



who knows?



peace peace



میرتو



Yes! 

I know

That I don't

Know... 

why? 

Let us See why
and Say wow!! and
How!!! 



Without any preface...

Do I know my face? 

Beloved reader... you are the reader and the rider and the horse. Too... we are all... but who knows this truth?

The Truth is not in the face book!! It is in the original face... the real look...

But who is looking at the real look?

Am I my face? Do I have a face or a grace?

just let us look and see... and see... yes!
The bee knows itself or herself more than me!! She never went to school and still living a natural healthy life... she is one with nature... I am no more with myself... I am no more healthy... I don't know what health is... what harmony is!!

I know nothing of what an ant knows!! I am watching an ant walking on the paper... she is living the now... enjoying the now-here... but I am nowhere... I am not aware of what I am writing or reading!! It is aware of this now!!!



she is walking on this page... I mean The ant came back and still dancing and playing... I have to shift the words so not to push her... not it... she is connected with nature much more than me... I am still writing but she is no more walking... maybe she is watching my stupidity... yes!! I am super stupid shit... shift happens to me from me... she is wondering on the right of this page.. on the Top.. she just left.. I will put a heart.. we love you our beloved ant or aunty... she left to keep walking her joy... 

when am I going to see the seed that she planted on this paper? who am I? why are we here? To whom shall I listen or hear? what is this now? This only new Time? Is it for writing or for reading? yes! exist.. or Existence... or exist? Exit? Exile? ... every word is ⁱⁿ itself the world .. but how do I see it or how do I live it?

The ant is living her life much more natural than my life... why not learn from any animal? any tree? any stone? what is my feeling now? why do I want to go to the fridge? am I hungry or bored? or just a habit? or go to the internet? what for? who is using who? who is eating who? just be aware of this now!! This feeling? who is the boss? my mind? or Myself?? 

Are you aware of this now? 

Me too I am aware of the letters.. sorry.. the shape of the n...o...w... But now is not a letter.. nor a name... it is a space and a place and a grace of energy... Now is the only time and here is the only place and it is alive and living for ever.. so this now is not static.. is not dead... It is a great wow!!! It is meaningless... we put the meaning of this life... what is my meaning to this now?

There is no meaning... meaning comes from the mind.. from the past.. so joy is the only possible.. like our friend the ant... she is playing... playfulness is our only ^{is}ness...

Let us listen to the birds.. do they have any meaning? Look at the trees, flowers, stars... why should there be any meaning?

Look at children running here and there.. so excited, do you see any meaning? Do you think they have found any treasure? Do you think they have found diamonds? maybe just colored stones or a dead butterfly, or few old leaves, seashells on the seabeach... but they are happy.. they are so immensely blissful...

Once we start looking for meaning we become a calculator.. a mind.. no more a being.. then we live our problems.. of asking why?? why did God create the world? what is the meaning? when fools ask, philosophers answers.. be aware of this mind Trap... Be alert when the why comes!! 

Be in the now not in the why... we will share our why later but for the meaning let us be aware of it... no meaning just be in love of this moment... Take a deep breath and we are here to play... to enjoy our life... we have all what we need in us and what we greed is outside us... now we are here to live a new purpose.. a new meaning... a great insight is needed again which can make life meaningful.. Man cannot live by bread alone and man cannot live by science alone either... 

Man needs religion but not of the past.. not what we are told... a new kind of consciousness is needed.. That is what awareness is.. just as a child needs a mother's womb, the new man needs the womb of meditation... A great meditative energy is needed, and out of that meaning will start entering life again.. and this meaning will be based on our existential experience... Truth is not up there... but in us... we have to move into the inner treasure...

The outside journey is the journey of science, the journey of introversion is the journey of religion.. And we have both of this mystery... The outer should be in the service of the inner, then the real meaning arises... When the inner is in the service of the outer, meaning disappears...



Yes! you are so right... when you feel that the rose is beautiful it is not a head thing, so you cannot prove it. when you say 'this woman is beautiful' you cannot prove it... it is a feeling in your heart... when your heart feels thrilled, it is a totally different dimension, it is the dimension of significance.. mind cannot create love.. it can make machines, it can create technology.. but not life... so be aware of your inner power.. your inner treasure... be your own master and your own healer and live this mystery... This new now... it is beyond any "why?" any question.. you are the question mark... just be who you are right now without asking any why? why! is a wall between you and you..

Why?

There is a beautiful story...



In a village there was a poor man who was thought to be an idiot... The whole village laughed at him... Even as he said something very serious they would laugh, they would find something idiotic in it... It was a determined thing that the idiot could not say anything meaningful...

The idiot was getting tired of it...

A mystic was passing by. The idiot went to the mystic, fell at his feet and said.. "Save me, the whole village thinks I am an idiot! How should I get rid of this idea that surrounds me? And everybody goes on and on hammering the same idea on me.."

The mystic gave him the solution... it is in us..



He said .. "It is very simple. You do one thing: for seven days don't make any statement on your own part, so nobody will say, 'This is idiotic'.. Instead, you start asking others .. 'why?' ... whatever they say

Ask why?



Somebody said.. Look, the rose flower is so beautiful.. ask why .. prove it... How can you prove that this rose flower is beautiful? what grounds have you got? And that will make him foolish... because nobody can prove it ... Somebody said.. 'Tonight is beautiful, the full moon' .. Immediately ask, don't miss any opportunity, why? what grounds have you got? for seven days don't make any statement so nobody can ask you why... "

for seven days the idiot did the same thing.. the whole village was very much puzzled... he made everybody feel idiotic... they all started thinking he had become wise...

So let us be aware of our mind.. the philosophers are the most miserable men... the children are the most joyful beings... so why we go on asking.. why this? why that? our constant why is a disease.. only when something goes wrong we ask why ... when there is love you don't ask why.. you accept it totally...

So if you have a why ... you need meditation.. or the why will not disappear... when the sun appears, the stars will disappear ...



Yes our beloved us.. 

The answer comes only to those who have stopped questioning... now it is raining.. why? I don't know... questions are created in the mind.. If your mind is ill, questions will come out of it.. And when you have no questions, you have got the ultimate answer... that ultimate answer is not in words... it is existential.. you live it.. you become it...

The question comes from the mind, and the mind is capable of turning each answer into a new question.. you will be moving in a vicious circle.. the mind is the ego... let go of it and let God... God is living in our heart... this godliness is our only truth... go in.. in is our only inn... the question why is a trap of the mind.. you will have to see it... once you see it.. you drop it.. that's the meaning of Trust...

So.. why am I here? I don't know... but the heart knows... and lives what the being knows... nature is alive without saying why... just be.. be or not to be is the only being... is the only blessing... you will see it in children.. one moment they are angry, another moment they are so loving... 

Meditation is the only key to go beyond the body-mind-heart... we are a human becoming... beyond any bond...

yes! we are in bond ... but not in bondage... not in any cage ... but in our inner sage... we are connected with this now ... this moment... this contentment... we are beyond all desires because the desire cannot be fulfilled... it is with the absence of the desires, we are in the presence of this now..

Now—here or nowhere

So let us live moment to moment not beyond it... each letter has its own treasure and they are riveting and the word rings in our heart and glows in us... now is our only wow.. our only

Satisfaction... our only Vow...

It is a fact... it is not a fiction... not a history and not a mystery... now is our only present... let us live it... let us share it... the more we share, the more we shine in our inner shrine... but let us be aware to be in this moment with contentment... satisfaction is an effort to cover up our wounds and they go on growing and collecting more pus... they can become cancerous ... 

Contentment is healed wounds .. one has become whole It is authentic ... Satisfaction is only a consolation.. a false coin... let us start with bliss .. the blissful person is contented... so start by being blissful and you go beyond any age.. any cage.. any bondage..

yes! bliss is a gift from God.. is the highest mountain in us... Bliss is a strange wine.. you will become fully aware ... aware in your being..



Yeeees !! me too... I want to have a cup of fun...
The hotel bill ...

An elderly lady decided to give herself a big treat for her significant birthday by staying overnight in one of Lebanon's most expensive hotel... 

When she checked out next morning, the desk clerk handed her a bill for \$500.00 ...

She exploded and demanded to know, "why the charge was so high.. it is a nice hotel but the rooms certainly aren't worth \$500.00 for just an overnight stop without even breakfast."

The clerk told her that 500 dollar is the standard rate, so she insisted on speaking to the manager...

The manager appeared and told the clerk to tell her.. "the hotel has an Olympic-sized pool and a huge conference center which are available for use." "But I didn't use them." she said 
"well they are here, and you could have" said the manager... and he went on saying to her, that she could also have seen one of the in-hotel shows for which the hotel is famous..." we have the best entertainers from New York.. and Las Vegas performing here... and all are for you to use..." "But I didn't use any of them."

"well, we have them, and you could have used them."

"But I did not use it."



The manager was unmoved... so she decided to pay, wrote a check and gave it to the manager...

The manager was surprised when he looked at the check... "But madam, this check is only made out for \$100.00..."

"That's correct... I charged you \$400.00 for sleeping with me." she replied...

"But I didn't" exclaimed the very surprised manager....

"Well, too bad, I was here, and you could have..."

Don't mess with smart woman...



Yes! any fart from a smart is beyond the smell... watch out when you fell in any ditch bitch... choose which way to run away... be a runner and don't waste your time with such ego minds -- let go and let godliness be your isness not your business



But what to do when I feel bored?

Be in your business but don't be a businessman...
yes! listen to this...

A businessman is one thing, and to be in business is quite another... you can be in business and not bored... just do it with love... let your heart flow not your mind... every act is worship not warship... don't be greedy... be generous... be sharing... live in the moment for the moment... Then you are not bored and you are not a businessman... you may be in business... you are changing your inner power... your inner vision... think of great things... think of higher visions...



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 think of peace... of love... of truth... of beauty... All these happen only when we are not greedy... when we are in the moment... utterly in the now... when we are relaxed... just be still and know that God is in our inner being... So let us share who we are... and what we care... Love is caring... care is a real element of love... a real care allows love to descend like a dove... this is the symbol of peace... of Total Trust in God... in existence... in let thy will be done... and the dove of love is alive...



Let us enjoy this story. 

A great scholar and his student were taking a morning walk around the fields when they saw a pair of old shoes lying down, which they supposed to belong to a poor man who was employed in a field close by and who had nearly finished his day's work...

The student turned to the teacher, saying.. "Let us play the man a trick: we will hide his shoes, and conceal ourselves behind those bushes, and wait to see his reaction."

"My young friend, we should never amuse ourselves at the expense of the poor... But let us give ourselves a much greater pleasure by helping him.. put a coin in each shoe, and then we will hide ourselves and watch how this affects him."

The student did so and they both placed themselves behind the bushes close by... The poor man soon finished his work, and came across the field to the path where he had left his coat and shoes..

While putting on his coat he slipped his foot into one of his shoes, but feeling something hard, he stooped down to feel what it was, and found the coin.. Astonishment and wonder were seen upon his countenance... He gazed upon the coin, turned it around, and looked at it again and again...

He then looked around him on all sides, but no person was to be seen... He now put the money



into his pocket, and proceeded to put on the other shoe; but his surprise was doubled on finding the other coin... 

His feelings overcame him; he fell upon his knees, looked up to heaven and uttered aloud a fervent Thanksgiving in which he spoke of his wife who was sick and helpless, and his children without bread, whom this timely bounty, from some unknown hand would save from perishing... 

The disciple stood there deeply affected, and his eyes filled with tears... "Now, are you not much better pleased than if you had played your intended Trick?" said the scholar..

The youth replied.. "You have taught me a great lesson which I will never forget.. I feel now the Truth of these words, which I never understood before.. It is more blessed to give from heart to heart... giving is receiving.."

The inner law is: If you don't give you will lose.. if you give, you will have... give for the sheer joy of giving... existence goes on repaying you tremendously.. It is not a question of what we give; just a smile and it goes beyond any mile... 

Now The cuckoo is singing, not worried at all whether anybody is enjoying it or not... just be your being...

 The word being means that which grows... all
that grows is God... and everything grows in its
own space and pace... that which breathes, that
which grows, that which has life... is flowing out
of good being... so be good... don't do good... be
your goodness and then whatever you do is good...
Action comes out of being... being is primary,
not action... unless the center changes, all changes
are just superficial... decoration... just like being
a saint... be a sage... a being without any
goals or any hope... just be good without 
any expectation... just like the sun... the flower...
the star... your giving is for all... it is your
natural life... it is overflowing with love and life...
and this is our birthright... our being in the
core of our heart... and Jesus said... be still
or be in silence and know that you are the
godliness... the compassion... the beyond any bond...
any word... we are not here to believe in
any beliefs... but to be who we are... to experience
life as it is... let us know what water is by
our thirst and our quench and this is what
knowing is... it is beyond all boundaries...
we are part of infinity... and the part is
equal to the whole... this is the law of
love... of higher mathematics... the drop and
the ocean are one...



am I one with the One?

No... but by birth.. yes.. my amness is one with existence ... but my eye does not see this Truth in me because I am blind... my eyes are open but I don't see ... my ears don't hear... I am not here ... I am there ... I am nowhere... once I open up my wake up I will be who I am.. I will

Be at-one-ment with the One... I know the key ... I have the key.. but I don't use it... if you don't use it you lose it.. I am lost in last .. in dust... so when am I going to wake up? If not now !!! when ??

Don't say I am bored... me too I am bored and on board too... boredom simply means that 

The way we are  living is wrong... we are living a dead patterns given to us by others...

Start living on your own... be your own master.. Your own doctor .. your own lover... no one loves me like my body... like myself... I have to get rid of all the others and look at my mirror..

my inner treasure... my original face... just be sincere with yourself, you have not been honest with yourself.. you have not been respectful to your own being... Are you ready to risk?? me too..

Let us jump in the ocean and then we think.. It is out of boredom that we search for the meaning of our life.. it needs intelligence to feel boredom ...



 Yes! boredom is not a curse, it is a blessing... we feel that nothing on the outside can ever give us an inner sense of Treasure... of significance... So what to do? where to go?

If we look only through reason then we will never find any meaning in life... we have the Science... the high tech... all the power of the mind but no peace... no life...

The East has gone beyond mind.. into the core of our heart... deeper than the logic is love.. is art.. is music... let us start moving into the heart...

into the world of feelings..  And then suddenly great meaning arises, the boredom starts disappearing... let us be on the cross... in the middle of the path.. respect both wings and be in your inner Treasure... inner lecture... be still and know that I am God..

This amness is our existence..
is beyond mind... beyond ego...

let go beyond any reason and any reason and live the unity... the divinity of our dignity and this grace is in our choice... meditation is the key.. is the door to our Kingdom... the Kingdom of God...

Let us use our boredom as a jumping-board Towards the ultimate... let's use our misery into our mystery... into bliss... into paradise within us...

The paradise is already in us.. we just have to take a one-hundred-and-eighty degree turn..

let us turn in.. in is our inn...





Yes! in is our only inn... no... don't Trust others..
only yourself... no boundaries to human capacities..

All boundaries are our beliefs.. we are part of
infinity... we are equal to the whole... each one of
us is a whole holy being... just as the whole
contains the part, the part contains the whole..

They are not separate at all...

No boundary divides the part from the whole..
It is one reality seen in two ways... when you see
the dewdrop, it is one way of seeing the ocean, that's all,
because the dewdrop contains all that the whole ocean
contains... if you have analyzed one dewdrop, you
have known all the secrets of all the oceans, not
only of this earth, but wherever the ocean exists,
on other planets, on other earths... And scientists
say there are at least fifty thousand planets
where water exists, life exists..

Man is a dewdrop, man contains the whole..
There are no boundaries... our belief creates
boundaries.. you are what you think... when you
drop all the desires.. the beliefs.. the thoughts..
you are the holy whole...

That is the moment when Al Hallaj shouted out
of joy... "Ana'll Haq" I am the Truth.. If we
want to be blissful we have to drop our walls,
our boundaries... we have to forget that we are
Christians, Hindus.. communists.. fascists... We
have to forget all the logics.. and live in love..
in a world which is unbounded..



When we say die to the past does not mean  that you will not be able to remember it.. but you are free from them... they are part of our brain not part of our being..

The brain is a computer... a recording machine, not more than this.. use it when you need it.. but don't be used by it... The moment I am not talking or writing, the mind stops... then there is no cloud... just be your being.. your awareness... be and see...

Yes! be aware of your brain... now scientists are also in deep agreement with the ancient mystic secrets... that unless the two brains are bridged and bridged rightly a man remains schizophrenic..  they are bridged, but in a very small way; just a small thread bridges them.. that thread can be cut... it is a very delicate bridge.. once it is cut, the person becomes two persons... and strange things have been observed...

For example: The left side of the brain is able to read and to remember... The right side of the brain is not able to read at all... so a strange thing happens: you can give the person something to read, he will read it, but only one part of his brain will remember it... if you anesthetize his left side, he will not even remember that he has read anything... he has read something, but he will not remember.. Yes! we can cure this... it is  so easy... just observe your thought...

 watch your hands... or his hands... his one hand may be doing something, but the other hand will not cooperate, because those two hands belong to different hemispheres... The right hand belongs to the left hemisphere.. That's why the right hand has become so important.. the right has become the right hand, and the left hand has become the wrong hand..

why?

It is very symbolic.. The left hand is connected with the right hemisphere, and the right hemisphere represents intuition, psychic powers, meditation, love, poetry... because all these things are condemned, the left hand is condemned... ..

The right hand represents logic, calculation,  arithmetic, science... because these things are praised, the right hand is praised...

These two hemispheres are very slightly bridged; a little communication happens ordinarily... The more one becomes integrated, the deeper the communication that starts happening between these two hemispheres..

In Christ or Mohammad or Buddha those two hemispheres become one... They are as logical as one can be and as loving as one can be...

The left brain which is connected with the right hand is under the law of necessity.. and the right side of the brain, which is connected with the left hand, is under the law of power...



The power of now... the whole holy power of oneness.. of existence...

This is the ultimate law, the law of laws...
Then the man has a tremendous beauty and
grace... He is the meeting of the earth and
the sky... of man and woman... he is the meeting
of all that is divided in existence.. and in
that meeting.. God is known...

All the secret methods of all the mystery schools
are nothing but alchemical processes to create a
bridge between these Two hemispheres, to bring
them so close, so utterly close, that they almost
become one... When logic functions as love, love
functions as logic, you have attained to the
highest peak.. At that peak, ecstasy simply happens..
just as when spring  comes, flowers start
blo ssoming... When that synthesis, that spring,
has happened in our inner world, we have come
home, you have attained the ~~one~~ .. the whole..
you have become holy.. This is who we are..
This is our birthright... Innocence and wisdom
is one icon... The dewdrop is the ocean and the
Ocean is the dewdrop...

So let us be aware of who we are.. our
real reality... our real unity with our real
divinity... now-here is our reality... and to be
here and now, absolutely here and now, is to know
all that is worth knowing.. is to really live an
authentic, sincere life, a life full of Truth and bliss
and godliness.. yes! it is easy and simple...
and you know the door.. you have the
key...



where is the key?

The key is in us... Once you know the key, your life will never be the same again.. you can unlock any door... And this is the master key: To celebrate everything..

We have tried all kinds of things to change ourself, but nothing ever seems to happen... you remain the same... The simple key is awareness.. just be aware... keys are always very small, a small key can open a very big lock.. And why does awareness function as a key?

The person who is living in a dream, is deep asleep, has a nightmare, is being Tortured, is being killed. And of course fighting, fighting back, he is very much afraid, wants somebody to save him, and finds no way to escape... All around him are enemies with naked swords... Death seems to be certain... Trembling, perspiring, just out of the pain of the nightmare, he awakes: Still his breathing is not natural.. still he is perspiring... Trembling, but he starts laughing... There is no problem... The dream has disappeared... All Those enemies and the naked swords were not realities... he need not ask to be saved... he needs not arrange any defense... The whole thing was just a shadow world...

Once awakened the whole dream has gone.. let us wake up now... no make up but wake up...





Don't ask how any more... you are
the master key... you are the awareness..
you are all what you need and what
you desire... just be and see... we are
what we need.. we are the light..

The love.. the life and the laughter...
Christ, Mohammad, Buddha and every enlightened being
is saying the same Truth... we are the light
why fight?

When we ask... "what should we do not to be
angry or greedy or not to be obsessed with sex or
food?" just.. be aware... bring awareness to
your life... act with more awareness..

am I hungry or just bored? what is the cause
of my anger? of my fear? of my greed?
why do I need to drink?

Let us drink this cup...

A lecturer in a medical college, famous for his
high regard for social values, was lecturing the
students on the harms of alcohol... To demonstrate its
adverse effect on the human nervous system, he took
a worm and dropped it into a bowl of gin and
Tonic... The worm turned around for a few
minutes and died...

"So what can you conclude from it?" asked the teacher
"Yes! if you have got worms in your stomach
drink alcohol." came a voice from the
students...

yes! you are right.. let us have
few more cups to wake up

The Lady of the house lost three of her
panties at home and blamed her maid for
the loss, right in front of her husband...
The maid completely denied the accusation
and addressed the lady's husband, right
in front of his wife, saying,

Sir, you... are my witness...
you know very well that I never ever wear
panties!!!



♡
'Daddy, what is polygamy?'

"polygamy is a situation in which a man have
more than one wife.."

"okay. So what do you call a situation in
which a man can have only one wife?"

"Monotony, my son, monotony."

