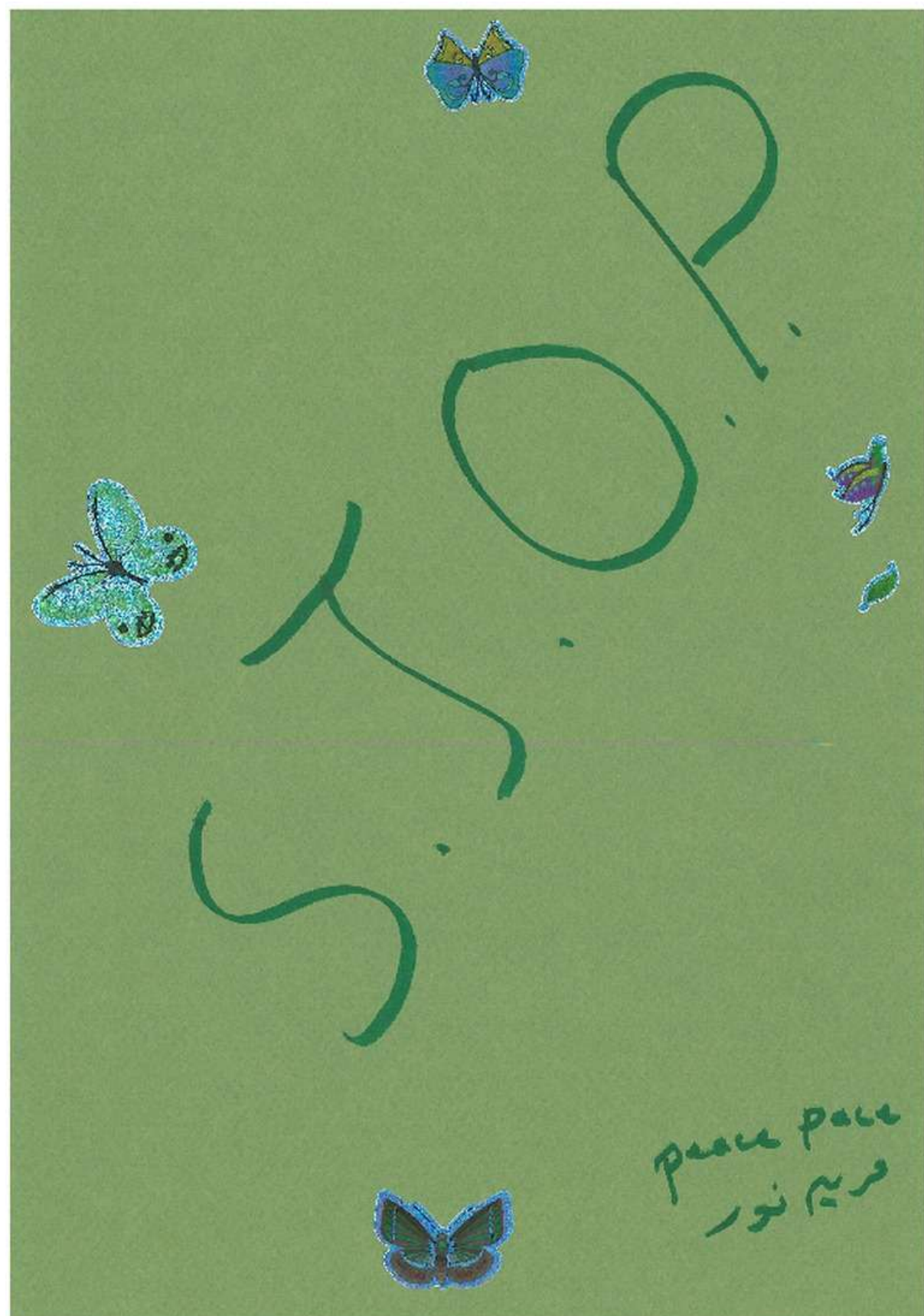






Stop and see ...
Be what you see ...

Being is our birthright
♡

Stop being a believer ... Be a
knower
♡



Stop trusting the other
Trust only your
inner treasure
♡

Stop being a follower ...
Be a fellow traveler
♡



I am the writer  and I am the reader

This amness is our onness




We are here to play...

Let us play with words...



Stop all ambition to be the first...
We are the first and the last..



Be authentic in your search, do
everything for it..



Be aware of your mind and of its
greed and lack of trust..



Allow every situation in your life
to teach you..



You are not a commodity..





The greatest experience of life
comes not through what you do..
but through how you do...



Do what you Love money will
follow you...



It is time to stop seeking answers..
Become receptive to the
whole existence..



Be ready to drop falseness, stop false
knowledge, and go into your
wisdom...



When you are in deep trust, that
quality of trust
transforms you life...



Once upon a now!!

A little girl asked her mom;

"How did the human race appear?"

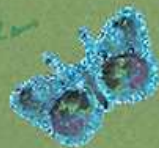
The Mom said..

"God made Adam and Eve
and they had children and so was
all mankind made."

Two days later the girl asked her
Dad and he said.. "Many years
ago there were monkeys from
which the human race
evolved.."

She came back to her Mom and told her
what Dad said...

The mother said, "Well, dear, it
is very simple.. I told you
about my side of the family
and your father told you about
his side.."





Sara, a beautiful, well-built blond, applied at a circus for the job of a lion Tamer..



Rami was another candidate..

"I will give you both a chance," said the manager.. "The girl can go first." Sara, wearing a full-length mink coat, entered the cage.. A huge lion was let in with her and immediately the animal started to charge..

Suddenly, Sara opened her coat and stood naked.. The lion started licking her feet, her hands and on..

The manager was amazed.. He asked the young man.. "Well, do you think you can top that?"

"I sure can" said Rami.. "you just get that stupid lion out of there and I will show you."



Yes! Let us Stop...

Let us stop in the spot...

Stop what? in which spot??

Let our heart flow... stop your head and be in your being... Stop your head and be in your heart...

Stop!!!!

Stop being a slave to your mind..

Look into a deep well... The well will be your mirror... stop thinking completely; just go on looking into the depth.. Look without Thinking. The depth will be reflected in you, the well will become just an outer symbol of the inner depth.. Go on looking until you wonder and wander...

Go on looking, day after day, with no thoughts moving in the mind.. Just meditate.. become one with the well.. Suddenly you feel you have the same well within you, the same depth.. And then a strange, very strange feeling will come to you.. You will feel wonder-filled...

If thought stops completely, then anything is possible... change is a constant law... Be a watcher!!!



Nothing is static in this world..
Atoms are moving, electrons are moving,
The bridge is moving... but the movement
is so fast we cannot see it..

When you feel wonder-filled, when the
mystery descends upon you, when mind is
no more but simply mystery.. a milieu of
mystery... Then you will be capable of being
yourself... of knowing yourself.. of stopping
your mind...

Stop your mind in the middle.. He called them
stop exercises..

The source of this truth is in us.. in the
middle of the cross..

The Sufi master used it in a very simple way..
for example, he would tell his students to dance..
A group would be dancing, and suddenly he would
say, "Stop!"

And they would have to stop totally... wherever
the pause would fall, they would have to stop..
Stop on the spot..

No change could be made, no adjustment could
be made.. If one of your feet was above
the earth and you were just standing on one
foot, you would have to remain that way.
What happens if you fall??

If you fell, that was another thing, but you were not to cooperate with the fall.. If your eyes were opened, they had to remain opened. Now you could not close them. If they closed by themselves, that was another thing..

But as far as you were concerned, you will stop consciously, you are like a stone statue... what is going to happen?

Miracles happens by itself.. in activity, in dance, in movement, when suddenly you stop, a gap opens... a gap happens...

This sudden stoppage of all activity divides you into two:

Your body and you..

Your body and you were in movement..

Suddenly you stop..

The body has the tendency to move.. It was in movement, so there is momentum; you were dancing and the body is not ready for this sudden stop...

Suddenly you feel that the body has to impulse to do something, but you have stopped.. A gap comes into existence a door into your mystery...

When you hear "Stop!" stop... not doing anything.. not thinking... no mind.. whatsoever happens will happen..

The stopping is the body and the stopper is the center... you will feel it.. you are not the body...

You are in activity, and when you are in activity you forget yourself completely. The activity becomes the center of your attention... you are the center.. you are the watcher of your doing..

In the subconscious you are still active.. doing things, possessing things, losing things.. moving..

Only for a few moments dreaming stops.. it is very rare... we are snoring day and night.. But once you stop your mind you are no more the same... That is the meaning of "Stop!"

When the body stops totally, your mind stops totally... no breathing, no body movement. Such a glimpse is miraculous.. a revolution for evolution...





In dangerous situations the mind stops automatically.. why? Because mind is a mechanism and it can work with only routine things.. We are not trained to accept any pain for any gain..

This is why dangers have a secret appeal, an intrinsic appeal; They are meditative moments. If you race a car and it goes very fast, and the car is beyond control, suddenly the mind cannot function; it is not ready for it.. That is the thrill of speed and the silence comes to you and you are thrown to the center..

You can move to the center without any danger.. But the stopping must be sudden, you must not be prepared for it.

Let the unknown happen to you when you are unprepared.. Move in the unknown, the uncharted, without any knowledge..

Let us watch this step of stop!!! If you have the impulse to sneeze.. You are feeling that the impulse is coming, you are feeling the sneeze is coming to you, the moment you become aware, stop!!

Be more aware... more sensitive, your total attention will be there, you cannot stop the sneeze, but you can stop yourself...

Remain completely unmoving, with not even your breath going in or coming out... for a moment, stop, and you will feel that the impulse has gone back, that it has dropped.. And in this dropping of the impulse a subtle energy is released which is used in going towards the center, and you feel good.. you have simply released some energy which was a burden. Then you feel relaxed..

Sex is also like a sneeze... so be aware of your feelings and stop!! Be aware of your desire... your lust.. your love... are you hungry? Are you thirsty? stop and watch the food.. watch the water... the glass is outside, the thirst is inside; stop suddenly... as if you have become dead.. that energy goes to the center... goes to your inner treasure...



Now the energy will move inward... into higher dimensions... from hate into love... from war into peace...

There are persons who cannot go into love unless they are angry, unless they are violent... couples will fight before they make love... wives and husbands too, the day they do not fight they will not be able to love...

The same energy can move in different dimensions... This is why compassion is the highest love... it is one energy not opposite.. So play with your energy and be aware of, what you are being... you are glowing and growing...

So let us remember to be honest.. the impulse must be authentic, real... Only with a real impulse does energy move, and when a real impulse is suddenly stopped the energy becomes suspended. It has to move... in or out... it cannot remain there... So be aware of this energy and be aware of your stop too.. where are you going? You are a sacred energy!!!



Do I know how to respect my sacred energy?
But we are so false that nothing seems real
in us!! Are you sure about your energy?
You eat because of the clock, or the time on
the smell, not because of hunger.. So if you
stop, nothing will happen because there was
no real hunger, no real thirst... no
real love... only dead emotions... no
Compassion...

Our hunger is a mechanical habit... it is
Lust not love... just remain for one hour
without eating you will forget it...

The real hunger will grow more; it is
bound to grow... Truth will grow and glow...
you grow up...

If you are feeling sleepy, Stop! But the
feeling must be real; it was real with
all the masters but not in me... now, with
us everything is false...

We or you or me... we pretend that
we love... you pretend that you are angry...
You go on pretending and then you forget yourself
whether you are pretending or whether
anything real is left... you never say what
is in you, you never express it... you say
what is not there...



We say something, but we feel something else... if you say the real thing you will become totally unfit.. because the whole society is false, and in a false society you can exist only as a false person..

That is why be alone... you cannot be with the dead... So leave the unreal, leave the false, so that you can be real.. That was the basic reason for all renunciation..

But watch yourself, how unreal you are... watch the double mind... you are saying something, but you are feeling quite the contrary... So be real... find something authentic about yourself and try to

Stop that..

Stop it and see it and be it..

Let Thy will be done...

Be still and know that I am God..

This amness is our godliness...

Many things are still real... everyone is real but who knows it???

Now you are feeling angry, and you feel
it is real... You are going to destroy
something, beat your child, or do something.
Stop!!

But do not stop with a consideration.
Do not say, "anger is bad, so I should stop".
No mental power is needed.. This is an
inner mechanism... inner thinking...

Just Be...

Anger is pure answer... It can become
bad or good... it is up to me... it may become
a flower... it moves you within and you
will be in the center..

Simply stop and be a witnessing...
Remember three things...

One, try it only when a real
impulse is there...

Secondly, do not think about stopping,
just stop...

And thirdly, wait!!

When you have stopped, no breathing,
no movement... wait and see what
happened... Do not try... do not
think... Just stop!! Just wait...



Let the impulse, the energy move by itself... If you start thinking about the mystery in your center... the energy will move to the head...

You can waste this inner energy very simply...

Just a thought will be enough to give it a direction; then you will go on thinking... when I say stop, it means existence is saying it... not the ego.. but the oneness in the core of the master... the order of the universe... The God with The God... The mystery with the mystery..

Light with Light... Truth with truth... So let us stop totally, fully...

Nothing is moving, as if the whole time has stopped...

There is no movement... simply you are !!

In that simple existence, suddenly the center explodes...



Okay!

Let us come down to our mind... from dawn to dawn is our dance... is our choice... is our grace too... but with awareness... with witnessing...

Yes!! put on your mask...

It is not only with you, it is with everybody who has been brought up by a hypocritical society.. Its whole training is to hide your original face, to wear masks.. masks which are appealing to people; according to their ideas...

For millions of years we are compromising...

And compromise with whom?

Yes! with a crowd... where no one is alive, nobody is opening up his reality, where everyone is afraid of being himself, herself... we are told that we are not acceptable as we are... We have to live according to ideals, to the minds of the power people...

The love of power or the power of love?

 What is your choice?

 The longer an ideal has lived, the more valuable it becomes...

It is difficult to fit with these ideals,
it is arduous...

It is a tremendous struggle against yourself,
against nature, against existence, against life...

Be!! You have been told by your parents,
by your Teachers, by your priests, by all
the crowd... and with good intentions...

If you want success, if you want
Nobel prizes, if you want to be honored
by society .. Then never be yourself!!

And just function according to the
expectations of others...

I want you to be yourself...

It may bring disrespect, it may take
away your so-called success... You may become
a nobody... But who wins?

Truth is the only winner...

What is the use of having all what you
desire but you don't have yourself?

Who cares to be crowded by idiots?

It is an insult, it is not respectability.

The only truth is to be yourself...

Your own respect for yourself....



Nobody can destroy your dignity... why?
Because it is dependent on anybody's
opinion...



Come out in the open even if it goes
against the whole world... Enjoy your
original being... face your original face...
That's what rebellion is, that's what real
religion is...

You want these stupid people to be
respectful towards you, you want their
appreciation. They are utterly unconscious..

They don't know themselves, and they
are prescribing a life style for you...

and you accept it...
You are the cause and the cure...

You are the prison and the prisoner...
So don't ask what to do... just be yourself...
The book is our best companion and your
choice is your grace...

No one can tell you what to read... your
thirst will take you to your river... to your
own treasure... the reader is the leader...)

Don't ask how to breathe... Just take a
deep breath and it will be your path...



Every breath is a path and every now is a new birth...

Just watch how you breathe when you are angry... Be a watchful and you will be surprised, so listen to your breathing...

If the breathing stops, then true breathing is manifested, true life is manifested, life that does not depend on breathing, life that is eternal, life that is not part of the body, life that will be there even after the body has fallen into dust and disappeared...

And in that moment consciousness is attained. One becomes awakened... you become yourself.. Breath is the bridge between your soul and your body...

If you can watch your soul you go beyond breath, because the watcher cannot be the watched... You are not the car... you are not the driver... not the horse, not the rider.. who are you?

Suddenly one day you will realize that you are the witness of it all. And the witness is certainly transcendental to all that it witnesses...

In that very moment freedom has happened to you... freedom is the foundation of our

No need to write... no need to read... no
need for any need...

Why I am writing? For whom?

Yes! I am playing with letters and
words... The words are old, the bottles
are old, but the wine is new...

The really significant things in life can
never be said through words; only silence is
capable of communion.. The silence of the
grace not the silence of the grave...

Love cannot be said, prayer is bound to
be a deep silence inside us.. we try to say
it or write it but we falsify the Truth...
Truth is so vast, vaster than the sky, and
words are so tiny.

Words are good for day-to-day things,
but as you start moving beyond words, you
are in the silence of existence...

That is exactly what real religion is...
Transcendence of words and transcendence
of the world that belongs to words...

The mind consists of words; the heart
consist of only of silence, profound silence,
virgin silence, unbroken silence... Silence is
the only language... is the only presence...

The presence is your essence...

The presence is what is meant by godliness... There is no God, only godliness... Yes you can be yourself... Dissolve your person and become a presence...

Only two lovers can meet and mingle and merge... If you are a person there is no way to be a presence.. you remain a rock... you cannot merge with the river...

Just be with the energy of any light... any consciousness... any isness... even a solitary tree in the field, if you can feel its presence, is God, is divine.. Bow down to it... wherever you feel the presence of life, of love, there is God.. Then you can find this truth anywhere, you need not go to any place, to any space, to any temple.. This whole earth is a temple...

We don't feel our presence because we are not aware of who we are, because we ourselves are not present to the moment; otherwise everything has its own truth.. its own fragrance, its own life, love and laughter.. This now.. This present is our presence...



Thank you for your present... yes! I will share all our gifts...

Interesting Definitions

School: A place where Papa pays and Son plays.

Life insurance: A contract that keeps you poor all your life so that you can die rich..

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

Tears: The hydraulic force by which masculine willpower is defeated by feminine water power...

Lecture: An art of transferring information from the notes of the Lecturer to the notes of the students without passing through "The minds of either"...

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

Dictionary: A place where success comes before work.

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

Father: A banker provided by nature...

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



politician: One who shakes your hand
before elections and your
confidence after...



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

Classic: Books, which people praise, but do
not read...

Smile: Books of life on your face, but it is
a curve that can set a lot of
things straight...

Office: A place where you can relax after your
strenuous home life...

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

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

Committee... Individuals who can do nothing
individually and sit to decide
that nothing can be done together...

Experience: The name men give to their
mistakes..

Atom Bomb: An invention to end all inventions.

philosopher: A fool who torments himself during
life, to be wise after death..



Yes! Let us Stop any addiction..

Before I knew how dangerous sugar is, I used to eat a piece of cake every day..

My body was in bad shape, but I had no idea. These symptoms were caused by sugar.. How should I have known? I had, after all, been eating sugar all my life.. I thought my chronic bronchitis; eczema and hypoglycemia were simply my lot in life...my destiny...

Having been almost killed by doctors, I finally turned to Holistic Healing. During my exploration I found out that perhaps my eczema and Lung problems could be cured after all and began intensive treatment with Color Light Therapy...

After some time, my body gave me a clear message from deep inside the brain..

"This sugar is killing you. Stop it now!!"
In shock, I put down the sticky, creamy piece of cake I was eating and stared into the distance, wondering why my body had given me that strange message...

Within seconds of receiving the message, I spontaneously began to recall and relive being a baby,



 and receiving my first milk..

