



YES!!!

y. E. S.

y
E
S E y

Peace Peace
is for





Yes!! I am fresh...

I am a new born being...



Say... yes... yes... say...

Say it and see it and
be it.....



Say it in silence...

Say it in sounds...

Say it in words...

Say it in wounds...

Let it glow and grow
from the core
of your being...



 Your being is That which
grows...

That which has Life



whatsoever is flowing out of
good being is Good...



Be good and Then whatsoever 
you do will be good, why??

Because action comes out of
being...



Let us look at our being...

This is our foundation..



This is our center.. our
only treasure...



Let us search
for our own
treasure...



you cannot find
it outside in
the world; you will
have to go in...

It can be found only with
closed eyes; it is an inner journey..



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

You have entered home...

You have entered paradise...

And it was always there... we
had just not opened the gates for
it... All that is needed is an
in-sight...

Yes!! Go in ... it is the
bliss body...





Bliss is a gift from God...

If you want to be blissful
nobody can prevent you.. it is
your own choice.... your own decision..



Blissfulness is our birthright... is our
Yes!! We just have to claim it...
and meditation is our only key...
our only claim.....



Life can either be a tale told by an
idiot or it can be a tale told by
a Christ... It all depends on you..
on me...

Then one can read the whole story
of existence within one's own bliss..
own heartbeat... Just be more
awake.. more aware... more
conscious...

Yes! you can... Yes is
The divine door...





You are divine but you have
not known it yet..

Yes!! You are...

Yes!! I am...

This awareness is us... is the only
existence... The only silence...
It is in the core of our being...
It is not an object... it is our
Subjectivity... our
divinity...

All of us are a royal family...
We have the same seed... The
roots are one but we are
are not aware of who we
are...

Just be alone but not lonely...
By becoming one with the one you
attain to the silence of existence...
And in that Silence you hear
The voice of Allah... The
presence of the Yes!!!



Let us green our greed...

One seed turns the whole
earth green...

Yes! is our seed... Let us hear it...
Let us be it... Thank you our Beloved
Lover... you are not your name... not
your body... not what you say... but
your living Yes!!!

Let us read the words and the
gap in between the words and also
in between the sounds and also in
between the silence...

Yes! Yes! Yes!...

This simple word "Yes" contains
all the religions of the world... It
contains trust, it contains love, it
contains surrender...

"Let thy will be done"

"Labayka Allahumma Labayk.."

"La ilaha illa Allahoo"

Yes!!





Yes contains all the prayers
that have ever been done, are
being done, and will ever be done.
If you can say yes with the totality
of your heart, you have said all that
can be said...

To say yes to existence is to be
religious, to say no is to be irreligious.

So many sages never talked about God,
But they talked about YES....

Yes is the very spirit of God...
Yes can exist without God, but God
cannot exist without yes...

God is the body, yes is the soul...
There are people who believe in God
but only in the head, their belief is
fake, is formal, is given by others...
No one has the right to believe, every
one has the right to know... Be
a knower not a believer....

This man knows what Love is



Before and after marriage...

He: Yes! At last. It was so hard to wait.

She: Do you want me to leave?

He: No! Don't even think about it...

She: Do you Love me?

He: Of course!! Over and over!!

She: Have you ever cheated on me?

He: No!! Why are you even asking?

She: Will you kiss me?

He: Every chance I get...

She: Will you hit me?

He: Are you crazy? I am not that
kind of a person!!

She: Can I trust you?

He... Yes! Yes!

She... Darling!!

After marriage...

Simply read from bottom to top



He... she... are one in three letters...
Are we a letter? Are we a number?
Are we a follower? Are we a fellow
traveler? Who am I? Why I am here?
Yes! I want to know and be a
knower !!!.

Yes! If not now when?

If not you and me who else?
We need no one to teach us how and
when !!

Our yes is our thirst to take us to
the ocean... to the source... to our best
choice...

Let go of fear from hell and of greed
too... no heaven and no hell... The priests
are using us almost like the psychologists
are using the rats

We don't need any rewards nor any
punishments ... There is no sin and no
guilt and no birth and no death...

The really religious person has a
deep communion with existence... He
is a yes-sayer ...



In This yes-saying if it is from the
core of the heart like Jesus when he
said "Thy kingdom come. Thy will
be done.. Amen."

This word "amen" in many languages it
means "Yes, Lord, yes... Let Thy will be
done. Don't listen to what I say. I
am ignorant. Don't listen to what
I desire; my desires are stupid.. Go
on doing whatsoever you feel right..
go on doing in spite of me.."

Let go of our ego and let God
do it...

This is the meaning of the word amen,
in Arabic it is "amin"...

This is what Total Trust is.. total
dedication... It is our joy... our
celebration to join the existence...

This is the Oneness with the One...

The drop and the wave and the ocean
are one... This godliness is
our essence...





God is in all what you see and in all what you don't see... Only God is.. to deny life means to deny God, to condemn life means to condemn God, also to renounce life means you are thinking yourself wiser than God..

God has given us this life, this valuable jewel, and we cannot even welcome it, we cannot feel any gratitude for it. On the contrary, we are complaining all the time.... Our heart is full of hate.. why?

Because this is what you have been taught by the priests down the ages... Priests have lived on it; this has been their basic strategy to exploit people...

Priests, politicians, scholars, parents... all the crowds are victims of victims.. Let us be a victor .. a rebel... a new humanity... a new human being... it is time to wake up and be who we are... let us live our life in its totality .. in its unity...

If life is lived in its totality, the priest is not needed at all. If you are already okay as you are, if life is beautiful as it is, what is the need of a priest? or a teacher? or any other?? what is the need of a mediator between you and God? You are already in contact with God, you are living in God, breathing in God, God is pulsating in you...

Let us learn the power of yes... yes to life... yes to rejoice... because in our rejoicing we will come closer to God... We will be in the oneness with the One...

Oneness is our birthright... our nature and our nurture... We are in it now... now is our present gift... no past and no future... now or never.. Remember that you are a witness.. Be alert that a cloud is passing by!! This will pass too





Me too... I love to read a story...

A story a day keeps the worry away...

Mastery of moods...

Whether you are happy or unhappy, remember..

"This, will pass too..."

This key allows you to become master of your moods instead of their victims...

A great king who employed many wise men felt frustrated with his riches. And a nearby country, a country more powerful than his, was preparing to attack...

The king was afraid of death, defeat, despair, of old age..." I don't know why, but I must find a certain ring... one that will make me joyful when I am unhappy and at the same time, if I am happy and look at it, I must be made sad."

He was asking for a key, a key with which he could open two doors: The door of happiness and The door of unhappiness...

What was he asking? He was asking mastery of his moods. He was saying that he wanted to become master of his moods, he no longer wants to be a victim of them...

The wise men consulted each other, but they couldn't come to any conclusion.

They went to a sufi mystic and asked his advice. The sufi just took a ring off his finger and gave it to them, saying, "There is one condition. Give it to the king, but tell him that he should Look under The stone only when everything is lost, The confusion is total, The agony perfect and he is absolutely helpless. Otherwise he will miss the message."

The king obeyed. His country was lost, he was fleeing the kingdom just to save his life. The enemy was flowing towards The king... He could hear The horses... and his horse died, then he ran on foot.. and he came to a cul-de-sac... a dead end... what to do? where to go? There was just an abyss...

At The last moment he remembered The ring.. He opened it, Looked behind The stone, and there was The message.. It was: This, too, will pass...

Change is a constant law... change is our challenge for life... just accept This now as it is with joy and rejoice...



Yes! Let us rejoicing... not rejoice... why?

Rejoicing is better than joy, because joy means that something has ended, is finished, completed; the full stop has been put there...

Rejoicing is a living Yes... is on-going, river-like; it knows no stopping.... The moment joy ends, you will go into sadness... So keep living your life and the flow is a continuum.... It is the flow and the glow in growing from one peak to another peak....

Rejoicing is an art. It means that the dance continues... You will enjoy the day and the night... The success and the failure is one, life and death is one... Life contains the polar opposites in it, hence it has more Totality. And whatsoever is total is divine, and whatsoever is partial is no more divine... we are mere... Keep living the yes in living... in rejoicing..

Jesus says again and again .. "rejoice, rejoice..." But who is rejoicing? Christ was a feast, a festival, and for two thousand years these priests and all the fools have been telling the world he never laughed!!!

You will not see a single picture of Christ laughing, or even smiling.. why? just think why??





Yes!!

You are so right and light...

They have created the image of a Christ so miserable, so sad, that sometime we wonder whether they are more interested in Christ or in the cross...

Yes! We love to live this story again and again...

Zusya was dying.. and for his whole life he laughed and joked and danced... He was such a master that the people were worried about him...

When he was dying somebody asked him...

Sosya, have you made your peace with God? Or have you wasted your life dancing, singing, joking, fooling around?"