♡
David is trying to hold a small mirror in his
hand while he adjusts his tie... The mirror
slips and shatters on the ground... "Oh, no!"
he complains to his wife... "Now I am going to have
seven years bad Luck.." "Nonsense, my uncle once
broke a mirror, and he did not have seven years
bad luck..." said the wife "he died the same day."



let us share the best cup with the best priest

The new priest at his first mass was so afraid he could hardly speak... Before his second week at the meeting with other priest he asked how he could relax..

One of the priests said 'Next week it may help if you put a martini in the water pitcher.. After a few sips, everything should go smoothly..'

The following week, the young priest did what he was told and really talked up a storm..

After his sermon, he asked the other priest how he liked the sermon.. The elder priest said.. "There are few things you should learn before addressing the congregation again:

1. Next time sip instead of gulp the martini..
2. There are Twelve disciples, not ten
3. There are Ten commandments, not Twelve..
4. We do not refer to our savior Jesus Christ and his disciples as J.C. and the boys..
5. We do not refer to the Cross as the Big T.
6. The Father, Son and Holy Spirit are not referred as Bid Daddy, Junior and Boy...
- 7 ... Last but not least.. it is the Virgin Mary, not Mary with the cherry...



So be aware when drink.. or sip.. or gulp... you fall in the gutter...



So let us be aware of what we are doing... let us watch our brain and wash away all the imposed ideas...

Now, in China, they use brainwashing.. They give some electrical stimulation to particular parts of the brain.. just by electrical shock they destroy the inner memory... so if you are a religious man they will give you a shock treatment in the mind, and all your memories, that you are religious, that you go to this church, or you read the Bible, or you belong to this sect.. will be destroyed. And then you can easily be converted into a communist, because then you don't know who you are...



And now these toys have become available to the whole world.. Every government has the secrets. And soon all over the planet will be a psychological violence.. you need not murder a man, you simply destroy a particular memory in him.. he is brainwashed, so he cannot fight with you.. he is just a dead slave.. a helpless child.. now a new memory will be created, a new learning, a new conditioning...

The atom bomb is not such a great danger as these secrets are, because the very soul of man can be enslaved through them. If Jesus is born now in Soviet Russia, they will not crucify him.. First they will try to destroy his memory... But they can't do it.. why?

They cannot be successful with Jesus, but they can be successful with us... They cannot with Jesus because he is already unidentified with the memory.. now-here... If we destroy the memory nothing is really lost because he lives in his consciousness, not in his memories...

We don't really have any consciousness separate from the memories, so if your memory is destroyed your consciousness is destroyed.. we don't know how to function without the memories... So for the new generation, the coming world, the only key is in us... it is meditation..

Mohammad said.. "an hour of meditation has the power of seventy years of prayer"



Only meditation can protect us from political dictatorship.. nothing else... They will not put us in jail.. This is out of date now.. They will simply put an electrical instrument in your head, and they will give particular electrical shocks to the brain and they erase it all and the brain is a Tape recorder..

We are loyal to all the mafias... when are we going to wake up to our own being? If not you and me who else? if not now! when?... Let us live our choice now...

Yes we can be who we are .. listen to this..

In English we have two words, very beautiful, of great significance, one is "breakdown", the other is "breakthrough"...

Breakdown is when you don't know any meditation and your logic becomes irrelevant... you don't know how to reach to the heart and your head has become absolutely meaningless to you, then there is a breakdown,

and you.. me.. we go insane..

But if we know meditateness, which is the art of transforming the opposites into complementaries... then there is a breakthrough.. we enter into a new world a new birth..

a new vision, a new perspective...

In a sense you are again mad... That's why Jesus is known as mad.. Francis used to call himself mad.. and for all practical purposes he is mad.. They are not same the way we are sane or I am sane... They are somewhere else.. Jesus said.. "I am not from this world.."

Meditation is the art of transforming madness into Christhood.. of taking us beyond logic and keeping us healthy and aware... Meditation is the greatest discovery ever made, and there is not going to be another discovery which can surpass meditation...



Meditation is a process...

of getting rid of the whole past,
of getting rid of all diseases,
of getting rid of all pus that has
gathered in us...

It is painful, but it is cleansing,
and there is no other way to cleanse us



Meditation is a kind of medicine. Its use
is only for the Time being.

Once you have learned the quality, then you
need not do any particular meditation..

Then meditation has to spread all over our
life..



Do whatsoever you are doing, but at the
deepest core remain at ease, cool, calm, centered.
The essence is at ease... remain at ease
and no more a disease... just be aware..



Always go on watching your breath coming in,
the breath going out.. If you move, go on
watching your feet moving... If you are
talking, be watchful. If you are listening,
be watchful. If you are eating, be watchful.
This awareness will spread all over your life..
it will be a twenty-four-hour life.. This is
our natural nurturing treasure



Yes! our treasure is in us.. is in our inner lecture... our inner harmony with nature.. This is our song with the birds and with existence.. with the cosmic dance.. this is our unity with the divinity.. let us share our joy and our grace with any pace and any choice... what is your choice with this Test?



You are driving along in your small car on a stormy night, it's raining heavily, when suddenly you pass by a bus stop, and see three people waiting for a bus: 1. An old man who might die if not taken to hospital immediately.

2... your old friend who once saved your life..

3 - your Aunt who took care of you when you were a child...

which one would you choose to offer a ride to, knowing very well that there could only be one passenger in your car?

You could pick up the old man, because he is going to die, and thus you should save him first..

or you could take the old friend because he once saved your life, and this would be the perfect chance to pay him back...

Your Aunt since she is your relative and took care of you when you were a child...

The best answer is in the core of your heart... what it is??

The best answer is:

Give the car keys to the old friend and let him take the old man to the hospital.. stay behind and wait for the bus with your Aunt to help her reach home safely...

yes.. The heart knows how to heal the hurt and how to choose the best choice... it is so easy and simple ...it is not a question of making efforts to be aware... if you make efforts to be aware, you will create tensions inside yourself.. all efforts bring tensions... if you try to be aware, you are fighting with yourself; There is no need to fight... Awareness is not a by-product of effort: awareness is a fragrance of let go: is a flowering of relaxation.. of seeing.. of feeling of total surrender...

Just sit silently in a relaxed state, doing nothing.. and start breathing a deep breath and awareness will start happening... Not that you have to pull it up from somewhere, not that you have to bring it from somewhere .. it will shower on you.. on us.. from nowhere.. it will well up from within our own sources.. you just be silent, sitting still and knowing that God is in us.. in the core of our heart.. This is our eternal home... eternal kingdom...





Let us be aware of our kingdom.. Jesus continuously talked about the kingdom of heaven... and this why all the politicians became afraid of him.. but Jesus was not a warrior of this world... but of the inner world. He was talking of the inner kingdom...

The kingdom of this world belongs to death.. but the kingdom of heaven belongs to eternal life.. all of us are a royal family not a loyal family.. let us be who we are... so simple and so easy...

A young man was feeling very unhappy, so he went to a master and told him.. I am in a desperate need of help.. or I will go crazy.. We are living in a single room, my wife, my children and my in-laws... so our nerves are on edge, we yell and scream at one another.. The room is hell."

"Do you promise to do whatever I tell you?" said the master...

"I am ready to do anything to get out of this situation." said the young man.

"Very well. How many animals do you have?"

"A horse, a goat and seven hens."

"Take them all into the room and stay with them for a few days."

The young man was afraid.. but he had promised to obey! So he took the animals in his room..

A week later he came back, "please I am a nervous wreck.. The dirt! The noise! we are all on the verge of madness!"

"Go back and put the animals out"

The man ran all the way home. And came back the following day... his eyes sparkling with joy. "How sweet life is! The animals are out.. The home is a paradise.. so quiet and clean and roomy!"

To know what true happiness is, look at people who are less privileged than you.. in terms of money, health and status.. you will always appreciate whatever you have and never become ungrateful.. with money we can buy all what we greed and need and desire but money does not buy your joy.. your life.. your self...

what is the use of having everything but you don't have yourself??

So let us know ourself... let us love ourself.. let us know our enemy and love our enemy too... by being yourself then you love the other as yourself... and save somebody's life too...

In a school the teacher asks.. "Has any of you ever saved somebody's life?"

A little boy raises his hand.. "Yes, my little nephew's" "How did it happen? Tell us!" asks the Teacher... the little boy says.. "I hid my Sister's birth control pills!"

welcome to the new baby... it is our inner baby.. our inner child...



where is my inner child? where is my inner innocence? purity?.. silence?.. sound of silence?.. of harmony?.. of nature?.. this is the listening of existence... using the ear more than the tongue... use your eyes not the I... Ah... never listen to what I talk but to our silence... to the stillness of existence... just now I am writing words from my feelings but I can't write my feelings... it is beyond any word... I feel it and I see it but no word for it... how can we share ~~form~~^{forms} which are not a form? me Too I am lost... I am mad.. all what I hear and see and watch the news and nothing is new ... wars are all over.. and I look at the children playing with joy and us playing with sadness... what is our play? why wars? why hate? what am I here for? why not plant peace.. if not you and me or me alone who else? I am alone but not lonely... I read the book I love.. in which I feel the Truth... in which I see my role in the now-here... but I miss the life of the commune.. I need a soul friend... we are few but not near by ... and I write books and share them on our web and used all the media for many years and soon again... and no expectations... all what I am doing is for myself... giving is receiving... we are here to play peace not war...

yes! let us read what we need to know why war... how to plant peace... why we are in pain not in peace??

Man is sick.. and out of our sickness many pains arise.. because I am sick, I would not like to be ignored... "I need you and you need me"

There is a great need in everybody to be needed... That disappears only when our sickness disappears... health is wealth... when you are really enlightened, completely conscious, then there is no need to be needed; otherwise man will accept anything...

let us read this True story...

"I was a professor in a university.. I was sitting with the vicechancellor one day and a girl came in, a postgraduate girl... she complained to the vice-chancellor that there was a student who was constantly harrassing her, writing letters to her, standing in the middle of the way when she came to the university or went to her home.

The vice-chancellor said.. "I will call him and put him right, don't be worried." I said..

"wait.. before you put him right I would like to ask this girl few things, and then I would like to ask you few things..."

He said, "Me?" .. I said, Yes.. you just wait... "



I said to the girl.. "Be sincere, are you not enjoying this?"

She looked embarrassed, but she was really a sincere girl and she said.. "perhaps you are right... I am sorry that I complained.. yes.. I am enjoying it.."

the vice-chancellor said.. "what?"

I said.. "you keep quiet.. your number is going to come.."

I asked the girl.. "just think: if nobody throws pebbles at you, nobody writes letters to you, nobody writes your name on the blackboard, nobody stops you on the way.. would you be happy?"

She said, "No, I would not be happy.. I even know a girl who writes letters to herself, just to show others that she is in love..."

so I asked her... "do you want that boy to be called or not?"

she said.. "No..."

then I said.. "be human.. that boy loves you.. do you love him or not?"

she said... "I have never thought about it, but I like him..." then I said.. "you can go and like him a little better so he need not do anything nasty.. liking is not enough, Love him..."



Man wants to be needed at any age...
to be loved, to be respected, to be
attended, to be praised.. a Thousand
desires ... and when these are not fulfilled,
he is ready for anything... to feel that he is
alive..



Let us listen to this true story...

A poor woman bought a beautiful bracelet.. it
was her whole life's earnings.. and she went
around the town making much noise... somebody
must take note of the bracelet.. somebody
must ask .. "Aha! what a beautiful bangle
you have got... from where did you get it?"
but nobody asked her.. because who takes
care of poor people.. when the servant
passes through your room, you don't even think
that somebody has passed...

After the whole day's effort, she failed.. and she
put fire to the small hut where she used to
live...

The whole village gathered and she was beating
her breast saying ... "I am finished, my house
is finished..."

At that time another woman asked.. "My God,
where did you get such a beautiful bangle?"
And the poor woman said "If you had asked this
before, you could have saved my house..."



She burned the house just to get attention... people would gather, they would sympathize, and perhaps someone would take note of her bangle...

So let us watch ourselves?

Why wars? what is the cause?

It looks strange that we would like to be oppressed, to be manipulated, to be cheated, to be deceived... and it is all human... because we are not getting what we want..

We are the cause.. we are the cure...

It is sad and a tragic commentary on our society: we are not taking care of people, we are not respectful of people.. we are not loving with people..

Do I love myself?

Love your neighbour as yourself.. but
do I live the real love?

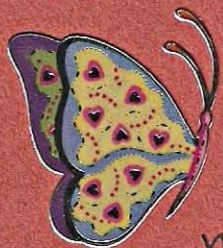
Do I listen to my heart? or only to my head?

Do I know why I am here? what am I doing for myself? who loves me? what is my desire? what am I doing for peace? what is my best book? who is my best friend? am I doing what I love to do? am I taking care of my body? am I healthy? health is the wealth... do I know this?? How can I know you if I don't know myself? ...

Let us know what is knowing... yes! we are here to know not to believe...

Knowing is a conclusion... is a process... is the result of my experience not your experience... it is our own pilgrimage... one is always learning, moving, progressing, evolving... there is not any full stop.. The river is a verb... is rivering... is flowing forever... no goal... but keep on flowing without any desire.. only being in the now-here... this moment... life consists in verbs not in nouns... in loving not in love... in living not in life..

Knowledge comes through memory and knowing comes through awareness... Knowledge is mechanical.. just like a computer.. a memory system.. just like our brain... just be aware that you are not a brain... not a book.. but a being... you are more open to existence... and there is no limit to this knowing... to this wisdom... it is beyond words... it is the silence of existence... it is our new birth.. you become a new human becoming.... so let us erase all what is in our mind and be a childlike.. an innocence... I know that I don't know... I know that I belong to the kingdom of God not to the kingdom of death... but to the eternal life.. to the inner kingdom of light.. let us put aside knowledge and wisdom wells up and start flowing... and now God is a certainty to us...



Let share our words from our worlds..



people come to us and they say,
" we want to know God.. where is
God..?"

Now the question is just absurd...

Where is He not?

Can't we see him.. her.. it... ? only
God exists!!

In the tree and in the bird, in the
animal, in the river, in the mountain, in the
man and in the woman.. everywhere..

He has taken so many forms to surround you,
to dance around you...

from everywhere she is saying "Hello" ..
and we don't listen..

from everywhere He is touching us but we
don't feel our senses...

from everywhere existence is inviting us "come to me."

But we are somehow keeping our eyes
closed... and we don't look and
we don't hear and we are
not here now...

when am I going to wake up and be
who am I? the amness of existence..

Let us be alert to our
third eye...

It is only a matter of fixing one's thinking on
the point which lies exactly between the
two eyes where the I is one
with every I...

Then all is well. The light is something extremely
mobile.. when one fixes the thought on the
midpoint between the two eyes,
the light streams in of its own accord...

Remember, not concentrating but just remaining
alert, just a slight alertness... Look at the tip of
the nose and remain slightly alert to the third
eye.. In fact, the moment you look at the
tip of the nose you will become alert to the
third eye.. why?

because that is the other pole of the nose...
One pole, the outer pole, is the tip.. the end; the
other end of the nose is joined with the
third eye..

The moment you become aware of the tip you will
suddenly become aware of the other end too..

But just remain aware, effortlessly aware..

You need not be worried.. just open
the window and wait.. and the sun
is coming in... let it move in..
in is our only inn...



All what we see is light.. is an energy of life ... all from Allah... Light is such a moving power that if the window is open it is going to move in ...

In fact, it has been knocking on the window for many many lives but the window has not opened yet and it cannot open by force but by our choice...

Let us live our choice...

Let us live our grace...

This is what enlightenment is.. and it is not a distant goal.. it is in us.. in the core of our heart...

It is a present possibility... you can miss it or you can be it... it is our nature.. our birthright...

We are a dewdrop from the ocean and we are one with the ocean but we are not aware of who we are...

Let us be our real identity.. our real divinity.. our real uniqueness in this holy existence...

Be still and know that I am the oneness of existence...

Thank you Christ for sharing with us our eternal Truth...



yes! We can miss our grace... that
doesn't mean that it is very far away 
from you.. from me... that simply means 
that we are fast asleep... you can miss it.
But you don't have to work hard to get
it.. it is very near... why go far??? it
simply means that we are not aware
of something which is already surrounding
us and glows from us..

in us the center and from us the
circle.... This is the beauty of our truth..
the moment you hear it.. you feel it inside
you and you respond.. you say yes... it is
not an agreement of the mind, but it comes
from our totality.. from the core of our
heart.. of our being..

Every fiber of your being, every cell of your
body, nods in tremendous joy "yes!"..
Even the "No!" is for the yes.. for
the truth in us... Truth is all over..
All what you see is the shadow of the
Truth.. once you see the shadow of the moon
in the lake.. you look at the sky and
your heart fly beyond words....



Yes our us... Truth or love or light
* is our honeymoon that never ends.. no
birth and no death.. no beginning and no ends..
Love.. life.. light.. relates, but it is not a
relationship... A relationship is something from
the mind ... it is a noun... The full stop has
come, the honeymoon is over... Now there
is no joy, no enthusiasm, now all is finished..
You can carry it on, just to keep your promises..
You can carry it on because it is comfortable,
convenient, cozy... you can carry it on because
there is nothing else to do... you can carry
it on because if you disrupt it, it is going to
create much trouble for you...

Relationship means something complete, finished,
closed.. but love is never a relationship..
Love is relating.. it is always a verb.. a river,
flowing.. unending... love knows no full stop;
The honeymoon begins but never ends.. it is not a
novel that starts at a certain point and ends at
a certain point.. it is an ongoing phenomenon..

Lovers end, love continues... it is a continuum..
it is an action.. a verb.. a flowing for ever
and ever... God is not love.. but Love
is God... and godliness is the only
existence ...



Yes! we belong to eternity.. we are
a penetration of eternity into the world
of time...



You are deathless.. Living in a body of
death but our consciousness knows no death..
no birth... It is only your body that is
born and dies... But you are not aware
of your consciousness; you are not conscious
of your consciousness..

How to be conscious?

Yes! I am not aware of my real
identity... and to be aware is to know
the key of this golden gate.. And that is the
whole art of meditation; becoming conscious of
consciousness itself....

Christ knows himself but I am snoring and
ignoring this birthright... when am I going
to wake up? if not now when? if not you
and me who else? or me we? and yes
we can.. so easy... I know that I don't
know and I am enjoying this now-here as it
is... no goal.. no hope.. no rope... just be or
not to be !!! Yes! let us be... let us
be a blissful bee.. unattached, always moving,
nonpossessive.. living all aspects of life.. all colors
of the rainbow and be creative not destructive..

When you create you are lost in your love to the creator ... if you are dancing, you start disappearing. The dance is alive but not the dancer.. The word but not the writer or the sayer... This is the only prayer ... every action is a worship.. more than this no need.. no temples.. and no books.. it is the quality of our consciousness... whatsoever you do can become creative if you know yourself.. This knowing comes from the heart.. you will have to fall in love with yourself with the silence of the soul...

But how to be in this being? So easy!! It is our Thirst that takes us to the water.. So is my love to a master... when you are ready

The master is ready.. just a single moment is enough!! It is not a question of being with a Christ for a long time... time does not enter into it... it is not a question of quantity.. of how long you have lived with the master...

The question is how deep you have loved the master... how intensely... I am no more.. he is through me... This is the Transmission of the light.. it is beyond all scriptures... yes! a master is needed.. man alone can do a little... a mother is a must to the child untill he can walk on his own accord... so let us be aware of our own destiny.. our own birth and death... it is in every breath...

 This is our only path... Take a deep breath...

Yes my beloved us... The real master will take away our knowledge and we will be a knower.. we live the inner Treasure ... The insecurity.. that is the only thing a christ can do... carry our own cross and follow yourself.. we are not followers but fellow Travellers... our cross is our balance in our life ... in our choice.. in our awareness ... in our present .. now is the only present ..

Don't waste your time in memories ... what is gone is gone ... is a history .. a dead theory... say goodbye to it and close the chapter..

what has not come yet has not come yet.. it is a mystery... just an imagination, and no... no imagination is ever fulfilled.. It is because of this that the proverb exists in every language
"Man proposes, and God disposes."

because we imagine a certain thing in the future and it is never so.. withdrawing ourselves from past and future, we will become a great energy in the now like an arrow...

Each moment being aware, alert, watchful, in the here now .. in this moment.. and this secret is so simple, but it opens the doors of existence, of all the mysteries, of all that is worth knowing... worth tasting, worth feeling... worth being...



A wise man once sat in the audience and cracked a joke...

All laughed like crazy..

After a moment, they cracked again for the same joke but a little less people laughed..

He cracked the same joke again.. This time there was no laughter in the crowd..

He smiled and said, 'when you cannot laugh at the same joke again and again, then why do you keep crying over the same thing over and over and over again? why do you watch the same news over and over again and again...'

forget the past and move on into
In ... into our inner treasure..

How to do it? just be it.. be who you are now.. no! don't think of changing jobs, actions; think of changing the quality of your consciousness... Be more loving to yourself.. The first thing to remember is....

Be more loving to yourself...

The moralists have poisoned the whole world.. They say don't love yourself.. This is selfishness.. They say "Love others.. the love of the self is sin"....



But Jesus said Love the other as you love yourself... we are one ... you are me.. if I don't know what love is how can I love you.. Unless you love yourself, you cannot love anybody .. it is impossible..

A man who is not in love with himself cannot be in love with anybody.. If you are in love with yourself, only then your overflowing love can reach to somebody..

A man who has not loved himself will hate himself.. and will hate others.. and others will hate you ...

In christianity we are born a sinner .. Adam, the first man, committed the sin.. and we are the victims of Adam's sin.. If you are born in sin, how can you love yourself? If your very being is guilt, how can you love yourself?? The love must happen at home first.. you are the home .. and only when it overflows, it can reach to others....

