopping me?

I don't understand what is this
discovery stuff???

You always do like this...

Last time also you did like this..

I know you are doing it to please other
women...

That explains why most of inventions and discoveries
were made by bachelors...



Let us listen to our  heart not to
the heads of the politicians and the
scientists... The scientists go on supplying
politicians with secrets and the politicians
go on using those secrets in Hiroshima, in
Nagasaki and now global madness and
global suicide...

Technology is killing completely the whole
of nature... The greatest enemy today is
Science... we are slaves to the things... to
the bombs... to the towers... to the machines..
The cure is in us... The cause is in us..
Respect yourself and be one with nature..
Nobody can be independent, it is interdependence..
It is a deep cooperation..

A totally different type of science is needed,
based more on the heart, then it is not
against nature.

The soul lives in unity... and the soul
is greater than the parts and keeps all the
parts together... Once you feel thirsty, the
hand goes to the water... That whole is
the soul... you are a holy whole with
Allah...



He too I want to laugh... laughter is a door to the divine too...

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid... He called the family doctor to discuss the problem. The doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss...

"Here is what you do, stand about 40 feet away from her, and tell her if she hears you. If not, go to 30 feet, then 20 ft, and so on until you get a response" said the doctor...

That evening, the wife is in the kitchen cooking dinner, and he was in the hall.

He says to himself, "I am about 40 feet away, let's see what happens."

Then in a normal tone he asks, "Laila, what's for dinner?"

No response. So the husband moves to ask again.. "Laila, what's for dinner?"

Still no response. Next he moves into the dining room where he is about 20 feet from his wife and asks, "Laila, what's for dinner?"

Again there is no response..



 So he walks right up behind her..

"Laila, what's for dinner?"

Laila shouts at him back.. "Sameer, for the fifth time I've said, That I am cooking fish!"

The problem may not be with the other as we always think, could be very much within us...



It was entertainment night at the Senior Citizens Center..

Amal the hypnotist explained: "I'm here to put you into a trance; I intend to hypnotize each and every member of the audience."

The excitement was great and Amal took out of her coat a beautiful antique watch.. "I want each of you to keep your eyes on this antique watch. It's been in my family for six generations."

She began to swing the watch gently back and forth while quietly chanting.. "watch the watch, watch the watch, watch the watch."

The crowd became mesmerized as the watch swayed back and forth, light gleaming off its polished surface. A hundred pairs of eyes followed the swaying watch until, suddenly, the chain broke...

It slipped from the hypnotist's fingers
and fell to the floor, breaking into
a hundred pieces...

"Shit!!" exclaimed the hypnotist..

It took three days to clean up the
Senior Citizens Center...

Amal was never invited back...



So be aware of any expert. Life is so vast..
So infinite, how can we become knowledgeable
about it?

In fact the more you know, the less you
feel that you know...

A day comes when life is and you are
not. A day comes when you are dissolved
completely... the wave has disappeared in the
ocean. This is the ultimate...

I will say it again and again so we will
never forget the truth that is in us.. in our
heart not in the head of the teacher...
Nobody has the right to believe, everyone has
the right to know...

Be a knower not a believer.. not a follower
but a fellow traveler... Truth came for
the chosen ^{few} you.. be yourself...



Democracy basically is mobocracy...

It cannot be otherwise. You have to ask the fools who is right, what is right, and there is a tendency in the mob to follow others. The mob has no stand point of its own.. It is a chaos... Somebody raises his hand, the others follow... The mob are like sheep... Cheap sheep..

One teacher was asking a small boy who is the son of a shepherd... He asked him "You have ten sheep. Five jump out of the fence, how many are left behind?"

The boy said, "None."

The teacher said, "What!! You can't even figure it out? Five have jumped out, and there were ten in the beginning, so how many are left?"

The boy said again, "None."

The teacher was at a loss. He said, "Then you can't figure it out?"

The child said, "You may know figures, but I know sheep. None is left. Even if one jumps out, that will be enough; the other nine will follow."



And he is right.. what are the scientists here for??



Be a spiritual heart not a scientist
soul ... Don't go to the experts, go to
life itself. Don't go to the scriptures, go to
the existence itself.. 

Jump off..off... yes of and of.. and run as fast
as you can from any expert, any teacher, any
book, any language, any grammar and any
spelling ... take it ezi... write what you feel
is right for you... Be your own teacher
and your own master and your own child...
Let us live our innocence and our spontaneity.
We are a unity not a utility... Let us
live our oneness with existence... with all
our senses...

If you want to be alive, listen to your
own life. Remember, your own heart is the
only judge. No other judge exists... Listen
to it. Listen to the inner voice, and
follow it, wheresoever it leads...

If you listen to the inner voice, if you don't
bother about theories, if you make contact with
life itself, direct and immediate, you will
attain to the ultimate... And God is waiting
there and there is nobody who is blocking you
except yourself.. 

Let us watch our mind games...

There was a man who lost his axe, and he suspected the boy next door...

He watched the boy walking, he has stolen his axe. His expression, his talk, his behavior, his manner, everything about him betrayed that he had stolen the axe...

Soon afterwards the man was digging in his garden and he found the axe...

On another day he saw the boy next door again.. Nothing in his behavior and manner suggested that he would steal an axe...

Everyone of us lives a closed life, lives in his own world... There are as many worlds as there are minds... our mind is a wall around us but it is a glass wall made of thoughts, theories, scriptures and many ways, that is why we are not aware of our mind.. of our ego.. of our devil..

We look at the woman, the same woman, I see her beautiful, you see her ugly.. both of us are right and we fight.. The reality is one unity but our mind loves the game of duality...



An ordinary mind is an active agent, it is not like a mirror, it colours reality, it gives a shape... it gives a form to reality which is not there, which has been brought by the mind...

Only a man like Budha, Jesus, Mohammod is impartial... He has no mind to interpret... He looks at reality, he simply looks... He does not bring any idea to reality... He is alert and aware and receptive... he does not project

Now all the people are mad because mind is mad... where are you? with the crowd or with the spiritual commune? Just be with the people but not part of them.. be a witness... watch your mind and be your own self... you become aware only when you don't fit the society, the ordinary humanity... A Jesus is an outsider, he is a stranger to us.. He fits with existence perfectly... but not with this mad world... we think they are mad and we are the wise people... Do what you love.. Be who you are and do not expect any good or bad from any other... Be your own master and you know how and you know why....



Once we understand that the mind is the wall, you start dropping it... can you be a no-mind? Yes you can... impossible is

impossible

Mind is too narrow, it cannot surround reality, it has to dissolve into reality...

When you are not a mind, reality is..

And reality is God.. it is life... it is love..

But in the west our mind is the master so we have different illness than the east.. In the east the commune is the master and we have different diseases...

So if you are a scientist or if you are a monk... your mind is your world and your master... The reality is known only when we drop all types of minds... Then your mind becomes universal. Then your mind becomes one with the mind of the universe.. let us drop all the walls, all the barriers that divides us from our divinity...

until you die, god will not be possible for you.. you are the drop and the wave and the ocean... die in the ocean...

meet, melt and merge in the existence.. in the ocean and this is the godliness..



Let us listen to This story...

It is said God created The world. Everything was going well. Then he created man, Then something went astray. With man trouble started. And in Those days god used to live on The earth. He had created This earth to live on, and to be here and in it. These trees and these flowers and These rivers and mountains - for what god created them?

But when he created man, trouble started, because we started to complain and the problem was this ... if you solve one man's complaint, Then the very solution creates another man's complaint...

Somebody says, "I need rains today." And if God gives rains, somebody else comes and he says, "You have destroyed my house.. I had just painted it!!" But somebody was needing it for his garden.. It was impossible to satisfy all, so what to do??

And God to be alone... to hide himself in a place where Adam can't find him... where to go? to the highest mountain? Edmund Hillary will be there!! To The moon? No, soon man will be there too... So where to go? where to be alone? ...

Then came the answer



"Better to hide myself in man himself...
I will go deep in the core of his heart...
In the being of man and woman... this is
the only place where man rarely can go..."
So where is the truth? why we go out?
what are we doing? why wars? why are
we killing each others?

God is a loving love... a compassion in
us... God is not an experience, he is the
experiencer of all experiences... wake up
now or never!! Be yourself... look at
your original face...

Become passive, alert, and suddenly
you will find the truth in the core of
your heart... God is very near why go
very far? just go in...

This mystic story is true... Jesus found
him, Mohammad found him... many sages
and many masters and many lovers are
living with the creator...

Let us live this story... meditation is the
only key... God is hiding in us... let us
go in... in is our only home.. our only

inn..



Let us live our love...

Where is my lover? My desire is for the other.. you too!! All of us too...

Your longing that without the other, you will never be complete, is absolutely true... And this is the insight of all of us, of every human being; we are all right about this fact: that without the other we are not going to have a feeling of wholeness, of completion, of arriving home...

This feeling is all over the world.. But why doesn't happen? Because man needs a new psychology to understand himself.. The old psychology does not give us much understanding. The new seed will be based on our oneness with the one... with the inner treasure... with meditation... and awareness that every breath is a path to our birth and our death.. born again a Christ consciousness not a christian.. Born again a human becoming not a follower to any Law nor to any religion but to the religiousness of the heart..



There are very few great discoveries in the world but meditation is the greatest discovery... Even after nuclear weapons, and after this global madness, to be in a meditative state is the only pilgrimage...

This insight is of such great value... Man and woman are not just one... man just man, woman just woman.. They are both in love and both together.. Man is half man and half woman, and the same is true about women.

And this seems to be very logical and very scientific... our first body is from dust to dust but our second body is light from God to God... from love to love...

The spiritual science is saying that every child is born out of the father and the mother. The father contributes something, The mother contributes something, and that's how the child is a combination, a synthesis between man and woman...

Unless the man and the woman inside you become one whole, you will remain discontented, with something always missing... And because we always look outside, we feel that we are missing something... what it is this feeling??



We are missing the feminine qualities in us... it is in our inner world.. We only know one world, and that is outside.. inside us there is the energy that takes us up.. wake up.. grow up.. glow up in light and love and life...

You are right, man and woman have to merge their energies into one.. just one thing is missing: That miracle can happen only within you, it is not something outside.. It is something that as you become silent and peaceful and joyous, as you enter deeper into meditative states, as your intelligence becomes more sharp, you will see:

The other that you have been searching for is within..

And there is no problem with the inner woman, with the inner man... once you recognize them, they start melting into each other without any effort on your part. just your recognition is enough to trigger the process of the merger...

But meanwhile, before you meet your inner woman or man, find a man or a woman.. You will learn much..

This is not going to be the end ... all men
are experimental for women and all
women are experimental for men ...
Experimenting with few relationships, you
will be mature enough to recognize your
own woman or your own man ...
And that day is the day of great celebration,
because you are free from the other ... you
have found the other within yourself..
Now there is no need to be dependent
on anyone.. 

The man is free, The woman is free ... And
this does not mean that you cannot love,
that you cannot have friends on the outside..
In fact, now you can very easily have very
smooth going relationships, very beautiful love
affairs, because it is no longer a necessity
for you ...

As far as you are concerned, you are
fulfilled ... Now it is not a need so that
you have to be dependent .. do not depend
on any other ... it is a dance with all the
others ...



 Once you can live alone and joyously,
you have entered into the world for
the first time...

Before it, you were only dreaming, now
you will be facing the reality.. And the
reality is just ecstasy.. Now you can love,
but love will have a totally different
quality: it will simply be sharing... because
you have too much, an abundance, overflowing,
and you would like to share it.. And sharing
is always unconditional... You are not giving
it as a deal, as a business... You are not
giving it to get something in return... You are
simply giving it because your hands are
too full... If you don't give it, it will
fall by itself..

The day you are capable of sharing love,
and being alone and absolutely blissful, the
slavery of women is finished. And the bigger
slavery of man is finished too.. It is
strange that women are fighting for freedom,
for liberation and man is just standing,
looking awkward.. Do something!! You also
have to become free.. In fact, both movements
should be two wings of one movement for
freedom...





What is Ignorance ?

A man had an ugly daughter... He married her to a blind man because nobody else would have her...

A doctor offered to restore the blind man's sight... But the father would not allow him for fear that he would then divorce his daughter.....

What do you say?

Man is ignorant, blind, as if living in sleep, drunk, not aware..

This is our situation Many cures have been invented, many methods to awaken me but I resist ... So the real problem is not ignorance but the resistance....

Ignorance can be cured, but man insists on remaining ignorant... The cause and the cure is in us... but who reads?? But who is ready to open the eyes? we are against the truth... who wants to know thyself? why are you afraid of self-knowledge?... with self knowledge enters responsibility!!

You cannot remain the same if you know yourself and change is a great challenge....



You have made a house; you think this is home... you have made a tower, you think this is the power...

Now, to know yourself will mean again a beginning, again a birth, again moving. This is the great step on our trip... out of our trap and jump in the unknown journey... but who has the courage to let go of our blind mind and go inwards Towards our real home...??