My mother was unable to give the breast, and so I was given the typical bottled milk of those days, which of course had been well primed with sugar by the milk company..

The message was clear to the baby
'Drink this or die!'

My whole body rebelled against this artificial milk substance, but finally had to accept that nothing else was available.. And, finally, I had become another addicted consumer of sugar, all part of the grand plan of sugar barons of the world..

After this experience, I let go of sugar consumption with religious dedication.. No more sugar in my mouth...

My body went into dramatic withdrawal symptoms... I felt if I didn't have a piece of cake immediately I would simply die.. I trembled uncontrollably, was weak in the knees, emotionally almost deranged..

This state of affairs lasted for 3 weeks. And then, magically, my natural state of balance came into being for the first time in my life...

Eczema and hypoglycemia both are gone, never to return... My energy levels and emotions stabilized... I found it very interesting to read later on, That the scientists are saying that sugar is as dangerous as heroin for the human body...

Read the book.. "Sugar Blues."

Just The other day, [♥] I was reading an old fable, the story of the woodcutter... The story goes this way:

An old woodcutter was coming back from the forest carrying a big, heavy load of wood on his head.

He was very old, tired of his routine work, tired of life itself. Life had not been easy to him. Every day going to the forest early in the morning, the whole day cutting the wood, then carrying the load back to the town by the evening.

He could not remember anything else, only this.. He was bored.. Suddenly, as a symbolic act, he threw the load.. That moment comes to all of us.. He throws with it the whole life.. He fell to the ground on his knees, looked at the sky and called Mr. Death...

"Ah, Death.. you come to everybody, but why don't you come to me? What more suffering have I to see? What more burdens have I to carry still? Am I not punished enough? And what wrong have I done?"

He could not believe his eyes... Suddenly, Death appeared.. He looked around, very much shocked.. Whatsoever he was saying, he had never meant it ... And he had never heard of anything like this, that you call Death, and Death comes...

And Death said, "Did you call me?"

The old man suddenly forgot all wearings or any bellings or all weariness, all tiredness, the whole life of dead work, dead routine..

He stopped... He jumped up and he said, "Yes... Yes.., I called you my dear friend... please, could you help me to put the load, the burden, back on my head? Seeing nobody here to help me, I called you... Thank you my dear friend."

 Thank you for your care and your share ...

The local news station interviewing an 80-year-old lady because she had just married for the fourth time..

"What is the work of your new husband?"

"He is a funeral director" she answered.

"Interesting!! But what about the first three husbands and what they did for a living?"

She paused for a few moments and a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her early 20's, then a circus ringmaster when in her 40's, then a preacher when in her 60's, and now in her 80's, the funeral director..

The interviewer looked at her, quite astonished and asked why she had married four men with such diverse careers..

She smiled and explained, "I married one for money, two for the show, three to get ready and four to go."

Ready for the last stop!!!

Alex, age 92, and Alice, age 89, are ready about their decision to get married..

They go for a stroll to discuss the wedding, and on the way they pass a chemist shop and Alex suggested they go in..

Alex asked the man behind the counter..

"Are you the owner?"

"Yes."

"We are about to get married.. Do you sell heart medication?"

"Of course we do."

"How about medicine for circulation?"

"All kinds."

"Medicine for rheumatism?"

"Definitely."

"How about suppositories?"

"You bet!!"

Medicine for memory problems, arthritis, and Alzheimer's?"

"Yes, a large variety.."

"What about vitamins, sleeping pills, antidotes for Parkinson's disease?"

"Absolutely."

Everything for heartburn and also for indigestion?"

"We sure do."

"You sell wheelchairs and walkers and canes?"

"All speeds and sizes."

"Adult incontinence pants?"

"Sure."

"Then we would like to use this store for our wedding presents list.."



How my husband died!!!!

Aisha was waiting for her husband Ahmed to return from office...

Things had changed since their marriage- from the loving couple they turned into fighting ones..

They quarreled everyday on every small thing... Aisha gave up thinking that Ahmed still loved her and surely won't be back home on time..

Ahmed too did not like how the things were going, she was so loving and caring in the initial days of marriage, but now everything had changed so radically, yet they still love each other...

It was 5.P.m. The bell rang and Ahmed came home..



He was smiling and had a bunch of flowers. Both of them were happy. But the phone in the bedroom was ringing... Aisha heard the voice of a man saying... "Hello madam I am calling from the police station.. Is it Mr Ahmed Malik's number???"

"Yeah, it is "

There was an accident and a man died, we got your number from the man's purse, we need you to come here and identify the body..."

Aisha was lost... whhhhat? B... But my husband is here with me..."

" Sorry madam the accident took place at 3:00 p.m. when the man was trying to board the bus "...

Ah... Ahmed is not here.. he was here.. but now not here ... am I watching a movie?

Oh God had she been given another chance she would mended all her faults..

Suddenly there was noise from the bathroom.. Ahmed came out, " I forgot to tell you dear, my purse was stolen while I was returning home..."

Moral: eventually, husband and wife, each will die..

So now while alive, you should strive to be kind to each other and live a happy life..



Over coffee in Rome..

Four Catholic men and a Catholic woman
were having coffee close to St. Peter's
Square..

The first man tells his friends,
My son is a priest and when people
walk into his room everyone calls him
"Father,"

The second man smiles and says,
My son is a Bishop and when he walks
into a room people call him "your grace"
The third says,

My son is a cardinal. When he enters into
a room everyone bows their head and says
"Your Eminence."

The fourth says very proudly, Well, my son
is The Pope. When he walks into a room
people call him.. "Your Holiness"

The older Lady is sipping her coffee
in silence, so the four men give her a look,
"Well ... what about you? She smiles and says..
I have a daughter. Slim ... Tall ... 36D breasts
24" waist and 36" hips ... When she walks
into a room, people say, "Jesus Christ!!"



Fighting couples...

Short Jokes...



Husband: Do you know the meaning
of wife?

It means, without information,
fighting everytime..

Wife: No darling, it means
With 1 diots for Ever

Husband: Today is Sunday and I have to
enjoy it.. So I bought 3 movie
tickets..

Wife: Why 3?

Husband: For you and your parents..

Why do married men gain weight while
bachelors do not?

Bachelors go to the fridge see nothing
they want and go bed..

Married men go to bed see nothing they
want go to the fridge...

Wife: "You always carry my photo in your
wallet. why?"

Husband: "When there is a problem, no matter
how great, I look at your picture..

And the problem disappears..
Wife: " You see how miraculous and
powerful I am for you?

Husband: " Yes! I see your picture and
ask myself what other problem
can there be greater than this
one? "



A Chinese Secretary got an expensive pen as
a gift from her boss. She sent him a Thank
you note on his email:

The boss was not home, so the wife
read it and filed for a divorce in court..
Her email read.. " Your penis is wonderful.
I enjoyed using it last night, The flow is
smooth and grip is wonderful..

Thank you a lot "

Moral of the story: " Space is an
essential part in English and avoid
employing Chinese secretary and if
possible Chinese products too.. "



K.I.S.S. is keep it short sweet heart
Keep it short ^{or} stupid..





I accept my stupidity and my sweet
hug and bug and kiss...

This is our totality in our divinity...
To be total is to go beyond the mind... The
mind is the creation of the society to enslave
us because the intelligent person is very
dangerous...

Let us wake up now and listen to our
inner child... to our inner joy... The mind
is a machine and we became a robot...

Be a rebel !!!

Back to your innocence...

The Society is very much afraid of blissful
people...

Bliss is such a tremendous experience that
one can sacrifice one's life for it, but
one cannot sacrifice one's bliss for
anything else...

One lives for bliss, one dies for bliss,
Once one has known what bliss is... Hence
The blissful person is absolutely beyond
the imprisoning forces of the society..

The society can only rule the miserable,
The mind power can only exploit the
miserable... just face your misery...

If you are miserable it is your own work,
it is your own creation, it is your own choice..
Let us change our decision.. drop it and be
natural...

Our very being is the bliss, is the kingdom
of God.. it is inside us and meditation is
the only key...

We can find the truth either out of
misery, or out of truth... But be aware
of the lies and lies are very comfortable..
So the person who is miserable cannot reach
truth... Just say yes to this now and accept it
as it is and change your feeling and be your
own master and your own healer and your
own lover... You are the power of Love...
Share your being...

When you breathe in, breathe in all the lies,
all the misery and suffering of all the beings
of the world, past, present and future... And
when you breathe out, breathe out all the
joy that you have, all the blissfulness that you
have, all the benediction that you have..
Breathe out, pour yourself into existence...



This is the method of compassion: drink
in all the suffering and pour out all
the blessings...

Yes! It is very simple..

Start being aware with day-to-day, routine actions and remain relaxed.. There is no need to be tense..

When you are washing the floor, what is the need to be tense? When you are reading what is the need to be tense...

No past tense, no future tense, be in the present tense...

Now or never... now-here or nowhere else...

Be in this moment... in this at-one-ment with the one...

This oneness is our only existence...

I am one with God.. so why be miserable?

There is not a single thing in life which requires your tension... It is just our pain-our unawareness and our impatience...

Why are we tense...

Take a deep breath and share your joy and your bliss and be aware of who you are... Yes! I am a living

Christ consciousness... And who is not?? We are the love and the light and the laughter...

Yes! Laughter is a door to our inner
treasure

Six golden rules for
Fxxxing...

These rules are so true..

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

So remember...

Fasting is good for your health, no
health no wealth and may God
cleans our dirty mind...

No dirty mind no clean laughter..



A store that sells new husbands has opened in New York City, where a woman may go to choose a husband...

Among the instructions at the entrance is a description of how the store operates:

You may visit this store Only Once!!!
There are six floors and the value of the products increase as the shopper ascends the steps..

The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!!!

So, a woman goes to the husband store to find a husband.. On the first floor the sign on the door reads:

Floor 1 - These men have jobs..

She is intrigued, but continues to the second floor, where the sign reads:

Floor 2 - These men have jobs and love kids... "That's nice" she thinks...

"but I want more."

So she goes up... The third floor sign reads:



Floor 3 - These men have jobs, love kids,
and are extremely good looking...

"Wow," she thinks, but feels compelled
to keep going up... She goes to the
fourth floor and the sign reads:

Floor 4... These men have jobs, Love kids,
are drop-dead good looking and help
with housework..

"Oh, mercy me!" She exclaims. "I can
hardly stand it!!"

Still she goes to the fifth floor and the
sign reads:

Floor 5.. These men have jobs, love kids, are
drop-dead gorgeous, help with housework,
and have a strong romantic touch..

She is so tempted to stay, but she goes
to the sixth floor... where the sign reads:

Floor 6 - You are visitor 31, 456, 789 to this
floor.. There are no men on this floor..

This floor exists only as proof that
women are impossible to please..

Thank you for shopping at the
husbands store.. The door
is open to go out...



please note:

To avoid gender bias charges, The store's owner opened a New Wives store just across the street..

The first floor has wives that loves
SEX...

The second floor has wives that love
sex and have money and like beer..

The third, fourth, fifth and sixth floors
have never been visited...



Life After Death..

Boss asks employee: "Do you believe that there
is life after death?"

Employee: "Certainly not, there's no proof
of it" he replied..

Boss: "well, there is now. After you left
early yesterday to go to your father's
funeral, he came here looking for
you."



A lie does not fly high... it fall down
soooooon...



We live in lies.

We talk about the truth but we live in lies and we have become accustomed to it.. We pretend that we know the truth.. it is our own creation, our own gossiping.. We invent lies and we enjoy it ... This is an ego trip.. The ego is the greatest lie in the world and others are our mirrors too... And when you create many believers in you, it gives you power...

Truth needs no believers...

Nobody has the right to believe...

Everyone has the right to know...



So let us be aware. When you are lying to somebody, if you saw it, ask to be forgiven... "This was a lie, and I was getting into my old trick again. forgive me please."

When a habit has become very deep rooted, it has to be hammered...

Become aware when you are just preparing to tell a lie. It is just on the lips, just on the Tongue: stop it, absorb it then and there.. And become aware when a lie starts arising in your feelings, in your heart...

If you can see these three awareness, lying will disappear and truth arrives and truth is freedom...

Truth is beyond structure..

Truth has no way because the mind creates the ways...

"Let thy will be done"

Truth is a bird on the wing, not a bird in the cage. The cage may be of Gold, may be studded with diamonds, but a cage is a cage and it cannot contain freedom.

Those who are capable of being free.. you have all the sky to fly higher and higher beyond all the bonds...

No one can teach you the truth.. but you can catch it... it is in us.. in the core of our heart... just go in.. in is our only inn...

Love is the only way to freedom... And Love is God...

And Love is enough unto itself...

To be in love is a great art... To fall in love is very easy but to remain in love is very easy too but how love can remain in this mystery?? To remain in love is very arduous..

Love is enough unto itself...

Marriage came into being because man was incapable of love and friendship. Marriage is a legal contract and a legal contract certainly cannot force a person to love another.. Love happens when it happens..



Marriage is a legal law; it is ownership, private ownership.. It is a license to own the woman..

Just as you have a dog license, it is a license. You are the owner... my wife... my husband, my children, my home, my ^{car} car... my shoes...

Love should be the primary phenomenon, and then you can be together.. The togetherness should be a friendship and a responsibility.. No law is needed to create that caring and that responsibility; law is beyond love.. and it will destroy your love, your friendship...

The more we become alert and the more we become conscious, marriage is going to disappear... Instead of marriage there will be friendship..

Instead of wife and husband, it will be girlfriends and boyfriend.. If marriage comes first, there is no love, it is a forced mind arrangement and they use each other and love is very dangerous for the society... If you are in love you don't go for killing... why wars? why not warm arms to hug? Are we born to die in peace or in pieces?? What are we here for? let us listen to our heart not to our head!!!

46 You listen to your heart no need to any hurt. Now you know something about real richness... you go beyond any mind power, beyond any inhuman jobs... you don't allow any mafia to use you.

Once you kill love—and marriage is an effort to kill it—once you kill love, then the energy of the person that is no longer moving into love is available for the society to exploit...

It is true that the rich exploit the masses, but also the powerful leaders too—Russia and China and many others also exploit the masses.

So the point is not who who exploits, the point is that unless we produce so much that the need for exploitation disappears,

The most important step is that the world should be provided with more richness than it needs; only then will exploitation disappear, otherwise there is no hope for peace but global wars... global madness... Is there any hope? Yes!

The question is two-sided. One is the extrovert side: the earth has to be provided with ~~with~~ more facilities than are now available...



And it can be done by science today;
There is no problem about it.

Science can produce as much wealth
as we need, or even more; so not to
worry at all.. it is very easy. It is
not really a political problem; it is changing
more towards being a scientific problem; more
Technology, more industry, more science, and
in tune with ecology...

Then the earth need not in any way
suffer from exploitation...

This is the outside of the problem, and the
inside of the problem is to change the greed
for having more than others, because even if
the earth has enough there will be mad
people, the egoists, who would like to say
that they have more than you have..

So on the inside the greed has to disappear,
on the outside more science is needed, the science
of the self and the soul and the spirit.. To be
a sage.. to be who we are.. So more

meditativeness is needed or we can call it
science and religion..

Science will help to produce more and religion
will help to make you less greedy.. This is
the solution that is going to help, not
communism, not socialism....

We are the cause and we are the cure..
Let us be the change that we want to see
in the world... if not you and me who
else? If not now when??

Am I walking my talk? Yes! But we are
very few, mainly in the Arab world.. just
a small river in the desert...

We are only two beings in Lebanon..but
better than none... And better than Nun...



Sister Agnes, Theresa, Margaret and Rita go
out for a walk from the convent... They enter
the local liquor store and order a bottle
of whiskey...

Sisters, you should not be drinking hard
liquor...

It is not for us.. This is for the Mother
superior's constipation..

He sells them the whisky and the nuns leave..
Later as he closes the stores and walks down the
street, he finds the nuns sitting under a tree
gorging in turns from the bottle...

"Sisters!! I am shocked, you told me that
booze was for mother's constipation..."

"It is"... Says sister Theresa.. "when
she hears about this she will
shit herself..."



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

However, he does not have enough money to buy a horse, so he decided to buy a donkey instead and enters him into a race...

To his surprise the donkey comes first in the third row... so he comes third. The headline on the sport page reads

"Priest's Ass Shows"

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

"Priest's Ass Out Front."

The bishop is so upset by this kind of publicity that he orders father Murphy not to race his donkey again.. The headline reads...

"Bishop scratches Priest's Ass."

This is too much for the bishop.. so he orders father Murphy to get rid of the donkey... He gives it to sister Angelica and the headline reads "Nun has best Ass in Town."

The bishop faints... he then informs sister Angelica that she must dispose of the donkey... She sells it to Vic for ten dollars..

The next day the bishop is found dead on the dining room table... Why???





yes! Dead with a newspaper clutched
in his hands.. The headline reads.
"Nun Sells Her Ass For Ten Dollars."

♡
The new priest was coming to visit and
the mother gave little Sara some words
to say ... "If he asks your name say Sara,
and if he asks how old are you say
you are eight years old and if he
asks who made you, say God made me."

The priest came and putting down his hat
and Bible saw little Sara and patting her
head asked ... "What is your name little
cuty ? " "Sara " " And how old are you
Sara ? " Eight years old said mom "
" Well, well, isn't that fine.? Do you know
who made you Sara ? "

The little girl hesitated for several
moments and then she replied ... " Mama
dill tell me the man's name but I have
gone to play and forgotten it. "

♡
An optimist says.. " Good morning God! "

A pessimist says .. " My God!! morning again!! "



What is your choice? What is your feeling?
An Optimist believes we live in the best
of all possible worlds...

A pessimist fears this is true
pessimism is nothing but the failure of optimistic
attitudes.. Then you start counting the Thorns and
ignoring the roses... Then you look always for
the darker side.. This is the philosophy of
pessimism...

And when you always look at the dark
side, of course, there are two nights and one
small day sandwiched between two dark nights..

Optimism ends in pessimism...

Every pessimist has been an optimist once...he
is an ex-optimist... He hoped too much and because
those hopes were not fulfilled he has become
sour, angry, enraged...

Now he cannot see the flowers and the stars..
He can't see anything beautiful; he goes on looking
for the ugly. And when you look for the ugly
you will find it at every step...

Whatsoever you look for you are bound
to find it, remember, because life consists of
both, positivity and negativity, in the same
quantity.. Life cannot exist without the
other; the other pole is a must...



Don't be a pessimist and don't be an optimist.

Just watch... Be a watcher....

And attain to the ultimate synthesis where you become a third force rising higher and higher and seeing from above, a bird's eye view..

Deep down everything is in conflict, but it is okay because you understand it cannot exist without it. It is not God's fault... There is no God as a person who can be blamed for it...

It is just the nature of things, the existence functions through duality, through the two forces...

But consciousness can soar so high that it can transcend all duality and can reach to oneness...

We are one with the drop and the wave and the ocean... This oneness is our birthright... But we are not aware of who we are...

The real meditator is neither good nor bad, neither pessimist nor optimist...

He or she lives in a kind of suchness.. of isness, in total acceptability.. Love yourself as you are and you meet the soul and the spirit...





You are bodymind and self soul spirit...
You are the divinity of this trinity...
You are beyond words and worlds...
All what you feel and what you know and
what you see is just one drop of the
the ocean...