Zusya opened his eyes and he said: "But I have never quarrelled with him, so why should I make peace with him? We have always been friends... Sometimes I tell jokes, he laughs; sometimes he tells jokes.. I laugh... Things have been going very well... And I have saved a few jokes only for him... it is my gift to him... He is waiting for me... He does not need to hear any prayers. He has heard enough of such rituals..."
This is the way of a truly religious man...



yes! I am not here to hear about any religion...

A religion is a dogma, a law, an ideology... This is the power that manipulates you and also control you, enslave you....

Let us change our way from the head to the heart... no belief, no dogma, no church.. no book.... It is a love affair... It is far deeper than the intellect... and the heart knows no arguments, no proofs, it is a feeling in the being... A bell ringing in our heart, a new dance... a new birth... a new life... a new freedom... a new Truth...

The truth cannot be with you, you have to be with the truth... But the lie is in my hands and I can play with it...

Yes! You can be with a real master but are you ready to die?? To be with a Christ is death and born again a Christ not a Christian... it comes after crucifixion..



Religion is consolation, conformation... But religiousness is revolution and evolution



There is no evolution... Things are moving, certainly, but nothing new under the sun... nothing is going higher and nothing is left behind as lower...

Drop those categories...

And by dropping them you will immediately be entering into a new world... This new is not new... is already there... you will see it by being it... You will find friendship with trees, because they are no longer lower... The birds, the stones, the stars... all what you see is us and in us... you will see yourself in every self... in every eye... in every now... There is no other goal than this moment, and existence is as perfect as it ever will be... Existence is perfection..

You are perfect as you are now... just be aware of yourself... your divinity is your unity with the wholeness of this existence... One has only to recognize it and then life is a play; just relax and be... being is our humanity... our divine unity... our totality....



yes!! Be total in whatsoever you are doing. Be total... If you are angry, then be totally angry. If you are in love, then be totally in love... If you are sad, then be totally sad... Don't be half-hearted in anything... That is totally different approach Towards life...



How is my feeling now? Why sad? Why fear? Just face your fear!! Go to the cause and cure the roots of the fear and once you see it you are in the bliss.. The person who is blissful is an emperor and existence loves emperors not beggars...

So be blissful, rejoice, and don't bother about perfection... it comes and when it comes on its own it has a tremendous beauty... Look at the sun rising... no one is pushing it... The flow is the glow and the grow and this is the rejoicing... The being... The becoming... The living... Look at the river... it has no map how to go to the ocean... just total Trust in the trust...





Let us die in the truth, in the new consciousness that is in our being... in the core of our heart...

Yes! The new man is coming through you... we are the womb... become the womb... The womb for peace.. for love and for compassion not for emotion...

This moment has to be lived in its Totality...

Yes! Be the new man... be a window to reality.. to the unity... you are not a Muslim... not an American... not a body... Just be a watcher, carry only awareness, alertness... be a meditative Soul...

If you love, you will find so many occasions to be loving... If you are afraid, you will find so many occasions to be afraid...

Love is going to be the taste of the new consciousness... In three thousand years man has fought five thousand wars.. This is a very mad state of affairs... our past is insane... let us live in love not in war..



The new man will not be political...
will not be ~~not~~ be national... you
will be global... This is The true
humanity... it is coming soon... freedom
is our only dome, our only kingdom...
We are born free... We are not a
victim but a victor... we are not
a sinner, nor a saint, but a Sage..
Alleluia is our only mantra... our
only rejoicing...

The new generation is not going to be money-
maniac.. yes!! They work but not only for
money but to live in love and to share
the joy of peace...

The new man will use the money but
not to be used by it... don't be a slave
to it but share it for planting peace
not planting war...

An alive person has to remain flowing..
He has to respond to changing situations..
He will always be in tune with life..
He never knows any end to his life..

to his growth... growing old is natural,
but growing up is optional...



Yes! The new man will be creative... Each moment he will find his religion, each now he will find his new step.. He will not be obedient to the past nor to the future, he will obey the present...

The new man will create a new commune. A spiritual commune with authenticity... Now will be our only time, here will be his only space...

The new man will be earthly, will be realist. He will love this earth.. This is our mother and our nurture and nature...

The new man will read the scripture of nature... nature is our holy book.. is our mystery... is our love, life, light and laughter.

The new man will trust only his own experience. Unless he knows something he will not trust it..

The new man will respect himself... So be ready to accept the new man.. Become a host to the guest who is just about to knock on your door any moment...

It is going to be a great risk.. a great adventure to receive this new treasure





Let us remember...

Our treasure is not coming from
an outer lecture... or outer master...

A new consciousness is going to deliver
you not any Christ nor any sage nor any
prophet... only a new consciousness can deliver
man from his bondage and can come only
through you...

You have to become the womb, you
have to accept it... receive it, prepare
yourself for it. Get ready for something
immensely valuable, so that when the gift
comes you are awake and aware for
welcoming this well... This source... This
grace...

Be ready when the new consciousness knocks
on your door you are ready to embrace it...
It is a risk... it is a great jump in the
ocean... don't think... just jump and then
you think... if you think you don't jump...
jump and then think...

Man is coming to a very unique point from
where a quantum leap will be possible...

Yes! Now... Take a quantum Leap... jump beyond any step... breakthrough don't fall... don't breakdown... go down... use your both sides of your brain.. east and west and cross the cross... Be in the middle.. middling...

for that quantum leap a certain affluence is needed, and it has happened in America.. And other countries in the west.. Why?.. They are beyond money and beyond mind and matter ... no more poverty and no more richness ... so let us go to the richness in us .. our inner treasure... So why not touch the great exploration... The inner evolution...

Yes! Many of us will go crazy... will follow wrong people... They use drugs.. They use wrong doors... go to wars... but this will help us to go from false to the real... from darkness to light...

The quantum Leap is the latest discovery in modern physics... and now is so fast to jump in the inner evolution...



One step and you are in the right trip... you disappear, and you appear at a different point, at a different stage...
Electrons disappear from one point and appear at another point and between the two there is no time gap... 

If matter can take such jumps that it moves almost beyond imagination, beyond the speed of time, in consciousness many more miracles are possible because the consciousness is the highest flowering of existence... any now we can wake up... a spiritual wake up.. just find your own device... your original device..

Just be a witnessing... and meditation is the only key... and every breath is a path to this new birth.. watch your self and let go of the past and the future and be in the now... just change your now... and your change will radiate in thousands and thousands of others... You will become a triggering point for a revolution which can give birth to a new kind of a human being... Yes! we can...



Yes you can... Take a deep breath...
who can prevent you? So!!! Your life
is in your hands... in your choice.. just
put aside everything that is not arising
within you, flowering within you...

Yes! You will feel very poor, but this
poverty is of tremendous value, because
only in this poverty arises your natural
richness, your natural flowers, your
natural ecstasies



Everybody is born as a single individual, but
by the time he is mature enough to join
the crowd, he will be part of this mad mind...
What is your choice? Yes! Say goodbye to
them and go in... listen to your own voice..
live your own choice...

Be silent and find your own self.. So
don't create any fight with the crowd..
Once you know your self, the master is
there the owner of the home is there..
The man who is himself, unburdened of
the past, original, strong as a lion and
innocent as a child.. he can reach to the
stars and beyond the stars...





The most difficult thing in life is to drop the past ... To drop yourself.. But those who can dare to drop it, only they live... Others simply pretend to live... It is only when you live at the optimum of your potential that blossoming happens.. It is only at the optimum expression of your being, of your truth, that God arrives.. That you start feeling the presence of the divine...

The more you disappear, the more you feel the presence of the divine... die before you die... until you die... unless you become that silent and that innocent, you will never know who you are..

You will know many things, but all what we know are just words imposed upon us.. in our mind...

Let us go in and watch yourself.... you are attached to the old, to the past... it is just a habit.. just a poison... drop it... you have only the present, your growth, your actions, your creativity ... keep growing...



Yes! drop the past and you will be the new man... you will live your own experience.. your own truth.. your own spiritual truth.. not a borrowed belief..

Belief is just in the head...

Trust is in the heart.. in your inner core ... in your inner

being... Trust in yourself and then you can trust in existence.. and freedom will be your life.. Love and freedom are your wings to fly high beyond any sky...

We are a vast continent, joined in millions of ways..

And if our hearts are not full of love for the whole in the same proportion, our life is cut short.. we are the heart of existence and love is the life of our living... and moving from head to heart is the whole secret of our mystery... of our infinity... of our divinity.

Misery is the shadow of the mind...

Mystery is the truth of our heart..

Is the bliss of our being.



Yes! It is easy to ask what to do?
where to go? who can help me to
be awake? to be healthy!! ...



Man can be helped only by somebody
who is a living love ... a living light...
otherwise he cannot be helped...

All your advisors will make more and more
of a mess out of you...

what to do?