In our ignorance we have created a comfortable, established life, the society is our family... the bank balance, insurance, the government, the membership in the club and in the religion... So we have created a false world around us.. Nothing is protective, it just gives the notion that you are protected.. nothing is secure, just an illusion of security..



Yes!! You were fast asleep, having a rich blanket and beautiful dreams, and suddenly self-knowledge awakens you... you are no more an emperor... no more a beggar... when one awakens, then for the first time you respect yourself and you are responsible for this jewel... It is not a duty... your wife is not your wife... you are part of this whole existence... I am part of this war... I am part of this peace... I am responsible for all what I see...

No man is an island, and the whole existence is in me we... we are waves in the ocean and we are one with this oneness.. The self is part of this mystery.. let us go in and be aware of who we are...

Let us be the change we want to see in the world... We are here for a reason... we are needed to plant peace not war.. to plant Love not hate... to live the truth not the false.





Yes! we teach every child to be honest... to be true... we have to force a pattern over his being. we have to give him a character... this is not the way... we are forcing a condition on him... We are victims of victims...

A man of character is a bondage.. He is a slave of the society... He has a conscience. He lives his life through the past to secure the future... He does not trust himself... he has to ask others... The society controls us from the outside and from the inside too...

A man of perfect awareness has nothing to do with character. He comes out of it... He has no conscience because he has consciousness... He is like a man who has eyes, he does not ask "where is the door?" He himself can see and he can walk through it... He accepts every step.. He respect his feelings... He never repents.. He has no conscience, he never feels guilty... He lives moment to moment..



I am the cause and I am the cure...
Be yourself... do not be a loyal to any
other... watch your own treasure... be
aware of who you are and why you
are here... hear your inner voice...
Be still and know that I am God... This
amnesia is our illness... we have the
treasure and we have key... meditation
is the only key... now or never... here
or nowhere... leave your ignorance.. this
is our only wall, our only enemy... just
go in and face your fear, face your
anger, your jealousy, your greed and
thousands of things are bubbling and boiling
and any moment they can explode.. just be
a watcher to your inner treasure and
meditation happens spontaneously.. just be
unoccupied... watch your mind.. That's
the whole trick of meditation... Do not
do anything just be and the energy
moves to the center and this is
what courage is... just move
inwards....



Let us go in... it is easy, The bliss body
can do it and the finer the energy, The
more joyful it is... it can be found only
with closed eyes; it is an inner journey...

Slowly slowly you will start feeling it... The
more you remain silent and quiet and just
watching inside, turning in, one day the
contact happens and suddenly you see such
light as you have never seen before...

You have entered paradise

And it was always there; we had just
not opened the gates for it. All that is
needed is an insight...

Just a single insight allows you to drop
the past or the past will be dropped by
its own will...

The single insight is this: that the past
is no more, only the now, only the present.
The present means to be simple... just as
you are... live simply so that everybody
 can simply live... only now be alive..

 Be in tune with the present, to be free
from past and future... from the noisy mind..
Be in your being..



Let us see this step in our trip or trap...



Once upon a time there was a painter who had just completed his course...

He took 3 days and painted a beautiful scenery... He wanted people's opinion about his caliber and painting skills... He put his creation at a busy street... And just down below a board which read..

" I have painted this piece... Since I am new to this profession I might have committed some mistakes in my strokes ... please put a style or a cross wherever you see a mistake ... "

While he came back in the evening to collect his painting he was completely lost and shattered to see that the whole canvass was filled with Xs ... many crosses... and some people had even written their comments on the painting ... what to do? He ran to his master's office and told him... " Oh, I am useless. People have rejected me completely.. I feel like dying ... no hope for me to be a painter ! "



The master smiled and suggested ...

" My son.. I will prove That you are a great artist and you will feel it and you will see it... Do what I say and it will work."

Two days later the artist came with a replica of his earlier painting to his master... Master took that gracefully and smiled... " Come with me."

They went to the same street and put the same painting exactly at the same place... Now master took out another board which read.. " Gentlemen, I have painted this piece.. Since I am new to this profession I might have committed some mistakes in my strokes.. I have put a box with colors and brushes just below. please do a favor if you see a mistake, kindly pick up the brush and correct it."

Master and disciple walked back home... They both visited the place some evening.. Young painter was surprised to see that actually there was not a single mistake so far.. no correction done so far.. Next day again they visited and found the same news...





The painting was kept there for a month but no correction came in! Only thanks and flowers

Moral of the story:

It is easier to criticize, but difficult to improve!! So don't get carried away or judge yourself by someone's else's criticism, just accept it and see it good as it is Too ... "by someone else's" I just corrected it... I am the best judge to myself, you too... you are the best judge... we learn from our mistakes...



In the middle of a trial, The judge asks the defendant:

"You didn't bring your lawyer today?"

"No, your honor. I have decided to tell The Truth."



What's the difference between a good lawyer and a bad lawyer?

A bad lawyer can let a case drag out for several years...

A good lawyer can make it last even longer





No good and bad just watch your
Thoughts...

Watch your thoughts they become your
words

Watch your words they become your
actions

Watch your actions they become your
habits

Watch your habits they become your
characters

Watch your characters they become your
destiny

Our destiny is in our mind... in our
choice... what is your choice?

Life is always full of many choices... many
broken places.. but there are those who
become stronger at the cracks... when one
door of joy closes another opens, but often
we look so long at the closed door that we
do not see the one which has
opened for us...





Let us open our vision

I love to share this seed in every page of all our food... yes our food is what gives us the best sage... He was eight years old when he shared with me this seed and soon after he died... or left his body... and told me... 'I love to leave nameless as I came and we meet with our friends...'

Tell-A-Vision

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

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

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



Let there be peace on earth and let it begin with me... Once I know what peace is then I can share it... it is easy to know it.. it is in us and we have the key and the door is always open and Truth has no door you are well, com any now To our well.. to our inner treasure... to the source of our grace



Let us share These seeds of grace...

The history of medicine

2000 B.C Eat This root

1000 A.D That root is not healthy ... say
This prayer ..

1850 That prayer is superstitions, drink
This potion

1940 This potion is poison ... swallow
This pill..

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

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



Thank you mother earth... you are our food
and our nurture for our body mind and
the mystery of our self...

If there is no health, there is no wealth..
let us be healthy and wealthy and beyond
any space and any choice and any
grace... only in the silence of the
existence ...





Once you taste the stillness of
our existence then you know this
seed that we need..

The 6 most important words
are

I admit that I was wrong

The 5 most important words you know...
you did a great job..



The 4 most important words are..

What do you think?



The 3 most important words are..

May I help?

The 2 most important words... are

Thank you



The most important word is
we



The least important word is..
me...



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



If I judge you I have no time to love
you ... By judging you I am judging
myself, by loving myself I am loving
the world ...

We are the world ..



No one can defeat me because I have
dropped the very idea of winning, how
can you defeat me ?

You can only defeat the one who wants
to win ...



If you want to see the brave, look at
those who can forgive ...



Even the deepest pool stagnates without
action ...



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



Work like you do not need the money ...

Love like you have never been hurt...

Dance like nobody is watching you ...

Sing like nobody is listening..

Live like it is heaven on earth..



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



When women are depressed they either eat or go shopping ...

Men invade another country



We can easily forgive a child who is afraid of the darkness...

The real tragedy of life is when adults are afraid of the light ...



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



Let us listen to this mystery...

There was a man living by the seashore who loved seagulls...

Every morning he goes down to the sea to roam with the seagulls. More birds came to him than could be counted in hundreds...

His father said to him one day: "I hear the seagulls all come roaming with you... bring me some to play with."

Next day, when he went to the sea, the seagulls danced above him and would not come down...

What is this sign? What is this lesson? The greatest secret of life is that life is a gift... given to us by the creator... once we understand this, many things will become clear.

If life is a gift then all that belongs to life is a gift... happiness, Love, meditation, death, pain, fear... All what we feel is a gift... we cannot ask for happiness, we have to wait for it... no power can make you happy.. just wait and be receptive.. waiting, patient, but you cannot demand... don't be a beggar... just let thy will be done... do not force your wish... you will destroy it..



★ ★ What can you do when you don't feel like going to sleep?

When you simply relax, not doing anything, by and by you drift into sleep... you cannot make any conscious effort.

Let the hunger eat, let the thirst drink... and by and by from the conscious mind to the unconscious... you have to lose all control.. So be aware of the gift that God gave it to us... you are alive with Tremendous energy. As you move deeper, gifts appear and rights disappear.... just let go of your mind... of your ego... and total trust to God...

And to be with God is to be happy, to be with God is to be alive, to be with God is to be in meditation...

Millions of people attain their targets; they wanted to be successful, they are successful, but unhappy... they wanted to be rich, they are rich, but unhappy...

In the very search we create unhappiness... when you don't search, happiness searches for you. when you forget about happiness, suddenly you are happy...

Come back home !! And just be, Life is there as a gift... a gift from God to all of us... do not desire.. it is in your heart..



Feel your heart. Just relax and be in a
let go... Letgo is the secret of life.. you
will be with nature and this is your nurture..
When for the first time you are really
relaxed in a meditative state, you cannot believe
That life is so beautiful, such infinite bliss, it
is unbelievable...

Life is an experience, feel more, think less,
and by and by you will see that the more
you feel, the more relaxed you are.. the
more you can feel, the more you become
aware of the secret of life...

Love is the very center of all the feelings..
The negative and the positive feeling so you
will see heaven and hell are one, love and
hate are one... Life is a polarity and this
is the harmony and the seed of peace is
Love and everything else will follow

So let your feeling be up and your Thinking
be down... feeling is the master and thinking
is the servant...

Nature feels but without Thinking... if you
love you will talk with the trees and the sun
and the stone... with our heart we
are one with the universe... So when
he is in love thousands of seagulls played
with him.... lived with him..



Feeling is our language... is the language of existence... many scientist know this.. The plants speaks with us... this is the natural medicine... Let your heart ask the tree... if your mind is in cutting it... the tree feels your feeling and all the trees share the feeling with the tree and support all nature... so watch your mind... watch your feelings...

What happened when the father asked his son to bring some seagulls to him?

Love was not there anymore... he became a business mind... he was going to catch them.. he became an enemy... so no one came.. the man is no more the same...

So be aware... happiness comes to us if we deserve it... it is around us but not in us... Happiness is a seagull... Meditation is a seagull...

Existence is ready to give, but you are not ready to take it, because we are thinking in terms of how to snatch it... you surrender, be in a letgo... you cannot steal life, you can only love life... Love is the way to peace... Love is the way to life...





Let life happen, don't try to force it...
Through doing it only worthless things are
achieved; Through nondoing all that is
beautiful, all that is sacred, all that is
divine is in us... God is in the core of
our heart... just let go of your ego... let
us be who we are and our awareness
is our life, love, light and laughter... This
is the secret of our power... The power of
eternal life... the immortality of our
divinity...

Yes! When you feel death is coming, don't
get frightened.. go deep into this gift...

Our life has become very much accustomed
to the shallow, to the superficial... Any depth
and we become afraid that we may get
lost in it and then may not be able to
return... we start clinging to the superficial..

So any experience of death is good because
it is really the experience of death... of the
illusion... go into the depth of it and you
will see the true life of more life, of
abundant life..



Death is just a fiction... Nobody has ever died... That is the greatest lie.. 
The greatest fiction there is... Nobody can die, death is impossible... it is all life and all continuous life.. 

We go on changing forms but we never die.. we cannot die.. we are part of this universe, and the universe cannot die..

But when we start falling into depth, it will be our fear... falling like a feather into a bottomless abyss... fear is natural.. face your fear and you will see your original face... the face that never born and never dies..

Then you will see that it is not death that is happening; it is real life that is happening... For the first time, life is happening... You have been dead up to now, now you have become alive... But because you have been thinking of death as your life, this life will look like death; it is just the opposite of it... By going into it a little more, all fear will disappear... And when fear disappears, love arises... just go in with absolute trust and much more is on the way..



Trust

When you are in deep trust, that quality of trust transforms your life no matter what the circumstances...

When Milarepa went to his master in Tibet, he was so humble, so pure, so authentic, that other disciples became jealous of him.. It was certain that he would be the successor, so they tried to kill him...

Milarepa was very very trusting.. One day the other disciples said to him, "If you really believe in the master, can you jump from the cliff? If the trust is there, then nothing to it!! No harm is going to happen."

And Milarepa jumped without even hesitating for a single moment. The disciples rushed down ... it was almost a three-thousand foot deep valley.. They went down to find the scattered bones, but he was sitting there in a lotus posture, tremendously happy...

He opened his eyes and said, "you are right, trust saves."

They thought it must have been some coincidence, so when a house was on fire one day they told him a secret...

"If you love the master and you trust, you can go into the fire and you will live a great secret... a great mystery... go in and save what you can..."

He rushed in to save the woman and the child who had been left inside... The fire was too great and they were hoping that he would die, but he was not burned at all. And he became more radiant because of the trust...

One day they were on a journey, they were to cross a river, and they told him, "you need not go in the boat. You have such great trust, you can walk on the water." And he walked...