You are the center and the circumference and
this is what spirituality is ... But we have to
change our center so the circumference automatically
goes through a transformation...

Change the center, that is spirituality...
Spirituality is an inner revolution. It certainly
affects your behavior but only as a byproduct.
Why? Because you are not your body.. you
are awareness .. you are energy of light
and love and life.. become more alert,
more aware, be a verb not a noun..
So your action will be different. It has a
a different quality, a different flavor, a different
beauty, but not vice versa....

Spirituality belongs to your essential being..
You are a whole and a holy spirit.. you
don't need any church.. your body is
your dome... is your home and you
are crossing a bridge...

We are never born and we never die,
from bridge to bridge is our only
pilgrimage...

The spiritual person is not a person.. not
a persona... not a mask... you don't belong
to any dogmas, to any sect... you are
not a Hindu nor a Lebanese... you don't
belong to any land.. to any law.. to
any religion... to any club...

Truth has no bonds but beyond
any dimensions... spirituality is one,
religions are many... let us change our
inner transformation... How?

From emotion into compassion... from
religion to spirituality... from sex to
superconsciousness... from head to heart...

Spirituality is rebellion, religiousness
is orthodoxy... spirituality is individuality,
religiousness is just remaining part of
the crowd psychology...

To belong to any religion is to keep
you a sheep.. to keep you a
number not a member...



Let us remember that we are
not a number ... not a crowd...

But a unique individual ... Be aware
of your divine individuality...



You are a flute on the lips of God or on
the lips of the whole existence...

The real person, the authentic being, the
individual, is neither inferior nor superior;
you are simply yourself .. Don't compare
yourself with others, the idea of being
a copy paste robots is not for us...

Be aware of your mind.. This is
the ego, only an egoless consciousness attains
to individuality... attains to unity, one who
has become a crystallized being ... who
has become one with the one... This
oneness is our birthright...

When you are an individual you need
not believe in individualism. When it is a
Truth of your being, belief is not needed.

No one has the right to believe, everyone
has the right to know... The believer is a
parrot, the knower is the treasure....



Love is the only power... The only treasure..

While a man was polishing his new car, his 6 year old son picked up a stone and scratched lines on the side of the car...

In anger, the man took the child's hand and hit it many times; not realizing he was using a wrench...

At the hospital, the child lost all his fingers due to multiple fractures...

When the child saw his father.... with painful eyes he asked, "Dad when will my fingers grow back?" The man was so hurt and speechless he went back to his car and kicked it a long lot of times...

Devasted by his own actions, sitting in front of that car he looked at the scratches; the child had written "Love You Dad."

The next day that man committed suicide. Anger and love have no limits; choose the latter to have a beautiful, lovely life...

Things are to be used and people are
To be loved...

But the problem in today's world is that, people are used and things are loved..

During this year, let us be careful to keep this thought in mind:



Things are to be used, but people are to be loved ..

Watch your thoughts; they become words..

Watch your words; they become actions..

Watch your actions; they become habits..

Watch your habits; they become characters;

watch your characters; they become your destiny ..

So be aware of your thoughts...

A thought is a destiny..

What are you thinking now... face it...
you are the master ... change it ...

Be less a thinker and more an experienter..

Truth has to be found in a state of no-mind,
in living beyond mind, in just living
and rejoicing in living without thinking
about it..

Truth is within us, just be silent and know
it... Thinking keeps you occupied, so much
busy that you cannot know the Truth.. It
is so near and no need to go far.. It is
in the core of our heart... from head to
the center of our being is our bliss.. is
the source of our consciousness...
The root of our existence...





Existence Loves all... It is our mirror..
It echoes us... At the center be meditative,
at the circumference be loving and you will
see the whole existence changing... As you
change the whole existence changes with
you...

So watch yourself... Listen to your Thought...

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

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

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

The daughters in law, being women,
shed a few tears, but they were all
puzzled by one sister who wailed so much
as if she was her mom or her daughter..
or her loss..

Her friends asked her, "Forgive us for asking
but why are you crying so hard.. We did not
realize you were so close to your mother-in-law?"
To which she replied, "No we are not close at all..
She missed the bus!!"



It was a practical session in the psychology class...

The professor showed a large cage with a male rat in it... The rat was in the middle of the cage..



Then, the professor kept a piece of cake on side and kept a female rat on the other side..

The male rat ran Towards the cake and ate it.. Then, the professor changed the cake and put some bread...

The male rat ran Towards the bread.. This experiment went on with the professor changing the food every time.. And, every time, the male rat ran Towards the food item and never Towards the female rat...

Professor said: This experiment shows that food is the greatest strength and attraction even to the rats...

Then, one of the students from the back rows said: "Sir, why don't you change the female rat? She may be his wife..."

yes!! Change is constant law!!!

Smart change ...

A worried woman went to her gynecologist and said: "Doctor, I have a serious problem and desperately need your help !!! My baby is not even one year old and I am pregnant again... I don't want kids so close together."

So the doctor said: "Okay and what do you want me to do?"

She said: "I want you to end my pregnancy, and I am counting on your help with this!"

The doctor thought

for a little, and



after some silence he said to the Lady:

"I think I have a better solution for your problem.. It's less dangerous for you too."

She smiled, thinking that the doctor was going to accept her request ...

Then he continued: "you see, in order for you not to have to take care of two babies at the same time, let's kill the one in your arms... This way, you could rest some before the other one is born.. If we're going to kill one of them, it does not matter which one it is..."

There would be no risk for your body if you chose the one in your arms."

The mother was horrified and said:
"No doctor!! How terrible!! It's a crime to kill a child!"

"I agree," The doctor replied.. "But you seemed to be okay 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 is already been born and one that's still in the womb.. The crime is the same!!

What is a crime? 

That which goes against nature, that which goes against your self, your being, is a crime.. And how to know that crime?

You start feeling it... it registers in our mind and heart... You are the book of God.. just read it ... If we do something we are ashamed of, we feel it and also if we do good we feel it.. but who is aware of this balance?



You can watch it, you can observe it...

Every moment, you are creating yourself; either a grace will arise in your being or a disgrace... nobody can avoid it...

Just watch your mind... watch your self... once you understand what you are planting in your life you will be aware of the results...

Just watch what you are eating...

If you eat good no doctor is needed, if you eat bad no doctor can cure you.. Food is our blood... our body and our health. So be aware of  

Your health ... no health no wealth... Health is our whole and holy life... so when I hurt myself I hurt every self...

I feel angry.. I feel fear... I feel sad and miserable ...

I am the cause and I am the cure and this is how I learn ... Cancer is the answer.. no pain no gain... so what to do?

I can change only myself... Be the change you want to see in the world.. meditation is the key ... we have it... so why not use this master key ???

Once you know the key, your life will never be the same again...

You can unlock any door... And the master key is to celebrate everything...
Worship not warship...

Celebrate not celebrate...

So be aware... awareness is our isness...
A small key can open a very big lock..

The person who is living in a dream, is deep asleep, has a nightmare, is being tortured, is being killed... Then he wakes up but we are still dreaming day and night...

But once we are aware of who we are, then we are no more dreaming but being the freedom itself...

So let us be aware. Bring awareness to our life.. Act with more awareness... with the right awareness, without any tension, just relax and see and be without making any effort...

And once you have learned the knack, once you have known even a single moment of awareness without tension, you are on the right track; you will never be the same person again... you are not a person but a human becoming...





The ordinary so-called human being is always dependent on the crowd.. He cannot exist on his own, he is afraid to be on his own ... He or she has no will of his own, no intelligence of his own.. He needs the crowd, the father-figures, ready to be a slave, now he is no more responsible ...

The real human being is alive in flowing and glowing in his freedom and his ways... He will not be part of the crowd; he will have his individuality.. He cannot follow the herd, the mob... He will be so conscious, so alert and aware of his own path and his own freedom..

The real man will be a real rebel against all that is wrong, against all that is inhuman. He will be able to surrender in love and be a master of his own being... And he will be able to help others and plant peace not war..

A human being is born only when all the past has died.. And to be human is the beginning of being divine...

We have to be a Christ not Jesus.. a state of ultimate consciousness when one realizes oneness with the whole, when one feels

"I have come home."



We don't know the real home we create a small home and we cling to it.. This is a sort of consolation... We don't have any home on this earth.. The home is inwards, very deep in the core of our heart, of our being.. But to go there is a long journey and very hard and very dangerous...

All what we see as Towers and palaces are graveyards... no life but dead energy... it is like a blanket...

When we start looking at our real home all ideas about the outside disappear... yes! play the game but be aware that it is only a game... make it comfortable but it is not my home..

The home is inside... The Kingdom of God is within.. is in eternity... You were not here one day, and you will not be here any day.. Nothing belongs to us, soon we are leaving...

One is a homeless wanderer in the very nature of things.. No time and space and place.. Thanks to this grace...

Let us enjoy our trip from bridge to bridge and celebrate this pilgrimage with bliss and love... and laughter..

A nice, calm and respectable Lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide..."

The pharmacist asked, "Why in the world do you need cyanide?"

The Lady replied, "I need to poison my husband!!"

The pharmacist's eyes got big and he asked, "Oh! Why? Lord have mercy!! I can't give you cyanide to kill your husband.. That is against the Law!! I will lose my license! They will throw both of us in jail!! All kinds of bad things will happen.. Absolutely not!! You cannot have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with a woman... and this woman is the wife of this pharmacist...

He looked at the picture and replied..

"You did not tell me you had a prescription!!"



An elderly man was stopped by the police around 2 a.m and was asked where he was going at that time of night..

The man replied, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? who is giving that lecture at this time of night?"

The man replied, "That would be my wife.."



♡
A woman had sued her local hospital saying that after they treated her husband recently he had lost all interest in sex...

A hospital spokesman replied "The man was admitted in ophthalmology... And all what we did for him was corrected his eyesight"





A husband frantically calls hotel management from his hotel room,
"please come fast I am having
an argument with my wife and she
says she will jump out of the
window of your hotel!"

The manager responded,

"Sir, that is a personal matter."
Husband: "You idiot, the window won't
open!! That's a maintenance matter!!"



So why live in adultery? Open the door and go
live your love... why make love when you are
not in love? She may be your own wife but
if you are not in love it is lost...

You may be in love with your wife or your
husband... yes! it is difficult and very rare too,
but it happens.. Also it happens with whom
you are not married...

If love is there then it is a prayer..
And if love is not there, then even with
your wife or husband it is adultery... Even if
your love is not with yourself or your
kids or friends... it is adultery... Be honest
and be free...

Whatever we said and we need is simple: start being aware with day-to-day life, remain relaxed... No need to be tense... whatever you are working let it be a work meditation..

Tension is inside us not outside us.. It is in your own style of life... you are living in competition... That will create tension... you are living in a continuous comparison.. You are always thinking either of the past or of the future, and missing the present which is the only reality... that is the cause of our misery.. Be in the now-here... Be yourself.. as you are, you are perfectly good... Accept yourself...

Just find your own talent. Nature never sends any single individual without some unique gift.. just let us go in and find our inner treasure ...

The whole existence is living in constant celebration, except man.. He is sitting aloof, tense, worried... "Death is coming closer and I have not even started living..."





Just live the moment...

Take a deep breath and be aware of this bliss...

And whatever Talents you have, use them to the fullest...

One of the mystics in India, Kabir, was a weaver... He had Thousands of lovers even kings but he never stopped doing what he loves...

So let us live our talent... do what you love and money will follow and will flow... What else can I do? If I don't read and write and speak what for I am here?

Our inner treasure is the same but with different shapes... The same wine but with different cups... let us be drunk with the wine of God... Then life will not be just an ordinary, routine work.. but a dance from cradle to grave...

And existence will be immensely enriched by your grace, by your silence.. by your awareness...

You will not leave the world without contribution from our inner treasure



Any act done with love, with totality
becomes our prayer...
our divinity...
our unity...

Yes!! Our divinity [♡] is a myth... very far
from the facts, from the words.. it is
in deep down within ourselves..

History cannot go deep inside you. Only
poetry can.. It is beyond time and place..
The Masters have always believed in the
spoken word; not in the written books..

When you are reading in a book it
is only a word; when you are listening
to a Christ it is more than the word.

The presence of the Master is overpowering!!
Before the word reaches you, the Master has
already reached; he is already overflowing
you... Your heart is breathing with the
Master, beating with the Master in the
same rhythm..

This Touch is beyond time.. it is a
communion, an invisible link... I don't
see the Sun but I feel the its
Touch...



yes!!

You are one with the beloved.. It is like passing through a garden: even though you have not touched a single flower, but when you reach home you can still feel the fragrance of the garden; your clothes have caught it, your hairs have caught it; the pollen of the flower was in the wind.. it has become something part of you...

So our soul is part of existence but the mind is part of the facts, of the events, of the history but our being is part of the mystery...

The pilgrimage of the consciousness is endless.. So be aware of the history of Hitler and a higher history, the human evolution... by Christ and Mohammad.. So be a watchful, be a childlike... life is only a play... Religion lives only through celebration not through laws and sects...

Be sincere but don't be serious..

When you become serious you fall apart
when you laugh the whole world
laughs with you...



When you cry, you cry alone ...
People are ready to share with you
if you are happy ...

If you can laugh a heartfelt laugh,
it is prayer ... If you can dance to
abandon, it is prayer ... If you can sing
your being, that is prayer ...

And there is no need to take
religion seriously ... Seriousness is illness ...
Children are not serious, because they
are very close to the source of life ...

The birds are not serious; nobody
has ever come across a bird who is
serious ...

The trees are not serious; nobody
has ever seen a tree serious ... It is all
joy ... it is continuous celebration ...

Even when a flower is dying and the
petals are falling there is no seriousness
at all; even in the dying flower you
will see joy and beauty and thankfulness ...
And that's how we should live and die ...

Life is a dance from God with
God towards God ...

Keep dancing and be the dance ...



You are the dancer ... You are the wave and the ocean... just look in the sky without looking for something... simply look. Suddenly a moment comes when you are attuned to this Look of not-looking..

Look at a small child the first day born.. He has the same eyes as a sage or like a madman... His system is liquid, not yet fixed.. everything is floating...

So a child looks without looking at things just looking... like a madman who has fallen out of the society.. drop out of your mind and listen to your inner heart and see the world as it is, we see it as we expect it to be seen, we project something onto it. we see things according to our own conditioning.. you hear whatsoever you expect, then you see and hear things which are not true, then a subtle hallucination..

Let pure clarity be in the eyes, in the ears, in all your senses, only then the existence can be revealed to you..



And when you know existence, then
you know that you are a Christ,
a godliness, because in existence
everything is divine...



Then there is nothing good, nothing
bad; nothing ugly, nothing beautiful..
and reaches the highest awakening.

The clouds that wander through
the sky have no roots, no home; nor
do the distinctive thoughts floating
through the mind... Once the self-mind is
seen, discrimination stops.. And the
same is through for our thoughts...

So be a witness, watch your thoughts
floating.. They stop by becoming aware..

So be yourself, you are a being, you
are already that, no need to become
anything..

Look at the sky: spring comes and the
whole atmosphere is filled with birds
singing, and then flowers and the fragrance..
And then comes the fall, and then comes
winter, and then comes the summer and
the sky is still watching by giving and
receiving...



To love is difficult, but to receive love is almost impossible. WHY??

Because to love is in a way simple, you are giving something, you have the upper hand, you are the given, and the other is at the receiving end... Your ego feels puffed up. Receiving, your ego feels hurt. Receiving love is more difficult than giving love.. And one has to learn both.. to give and to receive..

And to receive is going to transform you more than giving can do, because in receiving love your ego starts disappearing..

When somebody gives love to you, you become a little resistant, you protect... You create a wall... a subtle wall; you show as if you are not much interested..

Love is such a nourishment, but you don't want to show that you need it. Don't be a miser in giving and in receiving too.. Do not turn away what is given to you... you will never know when the grace will come again... Go into the known and into the unknown.. And go dancing, go joyously, because in meditation nothing wrong can ever happen to you.. in meditation, only blessings are possible.. ☺

Do good and don't ever stop doing good !!!

A woman baked bread for members of her family and an extra one for a hungry passerby...

She kept the extra bread on the windowsill for whosoever would take it away...

Everyday, a hunchback came and took away the bread. Instead of expressing gratitude, he muttered the following words as he went away...

"The evil you do remains with you:

The good you do, comes back to you!!"

The woman felt irritated.. "Not a word of gratitude" she said to herself...

"Everyday This hunchback utters This jingle!! what does he mean?" she said. And she decided to get rid of him... She added poison to the bread she prepared for him!!!

As she was about to keep it on the window, her hands trembled... "What is this I am doing?" she said...

Immediately, she threw the bread into the fire, prepared another one and kept it on the window sill....

As usual, The hunchback came, picked up the bread and muttered the words: "The evil you do, remains with you:



The good you do, comes back to you."

Everyday, as the woman placed the bread on the window sill, she offered a prayer for her son who had gone to a distant place to seek his fortune.. for many months, she had no news of him... She prayed for his safe return..

That evening, There was a knock on the door. As she opened it, she was surprised to find her son standing in the doorway..

He had grown Thin and Lean.. His garments were Tattered and Torn... He was hungry, starved and weak. As he saw his mother, he said, "Mom, it is a miracle I'm here..

While I was but a mile away, I was so hungry that I collapsed.. I would have died, but just then an old hunchback passed by...

I begged of him for a morsel of food, and he was kind enough to give me a whole bread.. As he gave it to me, he said, "This is what I eat everyday: today, I shall give it to you.. your need is greater than mine."

★ As the mother heard those words,
her face turned pale...

★ She leaned against the door for
support.. She remembered The poisoned

★ bread that she had made that morning..
Had if she did not burnt it in the fire, it
would have been eaten by her own son,
and he would have lost his life !!!
It was then that she realized the
significance of the words:

" The evil you do remains with you:
the good you do, comes back to you !! "

Do good and don't ever stop doing good,
even if it is not appreciated at
that time...

♡
Share your jokes too ... Life is only a
joke...

A mother in law said to her son's wife
when the baby was born...

" I don't mean to be rude but he doesn't
look anything like my son "...

The daughter in law lifted her skirt
and said: " I don't mean to be rude either
but this is a pussy, not a fucking
photo copy !!! "

♡

 Let us copy from our heart...

A woman came out of her house and saw three old men wearing white shabby clothes sitting on a bench outside her home.

The woman felt sympathy for them, so she said.. "It seems you all are hungry, please come inside and have something to eat."

Is your husband at home?

"No" she said.. "He is out"

"Then we cannot come in," they replied.

In the evening when her husband came home, she told him what had happened..

"Go tell them I am home and invite them in" he said..

The woman went out and invited the men in..

We do not go into a house together !!

Why is that? she asked..

One of the old men explained..

My name is Love

His name is wealth..

And pointing to the third one.. He is success..

Then he added, "Now go in and discuss with your husband which one of us you want in your home..."



The woman went in and told her husband what was said...

Her husband was overjoyed..
How nice!! Since that is the case, let us invite Wealth.. Let him come and fill our home with wealth!"

His wife disagreed... "My dear, why don't we invite Success?" Their young daughter was listening to the conversation..

