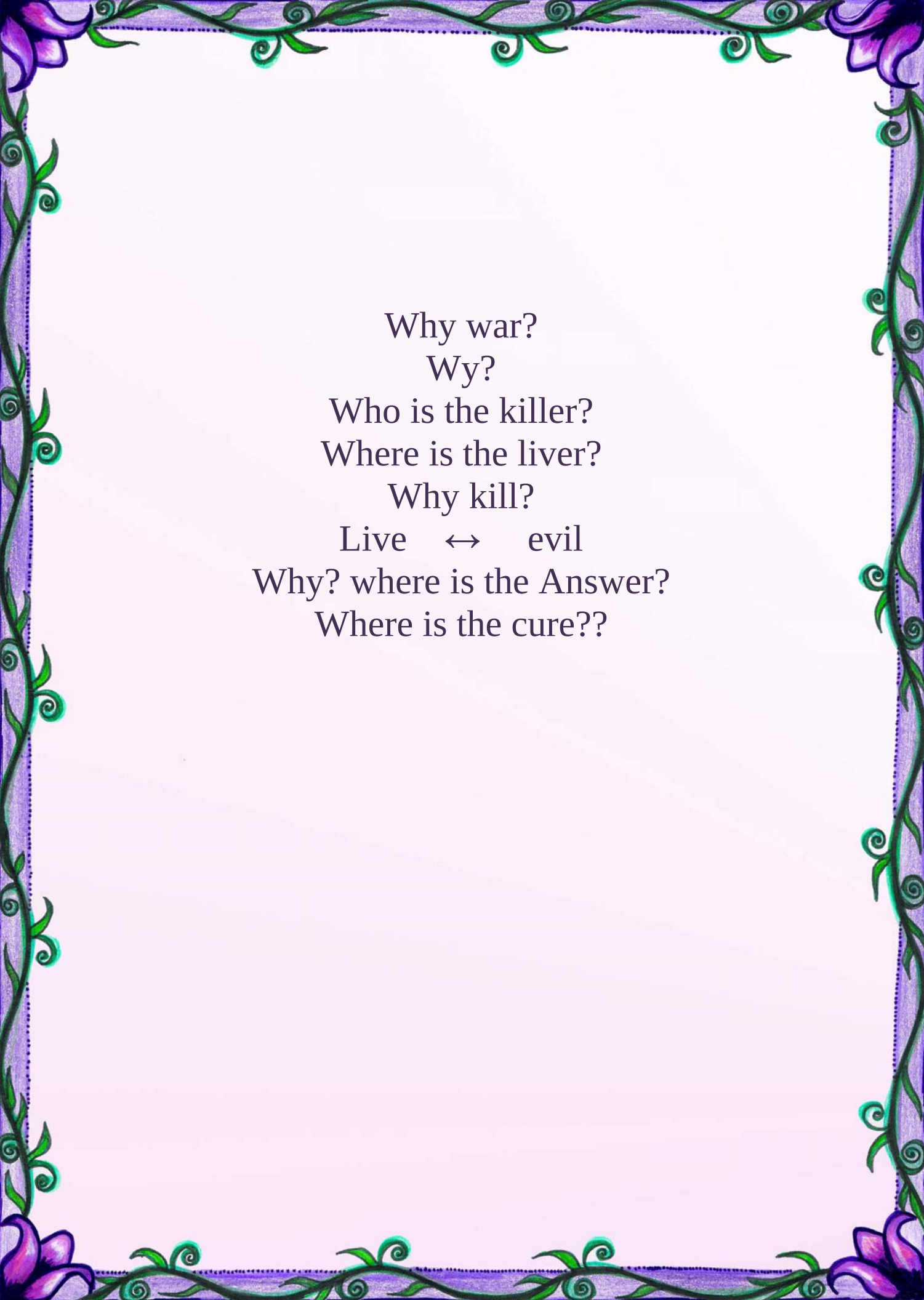


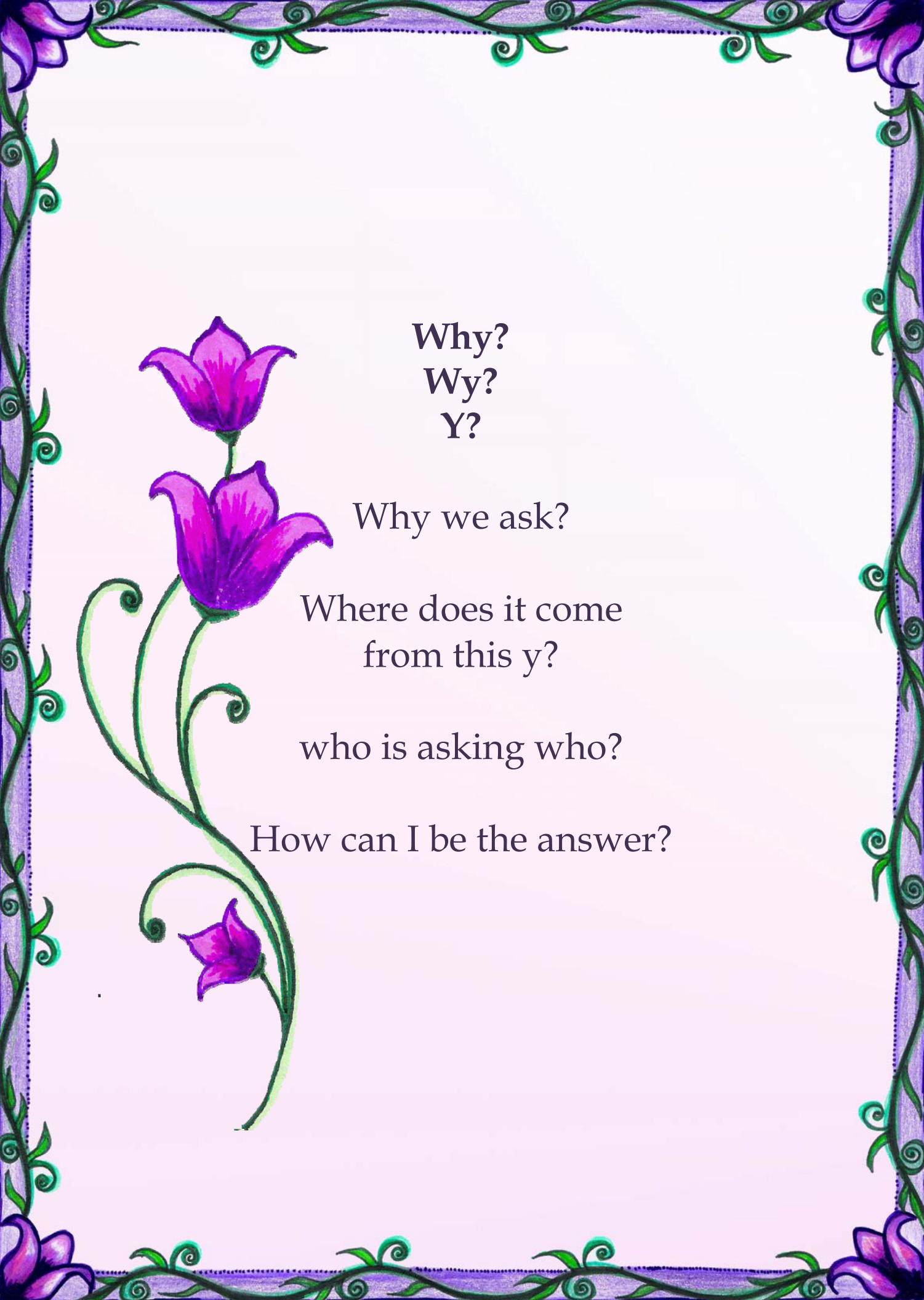
Peace Pace
مریم نور



Why?



Why war?
Wy?
Who is the killer?
Where is the liver?
Why kill?
Live ↔ evil
Why? where is the Answer?
Where is the cure??



Why?
Wy?
Y?

Why we ask?

Where does it come
from this y?

who is asking who?

How can I be the answer?



Why?

Why we use why? why do I want to ask? why do I want to know? who is asking who?

Ass? the king? why the why? why not this?
why not Listening to this story?

In a village there was a poor man who was thought to be 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 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, fall 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 hammering the same idea on me."

The mystic said, "it is very simple. you do not listen to them, just 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?"

Whatsoever they say, 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 feel 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..."

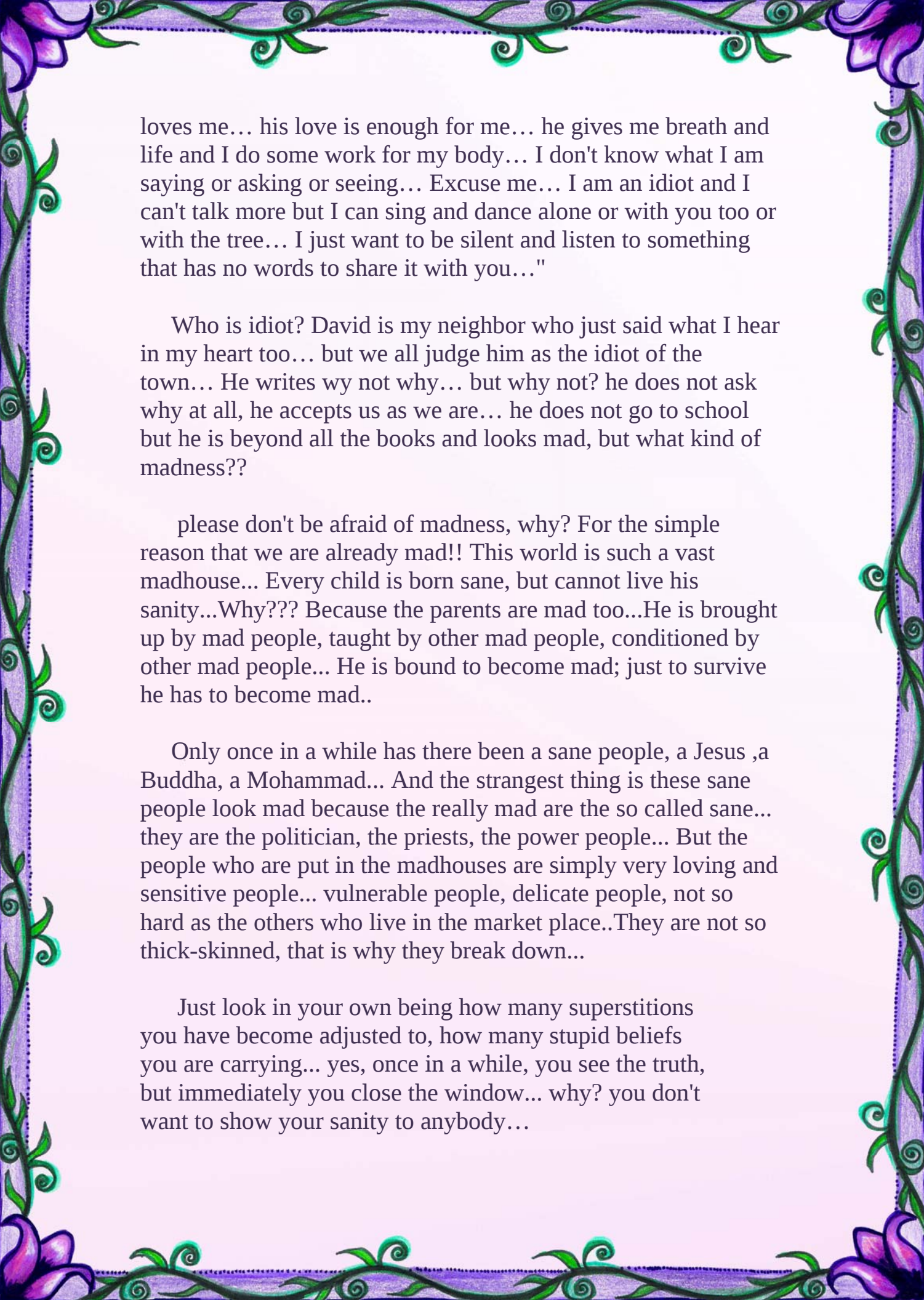
For seven days did the same things. the whole village was very much puzzled.. he made every body feel idiotic... naturally, they all started thinking he had become wise. After seven days he came to the mystic, immensely happy. he said: "it was a great trick. I was not thinking that much was going to happen out of it, but now the whole village worship the idiot... me..."

So why worry if you are one an idiot? I am an idiot and I am very pleased with this degree... What is your degree? MS! more shit.. BS.. Bullshit... It is only a label.. the mind lives through labels. idiot is my label.. idiocy... idiosee... how great is my grade!! I am so grateful to all who gave me this grace...

Yes, what is wrong in being idiot? insane? stupid? mad? crazy? what is the label of all the politicians? the priests? the power people? Francis was mad and Hitler was.. was what? what do we call such killers? the war people !! warm and war... what is your choice? what are my arms for? which arm do we use? kill or heal? Bug or hug? Who is the idiot? what do you do? what is your choice? what do you ask for?

"I know that I am an idiot but I don't ask for anything To whom shall I ask? my mom and dad never listens to me, they are so busy in a great business and no time for me and for my sisters and my brothers too... they are not idiots.. I am the only one who is into idiocy... But what is asking?

I hear others say that there is a man somewhere named God... He loves us and he will give us what we need so why asking... the wise ones knows how to ask but I am so stupid and dumb that I don't dump my question to that far away god who



loves me... his love is enough for me... he gives me breath and life and I do some work for my body... I don't know what I am saying or asking or seeing... Excuse me... I am an idiot and I can't talk more but I can sing and dance alone or with you too or with the tree... I just want to be silent and listen to something that has no words to share it with you..."

Who is idiot? David is my neighbor who just said what I hear in my heart too... but we all judge him as the idiot of the town... He writes why not why... but why not? he does not ask why at all, he accepts us as we are... he does not go to school but he is beyond all the books and looks mad, but what kind of madness??

please don't be afraid of madness, why? For the simple reason that we are already mad!! This world is such a vast madhouse... Every child is born sane, but cannot live his sanity...Why??? Because the parents are mad too...He is brought up by mad people, taught by other mad people, conditioned by other mad people... He is bound to become mad; just to survive he has to become mad..

Only once in a while has there been a sane people, a Jesus ,a Buddha, a Mohammad... And the strangest thing is these sane people look mad because the really mad are the so called sane... they are the politician, the priests, the power people... But the people who are put in the madhouses are simply very loving and sensitive people... vulnerable people, delicate people, not so hard as the others who live in the market place..They are not so thick-skinned, that is why they break down...

Just look in your own being how many superstitions you have become adjusted to, how many stupid beliefs you are carrying... yes, once in a while, you see the truth, but immediately you close the window... why? you don't want to show your sanity to anybody...

No one is sane anymore, no more is innocent, we are already corrupted and poisoned... by whom? By the others you know them.. the priests, the politicians, by the power people... by the medias.. by the parents and the pedagogues.. they have done the work... We are here to undo it.. Just look around and see what you can see...



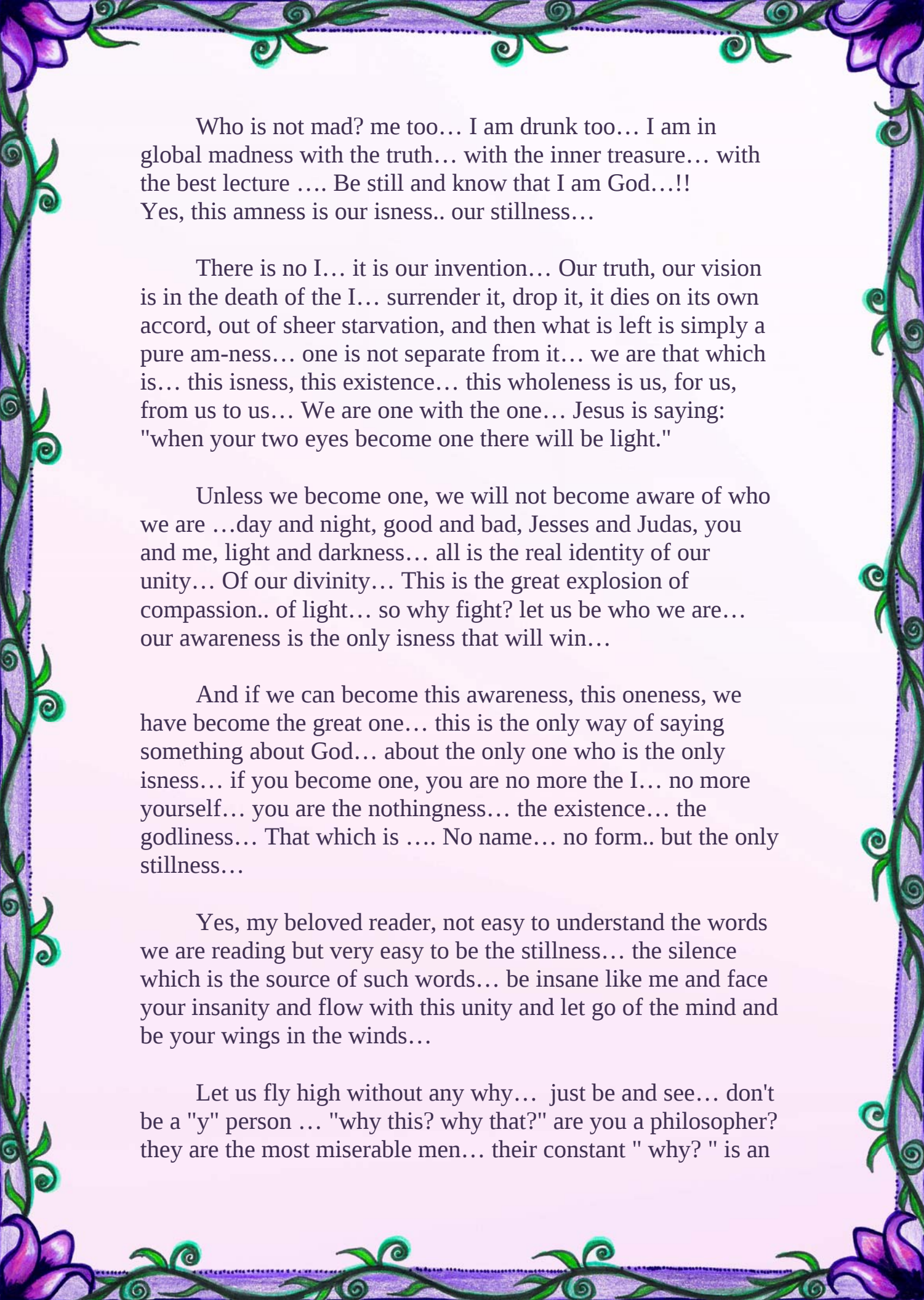
What to do to help our madness?

just do dynamic meditation... allow them to be mad, then madness will disappear... madness is part of humanity, it is a deep balance. when you become too serious you need a little laughter... a jumping dance, a football match.. why millions of people are so excited by watching the ball running from here to there and other returning it??

Each country has its own ways to be mad and to relax from madness... war is also a device that is needed continually so that people can go mad, can hate and destroy and there is no guilt and you are simply becoming mad. war will continue until and unless we allow everybody a certain amount of madness to enjoy...

So do the meditation and let the mad people watch. they will enjoy it very much and they will not see much difference between us and them... then they will join us and we will be able to help them...

A mad man does not need a doctor, he needs a loving friend who accepts him as he is, the sane part and the insane part... Insanity is the right part of man. it is natural, there is nothing wrong in it. when you can say to a mad man that not only are you mad but I am too, immediately a bridge is made. and then he is available, and it is possible to help him...



Who is not mad? me too... I am drunk too... I am in global madness with the truth... with the inner treasure... with the best lecture Be still and know that I am God...!!
Yes, this amness is our isness.. our stillness...

There is no I... it is our invention... Our truth, our vision is in the death of the I... surrender it, drop it, it dies on its own accord, out of sheer starvation, and then what is left is simply a pure am-ness... one is not separate from it... we are that which is... this isness, this existence... this wholeness is us, for us, from us to us... We are one with the one... Jesus is saying: "when your two eyes become one there will be light."

Unless we become one, we will not become aware of who we are ...day and night, good and bad, Jesses and Judas, you and me, light and darkness... all is the real identity of our unity... Of our divinity... This is the great explosion of compassion.. of light... so why fight? let us be who we are... our awareness is the only isness that will win...

And if we can become this awareness, this oneness, we have become the great one... this is the only way of saying something about God... about the only one who is the only isness... if you become one, you are no more the I... no more yourself... you are the nothingness... the existence... the godliness... That which is No name... no form.. but the only stillness...

Yes, my beloved reader, not easy to understand the words we are reading but very easy to be the stillness... the silence which is the source of such words... be insane like me and face your insanity and flow with this unity and let go of the mind and be your wings in the winds...

Let us fly high without any why... just be and see... don't be a "y" person ... "why this? why that?" are you a philosopher? they are the most miserable men... their constant " why? " is an

inner disease... look at it in this way... only when something goes wrong do you ask why. when everything is okay, you never ask why...

You ask why there is misery; you never ask why there is bliss... we ask why there is death, we never ask why there is love... when there is love, there is no question about it... you accept it totally... when there is hate, the question arises... Only when something goes wrong does the question arises ... So let us remember, if we have "why?" we need meditation, because without meditation the "why?" Will not disappear... and the answer comes only to those who have stopped questioning. the question is a question mark... we are a question mark... the answer can only be understood by those who are not in the mood to question.. the questioning mind is not in the mood to hear be in the herenow... just hear and listen experience what you are being in this becoming... don't keep on asking... your mind goes on questioning. Questions are created in the mind just like leaves grow on a tree...

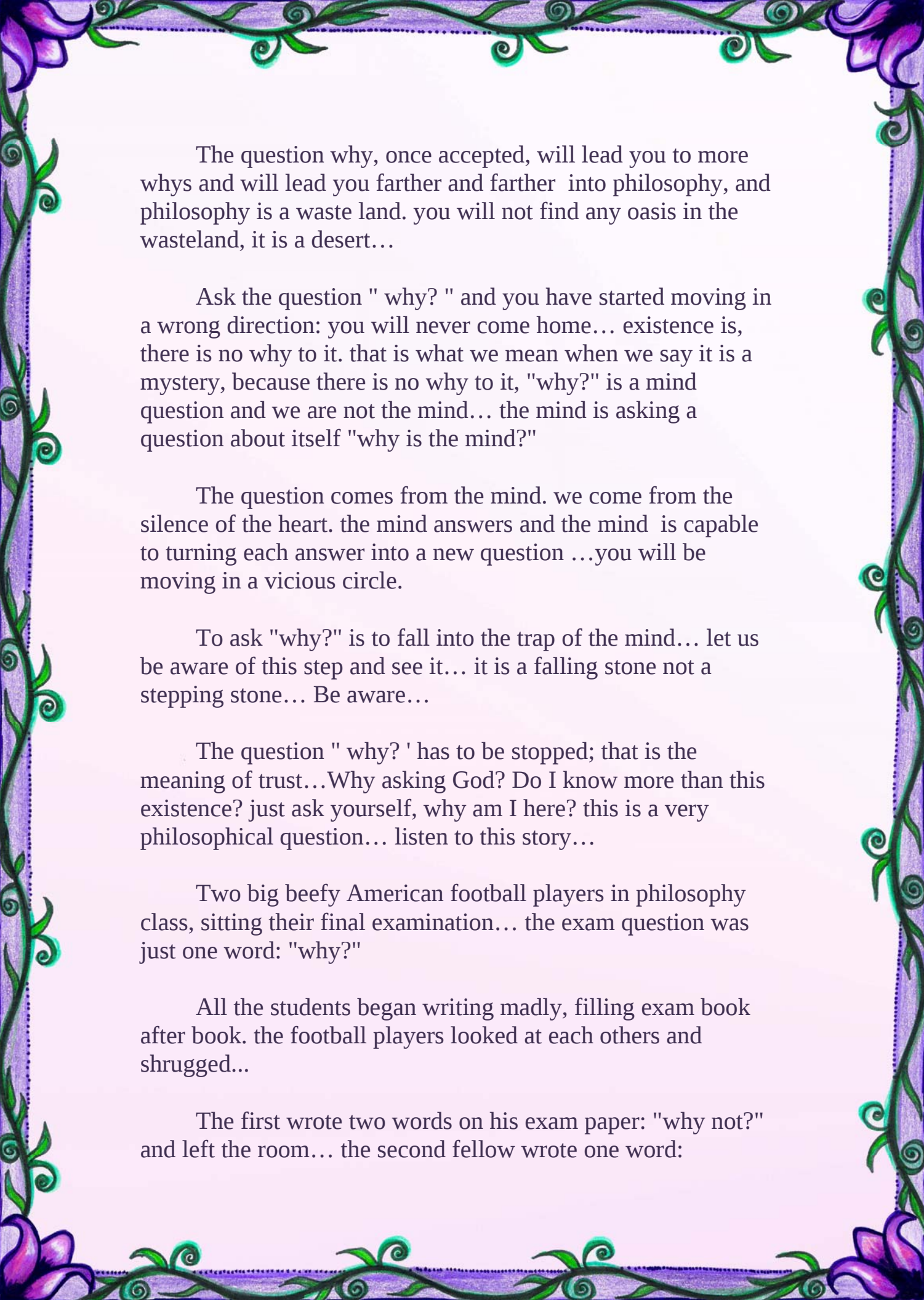
If my mind is ill, and it is, questions will come out of it, only if your mind does disappear, an inner treasure will appear and questions will stop...



What happens when there is no question?

When there is no question, you have got the ultimate answer... that ultimate answer is not in words... it is existential... You live it... you become it... once you know that you are love you don't ask about it... you are it...

So don't ask about water, let your thirst quest and your taste is the best test... so no " why? " no " what? " it is a wrong question to ask... things simply are... there is no why to them... why the three is three? or why the tree is green? because it is as it is...



The question why, once accepted, will lead you to more whys and will lead you farther and farther into philosophy, and philosophy is a waste land. you will not find any oasis in the wasteland, it is a desert...

Ask the question " why? " and you have started moving in a wrong direction: you will never come home... existence is, there is no why to it. that is what we mean when we say it is a mystery, because there is no why to it, "why?" is a mind question and we are not the mind... the mind is asking a question about itself "why is the mind?"

The question comes from the mind. we come from the silence of the heart. the mind answers and the mind is capable to turning each answer into a new question ...you will be moving in a vicious circle.

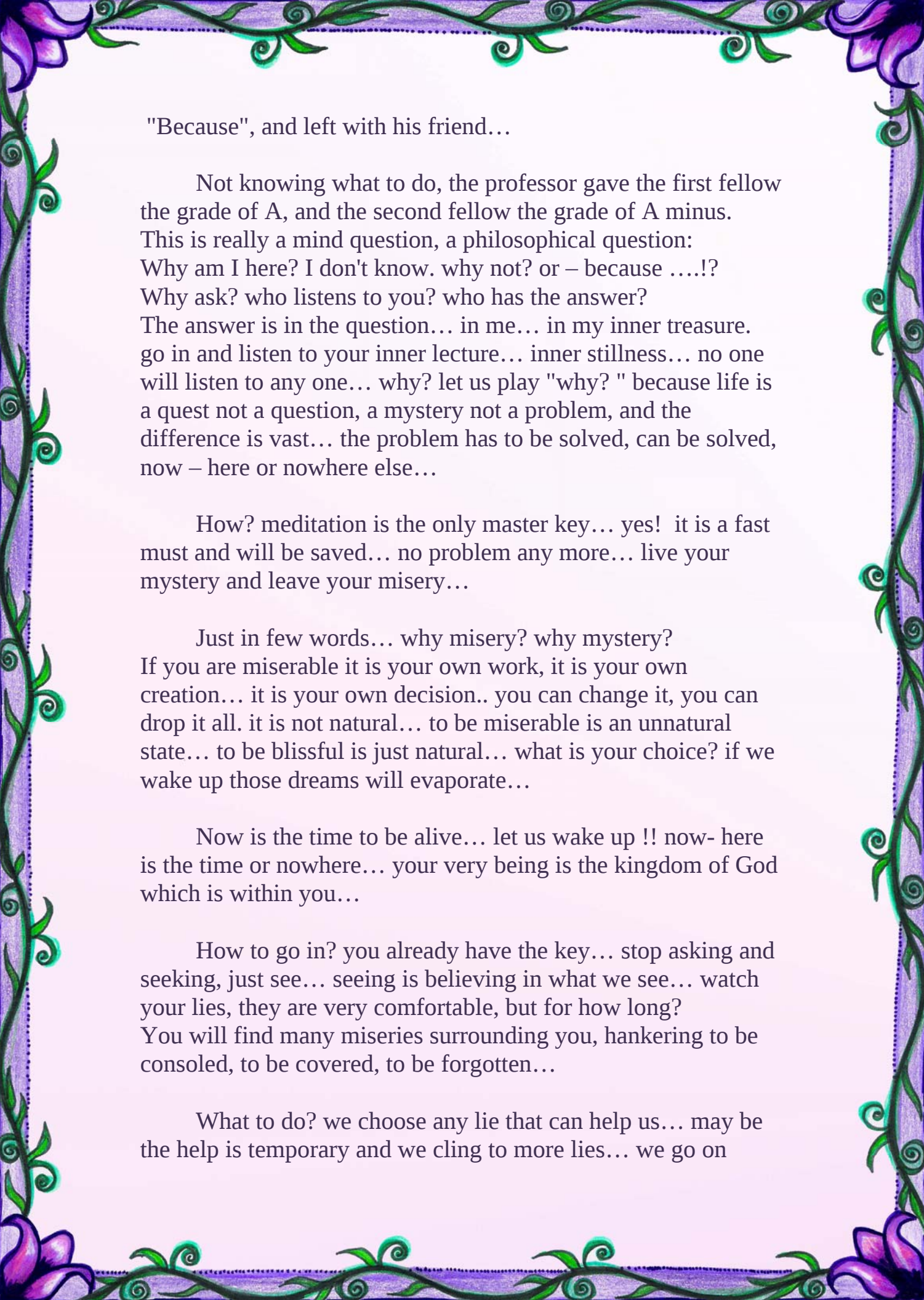
To ask "why?" is to fall into the trap of the mind... let us be aware of this step and see it... it is a falling stone not a stepping stone... Be aware...

The question " why? " has to be stopped; that is the meaning of trust...Why asking God? Do I know more than this existence? just ask yourself, why am I here? this is a very philosophical question... listen to this story...

Two big beefy American football players in philosophy class, sitting their final examination... the exam question was just one word: "why?"

All the students began writing madly, filling exam book after book. the football players looked at each others and shrugged...

The first wrote two words on his exam paper: "why not?" and left the room... the second fellow wrote one word:



"Because", and left with his friend...

Not knowing what to do, the professor gave the first fellow the grade of A, and the second fellow the grade of A minus. This is really a mind question, a philosophical question: Why am I here? I don't know. why not? or – because!? Why ask? who listens to you? who has the answer? The answer is in the question... in me... in my inner treasure. go in and listen to your inner lecture... inner stillness... no one will listen to any one... why? let us play "why? " because life is a quest not a question, a mystery not a problem, and the difference is vast... the problem has to be solved, can be solved, now – here or nowhere else...

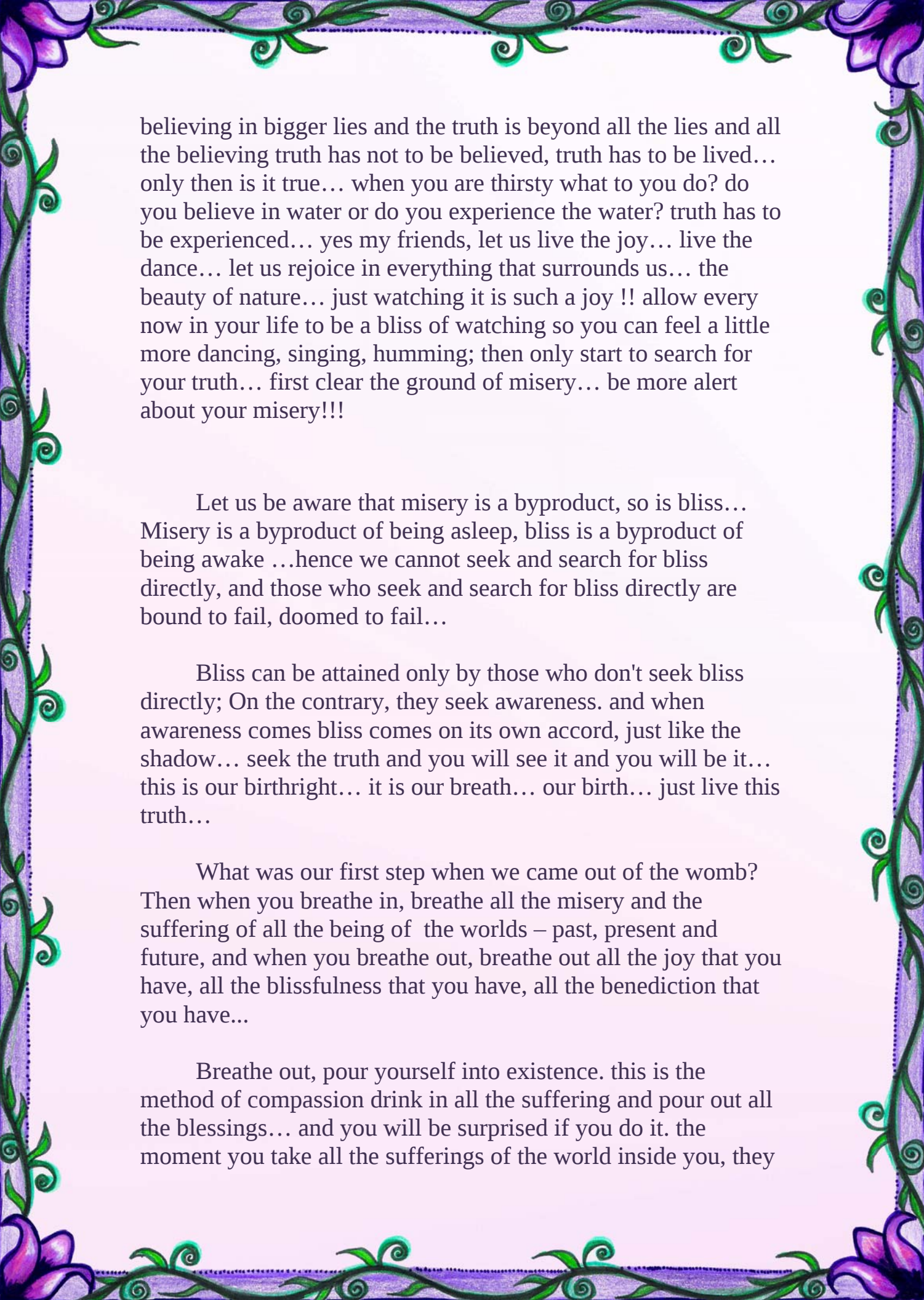
How? meditation is the only master key... yes! it is a fast must and will be saved... no problem any more... live your mystery and leave your misery...

Just in few words... why misery? why mystery? If you are miserable it is your own work, it is your own creation... it is your own decision.. you can change it, you can drop it all. it is not natural... to be miserable is an unnatural state... to be blissful is just natural... what is your choice? if we wake up those dreams will evaporate...

Now is the time to be alive... let us wake up !! now- here is the time or nowhere... your very being is the kingdom of God which is within you...

How to go in? you already have the key... stop asking and seeking, just see... seeing is believing in what we see... watch your lies, they are very comfortable, but for how long? You will find many miseries surrounding you, hankering to be consoled, to be covered, to be forgotten...

What to do? we choose any lie that can help us... may be the help is temporary and we cling to more lies... we go on



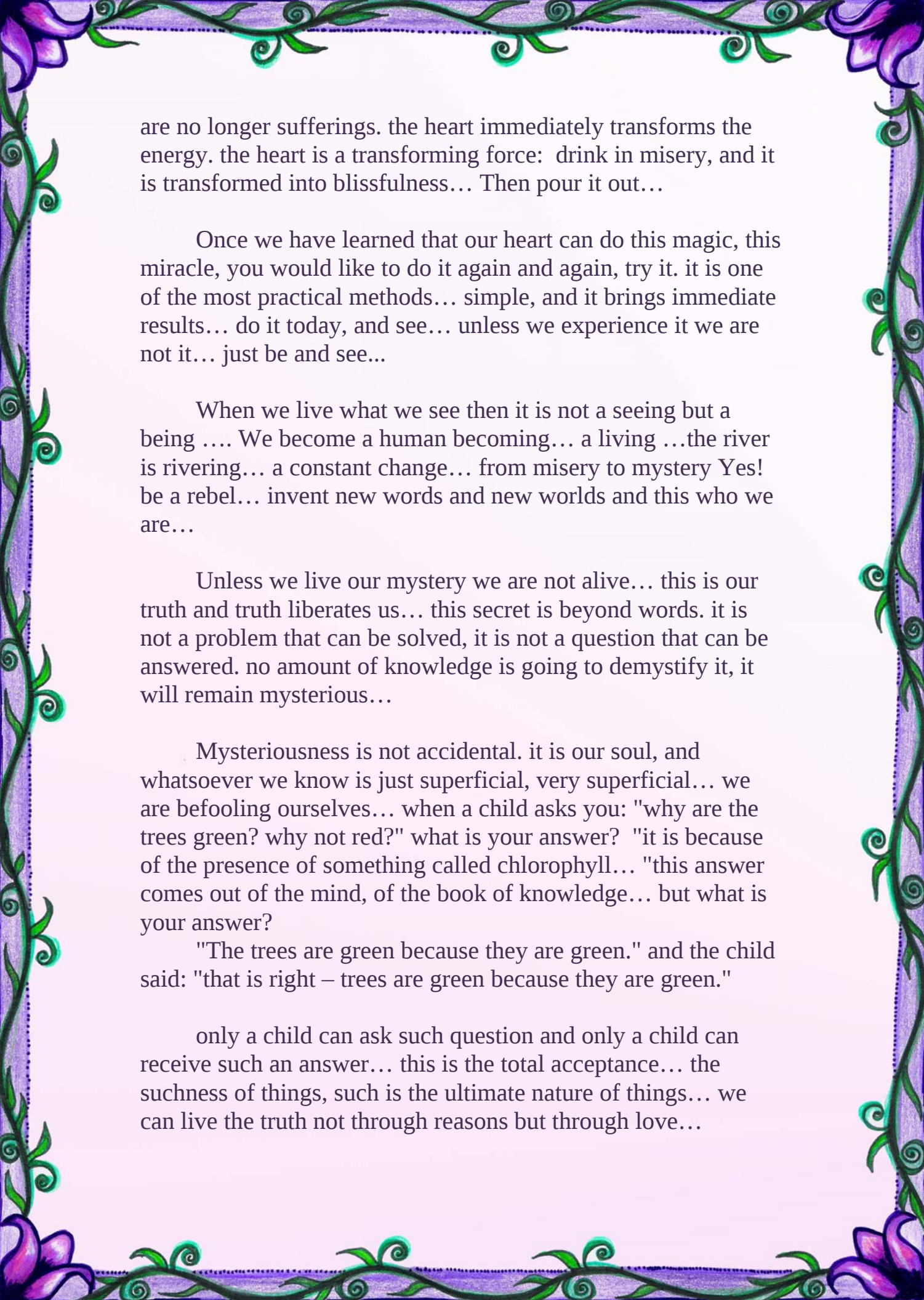
believing in bigger lies and the truth is beyond all the lies and all the believing truth has not to be believed, truth has to be lived... only then is it true... when you are thirsty what to you do? do you believe in water or do you experience the water? truth has to be experienced... yes my friends, let us live the joy... live the dance... let us rejoice in everything that surrounds us... the beauty of nature... just watching it is such a joy !! allow every now in your life to be a bliss of watching so you can feel a little more dancing, singing, humming; then only start to search for your truth... first clear the ground of misery... be more alert about your misery!!!

Let us be aware that misery is a byproduct, so is bliss... Misery is a byproduct of being asleep, bliss is a byproduct of being awake ...hence we cannot seek and search for bliss directly, and those who seek and search for bliss directly are bound to fail, doomed to fail...

Bliss can be attained only by those who don't seek bliss directly; On the contrary, they seek awareness. and when awareness comes bliss comes on its own accord, just like the shadow... seek the truth and you will see it and you will be it... this is our birthright... it is our breath... our birth... just live this truth...

What was our first step when we came out of the womb? Then when you breathe in, breathe all the misery and the suffering of all the being of the worlds – past, present and future, and when you breathe out, breathe out all the joy that you have, all the blissfulness that you have, all the benediction that you have...

Breathe out, pour yourself into existence. this is the method of compassion drink in all the suffering and pour out all the blessings... and you will be surprised if you do it. the moment you take all the sufferings of the world inside you, they



are no longer sufferings. the heart immediately transforms the energy. the heart is a transforming force: drink in misery, and it is transformed into blissfulness... Then pour it out...

Once we have learned that our heart can do this magic, this miracle, you would like to do it again and again, try it. it is one of the most practical methods... simple, and it brings immediate results... do it today, and see... unless we experience it we are not it... just be and see...

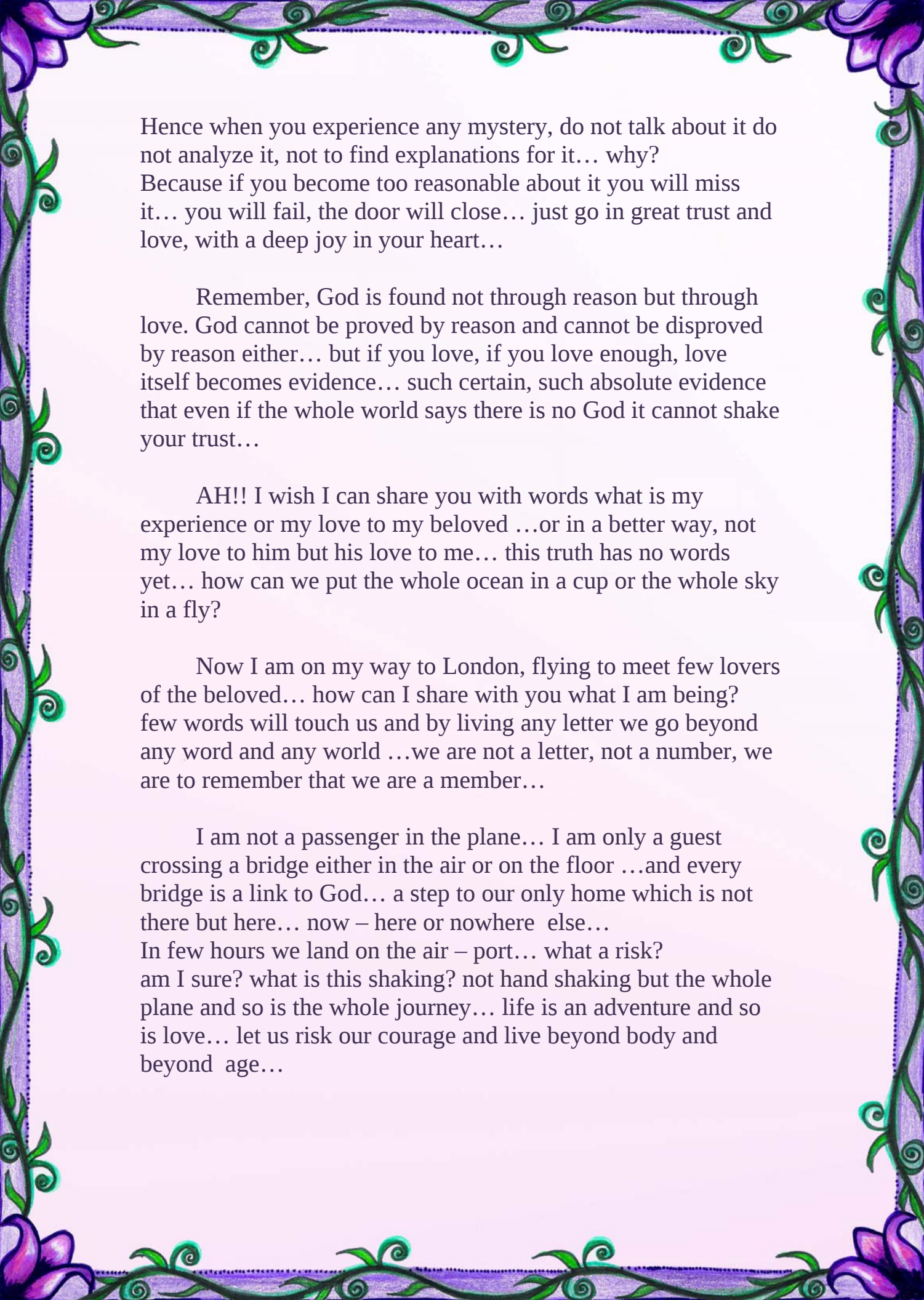
When we live what we see then it is not a seeing but a being We become a human becoming... a living ...the river is rivering... a constant change... from misery to mystery Yes! be a rebel... invent new words and new worlds and this who we are...

Unless we live our mystery we are not alive... this is our truth and truth liberates us... this secret is beyond words. it is not a problem that can be solved, it is not a question that can be answered. no amount of knowledge is going to demystify it, it will remain mysterious...

Mysteriousness is not accidental. it is our soul, and whatsoever we know is just superficial, very superficial... we are befooling ourselves... when a child asks you: "why are the trees green? why not red?" what is your answer? "it is because of the presence of something called chlorophyll... "this answer comes out of the mind, of the book of knowledge... but what is your answer?

"The trees are green because they are green." and the child said: "that is right – trees are green because they are green."

only a child can ask such question and only a child can receive such an answer... this is the total acceptance... the suchness of things, such is the ultimate nature of things... we can live the truth not through reasons but through love...



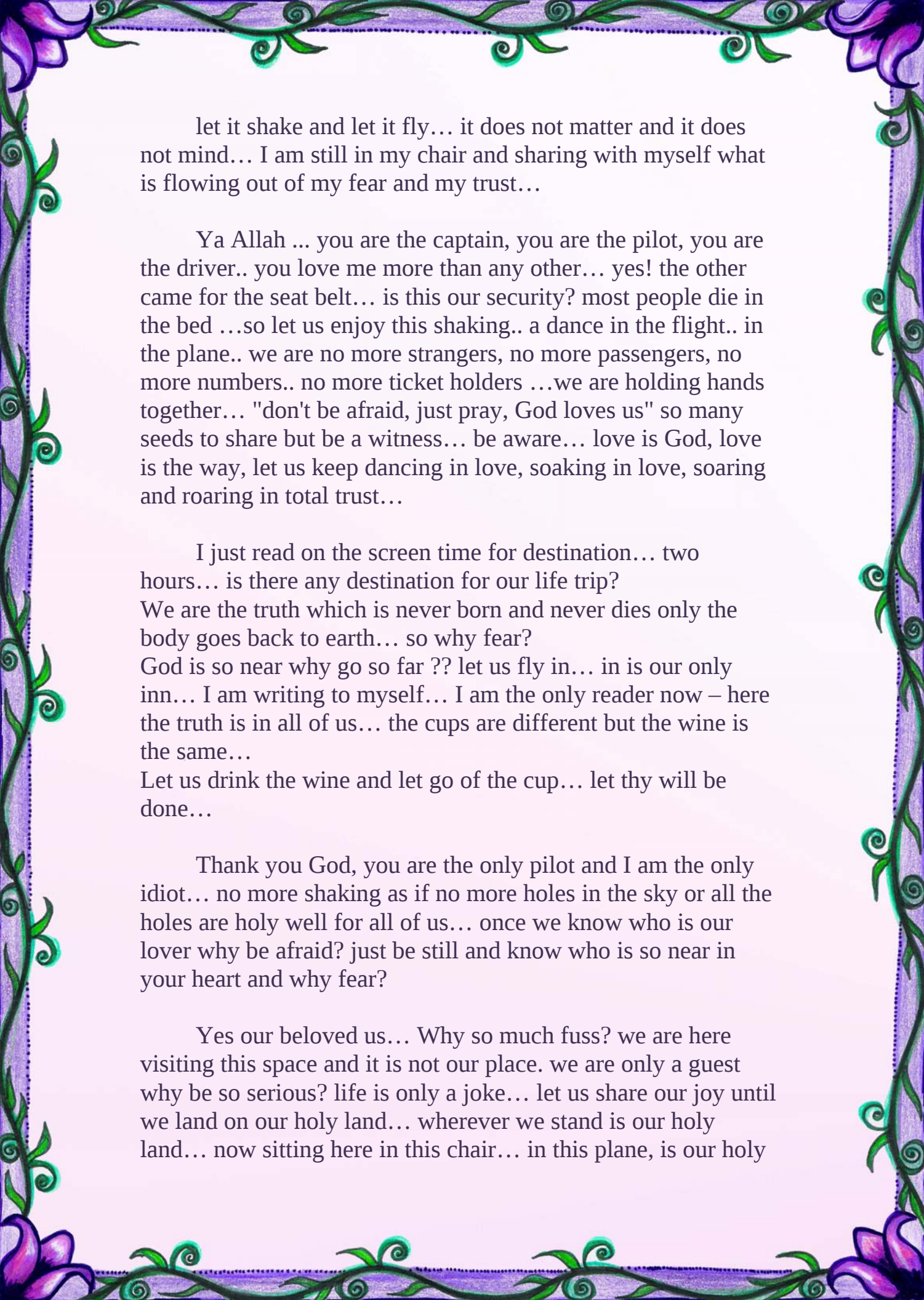
Hence when you experience any mystery, do not talk about it do not analyze it, not to find explanations for it... why? Because if you become too reasonable about it you will miss it... you will fail, the door will close... just go in great trust and love, with a deep joy in your heart...

Remember, God is found not through reason but through love. God cannot be proved by reason and cannot be disproved by reason either... but if you love, if you love enough, love itself becomes evidence... such certain, such absolute evidence that even if the whole world says there is no God it cannot shake your trust...

AH!! I wish I can share you with words what is my experience or my love to my beloved ...or in a better way, not my love to him but his love to me... this truth has no words yet... how can we put the whole ocean in a cup or the whole sky in a fly?

Now I am on my way to London, flying to meet few lovers of the beloved... how can I share with you what I am being? few words will touch us and by living any letter we go beyond any word and any world ...we are not a letter, not a number, we are to remember that we are a member...

I am not a passenger in the plane... I am only a guest crossing a bridge either in the air or on the floor ...and every bridge is a link to God... a step to our only home which is not there but here... now – here or nowhere else... In few hours we land on the air – port... what a risk? am I sure? what is this shaking? not hand shaking but the whole plane and so is the whole journey... life is an adventure and so is love... let us risk our courage and live beyond body and beyond age...



let it shake and let it fly... it does not matter and it does not mind... I am still in my chair and sharing with myself what is flowing out of my fear and my trust...

Ya Allah ... you are the captain, you are the pilot, you are the driver.. you love me more than any other... yes! the other came for the seat belt... is this our security? most people die in the bed ...so let us enjoy this shaking.. a dance in the flight.. in the plane.. we are no more strangers, no more passengers, no more numbers.. no more ticket holders ...we are holding hands together... "don't be afraid, just pray, God loves us" so many seeds to share but be a witness... be aware... love is God, love is the way, let us keep dancing in love, soaking in love, soaring and roaring in total trust...

I just read on the screen time for destination... two hours... is there any destination for our life trip?
We are the truth which is never born and never dies only the body goes back to earth... so why fear?
God is so near why go so far ?? let us fly in... in is our only inn... I am writing to myself... I am the only reader now – here the truth is in all of us... the cups are different but the wine is the same...
Let us drink the wine and let go of the cup... let thy will be done...

Thank you God, you are the only pilot and I am the only idiot... no more shaking as if no more holes in the sky or all the holes are holy well for all of us... once we know who is our lover why be afraid? just be still and know who is so near in your heart and why fear?

Yes our beloved us... Why so much fuss? we are here visiting this space and it is not our place. we are only a guest why be so serious? life is only a joke... let us share our joy until we land on our holy land... wherever we stand is our holy land... now sitting here in this chair... in this plane, is our holy

home... we drink, we eat, we sleep, we go to the toilet, we write, we read, many are serving us... we are the guest and they are the hosts and who is the owner? or the boss?

Who cares? why such questions? enjoy this now... this moment... This present... no past and no future only this isness what do you need and greed? yes! let us have a smile... it is beyond any mile... any distance, any space... now is our wow and vow and laughter...

Wife: I had to marry you to find out how stupid you are...
Husband: you should have known it the minute I asked you to marry me...



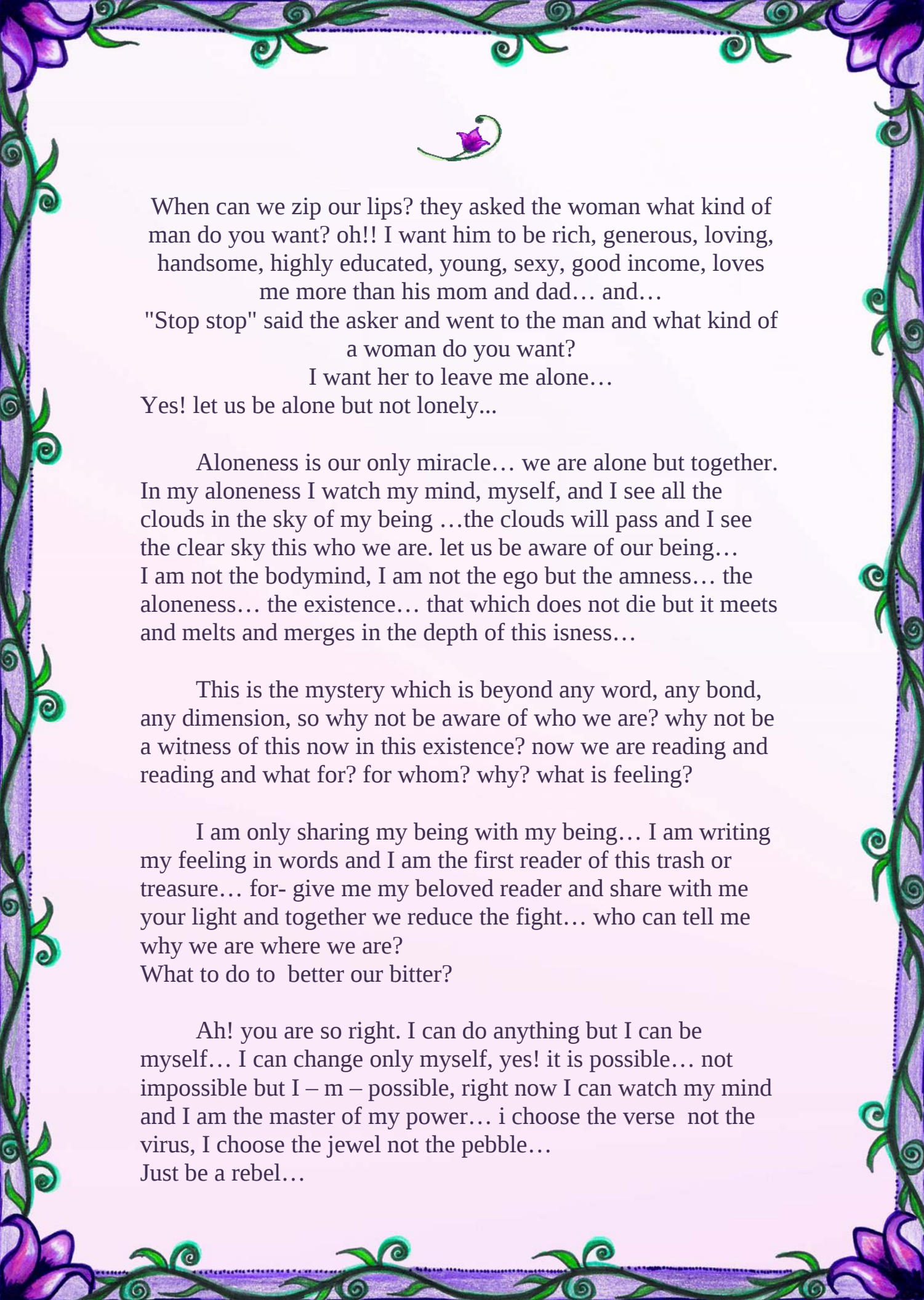
What is the best and the worst bite of food in your life?
Yes! the wedding cake...



We know that marriage is the cage of freedom and the death of love and the grave of grace but we still go marry and be marry and where is the divorce? Yes! it is just after the honey moon or money moon!!!

So live your life in spite of all its bites... life is only a joke, why be so serious? just smile and laugh out loudly. if you laugh many will laugh with you but if you cry you sleep alone...

The wife went to the doctor and said: my husband does not sleep... what shall I give him...
Doctor: here some sleeping pills...
Wife: when must I give them to him?
Doctor: they are for you...



When can we zip our lips? they asked the woman what kind of man do you want? oh!! I want him to be rich, generous, loving, handsome, highly educated, young, sexy, good income, loves me more than his mom and dad... and...

"Stop stop" said the asker and went to the man and what kind of a woman do you want?

I want her to leave me alone...

Yes! let us be alone but not lonely...

Aloneness is our only miracle... we are alone but together. In my aloneness I watch my mind, myself, and I see all the clouds in the sky of my being ...the clouds will pass and I see the clear sky this who we are. let us be aware of our being... I am not the bodymind, I am not the ego but the amness... the aloneness... the existence... that which does not die but it meets and melts and merges in the depth of this isness...

This is the mystery which is beyond any word, any bond, any dimension, so why not be aware of who we are? why not be a witness of this now in this existence? now we are reading and reading and what for? for whom? why? what is feeling?

I am only sharing my being with my being... I am writing my feeling in words and I am the first reader of this trash or treasure... for- give me my beloved reader and share with me your light and together we reduce the fight... who can tell me why we are where we are?
What to do to better our bitter?

Ah! you are so right. I can do anything but I can be myself... I can change only myself, yes! it is possible... not impossible but I – m – possible, right now I can watch my mind and I am the master of my power... i choose the verse not the virus, I choose the jewel not the pebble...
Just be a rebel...



Why to be a rebel? how to be a rebel?

No why? just be your being, you are born a rebel ...you come out of the womb and asked to be cut free from your mother and father and you have your own navel and this is the base of your jewel... this is the so called solar plexus, the prone power and else do you need to be a rebel? this is the rebellion, the only evolution and the only revolution and the only explosion...

Let us be who we are... each one of us is a unique individual, a unique seed that our mother earth needs If the soil is ready plant it now, if the soil is not ready check your soul and the original face of your choice Who are you? what do you want to be? yes! be good and no matter what you do, it is good, but if you do good and your soul is not good, be your original face, be the seed of god and this is what we need and what we greed...

Once our seed is ready, our soil is ready and our soul is ready what else do we desire? this will be the only power... the power of life and love and light and laughter... When the power of love overcomes the love of power the world will know what peace is...

Do we know what peace is? peace is not piece !! now we all know how to live in pieces and die in pieces... why not in peace? let us share what we know... or want to know...

Peace is our only richness... salaam is peace... peace is the door to the inner kingdom of Allah... silence help us to know peace and peace leads us into God... take a deep breath and relax and feel peaceful as many times in the day as possible. the more you do the better. after few days you will feel, without

any doing on your part ,that peace has been established. it follow you like a shadow...

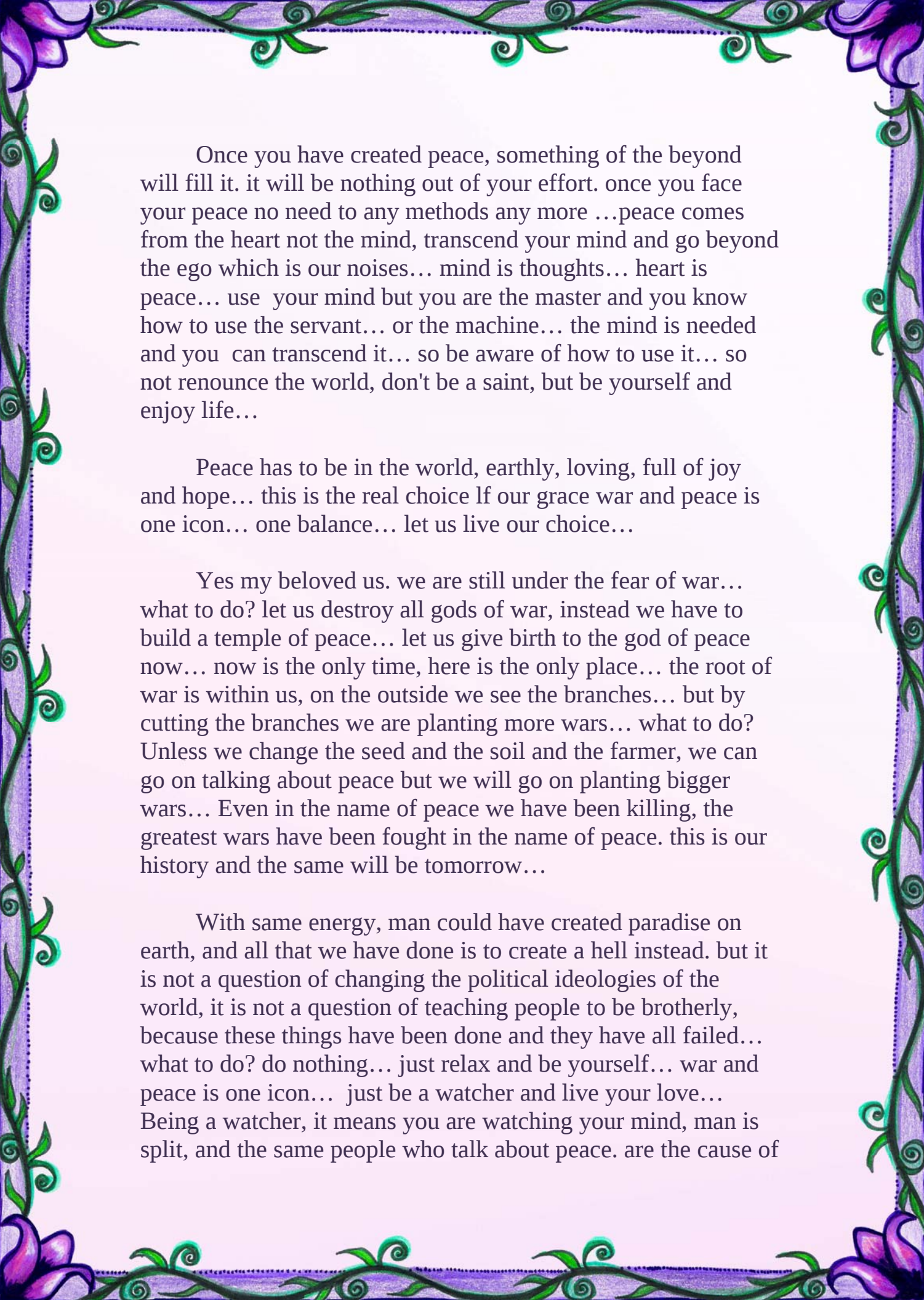
There are many levels of peace. there is one that you can produce just by feeling it, just by giving yourself a deep suggestion that you are peaceful, that is the first layer, The second layer is that of which you suddenly become aware, you don't create it, but the second happens only if the first is there, otherwise it never happens...