Keep reading any book you love... and
sit silently, doing nothing... watch your
mind for few minutes every day.. just
do any kind of meditation... any way..
any device ...

In the beginning, great turmoil will
arise in your mind; everything from
the unconscious will start surfacing...

You will see it as if you are going mad..
Go on watching, don't be worried.. You
cannot go mad because you are already
mad, so there is nothing to lose and
nothing to fear...

Meditation is the only key to be
ready for the first step on your trip...



You need not be worried.. If
sitting silently you start feeling
madness arising, don't be worried,
you can't be madder than you are..
Man cannot fall more.. He has
fallen to the rock bottom... Now
there is no further to fall...

Sitting silently you will see more
madness arising in you, because it has
remained repressed...

Zen people sit silently at least six
to eight hours per day.. The body starts
playing tricks on you... But if you can go
on witnessing, within three to nine months
everything settles, and settles of its own
accord, and it is a new birth, you have
never tasted anything like it before..

You have transcended the mind!! by
witnessing, by just witnessing..

No more knowledge... You become a
knower... Mind is cunning.. You have
to go beyond mind... That's what
meditation is all about...



So what is your being?

What do you want to be?

A knower? or a knowledgeable?

A Being or a book?

A heart or a head?

It is your choice....

Knowledge is a conclusion, knowing is a process... Knowledge has the false attitude that one has arrived, one already knows... Knowing is a pilgrimage. One is always learning, growing and glowing and evolving... Knowledge means you have come to a full stop....

A true seeker is after knowing... he has no goal but the journey itself is beautiful...

The people who are interested in goals are always interested in shortcuts and in scriptures not in the truth itself...

No one has the right to believe..

Everyone has the right to know...

A true seeker is interested in the now, now and here. His whole being is involved in
 Living... in the verb not in the noun...
not in love but in loving..

 Knowledge comes through memory and knowing comes through awareness...

Knowledge is mechanical; hence a computer can be a very knowledgeable more than any mind because it has a memory system...

Our brain is nothing but a computer... So all our Teachers and priests and politicians are biocomputers... we are worshipping dead machines... our universities are factories where we create machines out of men..

Let us be aware of who we are and do the opposite... Open up all your windows and all your doors and existence can pass through you...

You can be more and more sensitive as you become more and more aware... And naturally, out of that awareness, knowing grows...

But a man of awareness never collects knowing... He goes on living the process of knowing. There is no limits to it.. not any now is the same of any now... his interest is in transformation not in information.. This is our new birth... This is how you become a new man... fresh in every breath... a human becoming...



Forgive me... I want to share few
jokes with us....



A laughter is needed now for me too.



During a religious meeting an attractive young widow leaned too far over the balcony and fell, but her dress caught on a chandelier and held her underwear in mid-air...

The preacher, of course, immediately noticed the woman's shock and called out his congregation... "The first person who looks up there is in danger of being punished with blindness."

Mulla, who was in the congregation whispered to the man next to him...

"I think I will risk one eye."

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

"No, I'm sorry, they're not here!" said the doctor...

"Oh, my goodness, I must have left them at the dentist's," she said..



The Day The Penis Asked For A Raise

I, The Penis, hereby request a raise
in salary for the following reasons:

I do physical labor..

I work at great depth.

I plunge headfirst into everything I do..

I do not get weekends or public holidays
off...

I work in a damp environment...

I work in a dark workplace that has
poor ventilation..

I work in high temperatures..

My work exposes me to contagious
diseases..

I also hang in there...

Sincerely

P. Niss

The Response

Dear P. Niss..

After reading your request and
respecting the arguments you have
raised up!! The administration rejects
your request ... why???





We said no not yes for the following reasons :

You do not work 8 hours straight.

You fall asleep after brief work periods

You do not always follow the orders of the management Team..

You do not stay in your designated area and are often seen visiting other locations...

You do not take initiative... You need to be pressured and stimulated in order to start working...

You leave the workplace rather messy at the end of your shift..

You don't always observe necessary safety regulations, such as wearing the correct protective clothing...

You will retire well before you are 65

You are unable to work double shifts...

You sometimes leave your work area before you have completed the assigned or the assigned task... my penis... is small this is why he is writing wrong let-ers.... letters...

And if that were not all, you have been seen constantly entering and exiting the workplace carrying two suspicious-looking bags...



Sincerely
V. Gina

Dr Bones is doing his monthly turn at the infant clinic...

A woman with a baby is next in line... He examines the baby and then asks the woman... Is he breast fed or bottle fed?

Breast fed doctor...

Strip down to the waist orders the doctor...

She does and he examines her... He presses each breast, increasing and decreasing pressure. He squeezes and pulls each nipple... and suddenly he remarks..." No wonder this baby is so thin you don't have any milk..."

"Naturally doctor, I am his aunt, but I am glad I came... Thank you.." She said...



What do you say?

I say Yes!!

Yes to my freedom... Yes to my life... yes to
be who I am...

Who I am makes a difference...

It is not the I... not the ego... not
the mind... but the amness...

You cannot assert the word "I"... At
the most you can say "am"... These two
words "I am" are very significant... Am is
your reality, I is your invention... Am-ness
simply means isness...

There are two great lies in life... one is
I and another is death.

And if we search deep and far enough, then
there is only one lie in life and it is I...
because death is a byproduct of I... Death
cannot exist without the I... It is the
false that dies... In fact it never lives
in the first place, it was always dead
but we are carrying the corpse...

But sooner or later reality wins...
So let go and let God...



God is not a person...



God is not for sale...

God simply means godliness...



God is the ultimate experience of silence, of beauty, of bliss... a state of inner celebration...

Once we start looking at God as a verb there will be a radical change in our life... Then prayer is no more valid... meditation is the key...

God has to be freed from any particular form; only then can he or she have all the forms and beyond any bond...

God is not a person but only a presence...

God is a presence at the innermost core of your being; it is so near why go so far??

That private, that absolutely intimate virgin space, your interiority, is God.. is godliness... is existence... is beyond any word and any world...

In that silence is the truth... Be still and know that oneness is godliness...



 Yes!! we can live this truth...
life is the only truth.. It can be lived
 in two ways.. either as calculation or
as poetry... as business or as music...

In scientific language it is said that our
brain has two hemispheres... one side is logic,
the other side is Love...

Yes! We can bridge it... bodymind and soul...
the unity of the outside world and the inner
treasure... Science and Soul are one.. The
whole existence is one...

Don't use persons as means... respect
them... So be aware of three trinity...

Mathematics, the lowest; music, in the
middle; and meditation the highest...

A perfect human being is scientific about
objects, is aesthetic, musical, poetic about
persons, and is meditative about himself...

When all these three meet, great joy,
great rejoicing happens... great knowing..

Aaaahh... Ana'l Hag!! I am the truth... before
that you are only a seed...

One seed turns the whole earth green..
So let us be the light, the love, and the life...



We are already that which is but
I don't know yet my being... Once I
know then I am no more only God is...
Yes! "Existence precedes essence..."

A man is born as pure freedom.. He has
no essence, only existence... Then you will choose
what do you want to be... A sinner
of any sect or a sage without any
sect ??? You can change your mind any now!!
Mulla had once decided to stop drinking
alcohol and he was a drunkard... So just
to test his own will power, he walked on
the path where the pub was... "I have
decided that nothing can attract me and
nothing can force me to go astray..." and
he walked a hundred feet away.. Then
he patted his own back and he said,
'Mulla, you are great.. Now I will treat
you, come to the pub.'

So you can see this, then whether you
decide to smoke or drink does not matter..
the only thing that matters is to be
always mindful of your own freedom..
Just go on observing...



Whatsoever you decide is up to you...
You are your own master.. To act out
of freedom is to be virtuous, to act
out of bondage is to sin....

Yes! Let us be free but be aware.....

There are three kinds of freedom...

One is "freedom from," that is a negative
freedom... freedom from the father, the mother,
the church.. from any other...

The second freedom is.. "freedom for" that
is positive freedom.. you want to create
something... you want to paint, to dance...
to be a poet... no matter what others say
you want to live your heart... your
feelings..

And then the highest freedom.. is just
freedom ... is religious .. neither for nor
against ... just go to the unknown... to
respond with existence... and the more
responsible you become, the more free
you become; to live this now with
awareness...

Action out of consciousness is response

Reaction is unconscious... So be aware
of who you are..



Yes my soul friend, I want to say to you
that you are only responsible to yourself,
and nobody else... Love yourself.. by loving
yourself you love the world...

No dead laws can help you, but only
living consciousness can show you the way...
No need to ask... Your eyes will show
you the door...

Yes!! Drop your conscience, which is imposed,
and become conscious of every situation that
faces you; become conscious of it, and out
of that consciousness, act... That act is
right.. it is a creative action... it gives
you growth, it is spiritual... it is
divine...