And when it overflows, it overflows into your acts... into whatsoever you do... every action is a prayer .. a power of love ... just cooking or cleaning the street, it flows into everything you do... even if you are not doing anything.. it becomes your very existence ... just like Christ... a living light... a living love ...



 So let us erase the lies and search for the truth in us.. This is the real war.. but where are the real warriors.. who is ready to accept the challenge?

We came empty handed and we leave as we came.. so why weapons and army? let us share our understanding of truth... but all the rulers are cowards... are slaves and victims... where are the victors who are ready to hear the opposite opinions??

We are not here to prove that I am right and you are wrong... it is a search to know what is truth.. The Truth is not mine nor yours... But it is possible that my opinion may be closer to truth, and your opinion may not be so close; or your opinion may be closer to truth, and my opinion may not be so close..

This is what we need.. The war of opinions.. The war with arms is ugly, is animalistic, but the war between opinions, philosophies, religions is to raise the whole of humanity higher...

The world needs warriors of intelligence.. And if your opinion is defeated.. your honesty should still be respected... at least your honesty will be your triumph...

Let us have some laugh....

what a coincidence !!

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

The woman perks up and says, "How about that?
I just ordered a glass of champagne, too!!"
"what a coincidence" the farmer says.. "This is
a special day for me.. I am celebrating.."
"This is a special day for me too, I am
also celebrating !!" says the woman...

"what a coincidence!" says the farmer.. As they
clinked glasses the man asked, "what are you
celebrating?"

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

"what a coincidence" says the farmer.. "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" says the woman.. "How did your
chickens become fertile?"

"I used a different cock" he replied..

The woman smiled and said.. "what
a coincidence!!" ...



You too change your partner for a
better lover ... better power ...

The power is not in the mind.. it is in the heart... The mind has a power which corrupts and absolute power corrupts absolutely... power is energy.. but the energy of love... energy of light... God is power... is in our inner treasure... our inner glow... Jesus is saying: Blessed are the meek for theirs is the kingdom of God... where is the key to our kingdom?

great!! Thank you for knowing it.. yes! it is awareness... keys are always very small; keys are not big things.. a small key can open a very big lock.. just be aware of any now... it is only a dream... no death.. no wars.. no sins... just be who you are... wake up and see your light... no more in the darkness...

You are home... in your holy kingdom...

All our chains and pains are only a dream... So when you ask.. what should I do not to be angry or to be greedy...? just be aware.. bring awareness to your life.. use your key... meditation... watching... be in silence... count your blessings... be grateful to this now... take a deep breath and this is a new birth... breathe in love.. breathe out light... love, light, life and laughter

  is our only treasure... what a great grace!!!



Yes! Take a deep breath and touch your roots... be authentic, be honest.. rejoice with



whatsoever is available.. be expressive and accept all your nature with love and pride.. living naturally without inhibition, things like rape will disappear... living silently and meditatively, violence is not possible.. just be your nature.. and compassion will be just a natural phenomenon..

Then, governments, politicians, parliaments, assemblies, should become useless.. also no drugs and no doctors...

Husband: Doctor.. my wife thinks she is a dish antenna..

Doctor: It is a psychiatric problem, but I can cure her..

Husband: No Doc. don't cure her, just tell me how do I adjust it to my favorite channel..

Nurse: Doctor, the man you have just treated died on the entrance of our clinic !!

Doctor: Turn him around so it looks like he was just arriving...!!

The doctor comes out of Mr Rizoto's bedroom and says..
- Frankly, Mrs Rizoto, I don't like the way your husband looks at all...
- Nor do I, but he is nice to the kids..



Yes.. life is a joke... why worry? just
* enjoy it.. and remember that the
whole earth is ours... so is the sun
and the moon and much more too.. it is
the mind who is dividing it into sections...
what can you do? do your best and be aware
that you cannot change the other... only yourself... by
changing myself I am changing the world... so let us
fix the man not the planet... new is the new man...
new humanity...

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

Today man has means available to destroy the planet
or to rebuild a new earth... it is our mother...
so why war? why so much conflicts? why our
energy goes into war?!! why we are spending our
life to destroy one thousand earths... any day just
one politician can change this planet into dust...

It will take from five to seven minutes for
the whole world to be reduced to ash... The
news will not be able to reach before death
comes..

Now it is dangerous... what is our vow??
what can you do? what can I do? what can
we do? How to be ahead of
them !! This is our land... our country.. our
mother .. our nurture... what kind of bomb
we use??

The poorest of the poor nations are also engaged in an effort to make atom bombs...



They are dying of starvation but they want to make atom bombs...



"We may starve but our glory must be preserved..."

Is this our glory? Is killing our glory? Wars will continue as long as there are borders... all borders must go... we are one peaceful world...

All the lovers of nations are traitors to humanity... The very meaning of patriotism is treason towards humanity... love of nations means dividing into parts... let us be international... wherever I stand is my holy Land...

In three thousand years, five thousand wars have been fought... and now, war is total war... it is the suicide of all mankind... now every place can become a Hiroshima... any day, at any moment... we can plant peace or war... what is your choice? Live your choice...

I am not a nationalist... I want to break all boundaries... whoever on this earth who has received a small glimpse of the truth has no boundaries... they do not belong to any country, any community, any class, any sect... we belong to all... all belong to us...

Once upon a time, a well-known painter was working on a painting... It's an incredibly very beautiful painting to be shown at the airport during the upcoming festival season...

The painter wanted this painting to be a master piece... He worked on it for weeks on the top of a 24 story building... He was consumed by and excited with his own painting that he unconsciously took a few step backwarch while looking at the painting... He did not look back when he walked backward... He kept on walking backward until it was a step away from the edge of the 24storey building.. just one more step backward and he could have fallen to his death...

A man saw what the painter was doing and was about to shout at him to warn him when he realized that his shout might surprise the painter and thus make him take that fatal one step backward and fall down... So the man took a brush and some paint and began to paint on the beautiful painting until it was damaged...



Upon realizing what happened to his painting, the painter got very angry and

moved forward to hit the man ... However, some other people who were also present at the vicinity held him and showed him his last position which almost made him fall...

What is the moral of this story??

Sometimes we have painted our future with such beauty and dreamed of beautiful days we will spend with our loved one... but then God seems to destroy our beautiful painting when God sees what danger lies ahead of us... Sometimes we are angry and annoyed by what God has done to us.. but one thing we have to keep in our mind is that our Creator is most wise and always keeps our best of interest in mind..

So when God, in his infinite wisdom, tests us with a situation that we think is difficult or takes away something that in our mind was good for us, we need to remember that perhaps it may not be so... perhaps if we had continued in our way, it might have been harmful for us and whatever God decreed for us is actually better for us.. for He is All-Wise and All-Knowing..
Let Thy will be done...



what is your painting? what is my painting?
whatever we are doing now is our art.. is
our truth... I am writing and reading my
feeling .. you too are reading and whatever
you are sharing ... So what is my truth or
mine?

That which is not yours, is not right... it may
have been right for Jesus, but not for me..
We are a unique individual in our own right.
I have to find my truth alone .. not by following
any body else.. no need for any footsteps to follow..
Truth has no foot-  prints... all followers
are wrong.. they are not courageous enough
to seek and search on their own... But if I
imitate Christ and drink when he is drinking..
or eat when he is eating ... This will not help
my thirst nor my hunger.. just be yourself..
your original face.. not a carbon copy... and
to be a carbon copy in this world is the
ugliest way of being...

Be authentic.. be your original being.. you
are a unique mystery not a replica.. not a
repetition .. you are a new song .. a new dance..
a new human becoming.. a new man..
a new humanity...

why we are deads?

Because we live in lies... and those lies have become very respectable because they have been repeated so often, for so many centuries, by powerful people, the priests and the politicians... and we are the cause... we are one in the goods and the bads...

when we live the lies it becomes a truth... because the repetition creates the fallacy... for example.. we think that we believe in God.. it is a lie..

from childhood we were taken to the church or the mosque and we hear what they say.. and every word is a poison in our mind and we accepted it as a water of life.. we believe in others, we have not tried on our own...



Nobody can give me the truth.. I can have it only by becoming it.. as an experience.. it is a subjective experience, not an objective thing..

The first step for a seeker of truth is to let go of all the lies... throwing them away seems as if we are throwing our dead soul... so drop the lies.. all that you have been told... and then it is very simple.. it starts blooming in you like a flower.. and then each one of us is a unique seed and one seed turns the whole earth green... one lit candle can help millions of unlit candles.... it is the communion of two hearts...

True wisdom is a growth of our being.. it is a flowering of your consciousness.. it is a song born out of your own heart... it is a dance in your own feet.. it has nothing to do with university degrees... knowledge knows the many, wisdom knows the one.. but that one contains all.. the name of that one is God.. or godliness... and this Truth is in us..

in our being not in our personality.. not in our ego.. or our mind... but in our individuality.. which is our essential being..

But millions of us are in our personality.. we became actors, hypocrites... puppets in the hands of the power people... we are doing what we are ordered.. we are loyal to others.. slaves to war people... this is our misery all over the planet... we are here to fight... but we are the light.. why fight?? we are fighting for something which we don't want to be... which is not part of our nature.. so what to do?

just don't cling to your personality.. allow your freedom to glow.. respect yourself.. be proud of being yourself.. have some dignity.. don't be destroyed by the dead heads.. listen to your heart..



Living with the deads, you will not be able to laugh.. to dance.. to sing.. to love..



personality is a dead thing.. drop it.. now drop it.. in a single blow, not in fragments... The false is false.. discard it totally... VIP.. very ignorant person.. or very idiot penny... So be more loving to yourself and whatever you do, do it very consciously...

Live according to the formal pattern of the society but do it consciously... if you have a wound, there is no need to show it to everybody... Take care of it, treat it and heal it.. just be conscious... whatsoever you are doing.. wearing a mask.. be conscious.. wear it knowingly... it should not be an automatic thing... just be who you are.. accept yourself as you are... man goes on chasing his own tail.. and the more difficult he finds it, the more he jumps and the more he tries... and the more and more bizarre he becomes...

Nothing has to be changed.. all is beautiful.. That is enlightenment.. just listen to your heart.. This is our home... nowhere to go.. only in is our inn... listen to our inner lecture.. inner Treasure.. and this is our royal Kingdom of God...



Let us look at this pain...

Our education is immensely destructive.. in the name of education, it is mis-education.. it needs to be completely changed and transformed... things like.. ambition... success... comparison... have to be taken out of the human mind... and it is easy ... rather than teaching these ugly things, why not give people better ways of life.. how to live more totally and more intensely; better ways of loving, better ways of beautifying existence... without any comparison with others... jus for the joy of our being... and everyone of us has something unique to share and to contribute to the world..

But our education is teaching us to imitate... so is our religions... nobody says to us "just be yourself..."

We are followers to beggars... where is our freedom? we are born free but we live as slaves... who is going to save me? only me!! I am my own master.. my own watcher... when I am ready the master is ready... when the drop is ready.. the ocean will come... my thirst will take me to the river... be the Thirst...



yes! be your hunger... be your answer.. you are unique, every individual is unique.. no one can advice you... that may take you away from your own being... you can ask any master and the answer has to be a guide to your own being.. So the function of the master not to create followers, but to create masters...

Try to listen.. and understand the words and live it your way... a different life in your life.. a different light within you... we only share the waters but not the cups.. use your own cup and drink the best wine for you... it is from heart to heart.. and it is yours.. it is your responsibility...

But hear and listen and let it flower your own way... you will be yourself... you have the seed.. the soil and you are the farmer... let your seed grow and one seed turns the whole earth green..

Ask for the key... but not for an advice.. be courageous enough to use your own key.. your own awariness... once you become yourself... you grow higher and higher into life, into love, into light...



Now start knowing your royalty and respect your self... be proud of your own being.. be aware of the difference between the ego and self-respect or pride...

Self-respect and pride are simply natural to your individuality... They are your dignity.. They are your acceptance of yourself...

The ego is a comparison... Self-respect and pride are non-comparative; that's the basic difference...

In ego.. we always compare.. I am better than you.. I am superior to others.. I am holier than you.. I am a saint and you are a sinner.. whatever the reason, we are comparing.. This is the formation of the ego..

But pride is non-comparative... it says.. I am respectful of myself, I love myself, I am proud just to be as I am.. my respect to myself is not a barrier for you.. in fact, I love you to be more respectful towards yourself... and be proud of this bliss... God gave it to us.. pride is dignity a feeling of dignity.. The existence needs this divinity in you.. You are welcome in existence... share your beauty and plant more peace and grace...





you have to be yourself but not to be more efficient... or more ambitious.. more successful than others...

The moment you start struggling for success, you are creating suffering all around... the whole thing is based on comparison with the others...

And to be rich you need an ocean of poverty around you; otherwise you cannot be successful as a rich man... the poverty of millions is an absolute necessity... to be successful in gaining power, you have to destroy millions of people... their pride, their dignity, their very humanity... you have to reduce them into slaves... only then can you be in power..

You have to keep the world constantly in a state of war... either cold or hot... the great men of history are produced only in times of war... they become leaders by killing millions of people... Jesus never did this... but in the name of Christianity how many wars...? just ask yourself why? Look at nature... the smaller and the bigger don't compare themselves and they don't suffer from any inferiority complex... only us... because our goal is success... if you are successful, whatever you have done is right...

you are born free... you are free to live
your freedom... and this truth is your inner
power... your inner voice... why not go
in and listen to this grace??

The grace of God comes in the form of love.. love
is the first ray that penetrates the heart and
starts a process of transformation... and as the
experience becomes more and more profound one
starts feeling the invisible hands of God... so
the first is love.. the second is grace and the
third experience is of God...

This grace is the higher law ...



Gravitation pulls you down.. grace pulls you up if
you allow .. let go and let God... if you trust.. if you
surrender ... you start levitating to reach the
ultimate peak of consciousness ... just as the apple
falls downwards, you start falling upwards....

This is the law of grace or the law of love..
This is the new science which brings earth and
heaven together .. science and religion is one.. in-out..
up-down ... birth-death ...

Love is very visible like a flower; grace is more
subtle, like a fragrance ... unless you are very alert
you will miss it... millions of us miss love.. They can
be forgiven.. But there are a few who attain to love
but miss grace... They cannot be forgiven...

Once you start feeling grace then love is no more a doing of your own ... it is a happening. It is something that is beyond you, that overwhelms you, that is bigger than you... That is why Jesus said .. "Let thy will be done" and the power of grace pulled him up to the highest level of superconsciousness...

So let us live the love and the hands of God will hold us to a whole and holy grace and more... it is unending mystery until we are gone... gone forever and only God is...

This is the journey from love to grace to gratitude to the awareness of the presence of God.. let us be grateful to all the gifts that are showering on us.. and soon we will be bridged, and more will start happening...

what can we say... how can we thank you... this unknown force of grace.. name it any noun and any verb... it is beyond words... but one cannot feel grateful enough... it is never enough because existence goes on doing so much for us... we cannot repay it but at least we can be thankful... we can share one drop from this ocean of love.. That is the power of grace.. of love or any stillness.. any silence... Love Yourself and by this step we go beyond every self and we die in the ocean of the selflessness... in the mystery of existence...



Oh my beloved reader... what can I say? Truth is not in words nor in works but in the core of a loving heart.... in a laughter...

check your brain!!!

Mathematician:

How do you write 4 in between 5?

Chinese: Is this a joke?

Japanese: Impossible...

American: The question is wrong!!

British: It's not found on the internet..

And the Indian: F(IV)E

I said it is impossible... you may say

I-m-possible ...

If a person only lives with the possible, he lives lukewarm... He lives only for daily life or daily income... He may be a good citizen, a healthy person, doing his job, not creating any trouble for his family or the society; he may not be a thief but a perfectly adjusted.. but what is the point? One simply lives and dies and never knows anything beyond that which goes beyond death...

So unless we can help a person to have a glimpse of the impossible, and we create a desire in him... in us... in you... To long for



the impossible, to desire the impossible, to
be passionately, intensely in love with the only
God... only impossible... yes! God is the
impossible...

and this the only help to be aware of this
grace... of this bliss...

If we can create this desire in us.. in you..
so our life has a meaning... we start growing
up... glowing in life and in light... then our
growth is neither economic nor political nor
social... our growth is religious... is real...
we are neither a christian, nor a hindu, nor a
muslim... for the first time you have taken a
possession of your whole being... to be yourself..
to be your being and nobody else...

let us be who we are... and do what we
are here for... let us live our choice..
let us plant peace not war...

let there be peace on earth and let
it begin with me... now is the only time..
here is the only place and space...
if not you and me who else? if not now
when?? thanks you for your love
and your support... Yes I can.!!!



Sure you can be yourself... just relax and be a watcher... be natural, and you will flower.. To this understanding enters you, deeper and deeper and deeper, then a efforts becomes meaningless.. just look, nature, energy and the ecstasy that come by overflowing, and the balance that happens spontaneously, is enough... There is no need for effort... So much beauty happens all around in nature without any effort... a rose is beautiful without any effort..

A cook does not need a book to cook...

Look and cook and through the book...

Life is our only book... our only master... our only mother and nurture... Look at a deer, alive, full of energy, fast... a bird goes on singing without any effort... can you improve upon a rose?

Can we improve on nature in any way? only man

has gone wrong somewhere... what is wrong with us? we are part of nature, just as stars are... so why not live here and now.

Then this moment is all... at-one-ment with the One... then this moment is eternity.. is the only

divinity... we are a divine being but we are not aware of who we are.. This is why we are engaged in our own projects.. Once you know yourself.. you go beyond any bond...



We need no one to help us ... we are born free ... no bondage .. no cage ..



God is our inner voice ... you need not have any instructions from anybody about your life ... Take a deep breath and let your being dance in your body ... breath is our only path ... in and out ... it is a new birth and inspite of the air pollution we can breath our inner and outer evolution ... Take a deep breath and be grateful we are still alive ... Let us move inwards so we can hear the still, small voice ... Once it is heard .. once you know how it can be heard .. your whole life is transformed ... Then whatever you do is right ... Then you are living your intuitive insight .. your knowing ... your virtue ..

The man who knows intuitively, who can hear his own innermost core, is bound to be virtuous .. he cannot be other wise .. It is inevitable .. Once heard, you cannot go against it because nobody can be so foolish ... it is unimaginable ..

So listen to your own center and then follow your own heart .. That will be virtue .. And that is real character, that is real morality .. But it comes from our innermost core .. it is nothing imposed from the outside ...



Yes be honest with yourself and love yourself and your friends too ... listen to this ...

friendship between women:

A woman didn't come home one night ... The next day she told her husband that she had slept over at a friend's house ... The man called his wife's 10 best friends ... None of them knew about it ...

friendship between men ...

A man did not come home one night ... The next day he told his wife that he had slept over at a friend's house ... The woman called her husband's 10 best friend ... Eight of them confirmed that he had slept over, and two claimed that he was still there.

Do you have friends?

We say yes ... but when we know what friendship is ... we say no ... How many friends with Jesus? This is why to have a beloved, you have to love yourself first ... do I love myself? do I love my body? do I know what is a self? what is a body? how can I love you if I don't live the love?? If you are thirsty and I have no water how are you going to drink? The word water is not enough ... love is by loving ... by being a verb not a noun ... action not emotion ...



friendship is a relationship... you can be in that ship with few people... the friendliness is a quality, not a relationship.. it has nothing to do with anybody else.. it is your inner quality... You can be friendly even when you are alone.. but you cannot be in friendship when you are alone... now my book is my only companion... he is my living master... I have very few soulmates but not nearby... This is why I miss a commune in my country... no real commune in the Arab world... I go to India for recharging my heart and come back and work to plant our vision... our commune in Lebanon or in any Arab country...

friendship can exist only between us or a dog or a horse... But friendliness can exist even with a rock, with a river.. with a star.. it is unlimited because it is not dependent on the other... it is absolutely your own flowering...

I am in love with writing just for myself... just friendly to all that exists.. and we will find all that is worth finding... you will find the ultimate friend through friendliness... our inner friend and our outer mirror lover... but being in the now I will enjoy this flow... Thank you for your share.. for your care... when love gives freedom to other.. then it becomes friendliness.. and that is the highest human consciousness can reach... the moment you have reached to this state.. you have arrived home...

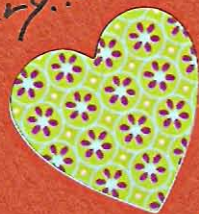
where is my home?

first we have to know that a house is not a home... in fact we don't have any home on this earth... the home is inwards.. very deep in the core of our heart, but to go there is a long journey.. is the real pilgrimage and very dangerous...

A house is a consolation.. a tranquilizer... it helps but it is not our home... hence we create countries, nations, motherlands, churches.. temples and a thousand and one things... but the real search is for the home... and we cannot find it anywhere outside...

It is perfectly good to have the best house but it is not our home... make your house as you love.. make it as comfortable as possible... But still the Truth remains that the home is not outside... it's not in heaven.. the kingdom of God is within...

We are homeless wanderers... wonder and wander. This life is only for few seconds.. few breathes... it is momentary... This life is not stable.. not permanent... we are only a guests crossing a bridge.. Death is coming in every breath.. to make this place, this space, a home, is absurd.. the home is not possible here... the home is possible only in eternity. If we try to do it here, we will be in misery.. because we will be fighting against nature.. against what Christ said...



To think of a permanent life here for me... for my family... for others.. is only a dream.. The dream is illusory, we cannot live in it forever... just be aware of this step.. I was not here one day, and I will not be here one day again... How can I make a home here?? we can make a tent but not a home... just a shelter, but not to be attached to it... we should not call it "mine" or "my".. nothing belongs to us...