That was the first time the master saw him. He said, "what are you doing? It is impossible!"

And Milanepa said, "I am doing it by your power, Master."

Now the master thought, "If my name and my power can do this for an ignorant, stupid man... I have never tried it myself..." so he tried it...



He drowned, Nothing was heard of him after that...

Even an unenlightened master, if you are in deep Trust, can revolutionize your life. And the reverse is also true: even an enlightened master may not be of any help.. It depends totally on you...

Let us remember: God created you.. you cannot be unnecessary, you cannot be accidental.. And you are so unique, so individual, that there is no other you.. no other me.. we are needed as we are for a divine fact...

See how much respect God has paid to you... God is a creator, not an assembly line.. you are not a machine... Each one has been made not according to a mold, not according to a certain fixed pattern.. each individual has been paid individual attention.. you are not a copy, you are original...

God treasures you more than you treasure yourself...

Love yourself... Respect yourself...



I found this great story....

A young woman goes to her mother and tells her that she is sad and her life is so difficult that she does not know if she can continue. She wants to give up, she is tired of fighting all the time.. It seems that as soon as a problem is solved, another appears...

Her mother took her to the kitchen. She filled three pots with water and placed each on the stove over high heat... Soon, the water begins to boil..

In the first pot, it placed carrots, in the second, she puts eggs and in the third, she put ground coffee beans... It also leaves boil on the fire without saying a word. After 20 minutes, she returns to the cook. It brings out the carrots and the eggs and place them in a bowl. Then she pours coffee into a cup..

Turning to her daughter, she said.. "tell me, what do you see?"

"carrots, eggs and coffee" replied the daughter..





The woman brought her closer and asked her to touch the carrots... The girl touched them and felt that they are soft and flexible... The mother asked her to take an egg and break it... The girl took off the shell of an egg and observed that it was baked hard... Finally, the mother asked her to taste the coffee... The daughter smiled as she tasted its rich aroma...

The girl asked, "What does it mean?" Her mom explained that each object had faced the same boiling water, but that each had reacted differently...

The carrot became stronger, hard and solid. But after passing in the boiling water, it has softened and became weak... The egg was fragile with fluid inside... But after dropping in the boiling water, its inside became hard...

The coffee beans, responded in a unique way. After being in the boiling water, they changed the water....

Where are you now? asked the mother... When pain and sadness comes to you what do you feel? What is the lesson?



Who are you? A carrot? an egg? or
a coffee bean? Just Think!!



Am I a carrot when pain and sadness
comes to me... I become soft and
loses the negative feelings??

Am I an egg that starts with a malleable
heart, but changes with the problems? Do
I have a fluid spirit that becomes hard
and inflexible in pain? My shell does not
change, but my home becomes even
harder...??

Am I like a coffee bean? The grain
changes ^{the} water, it changes the source of
the pain... When the water gets hot, it
releases its fragrance and flavour.. If
you are like a grain of coffee, you get
better and change the situation around
you when things are at their
worst..

And you my friends, how are you facing all
these tests? All these wars? All these
lies? All these mapfias?

As a carrot? As an egg? or as a coffee
bean?



Woman who did not want the baby...

A young lady ran to her doctor and said:

"Doc, I am depressed and only you can help me! I am pregnant again, and my first baby is not even one year old..."

The doctor asked, "What can I do to help you madam?"

The lady said, "Sir, please perform an abortion operation and help me out!!!"

The doctor kept quiet for a while and then replied: "I have the best solution, health wise and also easy to perform, and will save your money too..."

The woman's face brightened... then he continued: "You see, in order for you not to have to take care of two babies at the same time, let us kill the one in your arms. This way, you could rest some months before the other one is born..."



Oh!! Is this the solution? Then he added,
" If we are going to kill one of them,
it doesn't matter which one it is... There
would be no risk for your body if
you chose the one in your arms."

The lady was horrified and said: "No, no!!
How terrible!! It is a crime to kill
a child!!"

"I agree" The doctor replied.. " But
you seemed to be ok with it, so I thought
maybe that was the best solution..."

The doctor smiled, realizing that he had
made his point. He convinced the mom
that there is no difference in killing a
child that's already been born and one
that's still in the womb...

The crime is the same...

A crime is a crime...

A being is alive in your womb or in
your hands... what is your choice? Love
or hate? Love or death? Life or
any choice?? Evil or live??... Let
us live our choice...



Me too ... I love  fishing stories.. a story a day keeps the worry away...

A woman who picked the phone...

A woman wanted to reach her husband on his mobile phone but discovered that she was out of credit; she instructed her son to use his own phone to pass across an urgent message to daddy who is at site..

After the son had called, he got back to mummy to inform her that it was a lady that picked up daddy's phone the three times he tried reaching dad on the mobile...

Women!! She waited impatiently for her husband to return from work, immediately she gave him a very hard slap, while the man was trying to ask why.. she repeated the slap. people from neighborhood rushed around to know the cause of this...

The man asked his son to tell everybody what the lady said to him when he called, son said: "The number you are trying to call is not reachable at the moment.. please try again later."

A dog lover, whose dog was a female and in heat, agreed to look after her neighbor's male dog while the neighbors were on vacation...

She had a large house and believed that she could keep the two dogs apart. However, as she was drifting off to sleep she heard awful howling and moaning sounds, rushed downstairs and found the dogs locked together, in obvious pain and unable to disengage, as so frequently happens when dogs mate..

Unable to separate them, and perplexed as to what to do next, although it was late she called the vet, who answered in a very grumpy voice...

Having explained the problem to him, the vet said, "Hang up the phone and place it down alongside the dogs. I will then call you back and the noise of the ringing will make the male lose his erection and he will be able to withdraw."

"Do you think that will work?"

"It just worked for me," he replied..





Young man and the farmer's daughter...

A young man wished to marry the farmer's beautiful daughter... He went to the farmer to ask his permission.. The farmer looked him over and said, " Son, go stand out in that field. I'm going to release three bulls, one at a time. If you can catch the tail of any of the three bulls, you can marry my daughter." The young man stood in the pasture awaiting the first bull. The barn door opened and out ran the biggest, meanest-looking bull he had ever seen. He decided that one of the next bulls had to be a better choice than this one, so he ran over to the side and let the bull pass through the pasture out of the back gate. The barn door opened again. Unbelievable. He had never seen anything so big and fierce in his life. It stood pawing the ground and the third bull for sure is better than this one. He ran to the fence and let the bull pass through the pasture..

The door opened for the third bull... This was the weakest and best bull he had ever seen.. This one was his bull. As the bull came by, he positioned himself just right and jumped at just the exact moment. He grabbed. But the bull had no tail... Life is full of opportunities... Some will be easy, some will be difficult... So always grab the first opportunity..



yes! let us live this now... it is our own opportunity... Be in the world, in all its absurdities, in all its nonsense, noise, and yet remain cool, aloof, detached. Be in it, but don't be of it. Let it happen all around you, There is no need to escape from it, There is nowhere to escape to. And even if we escape somewhere, that is not going to transform your being; your mind will remain the same. The best way is to use the opportunity of the world...

The world is the opportunity, it is our best gift from Allah. It is a teaching device.. Be in it and yet so far away, so transcendental, that nothing of it reaches to the core of your being: only your circumference is touched by it, but: your center remains aloof...

Be the center of the cyclone, be aware of who is teaching you. your mind is part of the idiot...

All meaning is in our center... real master teaches us to accept the noise and the music and the silence.. let hell help you to heaven... home is in hell too... no Judas, no Jesus.. just learn how to rejoice...



Live whatsoever you feel is right. And it is your life, nobody else's business to interfere..

You go to confess your sin to The priest. what kind of stupidity are you doing? The only sin is to say there is a sin.. Then you feel guilty and you give pay to the priest so he can ask God to forgive you... what a shame!! Just wake up and listen to your heart...

Don't be responsible to anybody... just be responsible to yourself.. Do what you love, and you will start seeing with a new vision and you will know what is right for you and what is wrong for you..

Cause and effect are together, they are not separated by years and lives... If you know it is wrong and you enjoy it, go for it... But it is up to you to choose, wholly and solely up to you to decide.. If you are an absolute idiot, what can anybody do about it??

You are free... rejoice in this freedom.. you are an individual and choose your choice but with awareness...





A story of a choice...

A boy in London made his living as a sales clerk in a goods store... Every day he would get up at 5 in the morning to face the same 14 hours of work.. He would have to sweep, clean, and work for those 14 hours, all while simultaneously hating it. But one morning he woke and decided he could not take it anymore. He walked 15 miles to his mother's workplace that morning.

He told his mother that he can't work at that store any more or he would kill himself. He knew it was not for him, and he hated the work. So he told his mother about an idea in his head where can he find a better place and he did it... he wrote to his old Teacher about a new job...

The schoolmaster gave the boy a little praise, and also notified him that he was surely destined for better things.. Not only did he praise him, but he also offered him a job as a Teacher... The schoolmaster knew the intelligence of the boy..



The praise changed the future of
The boy and the future of the english
language...



That same boy went onto sell innumerable
best selling books and made millions of
dollars all with his pen..

That boy's name was H.G. Wells..

(famous writer)

See how far a little praise can do?

How would this story be changed if
instead the schoolmaster criticized H.G. Wells?

If he verbally attacked the boy for
wanting to kill himself?

Don't underestimate the power of praise.
Even a little praise will surely change
someone's day, but it could also change
someone's life and the whole existence
too...

Unless I listen to my feelings... to myself..
how can I love and live my life? How
can I help others if I don't help myself??
Change is our first challenge... nothing is
impossible... I-m-possible and if not now
when? Now-here or nowhere else!!





Why borrow understanding from anybody?
Or anything?

One night a very great poet was sitting on his porch bent over a vessel.

A great sufi mystic, happened to pass by. Looking at the poet, he asked him "What are you doing?"

The poet said... "Looking at the moon in a bowl of water."

The master started laughing, a mad laughter. The poet started feeling uncomfortable. A

crowd gathered. And the poet said, "What is the matter? Why are you laughing so much? Why are you ridiculing me?"

The master said, "Unless you have broken your neck, why don't you look at the moon in the sky directly?"

The moon is there, the full moon is there, and this poet was sitting with a bowl of water and looking into the bowl of water is at the reflection of the moon...

Seeking Truth in scriptures, seeking truth in philosophies, it is looking at the reflection.. If you ask somebody else how you should live your life, you are asking for misguidance.



I talk about my life.. my experience,
and you talk about your life and your
experience... So let us listen to our heart...



And never, never, are Two lives The same..
Whatsoever he can say to you will be about
his own life if he has lived !!! He may have
asked somebody else, or may be read about life
in any book, or he may have followed
somebody else, he may have been an imitator
himself... Then it is a reflection of a reflection..
Life is an experience in my own life.. not
an experiment in the lab...

The real moon is always there in the sky
waiting for you... It is your moon, it is
your sky, Look directly... Be immediate
about it... why borrow other eyes.. use
your eyes.. use it before you lose it..
why borrow understanding from anybody?
When you borrow it, it is no more understanding
to you.. it becomes knowledge to you... .. live
your own experience... do not get any words
from others.. Then it is just linguistic... and
language is a lie... Let your Thirst take
you to the source... to the river... and
your taste be your own experience...



Reality needs no language... it needs no other medium, you have just to look at it; it is a non-verbal communication.. The whole of life is available. You have just have to learn how to communicate directly... alive.. and it is very easy... it is our birth right..

That's what meditation is all about.. to be in such a space where language does not interfere, where learned concepts don't come in between you and the real...

When you love a woman, or a man, or a dog, or a tree... don't be bothered about what others have said about love... why? Because that is going to be an interference.. Forget all about the books of love... just let your heart live its feelings... let love be there, and let love lead you and guide you into its innermost secrets, into its mysteries... Then you will be able to know what love is...

Be a knower not a believer...
No one has the right to believe..
Everyone has the right to know..



56 There is no love in me There is no
peace in me...

We are here to share our joy.. to
plant our peace on our earth... but
let us walk our talk and This is
how we share it..

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

Let there be peace on earth the peace
that was meant to be...

With God as our father, united all are we.
Let me walk with my other in perfect
harmony

Let peace Begin with me ..

Let this be the moment Now..
with every step I take

Let this Be my only being Vow...

To take each moment and
live each moment
in perfect harmony...

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



Once the me starts walking it becomes
the Talking of we.. The living peace in us..



The truth is in us. And even when you have learned it, it remains unknown, that is the beauty of it ... God never becomes knowledge ... On the contrary, the more you know, the more it becomes a mystery...

As you become nearer to Allah you start feeling lost... You are no more only God is....

We are not here to know about God... But to be a knower not a follower...

But we have to be ready to die in the Truth... The drop will die in the Ocean...

But the drop is in total Trust.. no judgement but jump in the Ocean.. trust the master and be ready without any search... yes to the truth... Trust the compassion in the master

My master is alive in my heart and because of his compassion I am who I am and where I am and what is this amness in me is doing and being... you can inherit money from your father but the spirituality from your master..