Every work from our heart is worship...
Every work from our head is worship..

The more creative you become, the
more godly you become...

When your creativity comes to a climax,
when your whole life becomes
creative, you live in the kingdom
of God...



Yes! You are so right...

We are here to play...

Take life very playfully, then you can have both the worlds together... You can have the cake and eat it too... This world and the mystic world... sound and silence... being with people, and being alone.. Only then will you know the depth of your being and the height of your being.. Life should be a feast and not a fast...

The ego can exist only if we take life seriously... Life is only a joke... when you start taking life as fun, the ego has to die....

Watch when you laugh: where is the ego? Suddenly you have melted, suddenly you are liquid, no more solids, but flowing...

So just relax... let the wind take you like the bird... just trust God... fly in any sky... finding the truth is finding yourself and you need no path and no map...

If you start being playful in life you have learned the greatest prayer; you have learned the pathless path...



 Yes! Every breath is a path... in every breath you are alive ... to be alive is to be intelligent, it is the courage to  function without conclusions... without any security, just be in the risk of the now with total trust just like a child.... But you can grow up beyond the mind... beyond the age of the body... This is why meditation is the key of such mystery.. you can realize yourself.

And if you are a meditator, your intelligence will be growing to the last breath of your life ... Not only that, even after the last breath, because you are not going to die, only the body will be dying ...

Intelligence is the quality of your life.. your awareness ... more aware, more intelligent... And if you are totally aware, you are as intelligent as this whole existence is.... you are the living godliness That which is...



But this oneness is glowing and growing with time and space and grace...

Change is a great challenge... And only the meditator will be able to live this challenge.. He will be able to use his mind objectively and subjectively both... He will be able to move outside as easily as he will be able to move inside.... He will be more flexible.. He is the master... He is the driver not the car. He can take the car forward and backward...

Be the rider not the horse.. But now more than ever, man is a machine, just like a wristwatch... if you decide to destroy it, it is for you to decide... Hitler is a hero not a killer.... This is what the mind tells us... Yes!! Let us create the whole man who will be able to be scientific and also religious... He should know the whole mystery of bodymind and soul... The world is waiting for the whole man...



Once Jesus was standing in the
marketplace and somebody asked him..
" who is worthy of entering into the
kingdom of God?"

Jesus saw a small child and said..
" Those who are like this small child,
they are the only ones worthy of being
in the kingdom of God."

But those who are like this small
child... not those who are small children..
to know the real beauty of your own
childhood, first you have to love it; lose
it then you will know it...

The fish never knows where the
ocean is ... unless you pull the fish out
of the ocean and throw it on the sand
in the burning sun; then she knows where
the ocean is ... Now she longs for the
ocean, she jumps into the ocean ... It is
the same fish and yet not the same
fish and not the same ocean...

" Without the ocean I am no more..
I am part of it..."



Yes! I am part of the whole....

No matter what I give you... no matter what you snatched away from me or you cheated me, I am so grateful that you are teaching me to be myself...

Unless you lose it you cannot taste it... This is the way to taste bliss... Lose your diamonds... your ego... lose the mind.. and gain consciousness and you are matured. Die to the past and be born to the present and you are alive... you are fully aware of all the beauty and the splendor of existence...

Am I aware of this now?

No... not yet... but I am seeking and searching... my home is in me... and I have the key and I am using it... but I don't know when the door will open.. or when I see that there is no door ya Mariam... just be at the now... at this moment you are home... All what I see out

 and hear and feel is not what I am looking for... I already tasted the shadow
 and now looking for the real not for the fake....

Yes! I can't share with you the truth..



No one can teach it but you can catch it ... it is in us now-here or nowhere ... The words are only the shadows of our inner worlds... But let us live this two steps...



One is examination and the other is investigation...

Never allow anything to pass your mind without observing it minutely ... on unexamined life is a worthless life...

And the second step is investigation...

First observe, examine, and then start looking into the roots... why does a certain thing happen again and again? we become angry again and again... what is the cause? what is the cure?

find out ya Mariam your main characteristic... it may be fear, greed, anger, ... etc... if I can find the center, I will find the root... this is the inner secret of transformation... go to the roots... once awareness is there you have the sword which can cut all the roots of all the diseases...



Yes! You are so right light...

Yes! The mystics are right.. a great music is happening but I am deaf... Great beauty is all around, but I am blind... The whole existence is celebrating this now.. This very moment but I am not present in this present...

It is said that once the devil was sitting under a tree, very sad.. A saint was passing by and he asked him why he is sad...

"It seems my work has been taken over by the priests and I am completely unemployed." said the devil... red Live and backward is evil... so just be in the now without thinking... be a witnessing... see the truth in you... in the being not in the brain.. Truth is one but in different cups... don't worship the cups... just wake up... no make up!! Now is the seed of our tree... the future is going to come out of this present... let us live this present... be alive with it... who am I? How is my amness? where is my heart right now? you have the book and find a living master...





Thank you for sharing with us your love and your care...



Story of love and forgiveness..

Once upon a time a great story from two friends walking in the desert...

During some point of the journey they had an argument and one friend slapped the other one on the face...

The one who got slapped was hurt... But without saying anything wrote in the sand.

"Today my best friend slapped me in the face" they kept on walking until they found an oasis, where they decided to take a bath... The one who had been slapped got stuck in the mire and started drowning... But the friend saved him... After he recovered from the near drowning. He wrote on the stone...

"Today my best friend saved my life..."

The friend who had slapped and saved his best friend asked him, "After I hurt you.. you wrote in the sand and now, you wrote on a stone.. why?"

"When someone hurts us, write it in the sand where winds of forgiveness can erase it away, but, when someone does something good where should we thank him?"



Learn to write your hurts in the sand
and to carve your love in stone..
Life is too short to waste time hating
anyone...

Enjoy every moment of life...

All what we do is a lesson for us to
grow and glow...

No pain... no gain...



The priest asked: "How many of you have
forgiven your enemies?" 80% held up their
hands...

The priest then asked his question... All responded,
except one small old lady...

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

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

"That is very unusual. How old are you?"

"Ninety-eight" she replied..

They all stood up and clapped their hands..

"Oh, would you please come down in front and
tell us all how you have not an enemy
in this world?"

She looked at the people, and said..

"I outlived the bitches."



Yes! Accept yourself, love yourself.. you are

God's creation.. you are special and unique.. Love is relating.. is a verb not a noun, it is a commitment from heart to heart.. it is the exploration of consciousness and you become mirrors to each other... You can live alone and you can live with a lover and you don't use any other ... you are totally free... They enjoy sharing ...

Family members are dependent on each other, they cling to each other... It gives a certain comfort, security, safety... but this is not love... This is not freedom..

A commune is not a dependent phenomenon, ~~it~~ it is an independence..

A commune of seekers will be a celebration, a gathering of people who are not in any way needy of the other... There will be couples, but there will not be husbands and wives... There will be friends in the commune...

They live in joy and they leave in joy... Their friendship will remain intact... They will not wound each other, they will respect the other's freedom ...



Yes to the commune... you will be with
so many uncles and so many aunts.. not
a father or a mother or a sister
or a brother...



The commune can give you all the freedom
that you need, and all the protection that
is needed without prohibiting you at any
point...

So it is good that all this dead past is
disappearing, and freeing us to create a new
man, a new humanity, a new world...

yes! We love money but not money-minded people.

Don't cling to money, use it... it is "currency" it
should move from one hand to another hand..
And use it for joy.. for peace...

Only rich people can be religious... when he
is aware that the truth is not out but it
is in... to be poor and religious needs to
be a wise being... he shows intelligence...
What is the use if you have so much money
but you don't have yourself??

Let us know the art of living and the
art of dying... then we know who we are
and why we are here... By knowing the
truth you know you are home... no birth and
no death... only immortality...



Unless you know something that cannot be sold and cannot be purchased, unless you know something that is beyond money, you have not known real life...

Sex is not beyond money, love is ... transform your sex into love, and your love into prayer... so one day you become a christ, a Mohammed, a Buddha... Only then have you lived, only then have you known the mysteries of life...

Money and sex are the lowest and this is why wars are our expression ... are our invention. Use sex as a communion of love... as a meeting of two souls... and this silence is our mystery... The truth can happen in meditation... sit silently by yourself, doing nothing... watching your mind... and the mind will be dropped... and you are in the royal kingdom of God...

Let God remain our goal and our power... the power of love not the love of power... The man who has a heart throbbing with goodness, with blessings, feels no need to be in politics... power over others is destructive ... the power of Hitler or the power of Christ??

It is perfectly good to be powerful as a mystic...



Yes! There are two types of greatness...

one type, the political type... you become great by making others small... This is an ugly kind, ill kind, neurotic..

Then there is another kind of greatness. you become great, and suddenly the whole existence becomes great... With you, everything becomes divine... That is religiousness.