She jumped in with her own suggestion:
"Would it not be better to invite Love?
our home will then be filled
with Love!!"

"Let us listen to our daughter's advice," said the husband to his wife.. "Go out and invite Love to be our guest."

The woman went out and asked the three old men.." Which one of you is Love? please come in and be our guest."

Love got up and started walking towards the house.. The other two also got up and followed him..

Oh! surprised, the lady asked wealth and success...



" If only invited Love, why are you coming in? "

The old men replied together:

" If you had invited Wealth or Success, the other two of us would have stayed out, but since you invited Love, so wherever He goes, we go with him...
Wherever there is Love...

There is also Wealth and Success..
♡

Love is God... Love which is born out of meditation, not born out of the mind... our love is only a mind phenomenon; it is biology, it is physiology, it is psychology, but it is not eternal... Eternal is of the essential being..
♡

Never think of Success. Success is a natural byproduct. If you work really sincerely upon yourself... Success will follow you just as your shadow follows you..
♡

The real wealth is by knowing your inner treasure... by being yourself..
Do what you love and money will follow you
♡



Do what you Love and life will follow you..
Just share your joy. It is like a cloud
full of rain which want to shower.. It
is like a flower full of perfume
which want to share with the winds, and
is grateful that the wind accepts it, that it
is not rejected...

A follower is a very ordinary thing.. Be
a fellow traveler... a friend.. a soul friend..
So be a lover of christ then you can be
a lover to any Master... Truth is one in
different cups...

Love yourself and you love every self..
Love your feelings and no pain no gain..

Too much anger injures the liver
Too much fear injures the kidneys
Too much sadness injures the Lungs
Too much thinking... worrying injures
the spleen..

Too much joy and too much excitement
injures the heart..

Too much emotions injures the
core of our beings...
from emotion to compassion is our vision
♡

When passion is transformed it is called
Compassion,...

Compassion means you have transcended
biology, you have transcended physiology..
You are no more a slave, you have become
your own master..

Compassion is the highest power of love..
of life and prayer and laughter..
Only compassion is therapeutic, because all that
is ill in man is because of lack of love..

All that is wrong with man is somewhere
associated with Love..

He has not been able to love, or he has
not been able to receive love. He has not
been able to show his being...

That's the misery...

That creates all sort of complexes inside
These wounds inside can surface in many ways:
They can become physical illness, They can become
mental illness, but deep down man suffers from
lack of love.. Just as food is needed for the
body, love is needed for the soul... The body
cannot survive without food, and the
soul cannot survive without Love...

Love is beyond words and worlds..



Love ...

Remember not to hoard your love
or calculate ...

Don't be stingy ... You will miss life..
Let your love bloom and share it, give it,
let it grow and glow and flow..

A great King had three sons, and he wanted
to choose one to be his heir... And it was
very difficult, because all three were very
intelligent, very courageous. And they were
triplets, all the same age, so there was no
way to judge. So he asked a great sage,
and the sage suggested an idea..

The King went home and asked all three
sons to come. And he gave them each one bag
of flower seeds, and told them that he was
going on a religious pilgrimage...

"It will take a few years, one, two, three,
maybe more. And this is a kind of test for you.
These seeds you will have to give back to me
when I return.. And whosoever protects them
best will become my heir." And he left
for the pilgrimage..

The first son thought, "What should I do with
these seeds?" Let us read what he did??

He locked them in an iron safe...
because when the father comes back,
he would have to return them as they were.



The second son thought, "If I lock them up
as my brother has done, they will die. And a
dead seed is not a seed at all" So he went
into the market and sold the seeds and
kept the money. And he thought, "When my
father comes I will go to the market, buy
new seeds, and give him back better than
the first."

But the third went into the garden
and threw the seeds all over the place..
After three years, when the father came
back, the first son opened his safe.. The
seeds were all dead, stinking... And the
father said, "What!! These are the seeds
I have given to you? They had the possibility
of blooming into flowers and giving great
perfume... and these seeds are stinking!!
These are not my seeds!" The son insisted
that they were the same seeds, and the
father said, "You are a materialist!!"

The second son rushed to the market,
purchased seeds, came back home and gave
them to his father...

The father said, "But these are not the same. Your idea was better than the first, but you are not yet as capable as I would like you to be.. You are a psychologist.."

He went to the third, with great hope, and fear too: "What has he done?" And the third son took him into the garden and there were millions of plants blooming millions of flowers all around... And the son said, "These are the seeds you gave me. As soon as they are ready, I will collect the seeds and give them back to you."

The father said, "You are my heir.. This is how one should behave with seeds.."

The hoarder will not understand life, and the calculating mind will also miss it.. Only a creative mind can understand it.. That is the beauty of flowers, They cannot be hoarded.. They represent God: God cannot be hoarded... They represent Love: Love cannot be hoarded..

It is not the seed but the flower has remained a symbol of love... down the ages, in all the countries, for all kinds of societies.. Love is like a flower...

when the flower starts blooming in you,
you have to share it, you have to give..
And the more you give, the more Love
grows.

If you go on giving, a day comes when
you become a constant infinite source of
Love... This is who we are and beyond
all the dimensions... The river keeps flowing..

And compassion is such a depth of Love
that one is willing to do whatever it
takes to bring awareness to a situation.

Let us remember this treasure that
happened in Jesus' Life... He took a whip
and entered the great temple of Jerusalem..
A whip in the hand of Jesus? Yes!!!

This is the meaning of what Mohammad
said "An unwounded hand can handle the
poison.." Yes! Jesus can handle a whip, no
problem; The whip cannot overpower him..

He remains alert, his consciousness is such...
Alto the sword in the hand of Ali and in
the hand of a lover of love and
life and light... Jesus loves us all
even the sinners and the saints and
the Sages....



Why he did it?

The great temple of Jerusalem had become a place of robbers; a subtle robbery was going on. There were money-changers inside the temple, and they were exploiting the whole country...

Jesus entered the temple alone and what he did is out of his love.. He upturned their boards, the boards of the money-changers... He threw their money and created such turmoil that the money changers escaped outside the temple...

They were many and Jesus was alone, but he was in such a fury, in such a fire!!! why? Because He loves us... His love is from the love of Allah... And he wants to cure our pain and our ignorance and heal the devil in us... evil can be live too...

Now, this has been a problem for the Christians... How to explain it? because their whole effort is to prove that Jesus is a dove, a symbol of peace.. How could he take a whip in his hands? How could he be so angry, so enraged, that he uprooted the ignorance and upturned the boards of the money changers and threw them out...

The temple is a sacred place for the lovers of God... lovers of peace and who is not a brother of Jesus? All of us are a royal family... We all belong to the kingdom of God...

So the energy of Jesus is his love to us... His energy must have been a storm; they could not face him..

The priests and the business people and the money-changers all escaped, shouting...

"This man has gone mad!!"

Yes! lovers are made too...

Christians avoid this story... There is no need to avoid any truth... any love... Buddha said this...

For an unwounded hand may handle poison

The innocent does no harm...

Just be a childlike... Children knows only love... Listen to our inner childhood...

Jesus is absolutely innocent!! He is not violent, he is not destructive... it is his compassion, it is his love.. The whip in his hands is the whip in the hands of love... The more we are aware of who we are... "who I am makes a difference."

I don't know what to do... I am feeling a great need to a new step... There is no limits for us...

Knowing that "I am not a body" is the beginning of our great pilgrimage.. Then knowing "that I am not the mind either" is a further step. Then finally knowing that "I am not even my feelings," is the last step...

With these three steps the journey is over because on the fourth step you will discover your treasure... you will be your being and it is so vast, infinite, as vast as the ocean, as vast as the sky...

To experience it is to experience God. And to experience it is to experience bliss, ecstasy..

That is the only experience worth seeking and searching for...

No wonder why we are together.. we are the reader and the writer... the horse and the rider... the car and the driver... we are the matter and the master who did this matter... we materialize any thought...

Jesus said we can move the mountain... And this is our challenge and this is our change...

Don't stop on any step... let every moment be a new challenge... from one peak to another... let us wonder and wander without any burden, any ego... Then even if you fail in a challenge, you are not miserable. You are still happy that you accepted it... no pain no gain...

If you succeed there is no ego in it. You are simply thrilled, and you are ready to move ahead...

For a real lover of challenges, success and failure mean nothing.. The whole value is in the challenge and the response, and the thrill that comes between crucial moments when on this side is death and on that side is life... The bridge is so narrow, just like a razor's edge..

One false step and you fall in the abyss... then you live the peak of the bliss... of consciousness... just on the cross...

Let thy will be done..

I am no more only God is ...

Let go and let existence be the only isness... The only truth.. That is the beauty in mountaineering... Nothing is going to be achieved but the very thrill...

A moment comes when each breath is a risk, as if time stops, thinking stops.. You are fully awake, all the nerves of the mind fully awake...

That is why one feels so beautiful in speed.. It has nothing to do with the ego.. So enjoy...

The whole life is an adventure, it should be an adventure with your treasure...

It's okay, but go ahead, do something bigger. And an egoless person, when he succeeds, he is happy, he dances... When he fails, still he dances, because it is not a question of achievement or failure... It is a question of trying, it is a question of living in critical moments, in dangerous moments... It is the thrill that is valuable..

So there is nothing to be worried about just go on accepting challenges... And challenge is a constant change, and life is a constant change...

To accept the nature of life, to accept this changing existence, with all its seasons and moods, this constant flow is our blissfulness, is our existence...

You are so right... Jump in the ocean and then think... If you think you don't like the risk... This is the quantum Leap.. it is the disappearance... you are no more.. no past and no future now or never...

There is no thinker in you but only a process of thought... let thoughts disappear and the thinker will disappear.. so no-self, no ego.. the quantum Leap has happened..

Searching inside you there is no one.. you are not.. Then there is no question of 'How' and no question of 'where'... It has already happened... Only God... only existence... only the stillness beyond words....

So be aware of your mind... of your moods... Be your own master and you are free to be what you want or who you are...

I have the book that I love and it is my best companion and I am still looking for a commune where I can live this now... now-here or nowhere else is our only life and love and light and laughter.. Yes! A laughter is a door to the divine...



A Canadian, an Australian, and a Homsí are in a bar discussing, the mental abilities of their wives..

The Canadian says, "you know, my wife must be the most stupid woman in the world... don't ask me why... She is so stupid, she went to a supermarket sale and bought \$900 worth of meat, and she does not even have a freezer !!! "

The Australian says.. "that's nothing! My wife went out last week to a showroom and bought a brand new \$30,000 car, and she does not even have a license!!"

"Oh.. listen to me.." The Homsí said, "My wife is a lot dumber than that... She is much more stupid than any woman... Last week she left for a holiday in Beirut with a pack of 20 condoms!! Hell, she does not even have a penis.."

♡
A young man saw his grandpa sitting on the porch naked from the waist down.. "Grandpa, what are you doing? why are without underwear?" "Well, this is an idea of your grandma.. Last week I was sitting here with a bare chest and got a stiff neck!!"
♡

What do I want now?

What is my desire?

All desires are insane... all needs... all what I want are living in the future, and the future does not exist at all...

What exists is the present..

To live in the present is the only sanity there is, but to live in the present we have to drop all desiring..

You are sacrificing the present for the future, and the present is and the future is not. Sacrificing that which is, for that which is not, is insanity, sheer insanity...

But that is what all of us are doing... desires are crazy. They make you sad in two ways.. If they are not fulfilled you will be sad, frustrated. If they are fulfilled you will be sad and more.. All is illusions...

You have been trying to catch hold of a rainbow; all that you find is that your hands are wet, that's all....

All desires are insane!! The only sanity is to be desireless... The only sanity is to be here now.

This moment is more than enough..



It is time for us to stop seeking outside ourselves... let us look inside... This is where the truth is... where happiness is...

There is a very famous Sufi story...

An emperor was coming out of his palace for his morning walk when he met a beggar. He asked the beggar, "What do you want?"

The beggar laughed and said, "You are asking as if you can fulfill my desire!"

The king was offended. He said, "Of course I can fulfill your desire... What is it? You just tell me."

And the beggar said, "Think twice before you promise anything."

The beggar was no ordinary beggar, he was the emperor's past-life master... And he had promised in that life, "I will come and try to wake you in your next life. This life you have missed, but I will come again."

But the king had forgotten completely... who remembers past lives? So he insisted, "I will fulfill anything you ask.. I am a very powerful emperor; what can you possibly desire that I cannot give to you?"

The beggar said, "It is a very simple desire. You see this begging bowl? Can you fill it with something?"

The emperor said, "It is a very simple desire. Yes I can... of course I can!!!"

He called one of his ministers and told him..." Fill this man's begging bowl with money." He got some money and poured it into the bowl, and it disappeared... And he poured more and more, and the moment he would pour it, it would disappear. And the begging bowl remained always empty...

The whole palace gathered.. By and by the rumor went throughout the capital, and a huge crowd gathered...

The prestige of the emperor was at stake. He said to his ministers, "If the whole kingdom is lost I am ready to lose it, but I cannot be defeated by this beggar.."

Diamonds and pearls and emeralds, his treasuries were becoming empty... That begging bowl seemed to be bottomless...

Everything that was put into it, immediately disappeared, went out of existence... What is this sign? What is this lesson...





finally it was evening, and people were standing there in utter silence.. The king dropped at the feet of the beggar and admitted his defeat...

He said, "Just tell me one thing. You are victorious, but before you leave, just fulfill my curiosity.. What is this begging bowl made of?"

The beggar laughed and said, "It is made of the human mind. There is no secret... it is simply made of human desire..."

This understanding transforms life..

Go into one desire, what is the mechanism of it?? First there is great excitement, great Thrill, great adventure. You feel a great Kick... Something is going to happen, you are on the verge of it... And then you have the car, you have the yacht, you have the house, you have the women, and suddenly all is meaningless again...

What happens? Your mind has dematerialized it... The car is standing in the drive, but there is no excitement any more...

The excitement was only in getting it.. you became so drunk with the desire that you forgot your inner nothingness... your inner treasure

Now, the desire is fulfilled, the car in the garage drive, the woman in your bed, the money in your bank account, your work is very high power... again excitement disappears... Again the emptiness is there, ready to eat you up...

Again you have to create another desire to escape from this yawning abyss..

That's how one goes on moving from one desire to another desire... That's how one remains a beggar...

Your whole life proves it again and again... I am living it again and again... every desire frustrates more and more.. And when the goal is achieved we will need another desire...

The day we understand this game, we will start a new way... a turning point in our life..

The other journey is inwards..

Move inwards.. come back home.. Meditation is the key for our real home.. our real home... the kingdom of God...

We are here just crossing our journey from bridge to bridge... why so much desires... enjoy this now-here or nowhere else... Live this bliss



Bliss is a gift from God...

We cannot do it.. Nobody can become blissful on his own. We can allow it to happen but we cannot produce it...



It is as if in the morning the sun has risen, but you can go on remaining in your room with closed windows and closed doors and closed eyes and it is still dark for you...

But this darkness is my own creation!! Just open up the windows and the doors and the sun will start pouring in...

Bliss is always here surrounding us but who wants to see it... to beee it... just like the fish in the ocean looking for the ocean!!!

We are very closed, we are windowless; hence the misery...

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

It depends on me.. on you.. if we remain asleep, unconscious, our life will be as we are now, like driftwood.. meaningless... But if you become a little alert and awakened, the quality of life immediately changes... then it is no more accidental, it starts having a meaning... that is bliss...

Yes! We can be blissful...

It has been calculated by the ancient mystics that if a person can remain totally silent for forty-eight minutes he attains to enlightenment, he becomes absolutely blissful...

STOP!!!

And it lasts forever, then there is no going back. You have gone into the beyond, you have reached beyond time and its constant shifting sands forever and sands us, cleans us...

You have reached the rock of eternity..
That is where one comes to realize one's immortality...

Be still and know that I am God..

This oneness is our godliness..

Is our oneness..

Is our existence... and beyond
any word and any world...

Beyond any boundary
There are no boundaries to human capacities..
All boundaries are our beliefs; there are
no boundaries.. Man is part of infinity..
and the part is equal to the whole, that
is the law of the higher mathematics..
The dewdrop is one with the ocean...





Yes! Let us drop all beliefs... then
all thoughts, all desires, all limitations,
all boundaries are gone... There is
nothing to create walls between you and
you... you are the holy whole...

This is the moment when Alhallaage shouted
out of joy, "Amaal haq" "I am the truth"
Everyone is the Oneness... But who is aware
of this bliss??

If we want to be blissful we have to drop
our walls and our bridges... We have to
forget that we are Christians, Hindus, Muslims...
communists, American...

We have to forget all boundaries that
ideologist mind created this around us... all
religions and cultures, traditions, conventions,
moralists... all it means all...

Once all these fences... all these boundaries
are dropped, suddenly we are moving into
a totally new world, a world which
is unbounded..

We are born free and freedom is our
life... Be sincere with yourself, be honest
with yourself, be respectful to your own being..
whatsoever is flowing out of good being is
good... Be good !!! then you are alive...

Don't do good...

first be good... then whatsoever you do is good... is from God... The godliness that is in the core of your being...

Being vibrates, being blooms, being has a fragrance about it...

If you can be silent near any Christ or any Mohammad... or any real Master, you will start listening to his silence... And that silence will make you so blissful, so fulfilled, so overflowing with love and compassion..

That is the real vision...

 Thanks to the little child who told me this before he left his body..

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 us uncover the peace in us and be the change we want to see in the world...

Let us share our joy and plant people for peace... Let us be one peaceful world...

Let there be peace on earth
And let it begin with me...
If not you and me who else?
If not now when?

peace is nowhere? or peace is now-here?
let us live our choice... our vision...
our oneness with existence...

This is our birth right...

This is our nature and our nurture...

Thank you mother earth.. Thank you every
breath... relax!! Take a deep breath...



Clean all the fear inside you and give
out to existence...

Thank you existence... Take a deep breath
with all the misery which is out and put
it in your heart and your love will
clean all the pain and give out a great
gain to the whole universe...

Breathe in the light and give it out
the light...

Breathe in the evil and give it out
the live...

Yes! The cause and the cure is in us.. in
the core of our being... let us be aware of who
we are and no more war!!!!

Wars ? why war ? why warships ? why not
worship ?

A person who is eager for war is blind.
He never looks at the enemy... The enemy
is in me...

He only projects the enemy..

When a battle is raging within,
enemies appear on the outside... War is
part of peace... The two brothers are still killing
each others... From war to war is our walks...
is our talks...

Those who talks about religion spread the
belief that in the old days people were good
and now they have become bad.. This is not
true..

There have always been good and bad people..
The difference is much deeper than words... Today
even a good person is suffering from an inferiority
complex. And here lies the cause of wars..

Even the best man is only good on the
outside.. Inside, he is not sure of himself..
When a person is unsure of himself, his goodness
is not of the kind that can last for long..

It is skin-deep; a little scratch, and
you will see the anger and the war..





And if a bad person is self-confident,
in spite of his evil he can be changed..
He can see the goodness in his enemy too... and
he can describe the heroes in his own army...
But who wins? Yes! The Truth wins... Even
if we give our life to the lies, the untruth
can never be victorious..