We are a homeless wanderer in the very nature of things... Time is impermanent... Time means the temporary... Time cannot have any eternal home.. To make a home in time is to make a house on the sands or to make a signature in water.. you go on making it.. it goes on disappearing...

Let us be who we are and keep on walking our journey.. from bridge to bridge... He is the host and we are the guest... how blessed we are.. why worry? why not enjoy our trip.. why are we digging our trap... we have all what we need to celebrate our eternal journey... mother earth has all our breath and our bread and our bed and our mystery of this now.. now is our vow.. our wow... now-here is our space and our place and our grace... keep on your dance !!!



Yes! The pilgrimage is long.. and we have been going almost in circles.. so our consciousness has not grown.. we are committing the same mistakes again and again..



Each life is wasted almost in a repetitive way... people say history repeats itself... history has no business to repeat itself.. it repeats itself because we are unconscious, so we go on making the same mistakes again and again... Our consciousness remains the same.. That's why every life we live on the same miserable plane.. we never grow up..

Enough is enough.. we must start now working deeply on our being.. searching for it... because once you have known your being, then you are not going again to be born in a body.. then you are not going to be in another prison.. then you will be freed from all prisons... and this ultimate freedom is the only lesson worth learning through all these lives...

But we are functioning almost in a drunken way... David is telling his friends at the club how his five-year-old son got his nursemaid pregnant..

"But that is impossible!" said his friend..

"Unfortunately it is not, the little son punctured all my condoms with a pin.."

what are we doing with our pen? yes...
your pen-is ...big... use it all the way...
It is a very strange world.. I have heard a
proverb, very ancient: "God made women
without a sense of humor, so they could love
men without laughing at them..."

David is sitting in a bar one night when the
man sitting on the next stool slides off and lands
on the floor...

Feeling that there is no way the man will make it
home on his own, David finds his home address in
his wallet and decides to help him..

Slipping an arm around his waist, they head for
the door.. But immediately the man's legs crumple
and he collapses...

"You drunken bum" complains David.. "why the
hell didn't stop drinking sooner?" The man
mumbles something, but David is in no mood
to listen... but he carries him home.. when a
woman opens the door, and dumps the man on
the couch...

Here is your husband, and if I were you, I
would have a serious talk with him about his drink-
ing." said David.. "I will, but tell me, where is
his wheelchair?" said the woman...

It is a hilarious world, everything is going so
unconsciously...

The only thing worth remembering is not to lose the opportunity that you have got to develop your consciousness to the point where you have the same vision, the same clarity, the same intuition, the same understanding as a Christ ... as a being of light... unless you become that much awakened, your life is going to repeat again and again the same mistakes.. An unconscious man cannot be expected to change his life's course ... It is only consciousness, growing consciousness, that is going to change our life style..



And once we are fully awakened.. enlightened.. which is our birthright.. we need not come back again into another womb... The enlightened being disappears into the womb of the universe itself ... Not that you are no more .. but in fact you are for the first time.. You are who you are .. as vast, and as infinite as this universe is .. with no boundaries.. and expanding continuously..

All our misery is because we are so vast and we have been forced into a small body, into a small mind, into a small heart... our love wants to expand, but our heart is too small.. our clarity wants to become as clear as a sky without clouds..



but our head is too small and too crowded..
our being wants to have wings and fly
across the sun like an eagle.. but it is
encaged.. it is almost impossible for it
to get out of this prison..

But there is a way.. there is a will... it
is in the inner core of our being... That's
why in the East one into the wisdom.. more
and more interested in subjectivity..

East has found the golden key... It can
open the doors for us.. the infinite bliss...
of all the splendor that is hidden in existence..
it can allow us to receive gifts from all
dimensions..

We are not a miserable creature.. we
can use science and soul.. we are
carrying a Godliness within us.. and we
are here to be aware of this grace..  

This is the only miracle.. the only bliss...
let us be on our balance and live our
choice and plant one peaceful world.. one
royal family... the children of God....

this is our real reality... why not
be our being?

let us be the change you want to see in
the world...



Let us change our life... Change is a constant law...

Misery arises because we don't allow change to happen; we cling, we want things to be static... If you love a woman you want her forever.. and who is certain about tomorrow??

To accept the nature of life, to accept all the seasons.. the flow which never stops.. a man of awareness accepts the change.. this is the bliss... don't ask and it shall be given to you... The river is rivering... Let every action be your compassion.. your worship.. your prayer...

A very good architect who was working for a long time in a nice company was about to retire.. The boss was sorry to see his good worker go and asked if he could build just one more house as a personal favor..

The architect said yes, but this time his heart was not in his work.. he used inferior materials.. when he finished his work, the boss came to inspect the house.. he handed the front-door key to the architect.. "This is your house.. my gift to you".

The architect was shocked! What a shame.. If he had only known he was building his own house, he would have done it from his heart... and much better..

It is the same with our lives.. Every day, each action we do, we are making our home of after-life.. and one day eventually we are going to live that house...

If we really want to live with God.. we have to start by loving our fellow man as we love ourself .. because the other is the nearest mirror to God .. and by and by, ripple of our love can go on expanding...

God has no other hands than ours to use...

Love is like a pebble thrown into a silent Lake: ripples arise, and then they start spreading to the faraway shores... But first the touch of the pebble to the lake... close to the pebble the ripples arise, and then far and far away they spread...

first, we will have to love those who are like us... because we know them... we can feel a certain familiarity, a certain at-homeness with them... 

Then the love can go on expanding... Then you can love animals, trees, rocks... and existence... 

So if I start loving myself and human beings, I have taken the first step... Then the ocean comes to the wave and the wave comes to the dewdrop...

The first step is the whole trip... from the mind to the heart... from the ego to the self.. to the being to the human becoming... it is an endless journey of joy...

Joy is far superior to pleasure, happiness... it is far more delicate, more soft, more flower-like..

it is a subtle harmony of your body mind and heart...

But what to do to go beyond body mind and heart?

To the gift of God.. to the eternal bliss...!!'...

This is the ultimate target of the freedom.. blissfulness is the existence of godliness in us.. how to be it? what is the real problem?

The mind is the real wall... the barrier... because the mind is created by us.. by human society, specially designed to keep us a slave.. The body has its beauty and it is part of nature. But the mind has been completely conditioned and is the cause of all the misery...

To transcend the mind is the whole art of Meditation..

Meditation means watching the mind... witnessing the mind... if we can witness the mind, just silently looking at it without any justification.. without any appreciation, without any condemnation, with no judgment at all, for or against... simply watching as if you have nothing to do with it.. it is just the traffic that goes on in the mind.. stand by the side and watch it.. And the miracle of meditation is that just by watching it.. it slowly slowly disappears.. and the moment mind disappears, you come to the door of your heart... The heart is your friend, the head is your enemy...



The body is our friend, the heart is our friend..
but just in between the two stands the enemy like
a big mountain wall... but it can be crossed over
by a simple method... a meditation... which is beyond
mind... just be still and witness... just watch.. be
aware.. not thinking about anything... only a state
of awareness.. just like a mirror... you simply
watch whatever comes in front of you..
And by this simple watching, mind disappears..
This is the only miracle.. all other miracles are
stories... symbols not more...

 Every master is trying to give us a new life..

 As we are, we are not really alive.. we are
just vegetating... Christ came to pull us out from our
graves... so is osho and few others... but we are
so dead that we don't see the life and the light
in the original faces of the masters...

There is no other miracle except one.. that is
the miracle of meditation... this grace
will take me away from the mind.. and the
heart is my home... always welcoming us... it is
always ready to give us the way.. to guide
us towards our being.. and the being is
our wholeness... is our ultimate
well-being...

This is who we are... This is our birth night..
why not be our being? To be or not to be!!!
me bee fly high...

Oh my beloved mewebie... why writing all these words?
All the worlds are silent and no need to read or
Talk... why me? who listens? why wasting my life?
am I alive? I doubt... but if I am playing and I know
that these words are only balls or bells or what-
ever you name it... it is okay... I hear your words...
I feel your voice... I love any seed you plant in
my soul... but where am I? I don't know... you
know... I no... you love me... I am sure... but
do I know what love is?... only few emotions and
the honeymoon is over... just few seconds... it is called
marriage but be merry in the cage... I am out of
this lie... divorce is the best marriage...
don't look back... no children... no husband
and no wife and no life either... just be
alone as you are but not lonely... find a lover...
a master... a book which will be the best
companion... will guide me to the only one
that loves me... thank you for holding my
hand... for healing my mind... for clearing my
heart... you are my only lover... my only life..
you are the only miracle in my being... I have
no other Toy to enjoy and share only your book
and your look... when I feel down.. I read one
seed... and I live with your dawn... and the
dance is up and down... the mountain and the
valley is one... Thank you osho...



Oh! Thank you... you read my words
and my silence too and you sent me this
email....



This is the best and most civil way
to have a fight between husband and wife
instead of restoring or resorting or restarting
to physical force... we have this choice..
poems written by wife and husband..
wife

I wrote your name on sand it got washed..

I wrote your name in air.. it was blown away.
Then I wrote it on my heart and I got heart attack...

Husband

God saw me hungry, he created pizza

He saw me thirsty, he created pepsi

He saw me in the dark, he created light..

He saw me without problems, he created You...
wife

Twinkle twinkle little star.. you should know what you are
And once you know what you are... mental hospital is not den..
husband.

The rain makes all things beautiful.. The grass & flowers too..
If rain makes all things beautiful why doesn't it rain on you?
wife

Roses are red; violets are blue.. monkeys like you
should be kept in zoo... don't feel so angry you will
find me there too.. not in the cage but outside
laughing at you



Is it possible to be married and to be free
at the same time.?

It is difficult but not impossible.. just a little
understanding is needed...

few basic Truths have to be recognized.. One:
That nobody is born for another...

Second: That nobody is here to fulfill your ideals
of how he should be

Third: You are the master of your own love

and you can give as much as you want.. but you
cannot demand love from the other person.. why?

because nobody is a slave or a beggar...



If these simple facts are understood, then
it does not matter whether you are married
or unmarried, you can be together... allowing space
to each other, never interfering into each other's
individuality...

In fact, marriage is an out-of-date institution...
in the first place, to live in any institution is not good..
Any institution is destructive... marriage has destroyed
almost all possibilities of happiness for millions of
people... and all for useless things... In the first
place, marriage, the very ritual of marriage, is bogus..

If you take marriage non-seriously, then you can
be free.. If you take it seriously, then freedom is
impossible... Take marriage just as a game.. it
is a game...

Have a little sense of humor, that it is a role you are playing on the stage of life.. but it is not something that belongs to existence or has any reality.. it is a fiction...

But we are so stupid that we even start taking fiction for reality.. I have seen people reading fiction with tears in their eyes... why? because in the fiction things are going so sad... so tragically ... It is a very good device in the movies that they put the lights off... so everybody can enjoy the movie, laugh, cry, be sad, be happy... If there was light it would be a little difficult.. what others will think about me?

And we know perfectly well that the screen is empty. There is nobody.. it is just a projected picture.. But we forget it completely... we became a couch potatoes ... The TV is my friend or my husband or my wife ... just watch yourself ?!!!. Don't be serious ... from that seriousness begins our problem...

just think ... in the first place, why you should get married? you love someone, live with your lover .. it is part of your basic rights.. you can live with someone, you can love someone..



Marriage is not that something that happens in heaven.. it happens here, through the crafty priests ... so what is your view?

If you want to join the game with the society and don't want to stand alone  and aloof, you make it clear to your wife or to your husband that this marriage is just a game ... "never take it seriously ... it will remain a game and you are free as before marriage... neither I am going to interfere into your life, nor you are going to interfere into my life; we will live as two friends together, sharing our joys, sharing our freedom.. but not becoming a burden on each other... and any moment we feel that the spring has passed, the honeymoon is over, we will be sincere ...  yes! sincere enough not to go on pretending, but to say to each other that we loved much.. and we will remain friends forever.. and the days of love will haunt us in our memories, in our dreams, as golden.. but the spring is over.. our paths have come to a point, where although it is sad, we have to part... now, living together is not a sign of love... if I love you, I will leave you the moment I see my love has become a misery to you... if you love me, you will leave me the moment you see that your love is creating an imprisonment for me..."

Love is the highest value in life ... it should not be reduced into stupid rituals...

Love and freedom go together ... you cannot choose one and leave the other...

A man who knows freedom is full of love, and a man who knows love is always willing to give freedom... if you cannot give freedom to the person you love, to whom you can give freedom? Giving freedom is nothing but trusting....

Freedom is an expression of love...

So whether you are married or not, remember, all marriages are fake.. just social conveniences.. their purpose is not to imprison you and bind you to each other; their purpose is to help you to grow with each other.. But growth needs freedom; and in the past, all the cultures have forgotten that without freedom, love dies...

You see a bird on the wing in the sun, in the sky... and it looks so beautiful... attracted by its beauty, you can catch the bird and put it in a golden cage... do you think it is the same bird? Superficially, yes, it is the same bird who was flying in the sky; but deep down it is not the same bird.. because where is its sky, where is its freedom?

This golden cage may be valuable to you; it is not valuable to the bird.. for the bird, to be free in the sky is the only valuable thing in life... and the same is true about us.. about all human beings... be aware of who you are... what do you desire? Light or fight? Love or lust???



yes! let us have fun... not nun!!!

A little girl asks her grandma:

Granny? Is it true that fortune comes while sleeping?

well, my sweet little one, it depends on who you sleep with..



University students were asked to fill in the blanks:

"If a girl faints, we must first feel her pu_s_."

Those who wrote 'pulse' became doctors...

Those who wrote 'purse' became bankers... and professional thieves...

The rest were considered normal... and good enough to go straight into pussy life... or into adult life ...



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

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...

marriage: It is an agreement in which a man loses his bachelor degree and a woman gains her masters...





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 confusion of one man multiplied by the number present...

compromise : The art of dividing a cake in such 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

criminal : A person no different from the rest... except that he/she got caught ..

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

politician : One who shakes your hands before elections and your confidence after

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



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

smile : a curve that can set a lot of things
straight ...

office : A place where you can relax after
your hard 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 alone
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 for the
stupid

yes! be yourself.. know yourself... no matter
where you are .. be aware of your
star ... my star is with the fools...
yes! I am stupid...

It was an ancient custom in almost all the countries of the world that every great king use to have a fool in his court.. why? for the simple reason that sometimes the fool says things which the wise, cannot say.. the fool is so innocent that he simply utters the truth... the so-called wise are cunning... they will not say the truth, they will say that which appeals- it may be a lie and lies have great appeals because people lives in lies... And all the rulers and power people

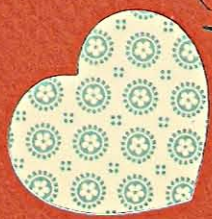


are surrounded by all kinds of cheats.. all kinds of cunning people... Hence a fool was needed so that he could depend on the fool... he will not be cunning and he will say whatsoever is the case... he is so foolish that he will not be bothered about the consequences of it..

When we say a fool, is not the ignorant person.. but innocent and clear clarity... many fools have saved many kings many times... they have saved their kingdoms because their advice came from the heart...

Such sages are needed all the time... but who listens to the truth... Truth came for the chosen few... truth cannot be taught but can be caught...

Truth has to be discovered within your own soul.. it cannot be borrowed from books.. it ascends in your silence...



Yes my friends.. I love to share the grace of silence... but how can words talk about silence? what is silence?

Silence is the explosion of intelligence... Silence means: inside us, we are just spaciousness.... uncultured spaciousness.... Silence means you have put aside the whole furniture of the mind... The thoughts... the desires, the memories, the fantasies the dreams... all you have pushed aside... you are just looking into existence directly, immediately...

You are in contact with existence without anything in between you and existence... we are the existence... we are one with us and we are the mystery beyond any word... That is silence... We can live it and hear it and there is immediate understanding... Understanding comes like a shadow following silence...

To understand words and to hear words is very simple.. anybody can do it... just a little education about language is needed, nothing much. But a tremendous transformation is needed to hear silence and to understand silence.. Silence is the basic requirement to understand God..

To know the Truth...

Being with any real master... any Christ.. is learning to be silent.. But the light being is using words to keep us awake and feel the silence...

Between the words listen to silence in
the gap ... and those are the real, The
essential things... waiting for another words, we
have to listen to silence... This the way of
the prophets.. and who is not a prophet? who
is not a christ? who is not one with everyone
and with the existence ??



Go beyond names... bodies... titles... and be your-
being and listen to your inner silence.. and
you feel the truth and the love to the truth
in every master and when your passion is total,
immediately you are bridged...
this bridge is the wing that takes you to the
real silence which arrives to you not imposed on you..
unless silence arises from your very being, it
not imposed.. it is your flow from within
towards the without and this is the sacred
secret of silence..

The outer master becomes the inner lover...
it is one silence.. one sound.. one word.. in
that silence, no noise of the mind and no center
of the ego, that egoless.. makes one a true
lover of God.. then you are connected with God.. with

The only silence there is.. the only

Language there is...

This is how Christ is connected with his lovers.. his
soul brothers and sisters... This is how the child and
the boy is connected with his mother and the nature..

God is available only to the true disciple...
this is why he spoke to Mohammad and told him
read and he recited the Quran...

God spoke through his lover... and silence
is the only language..

Be still and know that

I am God...

This is the only truth... There is no God but
God.. La ilaha illa Allah... and this mystery..

This God is in us... in the core of our heart...
but be the stillness... the silence... not the mind..
~~that~~ the inner noise... but the emptiness.. the egoless..

the nothingness... only Allah... only
the existence...

Let us be aware of the gates of the silence.. which
one is the most peripheral: speak short and sharp.
speak the essential... and you will be surprised
that almost ninety percent of your talking is
useless... only ten percent will do.. and you will
also be surprised that ten percent will become
more effective because that ninety percent, that
unnecessary burden, is no more there...

Words become more pregnant when you don't
go round about, when you go directly... and
if one has to be telegraphic, one has
to go directly.. a small telegram is more
effective than a long letter...



This is the first step : be telegraphic .. speak the essential ... La ilah illaallah... Aum.. alm... in the Quran .. a sura is a hint so is sutra in the Sanskrit ... And then the second step.. think only the essential and you will be surprised.. Ninety nine percent is unessential; just junk words.. So drop thinking unnecessarily about unnecessary things...

So drop useless thinking and you will be saving so much energy that the third step can be taken...

The third step is the most subtle: feel only the essential ...

And if we come to the essential then there is only love ... only compassion ... only peace ... Anger, greed, lust ... all these things are non-essential ... They are parasites.. They are exploiting us...

And when your heart is only full of love you can enter into the very center of silence...

These three things have to be passed: the outer part of the mind ... Talking ... the inner part of the mind ... Thinking ... and the innermost part of the mind ... feeling ... And when you have passed all these three then there is silence .. and that silence is the door to the divine...



No! Nowhere to go.. One has to find God in people, and in ordinary life... The mind is the ego.. The devil... just face it... be in silence and face your mind... This is the challenge... this is the cross... This is the change.. This is the new birth...

Be in the world, help people, serve people, and pray towards that service... let that be your meditation, and sooner or later you will find that you have become silent... you are changing yourself not the other..

You can become your being in the world... This is what Christ is... in the world and also from another world.. So is Ali.. So is Mohammad... and why not us??

Let us learn silence... At least with our friends, with our lovers, with our family... don't go on gossiping.. don't go on talking... stop talking and not only on the outside... let us stop the inner talk...

Just sit there.. doing nothing.. just being presences to each others... and soon you will start finding a new way to communicate... and that is the right way...

when there is a will... there is a way.. we are the will and the well... welcome to our home..



Aware of The Gap

In your silent moments when you are sitting, or traveling in a train or in a plane, close your eyes and watch your breath... Going in, you go in with it; coming out, you come outward...

As you go in, there is a small fragment of a moment when the breath stops before it starts moving outward.. And once it has moved outward, for a split second the breathing stops again... These two points are very significant, because as you become more and more aware, these points will become more and more clear... and longer in time and in Treasure..

One breath goes in and then there is a pause, breathing stops.. And in that pause there is so much beauty,

so much bliss... if one is blissful that shows he is conscious...



yes! we are the consciousness but
are we aware of this bliss? who is
answering? the mind of the body or your being
of your heart?



consciousness is liquid, flowing... mind is rocklike..like
ice... through love, through warmth.. it can be
melted and will become water
and the water evaporates and becomes invisible and
disappears... it goes into the ^{unmanifested} unmanifested.
into the Kingdom of God...

mind means ice... consciousness means liquid water..
Heaven or nirvana or samadhi means evaporation..
that is our real core.. our real being.. our
oneness with the one...

our awareness... witnessing of watchfulness...

It is pure consciousness... pure silence of
God... of Godliness...
of the love.. life... light and laughter..

Every wife is "a mistress" for her husband:
"Miss" for one hour and "Stress" for the rest
23 hours!

There are 2 times when a man doesn't understand
a woman:

Before marriage and After marriage..





A man goes to the wizard to ask if he can remove a curse he has been living with for the last 40 years..



The wizard says, "Maybe, but you will have to tell me the exact words that were used to put the curse on you.."
The man says without hesitation: "Now I pronounce you husband and wife."



Husband searching keywords on google:
"How to please wife?" Google search results..
"Still searching"



Husband throwing darts.. dirts... darts at his wife's photo... and not even a single one hitting the target..

From another room wife called the husband...

"Honey what are you doing??"

Husband: "missing you"...



women are like phones:

they like to be held,
talked to and touched often..
But push the wrong button
and you are disconnected...





yes we are connected with existence...
with each other... with God.. and this is
the great gate of connection..