When you are powerless, it is easy to fight against injustice; the moment you become powerful, you forget all about injustice... Then your unconscious takes over and from war to a bigger war in the name of peace...

Go first deep into meditation, so you can clean your unconscious and then do whatsoever you feel like doing... then there is no danger... you bring God to people not bread and medicine... no consolation but transformation...

first sharpen your intelligence... let a great day arise in you... become more watchful, let light and love be your life... and you will change your work into meditation that is the best step... and our only trip...



Yes!! I am here to celebrate myself...

By loving me... I love we...

So do what you love and money will follow...
Don't ask for recognition. If it comes take it
easy, and if it does not come, do not think
about it.... Your fulfilment should be in the
work itself... A nobel prize cannot add anything
to you, on the contrary it pulls you down... who are
they to know more than your love to your
work and to yourself?

Jean-paul Sartre refused the nobel prize... He
said... "I have loved whatever I have done, it was
its own reward... it is good for amateurs-who
are in search of recognition..." Such right people
are very few in the world... and the world is
full of wrong people living in traps...

Being respected by idiots, you have to behave
according to their manners, their expectations... to
be respected by this sick humanity, you have to
be more sick than they are.. Then they will
respect you.. But what will you gain? You will
lose your soul and you will gain nothing...

There is no God for me except this beautiful
existence... and working with love is the only
worship and you will be aware that all
the land is holy and whole... just be
aware of who you are...



Yes! You are so right...



Let us play... what else can we do? Life is only a play...



Let us share beautiful Life seeds...

Do you have a problem in your Life?

Yes No...

Can you do something about it?

Yes No...

Then don't worry!!!

Life goes on...



We don't see things the way they are.
We see them the way we are...



The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.



A journey of a thousand miles begins with a single step...

Where are you now? The first step is our trip...

Let every stone be a stepping stone not a stopping stone...



You are not here to hear others...
You are not here to live up to other
people's expectations, nor should you
feel The world must live up to yours..



Be more concerned with your character
than your reputation, because your
character is what you really are, while
your reputation is merely what others think
you are...



Insanity: doing The same thing over and
over again and expecting different
results...



If you don't know where you are
going any road will get you there...



people were created to be loved, things
were created to be used; the reason why
The world is in chaos right now is
because things are being loved,
and people are being used...





Being happy does not mean that everything is perfect.. It means that you have decided to look beyond the imperfections... just relax and go in ...

Even if you are on the right track, you will get run over it if you just sit there... keep on moving... walk your talk... be a verb not a noun...
The harder you fall, the higher you bounce...

It is up to me how do I look at my problem...

A Teacher took a large piece of white paper and made a small dot in the center of it with a marking pen... All the students saw only the black dot on the white paper. Don't you see anything besides the dot?

"No" came from the audience...

We focus our attention and energy on small dot like failures and problems...

Let us widen our horizon and look at the whole picture... Are you one of the people who focus only on the dot??



The wealthy Businessman...



One afternoon a man was riding in the back of his limousine when he saw two men eating grass by the roadside...

He ordered his driver to stop and he got out to investigate.. "Why are you eating grass?" he asked one man...

"We don't have any money for food.." The poor man replied...

"Oh, well, you can come with me to my house."

"But, sir, I have a wife and 3 children with me.."

"Bring them along" said the businessman.. He turned to the other man and said.."You come with us, too and your wife and kids too.."

They all climbed into the car. Two families with many kids... it was not easy task, even for a car as large as the limousine..

Once underway, one of the poor fellows says... "Sir, you are too kind.. Thanks.. You are so good taking all of us with you.."

The businessman replied..

"Glad to do it... You will love my place..

The grass is almost a foot tall!!"



Are you fed up!! Or we talk about the
Two-letter word??

OK... There is a Two-letter word that
perhaps has more meanings than any
other... a 2-letter word... and that is
" up "

It is easy to understand 'UP', meaning
toward the sky or at the top of the
list, but when awoken in the morning,
why do we wake UP?

At a meeting, why does a topic come UP?
Why do we speak UP and why are the
officers UP for election and why is it UP
to the secretary to write UP a report??

We call UP our friends. And we use it to
brighten UP a room, polish UP the silver,
we warm UP the leftovers and clean UP
the kitchen. We Lock UP the house and
some guys fix UP the old car...

At other times the little word has real
special meaning. people stir UP trouble,
Line UP for tickets, work UP an appetite, and
think UP excuses.. To be dressed in
one thing, but to be dressed UP in
special..



And this UP is confusing... what to do??



A drain must be opened up because it is stopped up. We open up a store in the morning and we close it up at night.

We seem to be pretty mixed up about up!!

To be knowledgeable about the proper uses of up, look the word up in the dictionary... In a desk-sized dictionary, it takes up almost $\frac{1}{4}$ the page and can add up to about thirty definitions..

If you are up to it, you might try building up a list of the many ways up is used.. It will take up a lot of your time, but if you don't give up, you may wind up with a hundred or more...

When it threatens to rain, we say it is clouding up. When the sun comes out we say it is clearing up. When it rains, it wets the earth and often messes things up. When it doesn't rain for a while, things dry up...

One could go on and on asking what's up... But I'll wrap it up, for now my time is up, so it is time to shut up!!



Sorry up... Let us wake up without any make up...



Make every action of your life in up and down... dance your way in a holy way... You are on a holy ground.. The whole existence is holy, make every step and every breath holy... Let your life be a love affair. Perhaps you may not become very rich; there is no need... Richness will come to you in a totally different form: The richness of being blissful, contented, ecstatic...

Let your work arise out of your own heart. In any act, if your heart joins you, it becomes worship.

If only the head is doing it, then it remains simply work. And when you are totally immersed in it, it brings so many blessings, blessings that no religion has been able to give to man...

The purpose of worship is to reveal to you your own being... it is a state of absolute awakening... then you know yourself.. The ego disappears from you.. then you are one with the whole..



And the whole is vast... to become
one with it is worship... every work
is worship...



Worship will Transform you..

worship will give us a real, authentic
experience of life..

Work, at the most, can give you a livelihood.
But there is no need to do anything that
you don't want to do ... One has to be a
little more rebellious, a little more alert
and aware so that the society, religion,
politics, do not exploit you.. It does
not matter even if you remain a beggar;
you will be more blissful than any king..
than any Alexander the great...

Even if you become the conqueror of the
world, you will be empty and sad and
dead... You will kill the millions and you
will kill your love too....

It is never too late... right now.. listen
to your heart and do what you love, let
your work be your worship, and you
have to go and find your own way... It
is risky, but it pays immensely...





Yes! Become more conscious, explode
into consciousness... and then you
will see you are living a life in
absolute attunement with existence..
Yes! risk your life and share your
light...

One should be intelligent enough to wake
up one's own consciousness... to live
your own river... your own treasure...
Listen to your heart... do not see right
or wrong...

Anything that makes you more alert, more
conscious, more peaceful, more silent, more
festive, is good for you... watch this
now without asking anyone...

Why not ask the living force of being in
you?

You are the only whole and holy scripture
in the world...

Don't listen to anybody except your own
consciousness... Anything that helps you
to attain the fulfilment of your own power,
your own potential is good... It is not only a
blessing to you, it is a blessing to the
whole existence...



No man is an island ... We are all a vast, infinite continent, joined together in the roots...

Maybe our branches are separate, but our roots are one..

Realizing one's potential is the only morality there is...

Losing one's potential and falling into darkness and retardedness is the only sin, the only devil... the only evil...

Change evil into Live

Yes we can, it is in us.. Now it is almost an established scientific fact that punishing anybody for any crime is simply idiotic... It is almost like punishing somebody because he has tuberculosis... sending him to jail because he has cancer... All criminals are sick... And who is not sick?? We need love not drugs... not punishments... not law, not justice..

He committed rape because of us...



because of the priests and because of our teachers Just be aware of who you are...



We need a commune based on science not on superstition...

Instead of courts we need a spiritual centers... so every unique individual can find his own way...

We are suffering from an unknown biological forces ... We are suffering at the hands of our judges, who are nothing but only butchers ... who are victims of victims... Everybody is sick, and needs sympathy and a scientific cure, and most of our crimes will disappear ..

First, with the disappearance of private property ... private property creates thieves, robbers, politicians, priests....

politics is a disease... and we are sick because of such great criminals... Who is Adolf Hitler ?? And many others !!! Many people worship such criminals and we put in jail a poor pocketthief or pickpocket who is in pain or hungry

Can you steal air or water ? It belongs to all ... Mother earth is our nurture and our home ... and our nature....





A spiritual commune does not need money. Your needs should be done by the commune...

We do all what we need... You love farming... I love cooking... he loves dancing and so on.. few people will be lazy. But there is no harm in it.. Love is our life...

And when from the very beginning every child is brought up with a reverence for life, for nature, for all what we see.. do you think such a child one day can be a murderer?