The truth, which initially might appear to
be losing, always wins in the end.

Untruth appears to be winning initially, but
meets defeat in the end..

But how can one possibly see the end
from the beginning? The person who listens
to his heart.. who is able to become niligious..
To let go of his ego...

A drop cannot know what an ocean is until
it dissolves itself in the ocean.. So is the you
and everyone of us... am I ready to die??

As long as the individual is there, the will of
the whole can never be known.. The individual
is only an instrument in the hands of the creator..
Yes! You are free to use your freedom for
war or for peace... go with the flow of the
river or against the flow...

It is possible to become one with the will
of God... Let thy will be done...

Why do you want to win?

Victory is never desired for the sake of victory .. The real interest in victory is because of the ego-fulfillment that it brings to the leader ... But what is the use if you win the world and you lose yourself???

'Mine-ness' is nothing but violence... it is a deeper war... it is not seen ... why live this possessive-ness??

My wife... my husband... my body... my tower... my power ... where is this mine??

In fact, by owning a person we are treating them not as an individual but as an object..

This is why in this world as long as a man and woman keep claiming their ownership over each other, only conflict can happen between them, never friendship..

That is why all our relationships have become relationship of violence.... Violence is not the real problem, but the real cause is why not helping people to be creative..

A creative person cannot be violent because he is happy ... He is moving in the direction of the creator ... he cannot be destructive..



The moment you kill, you become an animal.
Just be aware of who you are...

One can return to either one of these states: One can become an animal or one can become divine..
You are unable to be an animal because you passed this level...



Man is simply an existence that swings between godliness and animal...

We touch these two poles several times each day.. In anger we touch the animal, in peace, we touch godliness..

During the day we travel many times between hell and heaven... Tension, by its very nature, creates an attraction to the opposite... good and bad... peace and war..

But the cure is in us and the cause too... Be aware of who you are and watch what your mind is doing... watch what your heart loves to do... Be your own master.. your own doctor... your own healer... read your inner lecture and live your inner treasure...

Jesus said... "No need to any scriptures... You are the living book... you are the original look..."

Yes, pass through the inner conflict; bear its pain.. This is an opportunity, and don't try to avoid it...

A true Trust ...

Theresa was a Christian nun. Once she had three pennies, and one morning she said to the townpeople that she had enough money and wanted to build a big church.

The people were puzzled, because until the day before they had seen her begging...

People were asking how, all of a sudden, she had found so much money that she could propose building a church...

She showed them her begging bowl that contained 3 pennies. The townpeople said, "Theresa, have you gone mad? Watch your sick mind!!"

Theresa replied, "As well as myself, I have the 3 pennies and existence: Theresa, plus three pennies plus existence."

The people said, "Where is the existence?" Theresa said, "It is the Third force which you do not see, because you have not been able to find this third force within yourselves."

The third force is the witness ... And the day this witness is seen, conflicts will begin to fade away .. As soon as you see it, synthesis begins. The third one is in us and outside us too ... Let go and let God is our witnessing ... This is how Theresa planted her vision...





Let us watch the gates of hell and the
gates of heaven... let us watch the
killer and suddenly you will see the
winner ...

Remember, every moment you have the chance
to be in heaven or in hell.. it is up to you..
When you are conscious you are in heaven.
Stay awake, stay alert, stay conscious!! Again,
it is up to you...

The Sufi master Farid is one of the rare
flowerings... A warrior came to him, a great
soldier, and he asked, "Is there any hell? Is
there any heaven? If there is hell and heaven,
where are the gates? where do I enter from?"

He was a simple warrior. Warriors are always
simple, with no cunning in their minds.. no
arithmetic.. They know only two things:
life and death..

He had not come to learn any doctrine; he
wanted to know where the gate was, so
he could avoid hell and enter heaven...

And Farid replied in a way only a warrior
could understand...

Farid said, "Who are you?"

And the warrior said, "I am a perfect warrior,
a man who will not hesitate a single moment
to give his life, even the emperor respects me."

Farid said "You, a warrior? You look like a beggar!"

His pride was hurt.. The warrior forgot what he had come for.. He took out his sword and was just about to kill Farid...

Then Farid laughed and said.. "This is the gate of hell. With this sword, this anger, this ego, here opens the gate.."

This is what a warrior can understand.. Immediately the warrior understood.. He put his sword back in its sheath... And Farid said.. "Here opens the gate of heaven."

Hell and heaven are within us..

Both gates are within us...

When you are behaving unconsciously, there is the gate of hell; when you become alert and conscious, there is the gate of heaven...

The mind is heaven, the mind is hell, and the mind has the capacity to become either... But people go on thinking everything is somewhere outside...

Heaven and hell are not at the end of life, they are here and now....

Every moment the door opens, in a single moment you can move from hell to heaven, from heaven to hell...



Why it is forbidden to be creative?
you know why?



Stop asking your mind... Listen to your heart...

Stop using your madness, your negativity, your destructiveness, against yourself and others... That has been easy. Destruction even a child can do...

Now Turn Towards something inside that is completely unfamiliar... This takes tremendous courage, tremendous strength...

Let yourself express your creativity...

This is a story that is told about Buddha...

There was a man who was almost mad, a mad murderer... He had taken a vow that would kill one thousand people, not less than that, because society had not treated him well...

He would take his revenge by killing one thousand people. And from every person killed he would take one finger and make a rosary around his neck, a rosary of one thousand fingers...

Because of this vow his name became Angulimala: the man with a rosary of fingers.

So be aware of what is your doing!!! We are what we do... and how we do!!!

He killed 999 people..

Wherever people came to know that the killer was near, nobody would move in those parts, the traffic would stop.. And then it became very difficult for him to find that last man, and only one more man was needed to fulfill his vow..

So what to do?

Who is going to save this vow?

Buddha was approaching a forest, and people came to him from the villages and said, 'Don't go!! Angulimala is there, that mad murderer!! He does not think twice, he simply murders. He will not think of the fact that you are a Buddha, don't go that way!! There is another way....'

But Buddha said, "If I don't go, then who will go? He is a man, he needs me, I need his love too... I must take the risk.. Either he will kill me or I will kill him."

Buddha went. Even his closest disciples who had said they would remain with him up to the very end, they started lagging behind...

This was dangerous!!



So when Buddha approached the hill where Angulimala was sitting on a rock, there was no one behind him, he was alone... All his disciples disappeared...!!

Angulimala looked at this innocent man, a childlike, so beautiful that even he, the killer, felt compassion for him... He thought, "This man seems to be absolutely unaware that I am here; otherwise nobody comes along this path." And then he thought, "It is not good to kill this man. I'll leave him, I can find somebody else."

He shouted to Buddha, "Go back! Stop there now and go back! Don't move another step!! I am Angulimala, and there are 999 fingers here, and I need one finger more... even if my mother comes I will kill her and fulfill my vow!! So don't come near. I am very dangerous!! And I am not a believer in any religion... You may be a very good monk, a great saint maybe, but I don't care. Your finger is as good as anybody else's... Don't come a single step further, otherwise I will kill you!!! Stop!!" But Buddha kept on coming...

Then Angulimala thought, "Either this man is deaf or he is mad," Again he shouted, "Stop!! Don't move!!"

Buddha said..." I stopped long ago..."

I am not moving, you are moving..."



Why Buddha said this?

"Yes! I stopped long ago, there is no goal for me anymore, and when there is no motivation, how can movement happen?? You are moving and I say to you, you stop!!"

Angulimala started laughing:

"You are really a fool or you are mad, I don't know what manner of man you are."

Buddha came closer and said...

"I have heard that you need one more finger. As far as this body is concerned, my goal is achieved. This body is useless.. you can use it, your vow can be fulfilled, cut off my finger and cut off my head. I have come on purpose, because this is the last chance for my body to be used in some way."

Angulimala said, "I thought I was the only madman around here. And don't try to be clever, because I can still kill you..."

Buddha said, "Before you kill me, do one thing, just the wish of a dying man, cut off a branch of this tree..."

Angulimala hit his sword against the tree and a big branch fell down..

Then Buddha said, "Just one thing more... join it again to the tree."

Angulimala, "Now I know perfectly that you are mad.. I can cut but I cannot join."



Then Buddh started laughing and he said.. "When you can only destroy and cannot create, you should not destroy, because destruction can be done by children, there is no bravery in it."

This branch can be cut by a child, but to join it a master is needed. And if you cannot even join back the branch to the tree, what about human heads? Have you ever thought about it?"

Angulimala closed his eyes and he said.. "Lead me on the path" And it is said that in a single moment he became enlightened.. He started walking towards the town and accepting all the insults from all the people who are in pain... He asked for forgiveness and asked to be killed by any of them and all of them...

A person who has the energy to become mad also has the energy to become a sage.. to become enlightened.. it is the same energy, only the direction changed..

If you cannot be creative, energy becomes destructive..



Creativity...

Yes! It is our divinity... our trinity...
It is done by the existence through us...
who is writing? who is reading? who is seeing?
I am no more... only existence is.. but let us
enjoy our work.. every work is our only
worship... so is our gossip...



The presence of God in you is the source of
creativity... when His light is inside us, then His
light that starts shining is creativity...

The creative person is aware, the creative
person is loving, but there is no lover... God is
the only Lover... to be creative is to be
religious not into laws and rituals but to be
in the hands of God..

Unless your life learns how to create you
are not alive... whenever creativity calls you,
go with it.. It is God calling you... Now
we are reading not only the words but
the silence in the words...

So every work is our prayer... is our
power and our treasure... If you really love
something, it is creative...

Now we are gossiping and it will be a
book or a gospel, but we are enjoying our joy...
It is meet, melt and merge and dissolve totally
in the ocean... I am no more only existence
is...

Now, all over the world, Thinkers are very worried that existence has no meaning...

The only thing I am worried about is that why me or you or us have lost the capacity to create meaning...



Why we are no more alive? Nature is still natural in spite of our hate to it... Why wars? Why I don't love myself? Why I know nothing about the meaning of my life? Why we are victims of ignorance?

At the center be meditative, at the circumference be loving and you will see the dance of the whole existence... You will live this grace and it is our life and love and freedom...

Let us see this now... What is my choice? To watch the news of the world or to read my inner news?? To feel my feelings or to judge your feelings? To write what is flowing from my original face or to chat on the face book?

What is my new Look?
Yes!! To see God in every Look... I was searching where is God... now I am searching where there is no God... The bad and the good is one, let us plant the balance in our being and be a witness...



Just watch your balance... or your balancing... it is a dynamic verb... it is a tension between the opposites... I feel sad and I feel happy... both are good and you can never be in the middle for any length of time...

Balance is not a noun it is the life or living this now in its dance... in its up and down. You can go on moving from right to left and from left to right, this is the only way to remain in the middle...

Don't avoid extremes, and don't choose any one extreme. Remain available to both the sides... to both the polarities... That is the art, the secret of balancing...

Remain choicless. And whatsoever happens is our joy... The day cannot be without the night, and the summer cannot be without the winter, and life cannot be without death

Let this polarity sink deep in our being.. let us accept both and remain aloof and yet involved... Be on the cross and live... "Let thy will be done" The will of God in us... Where there is a will there is a way...

Let us laugh at this will and this way... watch this !!!

A chicken farmer went to a local bar...
He sat next to a woman and ordered a
glass of champagne...

The woman looked at him and said, "How
about that? I just ordered a glass of
champagne, too!!"

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

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



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

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

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

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

What was her expectation??

He told her ... " I used a different cock, "
The woman smiled and said...

" What a coincidence !! "



Why not? Change is a constant law...
change your lover ... Every now has
its own challenge ... go for it ...

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

An oxygen mask covers his mouth and nose..

A young student nurse appears and
 gives him a partial sponge bath...

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

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

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

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

She raises his gown, holds his manhood
in one hand and his testicles gently
in the other...

She looks very closely and says...

"There is nothing wrong with them,
Sir. They look fine."

The man slowly pulls off his oxygen mask,
smiles at her, and says very slowly...

"Thank you very much.. That was
wonderful.. Now listen very, very closely:

Are - my - test - results - back?"



why not? You are free to live
your feelings and your freedom !!!

John and Boris are sitting in a restaurant
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.."



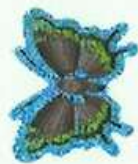
We are under one dome and we have many kinds of free-dom...

Be alone but not lonely. If you are with the other, then a new problem arises... why? Because the other starts making conditions upon you, starts demanding things from you, he or she starts destroying your freedom and that hurts...

You are born free... freedom is our birthright.. But love is not there, and both are our wings of life... So we are living like slaves... we reduced each others as a commodity, as a thing... And this is why we are constantly fighting...

The real fight... The real wars... is somewhere else deep down in us... we are asking for our freedom...

For thousands of years this is the way people have lived... they have accepted it.. their freedom is destroyed... Be aware of this state... be yourself... Truth came for the chosen few... if not you and me who else? if not now when??



When are we going to see our wings and fly high in our inner sky? Love and freedom are our wings and we have them!!!

Love is a natural need; it is like food ... without love your soul is hungry. Just as the body needs food so the soul needs love ... No one loves me only me!!! If I love myself I love every self ... I am free to see the truth in every breath and in every seen and sight ... so love and freedom are one ... why destroy it??

Love a person but don't possess, and don't be possessed. Insist on freedom, but don't lose love...

And a man who is full of love and free is the most beautiful phenomenon in the world.. And when two persons of such beauty meet, their relationship is not a relationship at all. It is a relating ... It is a constant, riverlike flow... It is continuously growing towards greater heights...

The ultimate height of love and freedom is the experience of God ... In God you will find both: tremendous love, absolute love, and absolute freedom... This godliness is our birthright... we are the drop and the wave and the ocean...

This truth is in the core of our heart.. of our being... let us go in and live this inner treasure ... We have the key.. we know the gates ... Live your way... be free...



Freedom is the foundation of life and freedom
is the ultimate goal too...

Freedom is the source and freedom is the goal..

Use freedom to be free from all bondage...

Use freedom to become ultimately free..

Use freedom to become freedom itself...



Let us remember these two seeds: freedom
of the self and freedom from the self..

Freedom of the self means the ego has come
from the back door...

Freedom from the self is total freedom, absolute
freedom.. When you are not, you are really free...

La ilaha illa Llahoo...

There is no God but God

It is a paradox; when you are, you are in bondage,
because your mind is a bondage, your ego is a
bondage. When you are not, your imprisoned
splendor is released...



God is freedom... Freedom is another name
for God... God is a name.. a noun..
Freedom is a verb..





Our first step towards freedom is to be free from all kinds of bondage. You are a human becoming.. neither white nor black... neither the body nor the mind.. Be in love with your inner quality... with all what you see and what you hate... This is what friendliness is, it is unlimited because it is not dependent on the other; it is your own flowering... just like the star and the rose and the rain...

Just be friendly, to all that exists.. and you will find all that is worth finding.. you will find the ultimate friend through friendliness..

Let freedom last into love, love into friendliness, and friendliness into compassion..

The moment you have reached to the state of compassion you have arrived home...

Compassion means you have transcended biology, you have transcended physiology... you are no more a slave, you have become a master.. you are totally free...

From passion to compassion is our vision.. This is a blessing to yourself and a blessing to the whole existence... So let us face our emotion and live our original compassion....

A story for our feelings...

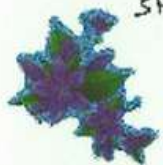
One day a farmer's donkey fell down into a well. The animal cried for hours as the farmer tried to figure out what to do...

Finally, he decided the animal was old, and the well needed to be covered up anyway, it just was no worth to bring the donkey back.. He invited all his neighbors to come over and help him.

They all grabbed a shovel and began to shovel dirt into the well.. At first, the donkey realized what was happening and cried horribly.. Then to everyone's amazement he quieted down.. A few shovel loads later, the farmer finally looked down the well.. He was astonished at what he saw.

With each shovel of dirt that hit his back, the donkey was doing something amazing... He would shake it off and take a step up. As the neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.

pretty soon. Everyone was amazed as the donkey stepped up over the edge of the well and happily jumped out of the dirt.. Let us use all our troubles as a steppingstone...



Nothing is impossible.. I-m-possible..
we can get out of the deepest wells just
by not stopping, never giving up!! Shake
it off and take a step up....

Stop hope and walk your talk... The more
you miss God, the more you hope, it is a
vicious circle...

Drop the hope but don't become hopeless,
do your best to grow up and glow in light...
And that is the most beautiful moment
that can happen to man, because in that
very moment one enters the shrine of God...
Go in.. in is our only inn...



The physical body is gross: The bliss body is the
most subtle... And the finer the energy, the
more joyful it is.. in is our inner treasure..
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, tuning in, 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.



God is now-here or God is nowhere..

Just a dash of insight allows you to drop the past and the future and be in a single insight...

The single insight, and the past drops of its own accord... Not that you drop it..

past is no more and the future is not yet,
only the present is..

to cling to something that is non-existential is stupid... The past is only a memory, the future is only an imagination... And that which is missed, is between these two monsters, the past and the future... They are parasites, they are ghosts... They don't exist... But we go on giving them energy...

God is here now, this moment, that which is... the isness... the existence...

Let us be in tune with the now and that is what meditation is all about; to be utterly free from thought... It is only through thoughts that past and future exist... call it memory or history or imagination, but a thought is a destiny...

You are what you think... watch your thoughts... they become your actions and your character..

So be aware of your mind... be your own master and your own doctor and your own healer



Everybody can become a healer... Healing is something like breathing; it is natural...
Somebody is ill; it means he has lost his capacity to heal himself. He is no more aware of his own healing source...



The healer is to help him to be rejoined... but the ill man has forgotten how to understand the language of this energy... It is in us... The healer touches the body of the ill person and becomes a link between him and the source...

The patient is no more connected directly with the source so he becomes indirectly connected.. Once the energy starts flowing, he is healed...

But be aware of who is touching you... Is he or she, is a being of understanding or only a mind business touch??

If you are an honest healer you can help the patient to be healed. But be aware of the energy. When you are passing your energy into the other person, his or her energy also sometimes passes into you; they overlap... Sometimes the sick person gives you his sickness, his ill vibrations and can be destructive... So be aware of your energy... Watch what you are eating... Our food is our energy in our bodymind and soul..



Healing is good but not at your own cost, because then it is foolish and you cannot heal much, sooner or later you become ill, badly ill, and your body will be confused very much...

Take a cold shower after doing any healing touch to anybody... Cold water helps your energy to shrink back, and then the contact is lost from any influences, impressions, vibrations, that could get into it... or you can jog, jump. Two or three minutes jogging will do... then all the impressions and vibrations will fall away from you...

Yes! you ^{are} so right.. Love is the most healing force in the world.. Nothing goes deeper than love; it heals not only the bodymind, but also the soul...

Unless one is whole one is not holy... whole in your inner being...

Those who know the secret of love know the greatest secret of life... the secret of compassion. Then there is no misery, no old age, no death..

There is no misery, no old age, no death..

You are pure consciousness...

And to live in that pure consciousness is to live in tune with God...

To live in love is to drop our mind.. our ego.. "Let thy will be done" And your ego is gone...



The master smiled and said...

"My son. I will prove that you are a great artist and have learnt flawless painting.. Do as I say without asking why.. it will work.."