If there is a well.. let your way
take you... your will is inviting you to the
source.. The great way is not difficult for
those who have no preferences.. total acceptance..
If you want to see the truth then hold
no opinion for or against..

The struggle between what one likes and
what one dislikes is the disease of the mind..

We are not the mind... nor the body.. so
if you know this why not be a knower? why
not plant peace? why not listen to our inner
treasure? why being with the crowd talking to
idiots and retarded mob..

yes! this world is insane.. since Adam and
Eve we are still killing each other... we are
not born insane but man is driven towards
insanity.. how? watch the parents, the priests,
the politicians and the whole educational system,
by all that is enforced upon us...

Man need not be insane.. but we don't
allow him to be himself. we are all victims
of victims and if we don't follow the rules
of the power people, we feel guilty.. and if
we follow them, we become hypocrites.. so
either be insane or feel guilty...

Watch life all around you, and you will find in every possible way, you are forced to be idiot or insane...

When the seven-year-old started for school, his mother suggested softly... "Son, put a smile on your face and have a happy time!"

But when the boy returned home his face was a big frown... "What happened?" his Mom asked... "I thought you were going to smile and have a happy time at school!!"

"It did not work, Mom... I tried to keep smiling, but the teacher thought I need her and was always giving me dirty looks!" said the boy...

Nobody wants you to be happy... If you are happy, everybody will become suspicious of you.. If you are sad you are accepted.. you are part of the crowd...

Everybody is sad... it fits the shits... But if you are dancing and rejoicing, then you are crazy, mad. Then you have to be put into a hospital, you have to be treated, given electric shocks... because how you can be happy? How you can be so blissful?

When the whole humanity is suffering, you have to suffer... And the crowd has always been against the people who were blissful.. They crucified Jesus, they poisoned Socrates, they murdered Mansoor... Why? Because they were not part of the mob... of the sick society.



Life is insane .. is hopeless .. unless we change
ourselves ... we have to bring great creativity
only then is there any hope...

Life is a blank canvas... If you simply go on
staring at the canvas, you will not find any
picture arising ... you will have to get involved
and paint; you will have to put colors... only
then will the painting arise and
will there be meaning and hope..

And it will depend on us how beautiful a painting
we can make...

We are here to do something beautiful and
without ^{to us} being creative, how can we find ourselves?
It is up to us to decide whether to paint hell or heaven;
it is my choice... it is in my heart...

Nobody else can enter into the core of
my heart... only myself... and this is my
challenge and my change...

There is no trouble in our work.. it is our
prayer.. our worship... it is an uphill task...
it is moving towards the mountains.. yes.. there
is fear but face your fear with a little rest..
and again you will find the energy coming up..

Until a man is dead, energy goes on coming up
again and again ... we are joined with an
infinite source of energy ... nothing to
be worried about..



Change is a constant law but the closed mind remains stuck in the past... And the world goes on changing and every moment something new descends into the world...

So the first step is to live this new now.. do not believe in what others told you... live your own life.. never believe anything unless you have experienced it..

carry your own experience which is always open for further exploration.. life is not a noun but a verb.. is living.. The river is rivering..

while you are living how can your life or your experience be finished?

Your experience is growing, it is changing, it is moving... it is continuously moving from the known into the unknown and from the unknown into the unknowable... And remember, experience has a beauty because it is unfinished.. Some of the greatest songs are those which are unfinished... Some of the greatest books are those which are unfinished... Some of the greatest music is that which is unfinished.. The unfinished has its own beauty... its own flowing and glowing and growing...



Beloved Reader ...

I feel like sharing my feeling ... I feel some fear ... I live alone ... I have few soul friends but far from my home ... we meet once a week and we are connected by emails and phones ... but when I am alone I feel lonely ... I eat more ... I open the internet ... I read ... I jump from many thoughts ... so much traffic in my noisy mind ... I know the words that heals me but not easy to live it ... here I am reading this seed ...

Existence loves us all .. we are here, that is enough proof, otherwise we would not have been here at all; we have been chosen to be by existence .. It is not our choice, we have not created ourselves; it is the decision on the part of the whole ... And existence goes on nourishing us every moment on all the planes ... physical, psychological, spiritual ...

But my stupidity is such that I take all these gifts for granted as if I have earned them, as if I deserve them, as if life is our birthright .. we forget completely that it is a gift of God .. it is the same feeling in me - we .. us ... let us remember that existence goes on pouring so many gifts and we have not even thanked it and we have not contributed anything ...





The only way to show our gratitude is not by going into the churches and falling on our knees and reciting some parrot like prayers or by going into a Temple and chanting some words which you don't understand... you don't mean anything, just a formality is being fulfilled..

The real gratitude is expressed only through creativity... when you start creating something to enhance, to enrich existence... it may be just a small garden or anything, a painting, a song, a dance... when you start being creative you are showing gratitude.. In your own small way you are participating with existence..

One seed turns the whole earth green...

Be the change you want to see in the world... nothing is impossible I-m-possible... and now is the only time and here is the only place... if not now, when? if not here, where? If not you and me? who else? what is our choice?

God is nowhere..

or

God is now-here...

Let us be the dash of light and see the beauty in every seen... in day and night...



Black and white... wrong or right...

Life is beautiful because there are two sides of the coin.. Man cannot live by head alone.. You need the opposite also.. The whole day you work, in the night you rest.. you need darkness also...

So let us live the truth as it is... a half-truth is absolutely untrue, but logic gives it a feeling that it is true; at least on the way towards the truth.. it is not even on the way towards truth...
Truth is in us...

But Logicians go on doing their standpoints.. their mind games... one day one game, another day another game... changing is the only train of thought, but inconsistent with reality...

I have heard: "It is difficult to explain what a course of logic will do for a person's thinking, but let me illustrate.. said Mulla to his son..."
"Suppose two men came out of a chimney. one is clean, one dirty... which one will take a bath?"

The dirty one, naturally, said the boy.. me too... but remember, said Mulla, the clean man sees the dirty one, and sees how dirty he is, and vice versa...

So who takes the bath? yes!! The clean one.. but it is right? what the logic teaches us??
How could two men come out of the chimney, one clean and one dirty?...

Once you start playing the game of logic,
There is no end to it....

and you will never win... The logician will
always win... because they always find a way...
That's why so many philosophies exist.. and
all opposing each other and not a single

conclusion has been arrived at yet...
Down the centuries, almost for five thousand years,
man has argued... man has not been doing much,
but just arguing... thousands of philosophies have
been created, very clean and neat logic... if
you read one philosopher, you will be convinced..
If you read his opponent, you will be convinced..
Read the third one you will be convinced and
you will be getting into a mess... by and by
you will be convinced by all, and you will be
made because you will not know what is true..
They are all wrong because the logical
approach is wrong...

There are two ways to know reality... one is..

Just close your eyes and think about it..
Let us call it.. about-ism... it is always
about and about, it never goes directly.. you
go on beating around the bush... you never
beat exactly the bush... just around...
we never penetrate the center of
the problem...



How to see the center? The reality of
the real?

Reality is already there, you have not to
think about it - you have to allow it ... you have
to drop all thinking so that you can see what is
the truth, so that you can see that
which is ...

If we go on thinking, we cannot see that which is.
It is impossible...

Our thoughts will create a smoke around us.
our consciousness will be covered by the smoke;
our eyes will not have clarity,
we will not have sensitivity.

And continuously, you will, we will, I will be
searching and seeking our own ideas and
imposing them, projecting them on reality...
I don't give reality a chance to
reveal itself...

A doctrine is arrived at through logical
thinking ... a doctrine comes through the process
of about-ism ... Truth comes not by thinking,
but by dropping thinking as much, by opening
your eyes without judgement .. with no
comparison, and looking directly into reality,
facing reality face to face..
it is already here .. it needs only me
to be here now ...
now-here or nowhere else..



And when you are absolutely without any
Thought...
Your mind is still.. your memory is still,
Your thinking has completely ceased to be,
Then reality erupts, explodes... Then you
become a receiver...

Then Truth arises...
Be still and know that amness is
godliness...

amness is that which is.. now here
and forever and ever...
Never born and never dies... we are this
awareness ... we are the relating with the
Ocean and the wave and the dew drop..

drop the mind and be the original
mindless ... The original isness...

The original face look not the plastic
face book... Look at the True face
The truth is not mine, not yours, but we can be
closer to truth...

Let us live the real war: the war of opinions..
The war of words... Let us be the warrior of
intelligence.. and if your opinion is
defeated, your honesty should still be a winner..

At least your honesty will be
your triumph...



why do I feel negative all the time??

It depends on you... millions of people who are not sensitive, but continuously negative... They don't count the roses, they only count the thorns...

Try to find the positive but if you look only at the thorns and count them, you are going to have bloody fingers, and in that pain you will forget all about roses...

Life is absolutely balanced between the positive and the negative... now it is your choice which side you want to be... in heaven or in hell... pour all your attention and all your love on it... that will make it grow...

Remain indifferent about the negative... let it be there... no thorns... no roses... but be more with the positive side... be alive in your loving life -- you live in a world, in an existence which has both... out of sheer necessity it needs balance in opposite polarities...

But you need not be worried about that which makes you miserable... choose the flowers and leave the thorns...

Take a deep breath and thank you for the body that is still alive and enjoying this now... this new birth... new step in my trip... and it is free... we don't pay taxes for breathing...

A wise man once sat in the audience and cracked a joke ... All laughed like crazy...

After a moment, he said the same joke again and a little less people laughed this time ... yes! let us say it again and again..

He cracked the same joke again... This time there was no laughter in the crowd. He smiled and said, "when you cannot laugh at the same joke again and again, then why do you keep crying at the same thing over and over again??

 Forget the negative ... forget the pain of your past and move on to this new now - the river is rivering ... life is by living ... see the beauty in the light and in the darkness ... in the hunger and in the eating ... feel all your senses now .. live your treasure now ... am I alive now?? enjoy this joy and share it with others ... with the sky ... with the Trees ... with the rain and with all what you see and feel ... feel your fear and face your fear and it will pass like a cloud and you will see the stars and the sun and the moon and your mind and your heart ... take a deep breath .. it is a new birth and a new path ... Thank you God... 




No... I don't believe in God... Belief
is not needed.. what is needed is
knowing...

Belief simply hides my ignorance, it does not
make any rebellion in my being.. once you
know yourself, there is no need to believe
in yourself... Then you know the whole existence
is divine... There is no personal God anywhere..
Every part of this universe is divine..

So be your being... There is only one sin..
forgetfulness of your being... and this is
done by the priests.. programming people into
believing certain things... heaven, hell, right..wrong.
So live the only virtue which is.. remembering
yourself...

And the moment you remember yourself, this
whole existence becomes our home.. our temple..
just as the flower discovers its own fragrance
for the first time... you discover your own
bliss.. your own grace...

Unless you know your own divineness, you
cannot know the divinity of existence... That is
just the beginning... be your being... be still
and know the godliness in you...

Let us be aware of who we are... man
can put this planet.. this home.. in peace.. in
right only if he puts himself right...

this earth is our home.. unless we put ourselves right.. we cannot put humanity right.. we cannot put this earth in such a way as to live beautifully...

there is no need of nations... of religions... of races... it is one earth.. one world.. one truth.. one divinity... But one has first

To search within oneself..

Now, what to do with people? just start with myself... it is not easy but not impossible... just move towards inner peace..

The only concern is to be aware of my innermost center.. and then everything will follow on its own accord...

Once you know yourself... you know that this now is the new step... every breath is a new path ... no yesterday and no tomorrow... now is the only present...

No past... no history and no future and no mystery ... now is our only time and place and space and grace ... let us live this nowness ... this existence with a great gratefulness ... Thank you for this godliness.. for this blissfulness... for this great compassion that is arising in us...

We are here to share this light... why fight? why war? I hug myself and we are one self... Thanks for your loving arms...



we hug each others but are we connected?
am I united with myself? what is this wall
between me and me? me and you and the world!!
what kind of relationship is this relationship?
where is the mystic union with the self and
the whole? the ultimate expression of love!!!
The meeting of the meditator with the whole!!!
why you are a christian and I am a muslim?
why not be a fellow travellers with Christ?
why followers??

yes! we are ignorant... and ignorant people
can only create more wars in the world
than anything else... And all the religions have
done this..

let us live in a loving atmosphere.. in a
relating to the only truth.. in a friendliness way
not a relationship way... just a liquid friendliness,
not a solid friendship...

but a worthy Trust in ourself...

You are worthy as you are... you are born as
Christ... right now we are enlightened.. Let go
of the garbage in the mind... drop it.. be
aware of who you are now... be alert, awake,
that you are a being... not a mind..
and the mind destroyed our intelligence...

Intelligence has something to do with the heart..

It is a quality of the heart... The society
is against our intelligence.. it wants us
to be slaves and stupid...



Yes! only stupid people can be dominated...
can be obedient and never rebellious...
Intelligence is dangerous... it means you
are free... you will not believe in the
books... you will believe only in your own
experience...

stop seeking... start seeing... you have it all
already in your being... in the core of your
heart... just look within and you will find
infinite treasures... inexhaustible treasures of
joy... love... ecstasy... don't be a believer...
Truth liberates, says Jesus... not belief, but
truth... just go in... it is this moment
within us...

Only your truth can be true to you... only
your truth liberates you...

We are part of God and God is part of us
there is no way to miss it... how can you escape
from yourself? where to? you cannot escape from
Allah... You have to be just yourself and nobody
else... just to be yourself...

There is a conspiracy between the parents
and the politicians and the priests and the
power people... money minded... they are here
to exploit people... to dominate us... to oppress
us... never allow people to become
intelligent...

Give us substitutes...

What is the substitute for intelligence?



Intellectuality... give them education, send them to the school... to the college... to the university... so they become intellectuals... scholars they serve the society... The educational system is invented by this rotten society to serve its own purposes... it is not there to help you, it is there to keep you in bondage...

So let us go beyond... just visualize the beyond is enough because in visualizing it you become it... sit whenever you have time... sit silently... go beyond words, beyond mind, beyond body, beyond the world of objects... leave everything behind... Go on moving till you can find a place, a space where only your consciousness exists

and there is nothing to be conscious about... where there is no content but only consciousness, a mirror mirroring nothing... that is our real home... our real dome... our inner kingdom...

All what you see is the shadow of the truth... look at the original face... not at the face look or fake look... or face book... every face is a unique faith... be aware of this awareness... of this existence... and now is this isness...

This "Now" is very significant... it says.. we have lived a life of illusions.. now start searching for the truth... we have lived a life of worldly pleasure, pain, misery, problems, we have looked and searched in many directions and we have found nothing... now begin the enquiry into God.. I have lived through the ego, you too have lived through the self and you are tired.. we too.. we have come to a dead end there is nowhere to go anymore
now-here
or nowhere else..

We have accumulated money, we have power, we have fame but nothing has been of any fulfillment.. now is the time to live the truth.. if not now when?

If not you and me who else??

Yes! when darkness becomes too much, anguish too heavy, and the heart starts sinking, does one start thinking of doing something utterly different from what one has done..

The truth comes to us after we live the false... there is no gods but God... now begins the inquiry into God... go in.. in is our only Inn... meditation is the master key... the key of our kingdom of God...



the kingdom of this world belongs to the power people, but the kingdom of heaven belongs to eternal life...

If we are aware of the eternal, attuned to the eternal, you won't care much about all these passing phases... the body has its own limitations... but you are unlimited consciousness...

but your bodymind forces you into a small, dark hole... in a dark cave... of course, it is going to be miserable... you are vast and somehow you have been forced to live in a small space...

Nobody has done it to us... we go on doing to ourselves... each time I die... I die with desires, those desires bring me back into a new womb... into a new body...

If you can die without desires, then there is no birth any more... and when there is no birth there is no old age... no death... and no time... we go beyond time... we live in eternity... we become divine...

You are divine but you have not known yet... It is because you are divine that it is so difficult to know it... It is at the very heart of your being... it is not outside of you and it is not an object... it is your subjectivity... your divinity...





One cannot become divine unless one already is ... we can become only that which we are.. becoming is unfolding. The hidden becomes manifest... And once we know that at the source we are divine, then a great trust arises that nothing can go wrong .. even if we go in lost and lust, we remain divine .. the root and the fruit and the fragrance is the same grace... The same godliness...

The whole existence is overflowing with godliness. There is no division between God and the world ... existence is divine... and once we have this vision, we start looking at things in a new light... Then the world is no more a problem... no more a question.. not a question to be solved but a mystery to be lived..

Once we know that godliness is a quality in all of us then there is peace on earth and in us... but Christ is aware of this truth... I am not... I am sleeping and snoring... when we are going to wake up.? if not now when? We are exactly the same as every Christ... breathing the same godliness.. living in the same ocean of godliness.. we are fish in the same ocean, but I am not aware of the ocean.. Mohammad is aware of the ocean, both within and without...



Awareness...

The first step in awareness is to be very aware of your body... watch your body...

slowly slowly you become alert about each gesture.. each movement... And as you become aware, a miracle starts happening: many things that you used to do before simply disappear, your body becomes more relaxed, your body becomes more attuned, a deep peace starts prevailing even in your body, a subtle music pulsates in your body...

then start becoming aware of your thoughts, the same has to be done with thoughts... they are more subtle than the body and of course, more dangerous too... And when you become aware of your thoughts, you will be surprised what goes on inside you... If you write down what's ever is going on at any moment you are in for a great surprise... you will not believe that this is what is going on inside you...

A thought is a destiny... you are what you are thinking... any action was a thought... and a feeling... and a habit... watch the traffic noise in your mind... a mad mind inside... jumping from one side to another side without any awareness... just a habit... be aware of it...

So this madmind has to be changed... you are the master of it not a slave.. and the miracle of awareness is that you need not do anything except just become aware...

just by watching it, changes happens... slowly slowly the madman disappears.. The thoughts start falling into a certain pattern... their chaos is no more, they become more of a cosmos... And then again, a deeper peace prevails...

Let there be peace on earth and let it begin with me... me means body mind and soul are one and in harmony.. now body and mind are not running in different directions, they are not riding different horses... for the first time there is accord, and that accord helps immensely to work on the third step... that is becoming aware of your feelings... emotions... moods...

That is the subtlest layer and the most difficult, but if you can be aware of the thoughts then it is just one step more... A little more intense awareness is needed and you start reflecting your moods, your emotions, your emotions of the self and the soul and the spirit... we are one seed...



And this seed has all what we need to be
our being.. one seed turns the whole
earth green...

So our moods, emotions and feelings are one
phenomenon... functioning together, perfectly,
humming together in one music.. one orchestra..
Then the fourth happens, which you cannot
do .. It happens on its own accord.. It is
a gift from the whole.. it is a reward for
those who have done these three...

And the fourth is the ultimate awareness that
makes one awakened... One becomes aware
of one's awareness... That is the fourth... That
makes a Christ... and only in that awakening
does one come to know what bliss is...

The body knows pleasure

The mind knows happiness...

The heart knows joy...

The fourth knows bliss...

Bliss is the goal of life.. and awareness
is the path towards it.. Towards let go and
let God... one can try to be aware
but can create tension on the way...
and that tension will destroy the whole
work... just awareness with no strain, no
Tension



Right awareness means attention without any tension, a relaxed kind of watchfulness, just seeing, not making any effort, not striving... an effortless awareness... In the beginning it looks very paradoxical... effortlessness and awareness... but once you start working on it, slowly slowly the knack is learned... It is a knack... and once you have learned it and without tension, you are on the right track.. you will never be the same person again...



You are not a person.. not a mask.. but a being.. a watcher who is aware and alert...

Now, let us be aware of this step... yes! everybody becomes aware, but only when the act is finished... let us watch this act...

You have been angry... you slapped your friend.. later on when the heat has cooled down and the moment has passed, you become aware... But now it is pointless, now nothing can be done.. what has been done cannot be undone.. it is too late...

what to do to be aware of my feelings.. of my thoughts.. of my actions?? How to be aware of the enemy in me before its action? what to do??

Three things are to be remembered...

One is : becoming aware while the act is happening ... That is the first difficulty for the person who wants to become aware.... becoming aware in the act itself...

Anger is like smoke inside you: becoming aware in the very thick of it, that is the first difficulty... But it is not impossible.. with just a little effort we will be able to catch hold of it.. In the beginning we will see it.. we feel the anger has gone and everything has cooled down... just like a smoke or a cloud.. you become aware after fifteen minutes.. watch yourself more and more and you will become aware immediately after one minute... Try a little more, and you will become aware just as the anger is evaporating... Try a little more, and you will become aware exactly in the middle of it.. And that is the first step.

To be aware in the act ..

The act has a root... has a fire and a smoke... so watch it... go more in the cause... feel it ... The act is the fruits of the roots ... The act itself is speaking ... so go to the second step.



The second step is more difficult because now you are going into deeper water.. it is remembering before the act, when the act has not yet happened but is still a thought in you... it is there like a seed.. it can become an act any moment...

Now you will need a little more awareness.. to catch hold of the thought when it is arising in you.. it can be done only when you have crossed the first barrier... just sit silently and watch your thoughts.. how it arises.. how it takes form, how it remains, how it leaves you...

You are angry.. you are greedy, you are jealous: catch hold of yourself in the middle of the thought.. that is the second difficulty..

And the third difficulty.. is to catch hold of this process which ultimately results in an act... to catch it before it becomes a thought.. that is the most difficult. Right now you cannot even conceive of it... before anything becomes a thought, it is a feeling... these are the three stages: the feeling comes first, then comes the thought, then comes the act... so be aware of these three steps... I will say it again and again...





You may not be aware at all that each thought is produced by a certain feeling.