The second is the real thing but the first helps to create the way for it to come, peace come, but before it comes, as a prerequisite you have to create a mental peace around you... The first peace will just be mental. it will be more like an authority on you created by you like autohypnosis Then one day suddenly you will see that the second peace has surfaced, It has nothing to do with your doing or with you. in fact it is deeper than you. it comes from the very source of your being, the unidentified being, the unknown being, you know yourself only on the surface... only on the face... where is my original face?...



How to see my original face?

Take off your mask... your false face... be yourself... How? meditation is the master key to help you go in and live your peaceful life... in the womb I was in total trust and peace why not now? why not in a bigger womb? why be dead in such a tomb? when am I going to wake up? yes! now... we know ourselves only on the surface... Only my name, my look, labeled as I am... but this amness is greater than what we see... just in the wave there is the great ocean... just be still and face your ocean... why walk in a tense way? sit and walk and talk in a peaceful way... so what so ever you are doing, always remember to create peace around you. this is just a mean to dig in your inner mine...

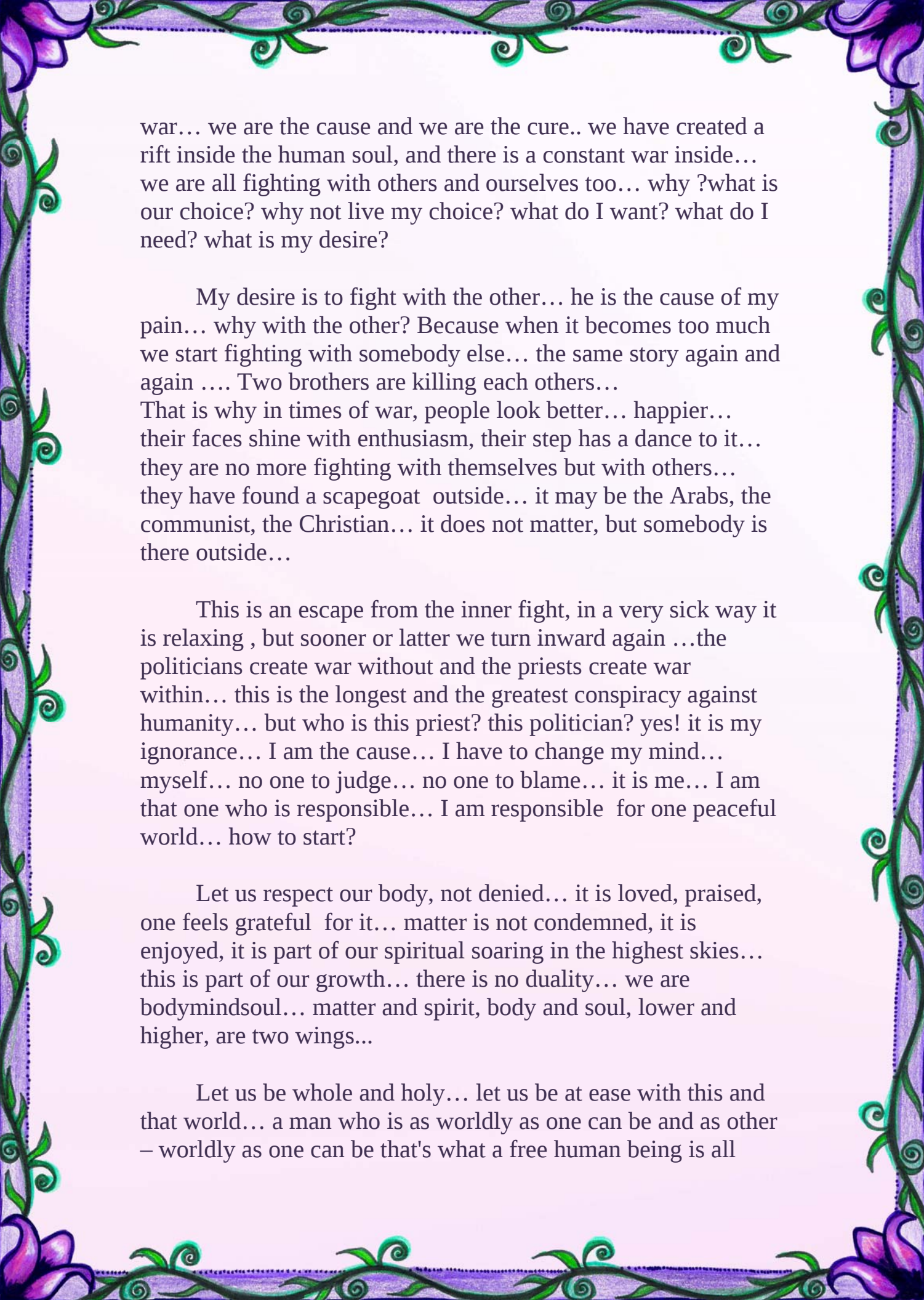


Once you have created peace, something of the beyond will fill it. it will be nothing out of your effort. once you face your peace no need to any methods any more ...peace comes from the heart not the mind, transcend your mind and go beyond the ego which is our noises... mind is thoughts... heart is peace... use your mind but you are the master and you know how to use the servant... or the machine... the mind is needed and you can transcend it... so be aware of how to use it... so not renounce the world, don't be a saint, but be yourself and enjoy life...

Peace has to be in the world, earthly, loving, full of joy and hope... this is the real choice If our grace war and peace is one icon... one balance... let us live our choice...

Yes my beloved us. we are still under the fear of war... what to do? let us destroy all gods of war, instead we have to build a temple of peace... let us give birth to the god of peace now... now is the only time, here is the only place... the root of war is within us, on the outside we see the branches... but by cutting the branches we are planting more wars... what to do? Unless we change the seed and the soil and the farmer, we can go on talking about peace but we will go on planting bigger wars... Even in the name of peace we have been killing, the greatest wars have been fought in the name of peace. this is our history and the same will be tomorrow...

With same energy, man could have created paradise on earth, and all that we have done is to create a hell instead. but it is not a question of changing the political ideologies of the world, it is not a question of teaching people to be brotherly, because these things have been done and they have all failed... what to do? do nothing... just relax and be yourself... war and peace is one icon... just be a watcher and live your love... Being a watcher, it means you are watching your mind, man is split, and the same people who talk about peace. are the cause of



war... we are the cause and we are the cure.. we have created a rift inside the human soul, and there is a constant war inside... we are all fighting with others and ourselves too... why ?what is our choice? why not live my choice? what do I want? what do I need? what is my desire?

My desire is to fight with the other... he is the cause of my pain... why with the other? Because when it becomes too much we start fighting with somebody else... the same story again and again Two brothers are killing each others... That is why in times of war, people look better... happier... their faces shine with enthusiasm, their step has a dance to it... they are no more fighting with themselves but with others... they have found a scapegoat outside... it may be the Arabs, the communist, the Christian... it does not matter, but somebody is there outside...

This is an escape from the inner fight, in a very sick way it is relaxing , but sooner or latter we turn inward again ...the politicians create war without and the priests create war within... this is the longest and the greatest conspiracy against humanity... but who is this priest? this politician? yes! it is my ignorance... I am the cause... I have to change my mind... myself... no one to judge... no one to blame... it is me... I am that one who is responsible... I am responsible for one peaceful world... how to start?

Let us respect our body, not denied... it is loved, praised, one feels grateful for it... matter is not condemned, it is enjoyed, it is part of our spiritual soaring in the highest skies... this is part of our growth... there is no duality... we are bodymindsoul... matter and spirit, body and soul, lower and higher, are two wings...

Let us be whole and holy... let us be at ease with this and that world... a man who is as worldly as one can be and as other – worldly as one can be that's what a free human being is all

about... this is what is missing in our heart... hence the war exists... if peace becomes predominant, war Will disappear...

What is our choice? power of war or power of peace? the people who against war will create another war... just watch any protest, you can see how war – like they are – shouting, screaming, protesting... you can see the danger in the anger...

It is always if not almost that a peace protest becomes a battlefield between the police and the pacifists ...the pacifist is not really the man of peace... he is against war. he is so much against war that he will be ready to go to war if that is needed... the cause changed, the war continues...

A man of peace is simply a pool of silence. he pulsates a new kind of energy into the world, he sings a new song. He lives in a totally new way, his way of life is that of grace, that of prayer, that of compassion not emotion...

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

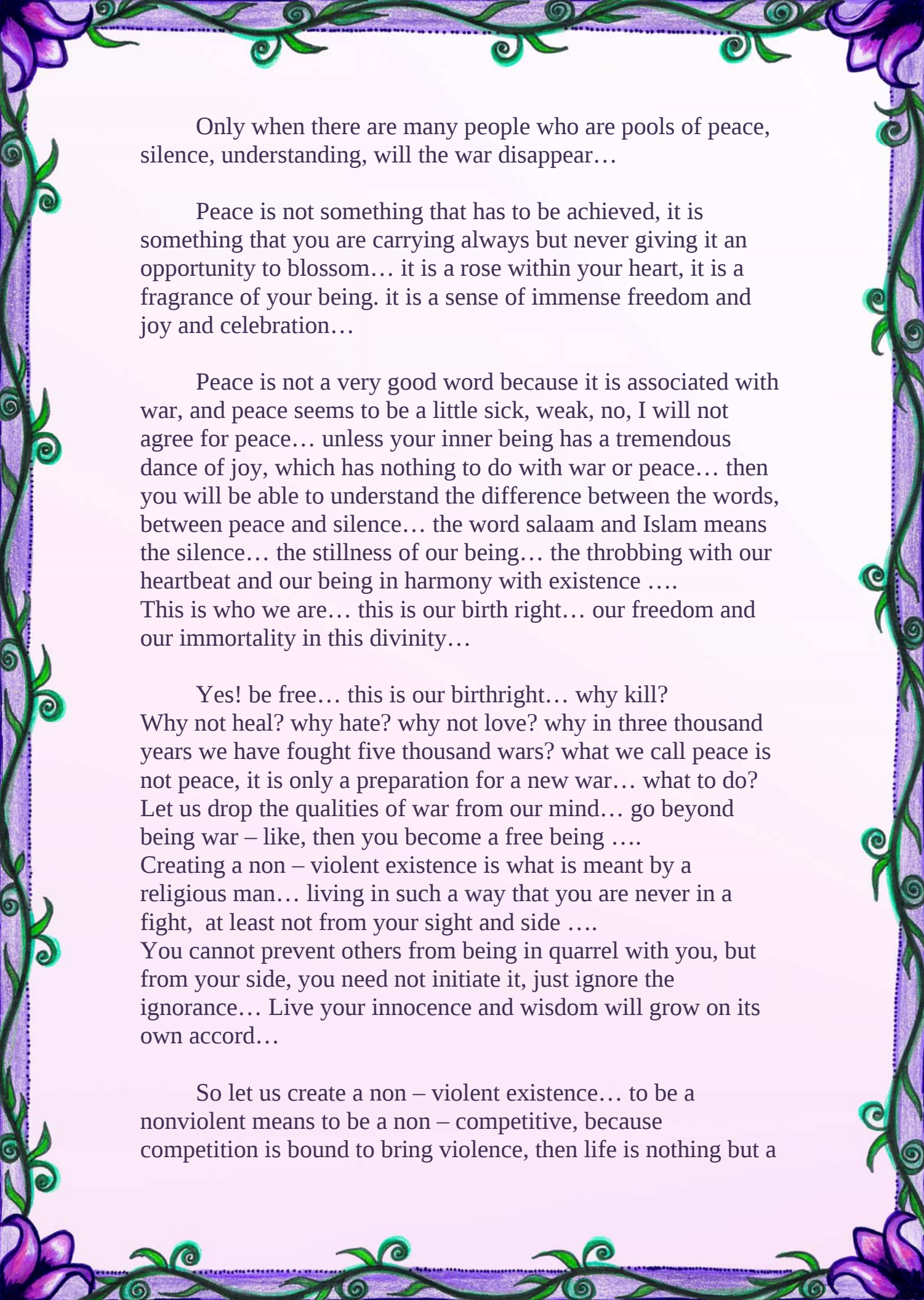


What do you want to become?

Be what you love others to be... be yourself... This is who we are... this is our vision...

Tell – A – Vision

If your vision for one year plant wheat.
If your vision for ten years plant trees.
If your vision for life time plant people.



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

Peace is not something that has to be achieved, it is something that you are carrying always but never giving it an opportunity to blossom... it is a rose within your heart, it is a fragrance of your being. it is a sense of immense freedom and joy and celebration...

Peace is not a very good word because it is associated with war, and peace seems to be a little sick, weak, no, I will not agree for peace... unless your inner being has a tremendous dance of joy, which has nothing to do with war or peace... then you will be able to understand the difference between the words, between peace and silence... the word salaam and Islam means the silence... the stillness of our being... the throbbing with our heartbeat and our being in harmony with existence This is who we are... this is our birth right... our freedom and our immortality in this divinity...

Yes! be free... this is our birthright... why kill? Why not heal? why hate? why not love? why in three thousand years we have fought five thousand wars? what we call peace is not peace, it is only a preparation for a new war... what to do? Let us drop the qualities of war from our mind... go beyond being war – like, then you become a free being Creating a non – violent existence is what is meant by a religious man... living in such a way that you are never in a fight, at least not from your sight and side You cannot prevent others from being in quarrel with you, but from your side, you need not initiate it, just ignore the ignorance... Live your innocence and wisdom will grow on its own accord...

So let us create a non – violent existence... to be a nonviolent means to be a non – competitive, because competition is bound to bring violence, then life is nothing but a

constant struggle, and man has not only been fighting on the outside with others, Man has been going through three kinds of wars...

One is with nature, the other is with other people, and the third is with himself The first war has become science, the war with nature, with our mother earth. the second war has become politics, the war with other people. and the third war, has become religionthe war with yourself... let us be, without war, let peace prevail, in each act, in each gestures... this is the only treasure...

Our treasure is our only answer... just look at yourself and know who you are... your shadow is the guide for your god... just listen to your feelings.... Your senses, your mind and give the answer that supports your eternal treasure...

Let us listen to this laughter...



A mature lady gets pulled over for speeding...

Older woman: Is there a problem officer?

Officer: Ma'am, you were speeding...

O. W.: Oh, I see!

Officer: can I see your license please?

O.W.: I'd give it to you but I don't have one.

O.: Don't have one?

O.W. : lost it, four years ago for drunk driving .

O.: I see... can I see your vehicle registration papers

O. W.: I can't do that, because I stole this car and I killed the owner. his body parts are in the trunk if you want to see... it is in plastic bags...

The officer looks at the woman and slowly backs away to his car and calls for back up... within few minutes five police cars circle the car... A senior officer slowly approaches the car, clasping his half drawn gun...

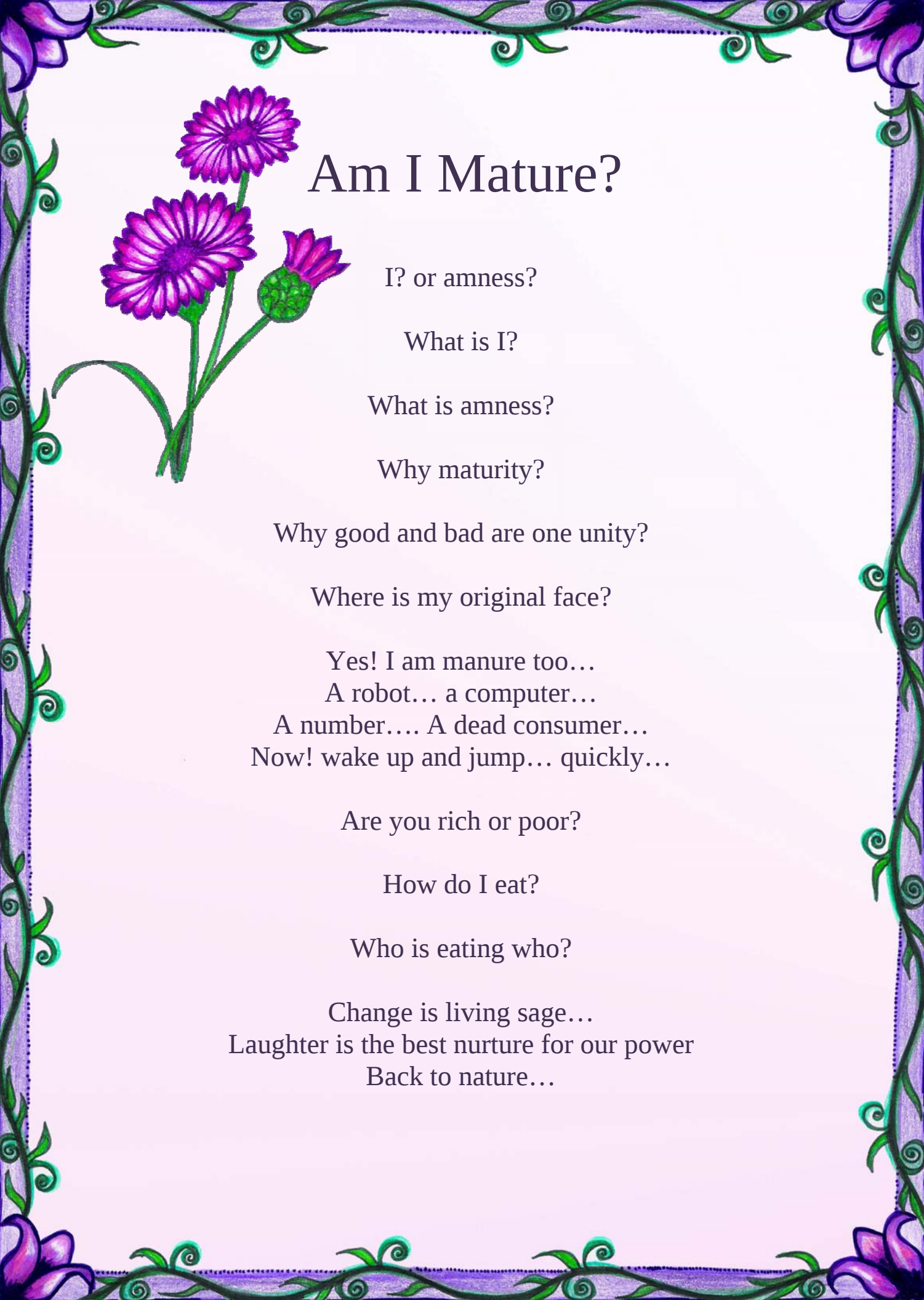
Officer 2: Ma'am, could you step out of your vehicle please!!
The woman steps out of her vehicle... is there a problem sir...
Officer 2: one of my officers told me that you have stolen this car and killed the owner...
Older woman: killed the owner?
Officer 2: yes, could you please open the trunk of your car, please...
The woman opens the trunk, revealing nothing but an empty trunk...
Officers2: Is this your car ma'am?
Older woman: yes, here are the registration papers.....
The officer is quite stunned... and said: One of my officers claimed that you do not have a driving license...
The woman digs into her handbag and pulls out her license...
the officer was lost but told her: one of my officers told me you didn't have a license, that you stole this car, and that you murdered and hacked up the owner...
Older woman: but the liar told you I was speeding, too...
Don't mess with mature ladies...



Maturity is our inner integrity. it means the same as innocence... so let us gain our lost innocence again, reclaiming our paradise, becoming a child again...

When we reclaim our childhood we become incorruptible... we are the guest and the question and the answer This is our rebirth, a spiritual birth... you are the head and the heart and you can transcend them both... this is the pure maturity... the ultimate flowering of meditation... the living in the present, fully alert and aware of all the beauty of existence...





Am I Mature?

I? or amness?

What is I?

What is amness?

Why maturity?

Why good and bad are one unity?

Where is my original face?

Yes! I am manure too...

A robot... a computer...

A number.... A dead consumer...

Now! wake up and jump... quickly...

Are you rich or poor?

How do I eat?

Who is eating who?

Change is living sage...

Laughter is the best nurture for our power

Back to nature...



Am I mature?

Who is asking who? who is this I? Is it me? or I asking I? any way let us keep playing with words all the way...

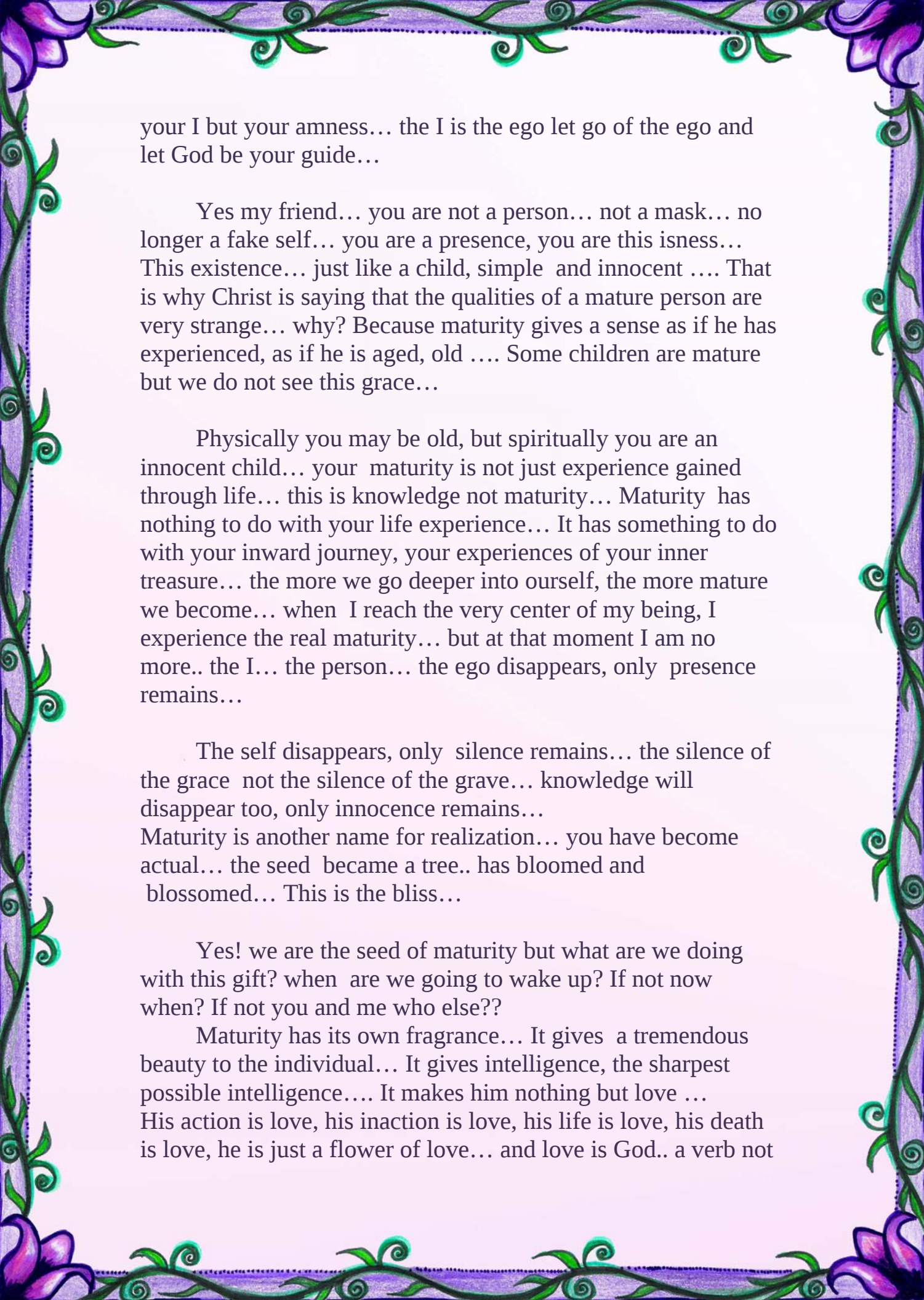
Who am I? who is this I? Is there any I in me? whatever I say or write or read or do is not me nor I ...Silence and stillness is us but not I... I is the mind, the ego, is the game that has nothing to do with life, with reality...

When we say "I ", means look at me but not what you see or what you hear but to this amness... to this existence... to this nameless... just when you bring light in a dark room, darkness disappears.. so look inwards and you are a flame of light... A nobody... but a being...

Let us use the words as a utility to face the reality... "am" or "I am" are very significant... Am is our reality, I is our invention... Am-ness is our reality.... all what we see... All what we know... all what we have is fake and false and a big lie... no I and no birth and no death... no I is enough... existence is immortal but not I...

"know thy self " means: know that you are not.. great courage is needed to know this... God is and only God is.. This godliness is the only isness... this is the only reality.. By knowing this seed, you know all what you need.. one seed turns the whole earth green.. you are a unique seed from God... be your being... let it grow and glow... this is your center and once we have known ourselves then we can enquire about the whole world ..

By knowing our self is the only trip out of the trap... yes! wake up and start walking your treasure... Be a mature individual not a VIP... not a very ignorant person... You are a being not a body... you are beyond your mind... You are not



your I but your amness... the I is the ego let go of the ego and let God be your guide...

Yes my friend... you are not a person... not a mask... no longer a fake self... you are a presence, you are this isness... This existence... just like a child, simple and innocent That is why Christ is saying that the qualities of a mature person are very strange... why? Because maturity gives a sense as if he has experienced, as if he is aged, old Some children are mature but we do not see this grace...

Physically you may be old, but spiritually you are an innocent child... your maturity is not just experience gained through life... this is knowledge not maturity... Maturity has nothing to do with your life experience... It has something to do with your inward journey, your experiences of your inner treasure... the more we go deeper into ourself, the more mature we become... when I reach the very center of my being, I experience the real maturity... but at that moment I am no more.. the I... the person... the ego disappears, only presence remains...

The self disappears, only silence remains... the silence of the grace not the silence of the grave... knowledge will disappear too, only innocence remains... Maturity is another name for realization... you have become actual... the seed became a tree.. has bloomed and blossomed... This is the bliss...

Yes! we are the seed of maturity but what are we doing with this gift? when are we going to wake up? If not now when? If not you and me who else??

Maturity has its own fragrance... It gives a tremendous beauty to the individual... It gives intelligence, the sharpest possible intelligence.... It makes him nothing but love ... His action is love, his inaction is love, his life is love, his death is love, he is just a flower of love... and love is God.. a verb not

a noun... a lovingness love... this is what maturity means but what the west say about this grace? The west has definitions of maturity which are very childish. the west means by maturity that you are no longer innocent, that you have ripened through life experiences, that you cannot be cheated easily, that you cannot be exploited, that you have within you something like a solid rock... a protection, a security...

This definition is very ordinary... Let us finish it... let us see maturity in totally different direction, the maturity will not make you rocky but so soft and so simple... life is a story... is a joke... is a dance and a hilarious dance too !! If you just have eyes to see the funny points you will be surprised: in life there is no place to be serious.. every body is slipping on banana peels... we just need an insight to see... One just need a little alertness to see and find out: life is really a great cosmic laughter...

Laughter is a door to our inner treasure.. this is our prayer... just find moments, in which you can laugh whole heartedly. your laughter will open a thousand and one roses within you...

Ready! let us go for it..

Grandmother and her grandson are shopping at the supermarket...

Cahier: "granny, is your grandson's name Diploma?"

Grandma: "yes."

Cashier: why 'Diploma'?

Grandma: "because I sent my daughter to the university and this what she brought back."



She went young and became mature and mama looks after her maturity... Each one has a different look at the same book... look at this...



Women friends chatting in office...

Woman one: I had a fine evening, how was yours ?

Woman two: It was a disaster. my husband came home, ate his dinner in three

minutes and fell asleep in two minutes... How was yours? Woman one: Oh it was amazing! my husband came home and took me out to a romantic dinner. After dinner we walked for an hour. when we came home he lit the candles around the house and afterwards talked for an hour... It was like a fairytale!! At the same time, their husbands are talking at work...

Husband one: How was your evening?

Husband two: great! I came home, dinner was on the table, I ate and fell asleep... It was great! what about you? What about us? you?! me?... keep on reading...

Husband one: It was horrible. I came home, there is no dinner because they cut the electricity... why?

Because I did not pay the bill, so I had to take my wife out to dinner which was so expensive that I did not have money left for cab... we had to walk home which took an hour; and when we got home remember there was no electricity so I had to light candles all over the house!! After all, I was so aggravated that I could not fall asleep and my wife was jabbering away for another hour!



Are you aware of such fairytale? what to do?

If a person can remain silent for a few hours, a week he will become aware of his whole phoniness, because he will see his real face again and again... If you continuously talk, you forget



your original face, because you have to wear masks continuously... And all the words that we are using are nonsense... why clinging to such illusions?

Words have a hypnotic power. If you use a certain word again and again, it hypnotizes you... why do we talk? we talk just to hide our self behind the noise... whenever I am nervous I start talking... Don't you see people on the street talking to themselves? they cannot bear silence... words are part of my persona... my personality... who wants to be a being? we are very much afraid of the impersonal...

The impersonal is our reality. And we are afraid of the reality and we are clinging to the illusions that words create.. The word is a human creation... Be still and know who you are.. stillness is the language of existence...

Be still and listen to your silence.. speak but short and sharp... speak the essential and you will surprised that almost ninety percent of your talking is useless.. and the ten percent will become more effective because that ninety percent is unnecessary burden words become more pregnant when you don't go roundabout, when you go directly.. be telegraphic... think only the essential..

Drop useless thinking and you will be saving so much energy to feel only the essential which is love... only love remains and you enter into the very center of silence.. just like a child... when you pass the three doors of talking, thinking, feeling, then there is silence... And that silence is the door to the divine...

I remember.. a thief entered a master's hut It was, full-moon night, and by mistake he had entered; otherwise, what can you find in a master's house? the thief was looking, and was amazed there was nothing, And then suddenly he saw a man



who was coming with a candle in his hand...

The man said: "what are you looking for in the dark? Why did not you wake me up? I was just sleeping near the front door, and I could have showed you the whole house." And the man looked so simple and so innocent, as if he could not conceive that anybody could be a thief.. Before his simplicity and innocence the thief said: "perhaps you do not know that I am a thief."

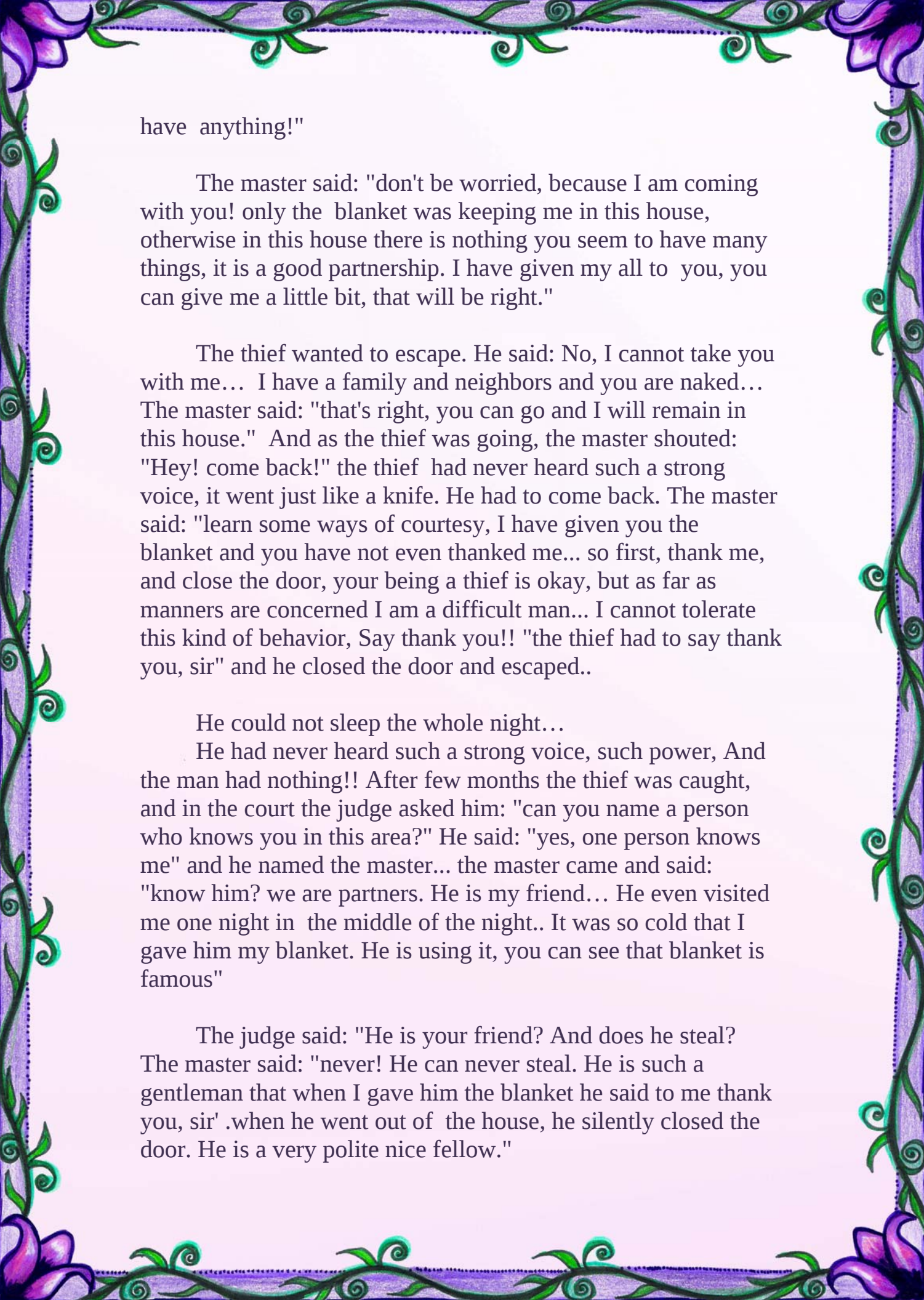
The master said: "that does not matter, one has to be someone, the point is that I have been in the house for thirty years and I have not found anything, so let us search together!! And if we can find something, we can be partners. I have not found anything in this house, it is just empty."

The thief was a little afraid :the man seems to be strange. Either he is mad or mature.. who knows what kind of man he is? He wanted to escape, because he had brought things from two other houses that he had left outside the house...

The master had only one blanket that was all that he had – and it was a cold night, so he told that thief ."Don't go this way, don't insult me this way, otherwise I will never be able to forgive myself, that a poor man came to my house in the middle of the night and had to go empty – handed... just take this blanket, And it will be good, outside it is so cold.. I am inside the house it is warmer here." He covered the thief with his blanket. the thief was just losing his mind !! He said: "what are you doing? I am a thief!"

The master said: " that does not matter. In this world every body, has to do something. You may be stealing; that does not matter, a profession is a profession. Just do it well, with all my blessings, Do it perfectly, don't be caught, otherwise you will be in trouble."

The thief said: "you are strange you are naked and you don't



have anything!"

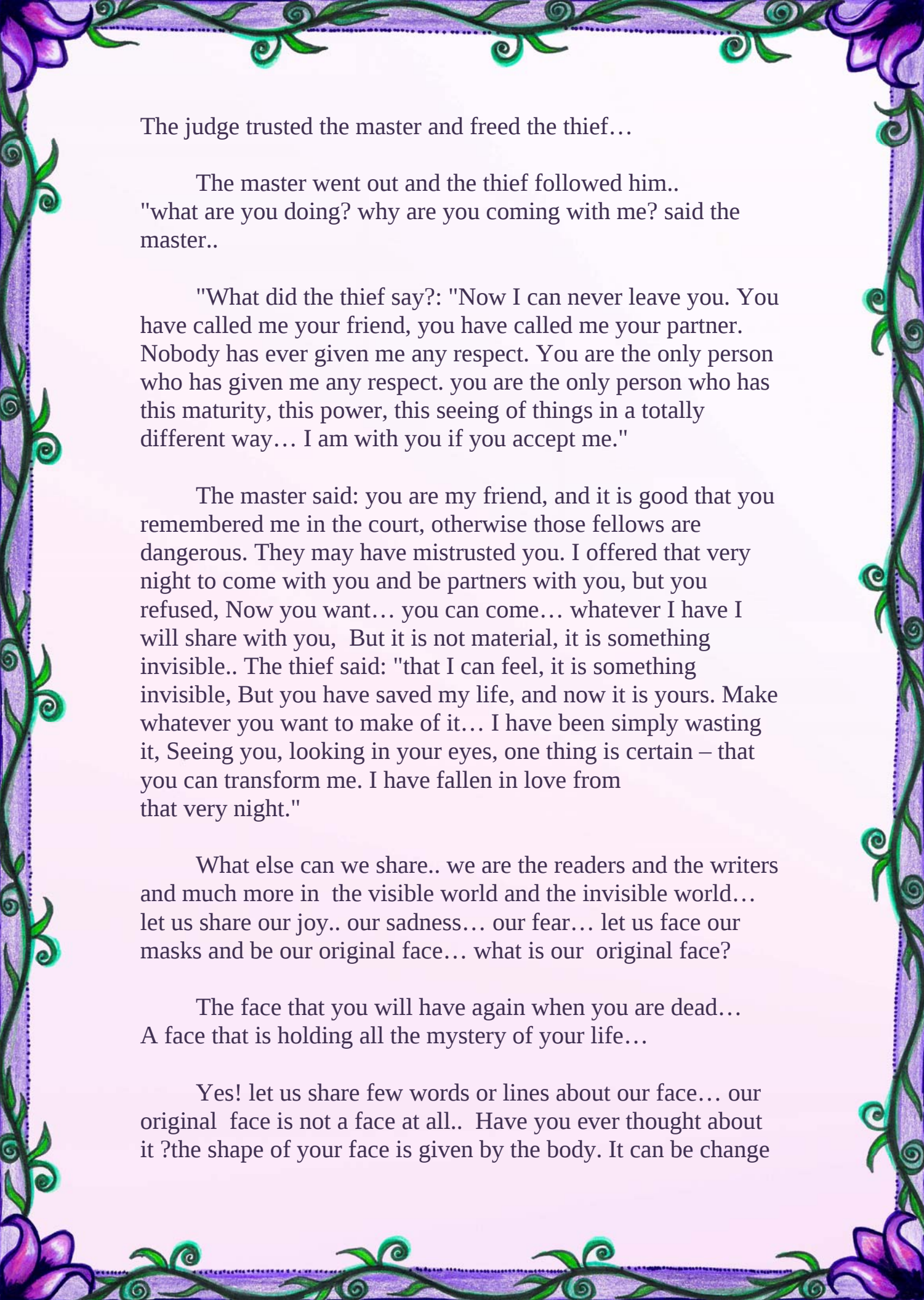
The master said: "don't be worried, because I am coming with you! only the blanket was keeping me in this house, otherwise in this house there is nothing you seem to have many things, it is a good partnership. I have given my all to you, you can give me a little bit, that will be right."

The thief wanted to escape. He said: No, I cannot take you with me... I have a family and neighbors and you are naked... The master said: "that's right, you can go and I will remain in this house." And as the thief was going, the master shouted: "Hey! come back!" the thief had never heard such a strong voice, it went just like a knife. He had to come back. The master said: "learn some ways of courtesy, I have given you the blanket and you have not even thanked me... so first, thank me, and close the door, your being a thief is okay, but as far as manners are concerned I am a difficult man... I cannot tolerate this kind of behavior, Say thank you!! "the thief had to say thank you, sir" and he closed the door and escaped..

He could not sleep the whole night...

He had never heard such a strong voice, such power, And the man had nothing!! After few months the thief was caught, and in the court the judge asked him: "can you name a person who knows you in this area?" He said: "yes, one person knows me" and he named the master... the master came and said: "know him? we are partners. He is my friend... He even visited me one night in the middle of the night.. It was so cold that I gave him my blanket. He is using it, you can see that blanket is famous"

The judge said: "He is your friend? And does he steal? The master said: "never! He can never steal. He is such a gentleman that when I gave him the blanket he said to me thank you, sir'.when he went out of the house, he silently closed the door. He is a very polite nice fellow."



The judge trusted the master and freed the thief...

The master went out and the thief followed him..
"what are you doing? why are you coming with me? said the master..

"What did the thief say?: "Now I can never leave you. You have called me your friend, you have called me your partner. Nobody has ever given me any respect. You are the only person who has given me any respect. you are the only person who has this maturity, this power, this seeing of things in a totally different way... I am with you if you accept me."

The master said: you are my friend, and it is good that you remembered me in the court, otherwise those fellows are dangerous. They may have mistrusted you. I offered that very night to come with you and be partners with you, but you refused, Now you want... you can come... whatever I have I will share with you, But it is not material, it is something invisible.. The thief said: "that I can feel, it is something invisible, But you have saved my life, and now it is yours. Make whatever you want to make of it... I have been simply wasting it, Seeing you, looking in your eyes, one thing is certain – that you can transform me. I have fallen in love from that very night."

What else can we share.. we are the readers and the writers and much more in the visible world and the invisible world... let us share our joy.. our sadness... our fear... let us face our masks and be our original face... what is our original face?

The face that you will have again when you are dead...
A face that is holding all the mystery of your life...

Yes! let us share few words or lines about our face... our original face 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 change



by plastic surgery. And you will not be changed by the change of the face. your nose can be longer or shorter, your eyes can be different, eyebrows can be different – much 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 you are gods and goddesses in the spiritual sense... we are the shadow of this reality.. the mirror of this sacred power...

That's why one is never contented with this face... this face is not going to satisfy you unless you come to the original face, the facelessness of your being: purity with no shape, the formless, the consciousness...

The form is of matter... 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...

Mohammad has no picture.. no face.. and Christ told us.. eat my body.. this whole holy bread and drink my blood.. my being for a new birth... new consciousness which has no face.. This is the grace from God ...

So we are not the body... we are a being which is beyond any bond any word... A being is that which grows with God... and out of good being, good acts flow.. then the act is just a shadow of your being.. Being is primary, not action..



During work, John and William were chatting:
John: William, I've been taking night courses for 5 months now and I have an exam next week..

William: Oh!

John: For example, do you know who is Graham Bell?

William: No,

John: He's the inventor of the phone in 1876; if you take night courses you would know this.

The next day, the same discussion took place .

John: Do you know who is Alexander Dumas

William: No,

John: He is the author of "the 3 musketeers," if you take night courses, you would know this.

The next day, once again:

John: And do you know who is Jean Jacque Rousseau?

William: No,

John: He's the author of "confessions," if you take night courses, you would know this.

This time, William got irritated and said: And you, do you know who is George Hunt?

John: No.

William: He's the guy sleeping with your wife!! if you stop night courses, you would know this!!



Every one has the right to know and be who you are... and what you know ...

There is a great difference between knowing and knowledge... knowledge has the false attitude that one has arrived, one already knows, knowing is a pilgrimage while knowledge means now there is nothing left for you to know you have come to a full stop.. knowing is river like, it is always flowing...

A true seeker is not after knowledge, he is after knowing. He is not interested in goals but in the journey itself.. this is our pilgrimage for life... The truth of this moment.. in this loving..



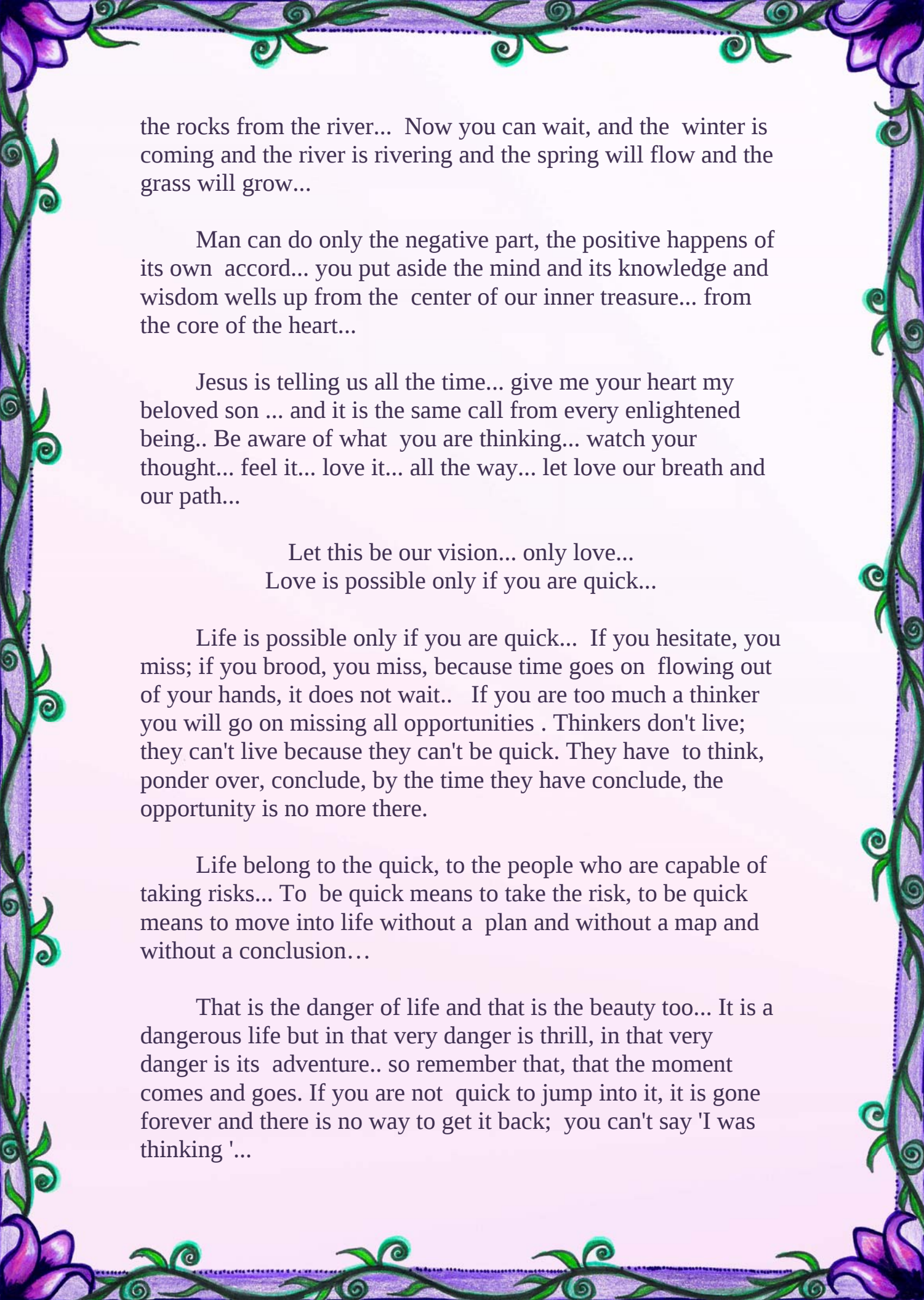
in this verb not in the noun.. life is by living.. so knowledge comes through memory and knowing comes through awareness... let us be aware of who we are and why we are here???

Let us see right now what have we done to our brain.. our brain became a biocomputer.. It has taken millions of years for nature to evolve the brain... what we have done by creating the computer is that we have simply made a brain outside the body, a mechanical brain.. a brain made by our brain... an iron brain.. is there any awareness in the computer?..

The computer can have knowledge but cannot be in the state of knowing ... you have to feed it dead knowledge, it can accumulate... And that's what our so-called scholars, pundits, have been doing for centuries.. we have respected them very much, and they were nothing but computers. machines have been worshiped, and we are still doing that: our universities are factories where we create machines out of men .. Just wake up and be aware of who you are, be open to existence... to all that is happening all around...

Listen to your heart... hear your inner silence... read what you see... existence can pass through you... You can be more and more sensitive as you become more and more aware, and out of that awareness, you become a knower... knowing grows... you go on and on from infinity to infinity... This is our only interest.. not in information but in transformation and through awareness, through knowing you become a new man... born again a human becoming...

So put aside all that is borrowed... be utterly nude, naked like a small child ... knowing nothing. From that point the real journey begins... wisdom is not far away from a state of not-knowing... in fact half the journey is already complete... "I know that I don't know..." by knowing this truth you have removed all



the rocks from the river... Now you can wait, and the winter is coming and the river is rivering and the spring will flow and the grass will grow...

Man can do only the negative part, the positive happens of its own accord... you put aside the mind and its knowledge and wisdom wells up from the center of our inner treasure... from the core of the heart...

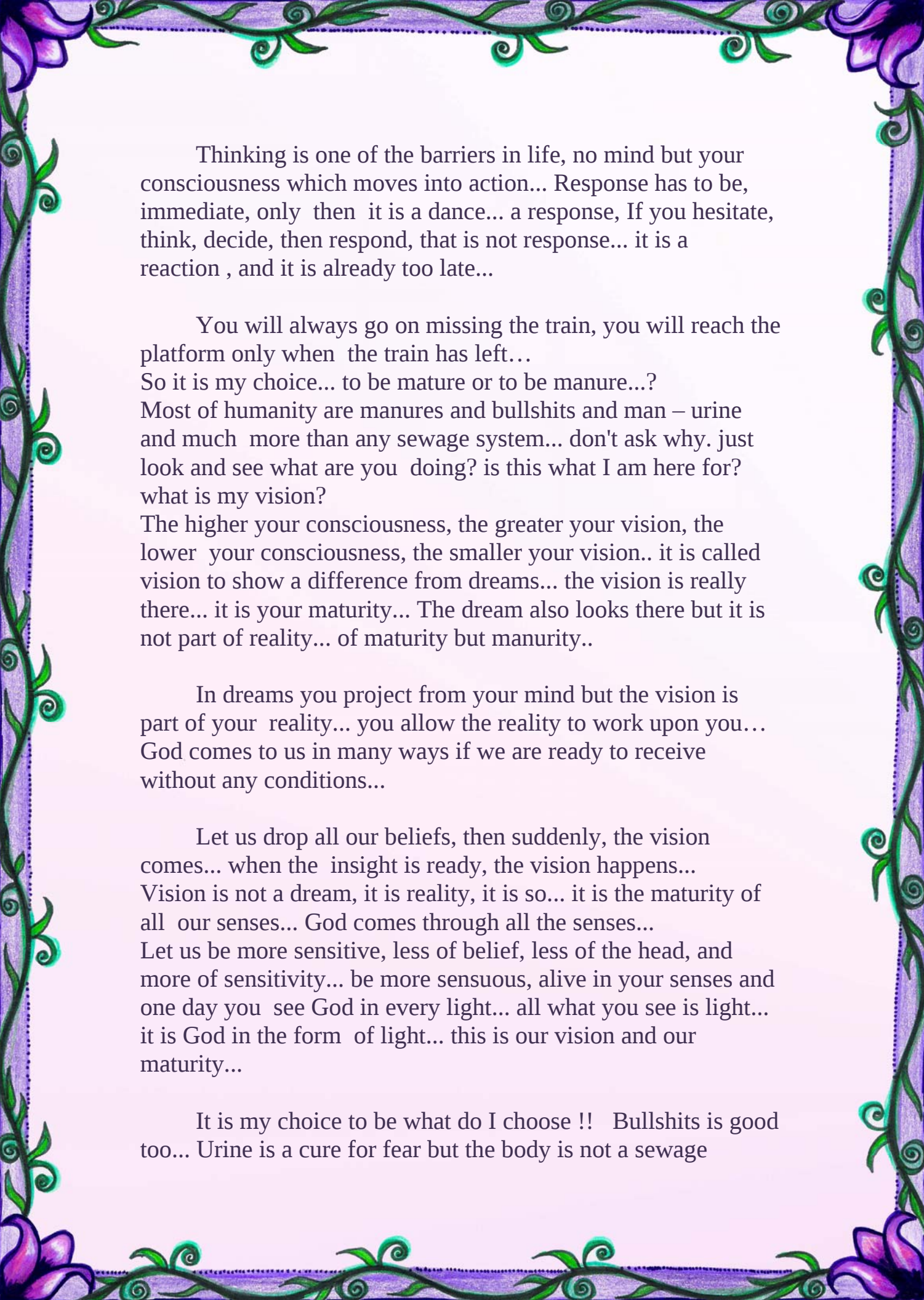
Jesus is telling us all the time... give me your heart my beloved son ... and it is the same call from every enlightened being.. Be aware of what you are thinking... watch your thought... feel it... love it... all the way... let love our breath and our path...

Let this be our vision... only love...
Love is possible only if you are quick...

Life is possible only if you are quick... If you hesitate, you miss; if you brood, you miss, because time goes on flowing out of your hands, it does not wait.. If you are too much a thinker you will go on missing all opportunities . Thinkers don't live; they can't live because they can't be quick. They have to think, ponder over, conclude, by the time they have conclude, the opportunity is no more there.

Life belong to the quick, to the people who are capable of taking risks... To be quick means to take the risk, to be quick means to move into life without a plan and without a map and without a conclusion...

That is the danger of life and that is the beauty too... It is a dangerous life but in that very danger is thrill, in that very danger is its adventure.. so remember that, that the moment comes and goes. If you are not quick to jump into it, it is gone forever and there is no way to get it back; you can't say 'I was thinking '...



Thinking is one of the barriers in life, no mind but your consciousness which moves into action... Response has to be, immediate, only then it is a dance... a response, If you hesitate, think, decide, then respond, that is not response... it is a reaction, and it is already too late...

You will always go on missing the train, you will reach the platform only when the train has left...

So it is my choice... to be mature or to be manure...?

Most of humanity are manures and bullshits and man – urine and much more than any sewage system... don't ask why. just look and see what are you doing? is this what I am here for? what is my vision?

The higher your consciousness, the greater your vision, the lower your consciousness, the smaller your vision.. it is called vision to show a difference from dreams... the vision is really there... it is your maturity... The dream also looks there but it is not part of reality... of maturity but manurity..

In dreams you project from your mind but the vision is part of your reality... you allow the reality to work upon you... God comes to us in many ways if we are ready to receive without any conditions...

Let us drop all our beliefs, then suddenly, the vision comes... when the insight is ready, the vision happens... Vision is not a dream, it is reality, it is so... it is the maturity of all our senses... God comes through all the senses... Let us be more sensitive, less of belief, less of the head, and more of sensitivity... be more sensuous, alive in your senses and one day you see God in every light... all what you see is light... it is God in the form of light... this is our vision and our maturity...

It is my choice to be what do I choose !! Bullshits is good too... Urine is a cure for fear but the body is not a sewage

bamboo but a flute or an orchestra for many secrets and many mystics.. let us face any word and any fear and any taboo or repression and see the light in every fight and every darkness... . Show me any body who has no shit!! No urine!! No manuring!! our body is a food to our mother earth and we are what we ate and what we shit and what we did not shit... he – she – it... he shit... and why we say bullshits? "Bullshit" is a far better word than "rationalization," but they mean the same... Rationalization, is a clinical word, a word to be used by the professor... Bullshit, is more alive, is very young and kicking... But the meaning is the same, they are not different things...



The culture society was organizing a group to be compromised strictly of virgins, when a young lady carrying a baby appeared...

"But, madam" protested the president "that is evidence that you are not eligible for this society. who do you think you will be able to join?"

"I was only fooling around when this happened" she said. "So I thought I could get in as one of those foolish virgins." What is your idea about this "rationalization ?"... yes it is bullshit...



"Bullshit" comes from the ordinary man, from the masses, people who live on earth, with the earth, whose hands are muddy. The word "bullshit" is also muddy as it is being used by people who are working, living the ordinary life. It does not come from the ivory towers of university. But remember. it is more authentic, it says much more than "rationalization". And always remember this, that words that are coined by professors are always anemic. They are dead words clinical, but do not say much, rather than saying, they hide. Let me say this in this way,

the very word "rationalization," is a rationalization: it is being used to avoid the word "bullshit".

Beloved hearts... Together let us look at life with more playful eyes... don't be serious... seriousness becomes like a blanket of blindness... simply be a human becoming. Just a little sense of humor... a little laughter... a juicy joke... a childlike innocence and what have you got to lose? loosen up and go in a life is only a joke... can open a door to the divine... take life as a beautiful joke and we are in the middle of it...



Two old black ladies are about to get their picture taken... As the photographer pulls black cloth over his head and starts to adjust the lens... one lady asks the other: "what is he doing?" she answers: "He is going to focus!" the other lady looks at her friend in shock and says: "Both of us?"



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

Sisters, you should not be drinking hard liquor... It is not for us, this is for the mother superior's constipation..

He sells them the whiskey and the nuns leave... later as he closes the store and walks down the street, the owner finds the nuns sitting under a tree, gulping in turns from the bottle..

Sisters! I am shocked, you told me that booze was for mother's constipation!!! It is... says sister Theresa. when she hears about this she will shit herself...



Miss Goodbody has been teaching for twenty years, so all the kids bring her presents... They line up in front of her holding the gifts and she tries to guess what they are...

Little Ernie's father had a liquor store and she notices that his package is leaking so she tasted it...

Did you bring me scotch whisky? she asks... no replies Ernie... she tastes it again and says did you bring me gin? No replies the little Ernie..

Meanwhile she picks the roses and the candies and back to the package of Ernie and tastes it and says...

Did you bring me rum?

No, I brought you a puppy... said the little Ernie...



Life is a gift... every breath is a gift... just take a deep breath and let go and let God... what a gift ?? whether the gift is God's or not will be decided only by our own experience.. but one thing is certain that everything is a gift... what a great grace? what can be more precious than life? What can be more precious than love? what can be more precious than music or this now – here ?? We cannot count the blessings of God in us... But we are not aware of this diamond... why? Because we go on living in our dark misery... in our painful history.. in our dark holes!!! There are very few men and women in the world who are alive... who are light and love... But there are millions of mice but not humans who are living in small dark hole...

And if you tell them to come out they ask: how? How can one come out? the dark hole is so comfortable, so cozy, and they have decorated it, and they have done great work... it is a palace... a tower.. a great power...

And not only they but us and our parents in the past and in the now and for the future and what a waste of life !!! And what is the outcome? just misery...

Let us come out of this grave and fly in the whole sky... All is waiting for us... let us live this now – here or nowhere else. .Because aware of all this that surrounds you ... And by becoming aware of it you will become aware of the great giver.. call it nature, call it God... they mean the same truth...



Where is the truth?

Nobody can teach it unless you catch it... Truth has to be known inside us, in our soul. It cannot be taken from any books or any holy scriptures... it is not in any words... it is inexpressible, it is indefinable...

Truth happens to us in silence... in stillness... in deep meditation .. when there is no thought, no desire, no ambition, truth descends in us and we ascend with it... the height and the depth are the same... once you know yourself, you are a living truth... It is not something coming down but something rising up, welling up... it arises from the deepest of your being...

Enjoy the truth from whatsoever source it comes... Be with the truth you cannot manage and manufacture it, it comes when it comes... when you are ready to be beyond bodymind...

There is no way to truth. This is one of the most fundamental things to understand, that there are no ways to truth... All ways lead astray, because having a way means that you have already decided what truth is... Do not trust your mind games...

Wherever you reach will just be a projection of your own mind... The mind is the barrier, is the wall, The mind has to

go... The mind has to cease for Truth to be Truth is freedom...
Truth is a bird on the wing, not a bird in a cage.. The cage may
be of gold, but a cage is a cage and cannot contain freedom...
without freedom we are so poor..



Do you know how poor we are?

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people can be...

They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son: "How was the trip?"

"It was great, Dad."

"Did you see how poor people can be?" the father asked.

"Oh yes." said the son...

"So what did you learn from the trip?" asked the father.

The son answered: "I saw that we have reaches to the middle of our garden and they have a creek that has no end... we have imported lanterns in our garden and they have the stars at night. our patio reaches to the front yard and they have the whole horizon we have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others.. we buy our food, but they grow theirs... we have walls around our property to protect us, they have friends to protect them."

With this the boy's father was speechless... then his son added: "thanks Dad, for showing me how poor we are."

Too many times we forget what we have and concentrate on what we don't have...

What is one person's worthless object is an other's prized possession. It is all based on one's perspective ..

Makes you wonder what would happen if we all gave thanks for all the bounty we have of worrying about wanting more..

Let us enjoy our life.. let us see how rich we are... count your blessings... take a deep breath, and be aware of this now.. just relax and let us smile beyond any mile...



What did the gangster's son tell his dad when he failed his examination?

"Dad, they questioned me for three hours, but I never told them anything!!



When I was young I used to pray for a bike, then I realized it does not work that way, so I stole a bike and prayed for forgiveness.



A little boy went up to his father and asked:
"Dad, where did all my intelligence come from?"

His father replied:

"Well, son, you must have gotten it from your mother, because I still have mine."



Husband: Do you know the meaning of wife? It means, without

information, fighting every time.
Wife: No, darling, it means: with idiots for ever...



Me too... let us keep smiling not miling...

Wife: I wish I was a newspaper, so I'd be in your hands all day.
Husband: I too wish that you were a newspaper, so I could have
a new one every day...



Husband: Today is Sunday and I have to enjoy it... so I bought
three movie tickets.

Wife: why three?

Husband: For you and your parents.



Wife: what will you give me if I climb the great mount Everest?
Husband: A lovely push!!!



Q: what is the most effective way to remember your wife's
birthday?

A: Just forget it once and you will never forget it again...



Insurance agent: Sir, we also do penis insurance.

Customer: you replace it with a new one?

Agent: No, Sir once it doesn't work, we ensure free service to your wife...



Don't worry! No need to be fucked any more... the government is fucking us every day... let us lock our luck...

Thank you all... all have Fork to eat...



What can we eat?

Who is eating who? Do I live to eat or I eat to live ?
If you are eating, let your whole consciousness be that of taste, of smell... Forget everything else! then even ordinary bread may taste like the most delicious food possible... But we are not present while eating this present..

Jesus is giving us his body and his blood... this is the being for the new birth... But who is aware of this mystery? let us look at us while eating! we are talking... we are walking... we are listening to the radio or watching the TV... What are we doing? neither this nor that ... we will not be able to enjoy any action and we will miss our life too... There are people who cannot eat if they don't have company to talk and gossip and discuss with... when you are talking you go on swallowing – swallowing is not eating...

Eating should be meditative, prayful... you should be more respectful to food because it is life, it is nourishment... And then a thousand and one problems arise out of it... Because while you are eating you are reading the newspaper or quarrelling with your wife or talking to a friend or holding the phone, you will miss the joy of eating...

Yes! you will eat more because your taste buds will not feel fulfilled and contented... then you will gather unnecessary fat in the body... then one has to start dieting, fasting, naturopathy and all kinds of nonsense paths...