You cannot inherit spirituality from your master... you have to be ready for it... when you are ready for the higher power... for the invisible jewel!!... The jeweler will come... If you think that you know without knowing, your doors are closed. We have to feel our ignorance, and feel it profoundly, feel deeply in the very depths of your being that you don't know...

In that knowledge of ignorance, the door opens... you become available to a master, and then he can work on you... on me... Just be a nobody... once you are alive in your life... you are alone but not lonely... you don't need the dead numbers... You are not a number... remember that you are a member... a fellow traveler... not a follower... not a robot... not a copy paste... not a machine... not a virus... but a unique verse... live your own identity... your own divinity... don't be with the crowd... Live your courage and be a sage with a sage...



 The master has to be very choosy; otherwise work becomes impossible... You can talk to the crowds, but you cannot convert them... only the seeker is ready to see, ready to be transformed... He is ready to die or be aware and awake... When you are ready, the master is ready... The ocean will come to the water.. to the drop too... are you ready to drop all the past and all the future? Are you ready to live this now-here and nowhere else??

What have done since Adam and Eve? Only wars and bigger wars!!! Killing every Christ and every sage and every knower!! But who wins?

Truth is the only winner... So why we are running out and the truth is in us. So near in us and why are we going so far?? Let go and let god... go in and stay at home and you live the peace not the war... We have all what we need why we are living our greed?

Listen to your heart and heal your heart..

Be yourself! This is our first step and our whole trip...



Unless we come back to our childhood,
we are not aware... Once we face
our inner child then we live our
wisdom and our innocence...



The ideal son

Ali : I have the ideal son

Akbar : Does he smoke ?

Ali : No, he doesn't

Akbar : Does he drink ?

Ali : No, he does not

Akbar : Does he ever go to late night
parties ?

Ali : No, he doesn't

Akbar : I guess you really do have the
ideal son.. How old is he ?

Ali : He will be 8 months old next week..



May your troubles be less

And your blessings be more

And nothing but happiness

Come through your door...



Footprints in The sand..

Lord, you said that once I decided to follow you, we would walk side by side through life, but when I needed you most, I saw only one set of footprints in the sand."

The Lord replied, "My love and I would never leave you.. During your times of trial and suffering, when you see only one set of footprints in the sand, it was then that I carried you."



When you listen attentively to somebody, you forget yourself...

If you cannot forget yourself, you never listen...

If you are too self-conscious about yourself, you simply pretend that you are listening - you don't listen



A holy man is an ordinary
man
who loves ordinary life..
chopping wood, carrying water
from the well, cooking...
Whatsoever he touches becomes holy..
Not that he is doing great things,
but whatsoever he does, he does it
greatly...



Whatsoever you do, if you do it joyfully,
if you do it lovingly, if your out of
doing is not purely economic, then
it is creative...



Work like you don't need the
money
Love like you have never been
hurt
Dance like no one is watching
you...
Sing like no one is hearing you...



☯ Share more and more your seeds
of wisdom... the more you give the
more you receive... When the soul is
ready, the soil accepts the seeds and
the spring comes and one seed turns
the whole earth green...



Let us plant our seed... Let us grow up
not in age but in sage... growing up is
something vertical, growing in age is natural,
is horizontal... you remain on the same
plane, and of course time helps you to
collect many experiences, knowledge, words,
information, and you start thinking that
you know... And that is the greatest
calamity that can happen to any man...
not knowing and believing that you know...
It means now the doors for knowing are
closed forever...

Once you know that you don't know.. you
are alone but not lonely... A grown up
person is a flowering.. His seed become a
Tree ...



Where is my master? Where is my sage?
Where is my seed? 

Just go in, a being is born in the core
of your heart... The master and the
sage and the tree are in you... in your
seed is the mystery of life.. All what you need
is in your heart...

We exist with the existence... with the
trees... Destroy all the trees and you will
die. You breathe oxygen in, trees exhale
oxygen. You exhale carbon dioxide, trees
inhale carbon dioxide. So when you are
surrounded by trees you are more alive...
The greenery makes us more green... it is
pure science, The energy of the dawn will
be great.. more oxygen, more life all
around you, more vitality and when you
breathe that oxygen in, your blood is
purified; you can grow the toxins out
more easily and you live at the maximum..

So there is a partnership with the trees;
They take our poison in and purify it and
create oxygen for us... what do we do??

You take oxygen in, you use the oxygen and give it out as carbon dioxide for the trees... So man cannot live without trees and trees cannot live without man...

One has to understand our unity with mother earth, this is our nurture and this is our cure.....

There is a famous zen story...

A king told his carpenter that he would like a certain table. The old man said, "I am very old and my son is not yet ready. He is learning by and by. But I will try. I will do my best. Give me time..."

For three days the old man disappeared in the forest. After three days he came back. The king asked, "It takes three days to bring a little wood for the table?"

The old carpenter said, "Sometimes it takes three days, sometimes three months. And sometimes you may not find wood for three years... It is a difficult art."

The king was puzzled... me too!!!



The King said, " Explain to me .. what do you mean? Explain in detail. "

And the man said. " first I have to go on a fast, so my mind slows down, all thoughts will go... Then there is pure compassion and love. a different wave and vibe... Then I go to the forest and I will find the tree that is waiting for me to become a table.. that feeling comes only when I have no mind... So there is fasting, meditating and roaming around with the trees. And when I feel that this tree fits, I sit by its side and ask its permission ... ' I am going to cut a branch from you. Are you willing? ' If the Tree says yes wholeheartedly only then do I cut.. otherwise who am I to cut its branch? "

So what are we doing with our mother earth? with our brothers and sisters.. why fight? why wars? why politics? why religions?

This planet cannot tolerate us any more; it has tolerated us for long enough...



Enough is enough ... let us be aware of our energy ... let us give our attention to our inner Treasure... why everybody asks for attention? Because it is food for the ego. So when people pay attention to you, you feel very important...

But when you come to a master, he does not feed your ego, he does not give you poison... the day you drop your ego, he will look at you... that attention becomes a bridge. When ego is there, attention becomes food for the ego. When the ego is not there, attention becomes food for your being...

A master is here to instruct us in the highest dimension of life and existence... He will teach us how to learn the truth... how to catch it...

A disciple is not a student, and the master is not a teacher... so a total trust in the being of the disciple that the master is right no matter what he says or does... The master said: "I am here to give higher wisdom, higher knowledge, not to teach what people pretend that they already know at their mother's knees..."



Do not bow to any mother nor to any one only
to yourself... Trust your own power and find
a master... read the book that feeds the
needs of your heart and find a soul friend and
go to the one who helps you to follow yourself..
To be your own healer and your own master..
This is the only will to take you to your way..
to your path... Be a Christ consciousness not
a Christian... and you know that meditation
is the only key... be in a meditative
state right now... the writer and the
reader are one... the rider
and the camel are one...

Watch the video... Brother Sun sister moon..
We are one with existence... let us exist
with awareness....

Become aware in the acts itself... why
I am angry? anger is like smoke in me...
wait and watch and relax and be calm and
you can go deeper in your mind and catch the
anger before you feel it... sitting silently and
just watch your thoughts and you can catch
it before it becomes a thought... so first
feel the feelings... then comes the thought,
then comes the act... so be aware
of this fact... 

Why we go on missing that which is always present? why I don't see the truth? why my eyes are closed?

Because you are filled too much... there is no room, no space for God to enter you... when my cup is full of dirty water how can the clean water come to my cup...

Let go of the ego... of the I... This is the arithmetic of spirituality... one plus one is one... we are one royal family in the kingdom of God...

If you are present, you will miss the divine, if you are absent, only the divine is, nothing else exists...

So the whole effort of a seeker is how to be not present, how to become an absence. Absence is meditation... That space where we exist but not as an I, not focussed in the ego, suddenly, God is there... God has always been there, but our presence is the wall... is the barrier... you are and yet you are not...

It looks paradoxical, but the whole existence is paradoxical...



 Truth is always paradoxical... The only way to be is not to be... Only when one is absent, presence arrives... So, both are true.. See Allah in all what you see... You are a person and a presence... you are empty and you are full...

To be exactly in the middle, balanced, leaning neither this way nor that... just a witness.. Let go of the i and you become the eye that is beyond duality... you are a divine divinity a divine unity... The whole has become you..

If you choose the part there will always be conflict... your body is one organic mystery... your body is not a head... nor a hand... but in harmony with itself and mother earth and the existence..

The duality is like Two banks and the oneness is the river between the Two... It does not belong to either, and it belongs to both; hence the mystery of paradox..

God is harmony in contradictions. God is relaxation in tension.. God is one in the many.. God is formless in the form, nameless in all names...



God is nameless, and yet all names belong to God, because to whom they can belong? your name is also god's name; otherwise is not possible, because to whom will it belong?

Only God exists..

In the sinner, in the saint, in the sage.. this is the harmony in existence.. yes and no is one coin..

The whole existence is the part... The part exists in the whole.. The part melts in the whole and the whole melts in the part...

But you have become too much of the part; you have chosen, you have become a self..

And you have completely forgotten the no-self. We need a new look... a new birth... a new respect to our self, a new arrangement.

We have all what we need, but they are not in the right places. Maybe you have put A in the place of B, and C in the place of D... but the whole alphabet exists in you.

It may be my mistake.. it is not in order, but I can fix it, but I lack nothing..



So what to do?

Do nothing and be nothing... don't kill the ego... do not change and change.. just accept and be a witness.. you are the part and you are the whole... just be alive... you are not the body, nor the mind... nor the self... but the existence... the mystery of the nothingness... witnessing is the art of nonidentification, this is the whole meditation.. This is the secret of the now...

Uwais Al-Qarani was offered some money.. He said: "I do not need it as I already have a coin.."

The other said: "How long will that last you? it is nothing.."

Uwais answered: "Guarantee me that I shall live longer than this sum will suffice me and I will accept your gift."

Life is always in the now.. All else is just a projection of the mind.. Only today is, and only today remains.. Tomorrow never comes, it cannot come because it does not belong to reality... All beauty is here, and all life is now...



Now-here or nowhere else !!!



What I am doing now? The amnesia
not the I, not the mind, not the ego!!
Sharing my joy with myself... reading and
writing only for myself... I don't expect
anyone else to read or to understand
what is my joy...

Truth came for the chosen few... I have
a master and I am alone but not lonely...
I read his books and one book.. one page,
is enough but I am addicted to his love...
to his light, to his life and to his laughter..



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

- Do something, asked his wife in alarm...
- Why should I? That lion got himself
into this mess... Let him get himself
out of it... it is his life...



Life without email or internet!!!



A jobless man applied for the position of "office boy" at Microsoft..

The boss interviewed him then watched him cleaning the floor as a test...

"You are employed, give me your e-mail address and I'll send you the application to fill in, as well as date when you may start."

The man replied, "But I don't have a computer, neither an email."

"I am sorry, if you don't have an email, that means you do not exist. And who does not exist, cannot have the job," said the boss..

The man left with no hope at all, he did not know what to do, with only \$10 in his pocket.. He then decided to go to the supermarket and buy a 10kg tomato. He then sold the tomatoes in a door to door round.. In less than two hours, he did a great profit.. he doubled his capital.

He repeated the work three times, and returned home with \$60... what is this sign?..

The man realized that he can survive by this way, and started to go everyday earlier, and return late so his money will be more and more.. Shortly he bought a cart, then a Truck, then he had his own business..

5 years later, the man is one of the biggest food retailers in the U.S.A.. He started to plan his family's future, and decided to have a life insurance.. He called an insurance broker, and chose a protection plan.. When the conversation was concluded, the broker asked him his email.. The man replied, "I don't have an email". The broker answered curiously, "you don't have an email, and yet have succeeded to build an empire.. can you imagine what you could have been if you had an email?!!"

The man thought for a while and replied, "yes, I'd be an office boy at Microsoft!!"



Internet is not the solution to your life.. If you don't have internet, and you do what you love, you can be rich and happy... Do what you love, money will follow...



The mother-in-law arrives home from the shops to find her son-in-law boiling in anger and packing his suitcase.

"What happened?" she asks anxiously..
"What happened?! I will tell you.. I sent an email to my wife telling her I was coming home today from my fishing trip.. I get home... and guess what I found? Yes, your daughter.. my Suzy, with a naked guy in our marital bed! This is what I saw. This is unforgivable, the end of our marriage.. I'm done.. I'm leaving forever!!"

Calm down, calm down, there is something very odd going here.. Suzy would never do such thing!! There must be a simple reason.. I'll go speak to her now and find out what happened... she is in her room.. "

Moments later, the mother-in-law comes back with a big smile..

"Calm down, I told you there must be a simple explanation... she did not receive your email!!"



Yes! It needs courage to drop knowledge, courage to be innocent again, courage to junction from a state of not-knowing... I don't know of any other courage...

When I say courage, I don't mean the courage of a soldier... That is just stupidity, That is not courage... it is just forced power to kill others... It is unintelligence, the more medals they have, the more metals they have. Just count the medals on their chest and you know how foolish they are...

the whole process of the army is to destroy intelligence because an intelligent person will not be able to kill... why wars?