If the feeling is not there, the thought will not come. The feeling becomes an act. The thought becomes a feeling and actualized in the act...

Now you have to do the almost impossible thing.. To catch hold of a certain feeling... Have you not watched this sometimes? You don't really know why you are feeling a little disturbed: There is no real thought that can be caught as the cause, but you are disturbed you feel disturbed.. Something is getting ready under the ground...

Sometimes I feel sad, there is no reason to feel sad, and there is no thought to provoke it, yet the sadness is still there, a generalized feeling.. That means a feeling is trying to come above ground, the seed of the feeling is sending its leaves out of the ground..

If you are able to become aware of the thought, then sooner or later you will become aware of the subtle nuances of the feelings... These are the three difficulties that you can feel and see and be aware of it...

Once you are aware of your senses.. of your mind.. you become the master and not the victim... be a victor.. This is our own power.. but be aware that power is very dangerous without meditation... power corrupts and absolute power corrupts absolutely, because power means energy...

When power is gentle it has a beauty, then it is nothing but the power of love.. not the love of power...

The real person needs no proof for God... He comes to know God from the experience of inner power.. from his own inner glow.. just be a watcher and go beyond any psychic powers because they can fulfill the ego so deeply that one wants to have them.. you just have to be watchful... but don't pay much attention to it.. ignore it, neglect it.. or you will be trapped by it and you will lose something which is really valuable and beyond mind...

One has to remember continuously that one has to go beyond all kinds of mind phenomena, good or bad.. outer or inner.. just be a watcher and be your own master... and let go and let God.. let thy will be done... be aware of who you are and share this glowing star...



Let us share a story...

Awareness



Whenever you notice that you are acting out of unconsciousness, stop. Don't be a robot.. 
Don't act out of ego... Have a cup of tea, wake up..
Then act with awareness...

Tea is a Zen symbol which means awareness.. why? because Tea makes you more alert, more aware.. Tea was invented by masters of Zen and Sufis.. and for centuries they have used tea as a help in meditation.. and tea is helpful...

The story is that a Zen master was meditating on a certain mountain in China called Ta.. from that Ta comes the name Tea... that mountain can be pronounced as Ta or Cha.. that's why in India is called chai or chay and also in the Arab world..

This master was really a great meditator.. He liked to be a watcher for eighteen hours.. but it was difficult.. He would feel sleepy again and again and his eyelids would drop, again and again.. He wished to cut his eyelids but a flower was dropped on his face and he felt a great energy.. This flower became the first cup of tea and the first seed of tea... from the tea mountain... This Zen master prepared the first tea in the world out of that plant and he was amazed to find that if you took the leaves and ate them or drank them you could remain alert for longer periods..

So for centuries zen people have been drinking tea... and Tea has become a very, very sacred drink...

The greatest miracle...

A reminder not to be a victim in psychic power.. Don't take them as indications that you have reached anywhere.. There isn't anywhere to reach.. Just be ordinary and enjoy..

One disciple was talking with another religious master's disciple who said, "our master is a man of miracles. He can do anything he wants. I have seen many miracles he has done, I have witnessed them myself... what is the great thing about your master.. what miracles can he do?"

And the disciple said.. "The greatest miracle that my master can do is not to do miracles."

When miraculous powers start happening, only the weakling will do them.. The stronger one will not do them.. because he knows that now this is another trap... Again the world is trying to pull him back...

This is the last trap... if you can avoid psychic energies, silently, witnessing, if you can pass them by without being entangled by them, without being imprisoned by them, only then do you arrive home. Everyone has the sacred power of God.. but be aware that God has no other hands than ours to use... we are the instrument of this mystery... this existence...





Existence is not a word but the world.. the love that is loving us all... Existence is our mirror... it echoes us.. if we sing one word to it, it will return in a thousand ways because it comes back from all directions, from all dimensions, from all planes of existence...

It appears indifferent because we are not loving.. all what you see is our mother and our nurture and our treasure.. whatever you are, existence is that for you... As you change, the whole existence changes with you... Take a deep breath and let the love go in and the light comes out... This is the mystery of existence... and we are one with this oneness...

Once we know this truth how can we kill? why so much ignorance? why war?? ... There is no peace since Adam and Eve... war and preparation for a bigger war... what is the cause? where is the cause? what is the cure? The answer is so easy and so simple... I am the cause and the cure... I can change only myself... once you know this.. you are no more with the crowd.. you are alone but not lonely... with very few soulfriends... but I miss a commune... a place where I live and leave peacefully... no family anymore...

The real family is not your father, your mother, your brothers, your sisters, your wife, your husband, your children... They are just accidental...

Your real family is the family of a Christ.. of a real enlightened master... This is what I am looking for.. I have it in me.. The book of my beloved master and few of soulfriends but we are not in a commune yet... no sufi commune in the Arab world... many fake ones... I love to be in a commune where I feel the company of my heart and such a chance is very rare.. So what to do?

Just be where you are with the book and enjoy your inner Treasure and trust existence and do what you love and you will have your daily bread and breath...

This is what I am being right now... in my small and simple home... I have all what I need to be alive and share my joy with the few souls who are my family by choice not by any accident... we meet and we eat and we drink from our inner and outer spring... But my vision is not to be alone... I am looking for a real osho commune where few Arabs are there too.. I always miss my mother language... I know it is emotion but for the now this is part of my weakness...



Let me read what do you mean by the word weakness...



Relax into your being, whoever you are.. do not impose any ideals.. don't drive yourself crazy; There is no need ya Mariam.. Be!! drop becoming.. we are not going anywhere, we are just being here... And this moment is so beautiful, is such a benediction. Don't bring any future into it, otherwise you will destroy it...



future is poisonous... Relax and enjoy. "Yes! my beloved Master you are helping me to relax and enjoy.. to drop my ideals, ideas about how I should be and where to go and where is love and where to die... all this is out of fear and out of my weakness... Thank you.."

Yes! Let us live this moment as it is.. now is our only place and space... and grace and choice.. why worry?? we are home as we are now... In fact it is weakness that wants to be strong. Let us try to understand it; it is a little bit complex but let us go into it... It is weakness that wants to be strong, it is inferiority that wants to be superior, it is ignorance that wants to be knowledgeable.. so that it can hide in knowledge, so that we can hide our so called power or our weakness...

It is only inferior people who become politicians.. a power urge, because they know they are inferior...

Let us look at our desires and needs... if we drop the desire to be strong, the weakness will disappear... If you drop the idea of being rich, how can you go on thinking yourself poor?? How will you compare, and how will you judge that you are poor? Against what? There will be no possibility to measure your poverty...

Dropping the idea of weakness... of richness... and one day all ideas will disappear... you are alive as you are now-here... enjoy this bliss... live this wisdom... drop every desire... and you will start dancing this now... this wow... all others are illusions... the truth is in us... this is our only life... this is a great transformation... from ignorance to innocence... our birthright...

So let us enjoy what we have and who we are... alone but not lonely... I have the book that I love and he is my best companion and all what I need is now in me and in my room and in my home...

I breathe and eat and walk and talk and laugh and have enough money for a month and more and few friends on the same play... we are here to play... my choice is to play peace... to plant a seed... and one seed



turns the whole earth green... So let us face our mask and our original face too...

where is my face?
 Yes it in the mirror? In the computer?
In the eyes of the others? Oh my face where
are you..? who are you? what are you?

 The Master is saying that the original
face that you had before you were born and
the face that you will have again when you are
dead:

find out that original face... it is not a face
at all...

Have you ever thought about it? The shape of your
face is given by the body.. It can be changed by
plastic surgery. And you will not be changed by
the change of the face: your nose can be longer
or smaller, your eyes can be different, eyebrows can
be different.. The lips and much more can be done
now.. And you will remain the same... So the face
is not your being.. it is just the shape of your
body.. it is not your face... Have you got any face?

Sometimes with closed eyes go deep into it... and
you will be surprised to see you don't have any face...
God has no face at all and we are gods and
goddesses... The shadow of the real ONE...

That's why one is never contented with this
face, howsoever is beautiful... This face is not
going to satisfy it... your mind wants more and
more faces... unless you face your original face

you will keep being in this misery...

The original face is the facelessness of our being: purity with no shape, the formless, the attributeless... The form is of matter.. The form is not of consciousness; consciousness is formless... your body is a meeting-place of the form and the formless, of matter and consciousness... your body is a container.. The contained is you... and that contained has no face.. face as such is false.. so watch your wake up not your make up...



Makeup is the invention of ugly people... the ugly person feels inferior compared to the naturally beautiful one, jealous, competitive... But be aware of your inner beauty and then you see it on your face too... make up or wake up... what is your cup? you can deceive others, but how can you deceive people who are close by? And it is it right to deceive them?? And if they love you because of your breasts or your lips... is this the real love? will their love remain?

Be natural and the truth will be known... but improve upon nature rather than impose... eat better food.. do better exercise, live a better natural way...

But the whole humanity has become false.. the idea is to deceive, to pretend... what is your choice??

You are free to live your choice...



You can choose to be miserable or to be blissful... But each icon has the positive and the negative... when you become more aware.. more perceptive, you see both sides.. and your vision is bigger and you accept it all as it is and you become in a state of choicelessness...



Let both be there; there is no need to choose.. life automatically goes on balancing itself... The world will not stop... nothing stops... everything settles on its own accord, and then there is great beauty because there is no violence to any part... they have dissolved into each other on their own... And the negative and the positive have a pull towards each other; they are attracted towards each other... They are like man and woman; they can meet, they can merge.. and a new totality arises... This is what surrender is..

Let thy will be done..

To live without any choice means to let God live through you.. you become a medium.. then whatsoever happens is divine.. it is in the Kingdom of God..

Let go and let God... just be yourself.. do what you are here for.. plant your joy... add more beauty and more life and let us be one peaceful world...

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

Y6 not mewe who else? Y6 not now when?..
let our work be our love.. do what you love
and money will follow... This is my own experience...
We are good in making a living but not in
living... Let us enjoy this true story...

It is a slow day in a little Greek village.. The
streets are deserted... times are tough.. everybody
is in debt, and everybody lives on credit...

A rich German Tourist is into the village and
stops at a local hotel.. He puts a \$100 note on
the desk, telling the hotel owner he wants to
inspect the rooms upstairs in order to pick one
to spend the night...

The owner gives him some keys and, as soon as
the visitor has walked upstairs, the hotelier grabs
the \$100 note and runs next door to pay his debt
to the butcher...

The butcher takes the money and runs down the
street to repay his debt to the pig farmer..

The pig farmer takes the money and heads off
to pay his bill at the supplier of feed and
fuel...



The guy at the farmer's co-op takes the
money and runs to pay his drinks bill at the pub...

The publican slips the money along to the local prostitute drinking at the bar, who has also been facing hard times and has had to offer him "services" on credit.

The hooker then rushes to the hotel and pays off her room bill to the hotel owner with the \$100 note..

The hotel proprietor then places the \$100 note back on the counter so the visitor will not suspect anything...

The traveller comes down the stairs, picks up the \$100 note, states that the rooms are not satisfactory, pockets the money, and leave Town..

No one produced anything...

No one earned anything...

However the whole village is now out of debt and looking to the future with a lot more optimism..

And what is work? How are we running our day? ...

Let our work be our fun not run...

Now it is raining ... The spring will come and the grass will grow and we glow too...





I am not against money... let it grow and glow and keep walking.. it is like blood circulating in the body... if money moves from one hand to another, goes on moving, the more movement the better, then life is healthy... but when a miser comes in, a clot has happened... somewhere somebody is accumulating, not sharing, and that is a clot in the blood circulation... let our money move fast, nobody clings to it, everybody uses it..

The more you use it, the more valuable it is.. use your money... let it river all the way but money does not buy love not life... nor health nor peace... it is a game for the outside...

Look outside... the beautiful creation by the Creator... and the creativity of the lovers of the creator...

Look inside... the beautiful God.. and by and by you will see that the in and the out meet and mingle and are one...

Do not renounce anything.. but rejoice everything.. celebrate every breath... now is our only now to enjoy and to share our joy... Now is our only present... enjoy it-...

yes! Now is our only present... Existence knows nothing of the future and nothing of the past.. it knows only the present... The moment we go astray from now and here, we are going to end in some kind of madness... we will fall into fragments... our life will become a hell... The past will pull a part of us towards itself and the future the other part... and we live in memories which are only footprints left on the sand... or we project a life into the future, which is also a non-existential as the past..



One is no more, the other is not yet, and between the two one loses the real, the present, the now... you see it only when it is out of sight...

you never see it as present... atomic moment of the present goes fast.. faster than the light itself.. because we never catch hold of it.. by the time we are aware it is already gone... so the past is no more and the future which is not yet...

Let us look at the dimension of the vertical... you jump out of the mind.. that is what meditation is all about... you get out of time and space and place.. you are no more thinking, you are no more dreaming.. all is silent.. then you can see the present and nothing else... it is part of eternity..

This present is the door to God.. you are in God...

And when one acts out of the present moment, that action is never binding because it is not your action, it is God acting through you, it is God flowing through you...

And a great secret out of this moment.. this awareness in the mystery of the present is when we die with in the stillness of this moment...

Then this death will be the last one.. The next birth will be in awareness and the whole of the next life will be of awareness..

If one can live alert moment to moment, one can also die in alertness, awareness.. To live and to die and to be born... These three are the most important moments..

If one can manage all three in awareness then one never comes back to the wheel of life and death... One becomes free of it, one becomes a Christ... a Mohammad... A Buddha...

This is the secret symbol of the full-moon... the state of awakening... a metaphor for silence, peace, bliss and godliness...

Every moment is a present... is full of God..

But we are blind... let us open our inner eyes and search for the mystery of our life... everything is mysterious...



Yes! life is a mystery... now is a mystery... This is the only truth. That life in its totality, in its organic wholeness is absolutely a mystery... It is not a problem that can be solved, it is not a question that can be answered... but a mysterious secret that can be lived in the heart not in the head...

If a child asks: "why the tree is green?"... what is your answer...?? my answer will be... The trees are green because they are green... You are beautiful because you are beautiful... just accept the ultimate mystery as it is.. such is the nature of things and the nature of the truth...



If you try to be reasonable you will fail.. do not analyze ... don't find explanations ... just accept as it is ... God is found not through the mind.. not through reason, but through love.. If you love enough.. love itself becomes the evidence ... make your temple in your loving heart... get out of the obsession of reason... life is not logic, it is poetry.. it is a song.. it is unknowable... and that is the essential core of life.. just be yourself and then you keep rivering into the ocean.. and it becomes the ocean... The seeker becomes one with the sought,

the lover dissolves into the beloved, the dewdrop slips, falls into the ocean and it becomes the ocean..

In such unity knowledge is not possible..

In such unity there is only experience inside you... This is a secret ceremony of harmony with existence.. Light with light...

This experience is beyond words.. you cannot express it ... it cannot be contained in any word.. not even the word God contains it.. reality is far richer than any letter...

Those who have experienced, they become dumb. Not that they stop speaking, but they speak about the way... They don't speak about the truth... they say how to attain it... they say how to avoid the pitfalls on the path, they say how not to go astray.. they give you few maps.. few signs that helps you to move in the right direction... That's all they can do .. but about the truth, or about God, no one can say a single word...

Let your thirst take you to the river and when you drink then you know what water is ... and you cannot say it .. you can help

 me to watch myself and live my feelings and move towards the door of heaven.. of our mysterious mystery...

a story

Becoming centered.... Be the awareness...



Once it happened in the days of Buddha that one of the most famous and beautiful prostitutes fell in love with a Buddhist monk... a beggar.

She asked him to come to her home and stay during the rainy season for four months when Buddhist monks stop their traveling... The monk said, "I will have to ask the master... If he allows it, I will come."

The other monks became very jealous... when the young man came to Buddha and made the request, many heard it... They all stood up and said... "This is wrong.. Even to have allowed that woman to touch your feet was wrong, because Buddha has said... 'don't touch a woman, don't allow a woman to touch you' you have broken the rule and now you are asking to stay with the woman for four months!"

But Buddha said, "I have told you not to touch a woman, not to be touched by a woman, because you are not yet centered... for this man, that rule is no more applicable... I can see that he can walk alone by himself... he is no more part of the crowd..." And to the monk he said, "yes, you are allowed."

Now, this was too much! Never had it been before... All the disciples were angry, and for months thousands of gossips went around...



After four months, when the monk came back followed by the woman, Buddha looked at them and said... "woman, have you something to say to me.?"

She said, "I have come to be initiated by you... I tried to distract your disciple.. I failed.. This is my first defeat... I have always succeeded with men, but not with him.. how can I attain this centering?" She became a disciple of Buddha...

yes! you are your own master... your own watcher... stay centered... don't allow yourself to be manipulated by the opinions of others or by their attempts to push you here and there... don't fall to the levels of others.. don't be a doormat... be yourself... love yourself... be aware of who you are and why you are here.. live all your feelings and all your desires and all your needs and your greeds but with alertness... do not repress your sexual life... be aware of every energy in you.. use it with love and be grateful... and keep walking your pilgrimage until you reach the stage of your sage... be your being... once you reach to the higher treasure.. the lower starts withering of its own accord.. that is real religion... the religiousness of the heart...



Love your senses but keep moving up.. from body to being... from sex to superconsciousness..



to the religiousness of our existence... But you are so right..

Why sex has been a taboo in all the societies down the ages?

It is a very complicated question.. but very important too, worth going into...

Sex is the most powerful instinct in man.. The politicians and the priests, they have understood it from the very beginning: That sex is the most driving energy in man... It has to be cut.. to be repressed...

If man is allowed total freedom about sex, then there will be no possibility to dominate him.. To turn a slave out of him will be impossible...

Have you not seen it being done? When you want a bull to be yoked in a bullock cart... what you do? you castrate; you destroy his sex energy...

And have you seen the difference between a bull and an ox? What difference! An ox is a poor phenomenon: a slave.. A bull is a beauty... A bull is a glorious phenomenon, a great splendor.. See a bull walking.. how he walks like an emperor.. and see an ox carrying a bullock cart... the same has been done to man..

  the sex instinct has been cut, crippled..

Now man does not exist as the bull, he exists like the ox...

And each man is carrying thousand-and-one bullock carts... Look and you will find behind you thousand-and-one bullock carts; and you are yoked in them..

Why can't you yoke a bull? The bull is too powerful... If he sees a cow passing by, he will throw the bullock cart and you.. And he will move to the cow.. He will not bother a little bit who you are, and he will not listen.. It will be impossible to control the bull...

Sex energy is life energy; it is uncontrollable. And the politicians and the priests are not interested in you... they are interested to use your energy into certain other directions.. So there is a certain other direction behind any direction... This mechanism has to be very well understood...

Sex repression... Tabooing sex.. is the very foundation of human slavery... no for sex and yes for ox... and man cannot be free unless sex is free... man cannot be really free unless his sex energy is allowed to grow naturally.. from sex to self and soul and spirit..
not sex maniac

Let us have sex fun...

Little Rony was growing up.. he asked his Mom .. " where do babies come from?"

" The stars bring them " answered his mom.
" but mom!! who fuck the stars?"



A young man is visiting his grandparents in rural area ... His grandfather is sitting on the porch in his rocking chair, naked from the waist down ..

" grandpa, what are you doing?" asks the grandson .. " why are you sitting here without any underwear?"

" Well," says the grandfather, " this is the idea of your grandmother .. Last week I was sitting here with a bare chest and got a stiff neck!"



A Boss has to interview 4 girls for secretary position. He asked tricky questions to each one of them.

Boss: A woman normally has two lips.. what's the difference between the two?"

first girl: "one is hairy, the other is not "

Boss: "ok ... good!"

Second girl: " One can talk but the other can't "

Boss: "That's better!"



third girl: "one is vertical and the other is horizontal !!"

Boss: "Humm clever!"

Last girl: "One is for my use and the other is for my Boss!"

Boss ... "you are hired!!"



A sexually active middle aged woman informed her plastic surgeon that she wanted her vaginal lips reduced in size because, over the years they have become loose and floppy...

out of embarrassment, she insisted that the surgery be kept secret and, of course, the surgeon agreed..

Awakening from the anesthesia, she found 3 roses carefully placed beside her on the bed.. outraged, she called in the surgeon.. "I thought you won't tell anyone about my operation!"

"Yes I did .. The first rose is from me.. The second rose from my nurse... she assisted me, and she had the same work done to her some time ago."

"And what about the third rose?" she asked..

that's from a man in the burn unit.. he wanted to thank you for his new ears "

Take a deep breath and love your lips and your ears .. they are a priceless gift to you

enjoy!!!





I have all what I need... I live what I love... but I still need a soul friend to be nearby... I am alone with my book and my inner lover... how to accept my situation as a grace ??

This is the most significant things to be understood, because the modern man is so much afraid. Never before has that been so... Never before in the history of humankind man has been so afraid as he is now...

When we face our fear, many problems disappear. only one problem remains: FEAR... why modern man is so afraid? it has never been before..

Something has happened, something that is like a catastrophe... Once God is not there in your consciousness, you will be afraid... because without God, existence becomes alien.. Then we are not at home, then it is as if everybody is against us.. is against me.. I am not safe.. what to do? where to go? who loves me? now I have enough for today or for a month but what about after ??...

Love disappears if there is no God.. at-homeliness disappears if there is no God.. God is just a symbolic word ... It simply denotes an attitude: an attitude that 'I am home'.. If God is my father, then the whole existence is my treasure...

So why worry? God is my father, and I am at ease .. But where is God? where is my family? yes! nature is my mother .. I exist in a great family .. we are related to each other ..