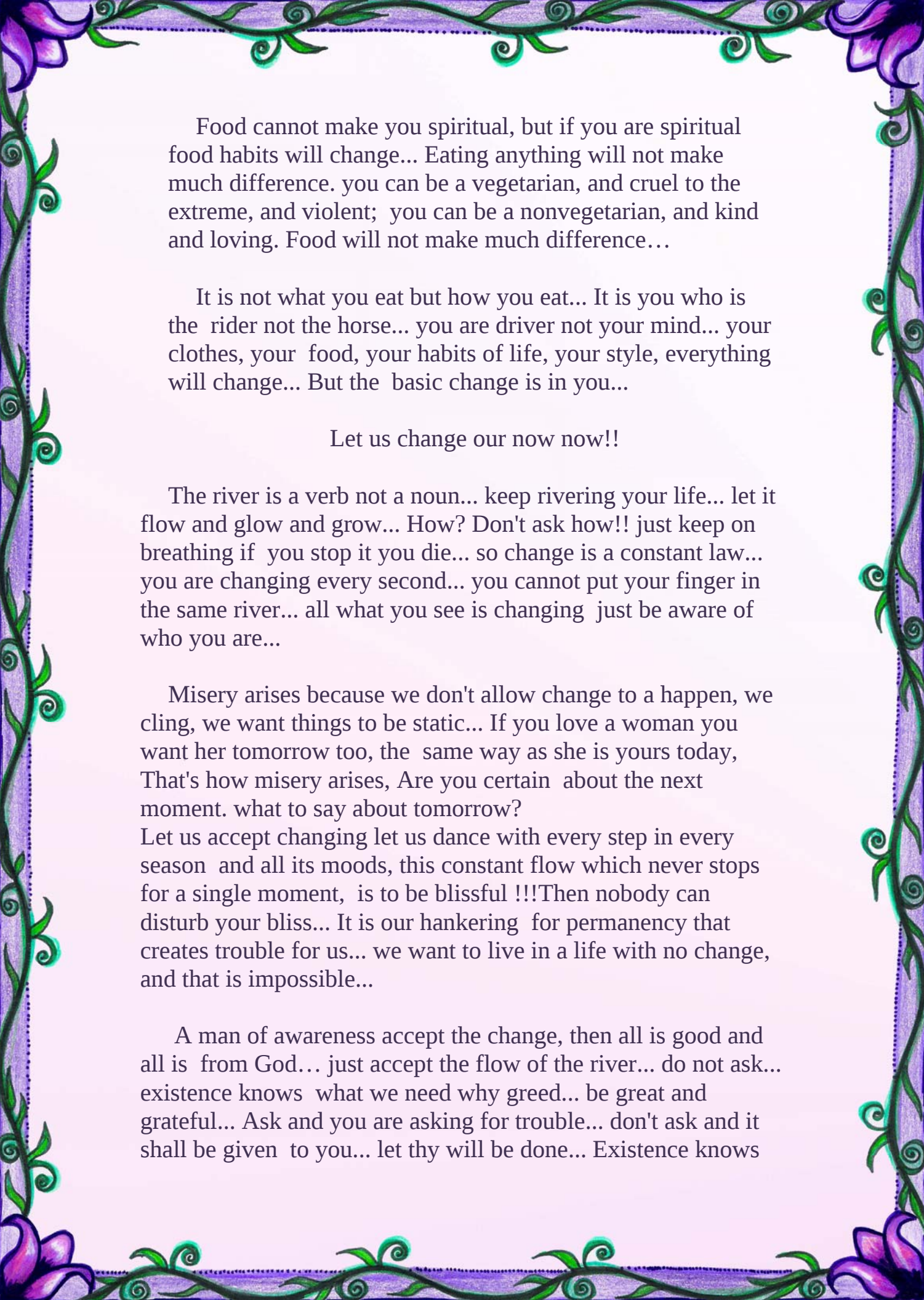


What to do?

Just eating and not doing anything else... when Mohammad was asked " what is your meditation?" he said: "when I eat I simply eat, and when I sleep I simply sleep, when I walk I simply walk." The person who was asking said: "But this what we all do."

The prophet said: "No, that's not what you do. when you are eating you go on doing a thousand and one things too. I know it because I know how you are living... every act is worship... every breath is a path towards life... Let your breath be your master... listen to it... listen to your inner desire, but we have been taught, "Eat this, don't eat that" fixed rules...

The body knows no fixed rules... You cannot deceive a buffalo, you can deceive man... close your eyes and see what you want, are you hungry? just smell the food before you eat... look at it.. There is no hurry... make it a meditation... Take a small bite and chew it very well, A very small quantity of food will be enough and will give you more satisfaction.



Food cannot make you spiritual, but if you are spiritual food habits will change... Eating anything will not make much difference. you can be a vegetarian, and cruel to the extreme, and violent; you can be a nonvegetarian, and kind and loving. Food will not make much difference...

It is not what you eat but how you eat... It is you who is the rider not the horse... you are driver not your mind... your clothes, your food, your habits of life, your style, everything will change... But the basic change is in you...

Let us change our now now!!

The river is a verb not a noun... keep rivering your life... let it flow and glow and grow... How? Don't ask how!! just keep on breathing if you stop it you die... so change is a constant law... you are changing every second... you cannot put your finger in the same river... all what you see is changing just be aware of who you are...

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 tomorrow too, the same way as she is yours today, That's how misery arises, Are you certain about the next moment. what to say about tomorrow?

Let us accept changing let us dance with every step in every season and all its moods, this constant flow which never stops for a single moment, is to be blissful !!!Then nobody can disturb your bliss... It is our hankering for permanency that creates trouble for us... we want to live in a life with no change, and that is impossible...

A man of awareness accept the change, then all is good and all is from God... just accept the flow of the river... do not ask... existence knows what we need why greed... be great and grateful... Ask and you are asking for trouble... don't ask and it shall be given to you... let thy will be done... Existence knows

its timing... the ocean knows more than the drop... drop asking
and be yourself...



One woman was asking another: "why have you left your
boyfriend? what happened? I had been thinking that you were
engaged and that you were going to be married, what
happened?"

The woman said: "our religions are different, and that's why we
have broken up. "The questioner was puzzled because she knew
that both were Catholics, so she said: "what do you mean by
saying that your religions are different?" The woman said: "I
worship money, and he is broke"



what is my religion?

what do I worship? or warship... or warshit... war is all
over the planet now... global madness and we are the cause and
we are the cure too. just be aware of this change... Be aware of
this chaos !!

It is in us... in me... outside is a cosmos. It is just man's mind
which is in chaos... The mind is always in past plus the future.
let us live this now... this present moment at-one-ment with
existence in harmony with the all... this is our life... this is our
choice... this is our grace... now-here or nowhere else...

Let us change our character now !! How? by changing our
consciousness ... cure the cause... change the cause... let us live
our inner harmony with the cosmos not with the outer chaos...
let us be still and know that God is in us not out of us.. go in... in
is our only inn...

Let us listen to this lesson, First I was dying to finish my high school and start college. And then I was dying to finish college and start working. Then I was dying to marry and have children. And then I was dying for my children to grow and enough is enough. But again and again working for my children to grow old enough so they can take care of their old dad... But then I was dying to retire... And now I am dying...

And suddenly I realized I forgot to live... please don't let this happen to you... Appreciate your now-here or nowhere else and enjoy each day in your life... add more beauty to your mother earth... And remember that you are not a number... not a consumer... you are a member of the royal family of existence... and watch what you are doing!!!

To make money we lose our health, and then to restore our health we lose our money... we live as if we are never going to die, and we die as if we never lived...

Am I alive? Am I mature? Am I dead? Am I manure?
Just listen to your stillness and know yourself... why you are here? Do you hear your inner language... your inner silence!!
Relax and be natural...

Let nature nurture your power... The power of love not the love of power. .



An elderly man is stopped by the police around town and is asked where he is going at this time of night..
The man replied: "I am going to lecture about alcohol abuse and the effects it has on the human body." the officer then asks:
"Really? who is giving that lecture at this time of night?"
The man replied: "My wife."



He is so drunk and still driving his joy, his laughter and his child-hood food... He is going to his mother who is waiting for his lust and lost and may be the last fist too...

Life is a joke... is a cup of wine... buy the best cup and drink the best wine and throw the cup and never ever wake up!! How can a Christ live with us? He left us and went to India... how can you live here? wake up and go to in – inn... nowhere to go only now – here... hear now your inner wow and live this mystery which is beyond any history and any misery... Yes! relax and get rid of all guilt and fear... all that exist is this moment... you can make it hell or heaven.. Hell is when you are all tense, and heaven is when you are all relaxed... live your choices live your grace...





Kingdom Of our Dome

Kingdom of heaven...

Of hell.. of home
Of dome...

Where is my kingdom?

How to go in?

Are you ready to be alone?

What is courage?

Life is fun or nun?

Life is a risk too...
Now is the only wow!!

What are we waiting for?

What is my label?

Invite God...

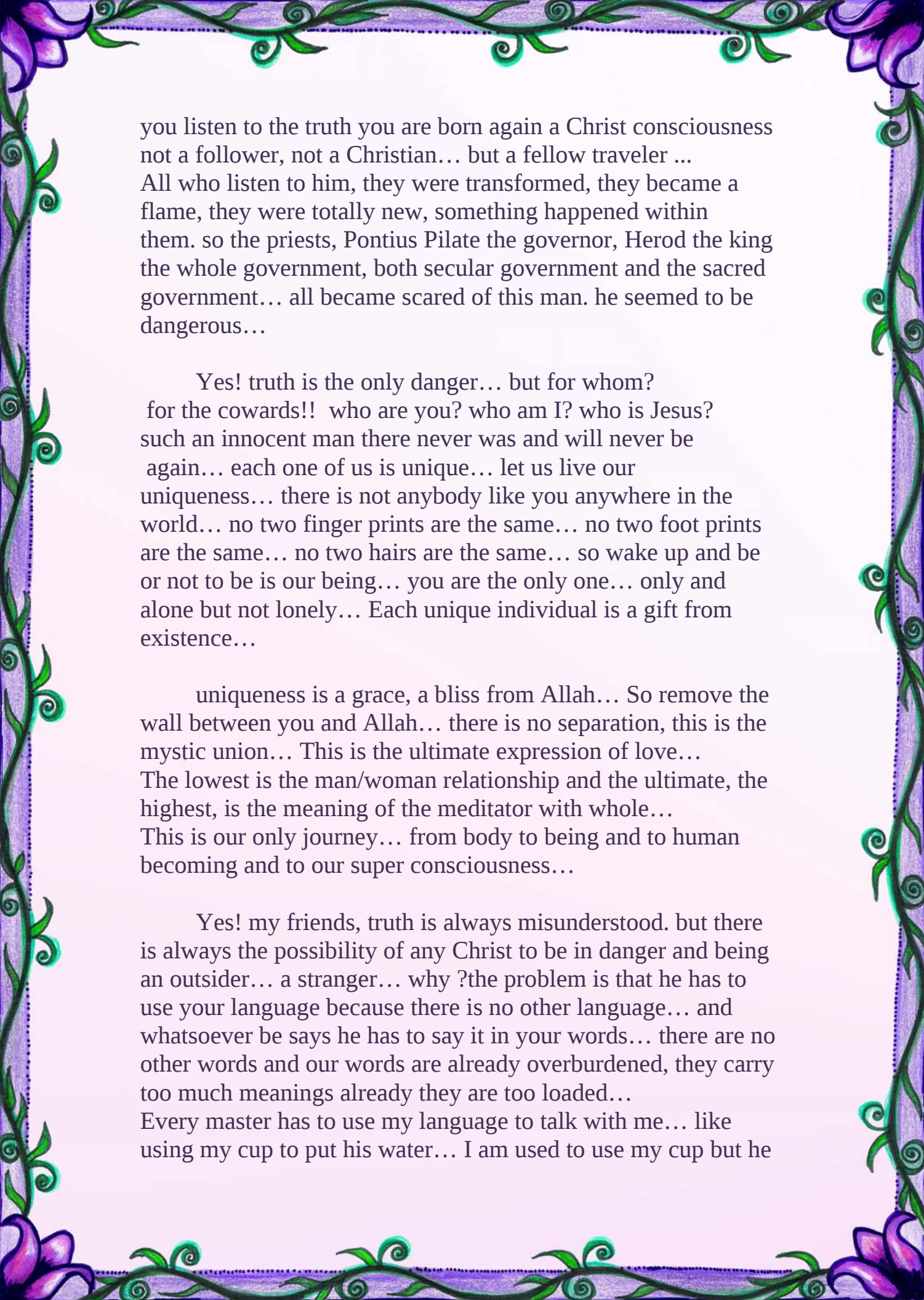


Kingdom

What is this word? king – dom! where does it come from? Who is born a king? we are under the same dome... the same sun... The same sky... the same star and storm and why he is a king and I am a slave or a servant? He is an ass – king too!!! asking for power... what are you asking for? power of love or love for power? it is your choice... ask for any grace or any grave... Jesus is talking about the kingdom of heaven, and this is the great trouble... you are looking for the pebble and he is showing us the jewel... the word kingdom creates much trouble... why?

Because the word kingdom is a political power and politicians became afraid.. this is why he is still on the cross and bleeding our ignorance.. he is the only king... the real king on this earth... this man is planting the only evolution and the only revolution.. this man wants to create another kingdom Where is this kingdom? yes! it is in us... in the center of our being... in the core of our heart .. but what happens if you are aware of this truth? yes! you are so right light The king, the governor, the officials, the priests, all the power people, the sex maniacs, the war lovers and all kinds of killers, they are in danger... so they all become scared... such sacred power is much more powerful than all the stupid power... what to do? Crucify this lie!!

Truth is the only winner and the only danger... this Jesus is influential... is immortal, and people listens to him and when

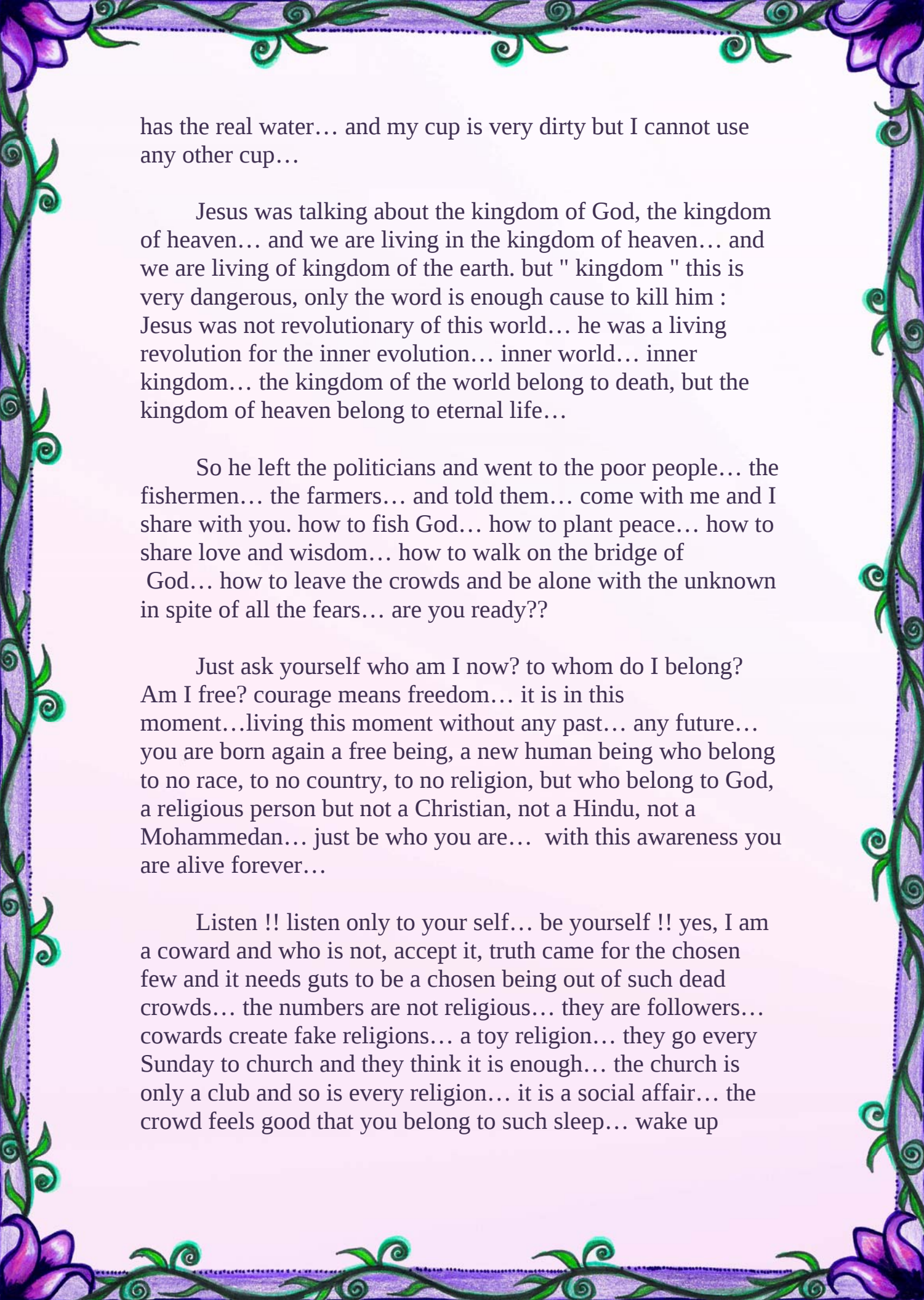


you listen to the truth you are born again a Christ consciousness
not a follower, not a Christian... but a fellow traveler ...
All who listen to him, they were transformed, they became a
flame, they were totally new, something happened within
them. so the priests, Pontius Pilate the governor, Herod the king
the whole government, both secular government and the sacred
government... all became scared of this man. he seemed to be
dangerous...

Yes! truth is the only danger... but for whom?
for the cowards!! who are you? who am I? who is Jesus?
such an innocent man there never was and will never be
again... each one of us is unique... let us live our
uniqueness... there is not anybody like you anywhere in the
world... no two finger prints are the same... no two foot prints
are the same... no two hairs are the same... so wake up and be
or not to be is our being... you are the only one... only and
alone but not lonely... Each unique individual is a gift from
existence...

uniqueness is a grace, a bliss from Allah... So remove the
wall between you and Allah... there is no separation, this is the
mystic union... This is the ultimate expression of love...
The lowest is the man/woman relationship and the ultimate, the
highest, is the meaning of the meditator with whole...
This is our only journey... from body to being and to human
becoming and to our super consciousness...

Yes! my friends, truth is always misunderstood. but there
is always the possibility of any Christ to be in danger and being
an outsider... a stranger... why ?the problem is that he has to
use your language because there is no other language... and
whatsoever he says he has to say it in your words... there are no
other words and our words are already overburdened, they carry
too much meanings already they are too loaded...
Every master has to use my language to talk with me... like
using my cup to put his water... I am used to use my cup but he



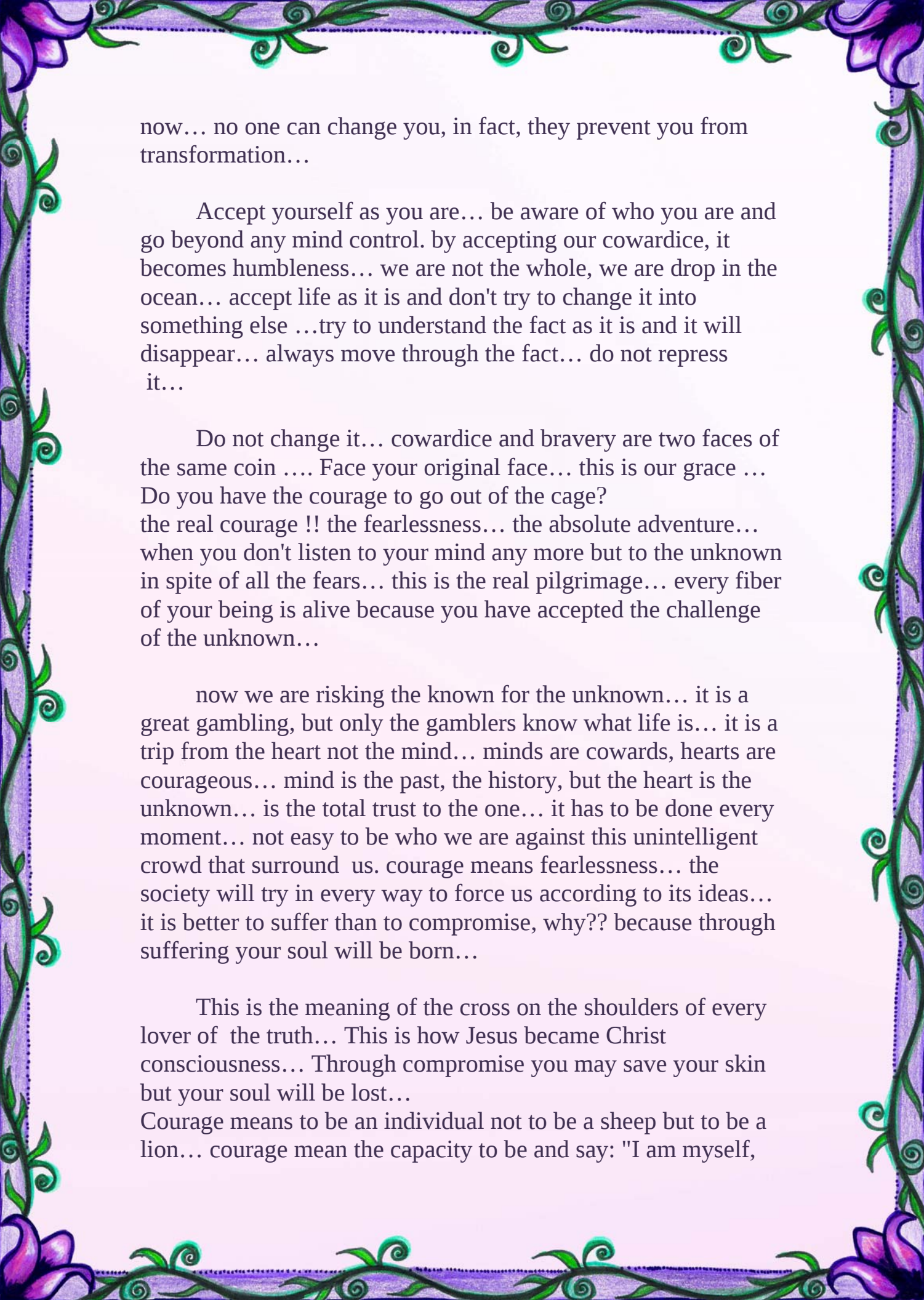
has the real water... and my cup is very dirty but I cannot use any other cup...

Jesus was talking about the kingdom of God, the kingdom of heaven... and we are living in the kingdom of heaven... and we are living of kingdom of the earth. but " kingdom " this is very dangerous, only the word is enough cause to kill him : Jesus was not revolutionary of this world... he was a living revolution for the inner evolution... inner world... inner kingdom... the kingdom of the world belong to death, but the kingdom of heaven belong to eternal life...

So he left the politicians and went to the poor people... the fishermen... the farmers... and told them... come with me and I share with you. how to fish God... how to plant peace... how to share love and wisdom... how to walk on the bridge of God... how to leave the crowds and be alone with the unknown in spite of all the fears... are you ready??

Just ask yourself who am I now? to whom do I belong? Am I free? courage means freedom... it is in this moment... living this moment without any past... any future... you are born again a free being, a new human being who belong to no race, to no country, to no religion, but who belong to God, a religious person but not a Christian, not a Hindu, not a Mohammedan... just be who you are... with this awareness you are alive forever...

Listen !! listen only to your self... be yourself !! yes, I am a coward and who is not, accept it, truth came for the chosen few and it needs guts to be a chosen being out of such dead crowds... the numbers are not religious... they are followers... cowards create fake religions... a toy religion... they go every Sunday to church and they think it is enough... the church is only a club and so is every religion... it is a social affair... the crowd feels good that you belong to such sleep... wake up



now... no one can change you, in fact, they prevent you from transformation...

Accept yourself as you are... be aware of who you are and go beyond any mind control. by accepting our cowardice, it becomes humbleness... we are not the whole, we are drop in the ocean... accept life as it is and don't try to change it into something else ...try to understand the fact as it is and it will disappear... always move through the fact... do not repress it...

Do not change it... cowardice and bravery are two faces of the same coin Face your original face... this is our grace ... Do you have the courage to go out of the cage? the real courage !! the fearlessness... the absolute adventure... when you don't listen to your mind any more but to the unknown in spite of all the fears... this is the real pilgrimage... every fiber of your being is alive because you have accepted the challenge of the unknown...

now we are risking the known for the unknown... it is a great gambling, but only the gamblers know what life is... it is a trip from the heart not the mind... minds are cowards, hearts are courageous... mind is the past, the history, but the heart is the unknown... is the total trust to the one... it has to be done every moment... not easy to be who we are against this unintelligent crowd that surround us. courage means fearlessness... the society will try in every way to force us according to its ideas... it is better to suffer than to compromise, why?? because through suffering your soul will be born...

This is the meaning of the cross on the shoulders of every lover of the truth... This is how Jesus became Christ consciousness... Through compromise you may save your skin but your soul will be lost... Courage means to be an individual not to be a sheep but to be a lion... courage mean the capacity to be and say: "I am myself,



and my life is my way, I will live according to my light
whatsoever is the cost."

It is better to go to hell by your own decision rather than to
go to heaven by somebody else order, because then heaven will
be just slavery... Who are all these who are living in the palaces
by the power of war??

Who are you? where are you living? where is your kingdom?

Are you free? Are you in a cage ? Are you in a palace? in a
grave? in peace or in piece ?? where I am? who am I? ...

Why I am here? to whom I listen? do I hear my heart? where I
am now? where am I going?

Just ask yourself any question ... you are the quest... you
are the question mark ...you are the answer... but do you have
the courage to be free in the cage and in the palace and in the
grave?

Are you free now? do I know what is freedom?? no? me too!!

Let us listen to this gift... what is freedom? let our heart whisper
this power... this treasure...

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

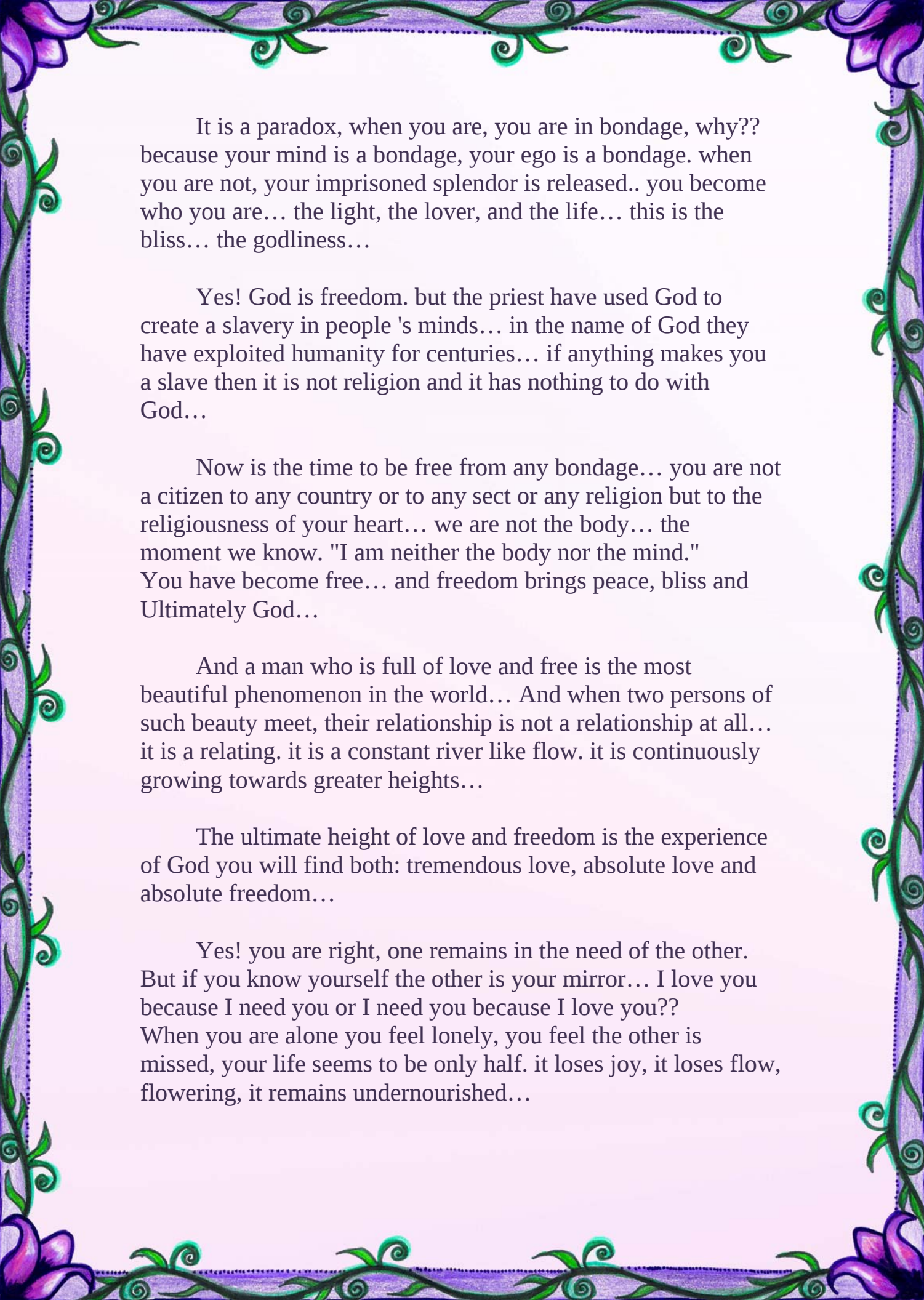
Freedom is the source and freedom is the goal too... use

freedom to be free from all bondage... use freedom to be

ultimately free... use freedom to become freedom itself ...

Don't ask how and why... keep listening to your heart... keep
feeling in between the words and the lines... go in... to the core
of your being... read that silence... that stillness and be still and
know that I am the freedom... my only home is the only
dome...

Remember these two expressions: freedom of the self and
freedom from the self... the second is the meaning of absolute
freedom, not the first... freedom of the self again simply means
the ego has come from the back door... freedom from the self
itself is total freedom, absolute freedom... when you are not,
you are really free...



It is a paradox, when you are, you are in bondage, why?? because your mind is a bondage, your ego is a bondage. when you are not, your imprisoned splendor is released.. you become who you are... the light, the lover, and the life... this is the bliss... the godliness...

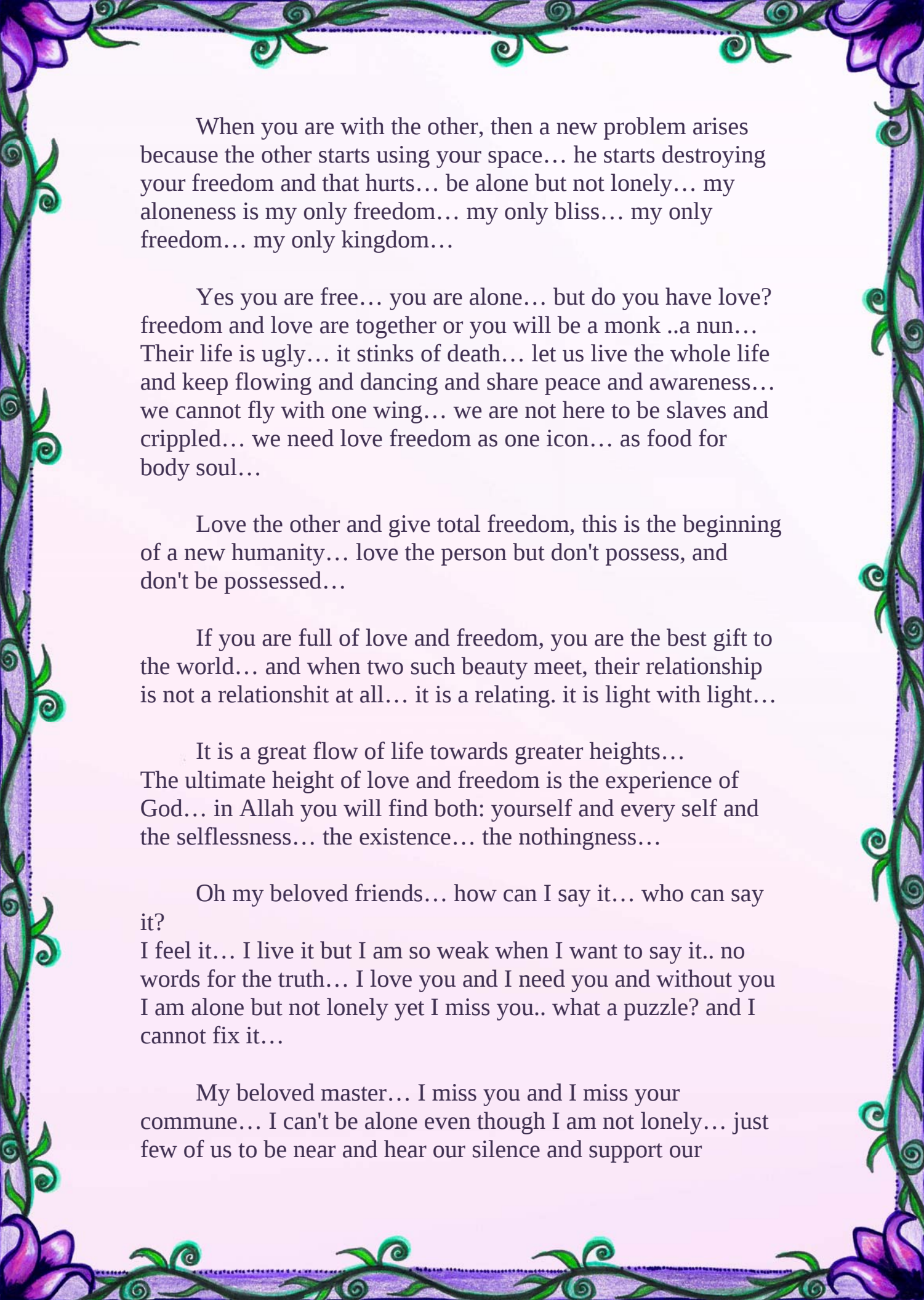
Yes! God is freedom. but the priest have used God to create a slavery in people 's minds... in the name of God they have exploited humanity for centuries... if anything makes you a slave then it is not religion and it has nothing to do with God...

Now is the time to be free from any bondage... you are not a citizen to any country or to any sect or any religion but to the religiousness of your heart... we are not the body... the moment we know. "I am neither the body nor the mind." You have become free... and freedom brings peace, bliss and Ultimately God...

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

The ultimate height of love and freedom is the experience of God you will find both: tremendous love, absolute love and absolute freedom...

Yes! you are right, one remains in the need of the other. But if you know yourself the other is your mirror... I love you because I need you or I need you because I love you?? When you are alone you feel lonely, you feel the other is missed, your life seems to be only half. it loses joy, it loses flow, flowering, it remains undernourished...



When you are with the other, then a new problem arises because the other starts using your space... he starts destroying your freedom and that hurts... be alone but not lonely... my aloneness is my only freedom... my only bliss... my only freedom... my only kingdom...

Yes you are free... you are alone... but do you have love? freedom and love are together or you will be a monk ..a nun... Their life is ugly... it stinks of death... let us live the whole life and keep flowing and dancing and share peace and awareness... we cannot fly with one wing... we are not here to be slaves and crippled... we need love freedom as one icon... as food for body soul...

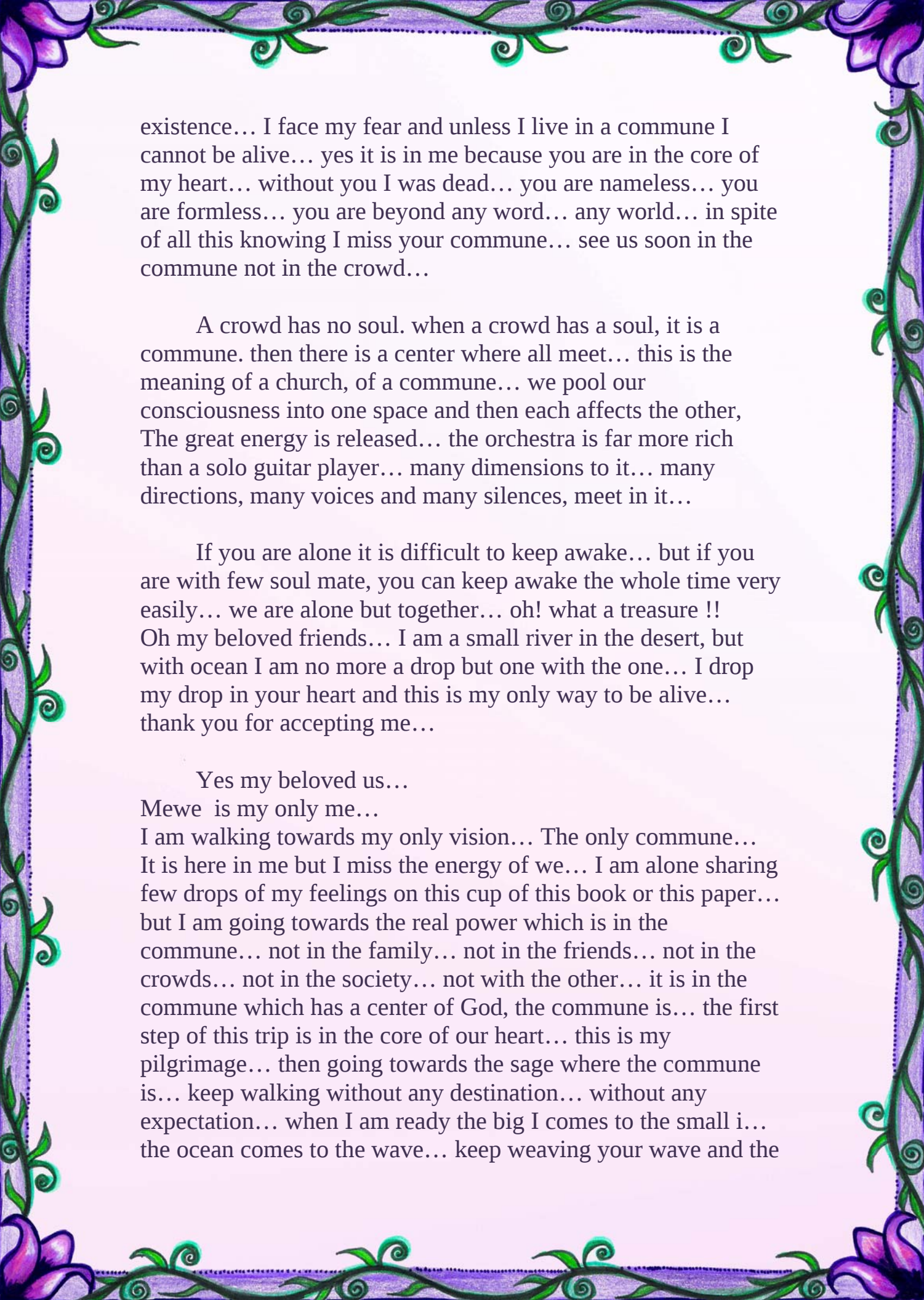
Love the other and give total freedom, this is the beginning of a new humanity... love the person but don't possess, and don't be possessed...

If you are full of love and freedom, you are the best gift to the world... and when two such beauty meet, their relationship is not a relationshit at all... it is a relating. it is light with light...

It is a great flow of life towards greater heights... The ultimate height of love and freedom is the experience of God... in Allah you will find both: yourself and every self and the selflessness... the existence... the nothingness...

Oh my beloved friends... how can I say it... who can say it? I feel it... I live it but I am so weak when I want to say it.. no words for the truth... I love you and I need you and without you I am alone but not lonely yet I miss you.. what a puzzle? and I cannot fix it...

My beloved master... I miss you and I miss your commune... I can't be alone even though I am not lonely... just few of us to be near and hear our silence and support our



existence... I face my fear and unless I live in a commune I cannot be alive... yes it is in me because you are in the core of my heart... without you I was dead... you are nameless... you are formless... you are beyond any word... any world... in spite of all this knowing I miss your commune... see us soon in the commune not in the crowd...

A crowd has no soul. when a crowd has a soul, it is a commune. then there is a center where all meet... this is the meaning of a church, of a commune... we pool our consciousness into one space and then each affects the other, The great energy is released... the orchestra is far more rich than a solo guitar player... many dimensions to it... many directions, many voices and many silences, meet in it...

If you are alone it is difficult to keep awake... but if you are with few soul mate, you can keep awake the whole time very easily... we are alone but together... oh! what a treasure !! Oh my beloved friends... I am a small river in the desert, but with ocean I am no more a drop but one with the one... I drop my drop in your heart and this is my only way to be alive... thank you for accepting me...

Yes my beloved us...
Mewe is my only me...
I am walking towards my only vision... The only commune...
It is here in me but I miss the energy of we... I am alone sharing few drops of my feelings on this cup of this book or this paper... but I am going towards the real power which is in the commune... not in the family... not in the friends... not in the crowds... not in the society... not with the other... it is in the commune which has a center of God, the commune is... the first step of this trip is in the core of our heart... this is my pilgrimage... then going towards the sage where the commune is... keep walking without any destination... without any expectation... when I am ready the big I comes to the small i... the ocean comes to the wave... keep weaving your wave and the



weaver will come and you are in the commune... you are one with the one and with every one...

Yes! I am alone but not lonely.. I am stranger but I live the bliss which is far more than the so called life ...I have found some mystery which is external... everyone who is in a meditative state is a stranger in this world... why? Because everybody is living through the mind and stranger is living without the mind... he knows the two languages but no one understands him... they are bound to crucify such a man, they have to kill such a body... he is an absolute stranger ... But these outsiders are the salt of earth ...they have something of God, something of the beyond to the earth...

Only a man of meditation can become a Christ... a prophet... a Buddha... a vehicle for joy, for bliss... for celebration ... Meditation makes him stranger in this world but at the same time he is a great bliss for others too... even by killing him, he loses nothing because he has attained to something which is for more than life itself... Jesus become Christ consciousness and we are not less than any enlightened being...

Keep walking towards your inner treasure and this is the only way to be who we are... who am I? why I am here? where do I go if I am not here anymore? who can guide me? who can help me? who can love me? Only my thirst will take me to the source... to the spring... to the river... I – m - possible not impossible... just watch your mind and go beyond...

Meditation is the only master key to be your own master and your own power... now is the time and here is the place and open the window and fly high in the space and no return to any earth or any grave... you are the grace... live your choice and you will meet the master and the truth comes to you are ready to see and be what you see... very few of us are capable of seeing

that which is... Before it reaches your being it is distorted... do not believe in believing but in knowing...

I want to be a knower... life is not an experiment in the lab but an experience in your being... in your heart... drink the water do not talk about it...

All concepts, all philosophies, religions, theologies, ideologies and much more mind tricks are barriers... That by the time it reaches you it is no more the same... To be free... remove all the walls and go to the well... go to the source... let your eyes be naked... being with a real knower means being with naked eyes, naked soul, with nothing to hide, with nothing to cover... when the disciple is totally nude before the master this is the baby in the holy hands of Christ and the water... baby is back to be poor and rich... this is what baptism is... total trust to existence... to the womb of God... from God to God is our way... from ignorance to innocence and to the wise do, of the sage... this is the greatest love affair that can happen on earth between the disciple and the master ...when we are in God, we are a continuity... when we are in the world, we are discontinuity... we are uprooted from our soil... we are no more that which we could be, we are no more in the space that is ours... let us go in and search for our home... seek and you will see...

Yes! I am seeking but I need to live my change not my chains... don't ask for any change just do it... it is a great fun... 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 celebration" 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 gynecologist told me that I am pregnant."

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

"that is great!" says the woman, "how did your chicken become fertile?"

"I used different cock," he replied ...

The woman smiled and said: " what another coincidence.. would you believe the same change happened here too..?"



Let us change our stage ...

Yes! be pregnant any now... choose the seed

That you need and you greed and you desire and go for it... just be aware of your desires...

Desire in itself is not wrong... this is our only energy but change the object ...don't go after the money, start going after God...

God remains a word unless you experienced...

You can have a sword and you can kill somebody.. you can also save somebody with the same sword ...desire has to be purified and transformed... this is our power but how to use it... power of love or love of power.. what is your desire for?

Great! me too! I want to be myself... I want to know myself... I want to be good not to do good ...once you are good then whatever you do is good... look at the rose flower... it shares its fragrance with any one... no expectations... why? because a rose is a rose... this is who it is...

Let us be who we are... this is my only desire... once I know this step... the ocean comes to the drop... once the mother hears the voice of her child she come running to her lover... and God loves me more than any other lover ...so my desire and my greed is to be with my beloved... meet... melt and merge in this mystery called God or godliness... how blessed we are to know that we are not... only God is...

Let us have some fun and be the none not the nun...

Mother superior is talking to three teen age girls who are about to leave her orphanage....

"you are going into a wicked world! men will try to take advantage of you, they will buy you drink, take you to their apartments and do terrible things to you... then they will give you twenty dollars and kick you out."

"excuse me holy mother," says one of the teenagers, "but do you mean these men will take advantage of us and give us money?"

"yes my child" sighs the nun. "why do you ask?"

"well." replies the girl, "the priests only give us candy or an icon."



We are all victims of victims... when we are going to be a victor? if not now when? if not me and you who else? Don't ask how !! you know the key to your inner kingdom of life... Just go in...

Barbra Bigbag has been to market and is walking home carrying a duck A drunk comes staggering along in the other direction, stops and says " Hey, what are you doing with that pig?"

Barbara looks at him coldly and replies... "this is not a pig, it is a duck!"

"I know." says the drunk, "I was talking to the duck."



So who are you? a duck? or this one!

Becky came home from shopping and is horrified to find Hymie in bed with a beautiful young girl... she is about to storm out of the house, when Hymie stops her...

Before you leave I want you to hear how all this came about. I Saw this young girl looking tired and worn out. so I brought her home and made her a sandwich. she was wearing worn – out sandals, so I gave her a pair of your shoes that you never wear, because they went out of fashion. she was cold, so I gave her the sweater that I gave you on your birthday... that you never wear because the color does not suit you. her jeans were also worn out, so I gave her a pair of yours, that were perfectly good until you gained a few pounds then as she was about to leave, she stopped and asked "Is there anything else your wife does not use any more?"



Stop it now... go and use it before you loose it.. and lose it.. feel your anger, let it happen, but be fully alert to what is happening... remain loose, natural , aware, watching ...
By and by, you will see that many things have simply disappeared, they don't happen any more... so how to transform our ignorance into wisdom?
It happens when you are loose and natural... This is our nature...

Noah! booms the voice of God...
"what?" shouts Noah looking around "what do you want?"
"you have got to take one of those elephants out and bring in Another one."
"What for" shouts Noah...
Because you have got two males and you need one male and one female..."
"I am not bringing in anything, you are God, you just change one of them."
"come on Noah, you know I don't work like that."
"well, I am sick and tired, I have had enough of this... I have been working for days... I am through with it!"
"Noah?" ask the voice...
"yeah..." shout back Noah...
"Noah," comes the voice "how far can you swim?"



So how far can we lie? how long can we hide?
How long can we live? let us listen to the voice of the truth...
Why waste our energy? why sow our seeds in the desert?
Listen to your inner voice and be alone but not lonely...
If you are interested in the truth leave the lies... if you are in love with your rose flowers you will have to constantly uproot The seeds...

Be invisible... be in hiding, but be available to those who are seeking... to those who are in search... this is the real master...

Let us be who we are!!

Three of Poland! top intellectuals and their three Jewish friends took the train together from Warsaw to Geneva...

At the station in Warsaw, the Poland bought three tickets... the Jews bought only one ticket...

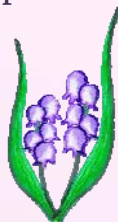
"why did you guys buy only one ticket?"

Just watch us, you might learn something."

They all board the train... just before the ticket taker comes, the Jews lock themselves in the bathroom... the ticket taker punches three Poland's tickets then goes to the bathroom door and knocks and says: "ticket please.." the bathroom door opens a little bit and a hand give out a ticket... the ticket – taker punches it and goes on...

Polacks were impressed. returning to Warsaw, they all board the train... this time Pollack's bought one ticket, but the Jews bought none...

Then just before the ticket – taker is about to come.. the Pollack's all dash into the bathroom and lock it... and the Jews go into the next bathroom ...but one of them before he enter, he knocks on the door that the Pollacks are in and says: "ticket, please!"

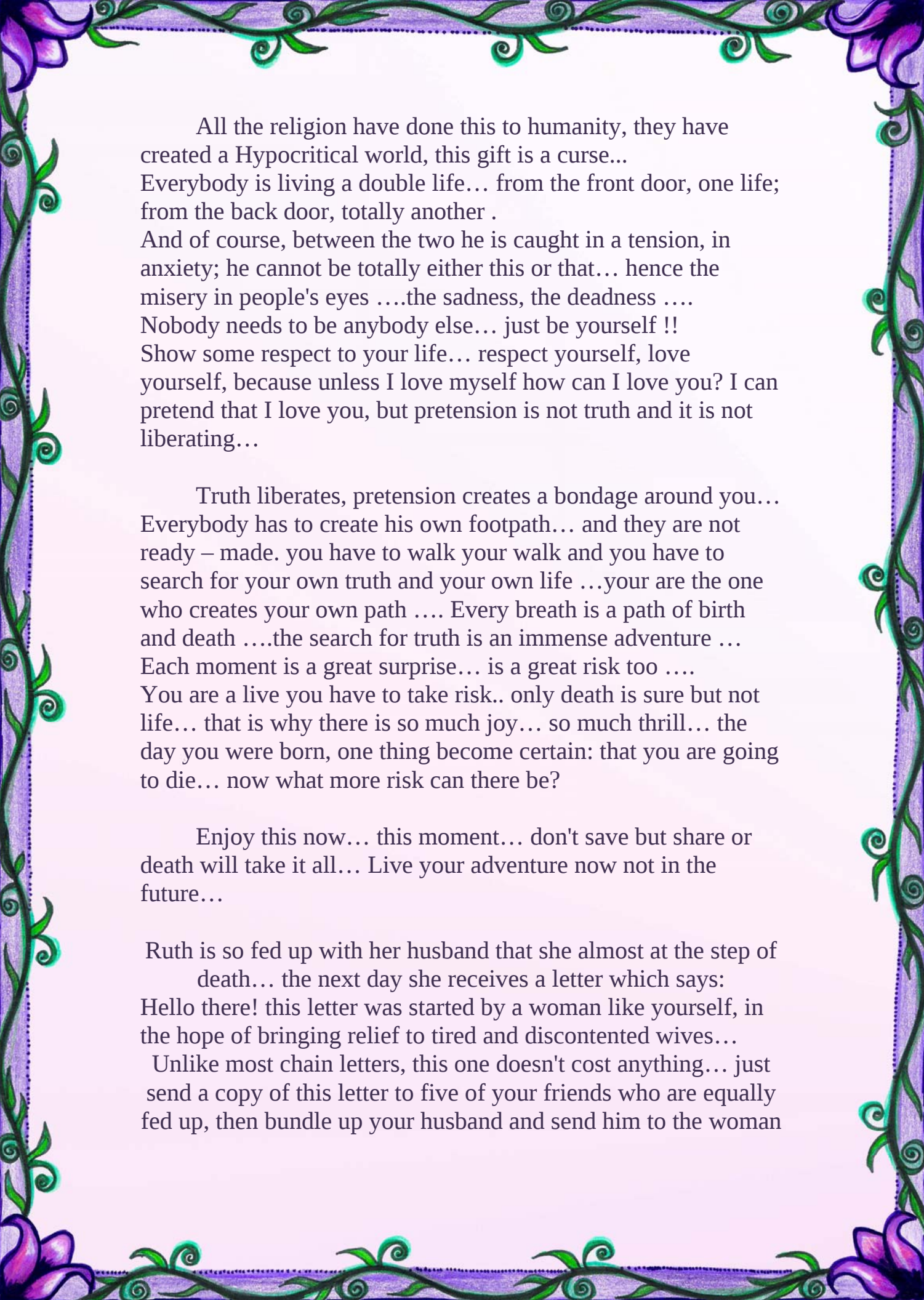


Are you a copy paste person?

Imitation is limitation.. the whole world has become full of limitations... this is why we look sad.... we are so sick...

Nobody can be anybody else but himself... hence everybody Is a hypocrite... just be who you are!

Why be a split personality!!!



All the religion have done this to humanity, they have created a Hypocritical world, this gift is a curse... Everybody is living a double life... from the front door, one life; from the back door, totally another . And of course, between the two he is caught in a tension, in anxiety; he cannot be totally either this or that... hence the misery in people's eyesthe sadness, the deadness Nobody needs to be anybody else... just be yourself !! Show some respect to your life... respect yourself, love yourself, because unless I love myself how can I love you? I can pretend that I love you, but pretension is not truth and it is not liberating...

Truth liberates, pretension creates a bondage around you... Everybody has to create his own footpath... and they are not ready – made. you have to walk your walk and you have to search for your own truth and your own life ...your are the one who creates your own path Every breath is a path of birth and deaththe search for truth is an immense adventure ... Each moment is a great surprise... is a great risk too You are a live you have to take risk.. only death is sure but not life... that is why there is so much joy... so much thrill... the day you were born, one thing become certain: that you are going to die... now what more risk can there be?

Enjoy this now... this moment... don't save but share or death will take it all... Live your adventure now not in the future...

Ruth is so fed up with her husband that she almost at the step of death... the next day she receives a letter which says: Hello there! this letter was started by a woman like yourself, in the hope of bringing relief to tired and discontented wives...

Unlike most chain letters, this one doesn't cost anything... just send a copy of this letter to five of your friends who are equally fed up, then bundle up your husband and send him to the woman

at the top of the list and add your name to the bottom of the list...

When your name comes to the top of the list, you will receive 16.500 men... and some of them are bound to be a hell of a lot better than the idiot you already have...

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

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



So don't miss this treasure... life is a risk... is an adventure... jump in the ocean and then think... we have nothing to lose... Why wait? why waste? now is the wow!!!

Yes my friends... now is our only time... from now to now is our only now – here or nowhere else... now we start searching for God... all my past was a last in the lust... an illusion...

"now begins the enquiry into God"

My life was and is full of worldly pleasure, pain, hate, misery, problems. I have searched in many ways and many directions and I have found nothing.. I read many signs and many books and was hooked in all the looks and the books ... Now is my only wow... just look in and you know in is our only inn... I was for many days and years and waiting without any knowing and from womb to womb and then to the tomb What else do I need and greed...??

This now is my only now... I know nothing about it, nor about anything else... so why not be in total trust to this womb...??

Just wait and be and see and now be it... be in this now ness...
This nothingness... this is a great sign to read it from the heart
and enjoy its fun...

Laugh and the world laughs with you, weep and you sleep
alone...

Sign at a barber's saloon...
We need your head to run our business...



Sign in a restaurant: all drinking water in this restaurant has
been personally passed by the manager... wait and see...

Yes! I love to wait... I waited in my mother's womb and
now into my existence womb but what kind of waiting?
Waiting has to be pure trust.. see its beauty, its benediction...
the innocence of it... just waiting, not even asking for what?
Not knowing what is going to happen. if you know what is
going to happen that will be supplied by your past, it will be a
continuity with the past, it will not be new... not virgin... it will
be a repetition...

let all the past and the future disappear... in that not
knowing the knower will be alive in us... in this now – here or
nowhere else... all what we know is only an indication... only a
finger pointing to the moon...
Never think for the single moment that your ideas are right or
wrong... it is only a game, only a sharing that will show us
where we are... only a hint... a touch But what else can we
do?



All of us are in the waiting room but for what? Who knows? To be enlightened? do we know it? so how can we talk about it? no one can say the truth... it cannot be said... but when you arrive at the reality of it, when it explodes in you, then you will know that no Buddha, no Christ has ever been able to say it... and then you will know that nobody is ever going to say it... it has remained as it is... unuttered... so waiting has to be with no idea for what... in the womb until I come out and more mystery until I leave this earth and more and more secrets and the answer is: "I don't know"

Waiting allows the whole to take possession. you disappear, the whole appears. and from nowhere or every where, comes the feeling of being lifted up. gratitude arises naturally and spontaneously as when we receive a loving gift. thinking stops, thanking begins...

This is the prayer... it has nothing to do with our silly ideas of God, when you are just silent, utterly silent, a kind of absence. one is lifted up. the whole takes you... in that lifting up is: "let thy will be done" this state is the death and the resurrection ..

Waiting has no object, and that's what meditation is . it is waiting for waiting's sake... and trust is always there, pulsating at the core of being. waiting allows it to bloom . waiting helps us to melt. waiting helps the innermost to express itself. waiting release the song that you are, the celebration that you are.

enjoy the reading while waiting in the waiting room...
Smoking helps you lose weight... one lung at a time...

On a bulletin board:
Success is relative. the more the success, the more the relatives.



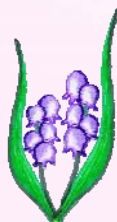
When I read about the evils of drinking... I gave up reading



My grand father is eighty and still doesn't need glass he drinks
straight out of the bottle...



The reason men lie;
Because women ask too many questions



Yes! life is only a sign... a label....
The mind lives through labels... so if somebody comes and
shouts " fire, fire !! " people will start running they will not
enquire if there is really a fire, So how to face this sign? let us
not label our inner power... why? because the mind will never
be able to label right... it has no understanding of the inner
treasure, it understands, only the outer trash not the inner
flash... it knows about sadness, it knows nothing about
stillness...

The sadness is created by our mind interpretation...



We become sad we support the mind and this is our vicious circle... the mind's power comes from the emotion but our power comes from the compassion...

What a great difference??? the more the mind says: you are sad, the more you become hypnotized by your own label...

So whatsoever is your feeling trust your heart not your mind...

Do not label it... the heart is the loving source not the labeling source or force...

Just feel it, it is something beautiful growing in you, something that you should be happy about, a new sign... a new birth... a new bliss... one need to be still and the knowing comes in... Out of the western mind, the scientist, the quantity power, lives in excitement... does not know anything about the spirit only the many not the one...

So whenever there is stillness it think that something has gone wrong... the mind is the master power of the matter.. the modern mind is continuously hankering for more sensations, new sensations, This is the age of entertainment.. from one game to another... that's how we are living... from the club to the movie, from the movie to the TV and so on and so forth... watch your life...

So whenever there is a breakthrough ,a gap opens inside you and you start feeling something new which you have not known before, you will label it according to your old experience, and that will be wrong ...watch out and wake up... it is a perfectly beautiful space to live such a grace... allow it, help it, nourish it, and cherish it. soon you will see a great gate...

Once the label is not there you will be able to experience this seed... this mystery as it is... this is our search....

Be authentic in your search; do everything for it, it is the thirst to know the original being behind our masks ...we can know



it... let us face our original face... let us know the original
behind the mind reflection that makes us worthy of the
"ultimate accident."

Chinyono went from one monastery to another to be a nun... but
even great masters refused her because she was very beautiful...
the monks know nothing about God... so, finding no way, she
burned her face, scarred her whole face... then she was accepted
as a nun...

She was so ready, the search was authentic... she was worthy of
the accident, it was earned. she studied, meditated for thirty
years continuously... no one knew her whether she was a
woman or a man.

But accepted as a nun...

Then suddenly one night... she was looking at the moon
reflected in the bucket of water she was carrying... even
reflections are beautiful, because they reflected the absolute
beauty.

A real seeker has known so much in the reflection, it was so
beautiful, such music was there, that now a desire has arisen to
know the source... as she was walking along, she was watching
the full moon reflected in the pail of water ...suddenly the
bamboo strips that held the bucket together broke, and the pail
fell apart...

The water rushed out, the moon's reflection disappeared, and
shinyono become enlightened... she wrote this verse:

This way and that way

I tried to keep the pail together,

Hoping the weak bamboo would never break .

Suddenly the bottom fell out.

No more water, no more moon in the water,

Emptiness in my hand...

Enlightenment is like an accident.. but don't misunderstand
its meaning... I am not saying don't do anything for it . if you
don't do anything for it, even the accident will not happen...

Yes! doing is the base for happening... it happens only to those who have been doing much for it, but never happens because of their doing, and it never happens without their doing...

All your meditations will just create an accident situation... an invitation, that's all... be ready for the accident, for the unknown... ready, waiting, receptive...

Without the invitation the guest will never come... This story is beautiful... it is true about the ultimate truth also: all that is needed on our point is a total invitation, not holding back even a small part of our being. if we are totally available, open, ready to receive the host, the host comes... it has never been otherwise...

This is the law of existence: truth cannot be conquered But can be invited. one has to be just a host for the ultimate guest... and that's what I call meditation: it simply makes you empty of all rubbish, it empties you completely so you become spacious, receptive. sensitive ,vulnerable, available ... And all those qualities make you passionately inviting an invitation for the unknown, without which life is just an exercise in utter futility... but one cannot do anything more than that: just an invitation and waiting...

This is the prayer a deep trust that it is going to happen... and it happens, it has happened... it has always happened!...



What to say? what to share?

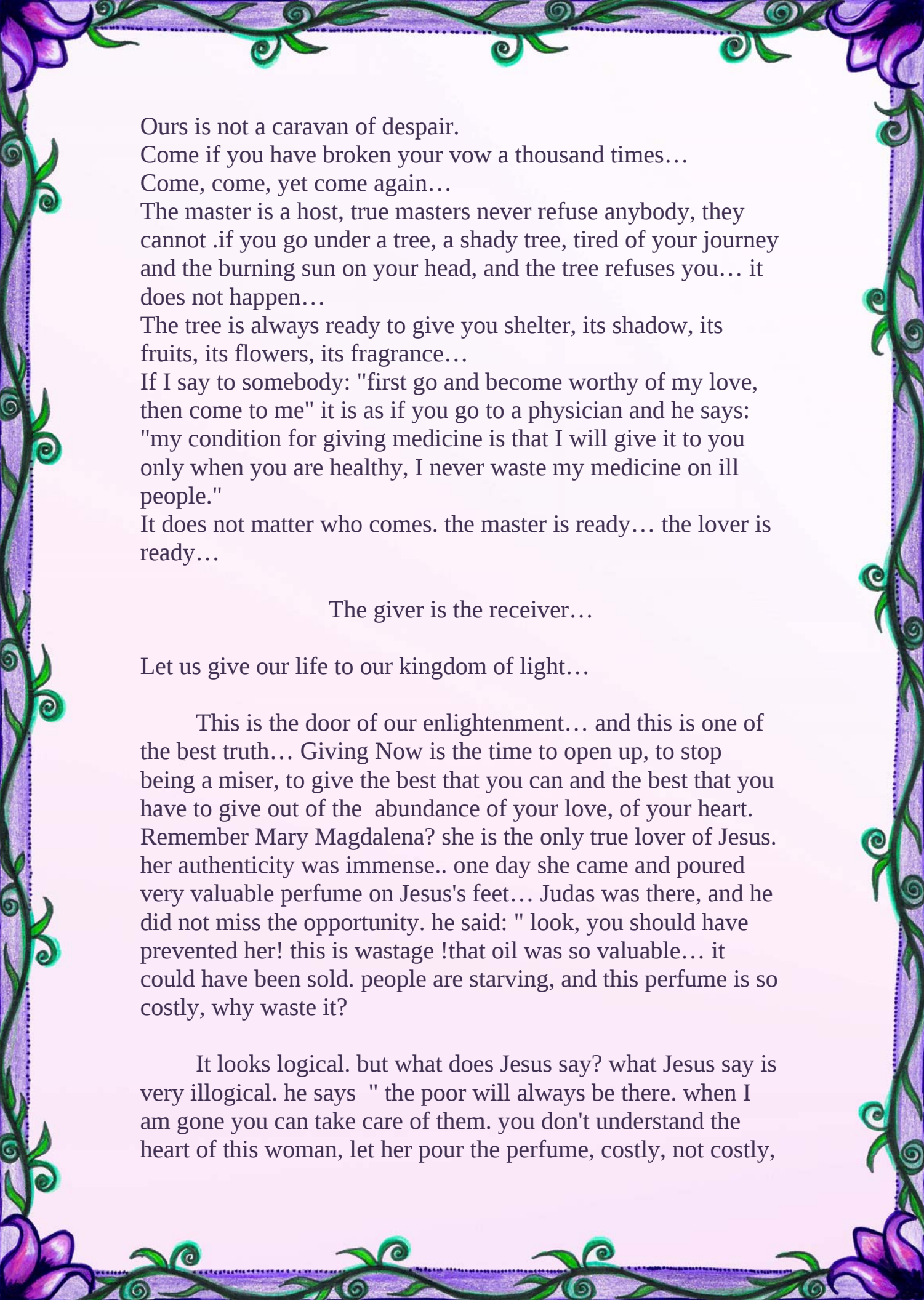
Come, come, yet again come...