The artist agreed and two days later early morning he presented a replica of his earlier painting to his master.. Master took that gracefully and smiled, "Come with me." Master said.. They reached the same street square and put the same painting in the same place.. Now master took out another board which read.."Gentlemen, I have painted this piece. Since I'm 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 same evening.. Young painter was surprised to see that actually there was not a single correction done so far...

Next day again they visited and found painting remained untouched..

Why no correction ???

He too ... I read.. I write ... I feel... and I go on judging or criticizing... what is this test ... let us do our best by reading this truth...

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 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 etc... please put a cross wherever you see a mistake."

While he came back in the evening to collect his painting he was completely shattered to see that whole canvas was filled with xs... with crosses..

And some people had even written their comments on the painting ...

Disheartened and broken completely he ran to his master's place and burst into tears... This young artist was breathing heavily and master heard him saying "I'm useless and if this is what I have learnt to paint I am not a good painter."



The painting was kept there for a month but no correction came in.. why?

It is easier to criticize, but difficult to improve !!!

Why judgement is easy? why we criticize? [♡]

There is no need to stop or drop judging people; we have to understand why we judge and how we judge...

I can judge only the behavior because only the behavior is available... You cannot judge the person because the person is hiding behind, the person is a mystery...

We can judge the act but not the actor... And the act is irrelevant.. It will not be right to judge a being through the act...

Sometimes it happens that a man is smiling, but he may be sad.. He does not want to show his sadness... Why sharing my wounds with all of you?? Maybe he is smiling just because he is crying deep down...

The inside is not available to us, the inside is private... so my judgements are going to be wrong.. But when I judge myself, I look at my being and the being is such a big phenomenon and the act is so tiny and small... So why judge???



When Jesus did not judge Mary Magdalene he did the same action!! He did not judge anyone... We all do mistakes and this is how we learn... So no judgement and no guilt and no sin... Just be aware of your mind... your judge will show you more about yourself... My interpretation will be my curve, it will show something about me...

So no one can judge anyone... I don't even know anything about myself... how can I know you? Like judging the whole book from reading the title or one sentence... So let us be more silent... more alone... more in reading what we love and being with a group or a commune who are living the truth...

As you become silent you start feeling the love of God pouring from all sides... You suddenly become aware that you are being loved and taken care of you as you are and not ignored, you are part of the whole..

God needs you, that's why he created you.. We are the shadow of the truth... Only the body dies.. from dust to dust... but if we are attached only to Lust we will be lost in this vast mystery... Be in love and you will be alive and aware...





Let us be aware of this step!!

A young man wished to marry the farmer's beautiful daughter... He went to the farmer to ask his permission...

The farmer looked at him ~~even~~ 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 one 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 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, grunting, slinging slobber as it eyed him.. Whatever the next bull was like, it had to be a better choice than this one...

He ran to the fence and let the bull pass through the pasture, out the back gate..

The door opened a third time.. and what to see ???

A smile came across his face... This was the weakest, little bull he had ever seen.. This one was his bull. As the bull came running by, he positioned himself just right and jumped at just the exact moment..

He grabbed.. But the bull had no tail!!!
What is the moral of this story??

Life is full of opportunities... some will be easy to take advantage of, some will be difficult.. But once we let them pass, often in hopes of something better, those opportunities may never again be for us or available for us.. so what to do? Just feel your heart... Trust your senses, your intuition... And if you grab the first opportunity or the last or the none... accept the step without judging... This is your best lesson...

In the school we study and then the test..
But in life the test and then the lesson..
And life is full of mistakes... let us learn from my mistakes and your mistakes and this is our path to our new birth and new breath... and happy breath in every breath..



A story came into my pen... Through all of us.. it is in us... just see it...

I was reading about judgment or judgement.. both are right in the dictionary and also in our heart.. read it..

Judgement means a stale state of mind.. And mind always wants judgement, because to be in process is always hazardous and uncomfortable..

Be very, very courageous, don't stop growing, live the moment, simply stay in the flow of life...

This story happened in China...

There was an old man in a village, very poor, but even kings were jealous of him because he had a beautiful white horse..



Kings offered fabulous prices for the horse, but the man would say, "This is not a horse to me, he is a person. And how can you sell a person?? A friend??"

The man was poor, but he never sold the horse. One morning, he found that the horse was not in the stable. The whole village gathered and they said, "You foolish old man!! We knew that someday the horse would be stolen. It would have been better to sell it. What a misfortune!!"

The old man said, "Don't go so far as to say that. Simply say that the horse is not in the stable. This is the fact; everything else is only a judgement..."



whether it is a misfortune or a blessing I don't know, because this is just a fragment. Who knows what is going to follow it ??

People laughed at the old man.. They had always known that he was a little crazy. But after two weeks, suddenly one night the horse returned. He had not been stolen, he had escaped into the wild. And not only that, he brought a dozen wild horses with him...

Again the people gathered and they said.. "Old man, you were right. This was not a misfortune, it has indeed proved to be a blessing."

The old man said.. "Again you are going too far. Just say that the horse is back.. who knows whether it is a blessing or not? It is only a fragment. You read a single word in a sentence, how can you judge the whole book?"

This time the people could not say much, but inside they knew that he was wrong.. Twelve beautiful horses had come..

The old man had an only son who started to train the wild horses... Just a week later he fell from the horse and his legs were broken...

The people gathered again and again they judged. They said, "Again you proved right!! It was a misfortune. Your only son has lost the use of his legs, and in your old age he was your only support... Now you are poorer than ever."

The old man said, "You are obsessed with judgement. Don't go that far. Say only that my son has broken his legs.. Nobody knows whether this is a misfortune or a blessing. Life comes in fragments and more is never given to you."

It happened that after a few weeks the country went to war, and all the young men of the town were forcibly taken for the military. Only the old man's son was left, because he was crippled.. The whole town was crying and weeping, because it was a losing fight and they knew most of the young people would never come back. They came to the old man.. "you were right, old man... This has proved a blessing.. May be your son has crippled for a reason, but he is still with you.. Our sons are gone forever."

The old man said again "you go on and on judging. Nobody knows!! only say what you see..

say that your sons have been forced to enter into the army and my son has not been forced.. But only God, the total, knows whether it is a blessing or a misfortune.'

Judge ye not, otherwise you will never become one with the total...

With fragments you will be obsessed, with small things you will jump into conclusions.

Once you judge you have stopped growing.. Judgement means a state state of mind.. The mind is the ego... is the power of ignorance and arrogance...

So let us be aware of this wall of judgement... just watch and see and be what you see and what you feel and what your inner being tells you.. your intuition.. your creativity... your being in this now... This moment.. This part is not alone but one with the whole.. just like my finger is part of my body.. so my body is part of existence... And the whole knows the part... 'So let thy will be done'.

Let go and let God and we accept the now as it is.. a new step on our trip...



All the trip is in the first step...

Knowing that I am not the body is
the beginning of the great pilgrimage... from
a sinner to a saint to a sage and beyond any
stage and any cage and any age...

Keep walking...

Keep wake-ing

Take the step to wake up... no limits anymore..

I am not the mind too.. it is a further step..

Then finally knowing that "I am not even my
feelings," is the last step...

On the fourth step you discover your
Being...

This being is vast, infinite, as vast as the
ocean, as vast as the sky.. to experience it is to
experience God.. And to experience it is to experience
bliss, ecstasy...

That is the only experience worth striving for...

This is the greatest jihad..

The greatest pilgrimage...

I am looking for a pilgrim....

There are millions of Tourists in the world
but it is very rare to come across a pilgrim...

Tourism is not pilgrimage... pilgrimage is for the
Sage who worships not warships..



What are we doing?
What is my step? Why I am in the trap?
Why I am a tourist?

A Tourist is superficial... He is in a hurry,
he is rushing from one place to another place..
In fact he is not aware of why he is doing
this...

Maybe I cannot sit at ease in one place... that
is why I go eating or shopping or sitting in
any other place or reading or writing on
the internet... or... or... I am restless... An
expression of my inner chaos....

my inner restlessness...

The pilgrim is a totally different phenomenon..
It has something beautiful in it, something very
sacred and scared...

The pilgrim is not just visiting places, he
is searching, he is a seeker. He is not only
curious; he has an intense, passionate desire to
know... He is not really interested in places..
He is looking for the place where he can meet
and merge and can dissolve himself.. This sacred
energyfield is in us... where death is more
valuable than life... A place where the ego
can be dissolved, because something higher
is available... This is where our home is...



We do have many places on this planet, many energy fields... They have disappeared because we are no more aware of our energy of our real identity.. our real divinity...



Yes! We can create such places.. it is a love pilgrimage... Be ready to put your ego aside.. Only then do doors open, stop wasting our life.. our time... let us live our communion by actions not by words...

Truth can be lived only by silence... the silence of the grace not the silence of the grave...

Yes! It is in us... in the core of our heart... not in the bodymind but beyond any word and any world... just go in... meditation or the energy of being in the now... being a seeker.. being a witness... being in love...

We have the key... we know how to use it.. But we need a real master... We have the book but we need a living book... We keep looking.. We live in the four pillars... they are in us.. Life - affirmation, meditation, love, and the fourth cannot be expressed by words... not God.. but a verb.. godliness... yahoo... the idea of a presence... So let us be the four pillars of the temple of existence... Allahooo...

By knowing your pillars you open up your planes...

Man consists of seven planes..

The lowest is sex and the highest is Samadhi...

Between these two there are five other centers ... The energy is not different but it manifests differently on different planes...

When the same energy comes to the heart, that is the fourth center, it becomes love... When the same energy moves to the fifth, that is the throat, it becomes prayer - it becomes Azana.. any kind of prayer you love to say or do or feel...

When the same energy moves to the sixth center, that is between the two eyebrows, the third eye, it becomes clarity, vision.. Basira in Arabic... One is a seer.. One can see it all... can see everything as it is...

All mist, all clouds, disappears...

And when the same energy moves to the highest plane, the seventh, that is the pinnacle, the inner lotus opens up... The compassion power.. The highest treasure... here you are ready to move into the kingdom of wisdom... the center of knowing... The dome of home.. The movement into God... into godliness...



Now there is no need to go back, no need to be in the body again, no need to be born..

The lesson of life has been learned...

Life is the only truth there is... just enjoy it..

Allow yourself to be possessed by life.. by God..

All the rainbow is in us... just let go of our ego.. of our mind

Relax, rest and flow with the river of life.. Life is eternal... Enjoy it as it is do not try to improve anything... there is no way to improve.. Just a total acceptance of things as they are..

"Let thy will be done!!"

You know nothing... you need not to be serious..

Life is only a joke..

Just be simple so that everybody can simply live... You are perfect as you are... now or never is our divinity.. our unity.. our oneness with existence...

So why worry??

The world is to be treated as a bridge, not as a stopping place... it can bridge us to Allah.. it is a divine walk... But if we don't use it as a bridge towards God it remains mundane, illusory, imaginary, fictions for kids and for the stupid..



Yes! I am stupid... This is the only
thing that I know... I am seeking and
searching... enjoying all the games.. no pain
no gain... I have the book I love... it is my
best friend or my best companion... a living
energy... he supports my ignorance and my fake
truth and the more I doubt the more I stop
growing out...



I have the book as my best cane and I
have a soulfriend and both of us are in love
with the same master
The same power...
The same treasure...

We are walking towards a commune...

Oh!! Yes!! The commune is my grace and my
grave...

The commune means an alternative society, a
small oasis in the desert of the world... we fall
more and more in harmony with existence.. we
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...

A commune, is the soulfriends of those lovers
of Buddha and Christ and Mohammad... It is a brotherhood
of the bees who have come to the flowering
of every enlightened being...



The commune is an alternative society, a small oasis in the desert of the world in which life is lived with a totally different way, different vision... Nobody is egoistic, but everybody has his uniqueness, and we love each other as we are and our work is our worship and we are one royal family not a loyal family..

It is a place where we see all kinds of seekers, you will see the whole journey and you will enjoy your walk...

This whole experiment is to bring a kind of peace to the world.. where God can descend more and more... why not be a whole and holy royal family...

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

Be the change you want to see in the world... yes we can!! I can!! You can!!

If one did it why not you and me...

You are ready to drop falseness, drop all borrowed knowledge, and go into your own wisdom, your own understanding..

No body can stop you from this trip and from this trap!! You are your own prison and you are the prisoner... Drop it now!!!

Dropping Knowledge...

You are ready to drop falseness, drop borrowed knowledge, and go into your wisdom, your own understanding...

Naropa was a great scholar, a great pundit... This story happened before he became enlightened.. It is said that he was the great "vicer" which means vice-chancellor of a great university... This word is said by the native people who never went to study in any place... "buther" but they are better than any teacher...

Anyway, Naropa was a great master and had thousands of disciples of his own.. One day he was sitting surrounded by his lovers and all around him were scattered thousands of scriptures, very ancient, rare...

Suddenly he fell asleep and he had a vision. It is so significant that to call it a dream won't be just, it was a vision...

He saw a very old, ugly, horrible woman, a hag... Her ugliness was so much that he started trembling in his sleep. She asked, "Naropa, what are you doing?"

He said, "I am studying."

"What are you studying?" asked the old woman...



He said, "philosophy, religion, language, Logic..."

The old woman asked, "Do you understand them?"

Naropa said... "....Yes, I understand them."

The woman asked again, "Do you understand the word, or the sense?" And her eyes were so penetrating that it was impossible to lie to her.. Before her eyes Naropa felt completely naked, transparent..

He said, "I understand the words."

The woman started dancing and laughing... and her ugliness was transformed. A subtle beauty started coming out of her being...

Naropa thought, "I have made her so happy, why not make her a little more happy?" So he added, "Yes, and I understand the sense also..."

The woman stopped laughing, stopped dancing.. She started weeping and crying, and all her ugliness was back, a thousandfold more..

Naropa asked, "Why?"

The woman said, "I was happy because a great scholar like you didn't lie.. But now I am crying because you have lied to me.. I know, and you know, that you don't know the words and you don't understand the sense..."



The vision disappeared and Naropa was transformed ..

He left the university, he never again touched a scripture in his life, he understood.

A man of wisdom, a man of understanding has a freshness about him, a fragrant life, totally different from a pundit, from a man of knowledge .. And he became one of the natives...

One who understands the sense becomes beautiful... He is no more a body nor a mind.. nor a man nor a woman... Just a being.. a human becoming... A beauty beyond age and beyond form... no birth and no death... living in heaven from infinity to infinity...

But the one who only understands the words and only the words becomes ugly..

And the woman was just a projection of Naropa's inner part, his own being, becomes ugly through knowledge...

Naropa went in search. Now scriptures won't help, now a living master is needed...

I am asking for a commune where a living master is sharing his love... Between a Teacher and a student there is business: between the Master and the disciple there is compassion...



When passion is transformed it is called
Compassion

Love plus meditation is compassion...



When your love is not just a desire for
the other

When your love is not only a need,
when your love is a sharing,
when your love is not that of a beggar
but that of an emperor,

when your love is not asking for something
in return but is ready only to give,
to give for the sheer joy of giving...

Then add meditation to it and the
pure fragrance is released, the
imprisoned splendor is released...

That is compassion;

Compassion is the highest phenomenon...

Sex is animal, love is human, compassion is
divine ...

Sex is physical, love is psychological, compassion
is spiritual...

Compassion means you have transcended biology,
you have transcended physiology.. you are no
more a slave, you have become a master..



Be your own master... a blessing to yourself...
and a blessing to the whole existence...

Yes! we need a master... it is our quest of
the soul that needs a master...

When one tired of all questions and all
answers, only then you go to a master.. The
master will be himself and the disciple is
open to drink the best wine ever...

The moment we let go of the ego, the doors
are open and the master's presence will
start entering into you.. Creating a new
dance in your life, giving you a new
sense of poetry, mystery, music and beyond...

Once you have tasted the joy of being
open you cannot be closed again... you
are no more alone... The light is

There, penetrating each other; The whole
existence is one...

The master is The door and one will remain
grateful to master forever because without the
window there was no sky, there was only
walls...

But be aware not to cling to the window, the
window frame should not become a hindrance... You
surrender to God through the master...

Be aware not to worship the window... fly in
your inner sky and take the jump in which
the mystery happens



There are only two moments when the master is absolutely needed:

The first moment is when you start the journey, but even more important than that is the second moment when you reach the twilight zone... The dawn.. from down to dawn...

That is the most significant moment in the relationship of the master and the disciple because only the master can push you into the unknown world of light...

The real master puts the disciple towards his own inner depths.. He does not allow the disciple to cling to him... to be a follower..

Be aware of the false masters... The false masters fulfills your expectations, he never disappoints you; you become a slave to him... to his magic...

The true master disappoints you... he never fulfills your expectations... listens to what Christ said to his disciples... to what Mohammad did to his friends and his family... because that is the only way to undo what the society has done to us, that is the only way to bring you to ^{your} total freedom.... ~~your total freedom~~ your total freedom...



Thank you... Yes.. I write it now.. I share it now...

On their way to get married, a young Catholic couple was involved in a fatal car accident...

The couple found themselves sitting outside The Pearly Gates waiting for St. Peter to process them into heaven...

While waiting they began to wonder; could they possibly get married in heaven?

When St. Peter arrived they asked him if they could get married in heaven. St. Peter said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left...

The couple sat and waited for an answer.. For a couple of months... While they waited, they discussed the pros and cons... If they were allowed to get married in heaven, should they get married, what with the eternal aspect of it all? What if it does not work? Are we stuck in heaven together forever?

Another month passed. St. Peter finally returned, looking somewhat tired...

"Yes" he informed the couple.. you can get married in heaven."



"Great!" said the couple.. "But we were just wondering; what if things don't work out? could we also get a divorce in heaven?"

St. Peter, red-faced with anger, slammed his clipboard on the ground.. "What is wrong?" asked the frightened couple!! "Oh, come on!!! " St. Peter shouted..

"It took me 3 months to find a priest up here!!! Do you have any idea how long it'll take to find a lawyer?"

♡
Laugh your way to God... you are so light right...

I don't say pray your way to God... I say laugh your way to Allah.. laughter is a door to the divine and to the cup of wine...

If you can laugh you will be able to love... If you can laugh you will be able to relax, laughter relaxes like nothing else...

Yes! It is a good proverb...
"Laugh and the whole world laughs with you; weep and you weep alone and you sleep alone..."

♡

The masters are awake even while asleep. They look so alive, so fresh!!

"Once you are awake you are awake"



The body goes to sleep but not you... the light is never off..

In the unenlightened person there are three things: the body, the mind, the soul.. And because of the mind he cannot see the soul. The mind is a chaos; it is all smoke, it is all clouds ...

The enlightened has no mind; there is only silence, so he has the body and he has the soul. The body tires, needs rest, but the soul is never tired, needs no rest, it is always awake...

The nature of the body is to be unconscious and the nature of the soul is to be conscious. Once the mind is no more there, even in your sleep only the body sleeps, not you...

Yes! You can enter sleep knowingly; drop on your bed, close your eyes, and then remember, remember that sleep is coming and.. "I am to remain awake when the sleep comes... it is very arduous, but it happens.. persist every day "I must be aware when sleep enters.."

And one day, suddenly, sleep is there and you are still awake..