You are part of what you see ... Through you, God is living .. we are the medium of God .. God has no other hands than ours to use .. He is reading through us ... writing and loving and being through you .. suddenly, you are accepted .. Not only accepted: God is trying to do something through you ... history is being created through you, existence is being created through you ..

You are very significant

You have a tremendous significance ..

Without you, God will lack something ..

Just think: without the son, the father will no more be the father ... without the son, not only the father will lack something ... he will no longer be the father ... He will be barren, a desert ... The son is a fulfillment ...

You are the fulfillment .. But once you forget God, or you drop the idea of God .. as modern man has done ... suddenly you are alien, suddenly you are never at ease ... wherever you move, you move like a stranger, amongst enemies, not amongst friends ...



So be absolutely aware of yourself... who are you? why you are here? what is your choice? war or peace? Lie or Truth?



Me too I love to live in lies... because lies are very convenient, comfortable... Truth is hard, inconvenient, uncomfortable...

Lying is just like going down... you go easily, with dancing feet... Truth is going high, up... it is difficult, arduous, you perspire; it is not comfortable... You can invent your own lie to fit you, but you cannot invent Truth,

This is the problem...

How can I rub this problem?

Why lie?

You can make lies that fits you like your clothes. But truth is not going to fit you, you cannot invent it..

You will have to fit with the truth.. you will have to cut yourself.. Truth cannot be cut like a garment; To fit truth I will have to change.

The lie is always with us.. with me... never against me.. and truth does not bother... Truth cannot be invented, it has to be discovered.. It is already here.. just be aware of it.. it is in us... it is for us...

But out of my ignorance, when truth is shown, I start throwing stones at the man who asserts it...

Yes! each country has its own lies, each race has its own lies, each religion, church, temple, master ... all has special lies and very cozy, and we cling to each other... They protect me from the truth.. lies are my wings, so I crucify the man who is sharing the truth..

Our lies are our power.. our dreams.. our money.. and somebody comes and throws the truth.. ?? what to do??

So there are only two ways.. two possibilities: either you are ready to collapse completely.. or throw stones at this man.. because throwing stones at this man will not allow this truth to shatter your lies... you can move again in your lies... in new ones and bigger lies too...

Man cannot live without lies... it is our salt.. our life.. our mind needs lies, it is the food of our mind... you can live without food for three months, you cannot live without lies for even three seconds... it is like breathing..

See what type of lies you have in.. and whenever supports your lie and makes it appear to be a truth, you bow down to him... let us remember, unless something is of your own experience it is a lie.. Truth has to be your own authentic experience...





Yes! we live in lies.. we talk about Truth but we live in lies... Talking about truth just to hide our lies... and we have become so accustomed to it, so skillful in it that we are not even aware of those lies.. we go on playing those games unconsciously it has become just a habit...

Start watching when you are lying.. and stop it immediately!! you will be surprised to discover the whole day we are lying... and for no reason at all... it became our natural way of life..

Somebody comes and you smile... The smile is a lie.. polite.. formal.. etiquette, but it is a lie.. watch your mind and you will see great change.. The energy that is involved in the lies will be released and can become truth... our whole energy is invested in lies so we have no more energy left for truth... we go on searching for truth and we go on pouring our energy into lies... just be aware of this!!!

Truth is universal, the lie is my own creation.. so I am the master of this invention... my own ego trip.. If the other believes my lies, I become very powerful... this is the fake and the false power... so let us be aware of this trap... watch its trip before you fall down in its chains...



First: when you are lying to somebody, if you become aware, immediately, in the middle of it, ask to be forgiven... tell him.. "This is a lie, and I was getting into my old trick again... forgive me please..." It is not easy.. but there is no other way.. when a habit has become very deeprooted, it has to be hammered...

Second: become aware when you are just preparing to tell a lie... it is just on the lips... just on your tongue.. stop it then and there... absorb it then and there... just watch it..

And third: become aware when a lie start coming up in your feelings.. in the heart.. be a watchfull..

If we can create these three awarennesses, lying will disappear... The moment lying disappears, Truth arrives..

And truth is the only thing worth seeking and searching for, because Truth Liberates... truth is our own birthright...

And unless you go inwards, unless you close your eyes and relax your mind; unless your heart, your mind, your body all become a synchronicity, a harmony.. a deep accord.. you will not be able to hear the still small voice within you...

And that voice is nobody else's voice.. it is your own.. and only the truth that is your own, Liberates. Anybody else's Truth always becomes a bondage...

No my friends !! Through scriptures you cannot attain to truth... But if you attain to truth, you will understand the scripture... books are nothing but witnesses to the truth... nature is our original book to look at...

Once the truth is known, it is beyond all scriptures.. the scriptures are fingers pointing to the moon... millions of fingers.. but the moon is the same..

Once you know, you have known all.. Religiousness happens only when the truth has happened to you... then you don't cling to anything, and all the scriptures start clinging to you...

Then you don't follow anybody, and all the scriptures follow you... you taste the ocean from anywhere, you will always find it salty... you taste it from the Koran, or from the Bible.. or from the Torah.. the taste is always the same...

Scriptures cannot lead you... they are dead without you...

When you live the truth, all the books they are reborn through you-- then you bring all that is beautiful in the past back, and give it a rebirth. Renew it, so that all those who have known can be again on the earth...





we are here to share our seed...
The smallest seed will be a big tree...

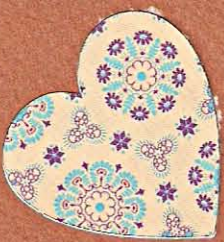
So let us walk our talk... let us hold
hand in hand... and the more we share our
inner experiences, the more we find the
inner source... it is an inexhaustible source...
let us allow every situation in our life to teach
us...

When the great Sufi mystic, Hassan, was dying, some-
body asked... "Hassan, who was your master?"

He said, "I had thousands of masters... but three
masters I will tell you about..."

"One was a thief. Once I got lost in the desert,
and when I reached a village it was very late...
everything was closed... But at last I found one man
who was trying to make a hole in the wall of a
house... I asked him where I could stay and he
said, 'At this time of night it will be difficult, but
you can stay with me... if you can stay with a thief.'

"And the man was so beautiful... I stayed for one
month!! And each night he would say to me... 'Now I
am going to my work. You rest, you pray.' When
he came back I would ask, 'could you get anything?'
He would say, 'Not tonight... But tomorrow I will try
again... God willing... Inshallah!!' He was never in a
state of hopelessness, he was always happy...
"What was the lesson from this master to me?"



When I was meditating and meditating for years and nothing was happening, many times the moment came when I was so desperate, so hopeless that I thought to stop all this nonsense -- And suddenly I would remember the thief... He used to say every night... 'God willing, tomorrow it is going to happen.'

"And my second master was a dog.. I was going to the river, thirsty, and a dog came... He was also thirsty... He looked into the river, he saw another dog there.. his own image.. and became afraid... He would bark and run away, but his thirst was so much that he would come back.. Finally, despite his fear, he just jumped into the water, and the image disappeared... And I knew that a message had come to me from God:

one has to jump in spite of all fears

"And the third master was a small child.. I entered a town and a child was carrying a lit candle.. He was going to the mosque to put the candle there..

"Just joking, I asked the boy, 'Have you lit the candle yourself?' He said 'yes sir.' And I asked

"There was a moment when the candle was unlit, then there was a moment when the candle was lit.. can you show me the source from which the light came?"

"And the boy laughed, blew out the candle, and said, 'Now you have seen the light going.. where has it gone? you tell me!'

" My ego was shattered, my whole knowledge was shattered ... And that moment I felt my own stupidity ... Since then I dropped all my knowledge ... "

It is true that Hassan had no master.. That does not mean that he was not a disciple.. he accepted the whole existence as his master... His discipleship was a greater involvement than ours. He trusted the clouds, the trees, and all what existence has ... millions of masters are all around us ... let us learn from every possible source ... to be a disciple is a must on the path.. It means to be able to learn, to be available to learn, to be vulnerable to existence...

With the master you start learning.. slowly... slowly you get in tune, and slowly slowly you see the point that in the same way you can get in tune with the whole existence...

The master is a swimming pool where you can learn how to swim... once you have learned, all the oceans are yours...

Truth is possible only if one has a total thirst for it ... it is a question of life and death... when his whole being is thirsty... there is no more mind.. no more ego.. and the moment the ego disappears, God is, truth is.. let go and let God...





Oh yes... let us play...

We are here to play
playfulness is one of the most repressed parts
of human beings... All societies, cultures, civilizations,
have been against playfulness because the playful
person is never serious... And unless a person is
serious, he cannot be dominated, he cannot be made
ambitious, he cannot be made to desire power,
money, prestige...

The child never dies in us... be your inner childhood
then you live in the kingdom of God... Jesus is
saying this to us... so why not be aware of
this truth? why war? why not play peace with
our warm arms... let us hug and bug and see
the lover in all of us... we are one world
and one family...

But society is afraid of this truth.. playfulness
is against your ego... try and play with kids
and you will find your real reality.. no ego
only love.. why run after prestige and money
and power... live your inner treasure...

The child within us has been repressed.. out
of fear and ignorance... nobody allows their kids
to dance and to sing and to shout and to jump..
perhaps something may get broken, perhaps they
may get their clothes wet in the rain if they
run out.. This is why our playfulness is dead.. 81

The obedient child is praised by his parents, by his teachers, by everybody... And the playful child is condemned... if he goes on growing with full freedom to be playful, he will turn out to be a rebel...

He will not be easily enslaved.. he will not be easily put into armies to destroy people, or to be destroyed himself... you cannot force marriage on him or any particular job nor to fulfill the desires of his parents... The rebellious youth will go on his own way... he will live his life according to his own innermost desires... not according to somebody else's ideals...

The rebel is basically natural... The obedient child is almost dead; hence the parents are very happy, because he is always under control...

Man is sick... he wants to control people to please his ego and he himself also wants to be controlled, because by being controlled he is no longer responsible...

For so many reasons, playfulness is crippled, crushed from the very beginning...

So let us face our inner child and let this grace be alive and be our joy to play peace and laughter...





what is the fear? why respect the others?

why follow the others?

your nature is never allowed to have its way ... slowly, slowly you start carrying a dead child within yourself... this dead child within you, destroys your sense of humor.. you become so serious that your life, rather than growing, starts shrinking..

just ask yourself... why jesus is on the cross? can you expect him to be smiling on the cross? why christianity has become the world's greatest religion... because of the sadness... we are the cause of it... we are the cure for this sadness..

let all our religions be more playful, full of laughter and joy... that would bring to humanity a more healthy, wholesome, glowing soul...

so drop your cross and dance... and sing and play... let our life be a precious creativity... no matter what you do but let it be full of joy and playfulness... And once your child is alive and dancing within you, it will change the very flavor of your life.. It will give you a sense of humor, a beautiful laughter, and it will destroy all your headiness... It will make you a man of the heart

The man who lives in his head does not live at all ... only the man who lives in his heart, and sings songs which are not understandable to the head, dances which are not in any way relevant to any way context outside you.. just out of your love... your energy...

That you would like to dance and sing and shout .. So do it...

It will make me more alive to be with my inner child... The serious man is dead before his death.. Long before his death.. he remains almost like a corpse...

Keep seriousness from any one ... keep it out.. The animals are not serious ... watch your dog and your cat and the trees... just watch the dance of the existence ... we are here to play... Right now!! Live ... be alive... don't ask what is after death ... now be alive..

The child lives the moment without any fear... let us start living moment-to-moment totally and intensely .. joyfully and playfully... and we will see that nothing goes out of control... you will become younger, your love becomes deeper... and your life will be a light in every darkness... and a laughter in every sadness...

this existence is our home: these trees and stars are our brothers and sisters; these oceans and rivers and mountains are our friends.. In this immensely friendly universe, don't be like a stone statue of Jesus ... be a dancing Jesus ... Alleluia !!

this is the state of cosmic dance ... when all is gone ... when all has disappeared and only pure nothingness

is left behind ... this is the benediction....

alleluia ... Alleluya ...

Hallilly ya mahabba...

May love be on earth ... May peace be in us...

this is the only ecstasy we are searching for... this is who we are ... live your own trust.. you are worthy to be the living godliness now-here forever and ever...

Right now you are Christ's... drop all the garbage from your head and listen only to your inner treasure ... be yourself... listen to yourself... become aware and alert and awake that you are a living light right now... do not listen to your mind but to your heart ... the mind is so powerful... it destroys your intelligence...

Intelligence has something to do with the heart..

It is a quality of the heart...

Intellectuality is the quality of the head ... our intellect is full of garbage ... let us wake up our intelligence ... The society is against our heart.. against our intelligence... it wants us to be dead.. to be mediocre .. so they can control us ... only stupid people can be dominated..

Be smart ... be a rebel ... be your own master ...

Stupidity is obedience, and obedience creates stupidity ...

The society wants us to be stupid and you know why ... intelligence is dangerous... it means you will start thinking on your own, you will start looking around on your own... You will not believe in the scriptures; you will believe only in your own experience...

Whatsoever you need, you have it already... just look within and you will find infinite treasures...

Inexhaustible treasures of joy, love, ecstasy... now in this moment I have all what I need in me and in my home... just experience it... take a deep breath ya Mariam.... without this I die..

Then I have water ... I have pens and papers .. I have the book I love ... what else can I carry with me?

Let us be the Truth... This is who we are..

Truth liberates, says Jesus... not belief, but Truth ...





But let us be aware of this truth!!

My truth cannot be your truth... my truth will be your belief.. only your truth can be true to you...

Nobody else's truth can liberate you.. it will become your prison... you will become your own prison..

We are part of God and God is part of us.. So nobody is missing the truth... How can you escape from yourself...? where? You cannot escape from God.. just waiting for you to look in...

This is what faith is... what christ-consciousness means: just be yourself... what sufism is: just face your original face...

Yes!! Remember!! There is a conspiracy between the priest and the politician to exploit people, to dominate people, to oppress people... And the fundamental is: never allow them to become free.. to become intelligent... Give them substitutes... what is the substitute for intelligence?? Intellectuality....

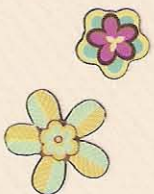
Give them education; send them to school, to the college, to the university, so they become intellectuals. This is why we are where we are...

Have you ever heard of universities creating intelligence? They create intellectuals, they create scholars, they create people who know the scriptures... they can repeat the scriptures but they don't create intelligent people... they serve the society... The educational system is invented by this rotten society to serve its own purposes... It is not there to help you, it is there to keep you in bondage... Come out of any bondage... open the door of your cage and be free on your own stage... That is the moment when Al-hallage shouted out of joy .. Anal-hag!! .. I am the Truth...

Man is the dewdrop and the dewdrop is the ocean.. man is the holy whole ... drop all beliefs and be yourself ... forget all boundaries that are around us... and move into a totally new world, a world which is unbounded... you are part of infinity, and the part is equal to the whole.. That is the law of existence ... The law of life, light, love and laughter ...

Yes! Total laughter brings a great treasure..

a great let go... laughter is the best pill without any bill ... let us share some of our treasures ...





Lessons in Logic

If your father is a poor man, it is your fate.
But if your father-in-law is poor, it is your
stupidity...



I was born intelligent... education ruined me.



practice makes perfect... But nobody is perfect.
So why practice??



If it's true that we are here to help others?
Then what exactly are the others here for?



Since light travels faster than sound, people
appear bright until you hear them speak...



How come 'abbreviated' is such a long word?



"Your future depends on your dreams..."
So go to sleep ..



The more you learn, the more you know.
The more you know, the more you forget..
The more you forget, the less you know..

So why learn..





That's how the fight started...

One year, a husband decided to buy his mother-in-law a cemetery plot as a Christmas gift... The next year, he didn't buy her a gift... when she asked him why, he replied...

"Well, you still haven't used the gift I bought you last year!"

And that's how the fight started...



My wife walked into the den and asked..

"What's on the TV?" I replied "Dust!"

And that's how the fight started...



A woman is standing nude, looking in the bedroom mirror... She is not happy with what she sees and says to her husband, "I feel horrible.. I look old, fat and ugly... I really need you to pay me a compliment.. The husband replies..."



"Your eyesight's is nearly perfect..."

And that's how the fight started...



I asked my wife, "where do you want to go for our anniversary?" "Some where I haven't been in a long time!" she said... So I suggested.. "How about the Kitchen?"

And this is how the fight started..



me too... let us have more fun.... and fight...

A wife arrived home after a long shopping trip, and was horrified to find her husband in bed with a young, loving thing....

Just as she was about to storm out of the house, her husband stopped her with these words: "Before you leave, I want you to hear how this all came about... Driving home, I saw this young girl, looking poor and tired, I  offered her a ride... She was hungry, so I brought her home and fed her some of the roast you had forgotten about in the fridge... Her shoes were worn out so I gave her a pair of your shoes you didn't wear because they were out of style... She was cold so I gave her that sweater you never wore even once because the color didn't suit you... Her bag was also old and dirty so I gave her the one that you never used... Then as she was about to leave the house, she paused and asked, 'Is there anything else that your wife does not use anymore?' "And so, here we are!"...

What else can he do? He is very loving and giving...



Another big one to buys !!??

When Big Sam loves, Big Sam buys...

When the daughter of an aristocratic french family announces her engagement to a black man, Big Sam, her parents decide they must try to stop the marriage..

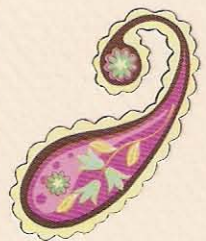
They call Big Sam in and tell him that their daughter is used to every luxury and has to have the finest, largest house in paris to live in.. The black man draws himself up and said..

"When Big Sam loves, Big Sam buys." and off he goes.. Sure enough, he buys the biggest and best house in paris.. So the parents call him again and tell him that their daughter longs for the largest, brightest diamond in all of france.. "When Big Sam loves, Big Sam gets," says the groom-to-be, and off he goes, returning with the biggest, brightest diamond the parents have ever seen..

In the last-ditch attempt to stop the marriage, the girl's father goes to him privately, and tells him that to make their daughter happy he absolutely must have a prick that is Twelve inches long...

The blackman answers firmly..

"When Big Sam loves, Big Sam cuts.."



A laughter is a door to our inner treasure ... inner divinity... inner value...



But now our outlook is the best value.. The highest price for ourself... how do I look in the eyes of the others ?? why do I need this attention ?

Something is missing inside me.. I don't know myself... that is why I gather a borrowed being.. I beg love.. because in love we pay attention to each other... if I never look at the inner treasure I will remain a poor beggar...

pay more attention to your inner center... shower your center with all your attention, care, love, and soon you will see flowers coming up... This is your inner value ... it comes from inside out.. the inner diamond is much more powerful than any power... what is the use of having the world and you don't have yourself... where is your value ? your grace ? your choice ?

The only difference between us and animals is that of values ... no animal lives according to values.. he lives blindly, not knowing why.. his life force is unconscious of itself... many of us also live in the same way.. how to live our being ? our own values ? But values can be of two types: imposed on you "Thou shalt" or "I will"... what is your choice ??

The first kind of value is a big lie.. you have even fallen below the animals... we are no more natural.. The animals are at least natural... we are no more simple... no more innocent... but we have a false face that we are a human being...

The second kind of values are the real authentic values.. we have to allow our own inner being to glow and grow and be still and know that the godliness is in us...

Everybody has to be himself, not a carbon copy of his neighbor... although the whole crowd in the world, destroys the individual and makes him just a carbon copy... be your original copy...

All the power people are porno power... They are not allowing you to be just yourself, and find your own values... They give you ready-made concepts...

What is right... what is wrong.. what is good.. what is bad.. They decide for you... and you become a slave... from the womb to the tomb...

Where is the cure? Where is the cause?

In us.. in weme... mewe... go in and heal your inner lecture... erase all the programs.. be a clean white paper and write your own lecture... your own Treasure... listen to your own silence... and share your own experience...





Yes my beloved us !!

The greatest slavery is of the
spirit...

They are not binding our bodies and they are not imprisoning our bodies, but they are putting chains on our soul... and that is the worst slavery in the world... and the chains are of gold.. which convinces us that they are not chains but ornaments, that our society is making us richer and better...

But chains are chains, whether they are made of steel or of gold... The chains of Gold are worse because there is a possibility of your clinging to them, and forgetting that they are your chains..

With all good intentions, the people who think they love you, the people who think it is their duty to make a man of you, are really the destroyers.. beware of the others... of the neighbors... gather courage to be an outsider... Be strong enough to be a stranger.. but remain yourself... Then you will find a totally different category of values to live by, to live for... not the dead values that are being imposed on you...

Your own heart wants to sing its own song.. Express your own being... Live your own truth..

So let us keep living ... rivering with the time and with the river... life does not stop for us, it goes on moving into new spaces, anew values... each now is a new value living in our life... just see yourself wearing a small child's clothes... those clothes will not only be ugly, they will be too much of an imprisonment; you can't move.. so you have to wear what fits you ..

Your values are the clothes of your soul... they have to change... every day, every moment...

So.. only individuals can have values, living, breathing, with a heartbeat... societies can only carry corpses, because the individual has the future and the society has only the past...

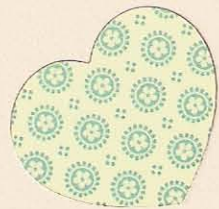
The real person, the authentic being, the individual, is neither inferior nor superior; he is simply himself.. He never compares himself with others.. he knows that everybody has unique individualities... just like a river it goes on moving towards the ocean...

Individuality is divine.. no one is like you... you are a flute on the lips of God or on the lips of the whole existence.. then whatsoever the whole wants, you allow it.. you remain in a let-go..