If soldiers are allowed to be intelligent, wars will disappear from the earth.. Let "there be peace on earth and let it begin with me." "Be the change you want to see in the world." When the power of love overcomes the love of power the world will know peace.."



A free being needs a totally different kind of courage... This is not courage, this is simple stupidity... all soldiers are robots..

Courage means to be intelligent against the crowd that surrounds you... The society will try in every way to force you according to its ideas.. It is better to suffer than to compromise, because through suffering your soul will be born.. Through compromise, you may save your skin but your soul will be lost...

Courage means to be an individual, not to be a sheep but to be a lion... courage means the capacity to assert that, "I am myself, and my life is my life, and I am going to live it in my way.. I am not here to live according to others, and I won't allow anybody to dictate to me how I should live, what I should do.. I live according to my light whatsoever the cost, even if I go astray..."

It is better to go to hell by your own decision rather than to go to heaven by other's order, because their heaven will be just slavery... 



 According to the master, I am foolish if I behave unconsciously...

A man is a fool if he moves in life like driftwood, at the mercy of the winds... He does not know who he is, he does not know from where he comes, he does not know to where he is going... He is accidental; he simply lives by accident.. He follows the crowd; he remains a part of the numbers.. He is not an individual..

We are victims of victims... Let us doubt, let us search for our truth.. why remain a christian? why not be your own being? let us take the risk and be an adventurer... we are stuck, we are sleeping day and night... why be a fool?

The fool can be very knowledgeable, in fact almost always he is .. He can be a great professor, a great doctor, a great priest... but what are they doing? By gathering knowledge on the circumference, he hides the ignorance that exists at the center... Be a knower not a believer...



There are Two types of people: one, very knowledgeable people... but they know nothing... They have a kind of ignorant knowledge... And there is the other category: The people who are not knowledgeable, but they know...

When the master uses the word 'fool' he is not talking about the second category, Buddha, Jesus, Mohammad, are innocent people, simple people, but their simplicity is such, their innocence is such, their childlike quality is such, that they have been able to penetrate into the innermost core of their being.. They have been able to know their truth; They have been able to reach the very core of their existence...

They know, but they are not knowledgeable. Their knowing is not through scriptures... their knowing has happened through seeing, through witnessing, through watchfulness... Real knowing comes through meditation, and unreal knowledge comes through books, through scriptures and through teachers..



If you really want to know, you will have to drop all your knowledge, you will have to unlearn it... You will have to become ignorant again, like a small child, with wondering eyes, with innocent heart, with alertness... You will be able to know, your being and the being that exists in the world... The being that exists in the trees and the birds and the rocks and the stars...

God is another name for all that is...

But the fool is careless... He does not know what he is doing. He wants constant occupation... He cannot remain alone; he wants constant company... Whenever you are alone, you start facing yourself... and it is not easy to face the original face... So what to do?

He clings to the outer, because there he is somebody. In the inner world you are a nobody...

Just watch people!! stand by the side of the road and just watch people.. What are they doing? And then watch yourself.. what are you doing? and why? face your face.. and live your choice...



You are so right... There is no need to choose,
but thy will be done... I do what I love and
what I know and I accept the result... like
knows how to balance itself...

Once you have learned the knack of not
choosing then there is nothing else to learn.
The negative and the positive have a pull
towards each other; They are attracted
towards each other. They are like man and
woman...

Look at the sinner, he follows the bad... The
saint follows the good... The sage he knows
what is good and what is bad and goes beyond
both of them... That is the purity of the unity.

To live without any choice means to let
God live through you... you become a medium...
Then God lives through you... Then whatever
happens is divine, it is neither good nor bad... it
is simply divine...

You are divine but you have not known it yet.
And once we know that at the source we are
divine, then a great trust arises that
nothing can go wrong... All of us are one
royal family in the Kingdom of God... The
roots and the fruits are one...

Sam and David, two friends living in London, meet in the park every day...

They feed the pigeons, watch the squirrels and discuss world problems, and then have a beer at the nearby beer garden...

One day David didn't show up. Sam didn't think much about it and figured maybe he had a cold or something.

A month passed, and Sam figured he had seen the last day of David in the park, so he went and they met...

"What in the world happened to you?"

"I have been in jail."

"Jail? cried Sam... what in the world for?"

"Well, you know Sima, that cute little blonde waitress at the beer garden where we go?"

"Yeah, I remember her... what about her?"

"Well, she figured I was rich and she filed rape charges against me; and, at 89 years old, what can I do? I was so proud of this lie.. when I got into the court, I said.. I did it to her.. and what else can the judge do?"

The judge gave me 30 days in prison.."





let us be aware of our needs and
our desires ...

One day I saw Mulla on the road, smoking. I was surprised. I asked him, "Mulla, just the other day you told me that you have stopped smoking."

He said "yes, I have stopped purchasing cigarettes, but if somebody offers me one, it's okay.. one has to go by and by, in steps. I have stop buying it, later on I am going to drop accepting it from others."

Worldly desires can be fulfilled... but what about enlightenment?

Life has an inner pattern, an inner treasure. how can we live our inner light? Every seven years, the body and mind go through a change..

It is like changing seasons... every seven years a new age, a new step is taken..

For the first seven years a child is self-centered, as if he is the center of the whole world. The whole family moves around him... he lives like an emperor. Whatever are his needs they are to be fulfilled soon.. otherwise he will go into anger, rage.. And the mother and the father just exists for him....

After seven years, a breakthrough... He moves towards others, friends, gangs... The bigger world... why are the trees green? why did god create the world? He kills a butterfly to see what is inside, destroy a toy just to see how it works...

After the fourteenth year a third door opens... He is no more interested in boys, girls are no more interested in girls... They are polite, but not interested... where the feelings go? boys with girls and girls with boys, interested in the opposite, the real others... now the world enters.. 

By the twenty-first year you become more interested in ambition than in love... He wants a Rolls Royce, a great palace... He wants to be a success... a president... desiring for the future... How to succeed, how to compete, how to move in the struggle in his whole concern... Now his whole being goes towards the market: money, power, prestige...

If everything goes right, as it never goes, by twenty-eight year a man is not in any way trying to enter into an adventurous life... there is more understanding than many desires... now the journey is in... in is our inn...

By the thirty-fifth year life energy reaches its omega point... Now he is part of the crowd... of the society... of the village... He is against all revolutions... now he has become part of existence... part of oneness... you want to protect nature...

By the forty-second year, energy is moving towards death... now we eat less if we are normal and in harmony with nature... now you are more interested in the religion... the real one... the unity with God...

Now look at this planet... why so much cancer? So much AIDS? why in the west? why we are into machines? why in the East more into monks? Where is our mind?? why wars? At forty-two again a breakthrough comes... How can you achieve God? Here you become again a child in the world of religion... what to do? where to go?

Whenever you have ambition time is needed... And a religious person is one who does not need time. He is liberated here and now.. Truth happens in a timeless moment... now... just go in... meditation is the only key... watch your own mind... be aware of who you are..



 Sometimes one sits alone silently, suddenly
feels peaceful, not knowing what he is doing..
By forty-ninth year the search becomes clear;
seven years it takes for the search to become
clear.. you are no more interested in the
others, if you are living the right life.. if you
are on the path of love...

But we listen to what others say... this
is why we are repressed and depressed... and
our minds are mediocre.. no intelligence...

At the age of fifty-six, one should be
so mature as to come out of all social life..
social entanglements... Finished.. now give
thanks to everybody and come out of it..
Now is your freedom... now you walk your
own way and your will, will be the guide..
You will find what you need to grow up
and glow up... you have the book as
your best companion and the master will
come to you once you are ready... he
will be ready... the master will guide you
to be your own doctor, your own healer..
and your own master... you will be a fellow
traveler not a follower...



By the age of sixty-three you again 
become like a child, only interested in yourself...
That is what meditation is, to be moving
inwards, as if everything has fallen away...
Only you exist....

Again you become a child, very much enriched
by life, very mature, understanding, with
great intelligence... Now you again become
innocent... you start moving inwards...
only seven years are left, and you have
to prepare for death... you have to be ready
to die.. And what is the readiness to die?

To die happy, joyfully, willingly.. welcomingly,
is to be ready..

"Let thy will be done"

Now you would like to go to the ultimate home...
The kingdom of Allah... to our royal family...
now you become a circle of energy.. not
moving anywhere... No reading, not much
talking, more and more silent, more and more
with yourself...

By the age of seventy, you are ready.. And if you
have followed this natural pattern, you will become
aware of your death...



As a child has to pass nine months in the mother's womb, the same circle is totally repeated, completely repeated, by the time death comes, nine months before, you will become aware. Now you are entering the womb again... This womb is no more outside in the mother, this womb is inside you.. you move to the core of your being.. where the light has always been, where the temple is, where God has always been living...

This is the natural process. For this natural process no future is needed... We can live this now naturally... there is no need to plan for it... God loves us more than anyone else... Just be in this now and let go of the mind and let God be your only guide with total trust... we have our daily breath and bread... now is our day and our divine life..

If you live in the moment totally, then there is no need to worry for the future.. A calm and quiet life brings you to meditative moments... Meditation brings you to renounce all that is useless now, just junk, garbage.. only one thing remains and that is your awareness..



Exactly nine months before, a man of awareness, uncluttered with the past nor with the future... only this moment now is our only Yow... He has no burden to carry, he moves without weight... only the light... and you can fly high in your inner sky.. you have the wings..

Exctly nine months before, he will become aware that death is coming.. And he will enjoy and he will celebrate and he will say to people, " My ship is coming, I am only for a little while more on this bank.. soon I will be going to my home. This life has been beautiful, a strange experience. I loved, learned, lived much, I am enriched. I had come here with nothing and I am going with much love, much experience, much maturity... Thank you all.."

But to know the beauty of death one has to be ready for it, one has to learn the art of living and the art of dying...

Let us listen to this beautiful parable... it speaks about past and future... about body and mind... about good and bad and about love it all and see the beauty in every step in our trip... Live this moment with gratefulness and gracefulness...



Uwais Al-Qarani was offered some money.
He said "I don't need it as I already
have a coin..

The other said: "How long will that last
you? it is nothing."

Uwais answered: "Guarantee me that I shall
live longer, than this sum will be enough for
me, if you guarantee me that I will live
longer I will accept your gift."

Nobody can guarantee the future... only the
present is. Live it as deeply, as ecstatically
as possible.. from this now comes the next
now...

The moment will decide the fate of the
next moment... Trust life.. The life of love
and compassion... no need to worry, simply
Trust the trust...

A beautiful life creates a beautiful death...
when you have lived your life, you know
that there is no birth and there is no
death.. we are only visiting this planet...
crossing this bridge to another bridge... Love
is our only bridge and our only kingdom
of God...



You are beyond yourself... Don't cling to your "I", to your ego, to your personality.. just drop clinging to this cage....

Move out of The cage, and The whole sky is yours... Open your wings and fly across The sun like an eagle..

In the inner sky, in the inner world, freedom is The highest value... Everything else is secondary, even blissfulness, ecstasy.. There are Thousands of flowers, unaccountable, but they all become possible in The climate of freedom...

Before we enter into our meditation, let us wake up... our eyes are open but we are not awake....

Jimmy is lost in The desert with Two friends, Billy and Samy.. They wander around for two days, almost dying of thirst, untill They come to a nunnery.. They knock on The door and they asked for water...

The Mother Superior answers: "Oh, no,.. If you want to come in here for water, you have to let us cut off your prick."

The three guys run back out into The desert. But two days later They figure That They will die anyway, so what The hell..



They go back to the nunnery and say that they accept the condition...

They are brought in and the head nun takes Billy into another room... There is a short scream and then the nun comes back for Sammy... She takes him into another room and there is another, longer drawn-out scream.. But when she comes back for Jimmy, he is terrified..

"Just a minute!" he cries.. "How did you cut their pricks off?"

"Simple" says the nun.. "We ask them what their profession is. The first guy is a butcher, so we cut it off with a knife.. The second guy is a carpenter, so we sawed it off.."

At this point, Jimmy starts laughing hysterically with tears rolling down his cheeks..

"What's so funny?" asks the nun..

"You're gonna have trouble with me" laughs Jimmy.. "I work for Quality Ice cream!"

Now everybody is awake!!



❓ I would like you to accept only one prayer and That is laughter.. why?

Because when you are totally laughing you are in the present. You cannot laugh in the future and you cannot laugh in the past..

All those people who have created this retarded humanity have taken away all joys, all laughter, all smiles, and dragged us all into guilt and sin....

Life should not be a serious thing..

It should be a deep playfulness, a fun...

We are here to play...

Just be yourself and do not interfere

in another individual's life sphere.. it may be your wife, it may be your husband, it may be your child... it does not matter..

A tremendous RESPECT for the individual is the essential core of being truly religious..

Be yourself and let others be themselves.. and this planet is our home and our dome and our Kingdom...