And if life is joyous, full of songs and dances, do you think somebody will desire to commit suicide?

Yes my friends... Let us wake up now... A new man can live without any law, without any order...

Love will be our law, understanding will be our order...

Science will be, in every difficult situation, our last resort...



Yes! A result is a new word for a
new resort... for a new resolution...
for a new revolution...

All revolutions have failed... all but
one... But that one has never been
tried yet... That revolution is religion,
The untried revolution... The real
religion is the only change... The only
challenge...

All our revolutions are escapists.. To
avoid the real they have been creating
the false, the fake...

Society cannot be changed unless man
is changed... This is the only truth... The
society is an idea... you are the only
truth... I am here to know myself...
to change myself... to be who I am...
who I am makes a difference... This
awareness... This awareness... not the I, not
the ego... not the mind... not the head...
but the heart... You are a being not
a body...

Unless man is changed nothing is
changed... You can only pretend...



yes! The real religion is the only revolution because it changes us... it changes man's consciousness... it changes our heart...

It is my choice... it is your choice... The change comes from within us... go in... change the center...

from where comes the violence? from where comes this exploitation? from where comes all these wars? They all come from our unconsciousness...

When a Christ comes to the world, he brings the real... He wants to change the individual... So is every Mohammed... every Buddha... every enlightened being... The Kingdom of God is in us...

Unless you are reborn nothing is going to happen... be more aware... more awake... more loving to your self... you are a living truth... but you don't respect yourself... we kill the truth and we trust the lie... Listen to your heart not to your head...





The real person is lost...
That is the work of all the head
people... to kill a christ and be a
christian... We have so much dust in
our brain that it is impossible to see
the truth...

The message is so simple... be yourself...
Don't worship Jesus, or mohammed or
Buddha... Just listen to them... listen
to the silence of your heart... to the
mother earth... Just respect the
Truth in you... only our heart contains
the truth... and now is the time to
be this religiousness... this awareness...
The day for science has come... Man
has become mature...

Now we need a new vision of Allah...
a new approach... A new temple... a
new quality of religion... to be religious...
you are the book... you are the temple...
your action will come out of love... out
of compassion not out of emotion...





Yes! We are fed-up... a quantum leap is possible now... you are free to be yourself... move into the inner treasure... The higher you rise in your consciousness, the more the higher realities become available to you...

So our roots have to be changed and the keys are available... They have always been available, but they have not been used...

If you don't use it... you lose it... you are born as a seed... plant it... let it grow and glow... you need no one to help you... just relax and watch.. be a watcher...

Yes!! Education will help me but not the books in the schools... all what you see out only for the bread... "Man cannot live by bread alone.." Listen to Jesus not to society... Listen to a sage man not to a power man... Be yourself not a copy paste... but the original face...



Yes, you are right...



Education means to lead us from darkness to light, from death to life... from body to being... from head to heart... Such education is in us... just be ready for life and live your life in its totality... Then be ready for death... how to die meditatively, silently, peacefully... how to meet life and death with a song and a dance...

Use your mind but not as a computer... but for the best natural science of arts and creativity... do what you love... and live your heart beyond any book and any test... just rest and relax and be a watcher...

Unless education can teach us both life and death, it is not a grace but a force... Now is the time to live your choice... To discover your being...

It is better to possess your own being than to possess the whole world.
Be yourself...



yes! Let us use science, but don't be used by it...

Science divides life into two categories:
The known and the unknown...

Religiousness divides life into three categories... The known, the unknown and the unknowable... Meaning comes from the unknowable... And this mystery is in us... it is beyond words... no one can teach it, but you can catch it... When you can catch it?

When you have all and suddenly you see that, although you have all, deep inside there is a vacuum which has to be filled, an emptiness which has to be transformed into life...

Once you win the outside world.. you go into the inner world... the inner treasure... and science can help us for living this truth... this true religion... So be rich... Live what you love... but be aware that the truth is in our heart... go in...



Jesus says a camel can pass through the eye of the needle, but the rich man cannot pass through the gate of heaven...

Let this earth be a paradise... and it is if we know how to look at it... at any seen... any flower... be rich in everything... meditation is the inner key and science is the outer key...

Be rich with Newton and Edison.. And also be rich with Christ and Mohammed.. The society needs science, the society needs religiousness... And what should be the first priority? The head... The science... First the outer, the circle... then the inner... because the inner is more subtle, more delicate...

Science can create the space for the real religiousness to exist on the earth... it is the gate to our inner treasure... Then the head and the heart will be one... will serve us to be a new man.. a new humanity...





Yes! Let us live our divinity.. our divine trinity... The head, the heart, and the being are one with each other, complementing each other..

The perfect man will create a perfect world... a world of scientists, a world of poets, a world of meditators...

You are right... every single individual is a world unto himself... so if I change myself, I am changing the world..

We are the world...

We are one peaceful world...

One peaceful heaven here, on this earth.. It is within our hands... just a little effort, a little courage... and nothing more is needed...

The person who knows himself and his center is the richest... this is the Kingdom of God... We are a royal family not a loyal family...

So wherever you are, rejoice, celebrate. Help your love, your life, your light, your laughter to spread all over the world...



Let There be peace on earth and
Let it begin with me



We can do it !! And there is nobody else
to take the responsibility...

We are the only alternative... We are
the answer to the questions that are
surrounding humanity...

Don't be afraid of wars... even nuclear
weapons can be used creatively... let us
have a deep trust in life...

We trusted the bicycles... then came
the flying machine and we used it for
wars and peace... The world became a
global village... So is the computer...

Act with awareness... be a witness...
seeing that the danger is so great, all
the politicians are trembling deep down,
that if a third world war begins, the
whole of life will be destroyed... and
they will be included in it.. nothing can
be saved.. Science gives us power.. Love
gives us treasure ... let us use our
power for our inner treasure... it
depends how do we use our brain... Just
raise the consciousness of human beings.. act
out of love not out of fear.. or out of Lust...



Yes! Don't stop progressive science... find out why children are born with cancer..? with aids??

Now !! Let us listen to the genetic scientists, they can help us to listen to our child... to be more aware of this mystery... not to force him to be a doctor but help him to be what he wants to be... Then we can create a better human being... more joyous, and creating a more beautiful world around him....

Now is the time of the spiritual commune... We can change man's lust for power, we can change war to peace... we look in a loving way... positively at things... we are the cause and we are the cure... unless we change the whole programme in our minds, we will not have a new world... We have to drop all fears...

The whole world is full of jails, and these people only have the wrong genetic programme... They are victims of a blind biological force...

Yes! genetic science and genetic engineering can help immensely...



Yes!! A new generation is now all over the planet... it is a great gap between parents and children... The more you are interested in meditation the more you are alone but not lonely...

You have to sharpen your intelligence and you have to bring the ultimate within you as a guest... And when you are this awareness, you are a flame... You are a fire.. But your fire does not burn anybody, but heals...

So find the book that you love as your companion and the master who is beyond what he speaks... his power is in his presence... in his compassion... in his truth...

Be aware of the fake masters... Listen to your heart not to his look... Read the book that answers your heart not your head...

Our heart is our home... is where the truth is... and we have the

key for this gate... let us relax



and be in this moment as we are...



We are the awareness... we are not the mind... we are born as a no-mind. Let this sink in our heart as deeply as possible because through that a door opens...

Deep down you are still free... why worry... just enjoy this now as a child... This now will pass too.. no fear.. no pain... no joy... but a great ecstasy of witnessing...

One can never get out of nature, but one can get out of the artifices/ any moment one decides to....

You are born free... You are born from God with God to God... why politics?... why religions...? why laws? why nations?

Let the whole society be slowly divided into communes of creative people.. Merit should be the only decisive point... And we have so many people of great merit but not part of any political party...

If meritocracy spreads all over the world, there is no need for nations...



You are the world !!
And meritocracy will have all that is
beautiful in democracy and all that is
beautiful in communism... And it is
time to give a chance to something
new ...

Why wars? Let us live our love... our
consciousness... When there is one head...
or one government then it becomes functional,
there is nobody against it..

The whole joy of politics is in "the enemy".
When there is no enemy, then you are
just working like the red cross or just
like the post offices or railways or
airplanes...

One government means that nations disappear...
In fact there is no validity for nations;
They are simply a calamity....

Be your own master ... your own healer...
and change your quality of life ... deep
in you, meditation is already the case...
The joy is coming from within... the
mystery is in us... in the core of our
being ... just be aware of this
grace ... of this choice ...



★ Yes! I love to share my own feeling...
If you dissolve all your courts, all your advocates, even if a few thefts happen, a few murders happen, it will be less costly than this whole business of courts, advocates, juries...

And stealing is there because of us... We are not helping each other, we are not sharing with each other...

People go on living as if the whole world is against them and they are against the whole world...