It does not matter who comes... the master is always ready...

There is a beautiful statement of Jalaluddin Rumi one of the greatest Sufi masters ever. take it to your heart ...

Come, come, whoever you are,

Wanderer, worshipper, lover of learning, it does not matter...



Ours is not a caravan of despair.
Come if you have broken your vow a thousand times...
Come, come, yet come again...
The master is a host, true masters never refuse anybody, they cannot .if you go under a tree, a shady tree, tired of your journey and the burning sun on your head, and the tree refuses you... it does not happen...
The tree is always ready to give you shelter, its shadow, its fruits, its flowers, its fragrance...
If I say to somebody: "first go and become worthy of my love, then come to me" it is as if you go to a physician and he says: "my condition for giving medicine is that I will give it to you only when you are healthy, I never waste my medicine on ill people."
It does not matter who comes. the master is ready... the lover is ready...

The giver is the receiver...

Let us give our life to our kingdom of light...

This is the door of our enlightenment... and this is one of the best truth... Giving Now is the time to open up, to stop being a miser, to give the best that you can and the best that you have to give out of the abundance of your love, of your heart. Remember Mary Magdalena? she is the only true lover of Jesus. her authenticity was immense.. one day she came and poured very valuable perfume on Jesus's feet... Judas was there, and he did not miss the opportunity. he said: " look, you should have prevented her! this is wastage !that oil was so valuable... it could have been sold. people are starving, and this perfume is so costly, why waste it?

It looks logical. but what does Jesus say? what Jesus say is very illogical. he says " the poor will always be there. when I am gone you can take care of them. you don't understand the heart of this woman, let her pour the perfume, costly, not costly,

that is irrelevant, I can see great feeling arising in her heart, this is prayer."

Jesus understood that Mary Magdalene had a beauty of the heart... it is not the perfume that Jesus is looking at... he is looking at the heart of the woman...

We are not our mind... we are a being of light and love and this is our life... this is our kingdom of God which is within us... It is not what we do but how we are and who we are and why we are here... let us listen to our heart and heal our life and our world...



Enlightenment

We are the light
We are this moment...
At – one – ment with the one..
What is my commitment?
What is searching? seeking? seeing ?
Where is God?
Is God a word? or a fact...
An act... activity... creativity...
Godliness is isness.. is our existence of
Light, love, and life...
What am I doing with his gift
To me? to us??
How to be who I am?
When?
Yes! the answer is in
The question...
We are the quest and
The thirst...
The ocean is waiting for
Our first step in
Our trip...





Enlightenment

What a word! what a sword! who am I to say one word about this mystery? but we keep playing and knowing that no one can say the truth ...

No one is alive to say it and be it only the ONE who is Beyond any one...

But few stories to share with the few of us who are seeking for the unknown and who knows what will happen to us while seeking and seeing... so let us listen...

Drop all ambition to be the first to become the light... To become enlightened, there is no individual enlightenment. all individuals are joined together with the whole

Christ reached the gate of heaven... of course, the people there were waiting. they opened the door, they welcomed him, but he turned his back towards the door, looked at the world, millions of souls on the same path, struggling, in misery, in anguish, striving to reach this gate of heaven and bliss... The door keeper said: "come in please, we have been waiting for you." and Christ said: "how can I come when others have not reached? it does not seem to be the right time, how can I enter when the whole has not yet entered? I will have to wait, it is just as if my hand has reached into the door and my feet have not reached yet, I will have to wait, just the hand cannot enter alone"



What is the symbol of this story?

It is said in this beautiful story that Christ, Buddha, Mohammad, and many others are still waiting... they have to wait... nobody is an island, we make a continent, we are alone but together in this aloneness not in this loneliness... Jesus have stepped a little further than you, but he cannot be separate ...

And now we know it more that all of them are waiting for us ... They know that there is no individual enlightenment... in Islam, Mohammad said: Allah with the commune... the jamaa... the togetherness... we all support each others... no one is independent but interdependent... you need the whole existence to support you... the ocean cannot exist without the waves, the waves cannot exist without the ocean. they are utterly one, it is a unity...



How to be with this truth?

We are already who we are but we don't know our real identity... just keep reading your silence... meditate... be aware of who you are... join any commune you like and keep walking your pathwithout breath there is no birth... so if you want to achieve the maximum benefit out of any situation you have to be committed totally. this will give you the key... this now in love... this moment becomes eternity.

This commitment... the moment of love is a moment of commitment...

Out of this moment will come the next. out of today tomorrow will be born. if today has been of great love, tomorrow will also carry the same love. it will be a continuity... The river is rivering...

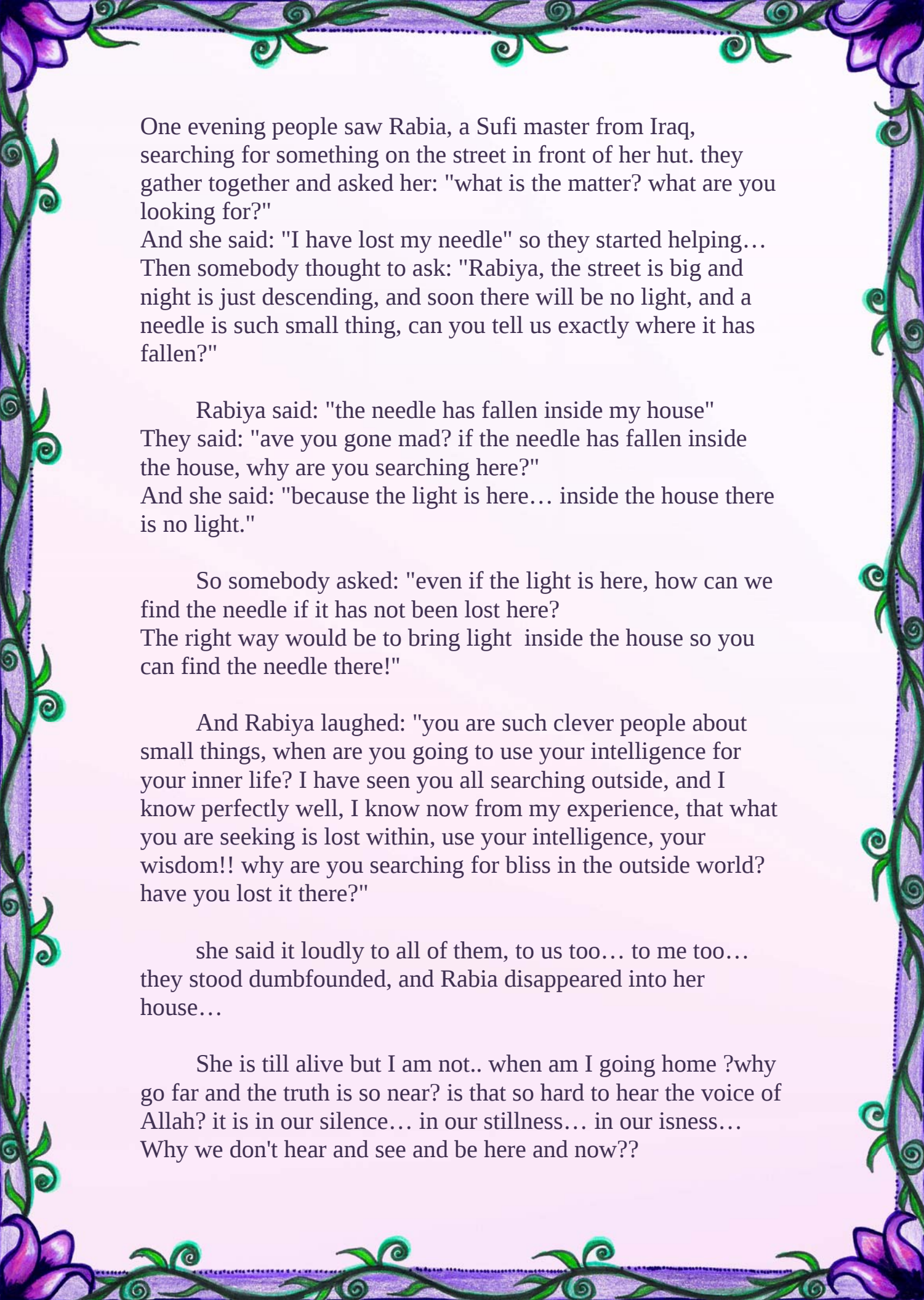
If love is not there, commitment is dead...
A commitment to yourself, to be yourself, to risk everything for this exploration... this is the real jihad in Islam... it is total involvement with existence, going to the very depth of existence and to the very heights of existence...
How are we living? just watch yourself... be honest with your witnessing... what are you seeing? how are you living?
Ordinarily people live only accidentally. they are like drift wood, at the mercy of the waves and the winds. they don't have a direction, they don't have any sense of direction either. they don't know who they are, why they are and where they are going and from where they are coming. they are sleepwalkers, somnambulists, living in utter unconsciousness.

A free being is pulling himself together to wake up...
wake me up or wake up me is the title of this book and we are sharing what we can in words and we read in between the words and the lines...
We are the gap and the wake up... yes it will happen but we have to make a very concentrated effort for it... it has to be passion and compassion...

Intense sense to be who we are... we are the sacred awareness... it has to be total and whole... we are whole and holy... so why not to be who we are now – here???
Yes we can!!!

Everyone can be unique human becoming... the only son of God... The only being of Allah... but how? no how but jump in... use your intelligence to look for things where they are instead of where they are not, even if it is dark... look within...





One evening people saw Rabia, a Sufi master from Iraq, searching for something on the street in front of her hut. they gather together and asked her: "what is the matter? what are you looking for?"

And she said: "I have lost my needle" so they started helping... Then somebody thought to ask: "Rabiya, the street is big and night is just descending, and soon there will be no light, and a needle is such small thing, can you tell us exactly where it has fallen?"

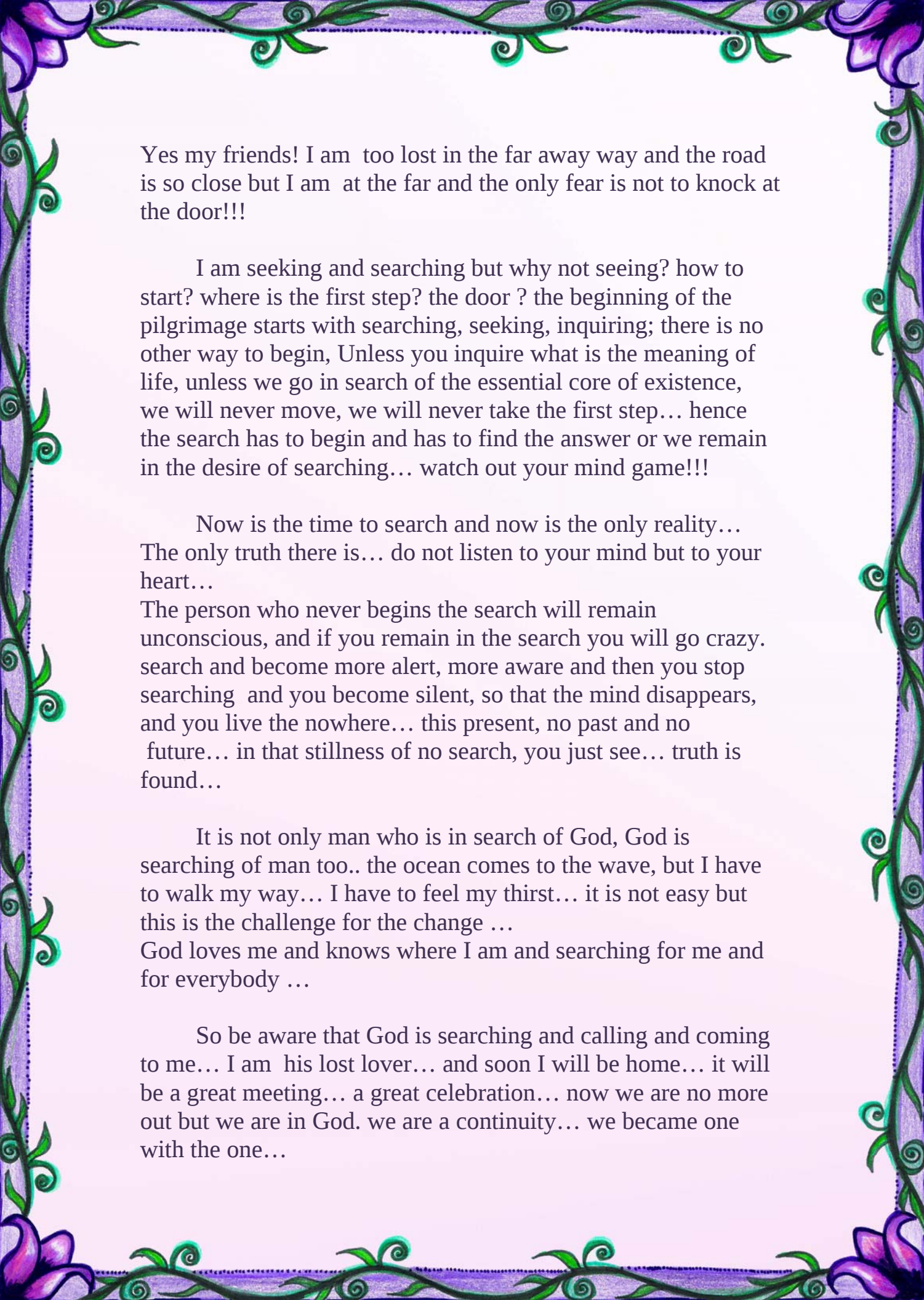
Rabiya said: "the needle has fallen inside my house" They said: "ave you gone mad? if the needle has fallen inside the house, why are you searching here?" And she said: "because the light is here... inside the house there is no light."

So somebody asked: "even if the light is here, how can we find the needle if it has not been lost here? The right way would be to bring light inside the house so you can find the needle there!"

And Rabiya laughed: "you are such clever people about small things, when are you going to use your intelligence for your inner life? I have seen you all searching outside, and I know perfectly well, I know now from my experience, that what you are seeking is lost within, use your intelligence, your wisdom!! why are you searching for bliss in the outside world? have you lost it there?"

she said it loudly to all of them, to us too... to me too... they stood dumbfounded, and Rabia disappeared into her house...

She is till alive but I am not.. when am I going home ?why go far and the truth is so near? is that so hard to hear the voice of Allah? it is in our silence... in our stillness... in our isness... Why we don't hear and see and be here and now??



Yes my friends! I am too lost in the far away way and the road is so close but I am at the far and the only fear is not to knock at the door!!!

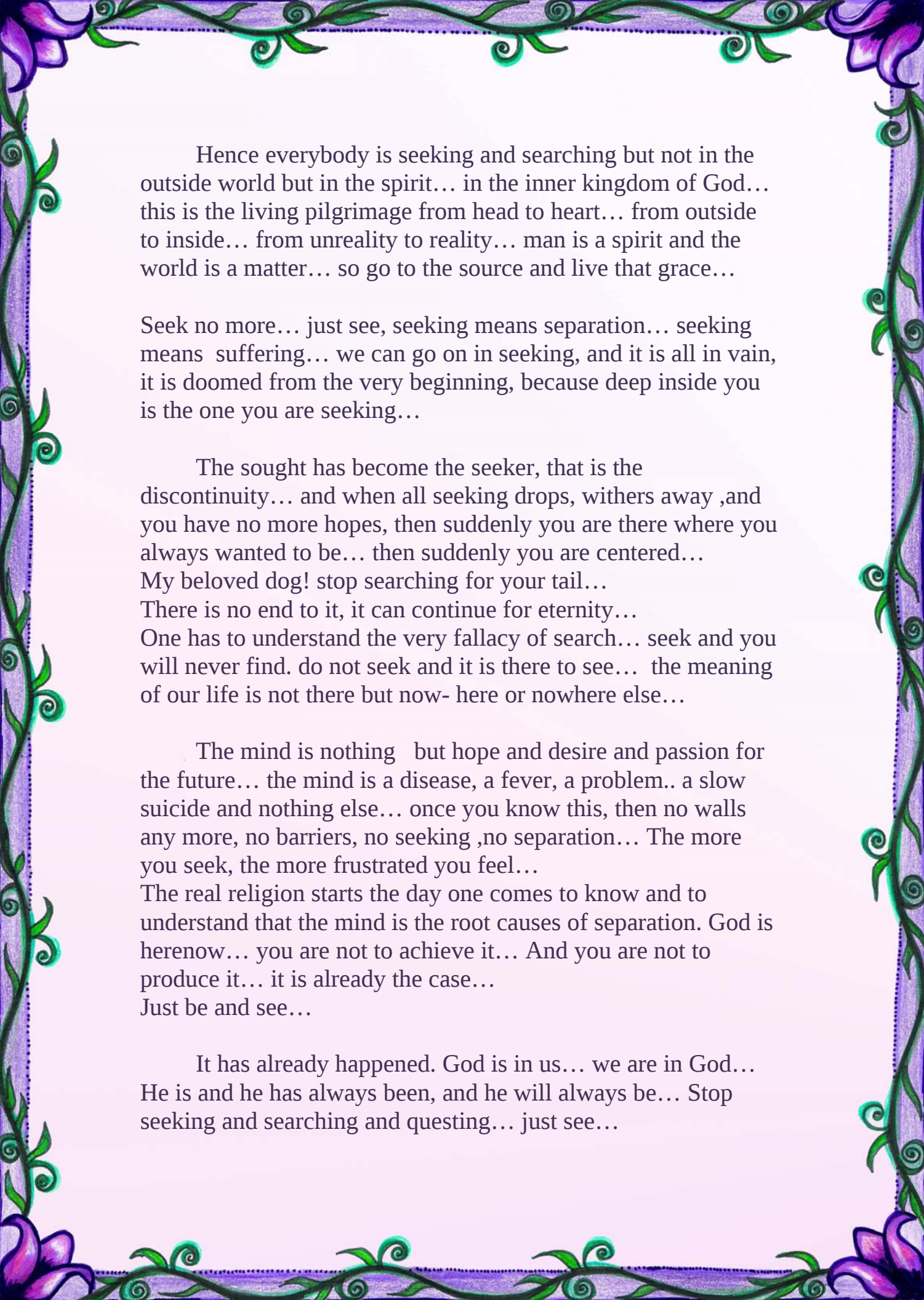
I am seeking and searching but why not seeing? how to start? where is the first step? the door ? the beginning of the pilgrimage starts with searching, seeking, inquiring; there is no other way to begin, Unless you inquire what is the meaning of life, unless we go in search of the essential core of existence, we will never move, we will never take the first step... hence the search has to begin and has to find the answer or we remain in the desire of searching... watch out your mind game!!!

Now is the time to search and now is the only reality... The only truth there is... do not listen to your mind but to your heart...

The person who never begins the search will remain unconscious, and if you remain in the search you will go crazy. search and become more alert, more aware and then you stop searching and you become silent, so that the mind disappears, and you live the nowhere... this present, no past and no future... in that stillness of no search, you just see... truth is found...

It is not only man who is in search of God, God is searching of man too.. the ocean comes to the wave, but I have to walk my way... I have to feel my thirst... it is not easy but this is the challenge for the change ...
God loves me and knows where I am and searching for me and for everybody ...

So be aware that God is searching and calling and coming to me... I am his lost lover... and soon I will be home... it will be a great meeting... a great celebration... now we are no more out but we are in God. we are a continuity... we became one with the one...



Hence everybody is seeking and searching but not in the outside world but in the spirit... in the inner kingdom of God... this is the living pilgrimage from head to heart... from outside to inside... from unreality to reality... man is a spirit and the world is a matter... so go to the source and live that grace...

Seek no more... just see, seeking means separation... seeking means suffering... we can go on in seeking, and it is all in vain, it is doomed from the very beginning, because deep inside you is the one you are seeking...

The sought has become the seeker, that is the discontinuity... and when all seeking drops, withers away, and you have no more hopes, then suddenly you are there where you always wanted to be... then suddenly you are centered... My beloved dog! stop searching for your tail... There is no end to it, it can continue for eternity... One has to understand the very fallacy of search... seek and you will never find. do not seek and it is there to see... the meaning of our life is not there but now- here or nowhere else...

The mind is nothing but hope and desire and passion for the future... the mind is a disease, a fever, a problem.. a slow suicide and nothing else... once you know this, then no walls any more, no barriers, no seeking, no separation... The more you seek, the more frustrated you feel... The real religion starts the day one comes to know and to understand that the mind is the root causes of separation. God is herenow... you are not to achieve it... And you are not to produce it... it is already the case... Just be and see...

It has already happened. God is in us... we are in God... He is and he has always been, and he will always be... Stop seeking and searching and questing... just see...

You are in great danger... in grave danger !! at any moment, you may be loving, laughing, alive you may accidentally find God...



This is a beautiful story by Tagore... a great Sufi master... he is saying what he is seeing:

I was searching for God for thousands of lives. I saw him... sometimes far away... I rushed... by the time I would reach there he had gone further. it went on and on. but finally I arrived at a door, and on the door was a sign "this is the house where God lives."

Tagore says: "I became worried for the first time. I became very troubled, trembling, I went up the stairs. I was just going to knock on the door, then what? then everything is finished – my journeys, my pilgrimages, my great adventures, my philosophy, my poetry, all the longing of my heart – all is finished !! it will be a great suicide !!

Seeing the point Tagore says: "I removed my shoes from my feet... because going back down the stairs might create some noise... and from the moment I reached the bottom of the steps I ran. and I have not looked back. since then I have been running and running for thousands of years...

I am still searching for God, although now I know where he lives. so all I have to do is avoid that place, and I can go on searching for him any place but not in his place...



Why we don't enter the house of God?

That house haunts us all.. we know where the door is.. but we do not knock at... Why? because if by chance we or I or you



or Tagore or anyone by chance or by choice enter that house, then all is finished... we are no more here... only God is... God is not a person but a presence at the innermost core of your being, that silent core, that space where nobody else can enter you.. that private, that Absolutely intimate virgin space, your interiority, is God... is Godliness is that which is...

The difference between the enlightened person and the unenlightened person is awareness... the first is aware that the universe is not dead... it is alive this aliveness is God...

The unenlightened person is asleep and full of dreams... those dreams functions as a barrier, they don't allow him to see the truth of his own reality. and of course when I am not aware of my own being, how can I be aware of the reality of others ? Once you have seen the light within, you will be able to see it everywhere. then you live in prayer... you don't pray, you don't go to any church, to any temple... you create your own inner and outer temple...

The basic, the most fundamental thing is to be aware of your own inner most core... your own being, because that is the secret of the whole existence ...let God be your beloved... let God be your friend...

Yes my friends! it is a great challenge to live our life... our mystery... a little struggle is needed... we become richer through the storms, as well as through joy and happiness... I have heard an ancient parable, must be very ancient, because God used to live on the earth in those days...

One say a man came, an old farmer, and he said: "look, you may be God, and you may have created the world, but one thing I must say to you: you are not a farmer, you don't know even the ABC of farming, you have something to learn." God said: "what is your advice?"

The farmer said: " you give me one year's time, and just let things be according to me, and see what happens. there will be no poverty left!"

God was willing, and one year was given to the farmer naturally, he asked the best, he thought only of the best, no thunder, no strong winds, no dangers for the crop, Everything comfortable, cozy, and he was very happy... the wheat was growing so high! when he wanted sun, there was sun: when he wanted rain, there was rain, and as much as he wanted. this year everything was right, as he wanted... mathematically right... The wheat was growing so high... the farmer would go to God and say: "look,! this time the crops will be such that for ten years, even if people don't work, there will be enough food!" but what happened when the crops were harvested???

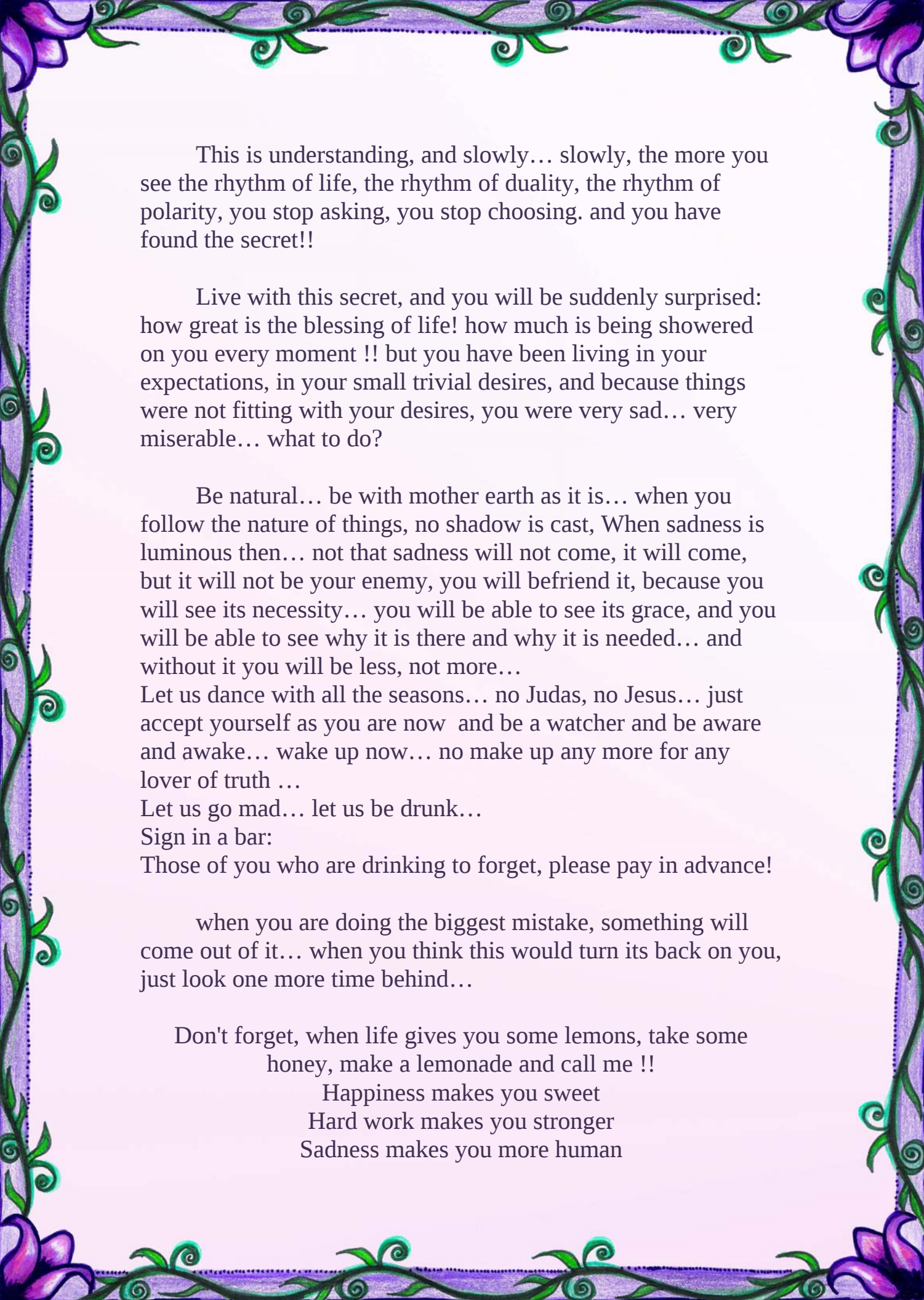
There was no wheat inside, the farmer was surprised... He asked God: "what happened? what went wrong?" God said: "because there was no challenge, because there was no conflict, no friction, because you avoided all that was bad, bad in your own mind, nothing is good or bad it is a dance of all the seasons and all the reasons, but the farmer is an in – former... So the wheat remained Impotent.



A little struggle is a must, storms are needed they shake up the soul inside the wheat... this parable is of immense value... if you are just happy and happy and happy, happiness will lose all meanings .

It will be as if somebody is writing with white chalk on a white wall, he can go on writing. but nobody will ever be able to read it ...

The night is as much needed as the day, and the days of sadness are as essential as the days of joy...



This is understanding, and slowly... slowly, the more you see the rhythm of life, the rhythm of duality, the rhythm of polarity, you stop asking, you stop choosing. and you have found the secret!!

Live with this secret, and you will be suddenly surprised: how great is the blessing of life! how much is being showered on you every moment !! but you have been living in your expectations, in your small trivial desires, and because things were not fitting with your desires, you were very sad... very miserable... what to do?

Be natural... be with mother earth as it is... when you follow the nature of things, no shadow is cast, When sadness is luminous then... not that sadness will not come, it will come, but it will not be your enemy, you will befriend it, because you will see its necessity... you will be able to see its grace, and you will be able to see why it is there and why it is needed... and without it you will be less, not more...

Let us dance with all the seasons... no Judas, no Jesus... just accept yourself as you are now and be a watcher and be aware and awake... wake up now... no make up any more for any lover of truth ...

Let us go mad... let us be drunk...

Sign in a bar:

Those of you who are drinking to forget, please pay in advance!

when you are doing the biggest mistake, something will come out of it... when you think this would turn its back on you, just look one more time behind...

Don't forget, when life gives you some lemons, take some
honey, make a lemonade and call me !!

Happiness makes you sweet
Hard work makes you stronger
Sadness makes you more human

Mistakes makes you smarter
Success keeps you in shape and sharp...

Oh no! Don't ask for anything... you already have it all
once you have love, success and money will follow... never
think of success, it is a natural result...

If you do what you love all will follow... just enjoy this
moment... take a deep breath and be grateful that in spite of all
the politics we are still alive and breathing... and having fun in
every mail and male... and female too... watch this !
mailmale!!

woman has man in it.

Mrs. has Mr. in it,

female has male in it,

she has he in it.

madam has Adam in it...

Okay, okay, it all makes sense now...

I never looked at it this way before: ever notice how all of
women's problems start with MEN?

MENTal illness

MENstrual cramps

MENTal break down...

MENopause

Gynecologist...

AND when we have real trouble, it's a... hysterectomy
Share it with the woman to bright her day and with the man to
annoy him...



Yes! yes! remember! you don't stop laughing because you grow
old. you grow old because you stop laughing...

We are the only creature who laughs... laughter is life, is a door to the divine ... in its purest form is a dance of all your energies... in a real, deep laughter the mind disappears ... It comes from our belly center towards our circumference... just as we throw a rock into a silent lake and ripples arise and they start moving towards the source, in the same way real laughter arises from our center and moves towards our circumference... It is almost like an earthquake!! each single cell of your body, each fiber dances in tune and in harmony with existence... In laughter, heaven and earth are one. laugh your way to God... this is a way of love. it needs no talent, no learning, no discipline, unless you are born a donkey Otherwise laughter is simple. but let it be total. the society has stopped us from going totally into laughter...

A man called in to the doctor complaining about an itch between his toes...

Having examined his toes, the doctor could find nothing.. "which toes do you mean?" asked the doctor... "the two big ones." said the man.



A lady rang her doctor, to see if she had left her panties in his surgery...

"no. I 'm sorry, they are not here." said the doctor... "oh, my goodness, I must have left them at the dentist's" she said...



So where is my mind right now? this is my only wall against every well

Me too... let us see how we can make it better than the other...

A rabbi and a bishop were very friendly because both loved golf... they had decided to go on Sunday but the rabbi was waiting for the long line of confession

It was getting late, the rabbi went into the cabin where the bishop listened to the confessions. "we are getting late. I suggest one thing, I take your place, they don't know the difference, just let me watch once what you do! 'said the rabbi...

A woman came in and confessed that she committed adultery act once yesterday... the bishop told her... "ten dollars in the charity box and say five hail Mary."

The rabbi took the place of the bishop who left to get ready for the golf... another woman came in and confessed the same sin as the previous woman...

The rabbi said: "put twenty dollars and ten hail Mary" "why? you already asked that woman only ten dollars for the same sin and even with the same man..." said the woman...

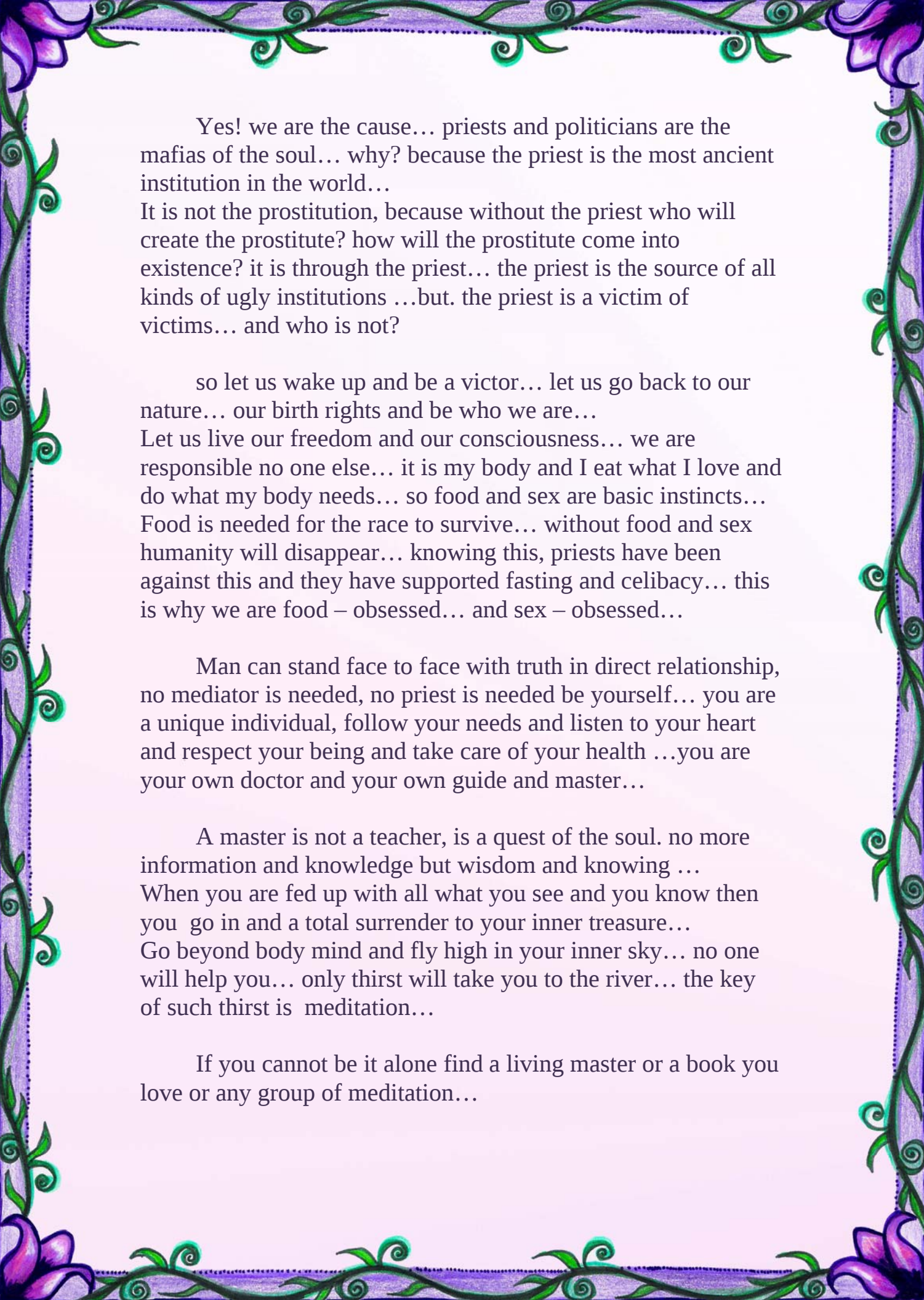
The rabbi said... "you deserve better love, ten dollars are in advance, so you need not come to confess and waste time... now get lost!!!"



Get lost and pay your best to such lusty heads...



Who is the cause of such ignorance ?



Yes! we are the cause... priests and politicians are the mafias of the soul... why? because the priest is the most ancient institution in the world...

It is not the prostitution, because without the priest who will create the prostitute? how will the prostitute come into existence? it is through the priest... the priest is the source of all kinds of ugly institutions ...but. the priest is a victim of victims... and who is not?

so let us wake up and be a victor... let us go back to our nature... our birth rights and be who we are...
Let us live our freedom and our consciousness... we are responsible no one else... it is my body and I eat what I love and do what my body needs... so food and sex are basic instincts... Food is needed for the race to survive... without food and sex humanity will disappear... knowing this, priests have been against this and they have supported fasting and celibacy... this is why we are food – obsessed... and sex – obsessed...

Man can stand face to face with truth in direct relationship, no mediator is needed, no priest is needed be yourself... you are a unique individual, follow your needs and listen to your heart and respect your being and take care of your health ...you are your own doctor and your own guide and master...

A master is not a teacher, is a quest of the soul. no more information and knowledge but wisdom and knowing ...
When you are fed up with all what you see and you know then you go in and a total surrender to your inner treasure...
Go beyond body mind and fly high in your inner sky... no one will help you... only thirst will take you to the river... the key of such thirst is meditation...

If you cannot be it alone find a living master or a book you love or any group of meditation...



Your enlightenment will happen through the master or the living book but not by the other... it is your love to your being... be aware of who you are and who you are here...

Yes! a master is needed, alone we can do a little light in us but with a real lover who is awake can push you to lit your candle and follow yourself not anybody else... be aware of the false masters... they fulfill your expectations and you become a follower to such a fake power... the true master disappoints you at each and every step, he really frustrates you, because that is the only way to undo what the society has done to you, that is the only way to bring you to total freedom .

You are not a follower to any master but a fellow traveler... a Christ but not a Christian... so be yourself, the body is dead but you are immortal... be your own light and life and no need to any pope or any religion but the religiousness of the heart... you are a living light... a living love...

Be who you are...

Once you know that you are not a sheep.. you are not a follower to any other then you are freethen you are no more a slave to any shepherd... you are no more into the fear of any hell or the goal to any heaven... now is your life ...your hell or heaven is in you... it is your choice...

We are born free, we live free and we leave free... now – here is the time to transform your lifethis is the greatest desire in the world... the spiritual desire which is possible only by relaxing into that which is...

Whatsoever is... accepting yourself as you are now and be a watcher to your mind... your ego... or the so called devil... The spiritual dimension opens only when we are awake, fully awake... and the only way to be awake is to drop all sleep and all dreaming...



Let the body sleep when it needs it but not you...
Remember: God created you. You are needed... you are a
unique light. see how much respect he has paid you.
God is a creator. each individual has been made not according to
a mold or a fixed pattern... you are unique, you are original, you
are his creation.. if you are lost, it is his loss... you are one with
the one...

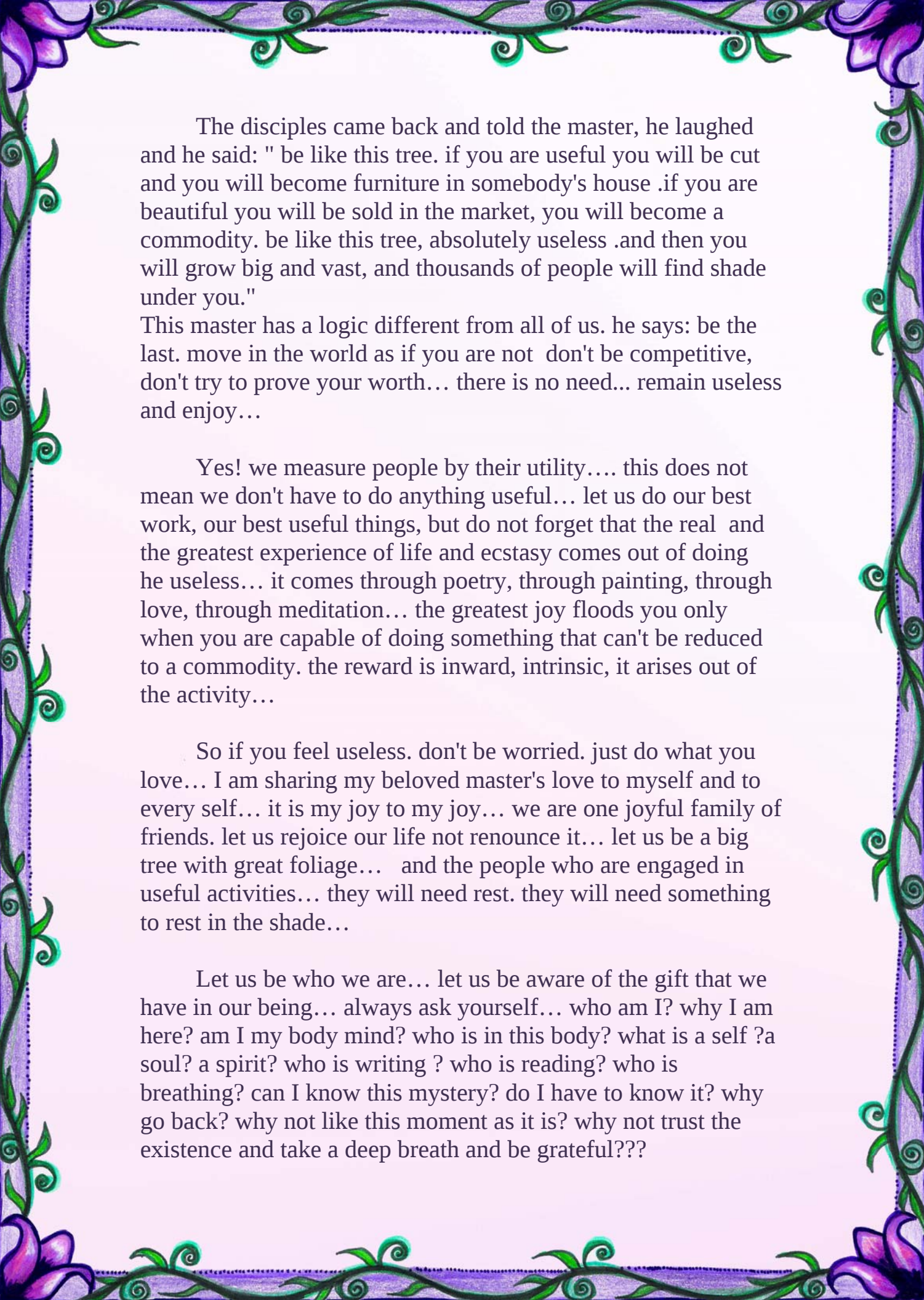
He treasures you more than you do yourself... he loves me
more than anybody else, more than my love to myself...
I condemn myself and I am conditioned by the others and this is
one of the greatest barriers...
Love yourself, respect yourself, and you will be giving respect
to God... to respect the painting is to respect the painter...

Let us listen to this truth... to your work... to your
ordinariness...

Don't try to prove your worth and reduce yourself to a
commodity. remember, the greatest experience of life comes not
through what you do, but through love, through meditation...

A master was traveling with his disciples and they came to
a forest where hundreds of wood cutters were cutting the trees.
the whole forest had almost been cut except for one big tree with
thousands of branches. it was so big that ten thousand persons
could sit in its shade...

The master asked his disciples to go and inquire why this
tree had not been cut.. they went and asked the wood cutters and
they said: "this tree is absolutely useless.. you cannot make
anything out of it because every branch has so many knots in it,
Nothing is straight. you cannot use it as fuel because the smoke
is dangerous to the eyes. this tree is not good, absolutely useless,
that's why we have not cut it."



The disciples came back and told the master, he laughed and he said: " be like this tree. if you are useful you will be cut and you will become furniture in somebody's house .if you are beautiful you will be sold in the market, you will become a commodity. be like this tree, absolutely useless .and then you will grow big and vast, and thousands of people will find shade under you."

This master has a logic different from all of us. he says: be the last. move in the world as if you are not don't be competitive, don't try to prove your worth... there is no need... remain useless and enjoy...

Yes! we measure people by their utility.... this does not mean we don't have to do anything useful... let us do our best work, our best useful things, but do not forget that the real and the greatest experience of life and ecstasy comes out of doing he useless... it comes through poetry, through painting, through love, through meditation... the greatest joy floods you only when you are capable of doing something that can't be reduced to a commodity. the reward is inward, intrinsic, it arises out of the activity...

So if you feel useless. don't be worried. just do what you love... I am sharing my beloved master's love to myself and to every self... it is my joy to my joy... we are one joyful family of friends. let us rejoice our life not renounce it... let us be a big tree with great foliage... and the people who are engaged in useful activities... they will need rest. they will need something to rest in the shade...

Let us be who we are... let us be aware of the gift that we have in our being... always ask yourself... who am I? why I am here? am I my body mind? who is in this body? what is a self ?a soul? a spirit? who is writing ? who is reading? who is breathing? can I know this mystery? do I have to know it? why go back? why not like this moment as it is? why not trust the existence and take a deep breath and be grateful???



To be grateful!!!

What a grace to be grateful?? how can I be in this bliss? the whole existence is grateful to the creator but I am not even to this moment... let me share what is the master sharing about gratefulness!!

A real seeker always seeks grateful, to everybody, whosoever has helped him in any possible way. he feels grateful to his parents, he feels grateful to all his teachers; he feels grateful even to people who have deceived him, who were bad. who were not real teachers even. who were cheaters. but he feels grateful even to them. because they all have helped him... Positively, negatively, in some way or other...

If you are here, you are here because of many people, good and bad both. And the day you become reborn, remember it, that you owe something to everybody, whosoever has helped you in any way...

The husband who has divorced you. the wife who has left you and gone with somebody else, the parents who abandoned you, who have forgotten all about you, the many fake teachers and masters and doctors who are hurting and exploiting people, they all have helped in certain ways ...

When you become enlightened you will know how they all have helped... everything that happened to me has been good... all the ones I met in my life.. all the goods and the bads are my wings that are helping me to fly in this moment in this high sky beyond any bond, any guilt, any sin, any shame, any hate and any anger...

Once we attain to the ultimate rest it makes everything golden. this is our golden gate to our grace... Let us feel what our beloved is sharing about gratitude! gratitude is, in essence, the very foundation of all religion... gratitude is



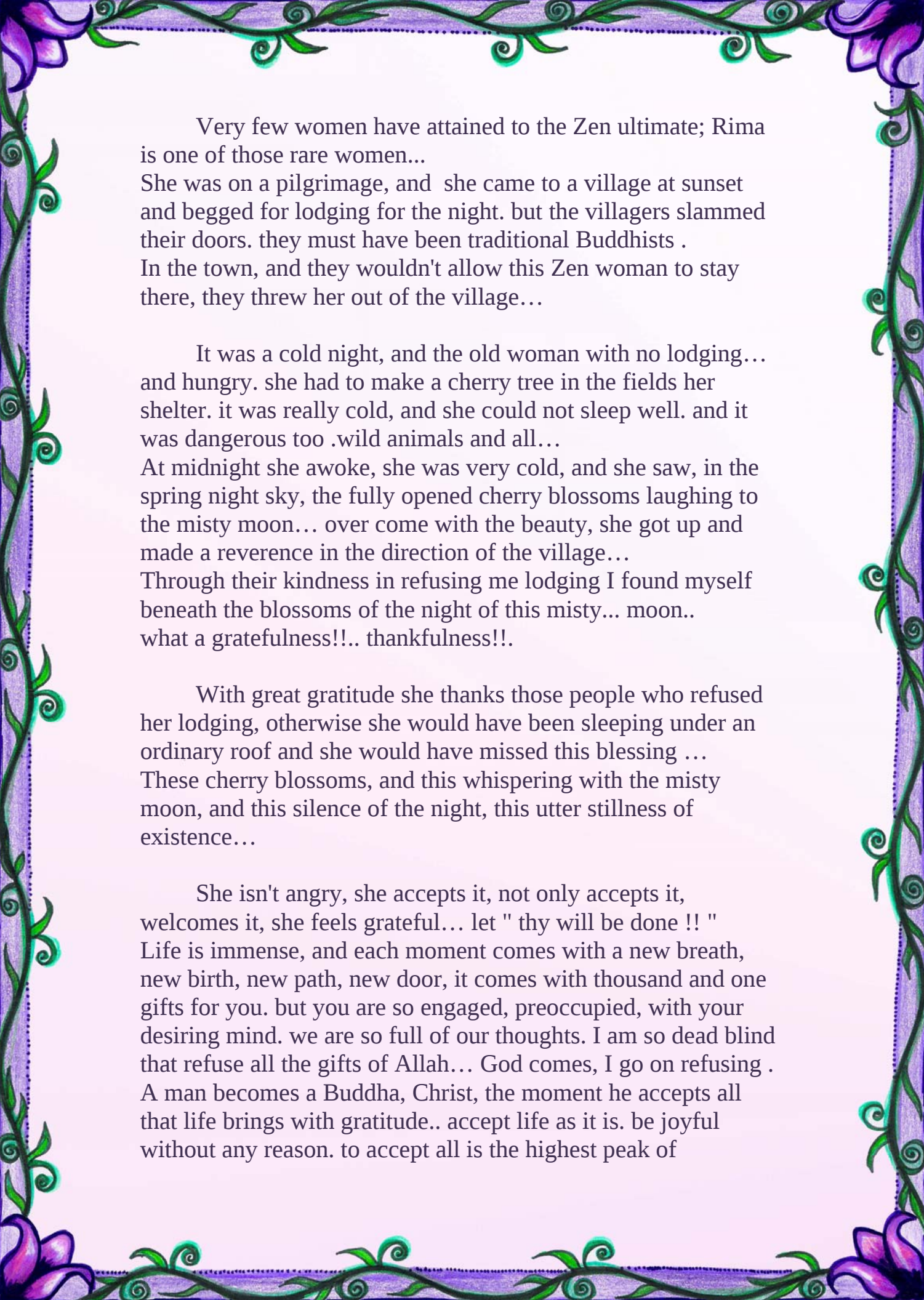
prayer. it is through gratitude that one becomes aware of the presence of God, not vice versa... people think that when they become aware of Allah they will feel very grateful towards him... that's none sense !!it can't happen that way... First we have to learn how to be thankful and grateful. only then can we become aware of the presence of God.

Gratitude mean that you have become aware of one thing; that the existence has done so much for you and you have not even thanked it on the contrary, you have been continuously complaining... why we have lost the very sense of gratefulness... whatsoever happens to us we accept it as if we deserve it... we don't deserve a thing!! But we start taking everything for granted...

Just watch and look at our mother earth... we have not earned these trees and these flowers and these birds and the stars and the mountains. this immensely beautiful existence has been given to us. let us start feeling grateful for it ...it is not a question of to whom: that is not the point. it is irrelevant. just start feeling grateful that you have been showered with so many gifts from some unknown energy, call it God or any other name. but some unknown force has been showering its love on you. start feeling grateful and soon you will be connected with it, and soon you will be bridged and more will start happening...

Yes! I cannot feel grateful enough. it is never enough because the existence goes on doing so much for you... for us.. for me...we cannot repay it but at least we can be thankful not tankful!!!

Let us be full with the power of love not with the love of power... thank you existence for your love and forgive our tanks with one full of hate and war and poison ...let us live our compassion not our emotions... when our heart is full of love any door is open for greater blessings...



Very few women have attained to the Zen ultimate; Rima 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 wouldn't 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 she saw, in the spring night sky, the fully opened cherry blossoms laughing to the misty moon... over come 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 of the night of this misty... moon.. what a gratefulness!!.. thankfulness!!.

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 stillness of existence...

She isn't angry, she accepts it, not only accepts it, welcomes it, she feels grateful... let " thy will be done !! " Life is immense, and each moment comes with a new breath, new birth, new path, new door, it comes with thousand and one gifts for you. but you are so engaged, preoccupied, with your desiring mind. we are so full of our thoughts. I am so dead blind that refuse all the gifts of Allah... God comes, I go on refusing . A man becomes a Buddha, Christ, the moment he accepts all that life brings with gratitude.. accept life as it is. be joyful without any reason. to accept all is the highest peak of

meditation, all the sweetness of life and all the bitterness of life, with equanimity, choicelessly, with no likes, no dislikes .

Once this starts happening you become a rejoicing, you become a serenity, you become utter silence... a silence which is not of the grave but of the grace... the silence of existence... of the flowers... a silence with the dance of the divine unity... a silence which is not nowhere but now – here... Let us learn to accept life as it is. as it comes ... as it goes... just dance with the pain and the gain... just remain a silent witness to all... accept the acceptance...



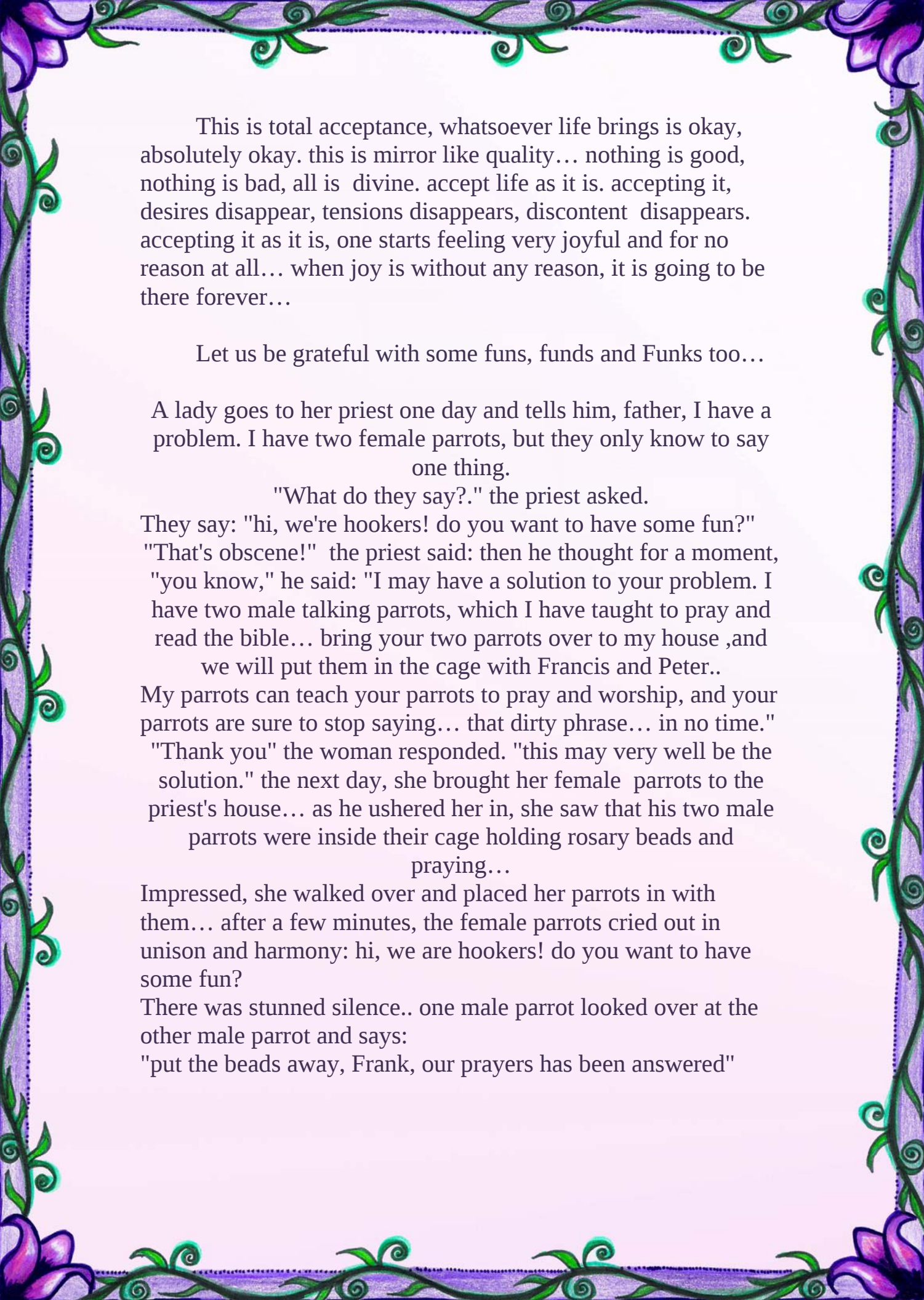
In a great village where the great master Farid was living, a girl became pregnant. her father bullied her for the name of her lover, and, in the end. to escape punishment, she told him it was Farid...

The father said no more, but when the time came and the child was born, he at once took the baby to the master and threw it down.. "it seems that this is your child." he said: and he piled on every insult and sneer at the disgrace of the affair .

The Zen master only said: "oh, is that so?" and took the baby in his arms, wherever he went there after, he took the baby, wrapped in the sleeve of his ragged robe.

During rainy days and stormy nights he would go out to beg milk from the neighboring houses, many of his disciples, considering him fallen, turned against him and left... and Farid said not a word.

Meantime the mother found she could not bear the agony of separation from her child. she confessed the name of the real father, and her own father rushed to Farid and asked forgiveness... Farid said only "oh, is that so?" and gave him the child back...



This is total acceptance, whatsoever life brings is okay, absolutely okay. this is mirror like quality... nothing is good, nothing is bad, all is divine. accept life as it is. accepting it, desires disappear, tensions disappears, discontent disappears. accepting it as it is, one starts feeling very joyful and for no reason at all... when joy is without any reason, it is going to be there forever...

Let us be grateful with some funs, funds and Funks too...

A lady goes to her priest one day and tells him, father, I have a problem. I have two female parrots, but they only know to say one thing.

"What do they say?." the priest asked.

They say: "hi, we're hookers! do you want to have some fun?"

"That's obscene!" the priest said: then he thought for a moment, "you know," he said: "I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the bible... bring your two parrots over to my house ,and we will put them in the cage with Francis and Peter..

My parrots can teach your parrots to pray and worship, and your parrots are sure to stop saying... that dirty phrase... in no time."

"Thank you" the woman responded. "this may very well be the solution." the next day, she brought her female parrots to the priest's house... as he ushered her in, she saw that his two male parrots were inside their cage holding rosary beads and praying...

Impressed, she walked over and placed her parrots in with them... after a few minutes, the female parrots cried out in unison and harmony: hi, we are hookers! do you want to have some fun?

There was stunned silence.. one male parrot looked over at the other male parrot and says:

"put the beads away, Frank, our prayers has been answered"



Ask and you shall be given!!



One woman was asking another, "why have you left your boyfriend? what happened? I had been thinking that you were engaged and that you were going to be married... what happened?"

The woman said: "our religions are different, and that's why we have broken up."

The questioner was puzzled because she knew that both were Catholics, so she said: "what do you mean by saying that your religions are different?"

The woman said: "I worship money, and he is broke."



we will have much more fun about money and sects and sex and name it... why not?

Laughter is a door to the divine... a joke a day keeps the, not away, but in the way... which way? what is a way? my mind is asking this

There is no way leading to it... let us keep jumping from one step to another stepall ways are misleading...

A way as such is going to mislead, because a way means you are going farther away from yourselfa way always takes you away... let us be aware of it... there is no way to come to yourself, you are already there! there is no need to come.

Simply stop these fantasies of going somewhere, of becoming spiritual ,of becoming religious, of attaining enlightenment, nirvana, or any labels.. just rest within your being at home, at ease, relaxed... and this very moment, now and here, you are as you are... be yourself...

Once you know yourself, you know your way... no other way listen!!

The phone rings and the lady of the house answers, "hello" Mrs. Saners, this is doctor Jones at saint jone laboratory. when your husband's doctor sent his biopsy to the lab last week, a biopsy from another Mr. sanders arrived as well... we are now uncertain which one belongs to your husband. frankly, either way the results are not too good."

"what do you mean?" Mrs. Danders asks nervously.

"well, one of the specimens tested positive for Alzheimer's and the other one tested positive for HIV... we can't tell which is which."

" that's dreadful! can you do the test again?" questioned Mrs.. sanders.

"Normally we can, but Medicare will only pay for these expensive tests once."

"well, what am I supposed to do now?"

"the Medicare help desk recommend that you drop your husband off somewhere in the middle of town... if he finds his way home, don't sleep with him."



So let us find our own way to our own home...

What is my way? where is my way ?

In is my way and inn is my home... let us go in and find out who am I? why am I here? let us hear our inner lecture... our only treasure...

This is our lesson for today... the only difference between
the complete way and the finish way...
people say there is no difference between complete and finish
.... But there is !!
when you marry the right one, you are complete... when you
marry the wrong one, you are finished... and when the "right
one" catches you with the "wrong one"
you are...completely finished...



So where is your way? ask your mind and read

A group of friends, all age 40, discussed where they meet for
dinner. finally it was agreed that they would meet at the ocean
view restaurant because the waiters there had tight pants and
nice buns ...

Ten years later, at age 50, the friends once again discussed
where they should meet for dinner, finally it was agreed that
they would meet at the ocean view restaurant because the food
was good and the wine selection was excellent

10 years later, at age 60, the friends again discussed where they
should meet for dinner .finally it was agreed that they would
meet at the ocean view restaurant because they could dine in
peace and quiet and the restaurant had a beautiful view of the
ocean

20 years later at age,80, the friends discussed where they should
meet for dinner, finally it was agreed that they would meet at the
ocean view restaurant because the restaurant was wheelchair
accessible and had an elevator... where are we going later???

What did I say ?

Later / or ladder? ah yes!

Ten years later, at 90 years of age, the friends again discussed
where they should meet for dinner. finally it was agreed that

they would meet at the ocean view restaurant because they had never been there before...



Can we hold hands and climb the ladder? you are so right light... we are here to grow up not grow old... Let us glow together and live our ladder and our elevator...
The body grows old but the being grows up a step at a time and a fly beyond time
This is the ladder, what is a ladder ?
It does not exist.. there is no ladder.. there is no in between...
there is not any gap, it is all one... the earth and sky are not disconnected... they are already joined together .. they are in a deep union, communion.