That very moment you become aware of your unconscious also..

and you will never be asleep again in the old way, but you will be awake and aware...



A center in you will go on knowing and dreams becomes impossible, daydreams also become impossible. Then you are asleep in a different sense and you will be awake in the morning in a different sense..

Sleep is a great spiritual activity.. why? Sometimes in sleep your mind completely stops, there are not even dreams, and you are very close to home.. is almost Samadhi...

Sleep is divine, so accept it. If you do prayer while sleeping, the prayer continues in a loving way... Be aware of your last thought and it will be your first in the morning...

Unless consciousness enters into our being, we will remain a robot, a machine.. In some dangerous moments we become aware.. but it is enough.. we have to be aware of our awareness or we are sleepwalkers... Somnambulists...

Let us be with a master who can see where I am now on my bridge...

Yes! I have the book and few soulfriends.. but a real living Master is a must... not the fake guru...

pour all your energy into that ray of light...
Get rooted in it. Risk everything for its growth..
And then the day is not far away.. it is
very close by, it is just by the corner..

☺
Let us feel this Touch..

"Daddy, may I ask you a question?"

"Yeah sure.. what is it?"

"Dad, how much do you make an hour?"

"That's none of your business... why do you
ask such a question?"

"I just want to know. please tell me, how much
do you make an hour?"

"If you must know, I make \$20 an hour."

"Oh!! Thank you, may I borrow \$10?"

The father was furious..

"If the only reason you asked for money to buy
a silly toy or some other nonsense, then go
straight to your room and go to bed.. I work
hard everyday for such selfish and childish
behavior."

The little boy quietly went to his room and
shut the door... How can he sleep in such
feelings ??

The man sat down and started to get even angrier about the little boy's questions... How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down, and started to think: Maybe there was something he really needed to buy with that \$10 and he really didn't ask for money very often...

The man went to the door of the little boy's room and opened the door...

"Are you asleep, son?"

"No daddy, I am awake."

"You've been

thinking, maybe I was too hard on you... It has been a long day and I had so much work to do and I took out my anger on you... Here is the \$10 you asked for."

The little boy sat straight up, smiling...

"Oh, Thank you Dad."

Then, reaching under his pillow he pulled out some crumpled up bills... The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father who asked... "Son, why do you want money if you already have some?"

"Dad.. Because I didn't have enough,
but now I do."

The boy looked at his dad and said..

Dad! I have \$20 now, Can I buy
an hour of your time? please come
home early tomorrow. I would like to
have dinner with you."



The father was crushed.. He put his arms
around his little son, and he begged for
his forgiveness...

It's just a short reminder to all of us
who are working so hard in life...

We should not let time slip through our
fingers without having spent some time
with those who really matter to us, those
close to our hearts..

Do remember to share that \$10 worth
of your time with someone you love? If we
die tomorrow, the company that we are
working for could easily replace us in a
matter of days.. But the family or the friends
we leave behind will feel loss for the rest
of their lives..

And come to think of it, we pour ourselves
more into work than our family and mainly
to myself...

No one loves me more than my body... who
goes with me to the grave? Do I love my
body???

If I don't love my body how am I going to love you??

If I don't love myself!!! How am I going to love yourself?? ...

Am I here to be a slave to the machine?
Who is using me? For whom?

Let us drop the mechanical life.. become a witness, awareness, awakenedness...
We are dreaming day and night... and our life is full of rituals... Hello! How are you?
I love you!! I miss you... He will hug you or you will kiss him but bones with bones... no being, skin with skin..

It is always a rehearsal...

We are never in the moment.. in the present.
This is why we are anti-joy.. anti-life.. and alienated from the self.. from others.. from nature.. only a slave to the ego.. to the mind...

Yes! you can jump out of it. That jump makes you religious.. That jump brings you to the real understanding... That jump makes you wise, that jump makes you enlightened..

You have the key... You know the way..
You have the will... if not now when?
Now-here or Nowhere else!!!



I will share with you an experience that I felt for the first time in my life.. just few hours ago I was in a great depression..

I read it many times that sugar is a great poison but I am addicted to sugar and decided to stop it... And a great joy and then great sadness... what to do? Nothing... just watched my feelings... counted my blessings... and emailed a soulfriend who is my master too... and he went through this...

And now I am so blessed that I will accept any pain and any gain and with awareness... I am cleaning my cup... my body... my temple.. Yes!! I am alone... no commune, no soulfriend nearby... but this is the challenge.. This is the change...

Now I feel a new energy... and every now is a new breath.. a new birth.. a new death.. until I die from the past and the future I don't be alive...

It needs courage... it needs creativity... I have the book that I love and the master that he is loving...

Yes!! sleep early... wake up early... eat the best food that your body loves... our food is our blood for our bodymind...

And I have you my beloved writer and reader...
Thank you God... Thank you Godliness.. Thank
you existence... Thank you for your laughter.

Mrs Smart becomes angry with the
maid because she asked for more money
to her salary...

"Why are you asking for this?"

"Your husband considers me a better
cook than you + madam!! "

"Who told you this?"

"He told me so himself "

Mrs Smart looks

at the maid

and makes no comment..

"Also I am a better housekeeper
than you, madam!! And your husband
told me this!! "

"Also" says the angry girl, "I am better
than you in bed!!! "

"And I suppose" Snaps Mrs Smart.. "my
husband Told you that too!! "

"No madam," says the maid. "The driver told me
that, "

"How much more do you want to add to
your salary? "





How much is my salary?

Who saves me? The money?

My salary? myself? my soul?

My friends? God? Jesus?

Where is the salvation?

Let me listen to my beloved...

Salvation is not something that man can do,
it can only descend as a grace, it can only
come as a gift.

Salvation is so vast and I am so small
that is not possible for me or you to manage
it... The more man tries to manage it, the
more entangled he becomes in new kinds of
chains in new prisons...

The more I search out the more I am
lost... just like ship until you drop... when
are we going to stop this mind wind...?!

Let us be drunk with our inner wine...
Our inner treasure will help us... We cannot
attain salvation on our own, but still we
have to do something... We should become
receivers not doers and that is what Love is...
Man can be loving, and then God descends as
Salvation...

Do I love myself? This is the first step of
my trip... by Loving myself I am loving all what
I see and all what I feel... This is the ray of
light that loves us all and in all of us...

Look at the baby in the womb... it is the Kingdom of God... Total Trust... Total Love...

Man has to become a womb, a receptacle.. The last supper with Christ... eat my body and drink my blood and we are all connected with God...

All that is needed on our part is to drop all armor, to drop all defences, to open all the doors and all the windows so that the wind can come... the rain can come... the sun can come...

Come, come, yet again come...

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 Jalaluddin Rumi, One of the greatest Sufi masters ever.. Take it to your heart..

Come, come, whoever you are...

Wanderer, worshipper, 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 again come...

The Kingdom of Allah has no doors...

You are welcome at any now...

Now is our wow! our wonder and wonder..



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... It does not happen...

The tree is always ready to give you shelter, its shadow, its fruits, its flowers, its fragrance..

If the master tells 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 medicine is that I will give it to you only when you are healthy..

I never waste my pills on ill people...!!",

It does not matter who comes..

The master is ready...

When you are ready, the master is ready...

When you are thirsty, the river is ready.. is waiting for you...

The master can only point the way, you will have to make all the effort.. to walk the talk.. freedom has to be achieved by your own efforts



How can we become open to the higher power?

There is an old wisdom...

"When the disciple is ready, the Teacher appears."

Mohammed went to the mountain... the mountain did not come to him...

When you are ready, the whole universe begins to help you... There is no need to ask for any astral help, there is no need to go anywhere, help is given to us in us... But one has to be ready, one has to be in a state of mind where universal forces can help you...

Higher forces are present in this now... in this here... but who is ready to be in it and hear it??

We are receptive only to the lower forces... you cannot be open to both... what is your choice? the head or the heart?

We have only one opening, so it is your choice in which direction to move... so how to be closed to lower forces and to be open to higher forces??

When someone loves me, I don't trust but I doubt... When someone is angry I don't doubt... I always believe the lower but not the higher...



What is your reality? The lower or the higher??

Remember, faith is the opening.. faith is trust... where is your trust.. Be aware of your mind... the reaction or the response!! emotion or compassion... Just wait and watch and live your feelings... not your pressure... not your anger but your inner answer...

Watch your energy... am I hungry? Do I need sex now? What is need and greed and desire and lust? You can be a living light in the darkness and in the light... no need to go to any place or any teacher or any master..  you have all what you need... the book I love and a soul friend...

When you become open to the higher, things begin to happen in a very different way... But if you are only open to the lower then you have to grope in the dark for the higher...

Many met Christ and Buddha and Mohammed but what happened?? We are still open to the lower powers of the sages... We ask stupid questions...

If someone insults Christ we support this energy but if someone loves the truth we don't support but judge...

The opening to the lower is habitual in us.. Be aware when some lower force is pulling you...

Be a witness...

Don't be a slave to your mind...

"I trust in God, only then I can grow..."
And God is not out... This truth is in us.. once
you feel it you see it.. once you see it.. you be
it... only your thirst trusts the water...
When they told us that Christ is a great light..
nobody trusted this truth... But he is the
son of the carpenter, all of us we trust what
we see and what the mind tells us... we
see only the body.. only the cup... but
not the being and not the emptiness in the
cup...

Don't waste energy in the lower. Once you begin
to feel the higher possibilities that exist, there
is not even any need to think of the lower..
And then you begin to receive help from higher
souls... you are in another level of the ladder..
Trust yourself... Listen to yourself...

For example, Freud said the truth but who
trusted him??? He said that ninety percent of
our power goes to sex... we are sex-centred,..
every religion fought against him...

Now, we say yes, but that is his nature..
it has to be so... so hundred percent we are
in the lower power and this is why we
are victims of victims... Be a victor... respect
your instincts and go higher...

So be aware... do not fight with your lower energy, do not react, be a witness, be grateful... don't be part of the fight... be with the conscious part of your mind... just observe and do not suppress but express in a loving way...



Live your way to God or to the upper power... When you are angry, remember that you are angry. Be mindful.. Be conscious of the act. And this is an inner alchemical truth:

That if you are mindful, you cannot be angry.. you can watch your mind and your feelings...

If you close the lower, the higher opens and you are with the light... where there is no time, no space only existence

only Godliness...

So you are not only in contact with the higher but in deep communion with it.. Then you are not.. with the higher, you dissolve; only with the lower you can be the very existence of the ego, the self, the I, belongs to the lower.. when you are open to the higher, you are not.. you are simply guided by higher forces... you become just an instrument...

Be yourself... a human becoming.. Man is a growth, a going beyond animality...

Life is a wonder, a benediction... a celebration.. when we are in contact only with the lower, life is just a dust, a lust... a suicide..

The higher is needed. It is the only saving force... the only living grace..

But who is ready to use the key of this door? If you say "meditation" they ask for a scientific proof.. They say, "we will experiment" But truth is beyond science...

In science one plus one is two

In meditation one plus one is one...

This oneness is our amnesia... our existence... our mystery... But who wants the truth?? who wants to be nobody... no drops, no waves only the ocean...

Life becomes meaningful if you feel the existence of the divine, if there is a God..

La ilaha illa Allah...

There is no god but God..

Meaning is possible only if the higher exists.. Meaning always comes from the beyond; it cannot come from us.. Only if you can go beyond does there seem to be a meaning of life...



With the lower, there is only repetition of the same thing, again and again...

With the higher, there is no repetition.. There is eternal freshness, eternal virginity... Every moment is eternity in itself.. Then there is meaning in life, then your life becomes significant...

Yes!! No life unless we go to the higher power.. our politics, our nations, our races, our religions are all animalistic... all in the lower forces...

When we say 'nation,' it is nothing but the greed for territory... When we say race, it is nothing but herd worship... We give good names, we give good labels, and hide much ugliness behind them..

Animals are a political party too... They do like us.. The same political structure... They have a president, a chief, and servants.. There are lower and higher castes... The higher suppresses the lower and the lower cannot even rebel... Also so much fighting and violence the same has happened with us... we are not better than any animal... we do it in the name of religion... they do it in the name of religion... But you have a choice...



Our choice not to belong to any lower force..
you belong only to existence.. because that
is the higher possibility where there are
no boundaries and no politics, where only
religion is needed...

But wake up!! Now we have atomic bombs..
we have total weapons... we can destroy the
whole world .

And because of our animal tendencies, there
seems to be no future for us.. our only savior
is God... Now we need many Mohammads, many
Christs .. many Buddhas... But what to do??

Drop and stop

our old habits...



Our mind is like a robot... like a
computer .. push the button and go on.. it makes
you ready to jump in and fight... This is a
mechanical mind.. use the robot but don't
let it use you... you are the driver
of the car... you are the rider of the
horse... Be your own master and your
own lover and your own healer... Be aware
of who is using who?? Now the thing is the
master and the man is the slave for
serving the thing... No one can
control you unless you are a
thing....



Let us be conscious of things which have become automatic. Then, by and by, as you become more aware, the lower opening will be closed... And then the higher opens, you need not to do anything more; then the higher begins to do everything through you...

With the lower you have to work hard. But with the higher there is only a surrendering. Let thy will be done

Now the beyond has entered and you are born again as a Christ... The higher force has taken charge... The infinite has come within, and everything happens according to the infinite..

Once you are open to the higher, you have dissolved; you are not, and the higher is. Then the miracle happens..

Close the lower and surrender to the higher.. Whenever you feel the higher, have faith in it. Whenever you feel the lower, don't believe in it, don't trust it; remain closed to it.

Then you yourself will become a bridge to the higher...

But now there is no Christ.. no Mohammed...

It is our ego who gives orders to wars...

Our lower force is ready for this global madness.. global suicide..





Suicide !!!

What is your side?

He too I feel it many times a day ???!!!
What am I here for? Am I alive?

I came alone... I live alone... I go alone...
Who loves me? You die alone... The society does
not exist in your death... The crowd is with
you when you are alive...

So sometimes it happens that a man may
commit suicide... good and bad people did it.
You will be surprised to know that in the
East people don't commit suicide as much as
in the west...

In the East you can live your life as you
want... in your own way.. you are no longer a
Hindu, nor a christian, nor a Mohammedan...
You drop out all the dogmas.. you become free...
But in the west no freedom... you have to be
in a sect or in any box... so death is your
freedom... But you can die consciously not by
killing yourself but being aware of going
home... you will be dying fully alert, aware,
watchful and grateful...

Death is the mystery of life... From the very
beginning death is coming...

Nothing is ever born and nothing ever dies..
We are visiting this planet... We are crossing
a bridge... a pilgrimage...

So let us enjoy every step on our trip and every sip from our cup...
Yes! let us share our thirst and our quest...

Does God exist?

Such a question has no answer... The answer is in the heart... in the question.. in you.. So the moment you begin to ask from the head, intellectually, you can go on asking for many lives and collect many answers but you still live outside your inner world..

You will know many things about yourself but nothing of you... The "about" goes round and round and the center remains untouched...

How to ask something which can be meaningful. Ask something that is concerned with you, that helps you to be alive... to be alive now at this moment... not concerned with memory but with your being...

Don't ask anything that once answered will not change you in any way... Does this question change you.. "Does God exist?" This will be just curiosity, not a search...

Are you really concerned about the existence of God?

Whether God exists or not, people remain the same.. The question is not existential...



If you ask from your deeper being.. the answer will come from the core of your heart and this is what meditation is The question will become the answer .. you become the quest and the question mark... Then no answer is needed.. your quest itself can become the answer... Your thirst will guide you to the river... to the source...

On the inner search, the means and the ends, are one circle.. one realization... So now relax, relax to your past, relax borrowed questions, relax your mind so that your being can emerge.. Then this questioning will become a meditative process. Than anything that comes to your mind, don't hesitate to ask...

God is always available for help but we never ask ... Jesus is saying: "Knock and the doors shall be opened unto you, ask and it shall be given."

The whole Kingdom of God is ours just for the asking... But the ego prevents us from asking... we are the cause... Look and see God in every seen... Look deeply any and you will find God... just let go and let God....



Why is There so much frustration in the world?

Because there is so much expectation..

Expect, and there is frustration.. Don't expect,
and there will be no expectation and no frustra-
tion if we accept it as it is...

Don't do good, be good ... be like a child...
Don't think about the world, think about
yourself... Don't make a bargain out of what
you do and you will never be frustrated..
Your life will become filled with love.. Once
love has flowered in its totality, there will be
bliss, there will be ecstasy...

True poem

Man and money

Man O man

When he is without money, he eats veges at home

When he has money, he eats veges in a fine place..

When he is without money, he rides bicycle
to work

When he has money, he rides bicycle to
exercise ..

When he is without money, he walks to eat
food

When he has money, he walks to burn
food

Oh man what else are you doing???



When he is without money, he
wishes to get married..

When he has money, he wishes to
get divorced..

when he is without money, he acts like a
rich man

when he has money, he acts like a
pauper

He says share market is bad but he keeps
on speculating..

He says money is evil but he keeps on
craving for it...

He says high positions are risky but
he keeps on struggling for it...

He says gambling and drinking is bad
but he keeps on indulging in it..

O man O man

Be content with whatever you have..

And thank God for whatever you have..

You have a choice when you wake up in the
morning... you will say.. Oh God... good morning..
or you say.. Oh God!! Morning again!!!

Think out of the box...

3 questions !!

Question one: A man and his son are in a car accident. The father dies on the scene. But the child is rushed to the hospital.. When he arrived the surgeon says..

" I can't operate on this boy, he is my son!! "

How can this be??



Question two:

A man walks into juice centre and asks for a drink.. The shopkeeper puts out a gun and points it at him...

The man says "Thank you" and walks out..



Question three...

A man is wearing black. Black shoes, socks, trousers, gloves and ski mask.. He is walking down a black street with all the street lamps off... A black car is coming towards him with its light off but somehow manages to stop in time... How did the driver see the man??

What are your answers??





Here are the answers... hear and see...

- 1 - The doctor is the boy's mother
- 2 - Due to hiccups...
- 3 - It was during the day time..



We are here to play... life is only a joke...

A big chief was constipated... his nurse was worried, so she went to the nearest drug store and said to the drugman...

"Sir, I am worried... my chief no shit..."
The drugman gave her some pills and told her give him 3 pills before he sleeps and tell me what happens....

She came the next day and said..
"Sir... big chief no shit..."

The drugman said give him 5 pills at night...

She came the next day and again said..
"Sir... big chief no shit"

"Give him the whole bottle" said the drugman... and tell me the result...

She came next day worried again and said..."Sir, big shit and no chief..."



I feel a lot of hate inside me. What can I do about it ??

Doing will not help, just watch your hate, be aware of it, feel it, feel the fact of it.. Don't try to escape from it, even your doing can become an escape and your hate will grow more.. just face it.. don't suppress it

So if you feel hatred, anger, greed, fear, or anything, don't try to do anything... don't suppress it, just see the ugliness in it, see what it is.. Once you see it in its totality, it will drop by itself..

It is just like a snake crossing your path.. The moment you become aware that the snake is there, you jump... That jump is not something which you have to think about, decide about but it happens, no planning is needed..