This earth and the people of this earth have to be saved from the calamity that is coming from our whole past..

An Absolute Discontinuity is needed...

All history books should be burnt.. The whole education system should be centered on playfulness, on love, on freedom, on consciousness, and a tremendous Respect for all what you see, for everything that is alive.. Let this be our vision...

The time is very short. All the idiots have been working for thousands of years and they have come to a point where they are capable of destroying this earth seven times... So much destructive force is accumulating that unless a few individuals gather courage and revolt against all that is past...

The past has to be simply erased... as if we are for the first time on the earth and there has been no history.. That is the only possibility to create a beautiful world full of love, full of fragrance, with deep respect for everybody. The past has lived centered on hate. The future can live only if it is centered on love... The past has been unconscious... The future can only be conscious..

To many this may seem almost an impossible dream... Yes.. I-m-possible...

But remember, whatever you are is not because of the politicians, is not because of the priests. Whatever you are, if some flame is still alive in you, it is because of the poets, the dreamers, the mystics... We can either die with the past or we can be reborn with a new future...

Revolutions have failed; hence let us talk about revolt... Revolution means a crowd, a class, fighting against the ruling class. But they have failed because of an intrinsic necessity: if you fight with the ruling class, you will have to use the same means to fight.. And the moment you are in power you will start doing the same nasty things to humanity as all the others..

Revolt has a beauty because it is individual. And there is nothing to fight with... one has simply to throw the whole past from our consciousness. Clean yourself and become Adam and Eve again...



 Do not obey any Law... Do not be loyal but royal... only then is there a possibility for this vision to become a reality...

Don't be concerned about the whole world... If we can create the idea of revolt in a small minority in the world, that will do...

A single seed can make the whole earth green...

And a single man in revolt can create a totally new world, a totally new humanity...

I am not in favor of any organized revolution, you too... because all organizations basically destroy the individual... I am in favor of the individual and his dignity... There is nobody above you... above the man and the woman... We have to take this tremendous quantum leap, from organized living to individual flowering... it is possible... If it is possible for Christ, for Mohammed... for Buddha and many others like Rabiya, it is possible for you too...



Let your love be the fire of light..
And if this fire of individuality spreads,
it can become a wildfire... Because deep
down every individual is suffering... He
wants to revolt against all that has been
repressed, all that has been imposed on
him... The only cure is to change myself...
not to change the world but yourself.. This
is our only challenge... Stop being a victim..
be a victor... stop being a beggar.. be
an emperor... and now is the time now or
never is the power..

Now is the moment to be at-one-ment with
The one.. now is the oneness...
The old world cannot continue to live.. Let us
be clear and listen to our heart... The old
world means the old structure of humanity..
it is going to die... it is dying... But if we
can save a few individuals, a new beginning
is very close... Rather than being concerned
with the old, Rejoice for the New!!!

In the middle of difficulty lies the
opportunity...

Now, is the greatest crisis man has ever
faced... gather courage and plant peace..



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



What is your vision?

Tell - A - Vision

If your vision is for one year plant
wheat ..

If your vision is for ten years plant
Trees ..

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



Let us plant peace in us and then the soil
is ready to share our soul and one seed
turns the whole earth green...

Christ is alive but if you are christian, you
don't become a christ... Do not be a slave,
do not be a sheep... do not be an idiot..
Be yourself... you have the key.. just
open your heart and go in... meditation
is the only way if you have the will...
Be in the meditative state any how...



Now is the time to give birth to a new
man and a new world...

Now is the time to follow yourself... to be your
being, otherwise you will be unhappy... And
you are unhappy enough because you have been
following your father and mother, teachers, religions.

You have been following so many, and all
those voices are different, contradictory, incons-
istent.. You are being pulled in all directions,
how can you be together? you are a crowd, one
part going to the East, another part going to the
west, the lower body goes to the south and
the upper body to the North.. where is your
center? Are you with yourself? Do you know
what is this oneness??

Be together!! Listen only to your own
voice, even if you have to err sometimes,
even if you go wrong, don't bother.. This
is how we learn.. This is how we grow
and we glow... Do new mistakes everyday
and we learn from every mistake...

Drop all the voices of the others... Don't do
this! Do that!! Don't and do are not
your voice... Listen to your inner choice..



As you become silent, voices stops.. you are left alone in your silence.. Then your nature asserts itself.. and that is flowering...

Be alone but not lonely... This aloneness is our existence.. This is our sprouting.. And then follow it, wherever it leads, go.. That is your way to God... The God that is in the core of your heart...

Once you start listening to your own voice, no master is needed... no book is needed... Then you have your third eye, and your third ear, which is beyond books and beyond sacred scriptures...

When you have thrown all the rubbish out, you are just empty, settling within... you will feel the voice... it is always there...

Every child is born with it, every tree is born with it, every bird lives with it, even the turtle is born with it... No one can confuse any animal and any tree... We are the only beings.. the only creatures that are living in lies...

Just be still and know that God is in you..

Go in... This is our only home.. our only

Inn...



 Once you can feel your voice, then no rules are needed, you have become a rule unto yourself...

And the more clear the voice, the more your steps fall in the right direction. Every step is our trip towards our heart and our destiny... You will feel a deep contentment that nothing is wrong, and you bless and you can be blessed by all..

Religion is rebellion against all the others... It is the greatest rebellion... you are alone, you need no one... you have to travel the path alone.. It is the rebellion of the individual against the crowd..

The crowd is very, very powerful... It can crush you, it has already crushed you.. You are crippled and crushed, you are almost dead. To leave you alive is dangerous for the crowd, because then you will follow your own path.., and the crowd has its own path... it wants us to be a sheep... a clerk in the post office, a teacher in the school, a nurse in the hospital... a dancer in the money club...



who need a kabin? who needs a mystic? The society does not need the Truth...



Once it happened that Mulla went to a psychiatrist wearing a beret, a smock, a flowing beard..

The psychiatrist asked, "Are you an artist?"

"No, not at all."

"Then why this beret, smock and beard?"

"That's what I am here to enquire, why? I never wanted it; This is my father, he wanted me to be a painter, a great artist. That is why I am here to enquire."

♡
You are in such a bad shape because so many people have wanted so many things out of you. If you fulfill them, you will remain unfilled, because nobody can expect the thing that you are here for... for that you have to search, it is an inner enquiry. That is the soul... you can call it any name...

The real truth is to find the authentic destiny that you are here for. Otherwise, one day or other you will have to go and ask for help...



Even the psychiatrist himself is in bad shape; because he goes to some other psychiatrist for his own analysis..

And more psychiatrists commit suicide than anybody else... Everybody is in bad shape because nobody has listened to his authentic being... Listen to it... Live your own joy...



Money

Money can buy a house but not a home.
Money can buy a bed..... But not sleep
Money can buy a clock.... But not Time
Money can buy you a book... But not
Knowledge...

Money can buy you medicine... But not
Health...

So you see money isn't everything.. And it often causes pain and suffering. I tell you all this because I am your friend.. and as your friend I want to take away your pain and suffering... So send me all your money..

And I will suffer for you...



A sweet grandmother telephoned St. Joseph's Hospital and asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, what is the name and room number of the patient?"

The grandmother in her weak, tremble voice said, "Norma Smith, room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

And a few minutes the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood test just came back normal and her doctor said she will go home tomorrow."

The grandmother said, "Thank you. That is wonderful, I was so worried. God bless you for the good news." The operator replied, "You are more than welcome. Is Norma your daughter?"

No. I'm Norma Smith in room 302.. No one tells me how I am at all "



🌀 We never give our sick ones moral motivation... Most of the patients are more mental than physical patients... positive statements have a remarkable effect on the patients...

So, always give your patients physical Treatments as well as mental motivation..

♡
As you already know, giving is receiving... The other is my mirror... So let us be aware of who we are and why we are here and be the change you want to see in the world... if it is not in me how am I going to share it??

Yes! The seed of love is in us.. in our heart... The soil is ready if the farmer is ready ... and one seed turns the whole earth green... So let us support our vision and give the treatments that nature is giving it to us... our nurture comes from our mother and earth is our eternal mother... and health is our health.. and no health no wealth...



Thank you all for sharing your
seeds...



If you want happiness for an hour
Take a nap

If you want happiness for a day
go fishing

If you want happiness for a month
get married

If you want happiness for a year
inherit a fortune

If you want happiness for a lifetime..
help someone else...

To think in terms [♥] as terms of time is
politics

to think in terms of eternity is
religion

[♥]
The world is to be treated as a stepping
place, not as a stopping place... use it
as a bridge to God...

[♥]
Life is always full of broken places... but there
are those who become stronger at the cracks.
[♥]

Two men sitting around drinking a few beers...

— How is your wife looking these days?

— she went to the beauty shop and got a mud pack and for two days she looked nice... Then the mud fell off



John and Boris are sitting in a restaurant in DC discussing communism..

— In America we have such freedom..

For example, anyone who wants to can walk right up to the steps of the white house and call president Obama an idiot pig... says John..

— Ah, says Boris, we in Russia have equal freedom, anyone who wants to can walk right up to the steps of the kremlin and call president Obama an idiot pig...



The doctor comes out of Mr Rizoto's bedroom and says..

— Frankly, Mrs Rizoto, I don't like the way your husband looks at all...

— "Nor do I," she replies, "but he is nice to the kids..."



The difference between capitalism and communism ...

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



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

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

- Hey, fungus... will you take me to the zoo? says Olga..

- No, sweetheart, anyone who wants to see you can come here...



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



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



To have the last word with a woman is apologize ..



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



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



The first day Romzi came back from school..
Mama asked him...

- What did you learn today?
- I learned that my day was good because
I saw my name is not Don't...

As parents we say "don't do this" and "don't
do that." He thought 'don't' was his real
name...



Sami came into a bar crying.

"What happened?" asked Rami, the
bartender...

"I did a horrible thing, just a few hours ago
I sold my wife to someone for a bottle
of scotch." sniffed the drunk..

"That's awful, now she is gone and you
want her back, right?" said Rami..

"Right" said Sami, still crying...

"You are sorry you sold her because you felt
that you love her... right?"

"Oh, no... I want her back because I am thirsty
again!"



The person who is interested in alcohol must be living in misery; in a kind of suffering... That's why he wants to forget it all somehow...

Alcohol is nothing but a chemical strategy to forget your miseries, anxieties, your problems, to forget yourself...

I am not in favor of any alcoholic beverages... I am not in favor of any drugs either, because they all create illusory worlds for you and they are all distractions... They make us more and more dead and unaware of who we are..

The word awareness is the golden key for our being... for our truth.. If you want to forget your misery.. be in a meditative state... you will be a little happy and you don't go to any drugs..

Once meditation starts flowing inside you, new spaces, new blissful spaces, it becomes possible... then it is for you to choose..

When you have the real jewel, I don't think you are going to go for the pebble...



Once you know the truth then you can see the jewel and the pebble and you love them both... And you see the truth and the lie and you live your choice...



Man almost lives in lies, because they are comfortable. You don't work hard to find a lie... The whole society is ready to give you all kinds of lies... But truth is an individual search... no one can teach it but you can catch it, but lies are a social invention.

Once you find the truth... the whole world is against you...

If you want to live according to your own truth, you have to face the whole world. Your job may be lost, your wife may divorce you, your parents may abandon you... Your priests will condemn you, your politicians will be against you... all your so called friends are away from you... Suddenly you find yourself alone but not lonely... your aloneness is the oneness with the truth... you are alive...

Let the dead bury the dead... and "let thy will be done."



finding the truth for the first time you are at home, at ease, relaxed, strong... so strong that you are alone but enough to face the whole world...

What you find with the truth is such a treasure, that once you have known it, you cannot exchange it for lies...

So it is true that there is trouble... But it is only on the outside and it will go... truth is the only winner... the only power, the only strength, and there is no need to be worried at all... to know one's own lies and go on living them is the most torturous experience...

You have found the light. Now the whole darkness of the world cannot do any harm to the light. Just a small flame of light is more powerful than all the darkness of the universe...

But certainly those who are living in darkness and have become accustomed to it, have molded their lives according to it, will find it too much a revolution.. And who wants to change? Each change is a new birth...



Change is our challenge.. is our growth..
All what you had is of no meaning compared
to what you have got within you..

As you become more and more aware
of your inner warmth, you do not follow
any crowd... You alone are enough...

I have the book that I love .. and
I have the master who is my guide
to being myself and what else do I need?
Only a small spiritual commune...

Truth is such a nourishment, such an
ultimate achievement, that now you can
lose your life very easily... Sacrifice it...
because you have found something greater
than life... You have found the very
source of life, from where all life arises..

So don't be worried about the trouble..
It is because of the trouble that millions
of people never think about truth.. no
pain no gain... no pain no birth.. just be
a rebel and feel it is better to go
on alone like a lion and not be a
sheep following the crowd...



3 A story a now keeps up our Vow...
Once upon a time a tramp knocked
at a cottage door and when it was opened
he said to the housewife...

I beg your pardon madam... but I wonder
if you would not sew a button on a
coat for me?