The very idea of the ladder arises because we have been taught that there is a gap between this world and the other ...
The other shore is in this shore. you are not to go anywhere. you are not to do anything. the potential is actual ,and the first step is the last step. but the mind boggles down, the mind cannot conceive it. mind always wants to have steps ladders.

Mind can cope with a ladder mind cannot cope with quantum leap .mind can cope with evolution, mind cannot cope with revolution...

That is why mind is never revolutionary. it is always orthodox... it is always conventional. mind cannot be revolutionary by its very nature we have been taught again and again that the body and the soul are two, that God and the world are two... and we have been taught that we have to find God against the world, you have to go beyond the world to find God...



Let us wake up and listen to our heart... to a new message...

We are not to go beyond, we are to go within... in is our only inn... all the greater are inwards...

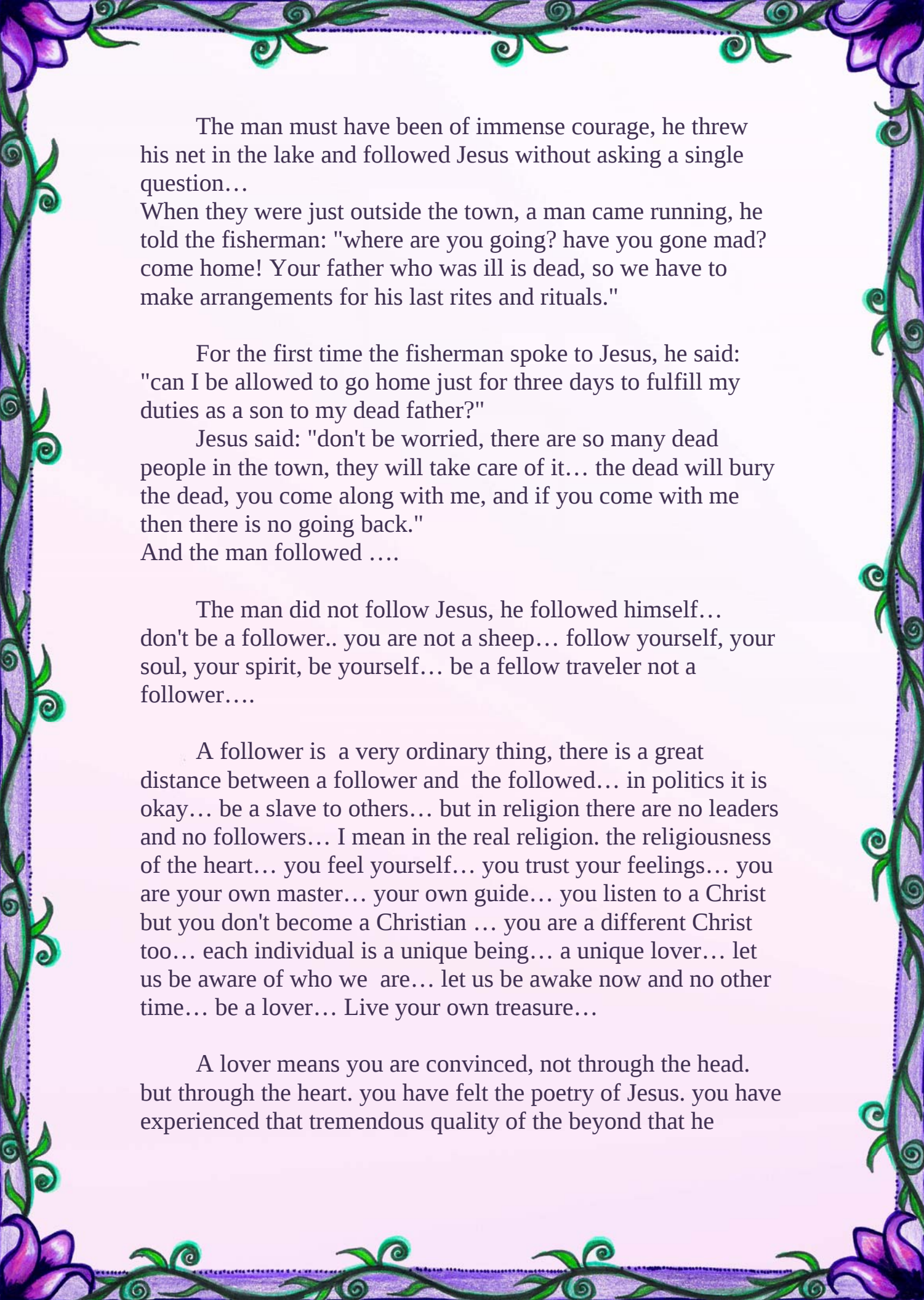
Inwards is the only rewards... go in... the beyond is within, and the within is beyond...

all is here now... in this very moment the whole existence is present in all its possibilities... it is only a shift of consciousness, not a ladder.. it is a change of gestalt, not a ladder, just a leap happens within you, suddenly you start seeing things which you were not seeing but they were already present, they have always been present

A real master know that there is no ladder, no slow progress for us... that is how we have lived for many lives, thinking that gradually we will attain... now is the only time to see and jump in what you are seeing... jump in the ocean and then think... jump and be !! have a quantum leap... there is no distance between you and the creator... we are one with the... ONE God is and only God is...

let us jump in the ocean. no time to waste...
Let us remember this truth all the time... this is a reminder that once you have stepped onto the path to find God, there is no turning back. this takes tremendous courage...

Jesus came once in the early morning to a lake, a fisherman had just thrown his net, the sun is just on the horizon, Jesus puts his hand on the shoulder of the fisherman and looked at him... for a moment no words is uttered between them... Jesus simply looks into his eyes, the man falls in love... something has transpired, Jesus says: "how long are you going to waste your life catching fish? come along with me. I will show you the way to catch God."



The man must have been of immense courage, he threw his net in the lake and followed Jesus without asking a single question...

When they were just outside the town, a man came running, he told the fisherman: "where are you going? have you gone mad? come home! Your father who was ill is dead, so we have to make arrangements for his last rites and rituals."

For the first time the fisherman spoke to Jesus, he said: "can I be allowed to go home just for three days to fulfill my duties as a son to my dead father?"

Jesus said: "don't be worried, there are so many dead people in the town, they will take care of it... the dead will bury the dead, you come along with me, and if you come with me then there is no going back."

And the man followed

The man did not follow Jesus, he followed himself... don't be a follower.. you are not a sheep... follow yourself, your soul, your spirit, be yourself... be a fellow traveler not a follower....

A follower is a very ordinary thing, there is a great distance between a follower and the followed... in politics it is okay... be a slave to others... but in religion there are no leaders and no followers... I mean in the real religion. the religiousness of the heart... you feel yourself... you trust your feelings... you are your own master... your own guide... you listen to a Christ but you don't become a Christian ... you are a different Christ too... each individual is a unique being... a unique lover... let us be aware of who we are... let us be awake now and no other time... be a lover... Live your own treasure...

A lover means you are convinced, not through the head. but through the heart. you have felt the poetry of Jesus. you have experienced that tremendous quality of the beyond that he

brings to the world. you have tasted something of the farther shore in him.: you have imbibed his spirit ...

A follower can become a doubter at any moment. just a little logic is enough to create doubt... just look and see what is going on around the world in between all the Christians... why so much wars? why so many sects? just think!!!

Yes! in the name of Islam, so many wars... Why? where is our awareness? we don't listen... we don't hear... we don't see... we are snoring day and night and who is wrong? who is right? where to go? what to do?

Go in and be.. do what you love and money will follow... work is worship not war – ship... just watch what you are seeing!!

A fellow walks into a bar, notices a very large Jar on the counter, and sees that it's filled to the brim with 10 \$ bills ...

He guesses there must be more than ten thousand dollars in it... he approaches the bartender and asks: what's with the money on the jar?" well... You pay \$10 and if you pass three tests, you get all the money and the keys to a brand new Lexus."

the man certainly isn't going to pass this up. and so he asks: "what are the 3 tests?" "you must pay first... those are the rules" says the bartender, so, after thinking it over a while, the man gives the bartender the \$ 0 and the bartender drops it into the jar.

"Okay", the bartender says: "here's what you need to do: first, you have to drink a whole quart of tequila, in a minute or less, and you can't make a face while doing it... second, there is a pit bull chained in the back with a bad tooth.

You have to remove that tooth with your bare hands ... Third – there is a 90 – year old lady upstairs who has never had sex... you have to take care of that problem!

The man is stunned: "I know I paid my \$10, but I am not an idiot!! I won't do it! you'd have to be nuts to drink a quart of tequila, and then do all those other things...

"Your call" says bartender... "but, your money stays where it is"

As time goes on, and the man has a few more drinks, he finally says: "where's the damn tequila?" he grabs the bottle with both hands and drinks it as fast as he can. tears stream down both cheeks... but he doesn't make a face, and he did it in 58 seconds!! next , he staggers out the back door, where he sees the pit bull chained to a pole. soon the people inside the bar hear growling, biting, and screaming sounds... then nothing but silence!!

Just when they think that the man surely must be dead, he staggers back into the bar, with his shirt zipped open and there are scratches and he's bleeding all over his body. He says: "now where is that old woman with the bad tooth?"



What is the moral of this story? what shall I do?
Just be aware to listen carefully to the direction, and don't trust your judgment when alcohol is involved!! and nowadays!! alcohol is in every sip and in every cup! wake up...
Let us know what we can about... alcohol... all societies have been against it, but still, they have to allow it, because they know that without alcohol there would be much chaos, alcohol has to be allowed in mild doses, legal doses, legally it has to be allowed why? because it soothes people; it is a tranquilizer, and people are in such an inner anguish, they need something to soothe them, otherwise they would simply go berserk, they would simply go mad... so no society can afford freedom about alcohol, but no society can prohibit it completely, that is not possible, either way it will be difficult to manage, alcohol is a need, because the tension is so great inside that you would go mad because of it...

Only a meditative society can be free of alcohol... the person who is interested in alcohol must be living in misery, in a kind of suffering...

That is why he wants to forget it all somehow...
Alcohol is a chemical strategy to forget your misery...
To forget yourself.. your problems... but this is not the way to
live... you will be unaware of your own self ...the word
"awareness" is the golden key to our life...



How can we stop drinking?

A young man of good family had a great love for drink... his
family and friends tried to break him of this habit but with no
success..

A friend suggested a severe shock, they dressed him like a
corpse, darkened the room, placed a few lightened candles and
laid him in a coffin and put a friend there to watch him...

He woke up and was puzzled by the look and asked "where I
am?"

You are dead !

Dead? how long have I been dead?

Three days..

Well, well, are you dead as well?

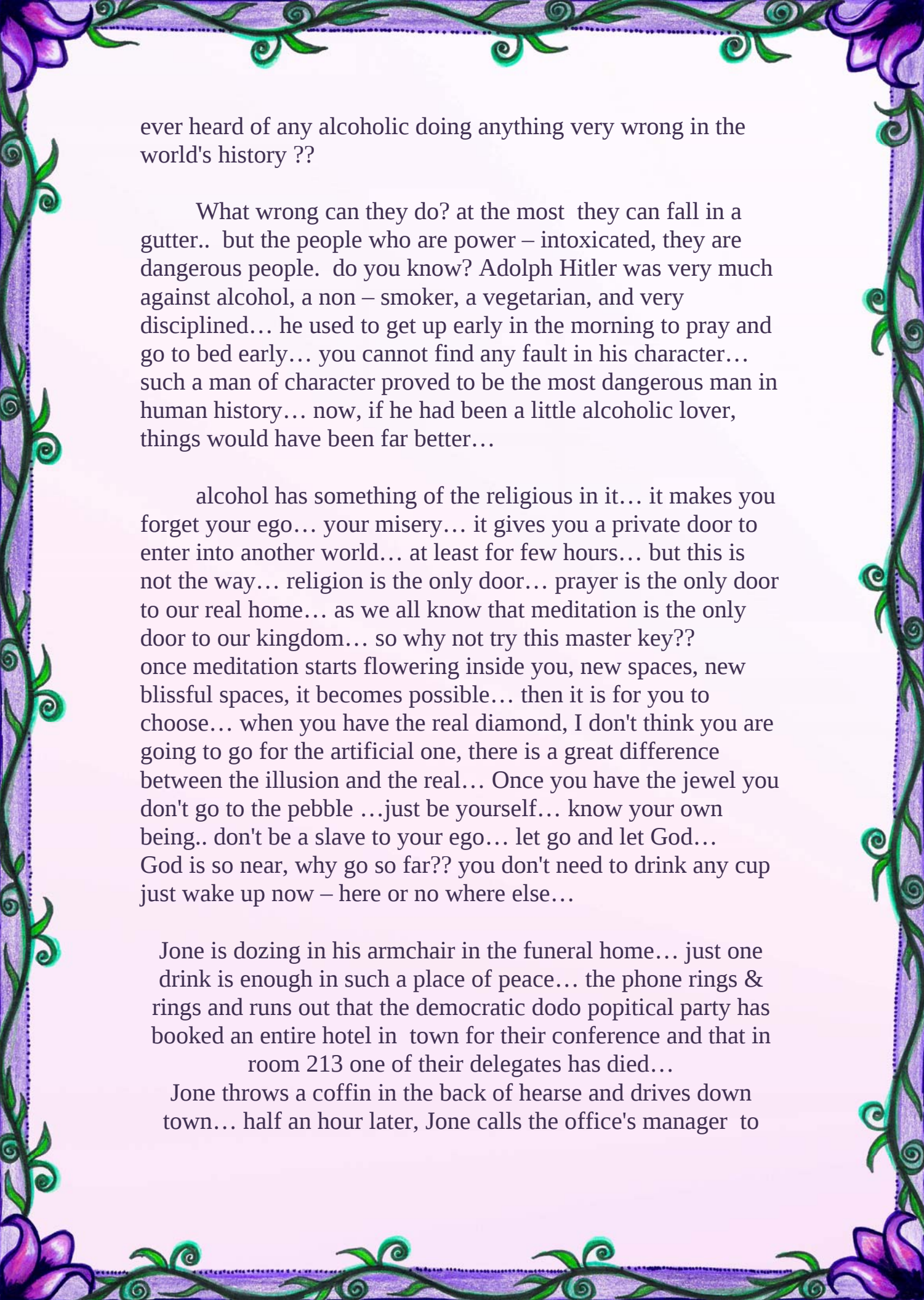
Yes I am dead as well.. said his companion.. that is funny...
how long have you been dead?

Three weeks...

Well, if you have been dead three weeks, and I have only dead
for three days, you must know the place better than I do...
where can we go and get a drink ?



Such a man is a suicidal, but the egoholic, the powerholic,
is a murderer... a very dangerous power to kill the whole
nation... and what a joke !! all the politicians are against
alcohol but they are the really dangerous people... have you



ever heard of any alcoholic doing anything very wrong in the world's history ??

What wrong can they do? at the most they can fall in a gutter.. but the people who are power – intoxicated, they are dangerous people. do you know? Adolph Hitler was very much against alcohol, a non – smoker, a vegetarian, and very disciplined... he used to get up early in the morning to pray and go to bed early... you cannot find any fault in his character... such a man of character proved to be the most dangerous man in human history... now, if he had been a little alcoholic lover, things would have been far better...

alcohol has something of the religious in it... it makes you forget your ego... your misery... it gives you a private door to enter into another world... at least for few hours... but this is not the way... religion is the only door... prayer is the only door to our real home... as we all know that meditation is the only door to our kingdom... so why not try this master key?? once meditation starts flowering inside you, new spaces, new blissful spaces, it becomes possible... then it is for you to choose... when you have the real diamond, I don't think you are going to go for the artificial one, there is a great difference between the illusion and the real... Once you have the jewel you don't go to the pebble ...just be yourself... know your own being.. don't be a slave to your ego... let go and let God... God is so near, why go so far?? you don't need to drink any cup just wake up now – here or no where else...

Jone is dozing in his armchair in the funeral home... just one drink is enough in such a place of peace... the phone rings & rings and runs out that the democratic dodo popitital party has booked an entire hotel in town for their conference and that in room 213 one of their delegates has died...

Jone throws a coffin in the back of hearse and drives down town... half an hour later, Jone calls the office's manager to

confirm that the job is done and that the occupant of room 312
has been removed...

"you idiot!!" shouts the manger, "I said room 213! was the man
312 dead also?" "he said he was not" said Jone calmly, "but you
know how they talk... all the politicians are liars."



Francesco goes to the medical room to see doctor Azima...
Mama Mia... he says to Azima. I came home last night and
found my wife in bed with my best friend. I was about to kill
them both when she said... come on Fransesco, we are all
friends... let us have a drink together... so we all sat down and
had a drink... the next day I saw her in bed with a new stranger
and we had a drink together, and it is happening every day this
week...

I see, says the doctor, but I am not a therapist... I am a doctor,
why you tell me all this?

Well says Francesco, I am worried, will it be bad for me all this
drinks?...



Do you want to stop drinking? yes you can... not only
drinking but any habits that you don't like... how? just read and
listen....

Give at least two hours every day for meditation and then by and
by you will become so silent and so happy, so unworried, that
the desire to drink will start disappearing...

When the desire starts disappearing, you start reducing
your intake, not before it, if you do so it before, it will be by
force and will be destructive to the body. it will create a conflict
inside... and whatsoever we repress is going to take revenge...

Drinking simply shows that we have problems and we can solve it... just be aware of the cause... simply meditate and become more and more silent and a moment comes when you cannot drink... and it will drop on its own accord.. do not fight with any fear or feeling... just face your fear and you will face your original grace... you are your own boss... your own healer... your own power...

Jon gets a new job and on the first day, the boss walks up to him and says: "what is your name?" Jon smith, Jon replied... "look here" snaps the boss "say sir when you speak to me!" "all right " says Jon "sir Jon smith!"

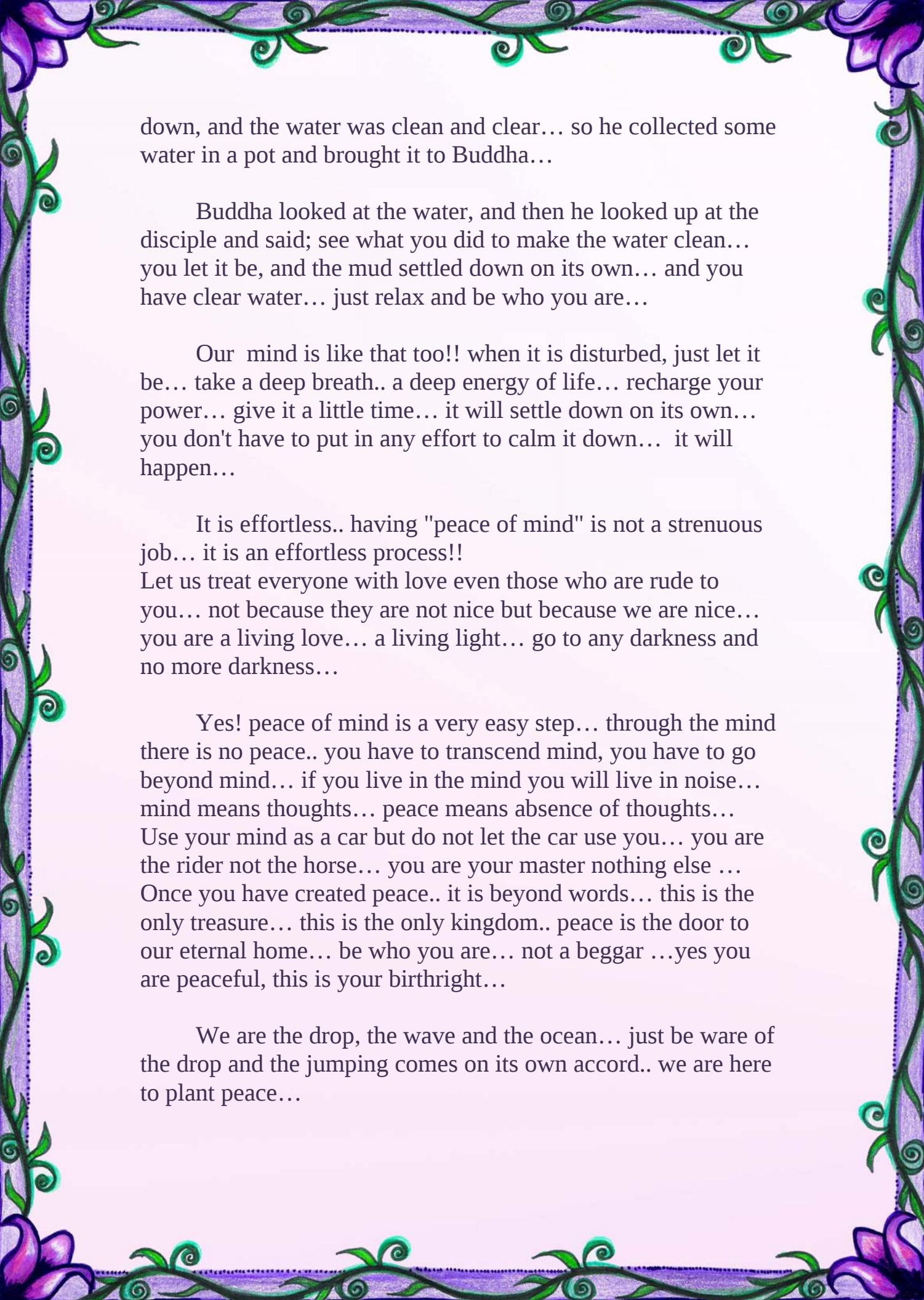


Yes! you are your own sir ...
You are born free to be who you are... to eat and drink and be merry and why worry??

Once Buddha was traveling with a few of his followers.. while they were passing a lake, Buddha told one of his disciples, "I am thirsty, do get me some water from the lake." The disciple walked up to the lake, at that moment an ox cart started crossing through the lake... as a result, the water became very muddy and turbid... the disciple thought, "how can I give this muddy water to Buddha to drink?" So he came back and told Buddha, " the water in there is very muddy. I don't think it is fit to drink. "

After about half an hour, again Buddha asked the same disciple to go back to the lake, the disciple went back, and found that the water was still muddy, he returned and informed Buddha about the same...

After sometime, again Buddha asked the same disciple to go back... this time, the disciple found the mud had settled



down, and the water was clean and clear... so he collected some water in a pot and brought it to Buddha...

Buddha looked at the water, and then he looked up at the disciple and said; see what you did to make the water clean... you let it be, and the mud settled down on its own... and you have clear water... just relax and be who you are...

Our mind is like that too!! when it is disturbed, just let it be... take a deep breath.. a deep energy of life... recharge your power... give it a little time... it will settle down on its own... you don't have to put in any effort to calm it down... it will happen...

It is effortless.. having "peace of mind" is not a strenuous job... it is an effortless process!!

Let us treat everyone with love even those who are rude to you... not because they are not nice but because we are nice... you are a living love... a living light... go to any darkness and no more darkness...

Yes! peace of mind is a very easy step... through the mind there is no peace.. you have to transcend mind, you have to go beyond mind... if you live in the mind you will live in noise... mind means thoughts... peace means absence of thoughts... Use your mind as a car but do not let the car use you... you are the rider not the horse... you are your master nothing else ... Once you have created peace.. it is beyond words... this is the only treasure... this is the only kingdom.. peace is the door to our eternal home... be who you are... not a beggar ...yes you are peaceful, this is your birthright...

We are the drop, the wave and the ocean... just be ware of the drop and the jumping comes on its own accord.. we are here to plant peace...



How to plant peace?

Let me share this vision again and again

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 lifetime plant people

What kind of people? are you a pebble or jewel ?

What is your identity? are you a person? a VIP persona? A masky face? who are you? look at your original face... face your grace... face yourself... your being you are not a body...

Not a mind.. not a self... not a soul... not a spirit... you are beyond and bond and any band and any word and world... you are the mystery of God on earthyou don't belong to any nations... any religion... any thought you are a free human becoming... you are for a reason beyond any season.. you are never born and never will die just crossing the bridge of god... from home to home this is our kingdom of God...

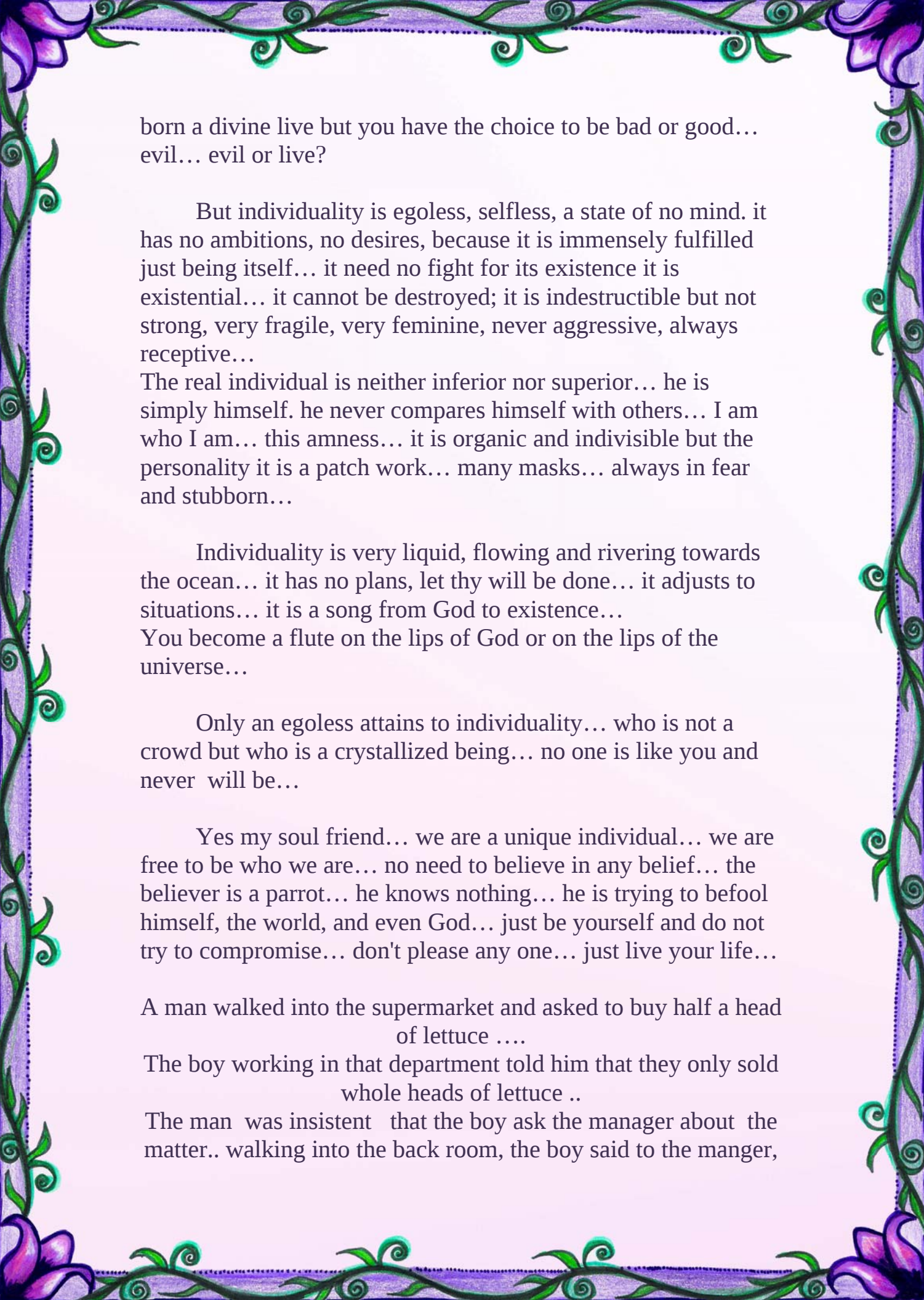
We are here to live our choice.. peace or war ?

Be aware of your choice... once when I am aware of my amness then I walk my talk... I live my life... I plant my seed... this is why Jesus. gave us the mustard seed... the smallest seed is a bigger tree for many birds and many beings to come and rest and be the best...

No.. I am not a person... nor a personality... nor a utility not a unique individual to live my individuality ...

Let us read it again and again to gain more and more from such pain...

Alexander the great, napoleon and all the heroes are great greed personalities.. very stubborn... born to kill... they are manufactured by the mind... this is the devil evil... You are



born a divine live but you have the choice to be bad or good...
evil... evil or live?

But individuality is egoless, selfless, a state of no mind. it has no ambitions, no desires, because it is immensely fulfilled just being itself... it need no fight for its existence it is existential... it cannot be destroyed; it is indestructible but not strong, very fragile, very feminine, never aggressive, always receptive...

The real individual is neither inferior nor superior... he is simply himself. he never compares himself with others... I am who I am... this amness... it is organic and indivisible but the personality it is a patch work... many masks... always in fear and stubborn...

Individuality is very liquid, flowing and rivering towards the ocean... it has no plans, let thy will be done... it adjusts to situations... it is a song from God to existence...
You become a flute on the lips of God or on the lips of the universe...

Only an egoless attains to individuality... who is not a crowd but who is a crystallized being... no one is like you and never will be...

Yes my soul friend... we are a unique individual... we are free to be who we are... no need to believe in any belief... the believer is a parrot... he knows nothing... he is trying to befool himself, the world, and even God... just be yourself and do not try to compromise... don't please any one... just live your life...

A man walked into the supermarket and asked to buy half a head of lettuce

The boy working in that department told him that they only sold whole heads of lettuce ..

The man was insistent that the boy ask the manager about the matter.. walking into the back room, the boy said to the manger,

"some old bastard wants to buy a half of a lettuce..." as he finished his sentence, he turned around to find that the man was standing right behind him so he quickly added, "and this gentle man kindly offered to buy the other half."

The manger approved the deal and the man went on his way. later, the manger said to the boy: "I was impressed with the way you got yourself out of that situation earlier, we like people who can think on their feet here, where are you from son?"

"Jamaica, sir" the boy replied...

"Why did you leave Jamaica?" the manager asked, The boy said:

"sir, there's nothing but whores and football players there."

"is that right?" replied the manager, "my wife is from Jamaica!"

"really ?" replied the boy: "who did she play for?"



Right on the spot... he gave the knack... the natural spontaneity... it came from his center... nothing to hide or hinder.. all the door, are open... just be free of the time and live the now... it becomes sacred...

Let us live our nature and be a childlike not a childish, this is what a spiritual individual is...

He belongs to no creed, no dogma.. no sect.. no religion but spirituality... individuality which keeps you a lion not a sheep.. so keep your sense of humor and your spontaneity...

Mulla Nasruddine was in love with two beautiful women... he was telling both of them separately that you are the most beautiful woman I have ever met... one day both of the women meet and realize that he is saying the same thing to both of them... they go together to Mulla and asked him, "now tell us the truth, who is more beautiful?"

Mulla thought for a moment and said: "you are both more beautiful than each other."



Is there any better answer? or if it was bitter who will be the loser??

So let us live our knack luck too and be smart and wise and why not??



So what kind of personality you want to be?

Yes! we have two categories... T personality, toxic, and N personality, nourishing...

The T always looking at things in a negative way... always sad, depressing... hides all the beauty and finds only errors and mistakes... he wants to look at loopholes, anything that is missing, and this is the best way to be perfect... he poisons his own being to please the others...

It is a very morbid attitude, they will say to the child, because like Jesus... and you become a victim... we are victims of victims... this is our heritage from age to age and we are in the cage... these people are all over the planet... popes. politicians... power minds.. all kinds of rulers.. they are our history and our misery... they are the great poisoners of the world...

The second personality, the N... nourishing, is totally different.. it has no ideals, really ...it just looks into life and the reality decides its ideal... it is very reasonable, it is never perfectionist, it is holistic... and always looks on the good side of things... the N personality is always hopeful, radiant, adventurer, trusting, not judging... there are people who become poets, painters, musicians...



If an N person become a saint, then he is a sage... beyond sin and saint... has no goal...

If an N person become a father or a mother then there is real love for mothering and fathering. the T type will exploit the child, to torture, to dominate, possess and to crush and feel powerful by crushing the child...

The T type is in the majority, so you may be right that you are carrying a heritage, everybody is... but once you become aware, there is not much of a problem...

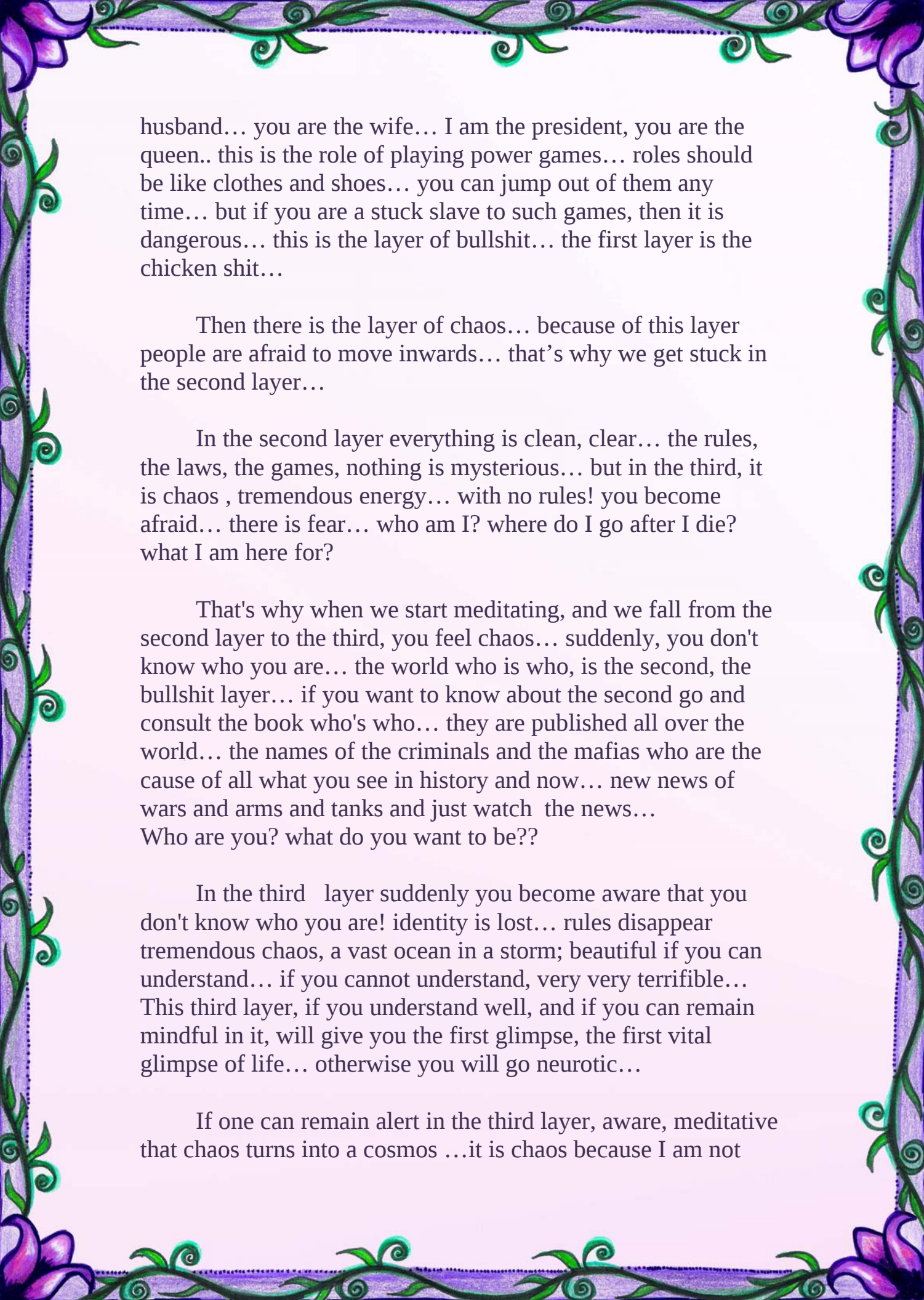
You can change from T... to N very easily ...
Just be this herenow... do not push and not use should.. just be aware in whatsoever you are doing... and you are here to be yourself... by and by your T is turning into N. you will become nourishing and you will enjoy more, you will love more, and you will become more meditative

Just enjoy and move as fits your being... no shoulds no ideals, otherwise they will poison you... look at life with deep hope, it is really beautiful. just look at it, and don't wait for perfection...

God is in us... to the N type never to type... God reveals himself to those who can love all what they see... the good and the bad... so just relax, enjoy, accept, and problems will disappear...

Look at the first layer of your personality which is the most superficial... the layer of formalities, socialites it is needed; nothing is wrong in it ...just a social lubricant... it helps smoothness Good morning, how are you?! great fine, nice weather, well... see you later... use it but not be used by it...

Go beyond this useless formality... it has no contact with life... the second layer is of roles and games... I am the



husband... you are the wife... I am the president, you are the queen.. this is the role of playing power games... roles should be like clothes and shoes... you can jump out of them any time... but if you are a stuck slave to such games, then it is dangerous... this is the layer of bullshit... the first layer is the chicken shit...

Then there is the layer of chaos... because of this layer people are afraid to move inwards... that's why we get stuck in the second layer...

In the second layer everything is clean, clear... the rules, the laws, the games, nothing is mysterious... but in the third, it is chaos , tremendous energy... with no rules! you become afraid... there is fear... who am I? where do I go after I die? what I am here for?

That's why when we start meditating, and we fall from the second layer to the third, you feel chaos... suddenly, you don't know who you are... the world who is who, is the second, the bullshit layer... if you want to know about the second go and consult the book who's who... they are published all over the world... the names of the criminals and the mafias who are the cause of all what you see in history and now... new news of wars and arms and tanks and just watch the news... Who are you? what do you want to be??

In the third layer suddenly you become aware that you don't know who you are! identity is lost... rules disappear tremendous chaos, a vast ocean in a storm; beautiful if you can understand... if you cannot understand, very very terrible... This third layer, if you understand well, and if you can remain mindful in it, will give you the first glimpse, the first vital glimpse of life... otherwise you will go neurotic...

If one can remain alert in the third layer, aware, meditative that chaos turns into a cosmos ...it is chaos because I am not



centered, not aware if I am aware it becomes a cosmos, an order, and not the order of human rules, the order of the universe, the ultimate order, not man – made...

And, if you remain alert, the chaos is there but you are not in the chaos, you transcend it, you are only a witness... you are above, you are not lost in it...

Then there is the fourth layer.. if you pass the third, only then can you enter the fourth... if you have faced chaos, if you have faced the anarchy of the inner world, then you become capable of entering the fourth...

The fourth is the death level... the death plane ...after the chaos one has to face death... the chaos prepares... die before you die...

The prophet Mohammad said it all and all the four khalifas played this layers of death and resurrection...

On the fourth, if you reach, you will have a sudden feeling of dying... you are dying... death of the ego... in meditation too we feel it when we touch this layer of consciousness... the universal super experience of existence...

The fifth is the layer of life... energy becomes absolutely free, with no blocks... you are free to be whatsoever you want to be... to move, not to move... to act not to act... whatsoever.. your are absolutely free... energy becomes spontaneous These are the five layers... you have to go backwards, to the original source... to the original state... in Islam is karamatullah... in Buddhism it is pratikramana... that's what Christ has called conversion, becoming again a child Then, When all layers of your onion are peeled off, it is an arduous thing... even to peel an onion is difficult, tears will come to your eyes, and when you peel the onions of your own personality, many tears will be there, it is hard, but it has to be done, otherwise you live a false life, and you will live a sick life...



Mohammad said: as if you are holding fire in your hands... this is the new birth... born again a human becoming... a khalifa... a Christ consciousness... a Buddha... an enlightened being... the mystery of God on earth...

Be aware of your awareness.. be aware that even when you make a mistake that too can be an opportunity. when you realize that you have gone against your own truth and you compromised what you feel in your heart allow the tears to flow very deep in you and they can be a transformation...

No other man can be comparable to al – Hallaj Mansour in the Sufi tradition... many people have been murdered in the past by so – called religious people... Jesus was simply crucified, but Mansour was cut into pieces...

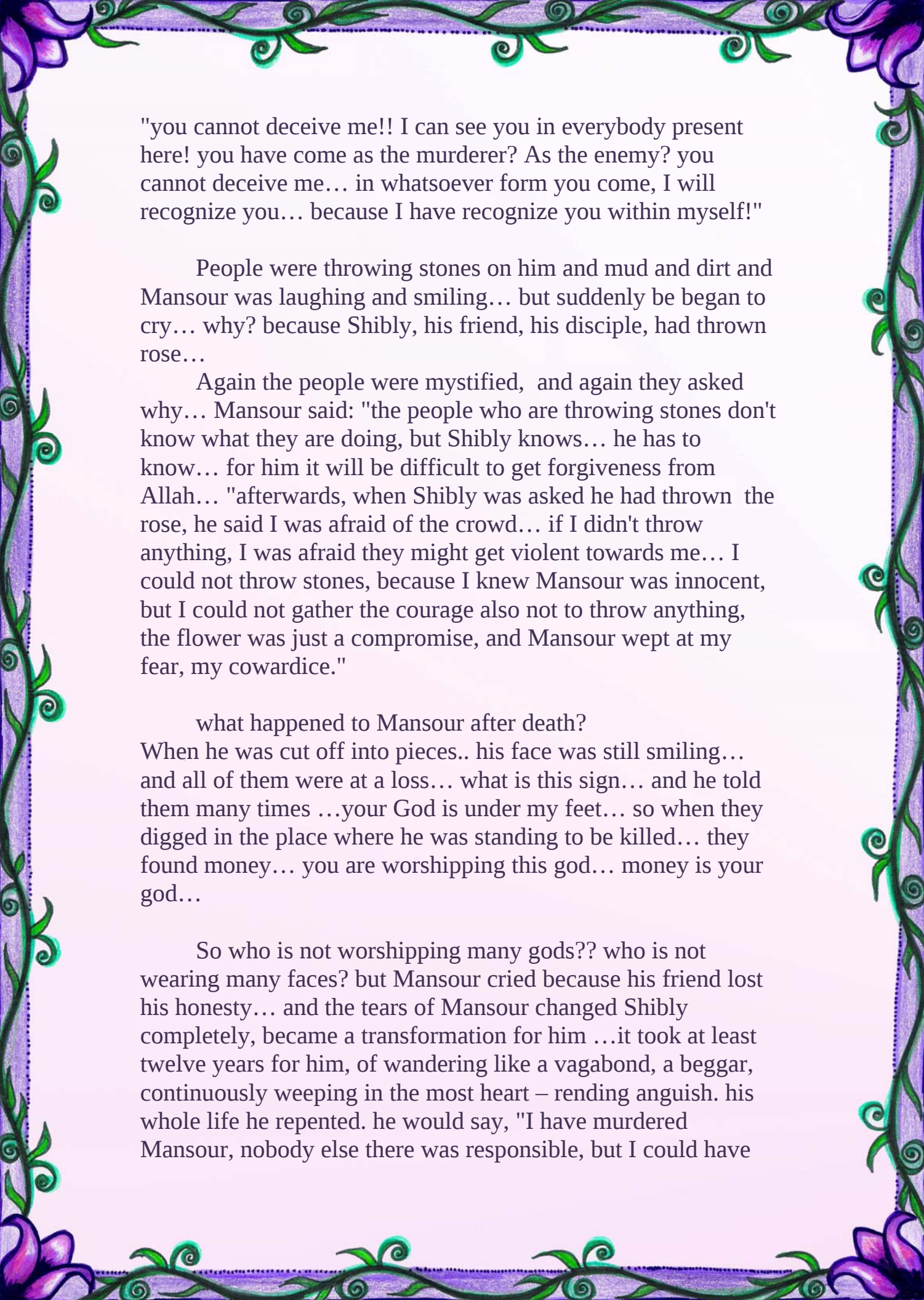
He was cut off... and then his hands were cut off... then his tongue was cut out, then his eyes were taken out... and he was alive, and then his neck was cut...

And what crime had Mansour committed? the only crime was this, that he had said Ana'l Hag!! it means "I am the truth, I am God." in India he would have been worshipped for centuries....

A hundred thousand people had gathered to throw stones at Mansour, to ridicule him. Mansour was laughing. when his feet were cut off, he took the blood in his hands ...and somebody asked him what he was doing...

Masour said: "how can you wash your hands with water? because crimes you commit with your blood sins you commit with your bloods, only the blood can be the purification... I am purifying my hands, I am getting ready for prayer"

When they started to cut off his hands, he said "wait a minute! let me pray now, because when my hands are no more it will be difficult." so he looked at the sky and he said to God.



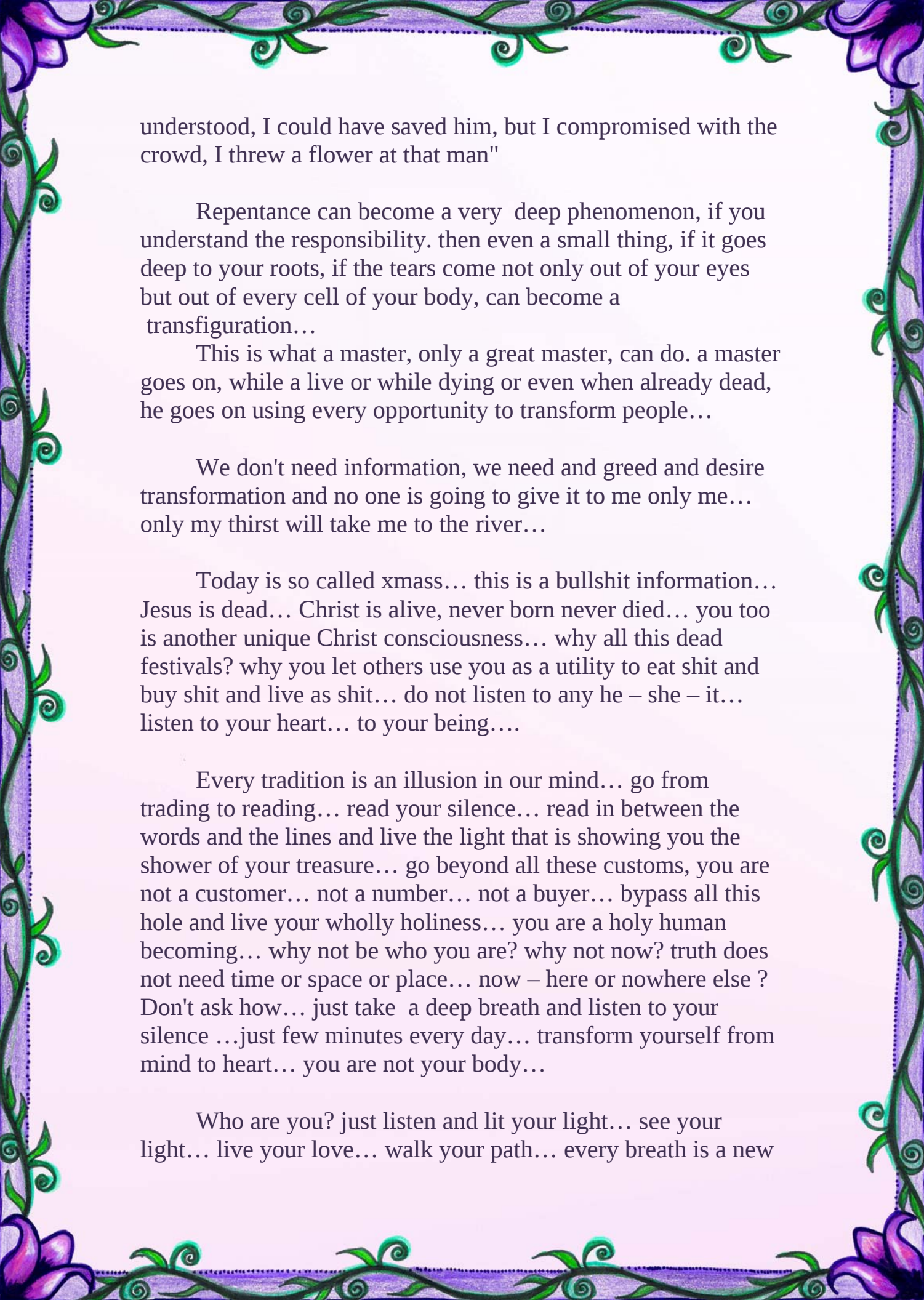
"you cannot deceive me!! I can see you in everybody present here! you have come as the murderer? As the enemy? you cannot deceive me... in whatsoever form you come, I will recognize you... because I have recognize you within myself!"

People were throwing stones on him and mud and dirt and Mansour was laughing and smiling... but suddenly he began to cry... why? because Shibly, his friend, his disciple, had thrown rose...

Again the people were mystified, and again they asked why... Mansour said: "the people who are throwing stones don't know what they are doing, but Shibly knows... he has to know... for him it will be difficult to get forgiveness from Allah... "afterwards, when Shibly was asked he had thrown the rose, he said I was afraid of the crowd... if I didn't throw anything, I was afraid they might get violent towards me... I could not throw stones, because I knew Mansour was innocent, but I could not gather the courage also not to throw anything, the flower was just a compromise, and Mansour wept at my fear, my cowardice."

what happened to Mansour after death?
When he was cut off into pieces.. his face was still smiling... and all of them were at a loss... what is this sign... and he told them many times ...your God is under my feet... so when they digged in the place where he was standing to be killed... they found money... you are worshipping this god... money is your god...

So who is not worshipping many gods?? who is not wearing many faces? but Mansour cried because his friend lost his honesty... and the tears of Mansour changed Shibly completely, became a transformation for him ...it took at least twelve years for him, of wandering like a vagabond, a beggar, continuously weeping in the most heart – rending anguish. his whole life he repented. he would say, "I have murdered Mansour, nobody else there was responsible, but I could have



understood, I could have saved him, but I compromised with the crowd, I threw a flower at that man"

Repentance can become a very deep phenomenon, if you understand the responsibility. then even a small thing, if it goes deep to your roots, if the tears come not only out of your eyes but out of every cell of your body, can become a transfiguration...

This is what a master, only a great master, can do. a master goes on, while a live or while dying or even when already dead, he goes on using every opportunity to transform people...

We don't need information, we need and greed and desire transformation and no one is going to give it to me only me... only my thirst will take me to the river...

Today is so called xmass... this is a bullshit information... Jesus is dead... Christ is alive, never born never died... you too is another unique Christ consciousness... why all this dead festivals? why you let others use you as a utility to eat shit and buy shit and live as shit... do not listen to any he – she – it... listen to your heart... to your being....

Every tradition is an illusion in our mind... go from trading to reading... read your silence... read in between the words and the lines and live the light that is showing you the shower of your treasure... go beyond all these customs, you are not a customer... not a number... not a buyer... bypass all this hole and live your wholly holiness... you are a holy human becoming... why not be who you are? why not now? truth does not need time or space or place... now – here or nowhere else ? Don't ask how... just take a deep breath and listen to your silence ...just few minutes every day... transform yourself from mind to heart... you are not your body...

Who are you? just listen and lit your light... see your light... live your love... walk your path... every breath is a new

birth and a new path on our way to life, light, love and laughter...

Yes my beloved Christ... you are not less than any other light.. you are a unique gift of gold and a unique cup of wine...

Yes! let us have a cup and wake up...

Mulla killed his wife and then there was a case in the court. the judge said to him:

"Mulla, you go insisting again and again that you are peace loving man... what type of peace loving man are you? you killed your wife!!"

Nasruddine said: yes, I repeat again and again that I am Mulla Nasruddine who is a peace loving man... you don't know, when I killed my wife such peace came to my heart and on her face, and for the first time in my house there was peace all over... and I had the best drink ever... and I still insist that I am a peace loving man"



Another cup too!!

A big earthquake with great disaster Pakistan... two million Pakistanis have died and over a million are injured... The country is totally ruined and the government doesn't know what to do... the rest of the world was in shockthe USA is sending oil... Latin American countries are sending supplies, New Zealand is sending sheep, cattle and food crops.. Australia is sending medical team and drugs... the Asian continents are sending labor to assist in rebuilding infrastructureBritain, not to be out done, is sending two million Pakistanis as replacements.



God bless British generosity



What can we do to help the world from the coming disasters?

A great global war! global madness! how to change the insanity?

No one can change the other.. but every one can change the self... if I lit my candle and you too... it is better than judging the darkness... don't condemn the war, plant peace in yourself... transform yourself...

I am responsible and able to change only myself...

Transformation is my mission and my vision only to myself... this is the first step in change...

The greatest desire in the world is that of inner transformation. the search for money is nothing, the desire for more power, prestige, is nothing... the greatest desire is the so – called spiritual desire, and once you are caught in that desire you will remain miserable for ever...

Transformation is possible, but not by desiring it. you are already it.... You are light... you are love... you are a unique child of God... you are a unique superconsciousness... Just be who you are... just relax into that which is, whatsoever is.. accept yourself as you are... do not lie, do not cover up your masks... face your original face.. be in a meditative state... ask yourself who am I? why I am here? join any meditation way... every breath is a path to our inner being... Transform yourself from form to a being... we are not a body... who are we?

No one can help me to be myself my thirst will take me to the river... I read the book that touches my being.... osho is my

only master of freedom, of life... of any word beyond words...
so find any such beloved friend and from the first step comes the
whole holy trip...

Watch the insanity in your mind and the sanity in your heart and
witness what you feel ...it is your choice... your power of
transformation... your power of change... look in and see the
chaos... look out and see the cosmos... so what is your
choice??

yes! Allow change to happen... life is change... this is the
bliss... ask and shall be given to you.. and don't ask too...
it is already in you... just see it... change is a constant law.. the
river is rivering for ever and ever this is our eternal treasure...
let us live the ultimate secret in our life...

step one .. I know that I don't know... I read the book that
I love not that the one is imposed on me... I join any commune
that touches my heart... I don't follow any guru, any master, but
be a fellow traveler.. a friend, not a follower.. not a sheep... I
want to know... not to believe... I want to live my freedom and
be on my own path...

truth is transmitted to all of us... but how to see it? how to
be it? this is my choice... we are the light and easy to be
enlightened but to become a master is very difficult...
there are many enlightened masters but very few who can
deliver the key of life...

Let us listen to this truth !!



*Why is it that the ultimate secret is usually
transmitted to only one in many tradition?*

It is not transmitted to only one, but to many, but only one is
authorized to transmit it further ...

Buddha transmitted his knowing to thousands, but he gave his authority to one of his friends because he was the most capable of being a master It is not so difficult to become enlightened, but to become a master is very difficult... there are many enlightened persons, but not all enlightened persons are masters ...Mohammad gave it to Ali... with Christ? All the men around him lived the deny and the denial... only few women trusted him...

When you become enlightened, it is your own thing, but to be a master you need some art to convey it to others ...and it is the most difficult art because something has to be given which cannot be given, something has to be transmitted which is not transmittable, something has to be said which cannot be said in language... so only a very highly qualified soul artist can be appointed to transmitted it ...it is not that enlightenment and the secret keys of its knowledge are delivered to only one... they are delivered to many... but who is a Buddha? who is Christ? who is a Mohammad?

All of us are the family of God... but to be and once you know, then no need to believe.. but to be and live... this is the faith, and who have faith reach trust... Faith is the hajj... the pilgrimage and trust is the destiny... Begin in faith, end in trust...



Ugliness

What is this beauty?

Where does it come from?

Is the lily ugly?

Is the thorn in the rose flower ugly?

why we do plastic beauty?

How can I love my body...

Why the breasts are blooming?

What is the breath?

How to dance with the breath...

Body... breast... being...

and beyond...





Ugliness...

What is this beauty? what is this sign?

Ugliness has nothing to do with our body... The beauty or the ugliness of the body is very superficial... The real thing comes from within... If you can become beautiful within, you will become luminous... It has happened many times... even an ugly person, when he becomes meditative, start looking beautiful... look at the faces of any real commune... at any body... at mother earth... Look at your face... when you are happy or sad... when you are good or bad... The face speaks the truth... look at your original face not at your masks... when you relax, your face relaxes too... your tension, your misery, which had become part of your face, slowly, slowly wears off... the skin relaxes... your face start gleaming with a new inner joy, they become luminous...

Physical beauty and ugliness is not very important. The real thing is the inner . I can teach you how to be beautiful from within and that is the real beauty... it is not the plastic surgery... it is the realistic treasury... once it is there, your physical form won't matter much. Your eyes will start shining with joy; your face will have a gleam, a glory, a ray from the highest fly of the highest inner – outer sky... the form is only a foam and will become immaterial...

When something starts flowing from within you, some grace, then the outer form is just put aside... comparatively it loses all significance don't be worried about it...



Meditate, love, dance, sing, celebrate now – here with every breath, and the ugliness will disappear... Bring something higher into yourself... and the lower will be forgotten, because it is all comparative, it is all relative.. If you can bring something higher into yourself...

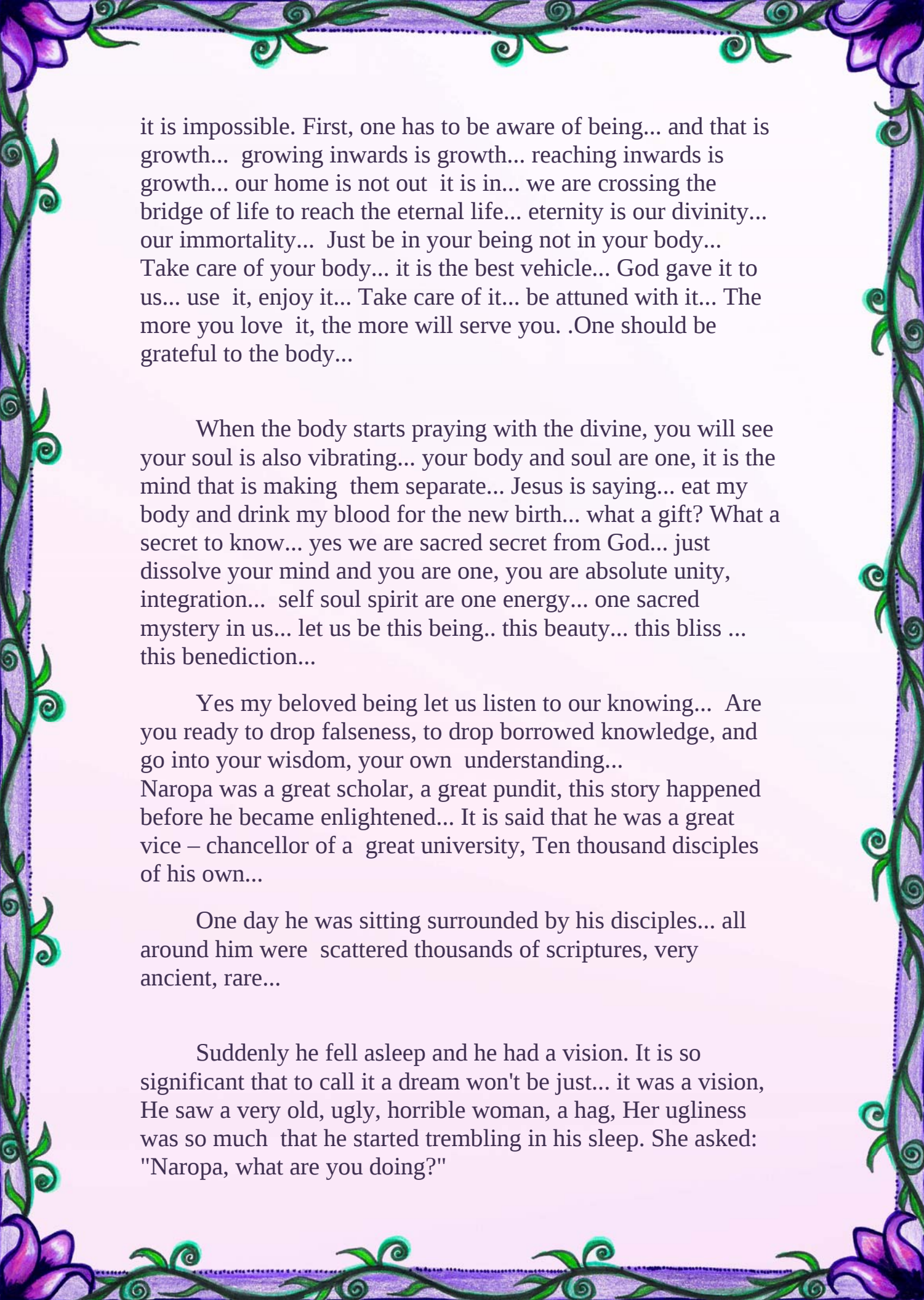
It is as if there is a small candle burning in the room bring a bigger light into the room and the small candle simply loses all significance...

Bring the beauty of the within, which is easier... with the other beauty I cannot help much... no one can... only you can see your inner beauty... All the plastic beauty is a dead face... dead mask...

You can go to the best plastic surgeon who can help you, but that will not help in any way. You may have a little longer nose, better shaped, but that will help the surgeon but not you ... not your nose... you still smell the shit and you don't know it... If you remain the same inside, your outer beauty will simply show your inner ugliness; it will become a contrast Bring some inner beauty...

That is what we do in a real commune... freedom is the science of bringing inner beauty, inner beatitude, inner benediction ... let God shower on us, and the body completely forgotten... The body becomes compost and your whole life becomes a garden and great flowers, golden flowers, bloom in you... you are the beauty of God on earth... Be who you are... Be aware of your star!!!

We are moving unconsciously, mechanically, unaware of who we are, we don't know what we are doing... How can I know what I am doing because I don't know who I am?? If you don't know your being, you can't be aware of your doing,



it is impossible. First, one has to be aware of being... and that is growth... growing inwards is growth... reaching inwards is growth... our home is not out it is in... we are crossing the bridge of life to reach the eternal life... eternity is our divinity... our immortality... Just be in your being not in your body... Take care of your body... it is the best vehicle... God gave it to us... use it, enjoy it... Take care of it... be attuned with it... The more you love it, the more will serve you. One should be grateful to the body...

When the body starts praying with the divine, you will see your soul is also vibrating... your body and soul are one, it is the mind that is making them separate... Jesus is saying... eat my body and drink my blood for the new birth... what a gift? What a secret to know... yes we are sacred secret from God... just dissolve your mind and you are one, you are absolute unity, integration... self soul spirit are one energy... one sacred mystery in us... let us be this being.. this beauty... this bliss ... this benediction...

Yes my beloved being let us listen to our knowing... Are you ready to drop falseness, to drop borrowed knowledge, and go into your wisdom, your own understanding... Naropa was a great scholar, a great pundit, this story happened before he became enlightened... It is said that he was a great vice – chancellor of a great university, Ten thousand disciples of his own...

One day he was sitting surrounded by his disciples... all around him were scattered thousands of scriptures, very ancient, rare...

Suddenly he fell asleep and he had a vision. It is so significant that to call it a dream won't be just... it was a vision, He saw a very old, ugly, horrible woman, a hag, Her ugliness was so much that he started trembling in his sleep. She asked: "Naropa, what are you doing?"



He said: "I am studying."

"what are you studying?" asked the old woman..

He said: "philosophy, religion, epistemology, logic"...

The old woman asked: "Do you understand them?"

Naropa said: "...yes, I understand them."