Once this attitude is dissolved and you start feeling more in tune with people around you, crime will disappear... And the greatest crime, war, will disappear...

The cause is not outside... The harmony in the individual and in the society is needed...

Without getting rid of the animal past, man will remain divided... We are a divine human being... How can we live our harmony with existence..? This is the best opportunity for everyone to grow, to be himself...



So The only way for a utopia is that our consciousness should grow more, and our unconsciousness should grow less, so finally a moment comes when you are simply a pure unity... There is no division... One with the existence..

The world can come to a harmony if meditation is spread far and wide, and people are brought to one consciousness within themselves. This will be a totally different dimension to work within...

Let us know meditation in its scientific power, so anybody can practice it... Let us be in our state of meditation^{at} in our state of mind...

first the meditation, and then out of it the fragrance will come, out of it the light will come... out of it peace will come... This is our goal... This is our desire...

One peaceful world...

Once you become a light unto yourself, and that will create the urge to become a light to many people who are thirsty... blessed are the ones who are thirsty to the truth...



Did you see the truth?



One day a 6 year old girl was sitting in classroom...

The teacher was going to explain what is evolution to the children..

The teacher asked a little boy:

David, do you see the tree outside?

David said Yes...

David, do you see the grass outside?

Yes!!

Go outside and look up and see if you can see the sky...

David went out and came back and said...

Yes! I saw the sky...

Did you see God?

"No" said David

Teacher: That's my point, we can't see God because he is not there... He does not exist.

A little girl spoke up and wanted to ask David...

David! You saw the grass, you saw the sky, you see the Teacher... Do you see her brain? David said no...

Then according to what we were taught today in school, she must not have a brain!!



Defining Team-spirit...

An anthropologist put a basket full of fruit near a tree and told the children of an African tribe that whoever got there first won the sweet fruits..

When he told them to run, they all took each other's hands and ran together, then sat together enjoying their treats.. When he asked them why they had run like that when one could have had all the fruits for himself they said..

"Ubuntu"

How can one of us be happy if all the others are sad?

Ubuntu in their culture means:

"I am because we are."



Let us be aware of who we are...

This awareness is our oneness.. is our existence... is our Truth...

Yes! We are one with the One.. This oneness is beyond any bond... any world.. and any word...



Yes! Let us be aware of who we are ... We don't belong to different categories, we belong to the same group. Jesus and Buddha and Mohammed are not special and you are not ordinary... We are one royal family.... We are in the Kingdom of God... The godliness in us...

The miracle is not walking on water, is not walking on fire... The miracle is waking up... That is the real miracle... All else is nonsense..

Wake up now or never!!!

Wake up and you are enlightened... This is who we are... This is our birth right... all what you see is light...

And when you wake up it is not that you will become totally different from your ordinary self; you will be the same person but luminous...

You will eat the same food and in the same way, but it will not be the same, there will be an intrinsic difference...

You will live in the old way, yet it will not be the old because you are born again with a new touch..



★ You will bring a new Touch to everything and whatsoever you touch will start turning into Gold, will start turning into something meaningful...

Before it was dead... it was meaningless, now it has a life... And now it is time to wake up...

The master cannot force you to wake up; The master can only create a good situation in which you can wake up... And any situation can be helpful if you are ready...

Let thy will be done.
Total surrender to God... Let go of our mind... of our ego and let God... We don't know when and how... just total trust... Do your best from your heart... and the truth will come to you... you are born again a super consciousness...

So be aware, respect yourself... love yourself... share your life... you are also a seed which is going to be a tree. Yes! Any moment... any day... any now... it can be here... just let us hear our silence... our grace....



Yes! The journey is eternal; never think that The pilgrimage stops somewhere... you get rid of one thing, and suddenly you see another thing is waiting..

The mind is like an onion, layers upon layers... why waste time? Just transcend it... How? Only a small effort towards meditation... and meditation is just a step out of the mind...

Leave the mind behind; there is no need to go on peeling its layers... stop going to any other to help you... no one listens to you... we listen to your pocket... to our profits, not to our prophets...

Wake up now - here or nowhere else...

You are not the mind.. just as you are not the body...

You are part of an immortal life... your body, your mind, all are centered on a false self... As you go beyond the self, you suddenly discover a sky that has no limits... A few have called it God.. A few can say nothingness... A few have called it Allah....

But the best word is used by the few knowers... Allahoo.... Total freedom.. freedom from all that binds you.. freedom from all that is false... freedom from all that is going to die...

Yahooooo....

And as you...you, means me... means us... your totality... as your oneness becomes free, immediately doors of immortality opens for you..

Yes! We are the sons and daughters of immortality... And except meditation, there has never been any way and there will never be any way...

Those who miss meditation miss the whole dance of life...

I hope and I wish that none of us misses that dance, that song, that music of eternity...

Now stop reading and writing... close your eyes... relax and watch your onion... your mind... your ego... just be a watcher... be a seer... See and be....



Yes! We all see... but very few of us are capable of seeing the truth...

Before it reaches our being it is gone... it is distorted...

The mind plays all kinds of tricks... First it prevents the major part... almost 98% of reality is prevented... only that which fits with the mind is allowed... only that which fits the ego is allowed.. and then too the mind, the ego, the devil colors it, it gives an artificial truth... Hence we become a slave for the mind not a revelation for the soul...

Each moment is a step to freedom... to a revelation, and at each moment reality is available in its totality... But we are not available to reality... I am not at all available to reality...

Yes! I know why but I don't walk my talk... I am a slave to my ego... to my mind... to what others say not to what my being say... to what my naked eyes can see.... Let us walk our talk...



★ To be a free seer means removing all the walls... just cross the bridge.. Be totally nude before the master... you have the book as the best companion and the real master to empower your highest power... only then something of immense value and beauty transpires... It is a love affair...

The greatest love affair that can happen on earth happens between the disciple and the master...

If you are ready, the master is ready...

Ready means maturity... an inner integrity.. it comes only when you stop making others responsible, when you stop saying They... when you start realizing that you are the only creator of your pain... of "your suffering"...
I am responsible...

Impossible is I-m-possible...
Whatsoever is happening, to you, to me, to the world, it is my doing...



Let us read these quotes



If we had no winter, the spring would not be so pleasant, if we did not sometimes taste adversity, prosperity would not be so welcome.



Blessed are those who can give without remembering and take without forgetting..



Life is short, don't waste time worrying about what people think of you, hold on to the ones that care, in the end they will be the only ones there...



As our thought so is our consciousness, and as is our consciousness so is our life... let your first thought of the day simply be peaceful...

Plant this seed... water it with love... with attention and you will gather the calm arm that touches the good and the bad in our inner treasure...



what is your wish?

Some people want it to happen, some wish it would happen, others make it happen...



If you keep on thinking of all the ways in which others cheated you and still are cheating you, your heart will forever be full of hate...

Learn to forgive and to let go
and let god....



I like the dream of the future better than the history of the past...



You can't just sit there and wait for people to give you that golden dream... you have got to get out there and make it happen for yourself...



The key is to keep company only with people who uplift you, whose presence calls forth your best



These seeds are my daily bread and breath... and one seeds turns the whole earth green...

I am still alone... I have the book and one soulfriend but very far from my home... I need a commune of spirituality... a place where we are connected with our roots and our fruits...

Now is the time of the commune... This is where my home is, where my inner evolution is... no laws, no rituals, no orders, do what you love... every work is a worship... it is a total surrender from my lowest power to my highest power... it is my will...

Now is the time to live science and spirit together... The world is a small village... let us find our sage... our real master... in such a peace pace we live our meditation... our meditative power... nothing else can save us... and out of that trust and surrender a totally new kind of people can be born to save this planet and all who are ready for life...



Yes!! A commune is an orchestra... it has many dimensions, many directions, you are free to be yourself... be like a bee and share your flowers with others... The bees lives in communes, they eat and dance and share and become richer and richer in its experience...

Be a blissful bee, unattached, always moving, non possessive, living all aspects of life, all the colors of the rainbow, all the notes of the music... and never be destructive... be creative..

The creative person is a divine person, a holy person... so whatever is flowing out of a good being is good...

So our only need is a good spiritual communes all around this planet... let us start from our being... let our center be the arrow and let us be a fellow traveler not a follower... yes! Respect yourself... you are the mystery of existence... dance this grace... Live your choice... Live your birthright... fly with your wings... Love and freedom are beyond any dome...



Yes!! I need a commune... I am searching for such a place...

A place where you see the beginners, where you see the people who have gone a little farther ahead than the beginners, and the people who have reached almost to the middle of their journey, and the people who have gone beyond the middle, and then the people who are just reaching to the goal; and at least one master who has reached.....

It is a place where you can see the whole spectrum of spiritual stages, where you can see the whole journey. It gives you courage. You know that you are not moving in a cul-de-sac, that you are not moving in darkness, that you are not moving into some kind of illusion, hallucination, that your efforts are going to bring results...