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

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

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

Ah... I got nothing but the button, madam, I
was thinking maybe you would sew the
coat on..

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

♡
I am ready to supply the button, at least a
little effort from myself and God is ready
to give me the coat...

Just a step towards the truth and enjoy
the rest of the trip... it is not the movement
but it is the direction...

Where is your direction? What is a direction?
It is our inner feeling, not an object, but
our very subjectivity...

We can feel our direction, we cannot know
it... We can know our destination, it is in
our future... I am going to America to meet
a friend... This is decided by my mind... but
direction is something alive.. in the moment..
it is not in the future.. it is not in the past..
it is my love to my beloved.. it is the life of
my heart.. This is my life in the now..
and the direction of this feeling is very 
spontaneous...

This is the whole holy life of the sage.. you
can only live this moment... Destination
is fixed by the mind, direction is earned
by living... living the eternal life.. it is
happening, it is only a feeling... it is
love not logic..

Destination belongs to the ego... you are
going to be a doctor... This is the wish
of your parents... but direction belongs to
life... to being... to trust.. without any map
moving to the unknown... the more you know,
the more you are near the unknown.. the
more you love, the more you know about the lover.

175

♡

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

So they hopped into the bucket of milk and began to drink... They were happy and they drank down a whole lot of milk... After a while the bigger frog, the more anxious and pessimistic of the two said "Hey, wait a minute ... we are in trouble... how are

 you going to get out of here? There is no way to jump out... we are down low and the walls are sheer... we are going to drown."

The little frog always optimistic, said, "We will figure it out, just keep swimming..." So they continued to swim... soon the bigger frog said in a panicky voice, "Look buddy, there is no way out of here... we are doomed. Why even try?"

The little frog answered calmly, "Come on, we will think of something... keep swimming." This is the feeling of direction and the thinking of destination...



finally the bigger frog said, "I can't stand it any longer, nothing is happening... I am giving up" and he stopped swimming and sure enough, he went glub, glub, glub... right to the bottom of the bucket... The little frog kept swimming round and round in circle, sure that things would get better... and as he swam and swam he noticed that it became more and more difficult to move his legs.. He was getting more and more resistance...

The milk got thicker until it turned into butter and he perched his little feet on the butter and hopped out of the bucket...

Nothing is impossible... we are here to respond not to react... we are here to dance with our pain... Cancer is the answer.. I am the cause and the cure... I am the prison and the prisoner... let us face our fear and live this now with a great wow.. a great grace... This is our harmony with all the seasons and all the reasons...



- Yes! How can I help you?

- I am bored...

- Congratulations... Go and help others to be bored like you... just share your feelings...

- But I am bored and depressed and I don't know what to do and here I am stuck...

- Good Luck... you are in a cul-de-sac...

Understand what boredom is and then you realise how gifted you are... The animals are not bored, The donkey looks bored but he is not... This privilege is only for us.. boring is a turning point, move in, drive in... you are no more interested in moving outward, life is a balance between in and out, like day and night, now is the time for you to know yourself... to be yourself... now is your time to go beyond your head and be in your heart... Listen to your inner treasure and you will know why you are here... Touch your heart and find out what you can do to plant peace.. By helping others we are helping our heart.. our being...



2 - I am nineteen but I feel I am ninety!!
- you are so blessed... use your youth
and your old wisdom... you are very rich..
find your power and share it... There are
many ways to live our will... to go to our
well... Such as... put on papers what are
the things that you don't like...

- I don't like the school...
- School is very general... find out if it is
The building, The teachers, The courses... the
students...
- I don't like going to school..
- what do you want to do? where do you
want to go?
- I want to stay home and listen to music
and invite my friends over and go shopping
and have fun..
- Have you done this before?
- A lot!!!
- Did you enjoy it??
- Better Than school..
- what happens if you do this every day??
- It will be boring!! and it is already!!
- So you are in the same circle again.. The
same pattern... how can you break through it??



- Let us break through not break down...
- But I don't know how!!
 - Are your friends bored too?
 - All of them and we want to change..
 - Nobody is going to give you any change unless you know what you want.. and to know what you want you have to know yourself and the only key is meditation.. is to go beyond your ego... beyond your ignorance... you have to go in.. this is the change and the challenge.. Listen to your heart and take the step of your trip..
 - I want to change my mind... to do meditation..
 - Find a group that are into health and wealth.. into bodymind and self... watch out what you are eating, take care of your body and watch your mind and listen to your heart... living a day in a commune or with soulfriends will help you more to see your role and meet the needs of your being..
 - How can I start? where to go?
 - Start by being grateful for being bored... be grateful to all what you see and to all what you feel... no pain no gain..



Your boredom is the bridge that brought us together, pray and ask for guidance.. when you are ready the master is ready.. bridge yourself with God and He will show you the way... enjoy your time and your pain and your pleasure and your prayer...

Is there any place to go?

Go to any book store and look for any books about natural healing... and start by eating the right food...

Everybody eats but very few know what to eat and how to eat... If we eat wrong no doctor can cure us, if we eat right no doctor is needed...

Read any macrobiotic book by Oshawa or Kushi... and also any spiritual book by Osho and look for centers and group of such friends... by changing yourself you can change the others and the world... the whole trip is in the first step.. in this now is our next step... and ^{our} next now... Art is much deeper than science... look through your heart and boredom will take you into the kingdom... into our home... into our royal family..



He too I love stories and jokes... They speak to the subconscious of the mind and the body lives them according to our mind order.. This is why great masters teach us with stories and parables...



A traveling sales man was passing through a small town when he saw a little old man sitting in a rocking chair on the porch of his house... The little man looked so contented that the salesman could not resist going over and talking to him...

- you look as if you don't have a care in the world... What is your formula for a long and happy life?
- well, replied the little old man, I smoke six packs of cigars a day... I drink, I enjoy a large bottle of whiskey a day and six cases a beer a week... I play the guitar and I go out every night...
- My goodness... That is just great for your old age... how old are you??
- The little old man took the cigarette out of his mouth and said... Twenty five..



We grow old and we grow up... we fly in a cage or fly in the high sky !!!



Old man Fink and his friend grandpa Funk are having a few drinks with there dinner...

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

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

The two friends keep sipping their drinks..
"It is just amazing, Funk, I wonder how much stronger my hands are going to get?"



Jon gets a new job and on the first day, the boss walks up to him and says..."What is your name?"

"Jon Smith" Jon replied..

"Look here," snaps the boss.."Say Sir when you speak to me!"

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



I am fourteen... sorry fifteen years old and if I say the word sex or any joke about sex all of them they look at me as if I did a great sin... A boy at my age knows nothing about sex but all my friends, boys and girls we are living this trip and why so much fear?

Man is a sexual body... That is how we are.. That's the way life means us to be.. That's how we have found ourselves here..

Go into it... respect this gift.. without going, you will never be able to transform it.. I am not speaking for mere indulgence.. I am saying move into it with deep meditative energy to understand what it is.

Sex is the way God has chosen to be in the world... The body knows no other law and nature too... but this is the beginning but not the end..

There are three types of people:

One who thinks that sex is the end also.. They are the people who live a life of indulgence.. They miss life.. because they live only for the sex energy... The dirty old man is everywhere... he lives only for sex...



Then there are people who are against indulgence. They take the other, the opposite extreme.. They don't want sex even to be the beginning, so they start cutting it.. They repress the feeling and they feel guilty if they do sex and they go to hell if they use this energy so they destroy themselves...

There is the third possibility: The possibility of the wise man who looks at life from his heart.. That sex is the beginning but not the end..

Sex is just an opportunity to grow beyond it, but one has to pass through it.. Sex is a natural energy, there is no need to be worried about it. Once man is freed from religious exploitation and traditions which are very oppressive, there will be no need to talk about sex. Then we can move into more scientific ways to transform it into higher forms of energy...

Sex is the lowest center of our existence and Samadhi is the highest, the seventh center... where it opens up like a one-thousand-petals of love and light and life... This is the fragrance of the flower...



Never drop the lower energy.. live your ladder of life.. when the higher is there, the lower is bound to disappear into the higher.. then life becomes more beautiful, more healthy, more whole and holy...



Sex is the seed of the tree of life.. It has to be manifested, and the more manifest it becomes, less and less does sex remain in your life ...

A moment comes when your life is pure Love. Then even if you are in a sexual relationship it is not sexual... it may appear to others as a sexual relationship but it is not ...

This has to be our meditation ... we have to attain to that fragrance called Love.. called compassion not emotion.. called God.. called existence or any name.. truth is nameless...

The seed is in a bondage.. once it is planted in the soil... it becomes one with nature.. one with existence... one with the creator.. it becomes the fragrance.. the creativity.. the freedom of liberation..





Let us listen to this step...

Once upon a time, there lived a king who, despite his luxurious lifestyle, was neither happy nor content...

One day, the king came upon a farmer who was singing happily while he worked.. This fascinated the king; why was he, the ruler of the land, unhappy and gloomy, while a poor farmer had so much joy...

The king asked the farmer, "why are you so happy?"

The farmer replied: "your majesty, I am nothing but a farmer, but my family and me don't need much, just a roof over our heads and a warm food to fill our tummies!"

The king was not satisfied with that reply.. Later in the day, he sought the advice of his most trust advisor..

After hearing the king's worry and the farmer's story, the advisor said, "Your majesty, I believe that the farmer has not been made part of 99 company."

"The 99 company? And what exactly is that?"
The king asked...



The advisor replied, "Your majesty, to know what exactly is the 99 company is, place 99 gold coins in a bag and leave it at the farmer's doorstep!"

When the farmer saw the bag, he took it into his house, when he opened the bag, he let out a great shout of joy...

So many gold coins!!

He began to count them. After several counts, he was at last convinced that there were 99 coins. He wondered, "What is this loss? Where is the last coin? Surely, no one would leave 99 coins!"



He looked everywhere he could, but that final coin was elusive... Finally, exhausted he decided that he was going to have to work harder than ever to earn that gold coin and complete his collection...

From that day, the farmer's life was changed.. He was overworked, horribly grumpy, and castigated his family for not helping him make that 100th gold coin... He stopped singing while he worked... and the king was puzzled...

The king asked the advisor's help.. The advisor said.. " your majesty, the farmer has now officially joined The 99 company! What is this company? It is a name given to those people who have enough to be happy but are never contented, because they are always yearning and striving for that extra 1, saying to themselves... 'let me get that one final thing and then I will be happy for life..'

So the king and the advisor and the farmer and me and many others are into this 99 company... 

We can be happy, even with very little in our lives, but the minute we are given something bigger and better, we want even more !!

We lose our sleep, our happiness, we hurt the people around us; all these are the price for growing our needs and our desires for the pleasure of the mind... of the ego...

Let us desire the needs for our heart.. for our love for our unity with our divinity...



A middle-aged couple had finally learned how to send and receive texts on their cell phones...

The wife, being a romantic at heart, decided one day that she'd send her husband a text while she was out of the house having coffee with a friend.

She texted:

If you are sleeping, send me your dreams.

If you are laughing, send me your smile..

If you are eating, send me a bite...

If you are drinking, send me a sip..

If you are crying, send me your tears...

I Love you..

♡
The husband, being a no-nonsense sort of guy, Texted back..

I am on the toilet.. please advice!!..

♡
Let us send the best advice before we say Thank you... or good bye..
♡





please Wake Up...

I am totally confused... please show me my path...

If you are really totally confused, out of that confusion will come clarity... But you are not totally confused.. Once confusion is Total, it becomes the path. Then there is no other path...

Let thy will be done...

Total confusion means now you are totally dead.. totally on the cross ... where to go? which way? I am not aware!! I am not awake.. so what to do ... Total Trust... total surrender... death and resurrection ... Born again Christ consciousness...

Total confusion is one of the ways to reach to godliness.. It means all your knowledge has proved meaningless... you are hopeless.. you are in the now... totally lost.. Be so totally confused that nothing of knowledge remains in you, no certainty, no security, no scripture no religion, no belief... The unknown is always more than the known.. Be a seeker to the unknown treasure..



We learn Through trial and error, and there is no other way ... Try your own way.. walk your own talk ...

Try your way, if you fail on the path as will then you can move to the next step.. to the next door until you surrender ...

So the first thing: never decide without experimentation. Be scientific.. everything is a hypothesis; try it.. it can be valid only by experience ... let your hunger eat, let your thirst drink...

 Let then decision come out of your own experience. Each individual has to create his own path while walking on it.. your own surrender is your own treasure, it will be as perfect as you are.. And in fact, the path is perfect only when you have arrived, never before, but then the path is not needed.. So everybody has to walk on an imperfect path, because everybody is imperfect..

Life is a process, it is not perfect.. Nothing is perfect in life... move slowly, your path is your path. The path will change you.. every breath is a path to a new birth... The path will change you, and you will change the path..

yes! We are dreaming day and night.. it is only
a will of remembering that we can wake up..
Nothing else is needed, no method, no path..
Just a remembrance that, this is my dream..
A remembrance, that, "I have decided to dream
it, and the moment I decide not to dream it,
I will be awake."