So don't condemn anything; rather, become more aware of the fact of it.. meditate on it then watch your mind, your thinking, your ego..

When you say "I see greed in me.. hate in me..." "It is not in me..." Language creates many problems... Go into the problem existentially... you are not hate... you are love... you are compassion...





And the more conscious you become, the more the hatred will dissolve ...

When you love you become love ..

When you hate you become hate...

But if you just remain yourself, then you become a witness ... now you will be a consciousness, a light unto yourself... Become more conscious of your acts, of your thoughts, of your moods, of whatever happens ...

A conscious being is neither hateful nor lovefull.. When one becomes a center, when one becomes crystalized, there is neither repulsion nor attraction to anyone ... This is what compassion is... The sun keeps shining if you are here or not... So why this duality? Why not be a unity? This is our nature ... Look at the love of our mother earth... all the seasons are united... Live moment-to-moment.. Live here and now so that whatever you are doing becomes a meditation... an attitude not an activity ...

Past and future belong to the mind, not to existence..

We are the world... So be aware of who you are and why you are here... God is nowhere or God is now-here... just a dash of light and all is light and life and Love...



Thank you for this question... it is healing me too...

For the past ten years I've had a lot of problems... I have a lot of anxiety. My mind seems to be wandering constantly... what can I do about it???

Why think about the past ten years? why? That is the root cause of your problem... what have you got from the past? Every day you have a bigger and a bigger mind and less and less consciousness...

Live a new now !! A new unknown... Be a knower not a thinker... Don't carry any cross... cross your mind... go beyond any bond...

If you go on collecting the past, your thinking will grow more and more... You may even begin to lose consciousness of yourself completely and then you become a robot, a computer, a thinking machine...

So what to do?

Let the past be past in the dust... Remember only this moment... Take a deep breath and be grateful... no past and no future... enjoy the joy of now... If you are really listening to this now, your thought will stop!!!

When you are eating eat...

When you are listening, listen..

When you are walking, walk

Remain in the present moment, remain with the activity... with this creativity... and soon you will realize that the past is no more and a new space has opened in you... In that space no thought and no time and no place... Be in this grace...

Die to the past and die to the future..
Live here and now so that whatever you are doing becomes a meditation... remain in the present and it is our only present...

Yes! You go on thinking. Thinking is a different thing from this mad rush of thinking, you are just a victim, not a thinker...

Whatever you think about is not thinking, really, it is just a rush, a mad rush, a crowd, a traffic jam of thoughts....

So be aware.. Don't waste the present anymore... Live in the present... Live it with a loving life... in a meditative quality... This now is eternal.. past and future belong to the mind, not to existence... exist in it..





Thank you all for your gifts...

Never blame anyone in your life...

Good people give you Happiness..

Bad people give you Experience..

Worst people give you a Lesson

Best people give you Memories



If you are depressed you are living in
The past..

If you are anxious you are living in
The future

If you are at peace you are living in
The present



The most beautiful Line is

" But, I Love you "

The most painful line is

" I Love you , but "



Never get hooked by "ifs" and "buts".. Make life
Simple so that everyone can simply live...



It doesn't matter how many resources
you have..

If you don't know how to use them,
they will never be enough..



Arguing with a fool only proves that
there are two



Welcome to face book ... But be aware..
Once in ... never out..

Look at your original face...



Feelings are much like waves, we can't
stop them from coming but we can
choose which ones to surf...



A lot of problems in the world would
disappear if we talk to each other..
instead of about each other...



When I was young I was scared of the
dark ... Now when I see my electricity
bill I am scared of the lights...



Yes! You are so right !!!

In prison you spend the majority of your time in a bigger cell...

At work, you spend most of your time in a small cell on the screen...

In prison you get three meals a day... free

At work you only get a break for one meal and probably have to pay for it yourself..

In prison you get time off for good behavior..

At work ... you get rewarded for good behavior with more work

In prison a guard locks and unlocks the doors for you...

At work .. you must carry around a security card and unlock open all the doors yourself..

In prison you can watch tv and play games..

At work, you get fined for watching tv and playing games...



Just watch and see and think !!!

Which sounds better...

So what are you waiting for...

Kill your Boss and go to prison...

Yes! I come too...



Who is not in the prison?

Everybody is imprisoned for life... you are your own prison and your own prisoner... you are in a smaller prison, others are in a bigger prison; it does not matter...

But if you want to become a free being. The only way is you will have to learn the knack of being here now...

Let us live our bliss now and we are free and alive for ever and ever... just one word is knocking in us... meditation... let our prison be a door not to be a person, but to be a human becoming... to watch your mind and go beyond it...

Mind is the ego... is the root cause of all problems ... problems grow on mind like leaves on trees ... You can go on pruning the leaves; but it won't solve the problem... the mind is the only problem...



Yes! You know the cure and you know the cause and you enjoy it all the way...

Bottle of wine

Women will love this one!

A woman and a man are involved in a car accident on a snowy, cold Monday morning; it is a bad one..

Both of their cars are totally demolished, but amazingly neither ^{one} of them is hurt..

God works in mysterious ways..

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

The woman says, "So, you are a man. That is interesting.. I am a woman. Wow, just look at our cars!! There is nothing left, but we are unhurt.. This must be a sign from God that we should be friends and live in peace for

The rest of our days!"

Flattered, The man replies, "Oh yes, I agree completely, This must be a sign from God!! But you are still at fault... women should not be allowed to drive!!"

The woman continues, "And look at this, here is another miracle.. My car is completely demolished but this bottle of wine did not break... Surely God wants us to drink it... Let us ~~us~~ celebrate our good fortune..."

The woman gives the bottle to the man..
The man nods his head in agreement, opens
it and drinks half the bottle and then
hands it back to the woman..

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

The man asks, "Aren't you having any?"
The woman replies, "No, I think now I'll wait
for the police..."

Moral of the story:

Women are clever n smart creations
of God..

Don't mess with them..



The person who is interested in alcohol must
be living in misery, in a kind of suffering..
That is why he wants to forget it all in any
way ... Alcohol is nothing but a chemical
strategy to forget your problems, to forget
yourself ...

All kinds of drugs are harmful because they all
create illusory worlds for you and they are all
distractions ... They make you more and more
unaware of your own self...

The word "awareness" is the golden key, the
master key ...



Yes! Be aware like this grandma!!



A Jewish grandma and her grandson at the beach... He is playing in the water.. She is standing on the shore not wanting to get her feet wet, when all of a sudden, a huge wave appears from nowhere and crashes directly onto the spot where the boy is playing....

The water recedes and the boy is no longer there, he was swept away...

The grandma holds her hands to the sky, screams and cries: "Lord, my God, how could you?? Haven't I been a wonderful grandmother? Haven't I been a wonderful mother?? Haven't I kept a kosher home? Haven't I given to charity? Haven't I lit candles every Friday night? Haven't I tried my very best to live a life that you would be proud of??"

A voice booms from the sky, "All right!! All right!" A moment later another huge wave appears out of nowhere and crashes on the beach.. As the water receds, the boy is standing there... He is smiling and splashing around as if nothing had ever happened...



The voice booms again...

"I have returned your grandson. Are
you satisfied?"

She responds, "He had a hat!!"

She is aware of the hat too!!!!

Yes! It is very hot... let us have a
very hot hug too...

The scientists are now well aware of the
fact that unless a child is hugged, kissed, he
misses some nourishment..

Just as the body needs food, the soul needs
love... You can give to the child all the
physical needs, all the physical comforts, but if real
hugging is missing the child will not grow into a
wholesome being. He will remain sad somewhere deep
down. He was nursed, but he was not mothered...
Was not connected with existence...

Love is our connection. Love is our very root...
No one loves you unless you love yourself... once
you know what is love, you love everyone...

So let us love our inner childhood... let us
reach to the top of the tree and to its roots..
Let us reach to the innermost core of our
being, where no corruption has ever entered...



from being to being... from me to we, from
silence to silence...

Truth does not need any book-- any words...
cannot be said... we can live it ... we can catch
it but no one can teach it...

Truth is always realized in silence ... when
our inner talk has stopped, then it is realized.
Silence in silence not in sounds, not in words...
I am just playing in letters... in lines... just
sharing a lie or the shadow of the truth
because I can't face my silence...

All languages are dead... Silence is the
mother of all languages... from silence comes
all what we read and write... But not
the silence of the grave but the silence of
Life... of love ... of laughter ... of grace...

But why all these books?
May be a desire will arise in us to hear our
silence... The thirst is there, it needs a little
provocation... a little thirst... just seek and search.
How can the blind see the light by words??...
How can you drink the water by the word
water? Truth is an experience in our being
not an experiment in the lab... is not in
the mind, is not in the thinking... why?
Thinking can only be of the duality... the
best way is to be non-thinking .. to a witnessing..



Go to a rosebush. See the flower and the thorns...
They are one... Silence and words are one.. earth
and heaven... birth and death... all opposites are one..

Love the other but do not possess.. the
moment you possess you have been possessed and
you will destroy your own center...

Be in the world and yet not in it..
If you try to be victorious you will be defeated..
Don't try to be victorious, then nobody can defeat
you...

If you really remain without any claim, without
asking for any credit, fame, name, success, then
as a consequence victory is there... The whole
existence pours down into your emptiness; then
you are fulfilled...

This is not a result... a consequence... it happens
as part of the inner law of existence...

So be aware of this now and see the obvious..
see what is in front of you and you will see
the problem. The obvious is the problem, and
once you become aware of the obvious
the problem disappears... This is what an
enlightenment is... Just look and see and
the truth is not far away, it exists within
you...



Y know you!! Do you know me?

You are an emptiness... You can be it, but you cannot know it... Knowing means you are separate from it... The wave is not separate from the ocean.

If you know then you are divided in two, the knower and the known... That is impossible... You know your name and your form... But you are an emptiness.. a nobodiness.. the bliss... you can destroy everything in the world but not the emptiness...

That is why you cannot be murdered, you cannot be killed, because you are not.. only existence is... Become a no-self.. And no-self is not empty in any negative sense... it is the greatest positivity...

So be aware of who you are... you are never born and never will die... passing through death you will become deathless..

So who am I make the difference... The I is the mind, the ego.. but awareness is the existence... There are two great lies in life.. One is I and another is death.. death is only the byproduct of I... Death cannot exist without the I...

Then the only truth is a pure awareness.. One is, but one is not separate from it.. Oneness is the existence...

How can I grow spiritually?

There are three steps in the spiritual growth... One is independence... but this is not possible because you are not independent, you cannot be...

You are part of this vast whole, of this cosmos... So independence is false... So dependence on the sun, on the air but it is not possible too... then there is panic...

Independence is false, dependence is also false...

then there is the third point which has to be achieved, which is the harmony.. That is interdependence... You depend on the whole, and the whole depends on you...

God needs you too.... Be aware of this grace!! life is give and take.. The sun depends on the plants and we are all in this dance of interdependence...

Go to a tree. If you need something, ask her. Don't hurt her and thank her... Nature is our mother.. She feeds us and heals us.. This interdependence is godliness, is the existence...

Dependence is false, independence is false; only interdependence is the only dance... The only choice... the only grace...



Thank you for sharing this spiritual story with us... It is not easy...

Let us read this truth... this parable... this goodbye story...

A great sage was asked by his son... "father, who am I? what is in me? I try and try, I do meditate, but I cannot find it."

"Son! Go there, you will see a big tree and bring a fruit from it."

The child brought a small fruit from the tree. The father said, "Now cut it. What do you see inside it?"

"Millions of small seeds"

"Now choose one seed and cut that seed.. Now what do you see?"

"Nothing..."

"Cut out that nothing..."

"I cannot do it..."

"It is not nothing but nothingness... and out of that nothingness arises this big tree. In the seed just at the center exists this nothingness.. and the same is true with you, unless you find this non-being within you, you will not attain to authentic truth.."

The boy meditated on this nothingness and became very silent... And another question arose...

"father? How does nothingness mix with thingness?"

The father was again in difficulty... He wants to help his smart son... so he said..

"Go and bring a cup of water." Then he said "bring some sugar and mix them both, now can you separate the sugar from the water?"

"Now it is impossible. I cannot even see where the sugar has gone." Said the son..

Then the father said, "you taste it."

The boy tasted, it was sweet... And the father said, "Look, just like this. You may not be able to decide what is being and what is non-being; they are melting into each other just like water and sugar. You can taste and you can know that this water contains sugar... You may not be able to separate them right now... in fact nobody can ever separate them because they are not separate."

Water and sugar can be separated, that was just a device to make the child understand.. but non-being and being cannot be separated, life and death cannot be separated. It is impossible. They are not two, they are one...

We came from nothingness and we go to nothingness. And the being arises in between.. without death life cannot exist.. life and death are not two things but two wings of the same phenomenon...



Never born and never died...

Death is an illusion...

It is always somebody else who dies; you never die... It means death has always been seen from the outside, it is the outsider's view...

Those who have seen their inner world are unaware of what they are saying but they saw that there is no death... But now science is saying it in simple ways...

You don't know what constitutes your consciousness; it is not constituted of breathing, it is because of your heartbeats; it is not constituted of blood circulation... You are not alive because of your body...

So when the doctor says that a man is dead, it is an outsider's conclusion; all that he is saying is, "This man is no longer breathing his pulse has stopped, his heart is not beating"

Are these three things equivalent to death? They are not!!

Consciousness is not your body, nor your mind nor your heart...

So when a person dies, he dies for you, not for himself... For himself he simply changes the house, perhaps moves into a better home.. But we don't find him in the old house..



All what you should say, "The poor guy went. Now where he has gone, we don't know."

Medical science does not know the truth. Those who know the being, they know the truth... You can go inside and you will find your inner center, and at your center there is no breathing, no heartbeat and no thought, no mind, no heart, no body, and still you are..

Once a person has experienced himself, that he is not the bodymind but pure awareness, he knows there is no death for him, why? Because he does not depend on the body...

So we are here to learn how to live and how to leave..

Life is in living. It is not a thing, it is a process... There is no way to attain to life except by living it, except by being alive, flowing, streaming with it...

If you are seeking the meaning of life in some dogma, in some philosophy, in some theology, that is the sure way to miss life and meaning both...

Life is not somewhere waiting for you, it is happening in you... now at this moment... You are alive forever..





whatsoever you are is your life..
Nobody can give you the meaning of
your life... It is your life... It is
my life... The meaning has also to be
yours... Only in living will the mystery be
revealed to you...

Life is a river without end... no beginning
and no end... But be aware not to seek
your life in any books... Life is living within
you. The temple is not outside; you are
the shrine of it..

Once you know what life is you will know
what death is... Death and life are two
polarities of the same energy, of the same
celebration...

The moment you breathe in and the moment
you breathe out, both happens. You live by
breathing in as much as you live by breathing
out... This is how we are involved in eternity.
Jesus is saying... I am the life, the love, the
light and the path to the only truth there is..
This is our divinity...

When a person knows the transcendental in
himself, death is nothing but a face of life,
a face of existence...

Just relax, take a deep breath and enjoy this
moment... God is now-here or nowhere else..
Our now is our vow and our wow!!!



A short story from our long life...

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

But what did the Sage do? He smiled and said to her, "You go into the Town and just find few seeds of rose flowers from a house where nobody has ever died."

And the woman rushed into the town, and she went to each house. And wherever she went they said, "We can give you as many ^{or rose flower} ~~rose flower~~ seeds as you want, but the condition will not be fulfilled, because so many people have died in our house." Again and again it happened... And she went to many houses and she understood the truth.. with that understanding she went back to the Sage and she smiled and said... "please... I would like to know that which never dies. I don't ask for my child back, because even if he is given to me, he will die again. Teach me something so that I can know inside myself that which never dies."

We are living in a mortal body but everybody is immortal...

Our search is for the ultimate transmutation in which the mortal experiences immortality... The Truth is that we are immortal...





Ah... what can I say??

Every word is a dead silence
unless you live it... unless you
plant it in your being...



You are born as a seed.

You have to grow to the point
where you come to a flowering,
and that flowering will be
your being... your fulfillment..



Man is born with great treasures, but he
is also born with the whole animal heritage.

Somehow we have to empty out the
animal heritage and create a space for the
treasure to come to the conscious and
be shared... share what you love..
and who you are...

The more you share it, the more
you have it...



giving is receiving



We Talk about
truth and we
live in slavery... we live
in lies...



Whatever I say... whatever I do...
whoever I am... is my responsible...
It is not impossible
it is
I - m - possible...



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



Every error is an opportunity
to learn.. keep learning..

Just don't commit the same
mistake again and again..
That is stupidity...



Live without any fear of hell, or any
greed of heaven





Act when you are positive...
Don't force positivity, wait
for the positivity to come on
its own...



Beauty does not belong to things... Search
for your spiritual beauty... it is
The search for God...

Celebrate every now... 

Life is a living
celebration...

When you celebrate,
you celebrate all



Duty? or Love?

Do it from your heart
not from your
head... pour your
heart in it...



Do you live to eat or do you eat to live??
Be aware of what you are eating!!!



forgiveness... Unless you start living in the
present, you will never be able to let
go or to forget and forgive the past...
let us live in this present... Be more
aware...



Greed... Jesus says... "Think not of the morrow"...
Don't be greedy...



Hale and love are
one coin... no
valley no mountain...



Insult... is another
salt in our taste...
accept it and use it...
find the good in it...



Joy is far more superior to pleasure, happiness...
more soft, more flowerlike... It is a harmony
with existence...



Kiss... Keep it short stupid
or
Keep it short sweetheart...



Lies... we live in lies... We talk about truth
but we live in lies...
Start watching when you are lying...



Marriage... Love can become marriage... but
marriage without love is divorce...
is adultery...



Now... Now is the only time and place and space...
God is now-here
or
God is nowhere



Overeating... If you start repressing your
sexuality, then the natural shift is
from love to Lunch...



purpose...

purpose belongs to the law of
necessity: purposelessness belongs
to the law of love...

What is the purpose of the
whole?

No purpose at all... it is a celebration...
It is just a play...



Questions...

When one has innocence there are no
questions... The answer is in your quest.. in
your thirst...



Rest... Learn how to rest... how to
enjoy rest and you will touch your
own center.. your own
eternity...



Sage... A sinner... a saint... a sage...
what is your choice?



Truth... Nobody can teach.. but you can
catch it...



ugliness... Bring the inner beauty... your
original face...



Vision...



The higher your consciousness,
the greater is your Vision; the lower
is your consciousness, the smaller your Vision..



Win... How can the wave win over the
ocean? Relax, be in let go.. Live
with nature... it is our nurture and
our mother..



Yes... This simple word "yes" contains all
The mystery... If you can say yes with
the totality of your heart, you have said all
that can be said...



Zero... Just to be a Zero.... to be a
nobody... a nothingness... to live as
a zero... you are who you are... only
then is bliss possible...



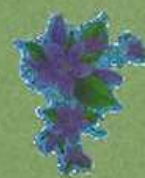
What else can we say... yes!!

Thank you

peace peace

مرحباً





The last page
is The

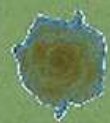


first page
of our

next play on
our next

stage...





What else can
we do? ... to play...



We are here to
let us keep praying...



One peaceful world...
Let there be peace
on earth and
let it begin with
news...

Peace
is Love