The woman asked again: " Do you understand the word, or the sense?" And her eyes were so penetrating that it was impossible to lie to her... before her eyes Naropa felt completely naked, transparent...

He said: "I don't understand the... the sense but the words." He said the truth... what happened???

The woman started dancing and laughing... and her ugliness was transformed... A subtle beauty started coming out of her being...

Naropa thought "I have made her so happy, why not make her a little more happy? " so he added: "yes and I understand the sense also." The woman stopped laughing, stopped dancing. she started weeping and crying, and all her ugliness was back, a thousand fold more Naropa asked, "why?"

The woman said: "I was happy because a great scholar like you didn't lie. But now I am crying because you have lied to me. I know, and you know, that you don't understand the sense."

The vision disappeared, and Naropa was transformed. He left the university, he never again touched a scripture in his life... He understood...

A man of wisdom, a man of understanding, has a freshness about him, a fragrant life, totally different from a pundit, from a man of knowledge...

One who understands only the word becomes ugly. And the woman was just a projection of Naropa inner part, his own



being... become ugly through knowledge...

Naropa went in search. Now scriptures won't help, now a living master is needed.. If you are alive you will meet your living master... Truth is alive for the chosen few...

Let us search of our real beauty... where is my beauty? Who gave it to us? Beauty is a creation of love... it is not an objective quality, it does not belong to things. It is the loving eye that can see it in every seen... why do I love? what is in you that attracts my heart ?

People fall in love for two reasons. One is physical beauty. If somebody falls in love because of physical beauty he is going to be disappointed soon, because after few days, the body beauty will be taken for granted. Hence people who fall in love with such beauty they don't see why they are failing...

Rise in love with spiritual beauty which has no end to it. It has infinite depth: you go on falling and falling and you will never come to the bottom of it... only then is love a living life.. A fulfillment...

Searching for spiritual beauty is searching for God ... or the existence... or the immortality... the godliness...

This mystery is in the center of our being in the inner core of our heart... This is the beauty which has depth of the path... of divine melody of our divinity... Beauty is the first glimpse of the divine... wherever you see it, you are on a holy ground... look at nature and see the treasure of such godly beauty... you are so close to God... Beauty is the godliness in existence... the man who loves beauty will not be able to assert a lie, because a lie is ugly...

beauty is an expression of Allah in whatsoever form it appears...



*How do you know if she is ugly or beautiful?
Where do we look?*

Face... body... belly... hair... breasts... Age... eyes... and so on and on... let us see why? And how can we see both sides of the moon?

When a disciple comes to a master what is the first lesson? "Go and meditate upon your original face..." And what is the original face? The face that you had before you were born and the face that you will have again when you are dead... Find out that original face... It is not a face at all... Have you ever thought about it? the shape of your face is given by your body. It can be changed by plastic surgery, but you will not be changed... you will remain in the same misery... so the face is not your being, it is just the shape of your body, it is not your face... you have no face... in Islam no face for the being. no face for the prophets... God has no face.. or the godliness...

Are you happy with your face? why not? where is our original face? One can never be contented with this face, howsoever beautiful. This face is not going to satisfy you unless you come to the original face, the facelessness of your being; purity with no shape, the formless, the attributeless. This is the secret of the veil in many religions... The form is of matter, consciousness is formless. Your body is the meeting place of the form and the formless.. The cup and the wine... the container and the content is one... the contained is you which has no face... face as such is false... Face your inner face...

Do you want to face the beauty of your body? belly? boobs? breast? buttocks ? let us be... and you can buy any



beauty you bug...

A body is only a cup... one day it was not, one day it will not be again... it is like foam... It looks beautiful, but death is growing in it, hiding in it, old age is waiting there... it is only a question of time... the day we are born we started dying ... all is momentary... where are you? you are not the body !! where are you at this moment... am I at – one – ment with the ONE? Yes! let your belly think! In the far east if you ask them "where do you think?" They would show you their belly. "we think here..."

The belly is your source of life. You were joined to your mother from the navel... it is from there that life started pulsating. The head is the farthest corner of your existence, the center is the navel. Your existence, your being, resides there... The seat of the mind is in the stomach. in the belly... It is in the navel, from where the first pulsation came... and then it spreads all over, go back to it...

Intellect is very, very limited: intuition is infinite... Intuition always comes from the belly... when you fall in love it is not from the head, the head is blind, but from the belly... look at women today... big breasts and small belly... Look at Buddha... big belly... the power of breath... of life.. of innocence and wisdom... Take a deep breath and let breath be our first and last path... every body has been taught to pull the belly in and not to breath from the belly, but from the chest. why ?

Showing up the chest...
So chests have become bigger and bigger... This is our Miss beauty and Mr. beauty !!! then the belly goes in. But they are ill people, no life, no wisdom. They are not natural... they are ugly... they are copy paste looks... go back to your natural look... Be yourself... Be your being ... Be the bright light of love and

life and laughter...

Mike and Moses are sitting around drinking a few beers...

"How is your wife looking these days?"

Mike asks Moses...

"She went to the beauty shop and got a mud pack, and for two days she looked nice, then the mud fell off..." replied Moses...



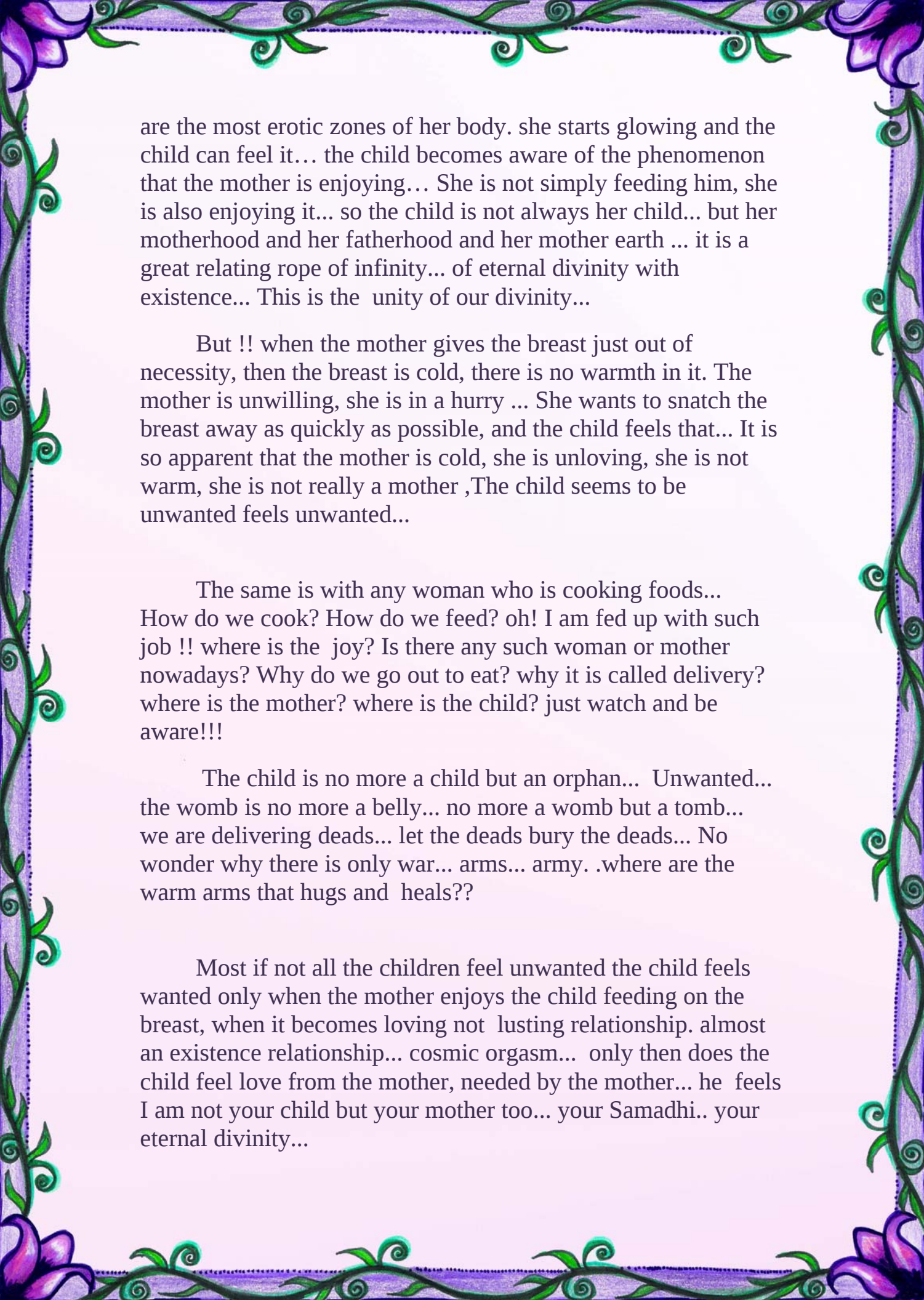
From mud to mud is our road... where are we going? who are you? Body? Belly? Breasts? yes let us remember this treasure... Breast feeding...

The child from the very beginning associate the ideas of food and love... they become almost like two aspects of same coin... why? because he gets the love from the mother and also food from the mother. His love object and his food object are the same. Not only the mother breast in particular: he gets the food from the breast and the warmth and the feel of love... . In Islam, the prophet said: "Feed your child two years from your breasts... breastfeeding is a sacred food to the baby and to his body and being..."



What is the secret of this grace ?

When the mother loves the child, the breast has a different feel and different love and vibe... The mother enjoys the child feeding on her breast... it is stimulating to the mother's sexuality... If the mother is really in love with the child she goes almost into orgasmic joy... Her breasts are very sensitive, they



are the most erotic zones of her body. she starts glowing and the child can feel it... the child becomes aware of the phenomenon that the mother is enjoying... She is not simply feeding him, she is also enjoying it... so the child is not always her child... but her motherhood and her fatherhood and her mother earth ... it is a great relating rope of infinity... of eternal divinity with existence... This is the unity of our divinity...

But !! when the mother gives the breast just out of necessity, then the breast is cold, there is no warmth in it. The mother is unwilling, she is in a hurry ... She wants to snatch the breast away as quickly as possible, and the child feels that... It is so apparent that the mother is cold, she is unloving, she is not warm, she is not really a mother ,The child seems to be unwanted feels unwanted...

The same is with any woman who is cooking foods... How do we cook? How do we feed? oh! I am fed up with such job !! where is the joy? Is there any such woman or mother nowadays? Why do we go out to eat? why it is called delivery? where is the mother? where is the child? just watch and be aware!!!

The child is no more a child but an orphan... Unwanted... the womb is no more a belly... no more a womb but a tomb... we are delivering deads... let the deads bury the deads... No wonder why there is only war... arms... army. .where are the warm arms that hugs and heals??

Most if not all the children feel unwanted the child feels wanted only when the mother enjoys the child feeding on the breast, when it becomes loving not lusty relationship. almost an existence relationship... cosmic orgasm... only then does the child feel love from the mother, needed by the mother... he feels I am not your child but your mother too... your Samadhi.. your eternal divinity...

And to be needed by the mother is to be needed by existence because his mother is his whole existence, he knows the existence through the mother. whatsoever his idea about the mother is, that is going to be his idea of the world...

So when we are eating or drinking is not a dead mechanical job... we are not stuffing a box... or a coffin.. we are healing our body and our being... we are healing existence... Jesus is saying. .eat my body and drink my blood... you are another Christ consciousness...

Why so much restaurants? do we rest there? Is there any energy that heals me? Is there any love in the waitress who is waiting for your pocket? What are we eating? How are we eating? who is eating who?



Do you eat to live or do you live to eat?

Me too! forgive me... I feel so frustrated.. .what do we expect when we live an unconscious life? let us be conscious and live the now without any expectations... No one love me only me... only my body who goes with me to the grave... so take care of this grace... let us change ourselves.. the change has to be inner... we are all victims... be a victor... be an emperor not a beggar...

Be conscious... become the consciousness... watch yourself... Today be aware of what and where & how you are eating... let this be our gift to our body and our being... at least once in a while... be aware of eating... what is this gift ?? If you are eating, then let your whole consciousness be that of taste... of smell... Forget everything else... be in the now !! then even ordinary bread may taste like the most delicious food possible... but we are never present with any present !!!



Look at people eating – is this the same as the last supper with Christ. .?... with whom are we eating?

Now are we eating? what are we doing while eating? What is the TV showing? why we became a utility for every power that kills us all??

Eating should be meditative, pray full... we should be more respectful to food because it is life .It is nourishment... the more we are aware of this grace, the less we eat and our taste buds will feel more fulfilled and more nourished...

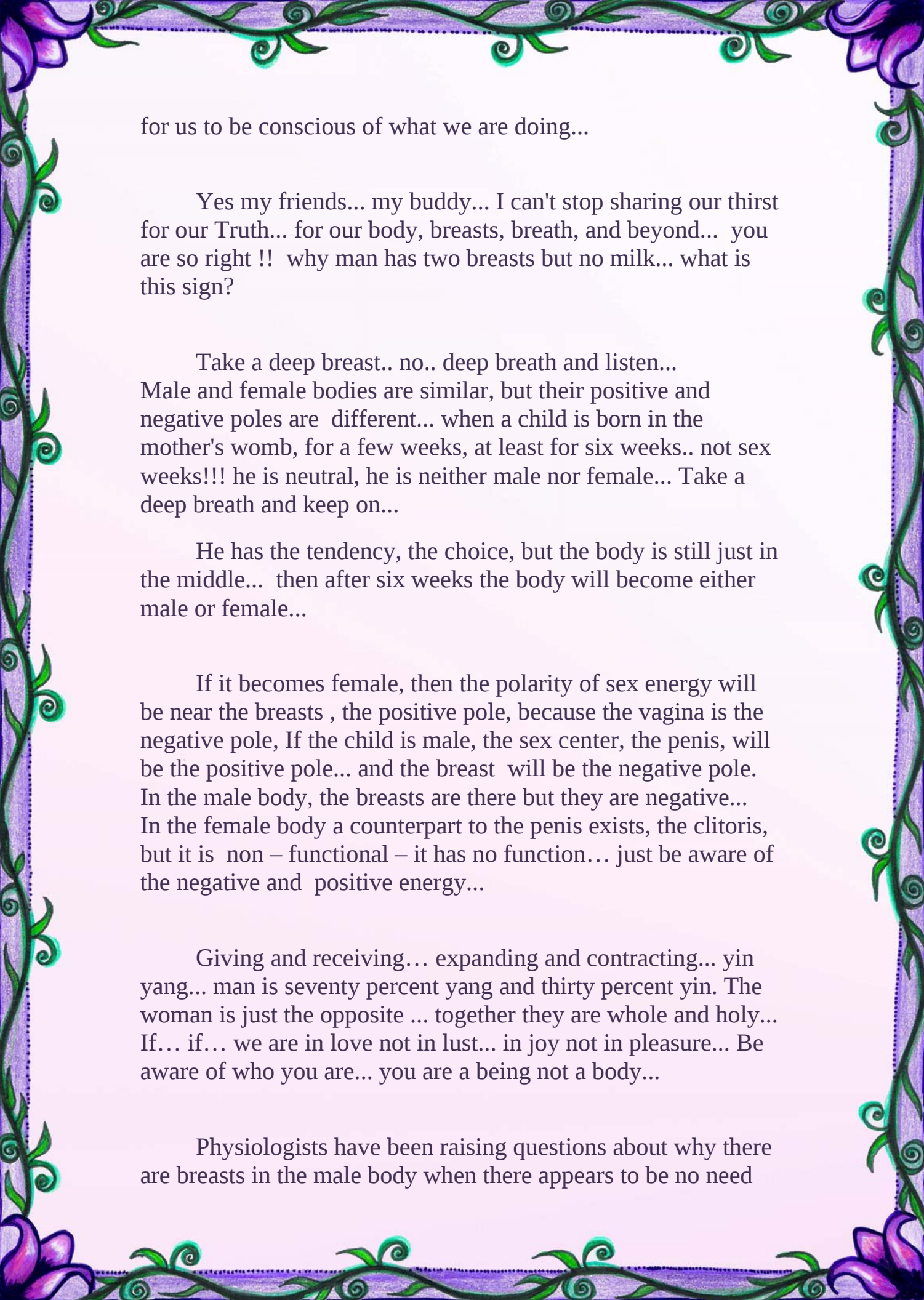
When the pleasure of power lives in us... then we are alive... But which power ? the power of love or the love of power? let us live the joy of bliss not only the pleasure of the body...

The physical pleasures are food and sex, nothing is wrong in them, accept them in a simple, innocent way, and then move a head... move to the joys of the spirit...

The bliss of the now - here...

When the prophet was asked: "what is your meditation?" He said: "when I eat I simply eat and when I sleep I simply sleep... when I walk I simply walk".

Let us be aware and witness to what we are doing... the most stupid thing in life is to live in lost and lust... in half – heartedly, because the moment that is gone is gone forever... But we are living so unconsciously that it is almost impossible



for us to be conscious of what we are doing...

Yes my friends... my buddy... I can't stop sharing our thirst for our Truth... for our body, breasts, breath, and beyond... you are so right !! why man has two breasts but no milk... what is this sign?

Take a deep breast.. no.. deep breath and listen... Male and female bodies are similar, but their positive and negative poles are different... when a child is born in the mother's womb, for a few weeks, at least for six weeks.. not sex weeks!!! he is neutral, he is neither male nor female... Take a deep breath and keep on...

He has the tendency, the choice, but the body is still just in the middle... then after six weeks the body will become either male or female...

If it becomes female, then the polarity of sex energy will be near the breasts , the positive pole, because the vagina is the negative pole, If the child is male, the sex center, the penis, will be the positive pole... and the breast will be the negative pole. In the male body, the breasts are there but they are negative... In the female body a counterpart to the penis exists, the clitoris, but it is non – functional – it has no function... just be aware of the negative and positive energy...

Giving and receiving... expanding and contracting... yin yang... man is seventy percent yang and thirty percent yin. The woman is just the opposite ... together they are whole and holy... If... if... we are in love not in lust... in joy not in pleasure... Be aware of who you are... you are a being not a body...

Physiologists have been raising questions about why there are breasts in the male body when there appears to be no need



because a child is not going to be fed...

What is the need ?

They are negative poles. Hence so much attraction of the male mind towards female breasts they are positive electricity. what to do to be in love but not in lust? in light but not in fight? Yes the answer is in the question...

Watch what you are eating... .male food for the man, female food for the woman ... this is the secret of the macrobiotics but we are into macro maniacs... into chewing... not into knowing...

Read your body... your body never lies... your face never lies... own your own body and be your own doctor... reading is the key... read between the words and the lines and listen to your inner intuition... just see and know why, so much poetry, literature, painting, sculpture, everything is concerned with the whole of the feminine body, and more concerned with the breasts. And this is not something new. The oldest primitive paintings in the caves are of breast, so emphatically of breasts that the whole body is just around them... Breasts are basic... This is why in Islam, the prophet was very clear about this grace... and he healed the taboo... and he accepted and respected our ignorance and our fear and told us what to do... But who listens to the Truth ?? Truth is the only danger mainly in the Arab world... our interest is in emotions not compassions. In money, sex, war and power...

What to do? Just be... be aware of who you are... What is this body for? what are breasts for? beside of what we know, let us remember that they are the most sensitive parts, and the whole creativity of the feminine body is around the breast... this is the motherhood of existence...

The creativity of EVE exists in her motherhood... That is why she is not interested in any other type of creativity... The

prophet said... Paradise is under the feet of the mothers... what else she needs?

Man is a creator, woman is not a creator... she gave birth to Christ... she does not need to paint or create poetry or create great religions... But man goes on creating wars in the name of peace... books... paintings... dances... he is "mothering" many things...

A woman can be fulfilled more easily... Her creativity is just around the breasts. That's why all over the world, woman is concerned so much with her breasts... These boobs are the best bombs... and tombs too !! and now all over the media... This is the best election for any erection...

The breasts are the most secret part, their treasure, their center of being... of being mother, of being a creator... give me your breast or I burst into dust...

A man with a gun goes into a bank and demands money.. Once he is given the money, he turns into a customer and asks: "Did you see me rob this bank?"

"yes sir, I did" said the man... the robber then shot him and killed him... He then turned to a couple standing next to him and asked the man, "Did you see me rob this bank?" the man replied: "No Sir, I did not, but my wife did!"



Yes when opportunity knock... don't lock it... make use of it... good luck...

Here is the gate of race...

A man was very ill... and he tried all kinds of medicines and nothing will help, he went to a hypnotist who gave him a mantra, a word, to repeat... "I am not ill, I am healthy"... It is a good energy, a good thought...

For fifteen minutes every day... within weeks he was absolutely healthy and he told his wife about this miracle who said:"let us have another miracle, go and ask him for a cure to your sexual weakness"...

He went and within few days he started being stronger in sexual appetite... The wife was happy for the result and asked him for the mantra and he would not tell her the sexual thought... One day she went behind him to listen what he was saying and heard him say: "She is not my wife, she is not my wife?"...

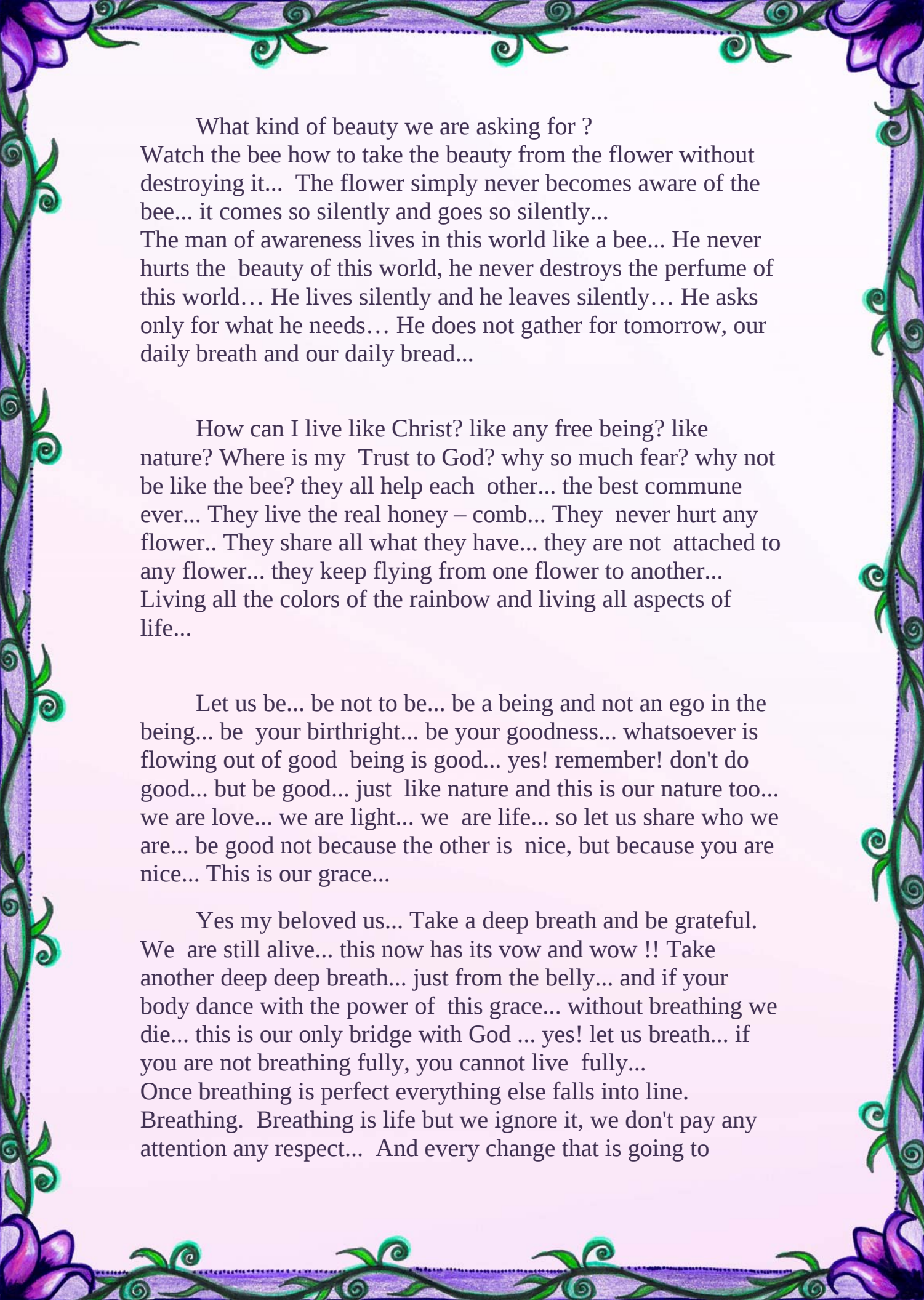


Who wants to eat the same menu every day?? let us change... start from inside out...

Old Mrs. Balony and Mrs. Duck meet on the porch of the hotel.. Oh my God! exclaims Mrs. Balony "look at that boy, Did you ever see such a big twisted nose? And such a huge crooked mouth? And look, he is cross – eyed too..." "that boy is my son" says Mrs. Duck...

"well, on him, it looks very beautiful" says Mrs. Balony .





What kind of beauty we are asking for ?
Watch the bee how to take the beauty from the flower without destroying it... The flower simply never becomes aware of the bee... it comes so silently and goes so silently...
The man of awareness lives in this world like a bee... He never hurts the beauty of this world, he never destroys the perfume of this world... He lives silently and he leaves silently... He asks only for what he needs... He does not gather for tomorrow, our daily breath and our daily bread...

How can I live like Christ? like any free being? like nature? Where is my Trust to God? why so much fear? why not be like the bee? they all help each other... the best commune ever... They live the real honey – comb... They never hurt any flower.. They share all what they have... they are not attached to any flower... they keep flying from one flower to another... Living all the colors of the rainbow and living all aspects of life...

Let us be... be not to be... be a being and not an ego in the being... be your birthright... be your goodness... whatsoever is flowing out of good being is good... yes! remember! don't do good... but be good... just like nature and this is our nature too... we are love... we are light... we are life... so let us share who we are... be good not because the other is nice, but because you are nice... This is our grace...

Yes my beloved us... Take a deep breath and be grateful. We are still alive... this now has its vow and wow !! Take another deep deep breath... just from the belly... and if your body dance with the power of this grace... without breathing we die... this is our only bridge with God ... yes! let us breath... if you are not breathing fully, you cannot live fully...
Once breathing is perfect everything else falls into line.
Breathing. Breathing is life but we ignore it, we don't pay any attention any respect... And every change that is going to

happen through the change in our breathing...

So let us watch our breath... is it shallow? is it deep?
Breath is our health ... let us breath and go walking and use our
legs and all our body and the air is our food and our energy and
life...

Every body breath wrongly because the whole society is
based on very wrong conditions, notions, attitudes. For
example, a small child is weeping and the mother says not to
cry. what will the child do? He will start holding his
breath because that is the only way to please his mom... then by
and by that becomes a fixed thing... don't be angry, don't cry,
don't do this, don't do that...

The child learns that if he breathes shallowly then he
remains in control.. If he breathes perfectly and totally as every
child is born breathing, then he becomes wild... so he cripples
himself...

The little Jony comes back from his first day at school... His
mother greets him and says , "well Jony.. did you learn any thing
today at school?"

"Yes... I learned that my name is not don't"



This is who we are... victims of ignorance.. no more
innocence... no more wisdom but condemnation in every
nation... All societies that are sex – repressive are bound to be
shallow – breathing societies only primitive people who don't
have any repressive attitude about sex breathe perfectly. Their
breathing is beautiful, it is complete and whole. They breathe



like animals, they breathe like children...

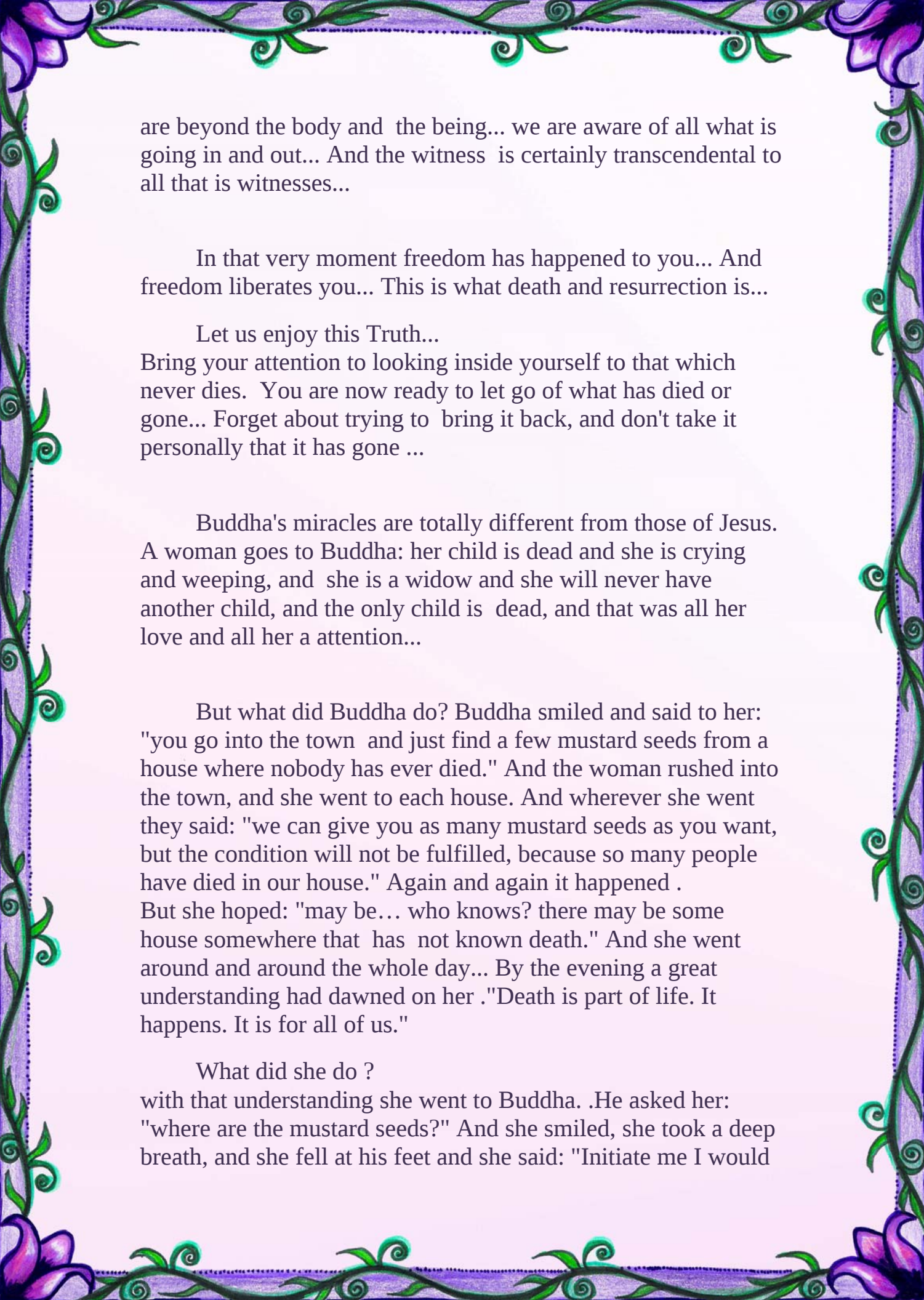
Sexual energy can be transformed if you can change your breathing system... Anger can be transformed if we can change our breathing system... Just watch how you breath when you are angry... And the next time you feel angry, don't breathe the way you have always breathed whenever you were angry, and you will be surprised, you cannot be angry... either... Instead of anger, compassion arises... And instead of sex, love arises... Love is absolutely human, sex is not just human, it is animal, too, but no animal knows about love...

Sex has to be transformed into love... and love has to be transformed into prayer... sex is a sacred step but not all the trip or we fall in the trap of lust...

In sex, the breathing is chaotic... In love, the breathing is musical... In prayer, it almost stops... so listen to your breathing. If you can hear it , its rough. when you can only feel it and you cannot hear it, then it is still and quiet... And that is the right way to be in tune with existence, to be in tune with yourself, to be in tune with reality...

Sometimes, the breathing stops, don't be afraid... there are many people now who are alive without breath... life does not depend on breathing, life is eternal, life that is not part of the body, life that will be there even after the body has fallen into dust and disappeared... And in that moment consciousness is attained... One become a Christ... awakened...

When you breathe, look within, watch the rising and the falling of the breath ... this is our bridge between our soul and our body... and then we see the separation of the body from yourself... Then one day you will realize that you are the witness of it all... And the witness is not the body... not the being.. we



are beyond the body and the being... we are aware of all what is going in and out... And the witness is certainly transcendental to all that is witnesses...

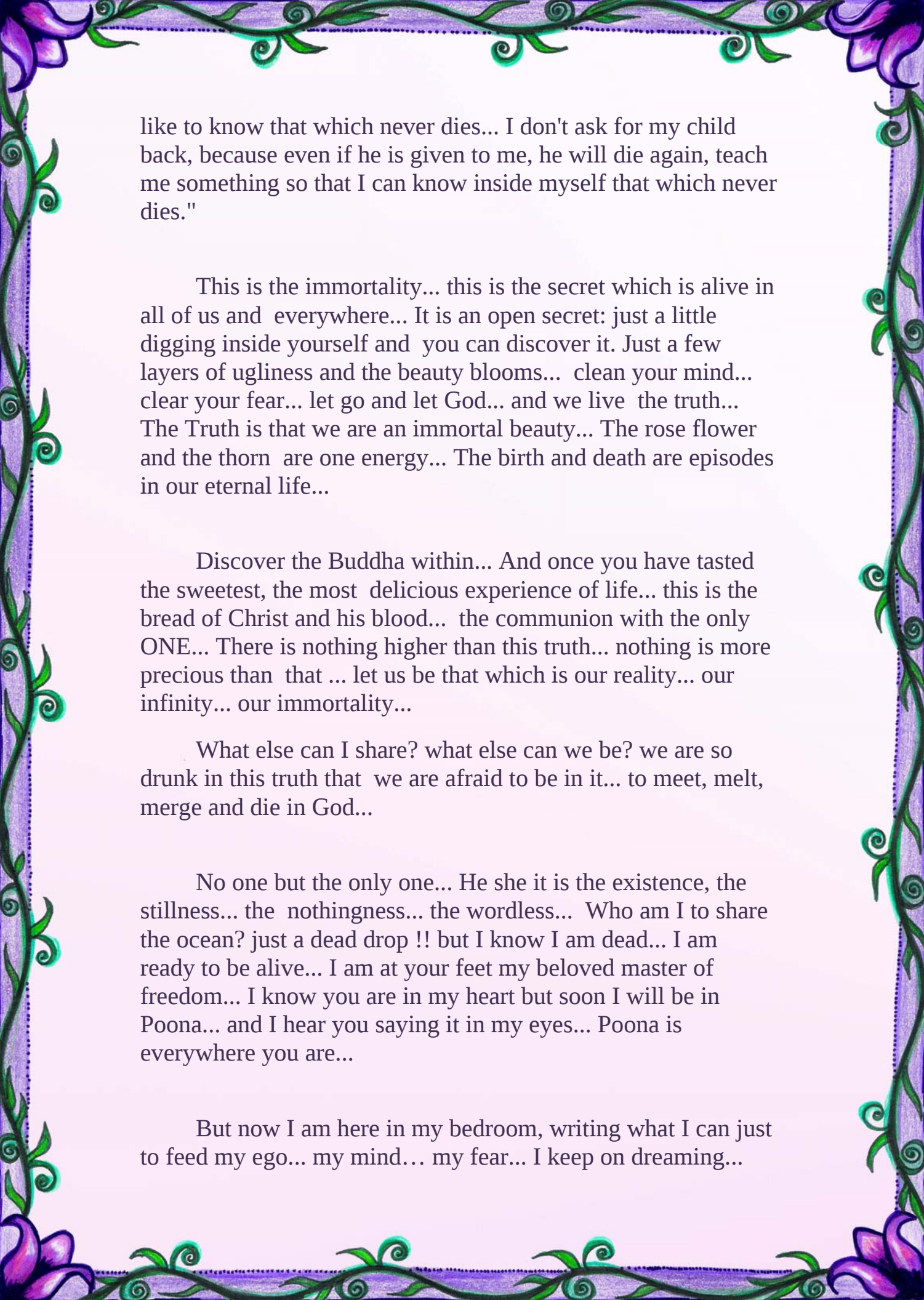
In that very moment freedom has happened to you... And freedom liberates you... This is what death and resurrection is...

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

Buddha's miracles are totally different from those of Jesus. A woman goes to Buddha: her child is dead and she is crying and weeping, and she is a widow and she will never have another child, and the only child is dead, and that was all her love and all her attention...

But what did Buddha do? Buddha smiled and said to her: "you go into the town and just find a few mustard seeds from a house where nobody has ever died." And the woman rushed into the town, and she went to each house. And wherever she went they said: "we can give you as many mustard seeds as you want, but the condition will not be fulfilled, because so many people have died in our house." Again and again it happened. But she hoped: "may be... who knows? there may be some house somewhere that has not known death." And she went around and around the whole day... By the evening a great understanding had dawned on her. "Death is part of life. It happens. It is for all of us."

What did she do ?
with that understanding she went to Buddha. He asked her: "where are the mustard seeds?" And she smiled, she took a deep breath, and she fell at his feet and she said: "Initiate me I would



like to know that which never dies... I don't ask for my child back, because even if he is given to me, he will die again, teach me something so that I can know inside myself that which never dies."

This is the immortality... this is the secret which is alive in all of us and everywhere... It is an open secret: just a little digging inside yourself and you can discover it. Just a few layers of ugliness and the beauty blooms... clean your mind... clear your fear... let go and let God... and we live the truth... The Truth is that we are an immortal beauty... The rose flower and the thorn are one energy... The birth and death are episodes in our eternal life...

Discover the Buddha within... And once you have tasted the sweetest, the most delicious experience of life... this is the bread of Christ and his blood... the communion with the only ONE... There is nothing higher than this truth... nothing is more precious than that ... let us be that which is our reality... our infinity... our immortality...

What else can I share? what else can we be? we are so drunk in this truth that we are afraid to be in it... to meet, melt, merge and die in God...

No one but the only one... He she it is the existence, the stillness... the nothingness... the wordless... Who am I to share the ocean? just a dead drop !! but I know I am dead... I am ready to be alive... I am at your feet my beloved master of freedom... I know you are in my heart but soon I will be in Poona... and I hear you saying it in my eyes... Poona is everywhere you are...

But now I am here in my bedroom, writing what I can just to feed my ego... my mind... my fear... I keep on dreaming...

how to share your love... and I know it very well that the ocean does not need the drop... but I cannot drop it... I keep writing and talking and using all my life to share your love to me... keep using me... I am a cup and you are the wine... who has eyes can see...

"When my two eyes become one eye, then I will be in the kingdom of God " thank you Jesus... this is the unity... to see the one in every one, we can do anything in spiritual way. No good and no bad... we are one family... one energy... the two eyes are one eye... the same energy... the energy light and love... which looks at the being who lives in the body and beyond the body...



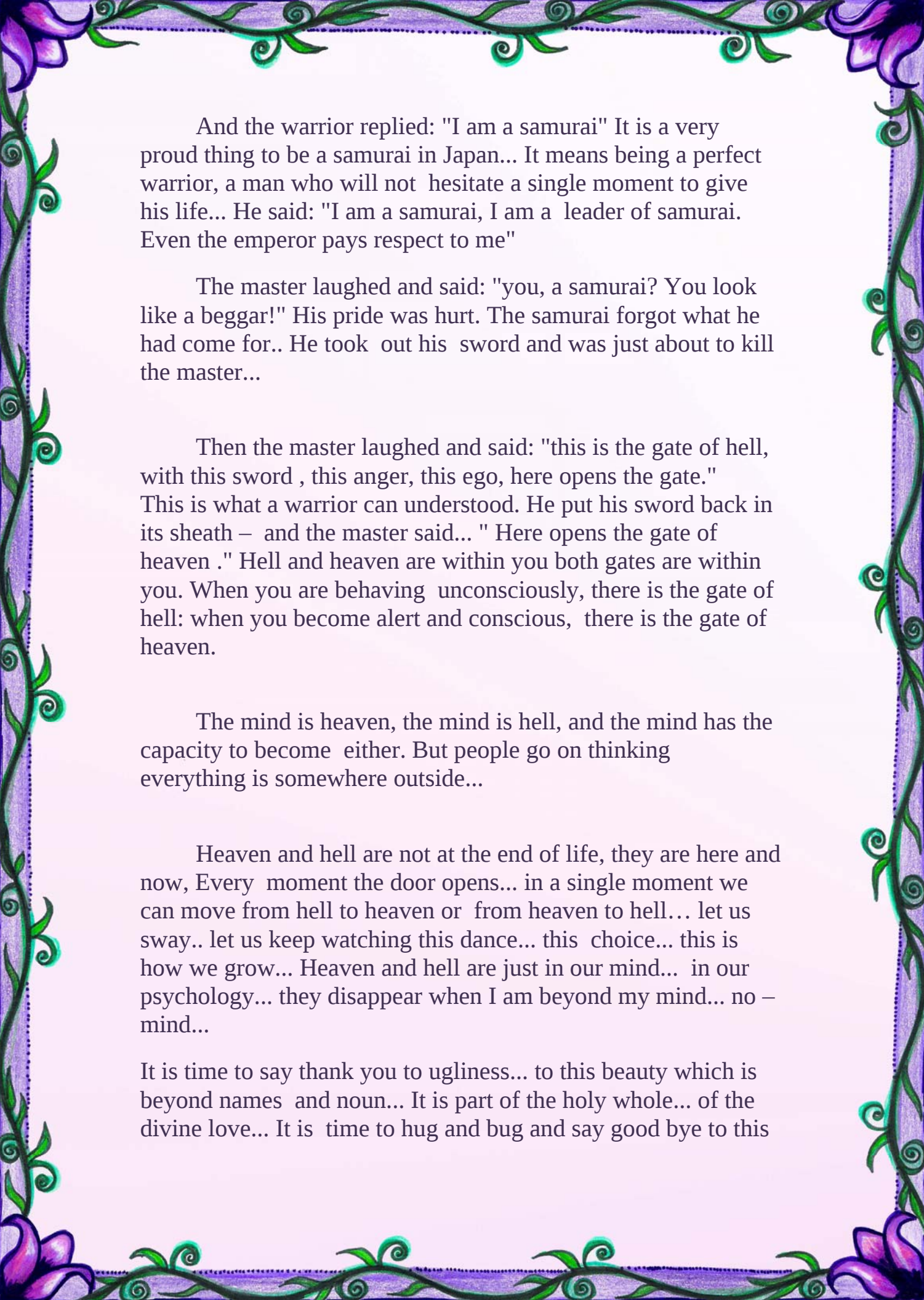
How can I see with the third eye?

How can I be in the energy of love?

Remember every moment you have the chance to be in heaven or in hell. If you are unconscious you are in hell... It is up to you?

Gates of hell or heaven are in us... let us stay awake, stay alert, stay conscious! It is up to me to choose... let us live our choice..

A Zen master was one of the rare flowerings.. A warrior came to him, a samurai , a great soldier, and he asked: "Is there any hell? Is there any heaven? If there is hell and heaven, where are the gates? where do I enter from?" He was a simple warrior. warriors are always simple, with no cunning in their minds, no arithmetic... They know only two things: Life and death. He had not come to learn any doctrine; he wanted to know where the gate was, so he could avoid hell and enter heaven. And the master replied in a way only a warrior could understand... The master said: "who are you?"



And the warrior replied: "I am a samurai" It is a very proud thing to be a samurai in Japan... It means being a perfect warrior, a man who will not hesitate a single moment to give his life... He said: "I am a samurai, I am a leader of samurai. Even the emperor pays respect to me"

The master laughed and said: "you, a samurai? You look like a beggar!" His pride was hurt. The samurai forgot what he had come for.. He took out his sword and was just about to kill the master...

Then the master laughed and said: "this is the gate of hell, with this sword , this anger, this ego, here opens the gate." This is what a warrior can understand. He put his sword back in its sheath – and the master said... " Here opens the gate of heaven ." Hell and heaven are within you both gates are within you. When you are behaving unconsciously, there is the gate of hell: when you become alert and conscious, there is the gate of heaven.

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

Heaven and hell are not at the end of life, they are here and now, Every moment the door opens... in a single moment we can move from hell to heaven or from heaven to hell... let us sway.. let us keep watching this dance... this choice... this is how we grow... Heaven and hell are just in our mind... in our psychology... they disappear when I am beyond my mind... no – mind...

It is time to say thank you to ugliness... to this beauty which is beyond names and noun... It is part of the holy whole... of the divine love... It is time to hug and bug and say good bye to this

chapter and start the letter p...

The title of this book is why? why why? or y? wy? just a game and the chapters are: why – am I mature? kingdom of our dome, Enlightenment, ugliness, personality.... If you read the first letter of the six chapters it is WAKE UP...



Can I wake up?

It is only a question of remembering that yes! I can wake up... nothing else is needed, no other effort... no method, no technique, no path... just take a deep breath and the belly will dance with this choice and will say yes! I – m – possible... no... nothing is impossible.. we are born aware and awake and live and leave the way we came...

Just a remembrance that "this is my dream"
A remembrance that "I have decided to dream it.. .It is my choice, to wake up or make up.." And the moment I decided to live my vision, not to dream about it, I will be awake... Now is my only space... what I am doing to live in joy? why be miserable? what is my choice ?

If you are living in misery, you are creating it... And nobody else can take it away from you unless you decide not to create it any more... your hell and your heaven is in your work, your life... All that I am is my self – creation... In a single moment, I can wake up my inner power... I can face my original face... don't ask how?
What can I do? what am I doing?

I read what I love... Osho is my only life, light, love, and laughter... out of this joy many doors are open to share my joy...



the media... on TV every day... my web... my books, and all what I am sharing since many years... I do what I love and more will come no one pays for my work, but few lovers supports my love by do – a – nation... . yes donations are my daily bread as breath is my now – ly life...

Trust existence... if what I am being and doing is true... Truth will support it if it is a lie let me die now... And since I met the light of few masters and then Osho who is the orchestra of all of them I am no more lonely... alone but not lonely... in my aloneness I dance with few of our soul brother and sisters...

I love to live in a commune and now a lover of Truth started to build the first cottage in Lebanon... you are welcome any now..

The commune means an alternative society, a small oasis in the desert on the world... Fall more and more in harmony. live life prayfully, alert, aware, awake...

Allow your small stream to pool with the small streams into a larger river on the way to reach the ocean... A commune, is the brotherhood of those disciples and devotees who have gathered around an enlightened being... let us live our vision... let us allow every now, every situation in our life to teach us...

I am so blessed to be in a commune, to see that the whole existence is our home... we are one family which is beyond the small family... You are part of the whole, you belong to existence... Don't let attachment to apart prevent you from entering into the greater whole...

Jesus was talking to the crowd, and somebody said "Jesus, your mother is waiting outside, but the crowd is so great she

cannot come in, and she wants to see you."

Jesus said: "No one is my mother and no one is my father"
Once you are free from the past, only then for the first time you
become a self , an independent reality...
Let us be who we are... let this awareness be in our stillness...



Perversions

Why we are lost?

What is our collective unconscious?

Why sex is a taboo?

Truth is universal, lie is Private...

A thought is a destiny...

Why we are possessed?

Dance your way to God...

Truth is God ...

Why greed?

What is logic?

Why law? why lie?

Why not love?





Perversions

Why we are lost ?

Why we are abnormal ?

Why so much wars ?

There are people who enjoy torturing others, and others who enjoy torturing themselvesthere are lovers who enjoy torturing the beloved person or who would like to be tortured by the beloved...

Sadism comes from the name of the sad... he was incapable of getting into sexual arousal unless he beat the woman. So he used to carry a box with him, just like a doctor's box, with all the instruments of torture in it... and he was a very rich man, he was a duke, so all the women of his territory were available to him...

Whenever he would see some beautiful woman he would simply give her a gesture and she had to come to his torture – chambers – they cannot be called love – chambers And he had all kinds of instruments there in his chamber. the woman would immediately be made naked and he would beat her and do things to her which were very perverted. unless blood started flowing from her body he would not get sexually aroused ... Now, this is perversion... from where is it coming?

It is coming from the deep collective unconscious, from those millions of lives... because nature has such animals... such hate... such sadness ...this is our history of misery... from Adam and Eve...

Why do we kill? why do we go to war? why do we hunt? why do we rape? what are we doing to mother earth? why this urge of torturing in us ?



Let us look at a certain African spider who is eaten by the woman while he is making love, he is just on top of the woman, the lady spider, and he is in great ecstasy, total orgasm, and abandoned, he has completely forgotten everything, and the lady starts eating him. and he has not even finished his joyby the time orgasm is finished, the spider is also finished!! so he can make love only once. it is not a perversion there, it is natural...

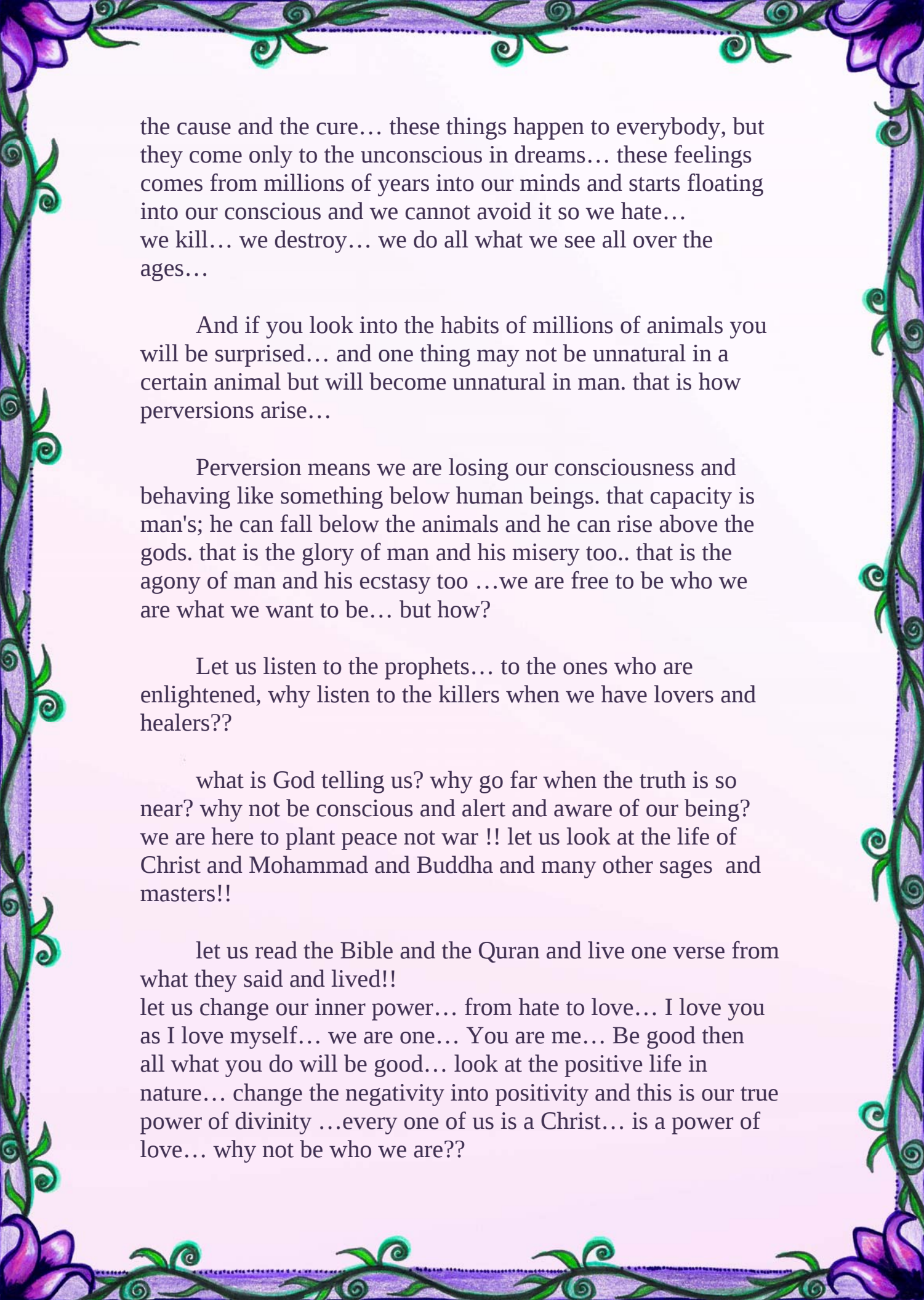
But in our kingdom it is perversion... we are not animals... we are spirit of love and compassion ...God is in us... in the core of our heart... from where we got this hate? why the children of Adam and Eve are still killing each others? how can I do this to myself?

Just like de sade, there was Masoch, from whose name comes the word " masochism " he was just the reverse of de sade. he would force the woman to hit him, to beat him , to whip him... and unless he was whipped and beaten he would not have sexual arousal...

Now, these people are suffering from the collective unconscious... something goes on surfacing into their conscious; they can't understand from where it comes... these are not criminals, they need treatment...

De sade was forced to live in jail his whole life. that is ugly, that is unjust... he needed some deep hypnotic treatment... we should start feeling compassion for these people, they are sufferers from their past...

This is why we need to know about the power of love and compassion... we must listen to what the enlightened said and lived... Christ and Mohammad never killed, nor hated, nor judged... why don't we follow the power of love? why we are attached to the love of power? yes we are responsible... we are



the cause and the cure... these things happen to everybody, but they come only to the unconscious in dreams... these feelings comes from millions of years into our minds and starts floating into our conscious and we cannot avoid it so we hate... we kill... we destroy... we do all what we see all over the ages...

And if you look into the habits of millions of animals you will be surprised... and one thing may not be unnatural in a certain animal but will become unnatural in man. that is how perversions arise...

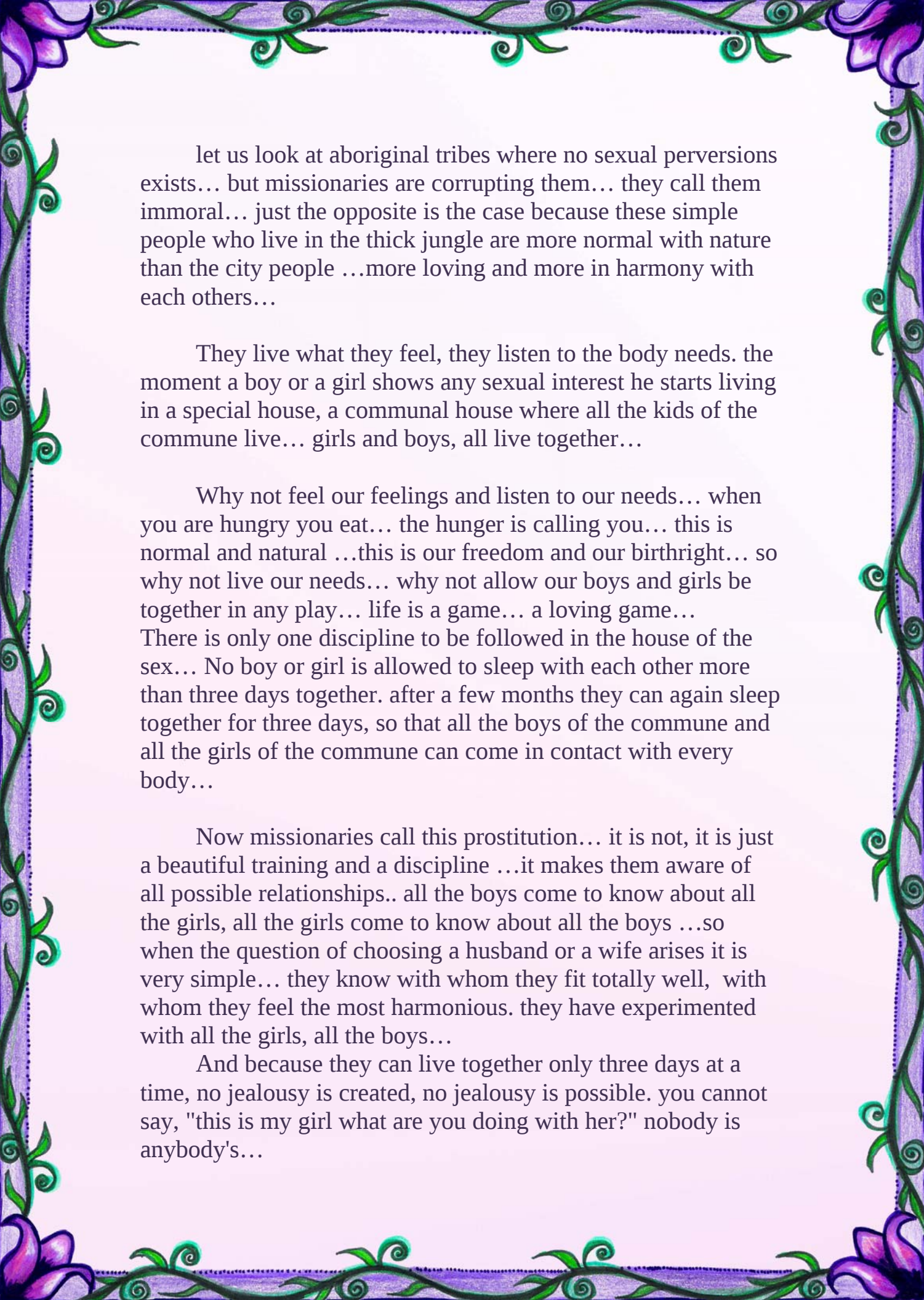
Perversion means we are losing our consciousness and behaving like something below human beings. that capacity is man's; he can fall below the animals and he can rise above the gods. that is the glory of man and his misery too.. that is the agony of man and his ecstasy too ...we are free to be who we are what we want to be... but how?

Let us listen to the prophets... to the ones who are enlightened, why listen to the killers when we have lovers and healers??

what is God telling us? why go far when the truth is so near? why not be conscious and alert and aware of our being? we are here to plant peace not war !! let us look at the life of Christ and Mohammad and Buddha and many other sages and masters!!

let us read the Bible and the Quran and live one verse from what they said and lived!!

let us change our inner power... from hate to love... I love you as I love myself... we are one... You are me... Be good then all what you do will be good... look at the positive life in nature... change the negativity into positivity and this is our true power of divinity ...every one of us is a Christ... is a power of love... why not be who we are??



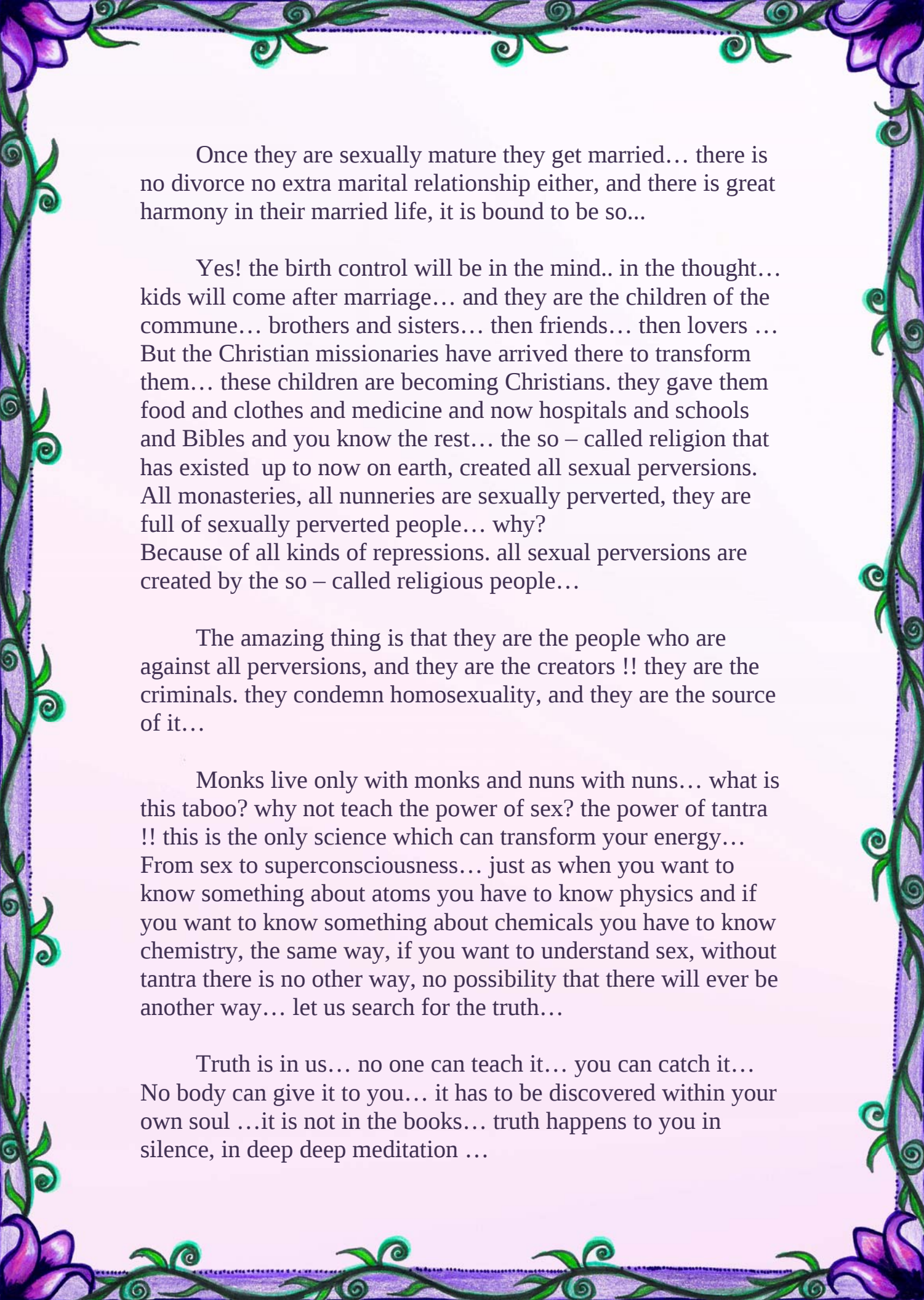
let us look at aboriginal tribes where no sexual perversions exists... but missionaries are corrupting them... they call them immoral... just the opposite is the case because these simple people who live in the thick jungle are more normal with nature than the city people ...more loving and more in harmony with each others...

They live what they feel, they listen to the body needs. the moment a boy or a girl shows any sexual interest he starts living in a special house, a communal house where all the kids of the commune live... girls and boys, all live together...

Why not feel our feelings and listen to our needs... when you are hungry you eat... the hunger is calling you... this is normal and natural ...this is our freedom and our birthright... so why not live our needs... why not allow our boys and girls be together in any play... life is a game... a loving game... There is only one discipline to be followed in the house of the sex... No boy or girl is allowed to sleep with each other more than three days together. after a few months they can again sleep together for three days, so that all the boys of the commune and all the girls of the commune can come in contact with every body...