I am the cause of my pain and I am
the cure of my pain.. your hell is your
work, all that you are is your self-creation..
In a single moment, you can awake...

My whole life is nothing but a dream.. a
nightmare.. The enemy and the friend, both
are parts of a dream; the surrender and
the will are one icon in my life..

The only thing that has to be done is:
please wake up...

And nobody can help me only me.. it is my will..
It is my decision. There is no need to hanker
anymore for outer power, for outer beliefs to
cling to, because all beliefs are false. There is
no need to seek a philosophy of life, life is
enough... you are the life... you are the love..
You are the light... you are all...

Wake up! please wake up...



Mulla once applied for a job. In the application he mentioned many qualifications... He said, "I stood first in my university, and I was offered the Vicepresidency of a national bank... I refused because I am not interested in money... I am an honest man, a true man.. I have no greed, I'm not bothered about the salary; whatsoever you give me will be okay. And I love work, sixty-five hours per week..."

When the superintendent who was conducting his interview looked at his application, he was surprised and said..

"Lordy! Don't you have any weaknesses?" Mulla said, "Only one: I am a liar!!"



Who is not? Why do I lie?

Truth came for the chosen few. Only once in a while is there a person who has the truth, otherwise the masses live in lies, all kinds of lies.. and we repeat the lie and it becomes truth...

Our power depends on lying.. Truth is humbly not powerful... be aware of who you are... Listen only to your heart...



Let us live this test...

First: When you are lying to somebody, if you become aware, immediately, in the middle of it, ask to be forgiven. Tell him immediately: "This was a lie, and I was getting into my old trick again. Forgive me please." It will be hard, but there is no other way. When a habit has become very deep rooted, it has to be hammered...

Second: become aware when you are just preparing to tell a lie. It is just on the lips, just on your tongue: stop it then and there, absorb it then and there...

And third: become aware when a lie starts arising in your feelings, in the heart... just be a watcher.. you are the power... you are the truth.. why lie??

If we can create these three awarenesses, lying will disappear... The moment lying disappears, truth arrives.. And truth is our truth... our innocence... our birthright... This is who we are and only truth is our freedom... is our royal kingdom... is our real home...



I have heard that one priest arrives in a new town. The Taxis were on strike and he had to reach the church, because he had to deliver the sermon that evening.. So he asked a small boy where the church was and the boy led him there..

When he reached the church he thanked the boy and said to him, "I am very grateful that you helped me, not only did you show me, you came with me.. If you are at all interested in knowing where God is, come this evening to my sermon, my talk, I am going to talk about the way to the home of God... I will show you where God is." The boy laughed and he said, "You don't know the way to the church; how will you know the way to the divine? I am not coming!"

Am I aware of who I am? why I am here mother? or her father? why I am here? If I die now where do I go? am I alive now?



I am still breathing 

but I am not alive... am I awake? my eyes are open but I am not awake..

I am a robot... a machine... a Thing... I am programmed to be who I am... yes! you too... all of us too...

Our so-called waking state is full of mechanical habits; we simply go on repeating them... and each generation goes on giving its mechanical habits to the new generation. That's why progress seems to be impossible, because we are victims of victims..

The real waking states happens only when you are completely deprogrammed, and unconditioned... so be a rebel... be alone... listen only to your heart... And when you are not dreaming you have clarity, you can see... you can hear... you can love now—here and nowhere else...

Then you do only that which should be done and don't do that which should not be done..

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

 yes! It is easy ... truth is very easy...
just be yourself and you have the key
of your own home... your inner treasure...
let us open up our energy... let us be
who we are... let us go to any spiritual
commune ... let us read any book that
dances with our grace...

The book is my best companion and I
have a soulfriend and we are looking
for the commune...

The commune means an alternative society,
a small oasis in the desert of the world..
Live more and more in harmony. Live life
prayerfully, alert, aware, awake...

Allow your small stream to pool with
other small streams into a large river on
the way to reach the ocean...

I am looking for few lovers to start
such a commune in our country... a place
where you see the beginners, where you
see the people who have gone a little farther
ahead than the beginners, and the people who
have reached almost to the middle of their journey.

and the people who have gone beyond
the middle, and then the people who are
just reaching the goal; and at least
one master who has reached...

It is a place where you can see the
whole spectrum of spiritual stages, where
you can see the whole journey...

It gives courage. You know that you
are not moving in a cul-de-sac, that you
are not moving into some kind of illusion,
hallucination, that your efforts are going
to bring results... you can see the results
all around...

This commune is in the East West but not
yet in the Arab lands... It was before but
now it is in our hands... we have the
seed... we are the seed... and one seed
turns the whole earth green...

I am alone but not lonely... I have the
book as my best companion and my master
is alive in my heart and looking for a
commune in Lebanon, in Syria, in Jordan...
in any land that is ready to share
our hands and plant our home...



Yes! I have a deep longing for the home
but it has nothing to do the home that I
am living in it... I don't know the real
home but I lived in few communes and
I am still with us and looking to build
it here too...

We don't have any home on this earth.. The
real home is not here, it is inwards, very
deep in the innermost core of our being,
but to go home is a long journey and very
hard and very dangerous...

All what you see on countries, nations, churches,
and all others are only a trick... when you
start looking for the right home all ideas
about the outside home dies...

Just be aware that where you are now
is only a bridge not a home, it is very good
as a house, comfortable, but still the truth
remains that the home is not outside:

The home is some inner treasure... the
kingdom of God is within... just turn in..

in is our only inn... we help each other...

 we support each other and we see the
whole and the holy other and we wonder...

The magic of Self-respect..

Awakening to our own Awareness..

If you are respectful of your life, you will refuse all The saviors...

You will say to all The saviors: "Get lost! Just save yourself, that's enough. It is my life and I have to live it."

Let us use our effort to respect our self.. to live our life that belongs to us... each one of us is unique and just live your own way and your own will and your own path..

Once upon a time you knew the real self..

Before you became part of a society, a culture, a civilization, you knew it... It is not a coincidence that people go on thinking that their childhood was the most beautiful part of their life... It is a long-forgotten memory, because there have been days in your life, the earliest days, which you cannot remember exactly; only a vague feeling, a kind of fragrance, a kind of shadow is there..

If you respect, if you look again and go deep into your existence, you are going to find the places from where you started to lose yourself.....





Stay loose ... live your feelings .. Let anger be there, let it happen, but be fully alert to what is happening... face your fear.. be aware and natural, just watching your mind.. your ego. By and by you will see that many things have simply disappeared, they don't happen any more, and without making any effort on your part... you never tried to kill them .. just respect them .. they are part of your mind... and they have simply disappeared...

So how to transform my pain into gain??.
my hurt into healing? my ignorance into innocence... that is the only transformation.. And you cannot force it.. just accept it.. it happens when you are loose and natural...

Take a deep breath... relax... respect your feelings... your noisy mind .. and let go and let God...

Live your only you... This now is a new you in you... it has a vision... watch it and go beyond it.. The river knows how to trust existence and you too is part of this trust... of this truth..



Don't be a commodity...



The whole forest had almost been cut except for one big tree with thousands of branches.. It was so big that many persons could sit in its shade.. They did not cut it because it is useless...

Let us be like this tree.. If you are useful you will be cut and you will become furniture in somebody's house.. If you are beautiful you will be sold in the market, you will become a commodity...

Be like this tree, absolutely useless... no one can use you.. and then you will know more and more about yourself, you will grow big and vast, and thousands of people will find peace in your shadow and in your roots...

So don't be a vip.. a very ignorant person.. Fame is a foam.. Be the last... be ordinary.. Move in the world as if you are not... Don't be competitive, don't try to prove your worth, there is no need.. Just be yourself and once you respect yourself you respect all... The reward is inward, it arises out of the activity.. out of our divinity...



How to be myself???

Use your intelligence to look for things where they are instead of where they are not... look within...

One evening people saw Rabiya searching for something on the street in front of her hut...

They gathered together ... "What are you looking for?" "I have lost my needle" she said... so they started helping..

Then somebody asked her "Rabiya, the street is big and it is dark, can you tell us exactly where it has fallen?"

"The needle has fallen inside my house."

"Have you gone mad!! why are you searching here?"

"Because the light is here.. Inside my hut there is no light."

"The right way would be to bring light inside the house so you can find the needle there..."

And Rabiya laughed... "You are such clever about small things... when are you going to use your intelligence for your inner life? I have seen you all searching outside, and I know perfectly well, I know from my own experience, that what you are seeking is lost within... respect your intelligence!! why are you searching for bliss in the outside world? Have you lost it there?"

They stood in total silence and Rabiya went into her hut... where is our will and where is our way??



Gratefulness



When your heart is full gratitude any door that appears closed can be an opening for an even greater blessing..

Zaynab was on a pilgrimage, and she came to a village at sunset and begged for lodging for the night.. But the villagers refused her.. They threw her out of the village..

It was a cold night, and the old woman with no place and hungry.. She had to make a cherry tree in the fields her shelter.. It was really cold, and she could not sleep well. And it was dangerous too..

At midnight she awoke and saw the fully opened cherry blossoms... She got up and made a reverence in the direction of the village... "Through their kindness in refusing me I found myself beneath the blossoms on the night of this misty moon."

With great respect she thanked those people who refused her lodging, otherwise she would have been sleeping under an ordinary roof and she would have missed this blessing..

She isn't angry, she accepts with respect.. and she feels grateful..

Life is a mystery, and each moment it comes with a thousand and one gifts for you.. But you are so engaged, preoccupied, with your desiring mind, you are so full of your thoughts, you refuse those gifts God comes, we go on refusing...

Any one can be enlightened the moment he accepts all that life brings with total love and total respect...

No one knows why? Just trust the trust and you are safe no matter where you are...



Acceptance

Accept life as it is. Be joyful without any reason..

In a village where the master was living, a girl became pregnant.. She told her father that the master is the father... Her father said nothing..

When the time came and the child was born, the father, he at once took the baby to the master and threw it down. "It seems that this is your child." and he piled on every insult and left...

The master only said, "Oh, is that so?" and took the baby in his arms... Wherever he went, he took the baby with his arms.. During rainy days he would go out to beg milk for the baby... Many of his lovers left him and he said not a word...

Meantime the mother found she could not bear the agony of separation from her child. She said the name of the real father, and her own father went to the master asking over and over for forgiveness...

The master said only, "Oh is that so?" and gave him back the baby... This is total acceptance... whatsoever life brings is okay, absolutely okay.. Nothing is good, nothing is bad, all is divine.. Accept life as it is... Accepting it, desires, tensions, hate, fear... all disappears... Accepting it as it is, one starts feeling very joyful and for no reason at all..

When joy has a reason, it is not going to last long... when joy is without reason, it is going to be there forever...



Wholeness

Look within and see if you are whole..

Scissors are like the mind. They cut, they divide.. The needle is like love, it brings things together; it heals what is torn apart.. Open your heart to love, and love will make you whole...

In the life of a great Sufi mystic, Farid, that a King came to see him. He had brought a gift, a golden scissors, studded with diamonds... very rare.. He touched Farid's feet and gave him the scissors.. Farid took them, looked at them, gave them back to the king, and said, "Sir, many many thanks for the present that you have brought, but it is useless for me. It will be better if you can give me a needle. Scissors I don't need; a needle will do."

The king said, "I don't understand, if you need a needle you will need scissors too."

Farid said, "Scissors I don't need because they cut things apart. A needle puts things together... I teach love... my whole teaching is based on love, teaching people communion... I already have a scissors within me.. in my mind... in my ego... they cut, they disconnect.. Next time when you come, just an ordinary needle will be enough to teach me what to teach..."

Let us teach what we need to learn... nobody can teach it but you can catch it...



F. L. Y.



it means
First . Love . Yourself...



Don't fear change...
chang fear..



Never try to maintain
relations in your life..
★ just try to maintain life
in you relations



Negative thinkers focus on problems..
positive thinkers focus
on solutions



★ 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...



Everyone has beauty but not
everyone sees it



It is a special
art...



The Earth without

Art is
just "eh"

Be the mystery of the
earth...



Look back and be grateful,
Look ahead and be hopeful,
Look around and be helpful...
♡

Remember that you are the
architect of your life..
You are the master for your own
power..

Be yourself..

♡
What are the best rings in your life?
First there is the promise
ring..

Then the engagement ring..

Then the wedding ring..

Then soooooon the
suffer - ring.. *





Don't invest in misery; invest in
celebration

You take one step towards life,
and life takes one thousand towards
you ..
♡

Beat me with the truth, don't
Torture me with lies...



I wrote on the door of my heart
" please do not enter... "

Love came smiling and said ..

' Sorry I am illiterate... '



The world suffers a lot ... not because
of the violence of bad
people
but because of the silence of
good people...





If you are in tune with
nature

Then you are whole and holy...
♡

If God Loves me what else
do I need?



Thank God for what you have...
Trust God for what you
Love...



You cannot change the world
but you can change
yourself...



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





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

Peace Peace
صريح نور