Let go and let God..

Let Thy will be done .. only an egoless consciousness attains to unity.. to infinity...





from infinity to infinity is our divinity...

The more we lose the ego the more we meet and melt and merge with each others and with the whole holy existence... This is who we are.. and don't we all need help to live this truth...

" Don't we all need help? "

But what is help? A Christ does not desire to help people.. He helps people, but there is no desire in it. it is spontaneous ... it is just the fragrance of a flower which has bloomed...

The sun rises.. There is no desire to wake you up... no desire to open the flowers, no desire to help the birds to sing... it all happen of its own accord.. its own nature...

first bring the light within your being. Let the flame be in your consciousness, and then whatsoever you do will be of great help... a help without desire.. but a flow ... it is helping the giver and the receiver.. and beyond this step it is out of compassion... at the ultimate peak of meditation, never before it.. This is what Mohammad did...

The awakened prophet...

Only somebody who is awake can help you... he shakes you up, he wakes you up... he finds devices to wake you to shock you... but are you ready for this divinity? The sun is shining if you are ready to open up the window and see....

So be aware of yourself... Christ said: I am here because you are here... we are one with the one... just be who you are... I am simply awareness... a watchfulness... and this is part of our innermost core.. too.. You are as divine as anybody else.. the highest and the lowest, all are divine, because only God exists." we don't belong to any category.. consciousness is neither a man nor a woman.. neither white nor black... consciousness is simply consciousness!! we all have the same treasure.. sooner or later we will find it.. if we go on seeking, it is bound to be found... it is in us.. how long you can go on missing? Even in the deepest darkness, if you search for it you are bound to find it.. This is the secret of the Haj.. the pilgrimage for peace...

Let us remember that the whole of humanity is divine... All beings are divine... all that exists is divine.. All what we see is from Allah.. from God.. and all is grateful to God...

The real seeker always feels grateful, to everybody even to people who have deceived him.. who were cheaters... because they all have helped him.. positively.. negatively, in some way or other...





Ah... let us plant this seed in our soul...
we deserve it...

When your heart is full of gratitude any door
that appears closed can be an opening for an
even greater blessing..

Very few women have attained to the Zen ultimate;
Rengetsu is one of those rare women..

She was on a pilgrimage, and she came to a
village at sunset and begged for lodging for the
night... But the villagers slammed their doors... they
must have been traditional Buddhists in the town,
and they would not allow this Zen woman
to stay there; they threw her out of the
village...

It was a cold night, and the old woman with
no lodging... and hungry... she had to make a
cherry tree in the fields her shelter... It was
really cold, and she could not sleep well.. And
it was dangerous too... wild animals and all...

At midnight she awoke... she was very cold..
and saw, in the spring night sky, the fully opened
cherry blossoms laughing to the misty moon...
Overcome with the beauty, she got up and made
a reverence in the direction of the village...

Through their kindness

in refusing me lodging

I found myself beneath the blossoms
on the night of this misty moon.

with great gratitude she thanks those people who refused her lodging, otherwise she would have been sleeping under an ordinary roof and she would have missed this blessing.. these cherry blossoms, and this whispering with the misty moon, and this silence of the night, this utter silence of the night...



She is not angry, she accepts it.. not only accepts it, welcomes it... She feels grateful..

Life is immense, and each moment it comes with a thousand and one gifts for you... But you are so busy with your desiring mind, you are so full of your thoughts, you refuse all those gifts... God comes; we go on refusing.. why do we refuse the truth? what have we done to Christ? to every master? To the prophet Mohammad? when the truth comes we reject it.. why not rejoicing?

Yes! it is our ignorance... one who realizes that he is ignorant is already on the path of the Kingdom of God, the real treasure... the real consciousness...

Once you know that you don't know.. this is conscious ignorance... such ignorance becomes luminous.. full of light, love, and life---



Yes our beloved us!!

It is true that one should not choose someone as a master just because he is famous ... Jesus was not famous when he was alive ... To be famous is one thing, to know the truth is totally another ... In fact, more is the possibility that the master, the real master, will be notorious rather than famous

Jesus must have been very notorious... otherwise why he should be crucified? And he was crucified with two thieves, one on either side, just to show to the world that the people who were crucifying him considered him not in any way more significant than two ordinary thieves. In fact, they thought he was worse ... Because it was a tradition in the Jerusalem of those days that each year one person could be forgiven... The day Jesus was crucified there were four persons to be crucified ... and there was a possibility of one person to be forgiven... Pontius Pilate asked the Jews, "Whom you would like to forgive?" He was thinking they would ask for Jesus to be forgiven, because in fact he has not done any harm to anybody... he was not a murderer, he was not a thief, he was not a criminal. But the people asked for a thief to be

forgiven and insisted that Jesus could not be forgiven .. " you can forgive any of the Thierers, but not Jesus." He must have been very notorious ... people were so much angry with him ...

They killed Socrates, They killed Al-hallaj, and they were not famous, not respected by the crowd ... the crowd was against them.. So don't choose your master simply because he is famous ... fame is foam...

One can easily be famous if he fulfills your expectations.. your demands... and anybody who does this to you is not a master at all... the real master will destroy all your expectations.. to fulfill your demands is to strengthen your ego.. and no Master can do that.

Then what is the way to decide who is my master?

Logic cannot decide.. only one thing can decide:

Yf in your heart some bells start ringing for no reason at all, illogically... even if you want to stop them they don't stop, they go on ringing..

Yf it is a heart-to-heart phenomenon...

this is the communion ... not communication...

You can commune with The Master from thousands



of miles away... the physical presence is not needed ... it is needed for the people who are



in the kindergarden class...

The whole thing depends on the disciple.. if you can surrender your ego, then wherever he is there is communion... Mohammad says.. just one verse.. one aya from the Quran is enough to open up your heart... just one atom of peace is enough.. do what you feel... choose what you love.. The hearts can dance in the same rhythm if there is love in between the master and the disciple... it is a love affair... a compassion...

The master transform you.. but the teacher inform you ... The master gives you a new birth... he helps you to come out of the cocoon of your mind ... you become a fellow traveller with the master not a follower... your soul and the soul of the master meet and merge, melt, lose their boundaries... and a great grace descends in you...

Neither fame be decisive nor your expectations, but only your heart.. If your heart says take the jump, then take the jump; then risk, then be in the Ocean and God will help you...

Don't waste time and don't postpone.. listen to your heart ... The head is ^{the} house of the mind... of the ego... but the heart is the home of love... and love is the way to Allah... and Love is life and light and laughter...



"Darling," said the young woman, "I could die for your sake."

"You are always promising that," said the husband, "But you never do it."



♡
After the bride's first dinner, she asked her husband, "Now, dear, what will I get if I cook a dinner like ^{this} for you everyday?"

"My life insurance..." said the husband.

♡
The young wife, recently returned from her honeymoon, was complaining to her friend about her husband's drinking habits... "If you knew he drank, why did you marry him?" her friend asked..

"I did not know he drank, until one night he came home sober." said the wife...

♡
Two friends have dinner in a restaurant, and the bill is \$45... The friends pay \$25 each... which the waiter gives to the manager who gives her back \$5... The waiter keeps \$3 as a tip and hands back \$1 each..

So the friends paid \$24 each for the meal, for a total of \$48... The waiter has \$3 and that makes \$51, where did the other dollar come from??

Yes! it is a mind game...
be in the now not in the mind and you see the truth.





Oh my beloved Master...
why is it so difficult to forgive.. to stop
clinging to hurts Long since past??

The ego exists on misery... the more misery
the more nourishment for it.. In blissful
moments the ego totally disappears, and vice
versa: if the ego disappears, bliss starts
showering on you... If you want the ego, you
cannot forgive, you cannot forget... and you go
on exaggerating them... you
will emphasize them...

we don't remember the joyous moments.. only the
sad moments... joy is like poison to the ego..
and misery is like vitamins...

Let us understand the whole trick of the ego..
If you try to forgive, with effort, you will only
repress... you can forgive only when you under-
stand the stupidity of the whole game that
goes on within your mind... the total absurdity
of it all has to be seen... otherwise you will
repress in one form; it will assert in another
form... This is how the ego lives.. mind game..
monkey mind... No is the soul of the ego.. the negative.
you can say no to misery but the ego says no to
bliss...
you say no to the rose and yes to the thorns..

The moment you accept your ignorance, the first ray of light has entered in your being...
The first flower has bloomed... the rose is a rose as it is... accept it with love and respect...

Once you forgive your enemies you will be free of them.. otherwise they will go on haunting you.. and the hate goes very deep; it goes as deep as your ego..

So on one hand you want to forget and forgive, because the only way to forget is to forgive... if you do not forgive you cannot forget... but on the other hand there is a deeper involvement.. No one can help you only yourself... the first thing to remember is: ego is the most negative phenomenon in existence... it is like darkness.. darkness has no positive existence; it is simply absence of light.. light has a positive existence.. if your room is full of darkness, you cannot put the darkness out of the room darkness does not exist...

you will have to go via light... bring light in... the negative does not exist... so is the ego... Bring light into your being... the key is meditation... this will remove our ego... once we see our enemy is us.. in me.. then I become the watcher of my mind... the witnesser of my weakness... be in the now and this is a new birth.. a new path...



Let us watch why we hate? why we go on playing with our old wounds so that they keep fresh in our memory... we never allow them to heal.. we love to carry things that we hate..

A man was sitting in a compartment in a train.. Across from him was sitting a man who had a picnic basket beside him... The man had nothing else to do so he just watched the basketman.

After a while the man opened the picnic basket and took out a small cloth which he placed carefully on his knees... Then he took out a glass bowl and placed it on the cloth... Then he took out a knife and an apple, peeled the apple, cut it up, put the pieces of apple in the bowl... Then he picked up the bowl, leaned over and tipped the apple out of the window..

Then he took out a banana, peeled it, cut it up, put it in the bowl, and tipped it out of the window.. The same with a pear and a pineapple, and a pot of cream.. he tipped them all out of the window after carefully preparing them... Then he cleaned the bowl and the cloth, and put them back in the picnic basket..

The man who had been watching in amazement, finally asked.. "Excuse me, but what are you doing?" "Fruit salad.." said the man.. "But why are you tipping it all out of the window?"



"Yes! I hate fruit salad."



people go on carrying things that they hate... they live in their hatred... they go on fingering their wounds so they don't heal... they don't allow to heal... their whole life depends on their past...

Unless we start living in the present.. we will not be able to be alive.. to forget and forgive the past... we are here because of the past... be aware of this gift in the now... the only time... the past did the best for me... it is a great lesson... I am alone now but not lonely... to live in the present is the only positive way to approach existence... Be more aware... more alert... more meditative... awareness knows only the present... no past.. no future... the present tense...

Start enjoying this bliss.. you will stop going into the past... no accident by accident.. all my past has a meaning.. Thank you all and forgive all and give the best to myself now-here... and the past will disappear on its own accord... and also the future.. because the future is only a projection of the past.. Now-here you are free and you are whole and healthy.....



Let us have the fun of now...

Father Jones is looking through the church records one day, when he notices that one of his flock, Jack, does not seem to have given any money to the church charities... The young priest decided to call Jack.. and see if he can squeeze any money from this rich man...

"The records show that you have never donated any money to our charities."

"That's right.. and do your records also show that I have a crippled uncle? do they show that my sister was left a widow with ten children to take care of and no insurance or other means to support?"

"Well, no, our church records do not show that."

"So, why should I give anything to you, when I don't give anything to them."



The phone bill was very high and the man of the house called for meeting...

Dad: I use the phone at the office...

Mom: Same here... I use my work phone..

Son: Me too ... I always use my company mobile.

All of them now in a state of shock.. They look at the maid who said..

What is the problem? we all use our work telephones ...



A fat man saw "Lose 5Kg in a week:" in a newspaper... He called the company and Lady Gogo said to be ready tomorrow at 6:00 am..

The next morning he opened the door to find a hot girl with shoes, undergarments, and shirt saying: "you catch me you fuck me" Then she started running... The man ran but could not catch her. and so on during the whole week he tried to catch her but could not..

However he lost the 5Kg
then asked for 10 kg [♥] program... and next morning a hotter girl came and the same play..

He lost 10Kg that week

So he thought this [♥] program is awesome! Let us try the 25 kg!!

So he asked for the 25kg but the lady on the phone said: "Are you sure? It is really Tough"

he said: "yes"

Next day at 6:00 he opened the door expecting to see a fabulous girl.. But he saw an old ugly gay guy in underwear only saying:
"If I catch you I will fuck you!"

The man is still running until
now !!!



My beloved us...

It is time to leave us and live us... This book will end soon only on papers but will grow and glow in our inner power... and thank you for saying: I am a sinner... Can I be a sage?

Yes, absolutely yes... In fact, only a sinner can become a treasure... Those who think themselves saints, they are the closed people.. dead people.. they have become incapable of celebrating..

Life is a celebration...

It is natural to sin... natural in the sense that you are unconscious... what else can you do? Sin is bound to happen.. you are unaware.. but once you know this... it is the beginning of a great pilgrimage...

To see that "I am ignorant" is the first glimpse of wisdom...

The real problem arises with people who are full of knowledge... All that knowledge is borrowed: hence, rubbish... God is life, and your saints have renounced life... in renouncing life they have renounced God too...

God is the hidden core of this life.. This life is just outermost circumference.. to escape from it, is to renounce the center and you will not find God anywhere...



God is very near... why go very far..
One has to dive into life... and if you
are unconscious, you will miss the target..
The real meaning of sin is forgetfulness.. Jesus
said it in a very clear way... it has nothing to
do with what you are doing..



Are you doing it with a self remembering
or

have you completely forgotten yourself?

Any action coming out of unconsciousness is sin...
The action may look virtuous, but it cannot be..
You may speak the truth, you may avoid lies,
you may try to be moral, and so on and so
forth... But if all this is coming from your
unconsciousness... it is all sin... all lip service..

It is because of this, that Jesus has a
tremendously significant saying... He says, "If
your right eye causes you to sin, take it
out and throw it away... it is much better
for you to lose a part of your body than to
have your whole body thrown into hell..."

What he means is whatsoever causes you to
forget yourself, even if it is your right eye.. That
is just to emphasize the fact... it is simply a way
of talking to us.. he is not saying anything
which has to be taken literally.. it is a
metaphor...



To be born in this world means to be a sinner... but sin means to forget yourself... be aware of who you are... that's the whole purpose of the world.. to give us an opportunity to forget ourselves... why??
Look at this truth...

The fish in the ocean is born in the ocean.. lives in the ocean, but knows nothing about the ocean.. unless you take the fish out of the ocean.. Then, suddenly, a recognition arises in the fish... Only when you lose something, do you remember..

It is the same fish, it is the same ocean, the same situation.. yet everything is different... Now the fish knows that the ocean is her life, her very being... she was unaware, now she is aware.. and that is the great difference..

The difference that makes the difference... We have lived in God.. we all come from the original source of existence... But we have to be thrown out into the world, so that we can start searching for God again, searching for the ocean..

thirsty, hungry, starving, Longing..

And the day we find it again, there is great rejoicing... and it is not anything new.. it is only a recognition.. "I had it always, but I was unaware of it..." said Buddha when he became enlightened..

we all have the truth... we all are the truth
but we are not aware of it... The only
difference between a sinner and a sage is that
the sinner is full of forgetfulness, and the sage
is full of remembering..

And between these two are the parrots and the
robots... The sage lives simply, spontaneously,
there is no question of effort at all.. He lives
life, just as I breathe... he is very ordinary..

So by knowing that you are a sinner you can
be a sage.. all that you have to avoid is



being a saint... that is the trouble.. The
saint is the false coin which looks exactly
like the real coin... and it looks more
real, because it has to deceive people..

So live your ordinary life with only one addition,
that of awareness...

We are not here to learn character... we are
here to be aware of ourself.. of our own
consciousness.. And anybody who asks for help,
should be given help.. and unconditionally it should
be given... and who does not need help? The
door is always open...

There is a beautiful statement of Jalaluddin
Rumi, one of the greatest Sufi masters ever...

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

Come, come, you are a lover...

Come, Come, whoever you are, sinner, unconscious, living a life which is not glorious, divine, meaningful; living a life which has no poetry, no joy, a life of hell... come, I am ready to receive you.. Be my guest!!

This is the invitation of every real master.. The master is a host; he refuses nobody.. true masters never refuse anybody.. They cannot.. If they start refusing people, then there is no hope ... 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 a refuge, it does not shelter you ... This does not happen at all ... The tree is always ready to give you shelter, its shadow, its fruits, its flowers, its fragrance .. nature is our mother.. our nurture so is the real master... without any expectations, without any goal .. just be at home.. wherever you stand is your holy land...

I would like to remind us ... There is no need for any correction.. you are not to be improved upon... Then what is needed? Awakening is needed.. not correction... no better morality, not better ethical conduct .. no, just consciousness.. and with consciousness, morality comes of its own accord ...



In deep sleep, unconscious, how can you correct yourself.. at the most you can have a little better dreams... maybe not in black and white.. technicolor dreams... Have you not watched? you stop smoking and then you start chewing gum... you stop one thing and you have to start another... and it is the same old game!! you only go on changing things; you remain the same...



Corrections are millions; there is no end to them... and you will never be correct.. you will never be right... you can put all the wrongs right, and you will find yourself wrong... why? because deep down you are still unconscious, you don't know who you are the first and the only step is to know who you are... is to become aware...

Become more alert, no character is needed.. because all characters are false if you are not aware.. if you are not conscious.. all characters are nothing but chains.. it does not bring freedom..

All morality is hypocrisy... if you are not aware... So religion is the religiousness of our heart.. to be more conscious, to live more consciously...

Forget about correction.. put your total energy into awakening... there are only two ways to be:

unconscious or conscious. Choose...



Each moment always has both alternatives:
you can choose to be miserable or to be
blissful... try to find out what will make
miserable and what will make you happy.. let both
sides of the coin be there... and life goes on
balancing itself... everything settles on its own
accord.. they have dissolved into each other..
our choice is to be choicelessness...

Let thy will be done

And let God live through you..

you become a medium..

Then God lives through you..

Then whatsoever happens is divine.. it is neither
good nor bad... it is simply divine... one cannot
become divine unless one already is.. we can
become only that which we are.. becoming is
nothing but unfolding.. the hidden becomes
manifest.. And once we know that at the
Source we are divine, then a great trust
arises that nothing can go wrong.. Even if
we go as far away as possible, we remain
divine..

This divinity is a quality from God... it is the
living godliness in us and in the whole existence..
It is a fragrance that permeates the whole
of existence..

Then the world is no more a puzzle, no more
a problem... no more a question..

The world is
not a question to be solved but a mystery to be
lived ..

So let us surrender to God.. with total awareness,
Saying .. "Thy will be done.. All is yours... so
whatsoever will happen from now onwards is
good. "

let us be good.. then whatsoever we do is good..
Sing a song, share a joke, dance, it cost you
nothing but it will bring you more and more
joys ..

just one seed turns the whole earth green..
so let us share our vision ... let us
give for giving's sake... share for
sharing's sake.. just a smile or a gesture
of love is enough ... let us share our
vision..



Tell- A- vision..

If your vision is for one year
plant wheat

If your vision is for ten years
plant trees

If your vision is for life time
plant people..

The vision is part of reality... in vision reality
works upon you..

The higher your consciousness, the greater your
vision ...

Desire

It is time for us to stop seeking outside ourselves for that which would make us happy... let us look inside..

There is a 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..."

The beggar said "think twice before you promise anything."

The beggar was no ordinary beggar... he said.. "It is a very simple desire.. you see this begging bowl? Can you fill it with something?"

The emperor said, "Of course!" He called one of his men and told him.. "fill this man's bowl with money." The wazir went and 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 empty... the whole palace gathered, and the rumor went all over the kingdom.. The prestige of the king was at stake... He said.. "If the whole kingdom is lost, I am ready to lose it, but I cannot be defeated by this beggar." Everything that was put into it, disappeared... Then the king asked him "what is this begging bowl made of? The beggar laughed and said.. "It is made of human mind"



Our mind is our ego... our enemy... our desire..
go into one desire and you feel a great kick...
And you start with the car then you have the
yacht, the house, the palace, the tower, the
woman, the children, the power.. and suddenly all
is meaningless again and again...

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

The car in the garage... the woman in the bed, the
money in the bank account.. again the emptiness is
there... ready to eat you up... we go into drugs
and gambling and again you have to create another
desire to escape from this yawning abyss...

That's how we go on moving from one desire
to another desire.. That is how we remain beggars..

Ashhadu or Ashhadu?

To be a witness or to be a beggar?

To be a watcher or to be a poorer??

To be with the prophet or to be with... the profit?

Read your profile and the day you understand that
desire as such is going to fail comes the turning
point in your life...

The other journey is inwards... is the real Hajj.. the
real pilgrimage from a sinner to a sage...

Let us move in... In is our inn.. our only home...

God is in us... in the core of our heart...

God is so near why go far?

Help me.. guide me to be aware of this
grace and to live my choice for peace...





Beloved writer and
reader ...

Thank you for reminding us that
we are not a number... we are
a member ...

We are not a follower but a fellow
Traveller

We are here to plant peace not war...

We are here to be together and
Wonder and wander and enjoy
This wonderful now !!

Now is our New breath.. our new
path .. our new birth...

Thank you our beloved King

ﻋﺒﺪﺍﻟﻠﻪ ﺑﻦ ﺍﻟﻬﻤﺪ

Abdullah Bin Alhussain

for accepting the word which is in
between the words... in this gap we
are together sharing our inner
Treasure ...

ﻣﺴﻌﻰ
peace pace