Now missionaries call this prostitution... it is not, it is just a beautiful training and a discipline ...it makes them aware of all possible relationships.. all the boys come to know about all the girls, all the girls come to know about all the boys ...so when the question of choosing a husband or a wife arises it is very simple... they know with whom they fit totally well, with whom they feel the most harmonious. they have experimented with all the girls, all the boys...

And because they can live together only three days at a time, no jealousy is created, no jealousy is possible. you cannot say, "this is my girl what are you doing with her?" nobody is anybody's...



Once they are sexually mature they get married... there is no divorce no extra marital relationship either, and there is great harmony in their married life, it is bound to be so...

Yes! the birth control will be in the mind.. in the thought... kids will come after marriage... and they are the children of the commune... brothers and sisters... then friends... then lovers ... But the Christian missionaries have arrived there to transform them... these children are becoming Christians. they gave them food and clothes and medicine and now hospitals and schools and Bibles and you know the rest... the so – called religion that has existed up to now on earth, created all sexual perversions. All monasteries, all nunneries are sexually perverted, they are full of sexually perverted people... why? Because of all kinds of repressions. all sexual perversions are created by the so – called religious people...

The amazing thing is that they are the people who are against all perversions, and they are the creators !! they are the criminals. they condemn homosexuality, and they are the source of it...

Monks live only with monks and nuns with nuns... what is this taboo? why not teach the power of sex? the power of tantra !! this is the only science which can transform your energy... From sex to superconsciousness... just as when you want to know something about atoms you have to know physics and if you want to know something about chemicals you have to know chemistry, the same way, if you want to understand sex, without tantra there is no other way, no possibility that there will ever be another way... let us search for the truth...

Truth is in us... no one can teach it... you can catch it... No body can give it to you... it has to be discovered within your own soul ...it is not in the books... truth happens to you in silence, in deep deep meditation ...

When there is no thought, no desire, no ambition ...in that state of no – mind truth descends in you or it ascends in you ...it is not in the depth and in the highth of our soul... it is a light energy from heart to heart... from Christ to us... from love to love...

Enjoy the truth from any source it comes... be with it not with the master... not with the body ...truth is nobody's possession... it is all over if your heart is looking at it do not cling to the cup... drink the wine...

There is no way to truth. this is one of the most fundamental things to know.. every breath is a path to your truth... to your inner treasure... this is the real freedom... the real life and love and laughter...

Truth can never become a prisoner, its intrinsic quality is freedom, so only those who are capable of being free attain it... come out of the cage and fly high in your sky

God is freedom.. God is the truth.. religion is freedom. Truth and freedom are one Icon... one coin... in God we find all what we need... tremendous love, absolute freedom and ultimate truth.. just be still and know that silence is the only existence ...the only language...

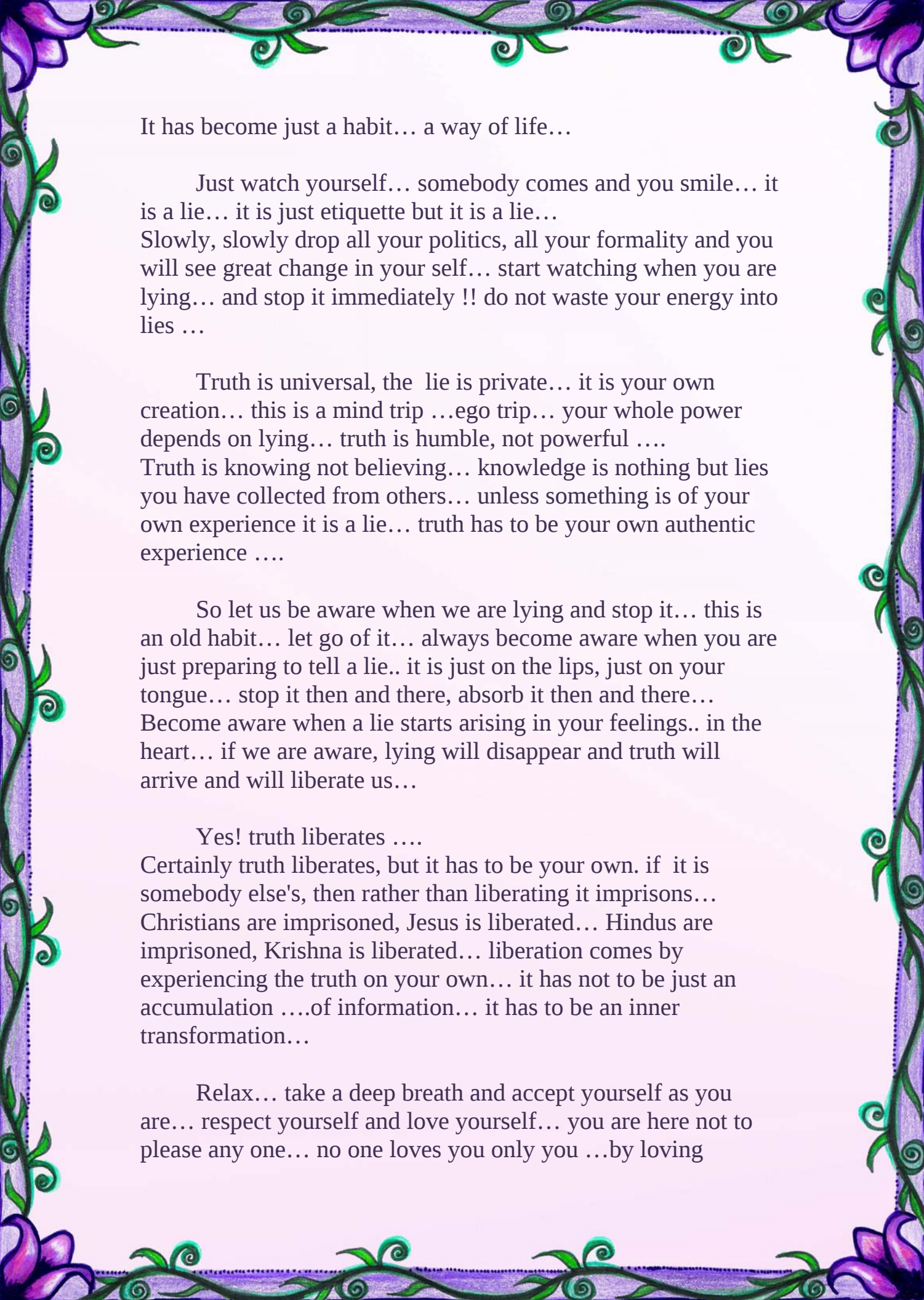
"Be still and know that I am God"

This amness is the isness



Why do we lie? What is a lie?

We live in lies. we talk about truth but we live in lies ...we talk about peace and we buy weapons ...talking about the truth is just to hide the lies of lifeand we have become one with it, so skillful in it that we are not even aware of those lies... We go on playing those games absolutely unconsciously...



It has become just a habit... a way of life...

Just watch yourself... somebody comes and you smile... it is a lie... it is just etiquette but it is a lie...

Slowly, slowly drop all your politics, all your formality and you will see great change in your self... start watching when you are lying... and stop it immediately !! do not waste your energy into lies ...

Truth is universal, the lie is private... it is your own creation... this is a mind trip ...ego trip... your whole power depends on lying... truth is humble, not powerful

Truth is knowing not believing... knowledge is nothing but lies you have collected from others... unless something is of your own experience it is a lie... truth has to be your own authentic experience

So let us be aware when we are lying and stop it... this is an old habit... let go of it... always 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... Become aware when a lie starts arising in your feelings.. in the heart... if we are aware, lying will disappear and truth will arrive and will liberate us...

Yes! truth liberates

Certainly truth liberates, but it has to be your own. if it is somebody else's, then rather than liberating it imprisons... Christians are imprisoned, Jesus is liberated... Hindus are imprisoned, Krishna is liberated... liberation comes by experiencing the truth on your own... it has not to be just an accumulationof information... it has to be an inner transformation...

Relax... take a deep breath and accept yourself as you are... respect yourself and love yourself... you are here not to please any one... no one loves you only you ...by loving

yourself you love the other because he is your brother ...he is your mirror.. he is you... me is we.. but be aware of who is the other...

A husband and his young wife were not on good terms. in fact the wife was convinced that he was carrying on with the pretty housemaid, so she laid trap...

One evening she suddenly sent Maria home for the weekend, and did not inform the husband.

That night when they went to bed, the husband gave the old story: "excuse me my dear... my stomach" and went towards the bathroom...

The wife promptly dashed a long the corridor, up the back stairs, into the maid's bed... she just had time to switch the lights off when he came in silently ...

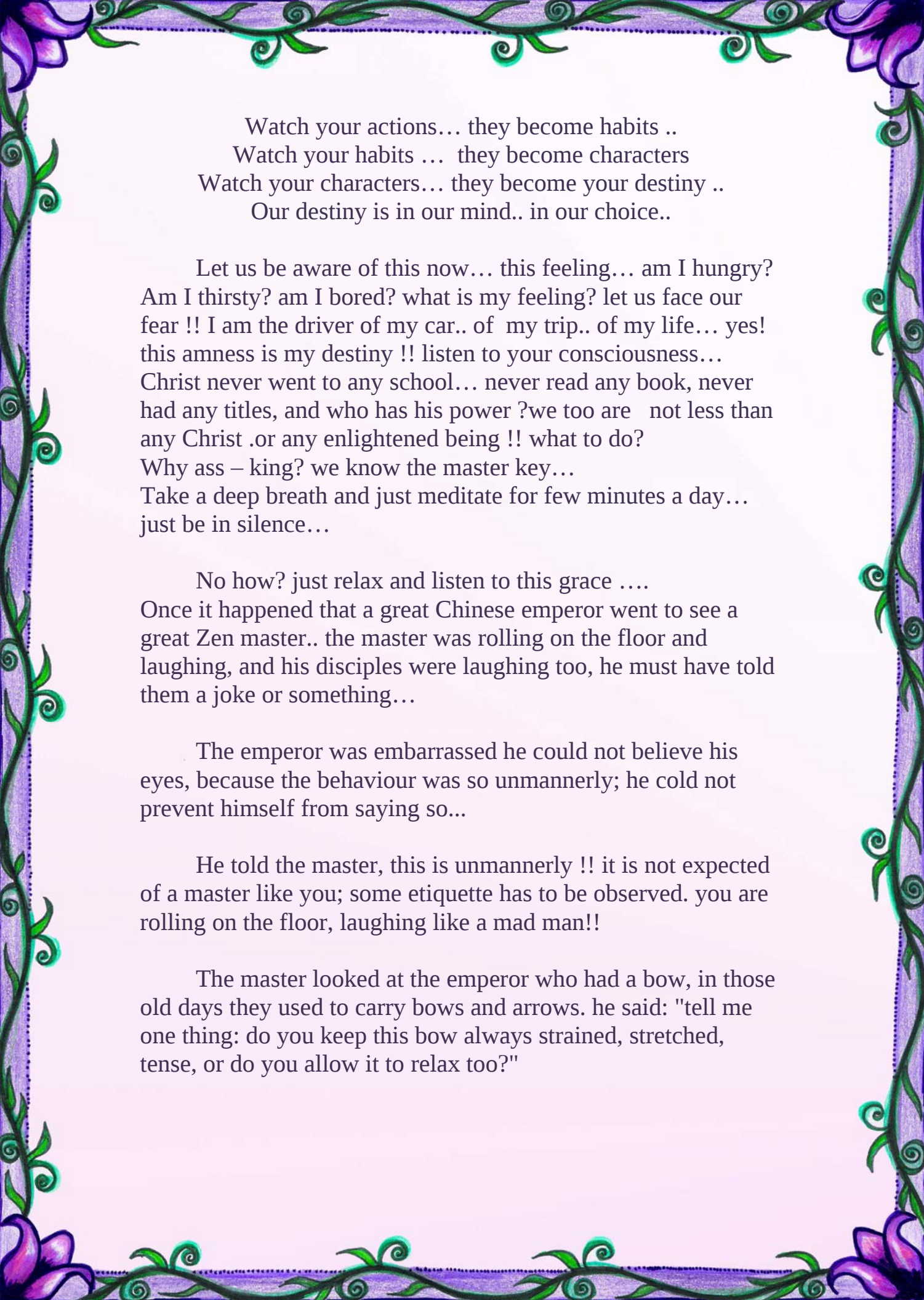
He wasted no time or words but quickly took out his willy, and got on top of her .when he finished and still panting, the wife said: "you didn't expect to find me in this bed did you!!"
And put on the light... "no madam" said the gardener...



Yes! shifts happens too !

Watch your mind... it creates all kinds of lies... of illusions... beauty and ugliness, richness and poverty... and once the idea lives in you, your power goes to create it... to make it a reality.. so don't listen to your thought, it is a kind of hypnosis... we can erase it...

just watch your thoughts
They become words
Watch your words
They become actions ..



Watch your actions... they become habits ..
Watch your habits ... they become characters
Watch your characters... they become your destiny ..
Our destiny is in our mind.. in our choice..

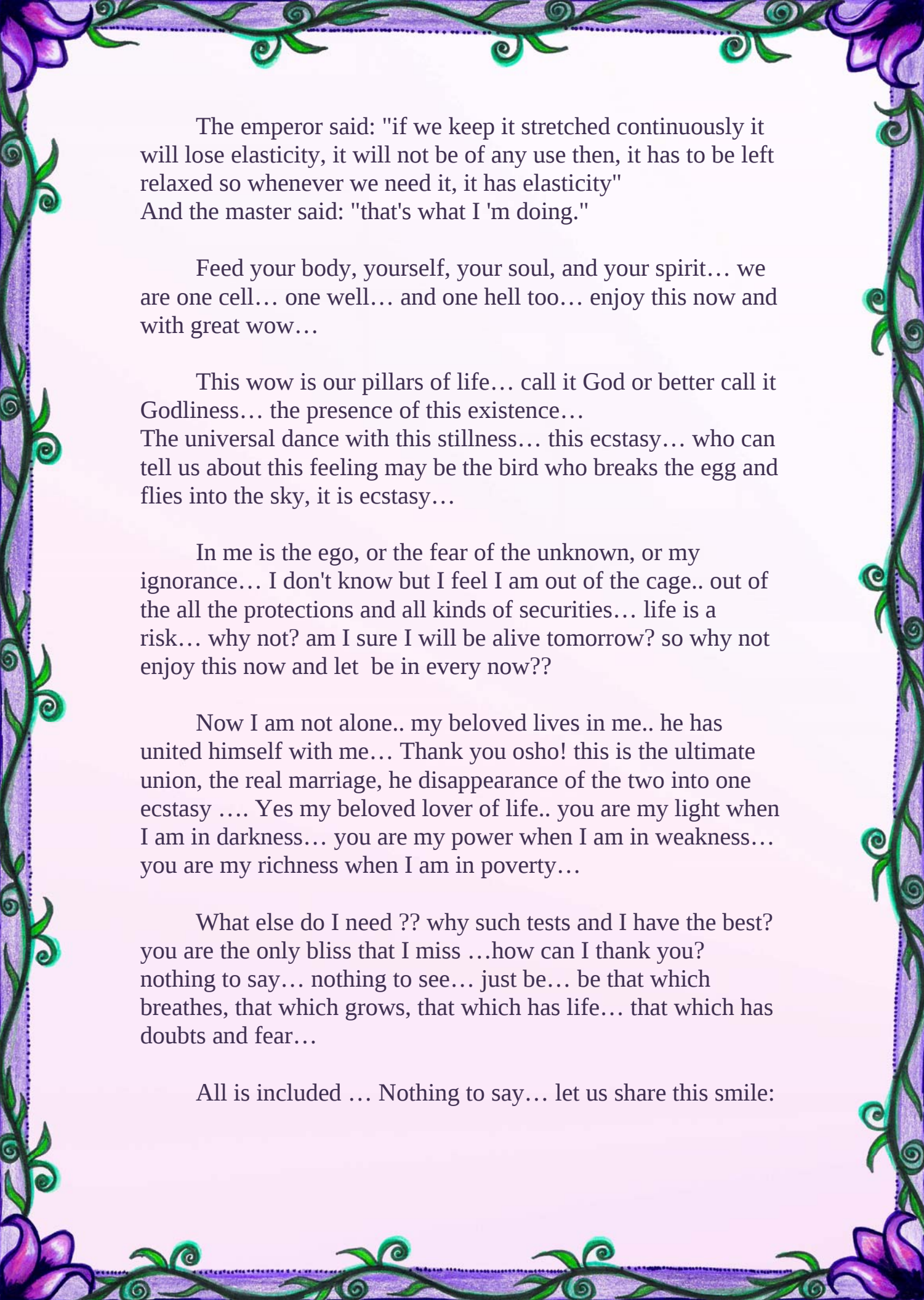
Let us be aware of this now... this feeling... am I hungry?
Am I thirsty? am I bored? what is my feeling? let us face our
fear !! I am the driver of my car.. of my trip.. of my life... yes!
this amness is my destiny !! listen to your consciousness...
Christ never went to any school... never read any book, never
had any titles, and who has his power ?we too are not less than
any Christ .or any enlightened being !! what to do?
Why ass – king? we know the master key...
Take a deep breath and just meditate for few minutes a day...
just be in silence...

No how? just relax and listen to this grace
Once it happened that a great Chinese emperor went to see a
great Zen master.. the master was rolling on the floor and
laughing, and his disciples were laughing too, he must have told
them a joke or something...

The emperor was embarrassed he could not believe his
eyes, because the behaviour was so unmannerly; he cold not
prevent himself from saying so...

He told the master, this is unmannerly !! it is not expected
of a master like you; some etiquette has to be observed. you are
rolling on the floor, laughing like a mad man!!

The master looked at the emperor who had a bow, in those
old days they used to carry bows and arrows. he said: "tell me
one thing: do you keep this bow always strained, stretched,
tense, or do you allow it to relax too?"



The emperor said: "if we keep it stretched continuously it will lose elasticity, it will not be of any use then, it has to be left relaxed so whenever we need it, it has elasticity"
And the master said: "that's what I 'm doing."

Feed your body, yourself, your soul, and your spirit... we are one cell... one well... and one hell too... enjoy this now and with great wow...

This wow is our pillars of life... call it God or better call it Godliness... the presence of this existence...
The universal dance with this stillness... this ecstasy... who can tell us about this feeling may be the bird who breaks the egg and flies into the sky, it is ecstasy...

In me is the ego, or the fear of the unknown, or my ignorance... I don't know but I feel I am out of the cage.. out of the all the protections and all kinds of securities... life is a risk... why not? am I sure I will be alive tomorrow? so why not enjoy this now and let be in every now??

Now I am not alone.. my beloved lives in me.. he has united himself with me... Thank you osho! this is the ultimate union, the real marriage, he disappearance of the two into one ecstasy Yes my beloved lover of life.. you are my light when I am in darkness... you are my power when I am in weakness... you are my richness when I am in poverty...

What else do I need ?? why such tests and I have the best? you are the only bliss that I miss ...how can I thank you? nothing to say... nothing to see... just be... be that which breathes, that which grows, that which has life... that which has doubts and fear...

All is included ... Nothing to say... let us share this smile:

dad , "I was away for a week." David speaking with his father,
"yesterday I sent an email to my wife that I will be home that
night, and when I got into my room I found her with a man...

Why, tell me why"

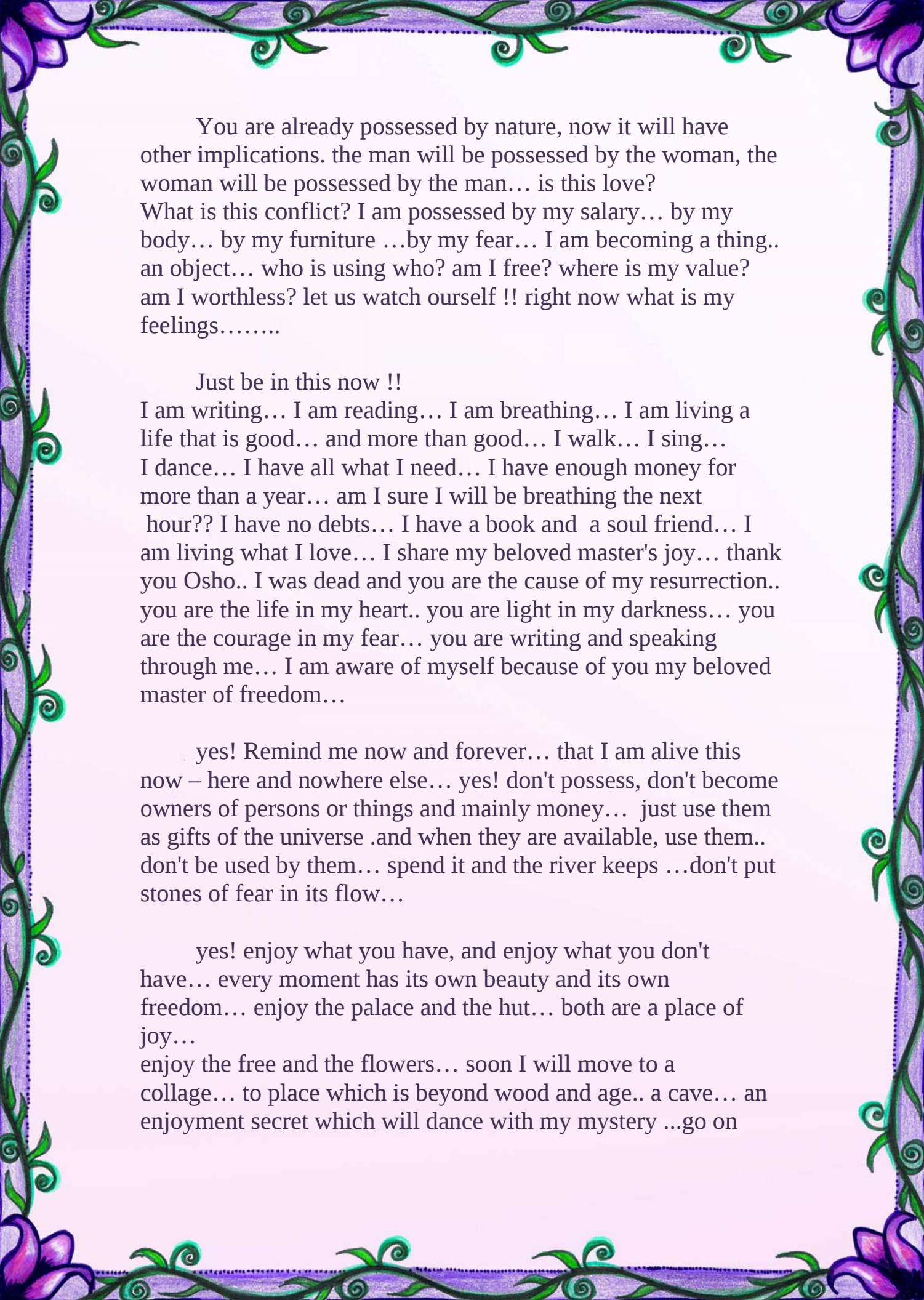
Dad kept silent for a few minutes, then coolly said: "may be,
son, she did not open her mail!!"



Nothing is serious ...but it is difficult to see that life is a
game ...

Dad !! she is my wife... We are married...
Then let me share with you what I know... me too I was
married and you are my son... or? I don't know, but I know that
I love you ... Listen... no wife.. no husband.. no marriage.. this
is all a big lie.. I would like a relating not a relationship or
relationshit... just a friendship.. just a loving togetherness.. no
promises for tomorrow... this moment is enough.. not wife and
husband but man and woman, and if you love each other as you
are then you are free to be how you are... look at nature ...they
all live together ,dance together.. all are male and female and no
sin... no hate... no marriage.. no mine and yours... why do we
possess??

What is this possessiveness ??
All man falls in love with a woman or a woman falls in love
with a man, but it is nothing special to a man, it is not part of a
dignity of man... it is a fall and it will bring misery to you...
And remember, it will be possessive... and also, if you watch
carefully, you will see: it will not only be possessive, deep
down there will be a desire to be possessed too...



You are already possessed by nature, now it will have other implications. the man will be possessed by the woman, the woman will be possessed by the man... is this love? What is this conflict? I am possessed by my salary... by my body... by my furniture ...by my fear... I am becoming a thing.. an object... who is using who? am I free? where is my value? am I worthless? let us watch ourself !! right now what is my feelings.....

Just be in this now !!
I am writing... I am reading... I am breathing... I am living a life that is good... and more than good... I walk... I sing... I dance... I have all what I need... I have enough money for more than a year... am I sure I will be breathing the next hour?? I have no debts... I have a book and a soul friend... I am living what I love... I share my beloved master's joy... thank you Osho.. I was dead and you are the cause of my resurrection.. you are the life in my heart.. you are light in my darkness... you are the courage in my fear... you are writing and speaking through me... I am aware of myself because of you my beloved master of freedom...

yes! Remind me now and forever... that I am alive this now – here and nowhere else... yes! don't possess, don't become owners of persons or things and mainly money... just use them as gifts of the universe .and when they are available, use them.. don't be used by them... spend it and the river keeps ...don't put stones of fear in its flow...

yes! enjoy what you have, and enjoy what you don't have... every moment has its own beauty and its own freedom... enjoy the palace and the hut... both are a place of joy...
enjoy the free and the flowers... soon I will move to a collage... to place which is beyond wood and age.. a cave... an enjoyment secret which will dance with my mystery ...go on



enjoying the now and the then and don't possess anything... all will pass and this now too...

Yes ya maryam... ya living soul... the world is a gift, so enjoy it, so enjoy it while it is there... And remember, the universe always gives you that which you need...
yes! I am alone but not lonely, I have you in my life.. you are all what I need and greed... I look at you and you speak to me... you are not dead... your picture is a living treasure in my inner lecture... I read your book and I read your look and I am possessed by your love... by your eyes...

Yes! I am not aware of who I am but I know that you love me... when the beggar in me wakes up to beg you remind me that I am an emperor not a beggar...

Yes! I am not aware of my inner kingdom... desires are beggars... the more we desire, the more we prove that we are unaware of our own treasures.. that very unawareness leads us into the desert of possessiveness... it is a desert because we will not attain to anything I have it all right now !! the breath.. the body... the being...

Oh God.. help me to be and not to be.. I am not.. you are only being.. God is and only God is.. this is the seed of life and out of this seed has grown the tree of immortality.. of existence.. and the creator is in his creation...

there is no duality.. there is no distance, so whatsoever I face, I fear, I worry ... you are in me, with me, all is one... let us rejoice this grace!!

Forgive me my beloved reader... I have nothing else to share with you... only my fear and my courage... my ups and downs... this is my dance... oh my beloved lover... remind me of this grace... what is this feeling? what is this dance?



When you dance meditatively your dance starts having a new flavour.. something of the divine enters into it because if you are dancing meditatively then the ego disappears.. the dancer disappear... the dancer is thoughtless, silent ...this is the divine quality of life... now it is as if God is dancing through us... we are no more only Godliness is...

Just now a thought came from us to me... my next book will be " my test " best test is to be who I am? where I am ?how I am?... this amness and awareness... me, we ,us, i, I ego and egoless whatever I face and I feel will be my best grace and my best choice...

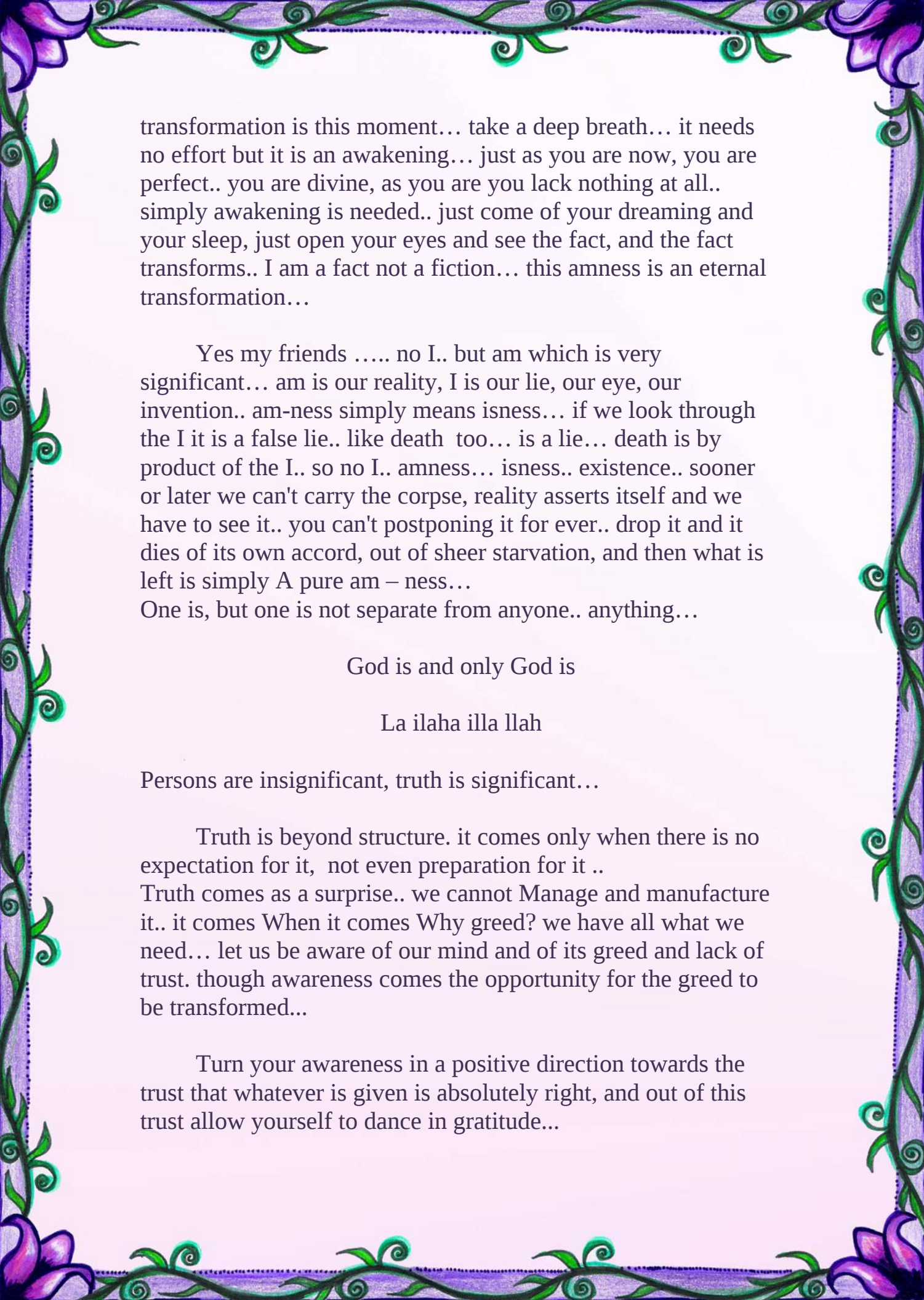
Why do it "next" my best test is next... why not taste it now? why tomorrow? is there any time? truth has no time ... why we are there not here? what is this postponement!

Time is yesterday, tomorrow and today and now... but we love to leave it for later... I have been in this world millions of times I have tasted it in millions of ways, but still the hunger remains, the thirst is there...

Not because there was not enough time, since eternity I have been here, acting in millions of ways, fulfilling millions of desires, and yet I am still hungry and thirsty... what do I need ?? yes !! yes !! no more time, but understanding, awareness is needed... why desire? what is my desire?

Why I don't do it right now? I just did a great shit and I feel so light !! why my body did it... why not me too? why the mind plays logic games, "right now it is difficult, but tomorrow it will be simple."

But every tomorrow comes as today, and tomorrow never comes. postponing is not the way of growing, of transformation, but remaining the same if not worst. let me understand this...



transformation is this moment... take a deep breath... it needs no effort but it is an awakening... just as you are now, you are perfect.. you are divine, as you are you lack nothing at all.. simply awakening is needed.. just come of your dreaming and your sleep, just open your eyes and see the fact, and the fact transforms.. I am a fact not a fiction... this amness is an eternal transformation...

Yes my friends no I.. but am which is very significant... am is our reality, I is our lie, our eye, our invention.. am-ness simply means isness... if we look through the I it is a false lie.. like death too... is a lie... death is by product of the I.. so no I.. amness... isness.. existence.. sooner or later we can't carry the corpse, reality asserts itself and we have to see it.. you can't postponing it for ever.. drop it and it dies of its own accord, out of sheer starvation, and then what is left is simply A pure am – ness...
One is, but one is not separate from anyone.. anything...

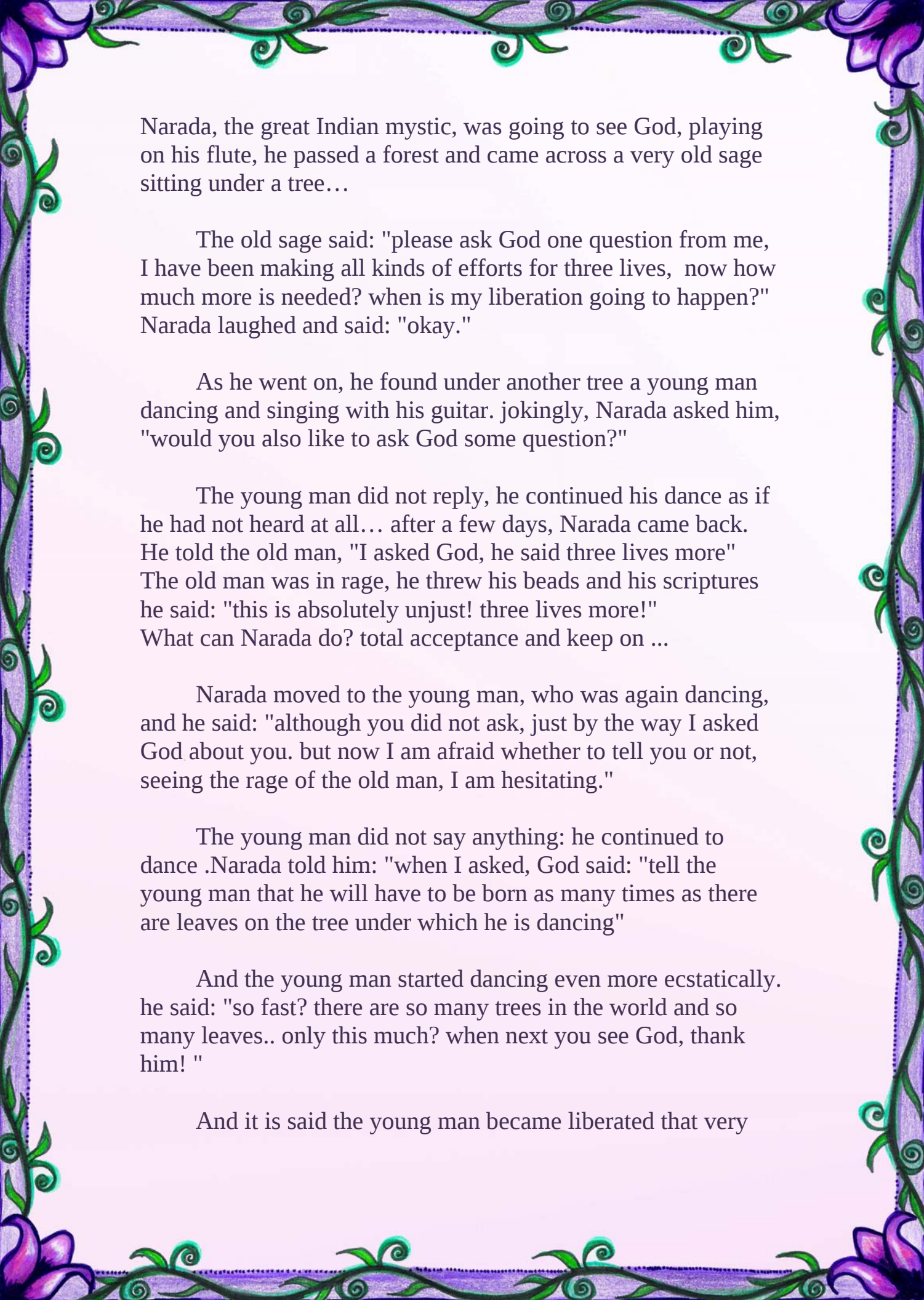
God is and only God is

La ilaha illa llah

Persons are insignificant, truth is significant...

Truth is beyond structure. it comes only when there is no expectation for it, not even preparation for it ..
Truth comes as a surprise.. we cannot Manage and manufacture it.. it comes When it comes Why greed? we have all what we need... let us be aware of our mind and of its greed and lack of trust. though awareness comes the opportunity for the greed to be transformed...

Turn your awareness in a positive direction towards the trust that whatever is given is absolutely right, and out of this trust allow yourself to dance in gratitude...



Narada, the great Indian mystic, was going to see God, playing on his flute, he passed a forest and came across a very old sage sitting under a tree...

The old sage said: "please ask God one question from me, I have been making all kinds of efforts for three lives, now how much more is needed? when is my liberation going to happen?" Narada laughed and said: "okay."

As he went on, he found under another tree a young man dancing and singing with his guitar. jokingly, Narada asked him, "would you also like to ask God some question?"

The young man did not reply, he continued his dance as if he had not heard at all... after a few days, Narada came back. He told the old man, "I asked God, he said three lives more" The old man was in rage, he threw his beads and his scriptures he said: "this is absolutely unjust! three lives more!" What can Narada do? total acceptance and keep on ...

Narada moved to the young man, who was again dancing, and he said: "although you did not ask, just by the way I asked God about you. but now I am afraid whether to tell you or not, seeing the rage of the old man, I am hesitating."

The young man did not say anything: he continued to dance .Narada told him: "when I asked, God said: "tell the young man that he will have to be born as many times as there are leaves on the tree under which he is dancing"

And the young man started dancing even more ecstatically. he said: "so fast? there are so many trees in the world and so many leaves.. only this much? when next you see God, thank him! "

And it is said the young man became liberated that very

moment... if there is such totality of trust, time is not needed...
if there is no trust, then even three lives are not enough...
Yes! that old man must be around somewhere even now...
Such a mind can't become liberated... such mind is what hell
is...

Yes! we are where our trust is... so let us be aware of our
being !let us meditate and be the best test before we rest..
Why waste our life? why not live this now with our beloved
master... he is here helping us to be free and fly in our sky ..
Why be a prison? in a prison is better but to be the prison it
needs a great awareness... we are so blessed to have a living
truth... why not trust what you have and who you are??

Why trust your mind? logic is not the truth.. it is law in the
head... I trust love not logic.. I laugh at logics.. read this less –
on in logic...

If your father is a poor man,
It is your fate but,
If your father – in – law is a poor man,
It's your stupidity...



I was born intelligent, education ruined me...
Practice makes you perfect,
But nobody is perfect...
So why practice?



If it is true that we are here to help
Others, then what exactly are the others
Here for?



Since light travel faster than sound, people
Appear bright until you hear them speak...



How come "abbreviated" is such a long word?



Money is not everything ,
There a master card and visa



Behind every successful man, there is a woman, and behind every unsuccessful man, there are two...



Every man should marry, after all, happiness is not the only thing in life...



The wise never marry.. and when they marry they become otherwise...



Success is a relative term.. it brings so many relatives...



Never put off the work till tomorrow when you can put off today...



Your future depends on your dreams... so go to sleep...



Hard work never killed anybody. but why take the risk?
Work fascinates me, I can look at it for hours...



God made relatives; thank God we can choose our friends ..



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



The more we share such seeds of law and right, we feel the love that is left in our heart.. love lives in the core of the heart and the law lives in the logic of the mind ...

Forgive my law flow... let us love it too.. look at what it says...

The two partners in a law firm were having lunch when suddenly one of them jumped up and said: "I have to go back to the office, I forgot to lock the safe!"

The other partner replied: "what are you worried about? we are both here."



There is no difference between the lie and the law!!
The liar and the lawyer.. lawful and trustful.. let us be faithful to all what we love and lie..

Unfaithful wife

A man returning home a day early from work and got into a taxi.. it was after midnight while on route to his home, he asked the cabby if he would be a witness... the man suspected his wife and wanted to know the truth.. so the driver agreed for 100 \$.. quietly arriving at the house, the husband and the driver tiptoed into the bed room...

The husband put on the lights, took off the blanket and there was his wife in bed with another man .

The husband put a gun to the naked man's head... the wife shouted, " don't do it !! this man has been very generous !!I lied when I told you I inherited money..

He paid for your new car, he paid for our new home.. he paid for our children's school.. he paid for our country club membership and even pays the monthly dues !! "

Shaking his head from side - to - side the husband slowly lowered the gun. he looked over at the cab driver and said:

"what would you do?"

The cabby said: "I'd cover him up with that blanket before he catches a cold..."



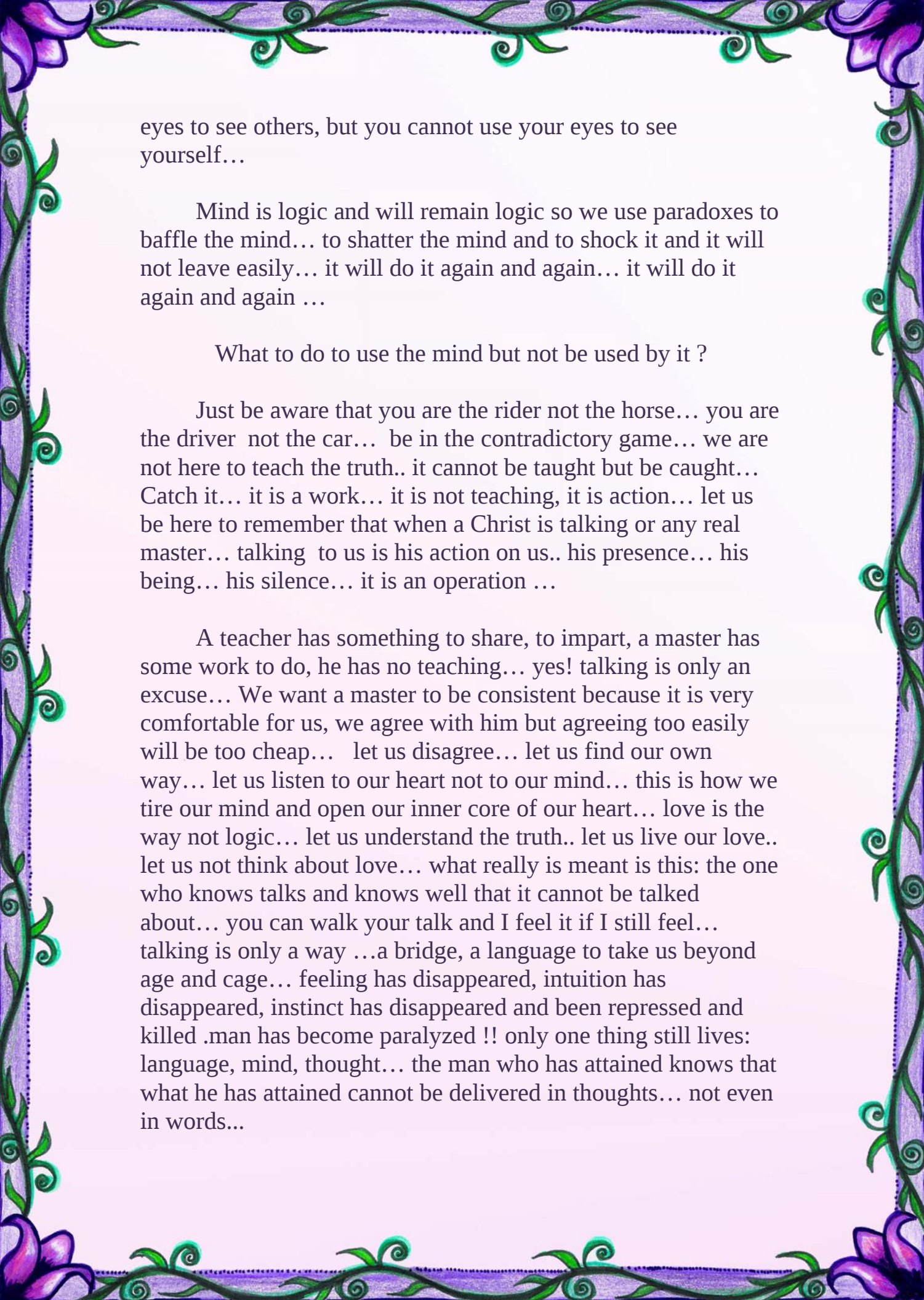
so why not catch a gold ?? let him love the wife and be responsible for the jewel and the pebble.. love is love.. law is law... use your logic ...

Yes! let us share the power of logic ...

Logic believes in two categories: the known and the unknown.. that which unknown today will become known tomorrow... that which is known today was unknown yesterday... so there is not much difference between the known and the unknown, they belong to the same category...

Logic does not believe in the unknowable.. and the unknowable is the very heart of life, the very heart beat of the universe. use the logic for the things, the superficial world.. but do not use it for your spiritual life...

Logic means mind. mind is helpful for the ordinary life. but the mind is a hindrance for your soul... you can use your



eyes to see others, but you cannot use your eyes to see yourself...

Mind is logic and will remain logic so we use paradoxes to baffle the mind... to shatter the mind and to shock it and it will not leave easily... it will do it again and again... it will do it again and again ...

What to do to use the mind but not be used by it ?

Just be aware that you are the rider not the horse... you are the driver not the car... be in the contradictory game... we are not here to teach the truth.. it cannot be taught but be caught... Catch it... it is a work... it is not teaching, it is action... let us be here to remember that when a Christ is talking or any real master... talking to us is his action on us.. his presence... his being... his silence... it is an operation ...

A teacher has something to share, to impart, a master has some work to do, he has no teaching... yes! talking is only an excuse... We want a master to be consistent because it is very comfortable for us, we agree with him but agreeing too easily will be too cheap... let us disagree... let us find our own way... let us listen to our heart not to our mind... this is how we tire our mind and open our inner core of our heart... love is the way not logic... let us understand the truth.. let us live our love.. let us not think about love... what really is meant is this: the one who knows talks and knows well that it cannot be talked about... you can walk your talk and I feel it if I still feel... talking is only a way ...a bridge, a language to take us beyond age and cage... feeling has disappeared, intuition has disappeared, instinct has disappeared and been repressed and killed .man has become paralyzed !! only one thing still lives: language, mind, thought... the man who has attained knows that what he has attained cannot be delivered in thoughts... not even in words...



Words are only a tool to provoke us, to seduce us for a journey of word – less silence...

Be still and know yourself... meditation is the key to be out of the mind... out of logic ... in the love... God has not to be approached through logic but through love ..to approach him through logic is to miss him... truth cannot be caught in a logical net ...the logical net is too crude and God is so subtle .. He is not like a fish, he is more like a water... you can catch the fish in the net but not the water, the water will escape ...

Oh my beloved reader and writer.. we are rivering.. we are breathing... we are loving and living... no word can say our feelings... let us walk our talk... let us live our love ...let us be natural as our mother earth... let us dance all the seasons without any mind reasons...

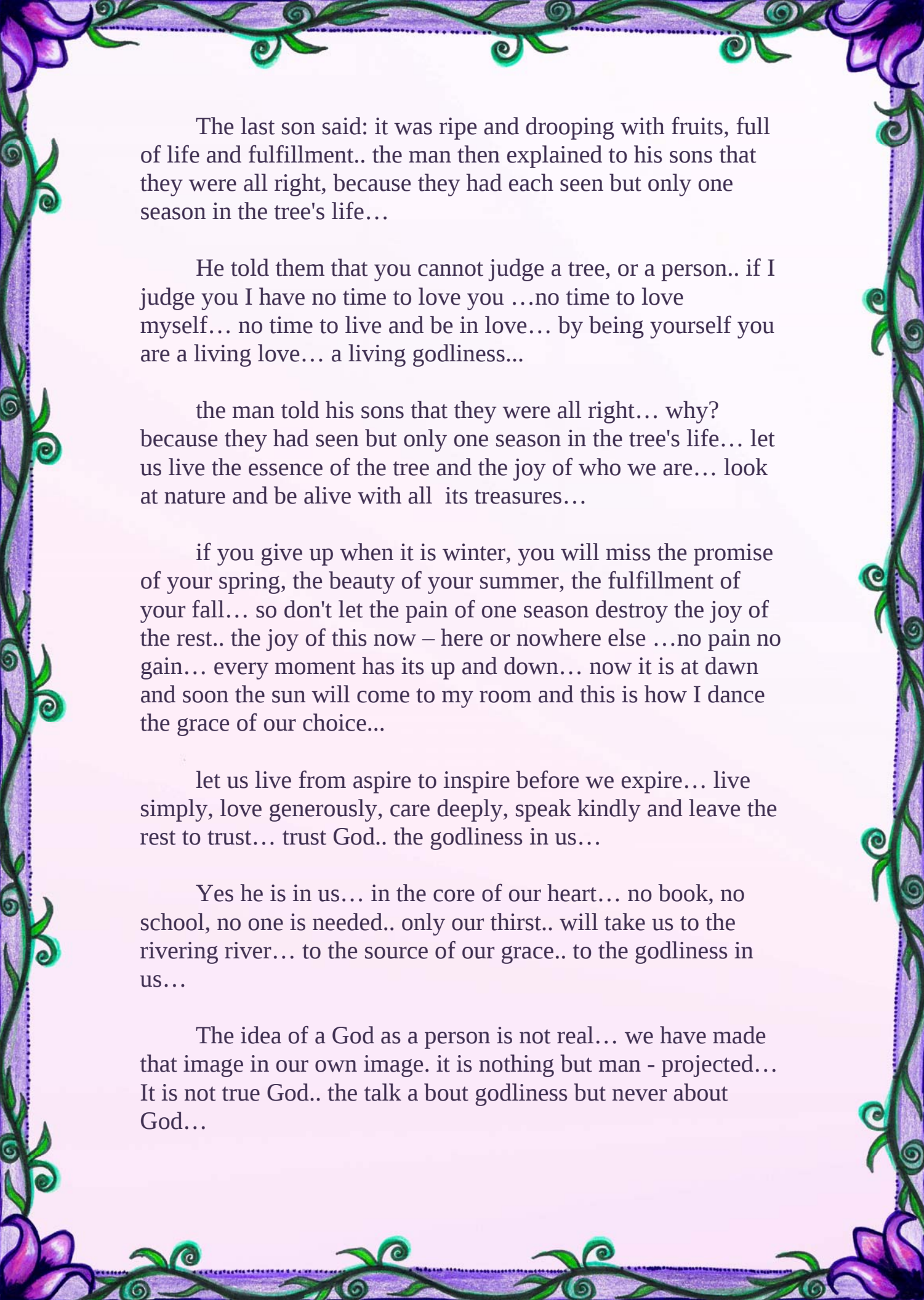
Let us share this truth...

There was a man, who had four sons. he wanted his sons to learn not to judge things too quickly... so he sent them each on a quest, in turn, to go and look at an apple tree, that was a great distance away...

The first son went in the winter, the second son went in the spring, the third in summer and the youngest in the fall. When they all had gone and come back, he called them together to describe what they had seen ...
the first son said: that the tree was naked, twisted and bent .

the second son said: no it was covered with many buds and full of promise...

The third son said: it was loaded with blossoms that smelled so sweet and looked so beautiful...



The last son said: it was ripe and drooping with fruits, full of life and fulfillment.. the man then explained to his sons that they were all right, because they had each seen but only one season in the tree's life...

He told them that you cannot judge a tree, or a person.. if I judge you I have no time to love you ...no time to love myself... no time to live and be in love... by being yourself you are a living love... a living godliness...

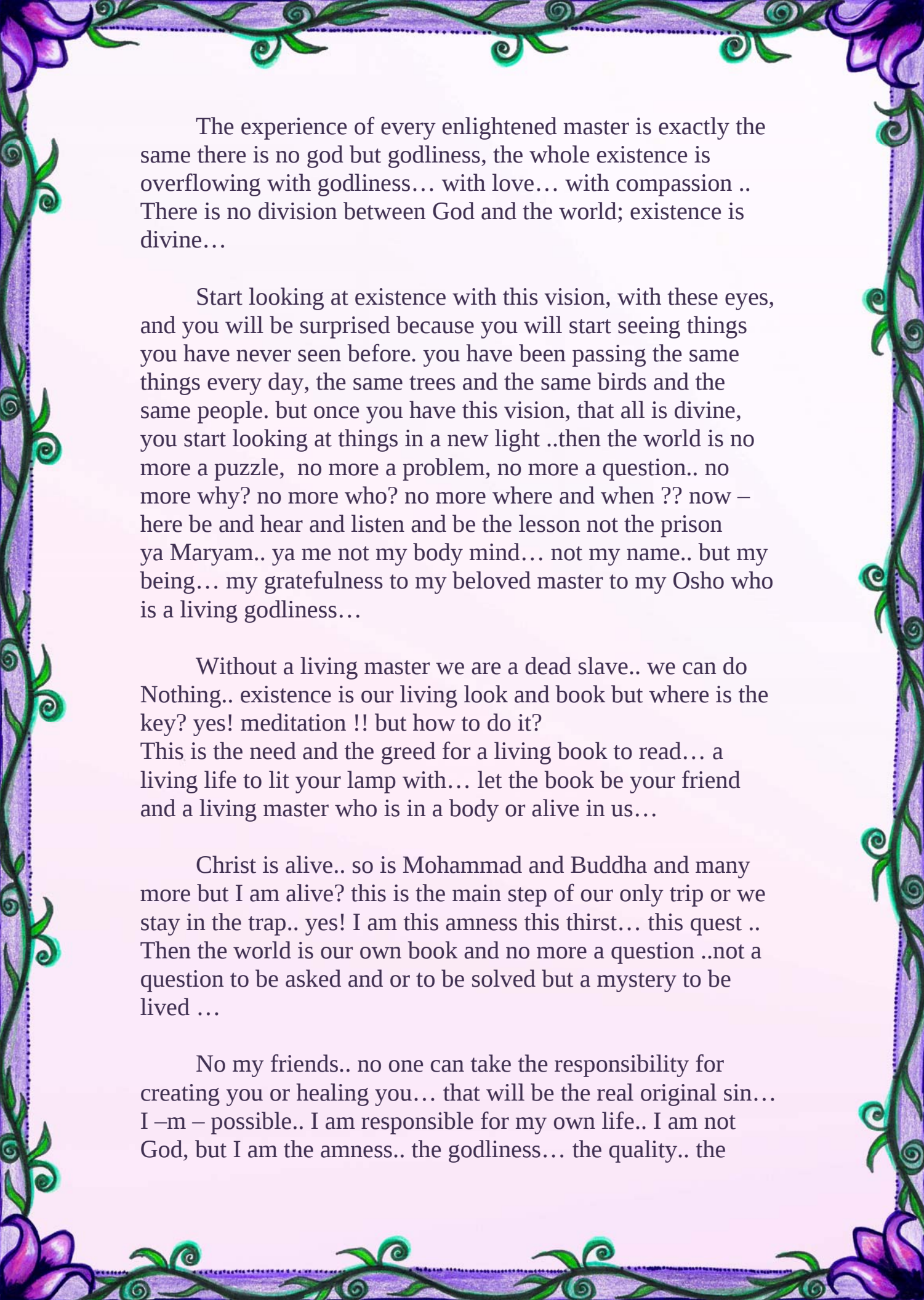
the man told his sons that they were all right... why? because they had seen but only one season in the tree's life... let us live the essence of the tree and the joy of who we are... look at nature and be alive with all its treasures...

if you give up when it is winter, you will miss the promise of your spring, the beauty of your summer, the fulfillment of your fall... so don't let the pain of one season destroy the joy of the rest.. the joy of this now – here or nowhere else ...no pain no gain... every moment has its up and down... now it is at dawn and soon the sun will come to my room and this is how I dance the grace of our choice...

let us live from aspire to inspire before we expire... live simply, love generously, care deeply, speak kindly and leave the rest to trust... trust God.. the godliness in us...

Yes he is in us... in the core of our heart... no book, no school, no one is needed.. only our thirst.. will take us to the rivering river... to the source of our grace.. to the godliness in us...

The idea of a God as a person is not real... we have made that image in our own image. it is nothing but man - projected... It is not true God.. the talk a bout godliness but never about God...



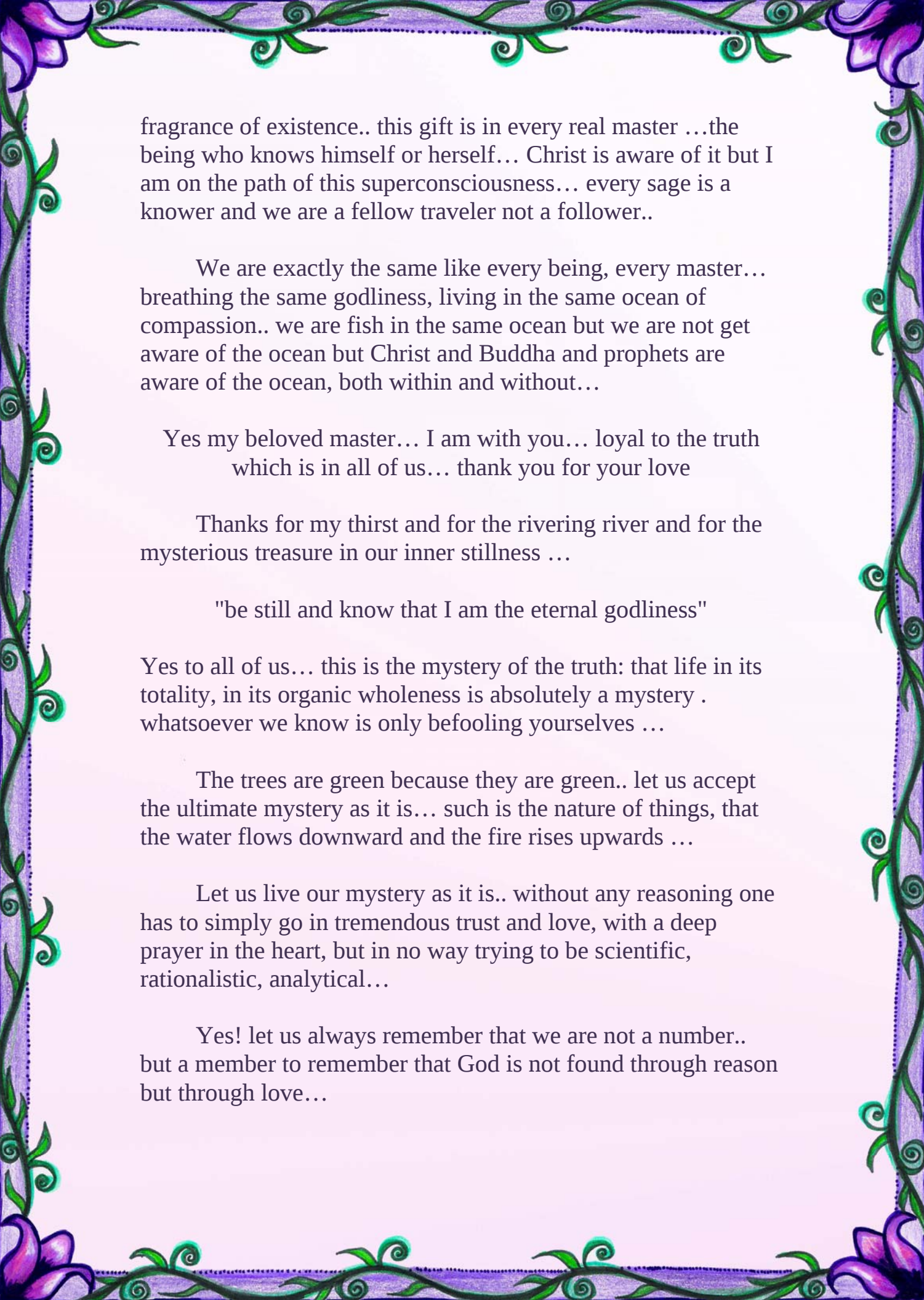
The experience of every enlightened master is exactly the same there is no god but godliness, the whole existence is overflowing with godliness... with love... with compassion .. There is no division between God and the world; existence is divine...

Start looking at existence with this vision, with these eyes, and you will be surprised because you will start seeing things you have never seen before. you have been passing the same things every day, the same trees and the same birds and the same people. but once you have this vision, that all is divine, you start looking at things in a new light ..then the world is no more a puzzle, no more a problem, no more a question.. no more why? no more who? no more where and when ?? now – here be and hear and listen and be the lesson not the prison ya Maryam.. ya me not my body mind... not my name.. but my being... my gratefulness to my beloved master to my Osho who is a living godliness...

Without a living master we are a dead slave.. we can do Nothing.. existence is our living look and book but where is the key? yes! meditation !! but how to do it? This is the need and the greed for a living book to read... a living life to lit your lamp with... let the book be your friend and a living master who is in a body or alive in us...

Christ is alive.. so is Mohammad and Buddha and many more but I am alive? this is the main step of our only trip or we stay in the trap.. yes! I am this amness this thirst... this quest .. Then the world is our own book and no more a question ..not a question to be asked and or to be solved but a mystery to be lived ...

No my friends.. no one can take the responsibility for creating you or healing you... that will be the real original sin... I –m – possible.. I am responsible for my own life.. I am not God, but I am the amness.. the godliness... the quality.. the



fragrance of existence.. this gift is in every real master ...the being who knows himself or herself... Christ is aware of it but I am on the path of this superconsciousness... every sage is a knower and we are a fellow traveler not a follower..

We are exactly the same like every being, every master... breathing the same godliness, living in the same ocean of compassion.. we are fish in the same ocean but we are not get aware of the ocean but Christ and Buddha and prophets are aware of the ocean, both within and without...

Yes my beloved master... I am with you... loyal to the truth which is in all of us... thank you for your love

Thanks for my thirst and for the rivering river and for the mysterious treasure in our inner stillness ...

"be still and know that I am the eternal godliness"

Yes to all of us... this is the mystery of the truth: that life in its totality, in its organic wholeness is absolutely a mystery . whatsoever we know is only befooling yourselves ...

The trees are green because they are green.. let us accept the ultimate mystery as it is... such is the nature of things, that the water flows downward and the fire rises upwards ...

Let us live our mystery as it is.. without any reasoning one has to simply go in tremendous trust and love, with a deep prayer in the heart, but in no way trying to be scientific, rationalistic, analytical...

Yes! let us always remember that we are not a number.. but a member to remember that God is not found through reason but through love...

But if we love, if we love enough, love itself becomes the evidence... love is not emotion... is not in the mind.. not in the logic but beyond any knowledge...

Any cage... any age... but the experience of the living sage... who is not a sinner nor a saint but beyond both... beyond any goal... just love.. such mystery, such certain, such evidence that even if the whole world says there is no God it cannot shake your trust...

God is found in love not in reason but in the loving love... make your temple in love... let us get out of the obsession of reason!!



Personality

What is the reason to be a person?

Do you want to be a VIP?

Who are you now?

Is my power living in my mind?

Where is my power of life?

What do I share with others?

Why gossip?

Let us plant seeds of life...

Are you a farmer? A tourist?
or a pilgrim?

What is my feeling now?

Joy? sadness?

Negative?. positive?

optimist. .? pessimist?

How can I share my now with my self?

So many questions but the answer

Is in the quest...

Let us rest...



Yes! yes! Are you a VIP?
Very ignorant persona!!! or very important penny!! or any pee
pee on it all...
Let us peel all the pebble and see the jewel...
Let us peek and peep through all the holes and be the wholly
holy whole it all... we are not a person... not a bodymind... any
word... any world... any utility or royalty...
Let us play with personality...

Little Peter is asking: Mom, is this my brain?
Yes honey! when you grow up and be a VIP... Just like your
Dad and more... Said his Mom!!



She knows that the "foot balls" are the best brains to use... be the
best personality ever... This is a great power... a great treasure...

Personality is nothing but an envelope... It comes from a
beautiful word, persona... it means mask... In Greek dramas the
actors used masks... Sona means sound, per means through.
They used to speak through the masks; you could not see their
real faces, you could only hear their voices... Hence the mask
was called a persona because the sound was heard through it,
and out of persona comes the word, "personality"...

Be aware of your masks and peel them all... it is hard but
there is no other way to be in our heart... otherwise we live a
false life... a sick life...

Let us soar with this story...

A little bear cub was confused about how to walk...
"what do I do first?" he asked his mother...
"Do I start with my right foot or my left? or both front feet and then my back feet? or do I move both feet on one side and then both feet on the other?" His mother answered: "just quit thinking and start walking"

The same with the caterpillar... A man asked her: "How come you have so many legs and you walk like a dance without any doubt and any fear, just a flow of energy... and me with two feet I don't know how to walk without being lost or tired??!"

"Oh! I don't know how I do it... let me think and I will tell you" said the worm and the silk worm...

And it started thinking how walking happens... and she could not walk as before... Think and you stink and you sink... just be simple so that everyone can simply live... why thinking? All nature is natural and in harmony with each others... They listen only to the inner flow... Total Trust to existence...

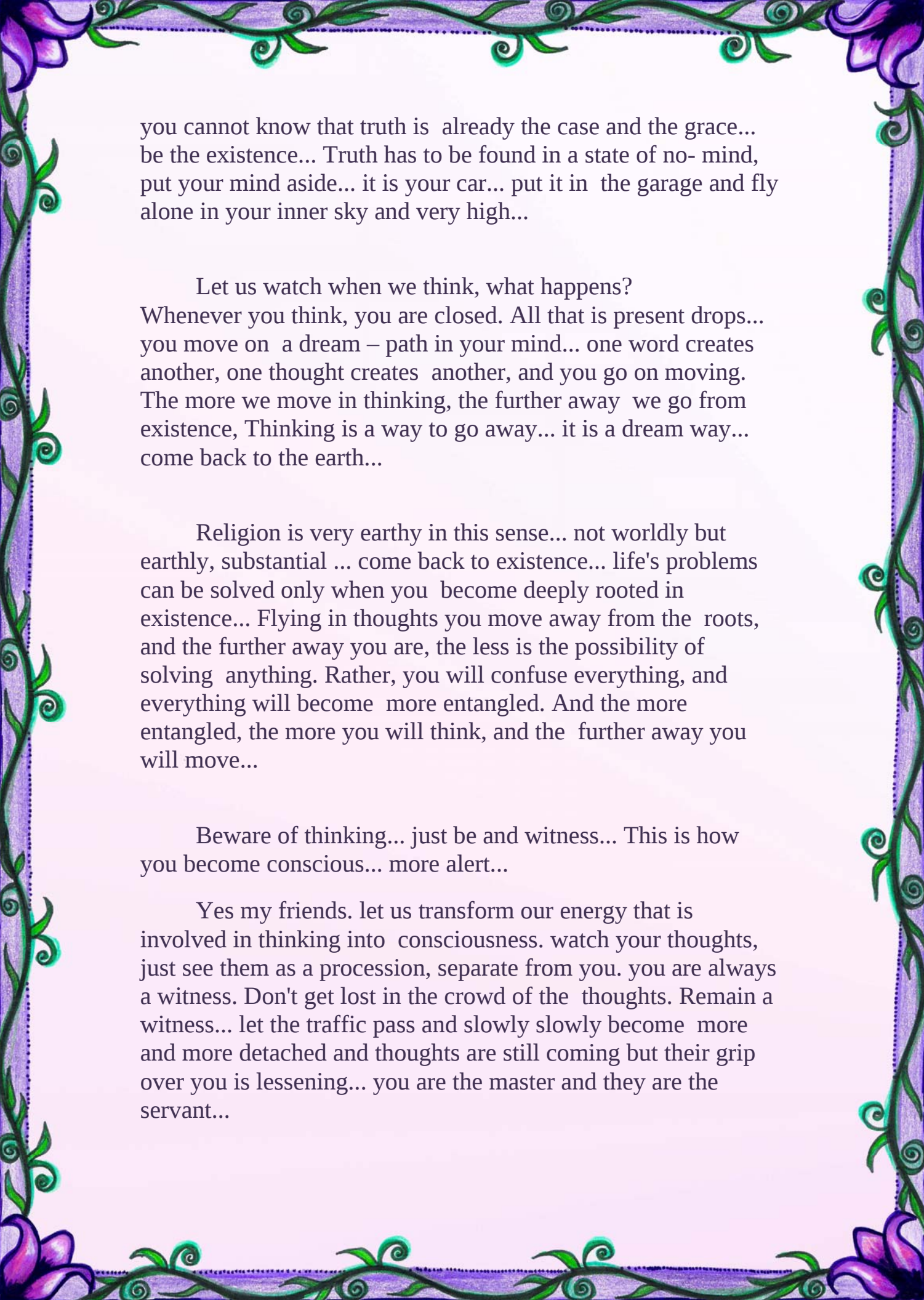
Look at a child... trust the small womb and the outer home and all what he feels and sees and says... this is the power of innocence...

Yes! A thought is a destiny but be aware of the thought... you are what you think or what you love!??



*Where is the Truth?
In the head? in the heart?*

Truth is within you, just be still and know yourself...
It is a question of being a silence and then you become a knower... Thinking keeps you busy... occupied, so much so that



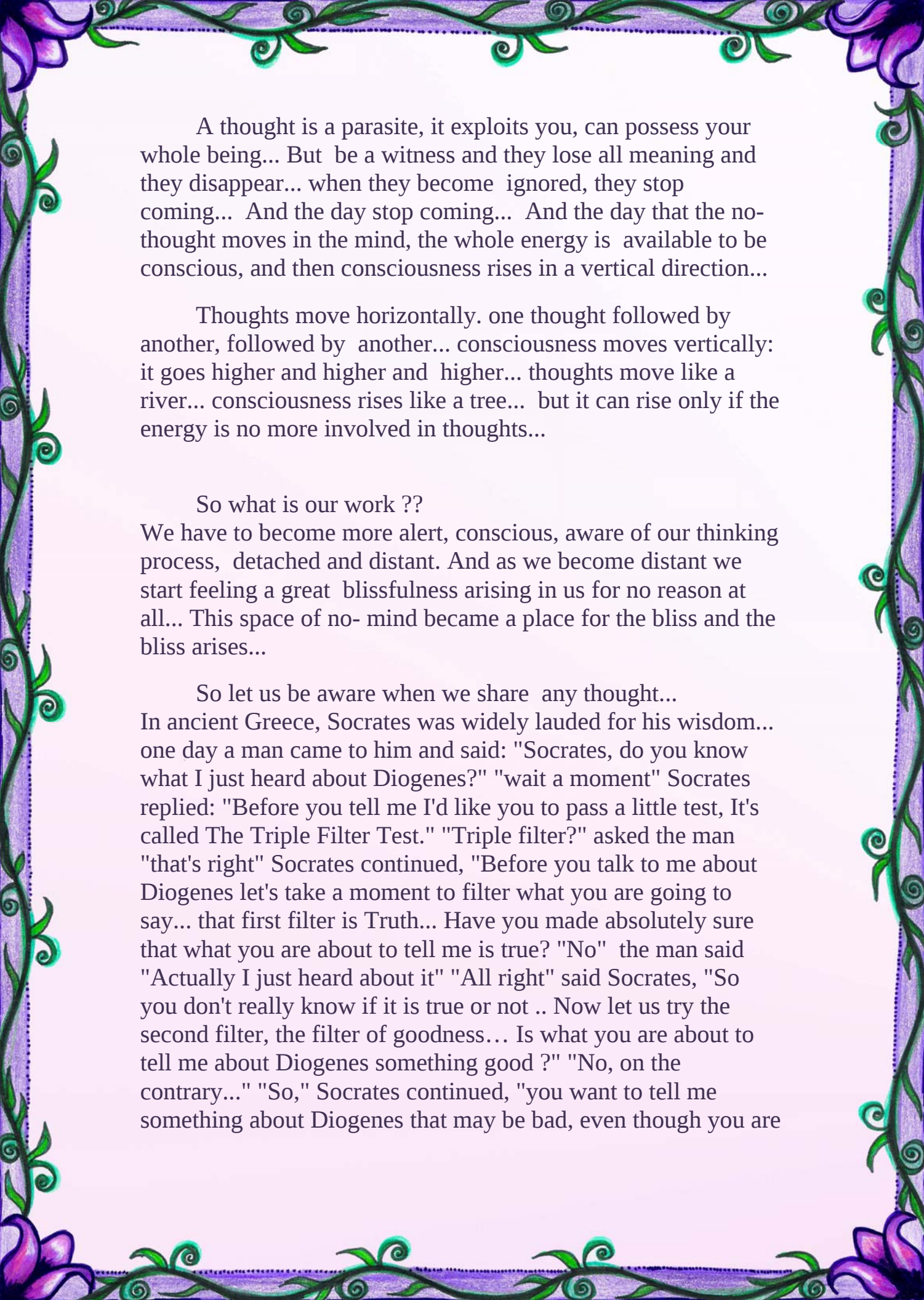
you cannot know that truth is already the case and the grace...
be the existence... Truth has to be found in a state of no- mind,
put your mind aside... it is your car... put it in the garage and fly
alone in your inner sky and very high...

Let us watch when we think, what happens?
Whenever you think, you are closed. All that is present drops...
you move on a dream – path in your mind... one word creates
another, one thought creates another, and you go on moving.
The more we move in thinking, the further away we go from
existence, Thinking is a way to go away... it is a dream way...
come back to the earth...

Religion is very earthy in this sense... not worldly but
earthly, substantial ... come back to existence... life's problems
can be solved only when you become deeply rooted in
existence... Flying in thoughts you move away from the roots,
and the further away you are, the less is the possibility of
solving anything. Rather, you will confuse everything, and
everything will become more entangled. And the more
entangled, the more you will think, and the further away you
will move...

Beware of thinking... just be and witness... This is how
you become conscious... more alert...

Yes my friends. let us transform our energy that is
involved in thinking into consciousness. watch your thoughts,
just see them as a procession, separate from you. you are always
a witness. Don't get lost in the crowd of the thoughts. Remain a
witness... let the traffic pass and slowly slowly become more
and more detached and thoughts are still coming but their grip
over you is lessening... you are the master and they are the
servant...



A thought is a parasite, it exploits you, can possess your whole being... But be a witness and they lose all meaning and they disappear... when they become ignored, they stop coming... And the day stop coming... And the day that the no-thought moves in the mind, the whole energy is available to be conscious, and then consciousness rises in a vertical direction...

Thoughts move horizontally. one thought followed by another, followed by another... consciousness moves vertically: it goes higher and higher and higher... thoughts move like a river... consciousness rises like a tree... but it can rise only if the energy is no more involved in thoughts...

So what is our work ??
We have to become more alert, conscious, aware of our thinking process, detached and distant. And as we become distant we start feeling a great blissfulness arising in us for no reason at all... This space of no- mind became a place for the bliss and the bliss arises...

So let us be aware when we share any thought...
In ancient Greece, Socrates was widely lauded for his wisdom... one day a man came to him and said: "Socrates, do you know what I just heard about Diogenes?" "wait a moment" Socrates replied: "Before you tell me I'd like you to pass a little test, It's called The Triple Filter Test." "Triple filter?" asked the man "that's right" Socrates continued, "Before you talk to me about Diogenes let's take a moment to filter what you are going to say... that first filter is Truth... Have you made absolutely sure that what you are about to tell me is true? "No" the man said "Actually I just heard about it" "All right" said Socrates, "So you don't really know if it is true or not .. Now let us try the second filter, the filter of goodness... Is what you are about to tell me about Diogenes something good ?" "No, on the contrary..." "So," Socrates continued, "you want to tell me something about Diogenes that may be bad, even though you are



not certain it is true?" The man shrugged, a little embarrassed. Socrates continued his talk with him...

" you may still pass the test though, because there is a great filter of usefulness... Is what you want to tell me about Diogenes going to be useful to me ?"

"No, not really"

"well" concluded Socrates, "If what you want to tell me is neither True nor Good nor even Useful, why tell it to me or any one at all?" The man was bewildered and ashamed...

This is an example of why Socrates was a great lover of life and truth and held in such esteem...

Just be aware of the news today... what do you hear? what do you see? why so much wars? What is going on? what is the cause? what is the cure ?? what to do? what is my duty and my right?

Watch the news... Evening news is where they begin with "good evening " and then the flow to tell us why it is not good news... no excuse... no cause and effect...

War does not determine who is right... only who is left and soon global madness and no one will be left to tell who is right. Why do Americans choose from just two people to run for president and 50 for miss America? why?

Many whys and more lies...

No... no. .do not argue with any lawyer... sorry with any idiot... He will drag you down to his level and beat you with experience... no... no.. don't go to church either... going to church doesn't make you even a Christian any more... ask yourself if you stand in a garage do you become a car !!? Yes you are right... we never really grow up, we only learn how to act in public... and how to be rich... yes money can't buy

happiness, but it sure makes misery easier to live with...

So listen only to your heart... feel your feeling .. You are not a person... but a being... not a bodymind but a soul and self and spirit... you are a living godliness...
You are the drop, the wave and the ocean... So why not be who you are??

This is my only choice... I am here to be myself... and this is what I am being ... yes... I am alone but not lonely... I have the book that helps me and a soul friend who supports me... what else do I need and greed? Yes money is a utility... do what you love money will follow... breath, bread and bed... and few toys to play with... to share words from my inner world... just to live my now-here... as I am... this amness is my oneness with existence... my mind. shifts me from here to there but I keep watching this test the best I can... life is a dance... ups and down and this is how we live the down and rise up with the sun and sleep with the moon...

Yes! let us share the love of great souls...



"The world suffers a lot, not because of the violence of bad people, but because of the silence of good people..."

I wrote on the door of my heart "please do not enter" love came smiling and said: "sorry I am an illiterate."

"I am thankful to all those who said no to me, its because of them I did it myself."

"If friendship is your weakest point then you are the strongest person in the world."

"laughing faces do not mean that there is absence of sorrow! but it means that they have the ability to deal with it."

"In the times of crisis I was not hurt by the harsh words of my enemies, but by the silence of my friends."

"Never play with the feelings of others because you may win the game. But you will surely lose the person for life time."

" coin always makes sounds, but the currency notes are always silent. So when your value increases keep yourself calm silent."

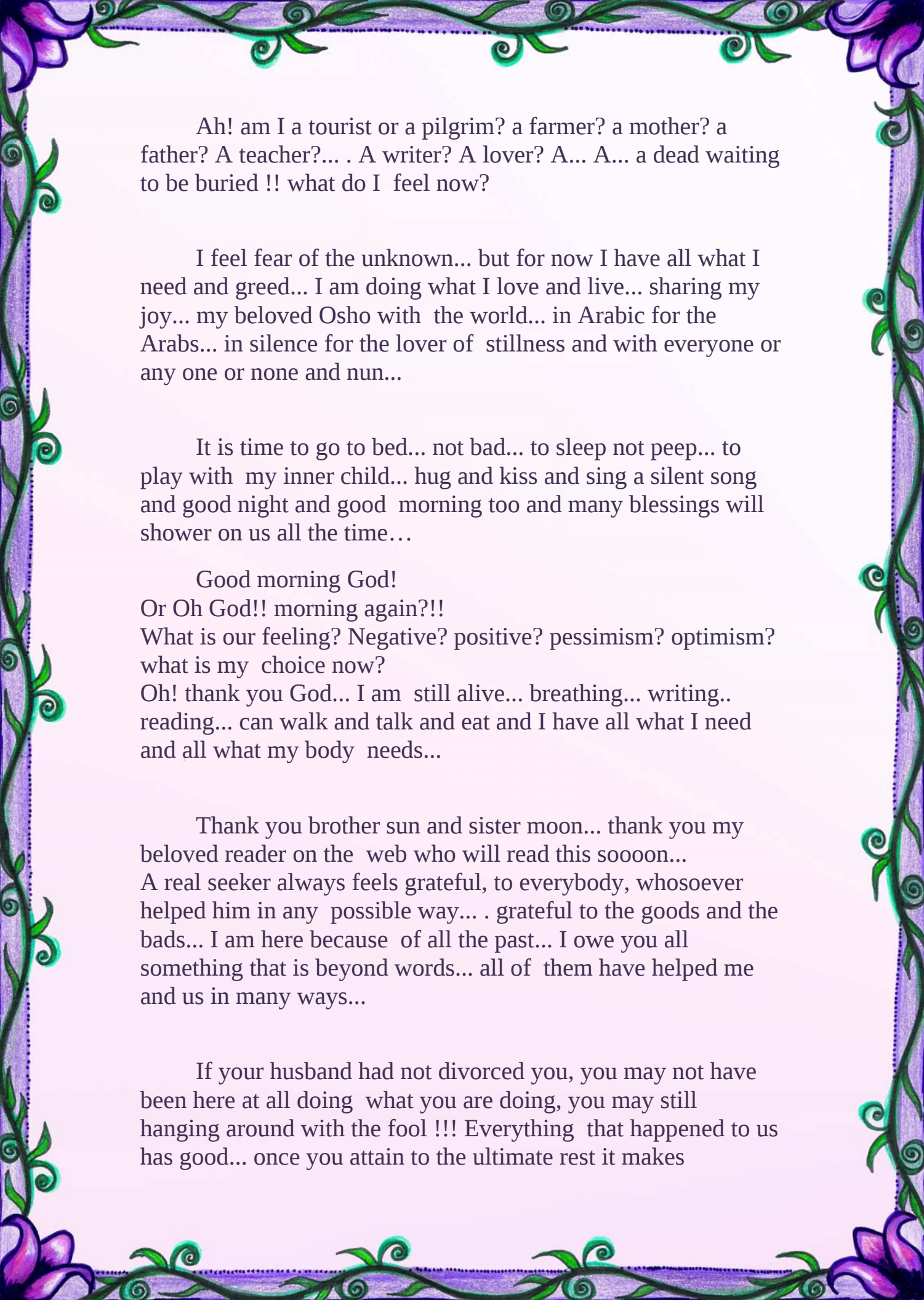
" opportunities are like sun rises, if you wait too long you can miss them."

" when you are in the light, everything follows you, but when you enter into the dark, even your own shadow doesn't follow you."

"It is very easy to defeat someone, but it is very hard to win someone".



Thank you all for sharing such seeds with us... You are the real farmer... may our soil welcome your soul and be a great tree for all the birds to come and sing and for all the pilgrims to come and sit and rest in the shadow of such tree...



Ah! am I a tourist or a pilgrim? a farmer? a mother? a father? A teacher?... . A writer? A lover? A... A... a dead waiting to be buried !! what do I feel now?

I feel fear of the unknown... but for now I have all what I need and greed... I am doing what I love and live... sharing my joy... my beloved Osho with the world... in Arabic for the Arabs... in silence for the lover of stillness and with everyone or any one or none and nun...

It is time to go to bed... not bad... to sleep not peep... to play with my inner child... hug and kiss and sing a silent song and good night and good morning too and many blessings will shower on us all the time...

Good morning God!
Or Oh God!! morning again?!!
What is our feeling? Negative? positive? pessimism? optimism?
what is my choice now?
Oh! thank you God... I am still alive... breathing... writing..
reading... can walk and talk and eat and I have all what I need
and all what my body needs...

Thank you brother sun and sister moon... thank you my beloved reader on the web who will read this sooon...
A real seeker always feels grateful, to everybody, whosoever helped him in any possible way... . grateful to the goods and the bads... I am here because of all the past... I owe you all something that is beyond words... all of them have helped me and us in many ways...

If your husband had not divorced you, you may not have been here at all doing what you are doing, you may still hanging around with the fool !!! Everything that happened to us has good... once you attain to the ultimate rest it makes



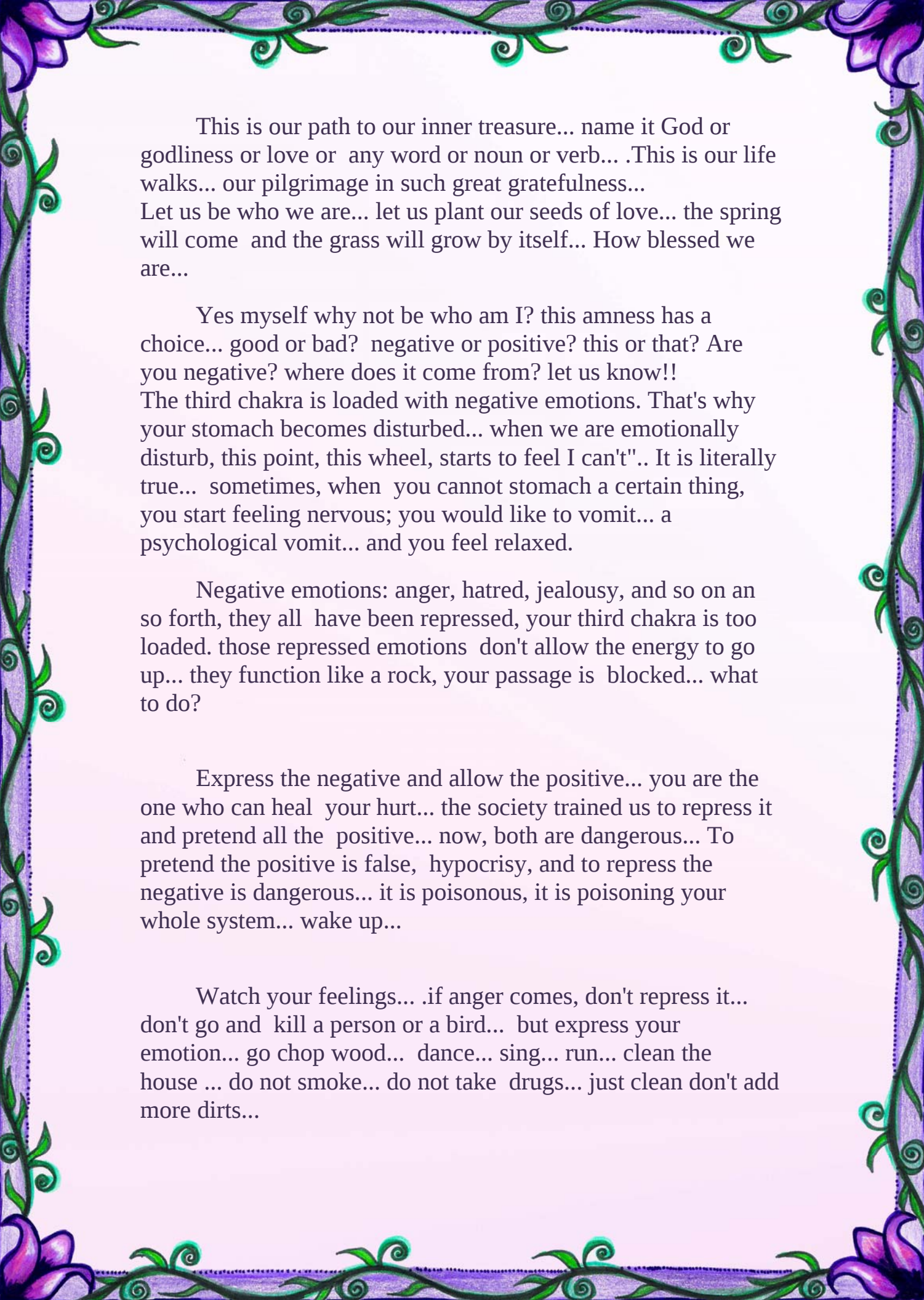
everything golden... Even nights, dark nights become sources of the beautiful mornings, beautiful dawns...

Gratitude is, in essence, the very foundation of all religion... gratitude is prayer... it is through gratitude that we become aware of God... not vice versa... we think that when we become aware of Allah we will feel very grateful towards him... that's nonsense! It can't happen that way... First we have to learn how to be grateful to all... look at rose.. to its thorns and fragrance... and to our grateful awareness of such existence...

Gratitude means that you have become aware of one thing: that the existence has so much for you and you have not even thanked it... on the contrary, we have been continuously complaining... Yes me too... I am always surprised by the insensitivity of human beings...

where is our sense of gratitude?
And there seems to be no possibility that it will even arise... And if whatsoever has been done for us is dropped, if you are no more giving me, then we are there to make a complain... we take it for granted, we think we have earned it...

A man has not earned any thing... we have not earned these trees and these flowers and these birds and these stars and these mountains... this immensely beautiful existence has been given to us... let us be grateful for it... not to God... not to any one... don't put names just be grateful to this unknown grace which has been showering its love on us... and soon we will be bridged and connected with this power, and more will start happening... the existence goes on doing so much for us. We cannot repay it but at least we can be thankful...



This is our path to our inner treasure... name it God or godliness or love or any word or noun or verb... This is our life walks... our pilgrimage in such great gratefulness... Let us be who we are... let us plant our seeds of love... the spring will come and the grass will grow by itself... How blessed we are...

Yes myself why not be who am I? this amness has a choice... good or bad? negative or positive? this or that? Are you negative? where does it come from? let us know!! The third chakra is loaded with negative emotions. That's why your stomach becomes disturbed... when we are emotionally disturb, this point, this wheel, starts to feel I can't".. It is literally true... sometimes, when you cannot stomach a certain thing, you start feeling nervous; you would like to vomit... a psychological vomit... and you feel relaxed.

Negative emotions: anger, hatred, jealousy, and so on and so forth, they all have been repressed, your third chakra is too loaded. those repressed emotions don't allow the energy to go up... they function like a rock, your passage is blocked... what to do?

Express the negative and allow the positive... you are the one who can heal your hurt... the society trained us to repress it and pretend all the positive... now, both are dangerous... To pretend the positive is false, hypocrisy, and to repress the negative is dangerous... it is poisonous, it is poisoning your whole system... wake up...

Watch your feelings... if anger comes, don't repress it... don't go and kill a person or a bird... but express your emotion... go chop wood... dance... sing... run... clean the house ... do not smoke... do not take drugs... just clean don't add more dirt...



I just had such a cloud... a feeling... I stopped writing and felt the gratefulness of what I have... Took a deep breath... looked at the positive gifts in my body, in my home... in all my friends... in you my beloved reader!!!

Once your energy in your stomach is relaxed, there arises a balance between the negative and the positive and the passage is open and you got the message and the massage... then the energy can move higher... this energy in the third chakra is male power, if it is blocked, then energy cannot go up wards... it has to be relaxed... Polarity balancing can be of great help in bringing about the balance between positive and negative... So use any method that helps you... you know it... You feel it... breath is the first and last step... Take a deep breath and what a grace to have this choice...

Yes... we share what we can about the positive wing too... let the positive grow and let the negative be broken... the positive should always be ahead, then you will not fall back... . Why are you carrying all the rotten colored stones in your hands?? They are stones not diamonds !! what to do to see and feel the difference? you think they are diamonds, so for you they are what you think and what you believe.. I cannot take them away from you... you have to see the truth...

I would like to give you some diamonds so the comparison arises in your own consciousness between what a diamond is and what an ordinary stone is... Then no need for me or anyone else to tell you "drop these stones"... you will start dropping them... you will laugh at your mind and you will unburden yourself of all the stone...

The positive must penetrate first. let it be just a window from where we can make a contact with the sky, but let the contact be there first... my thirst will take me to my river, to my master... we are the prison, come out of it .. Let the sun penetrate from the window – only for a single moment, just a

flash ... let the fragrance of flowers enter from the window and sun round you... let the positive happen first... and then the negative is not such a big problem... otherwise the negative is not much a problem...

Be a child again... be the innocence so the wisdom will come... you are in a new body mind and a new way... You are born again clear and clean and empty. .. in this nothingness you welcome the godliness... But be aware of the many prisons who are calling you ... a better one, more modern, more comfortable... more and more... better and bitter... be aware of your new choice...

Let the energy of existence be absorbed in us... In the core of my heart ... let me be aware of this grace... Truth is alive in every one of us... God is not up in the sky.. God is in our heart... go in a new way.. this is the first step to the first window which will make available to us... to you and will give us many blessings from the beyond... are we ready? Yes I am ready... yes is the door to God's love to us...

Is Mulla positive?

Mulla Nasruddin had become ninety nine years old, and a reporter from a local newspaper came to interview him because he was the oldest man in the valley... After the interview the reporter said: "I hope that I will be able to come next year also when you have attained the hundred, when you have completed your hundred years... I hope I will be able to come ."Mulla looked at the man wide – eyed and said: "why not, young fellow? you look healthy enough to me!"



So do not worry... there is always a yes even after many no... no... be positive and listen to this...

A guy went up to his father saying:
"Daddy, I fell in love and want to date this awesome girl!"

Father: That's great son, who is she?

Son: It's Sandra, the neighbor's daughter...

Father: ohhh I wish you hadn't said that... I have to tell you something son, but you must promise NOT to tell your mother... Sandra is actually your sister...

The boy is naturally bummed out, but life goes on, and indeed, a couple of month later...

Son: Daddy, I fell in love again and she is even hotter!!!

Father: That's great son. who is it?

Son: It's Angela... the other neighbor's daughter...

Father: Ohhhh I wish you hadn't said that... Angela is also your sister...

What to do ???

This went on couple of times and the son was so mad, he went straight to his mother crying...

Son: Mum I am so mad at dad!! I fell in love with six girls but I can't date any of them... because dad is their father!!

The mother hugs him in love and says:

"My love, you can date whomever you want... He is not your father."



Just be positive and much more will come to you... More and more...

A young man goes into a pharmacy and says to the pharmacist, "Hello, could you give me condom, I'm going to my girlfriend for dinner and I think I may be in with a chance." The pharmacist gives him the condom and as the young man is going out; he returns and says: "Give me another condom because my

girlfriend's sister is very cute too... she always crosses – her legs in a provocative manner when she sees me and I think I will be lucky with her too." the pharmacist gives him a second condom and as the boy is leaving he turns back and says: "Go on, give me one more condom because my girlfriend's mum is still pretty cute and when she sees me she always makes yes, and since she invited me for dinner, I think she is expecting me to take a move!! o let us see what happened when he went for the dinner!!

During dinner, the young man is sitting with his girlfriend on his left, the sister on his right and the mum facing him...

When the dad gets there, the boy lowers his head and starts praying, "Dear Lord, bless this dinner and thank you for all your gifts to us..."

ten minutes later the boy is still praying; "Thank you Lord for your kindness." Ten minutes go by and the boy is still praying, keeping his head down. The others look at each other surprised and his girlfriend is even more surprised than the others... she gets close to the boy and says in his ear: "I didn't know you were so religious." the boy replies: "I didn't know your dad is a pharmacist!"



So be aware of the joy in every moment... In the fear and in the far and in every where... life by itself is a joke... we are here to play... it is a play already and the earth is the stage for the sinner and the saint and the sage... just be out of your cage and fly on any plane and play your love... your choice... what is your love? Do what you love and money will follow success will follow... love is our first step on our trip...

Be what you feel and be aware of this feeling... positive, negative pessimist... optimist... live your mist but awareness is

our must... with love not with lust...

Let us share our pessimism... it is nothing but the failure of optimistic attitude... then you start counting the thorns and ignoring the roses... then you look always for the dark side...

This is the philosophy of pessimism...

Contemplate these laws of Murphy:
If anything can go wrong, it will...

Nothing is ever as simple as it seems...

Everything takes longer than you expect...

Left to themselves all things go from bad to worse...

Nature always sides with the hidden flaw...

Mother nature is a bitch...

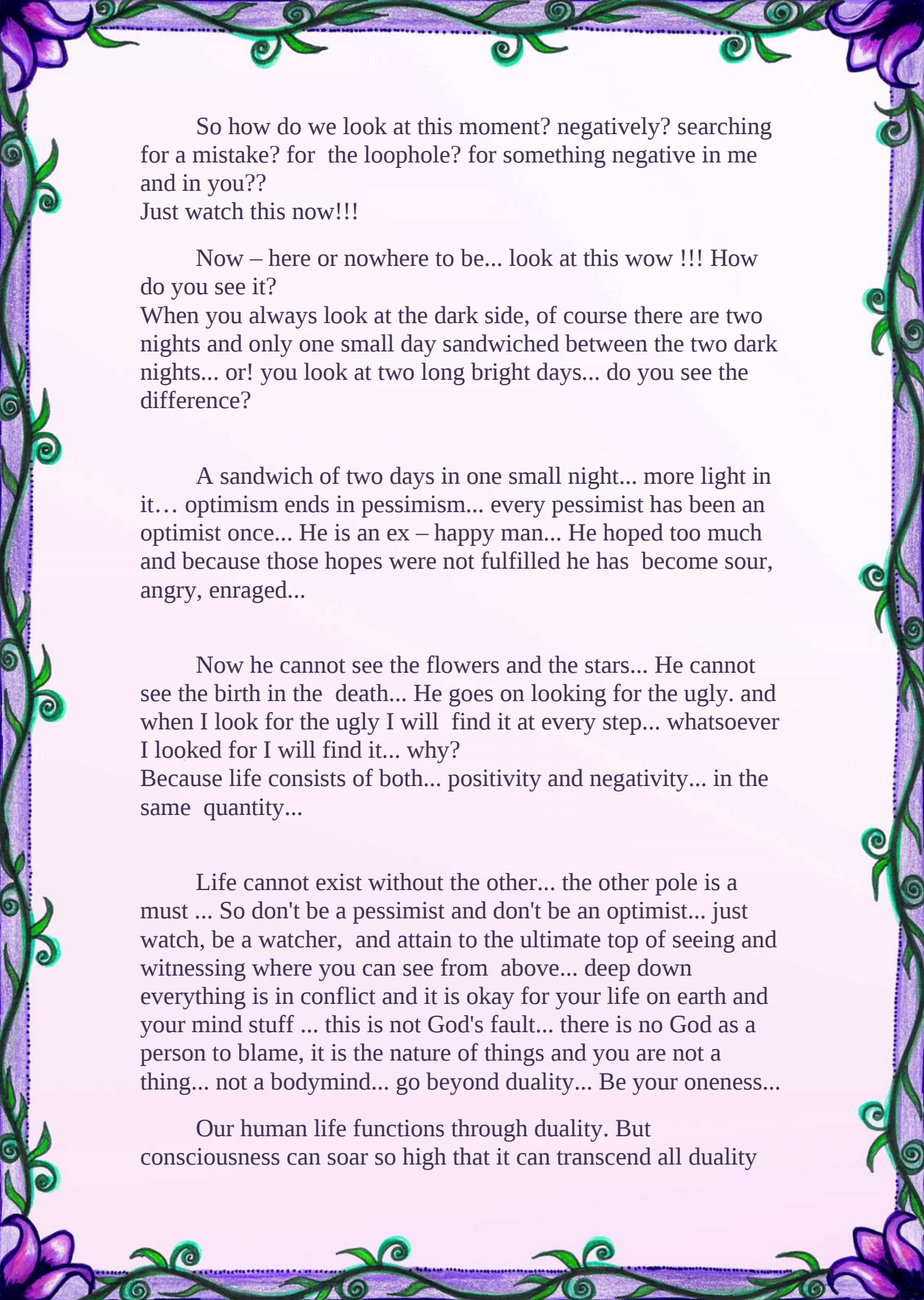
It is impossible to make anybody foolproof because fools are so ingenious...

If everything seems to be going well, you have obviously overlooked something...

If you can keep your head when all around you are losing theirs,
may be you just don't understand the situation...

For every human problem there is a neat, plain solution, and it is always wrong...





So how do we look at this moment? negatively? searching for a mistake? for the loophole? for something negative in me and in you??
Just watch this now!!!

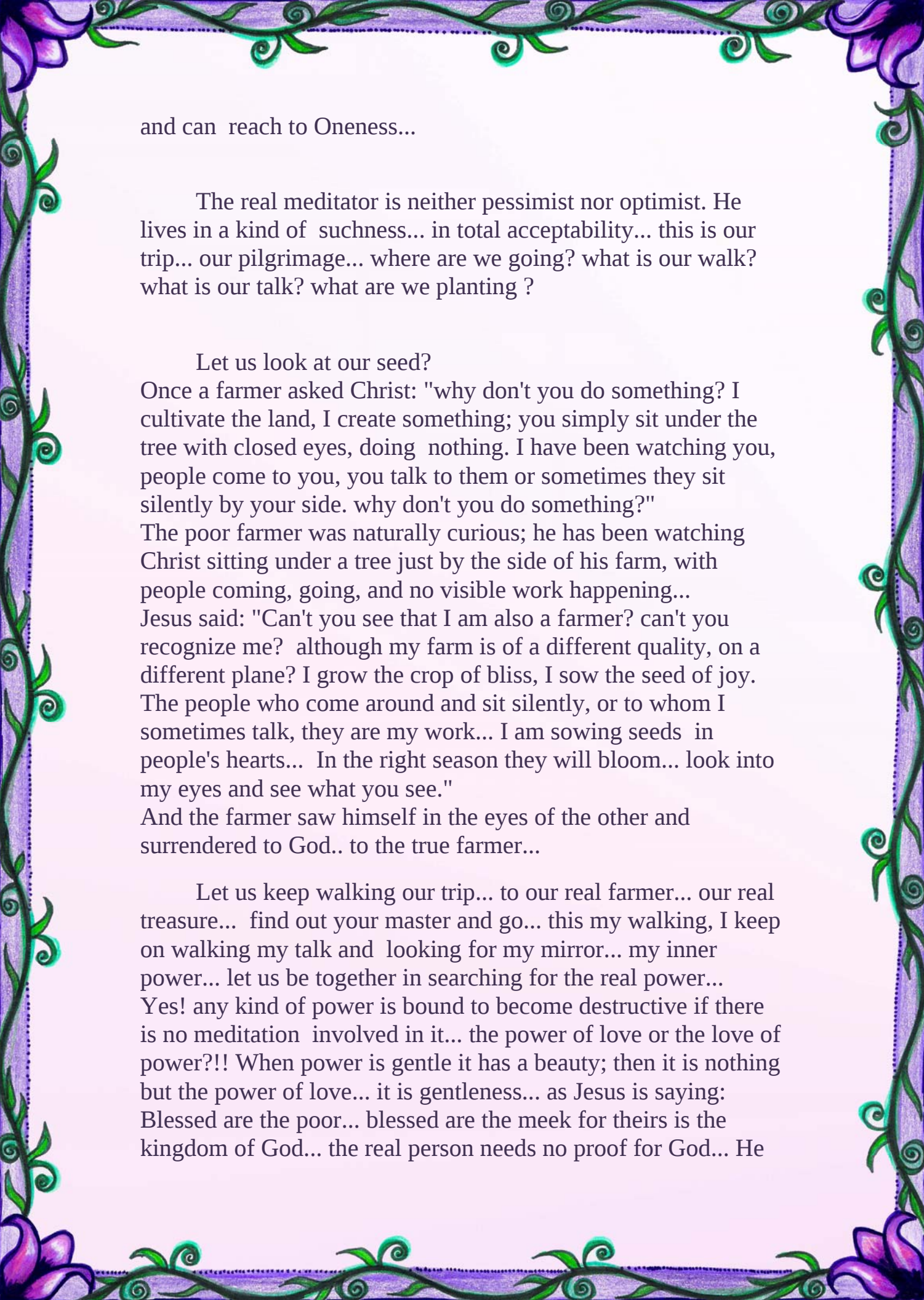
Now – here or nowhere to be... look at this wow !!! How do you see it?
When you always look at the dark side, of course there are two nights and only one small day sandwiched between the two dark nights... or! you look at two long bright days... do you see the difference?

A sandwich of two days in one small night... more light in it... optimism ends in pessimism... every pessimist has been an optimist once... He is an ex – happy man... He hoped too much and because those hopes were not fulfilled he has become sour, angry, enraged...

Now he cannot see the flowers and the stars... He cannot see the birth in the death... He goes on looking for the ugly. and when I look for the ugly I will find it at every step... whatsoever I looked for I will find it... why?
Because life consists of both... positivity and negativity... in the same quantity...

Life cannot exist without the other... the other pole is a must ... So don't be a pessimist and don't be an optimist... just watch, be a watcher, and attain to the ultimate top of seeing and witnessing where you can see from above... deep down everything is in conflict and it is okay for your life on earth and your mind stuff ... this is not God's fault... there is no God as a person to blame, it is the nature of things and you are not a thing... not a bodymind... go beyond duality... Be your oneness...

Our human life functions through duality. But consciousness can soar so high that it can transcend all duality



and can reach to Oneness...

The real meditator is neither pessimist nor optimist. He lives in a kind of suchness... in total acceptability... this is our trip... our pilgrimage... where are we going? what is our walk? what is our talk? what are we planting ?

Let us look at our seed?

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

The poor farmer was naturally curious; he has been watching Christ sitting under a tree just by the side of his farm, with people coming, going, and no visible work happening... Jesus said: "Can't you see that I am also a farmer? can't you recognize me? although my farm is of a different quality, on a different plane? I grow the crop of bliss, I sow the seed of joy. The people who come around and sit silently, or to whom I sometimes talk, they are my work... I am sowing seeds in people's hearts... In the right season they will bloom... look into my eyes and see what you see."

And the farmer saw himself in the eyes of the other and surrendered to God.. to the true farmer...

Let us keep walking our trip... to our real farmer... our real treasure... find out your master and go... this my walking, I keep on walking my talk and looking for my mirror... my inner power... let us be together in searching for the real power... Yes! any kind of power is bound to become destructive if there is no meditation involved in it... the power of love or the love of power?!! When power is gentle it has a beauty; then it is nothing but the power of love... it is gentleness... as Jesus is saying: Blessed are the poor... blessed are the meek for theirs is the kingdom of God... the real person needs no proof for God... He



comes to know God from the experience of inner power, from his own inner glow... whatsoever is happening is good; just remain a watcher... this is our treasure...

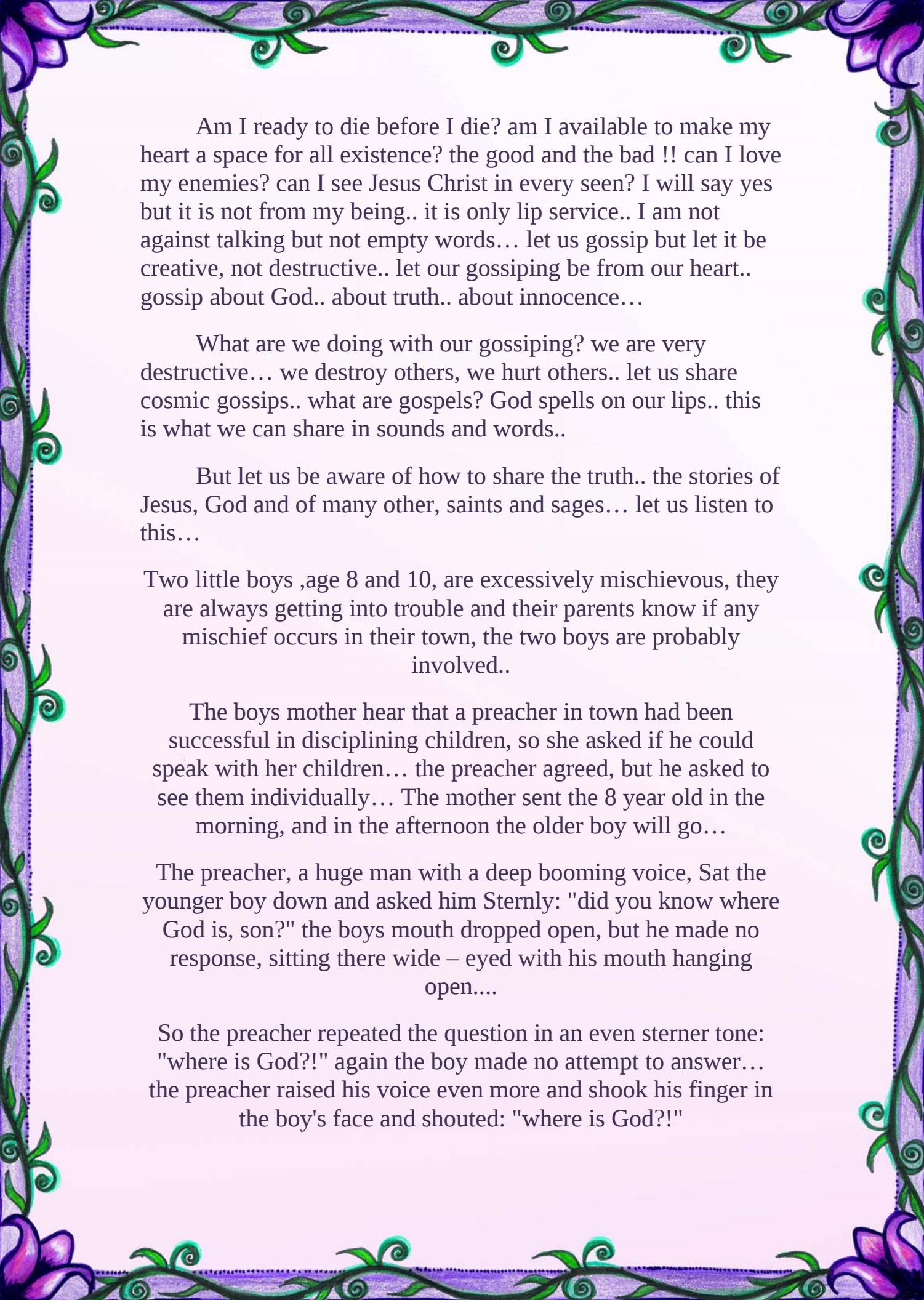
Keep walking and witnessing not as a tourist... nor as a visitor but as a pilgrimage... as a guest crossing the bridge towards the ultimate meeting... Oh thou!!

I don't know who is the walker or the write.... But I keep on what I feel and flow... who am I? I don't know... may be a host... a guest... tourist... visitor... pilgrim... none but let us play any one...

Man has to become something or somebody... a host for God... God comes as a guest... He knocks on our doors many times... but the host is absent, asleep... not alert.. occupied... somewhere else...

The host has to become very very alert, only then can the knock of the guest be heard... the knock is not loud and it cannot be, because Allah is not aggressive... He comes soundlessly, he comes as a whisper, he comes just like a small breeze... unless we are very very alert, we go on missing... A tremendous alertness and sensitivity is needed to hear the foot sounds of God reaching closer.. One has to become a host... it means to create inner space in the heart.. my heart is too full of my own egos... my own ignorance... hence I can't be a host to God... We have to empty ourselves... when there is utter emptiness inside the heart, there is no walls.. no barriers.. God enters immediately.. God is immediately found...

We ask "where is God?" "where is the guest?" we should really ask: "how should I become the host?" once the host is ready, the guests appears. it is inevitable, it is one of the fundamental laws of life... the ancient teachings says: when the disciple is ready, the master appears...



Am I ready to die before I die? am I available to make my heart a space for all existence? the good and the bad !! can I love my enemies? can I see Jesus Christ in every seen? I will say yes but it is not from my being.. it is only lip service.. I am not against talking but not empty words... let us gossip but let it be creative, not destructive.. let our gossiping be from our heart.. gossip about God.. about truth.. about innocence...

What are we doing with our gossiping? we are very destructive... we destroy others, we hurt others.. let us share cosmic gossips.. what are gossips? God spells on our lips.. this is what we can share in sounds and words..

But let us be aware of how to share the truth.. the stories of Jesus, God and of many other, saints and sages... let us listen to this...

Two little boys ,age 8 and 10, are excessively mischievous, they are always getting into trouble and their parents know if any mischief occurs in their town, the two boys are probably involved..

The boys mother hear that a preacher in town had been successful in disciplining children, so she asked if he could speak with her children... the preacher agreed, but he asked to see them individually... The mother sent the 8 year old in the morning, and in the afternoon the older boy will go...

The preacher, a huge man with a deep booming voice, Sat the younger boy down and asked him Sternly: "did you know where God is, son?" the boys mouth dropped open, but he made no response, sitting there wide – eyed with his mouth hanging open....

So the preacher repeated the question in an even sterner tone: "where is God?!" again the boy made no attempt to answer... the preacher raised his voice even more and shook his finger in the boy's face and shouted: "where is God?!"

The boy screamed and ran away from the room, ran directly home and dove into his closet, slamming the door behind him.. when his older brother found him in the closet, he asked: "what happened?" The younger brother, gasping for breath, replied:
"we are in BIG trouble this time!"

"why" asked his brother..

"God is missing, and they think we did it!"



This is the fear that put God very far from our near.. so much ignorance about the real love of God mainly in the priests... no wonder why we have many sects and many religions and many fights and wars... we belong to this box and to this category and to this dogma and so on and so forth... just be as your parents and as your priest and don't ever listen to anybody else.. be as you are born...

An Irish daughter had not been home for over a year... upon her return, her father asked her: "where have you been all this time? why did you not write to us? not even a line, why did not call? can you not understand what you did to your old mom?"

The girl, crying replied: "Dad... I became a prostitute.."

"you what!!" shouted the father.. "out of here, shame on you! sinner. you are a disgrace to us... Not only to us but to this catholic family, so you are out"

"okay Daddy.. as you wish... I just came back to give Mammy this luxurious fur coat, and a big mansion with ten bedrooms, plus 5 million dollars cheque... for my little brother David, this gold Rolex, and for you Daddy, the sparkling new Mercedes limited edition convertible that's parked outside, plus a membership to the lion's country Club... and an invitation for

you all to spend new years Eve on board my new yacht in the Caribbean and..."

"now what was it you said you become?" says dad...

Girl crying again, sniff, sniff, "a prostitute daddy!" sniff - sniff....

"Oh! be Jesus! you scared me half to death girl!! I thought you said a protestant... come here and give your old Daddy a big hug"



Only the mind misunderstands... it does not matter what she became... money is the priority power.. in dim light you can see a rope as a snake.. and she is a saint not a sinner... it is a good joke in all of us... we are here to please our ease so why worry???

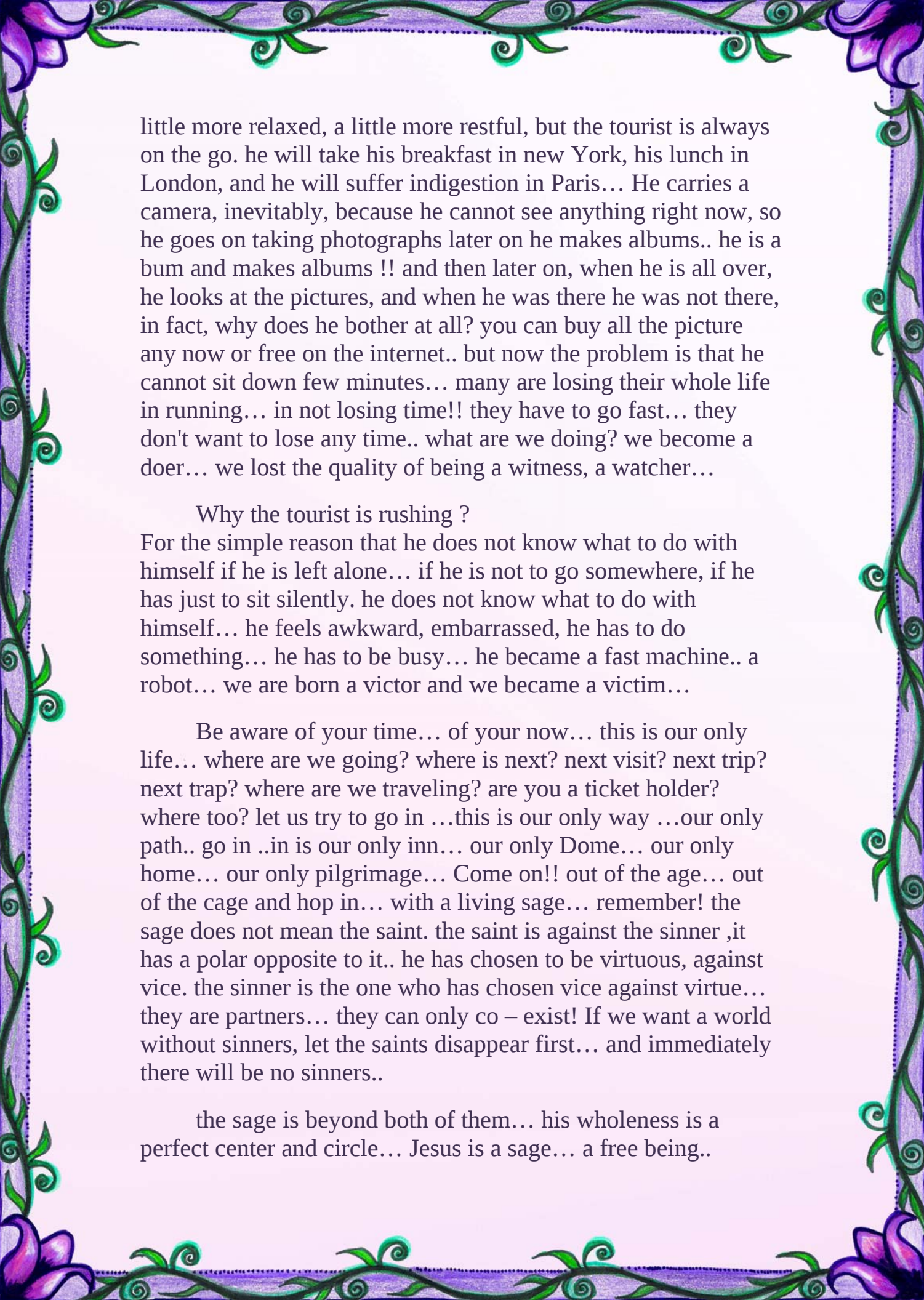
A joke a day keeps worry away... what is our next step??

Let us keep walking our trip...

Few pages in our why book and we move to another new book... where are we now? where is our tour? are you a tourist? this is a new species... they are not ordinary human beings that is a new step in our development, a breakthrough or breakdown...

A tourist is a strange kind of person: he is always rushing to nowhere, he does not know why... from one place to another place. he is never where he is, he is somewhere else, he is all over the place except the place where he is, he is never home. you will never find him in his own home ...he has always gone somewhere else, he is always dreaming of other places...

The tourist goes on missing everything ..he is in such a rush that he can't see anything. to see things you have to be a



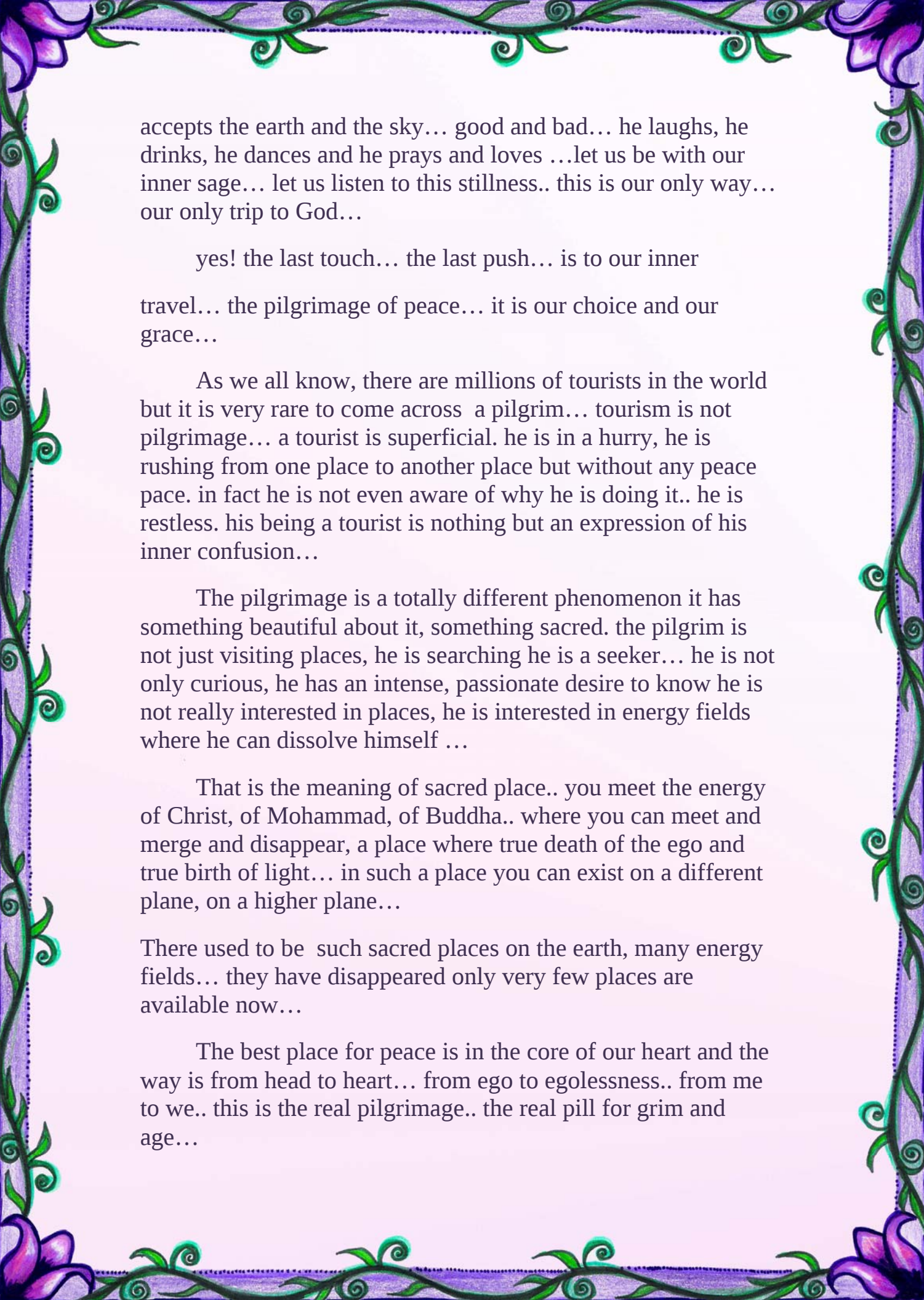
little more relaxed, a little more restful, but the tourist is always on the go. he will take his breakfast in new York, his lunch in London, and he will suffer indigestion in Paris... He carries a camera, inevitably, because he cannot see anything right now, so he goes on taking photographs later on he makes albums.. he is a bum and makes albums !! and then later on, when he is all over, he looks at the pictures, and when he was there he was not there, in fact, why does he bother at all? you can buy all the picture any now or free on the internet.. but now the problem is that he cannot sit down few minutes... many are losing their whole life in running... in not losing time!! they have to go fast... they don't want to lose any time.. what are we doing? we become a doer... we lost the quality of being a witness, a watcher...

Why the tourist is rushing ?

For the simple reason that he does not know what to do with himself if he is left alone... if he is not to go somewhere, if he has just to sit silently. he does not know what to do with himself... he feels awkward, embarrassed, he has to do something... he has to be busy... he became a fast machine.. a robot... we are born a victor and we became a victim...

Be aware of your time... of your now... this is our only life... where are we going? where is next? next visit? next trip? next trap? where are we traveling? are you a ticket holder? where too? let us try to go in ...this is our only way ...our only path.. go in ..in is our only inn... our only Dome... our only home... our only pilgrimage... Come on!! out of the age... out of the cage and hop in... with a living sage... remember! the sage does not mean the saint. the saint is against the sinner ,it has a polar opposite to it.. he has chosen to be virtuous, against vice. the sinner is the one who has chosen vice against virtue... they are partners... they can only co – exist! If we want a world without sinners, let the saints disappear first... and immediately there will be no sinners..

the sage is beyond both of them... his wholeness is a perfect center and circle... Jesus is a sage... a free being..



accepts the earth and the sky... good and bad... he laughs, he drinks, he dances and he prays and loves ...let us be with our inner sage... let us listen to this stillness.. this is our only way... our only trip to God...

yes! the last touch... the last push... is to our inner travel... the pilgrimage of peace... it is our choice and our grace...

As we all know, there are millions of tourists in the world but it is very rare to come across a pilgrim... tourism is not pilgrimage... a tourist is superficial. he is in a hurry, he is rushing from one place to another place but without any peace pace. in fact he is not even aware of why he is doing it.. he is restless. his being a tourist is nothing but an expression of his inner confusion...

The pilgrimage is a totally different phenomenon it has something beautiful about it, something sacred. the pilgrim is not just visiting places, he is searching he is a seeker... he is not only curious, he has an intense, passionate desire to know he is not really interested in places, he is interested in energy fields where he can dissolve himself ...

That is the meaning of sacred place.. you meet the energy of Christ, of Mohammad, of Buddha.. where you can meet and merge and disappear, a place where true death of the ego and true birth of light... in such a place you can exist on a different plane, on a higher plane...

There used to be such sacred places on the earth, many energy fields... they have disappeared only very few places are available now...

The best place for peace is in the core of our heart and the way is from head to heart... from ego to egolessness.. from me to we.. this is the real pilgrimage.. the real pill for grim and age...

Yes our us.. let us heal our anger and live beyond the age of our cage and be who we are without any stage... we are here to play our life prayfully and gracefully...

This is not in any stone but in our soul... we are the sacred spirit of God... the godliness is in us not in the kaaba and not in Jerusalem but in our amness...

You are the pilgrimage, keep going in and it will take you to the top of human consciousness, to the fourth state...

la ilaha illa llahu... to the godliness in this existence ...

Alwujoud... man is a pilgrimage... life is a pilgrimage without a goal and that is why it is alive... from here to here is our journey, from now to now is our pilgrimage... let us be still and know who we are and this awareness is our wholeness...

Yes, the pilgrimage continues, but the pilgrim is no more... the pilgrim disappears, the pilgrimage continues... the dance is forever... not the dancer...

My beloved dance.. thank you for supporting my choice.. what a grace to meet you and merge in you and melt in you... you are the eternity and the infinity and the divinity...



Is this the last page?

Thank you for saying the truth...

Let us keep reading our age...

The age beyond any number...

Any member...

Any flower...

Let us go in and be who we are... .

Awareness...

Becoming aware while the act is happening... in the act itself...

becoming aware before the act, when the act has not yet
happened but is still a thought in us...

becoming aware before it becomes a thought in us... .

this is the most difficult step ...

let us be aware of our feeling... our thoughts and then the act...

let be a witness to our awareness...

then the "why?" has its own beauty... its own bliss... .

Peace pace
مریم نور