You can see the results all around... the truth is in us... in the core of our heart... of our being... just be yourself...



 Yes!! We desire this place... all around
 the planet and in every country... just
few of us can be it... The ones
who are honest... who are aware of
our awareness.... Once you know yourself
then you start searching and seeking...

I am still looking... I did not find yet
few of us in Lebanon... but we are few
in the Arabs... and we are looking for
a place where we can be and live our
stillness and our silence...

And this whole experience is to bring
a kind of lightness into the world...
This commune is not an ordinary commune..
This is an experiment to provoke God...

"I am trying to create a space where
God can descend more and more." I trust
this truth by Jesus and few others...
Such commune will become a connection...
The world has lost the connection... God
is no more a reality ...

As far as this century is concerned...
Nietzsche is right that God is dead.. the
connection... the bridge is broken... what to
do?

Let us create the bridge...

Fall more and more in harmony..



pool your energies... And remember, a small stream cannot reach the ocean... It will be lost somewhere, it is so far away.

It will be lost in some desert land, some wasteland... But if many small streams pool into one, they become a great river...

a Ganges... an ocean... Then we are united and we are one with the One... This oneness is our existence... is our enlightenment... is our birthright... So let us be who we are and this step is the whole holy trip...

Why wars? Why not peace? Why devil? Why not lived? evil and live are one icon... but we lost the balance... Be a watcher and choose your choice... Trust only your heart... not your head.. not your mind... not your ego...

Let go and let God... Live the life of our daily work but not be used by your mind... use the whole world but be aware of who you are... Be your own master... your own healer...



To be a healer really means not to be...
The less you are, the better healing will
happen... God is the healer... The whole
is the healer through the lower...

So go on emptying yourself and God uses
your hands... Let go of your ego.. of your
mind and let God do the healing...

The healer is in contact with the whole...
And every person has the energy to heal...
It is something natural... Just like breathing...
But let love be the healing force... nothing
goes deeper than love; it heals not only the
body, not only the mind, but also the soul...

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

So our only wall is our ego.. our mind...
The moment we surrender our ego, love
starts growing... yes! we know how.. we
have the key... but when are we going
to use it... if not now when? If not you
and me who else... let us relax and
live in a meditative state for few moments.





Once a baby girl went to a shop with her mother... The shop keeper looked at the small cute child and showed her a bottle with sweets... And said..." Dear child, you can take the sweets." But the child did not take, the shop keeper was surprised, such a small child she is and why is she not taking the sweets from the bottle !!!

Again he said take the sweets... Now the mother also heard that and said..." take the sweets dear"... yet she didn't take it..

The shopkeeper seeing the child not taking sweets he himself took the sweets and gave to the child...

The child was happy to get two handfuls of sweets...

While returning home the mother asked the child why didn't you take the sweets, when the shopkeeper told you to take...??

Can you guess the answer??

The child replies...

"Mom !! My hands are very small and I can't take what I need..."

What do you mean by this answer? said the mom...

Yes! If I take the sweets I can only take few... But now you see when uncle gave me with his big hands, how many more sweets I got!! Look at my pocket!!! I put them all here so I can share them with my friends too...

When we take we may get little but when our father in Heaven gives us we get much more and beyond our expectations because his blessings are more better than we can even imagine...

You are so right...

Let us always ask God what we want and have total trust that existence gives us what we need even without asking...

God knows us more than what we know about ourself... God gives us the breath and the bread... Just be yourself.. do what you love... Let there be peace on earth and let it begin with me... Let us be good and then all what we do will be good...





Yes! Yes! Yes!

Forgive me... let us do some funny goods... funny is the right word... no right and wrong... not right and left but it is only a joke... so let us joy our jokes...

A little boy and his grandfather are in the garden and he finds an earthworm trying to get back into its hole... He says, "Grampa, I bet I can put that worm back in that hole."

The granpa replies... "I give you five dollars if you can do it!!"

The little boy runs into the house and comes back with a can of hairspray.. He sprays the worm until it is straight and stiff and he puts it back into the hole...

The grandpa gives him the five dollars, grabs the hairspray, and runs into the house.. half an hour later he comes back out and gives the little boy another five dollars...

"Grandpa you already gave me five dollars."

The grandfather replies, "I know.. That's from your grandma."



I recently visited a new great doctor..

After two visits and Lab tests, he said I was doing "fairly well" for my age.. Yeah, I just reached 65..

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 85?"

He asked, "Do you smoke, or drink beer, wine or hard liquor?"

"Oh not these days and I don't smoke." Then he asked, "Do you eat steaks, fish?"

I said.. "Not much... my former doctor said all meat is very unhealthy and all drugs too..."

Do you spend a lot of time in the sun, like playing golf... boating, sailing... hiking... or bicycling?"

"No, I don't"

"Do you gamble, drive fast cars, or have lots of sex?"

"No..." I said

He looked at me and said... Then why do you want to live to 85?" ----



Male patient is lying in bed in the hospital...

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

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

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

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

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

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

the other... she looks very closely and says, "There is nothing wrong with them, sir. They look fine."

So what did the man do??



The man slowly pulls off his oxygen mask, smiles at her, and says very slowly, "Thanks a lot, that was great. Now listen very, very closely: Are-my-test-results-back?"



A traveling sales man was passing through a small town when he saw a little old man sitting in a rocking chair on the porch of his house... The little old man looked so contented that the salesman could not resist going over and talking to him...



You look as if you don't have a care in the world... What is your formula for a long and happy life?

Well, replied the little old man, I smoke six packs of cigars a day.. I drink, I enjoy a large bottle of whiskey a day and six cases a beer a week... I play guitar and I go out every night. My goodness... That is just great for your old age... how old are you?

The little old man took the cigarette out of his mouth and said... Twenty five...



How old are you?

How old am I?...



What is The age? What is a sage?

It is normal and natural to grow old but it is optional to grow up....

The age is only a number on the stage of the bridge... The age of the body... but let us be aware of this mystery of age...

The people who followed Jesus were all young almost all of them his own age... The people who followed Buddha were of his age or nearby... The same was with Mohammed and many others too.... What is this sign?

The older a person gets The more cautious he becomes, an one can understand why....

He has lived in the world with many bad people, so he becomes very afraid of any one mainly the unknown...

But sometimes it happens that you are killing yourself by your fear... because to be very cautious means to die before your death... enjoy this now or you are dead but not in the grave yet.. Live your grace... live your choice..





Now is the art of life... if you miss it... you miss the art of death..

Let us live and die in love... in loving... silently, blissfully... surrendered to God.. to existence ...

The art of life is only a preparation for the art of death, if one can die in deep consciousness, with no complaint, with no grudge, but in immense gratitude towards God, one has fulfilled one's mission in life....

Yes! Seasons are beautiful and they are in harmony with nature... every moment a new mood, a new look... a new face..

And who has told you that a new face is better than the old face?

The old woman will be ugly if she is still trying to look young; then her look is plastic ...

But if an old woman accepts old age as natural, as it should be, then you cannot find a more beautiful face than an old face, wrinkled through many seasons; seasoned; many experiences, mature, grown-up... Wake up no make up !!!



Yes!! Every season is beautiful at its moment,
and every age has its needs... When young,
be young. When old be old... Never be
out of step, otherwise you will be a mess,
and a mess is ugly...

Know well: The only change is being
with God... with our inner treasure..
Change is a constant law... law of love..
law of living...

Yes!! A new step in our trip... a new age..
A new desire for a change... why wars?
Why poverty? What is the cause? What
is the cure?? who am I? Why I am
here?

Many will go crazy, many will find wrong
ways, that's natural... We will use many
Tools... drugs... meditation... killing... such
a chaos is a door to divinity...

We are in desperate search for
something This age is going to touch
the top for peace... for light... for
the truth which is not in the church..
it is in us... we are the temple..
 We are the rebel... the free being...



Be the rebel not the pabble...



You are a jewel....

Listen to your heart not to your head ... yes! You have the key and you know what meditation is ... just walk your talk...

There is nothing right and nothing wrong ... listen to your silence ... feel your feelings ... live your choice ... hear your inner voice more clearly and follow it, whatsoever is the cost ...

Because if you follow your inner voice without feeling guilty, immense is going to be your reward and the cost was nothing ... give out all what it dies and find to be with the one who is never born and never dies...

Yes!! Be meditative, so that you can find a little light within yourself and then start living according to that light... And as you live, it grows and it gives you a deep integrity ... Because it comes from your own innermost being... There is no division..





The divisions are not needed;
that is our stupidity. Do I love my
body or only my eyes? When I drink
the water goes straight to my bladder?
So why so much divisions?

If I love the rose and you love Jesus,
it is our love that unites us... There is
no need to create any divisions.. It
comes from our political mind; it has
nothing to do with religions. It's our
mind that creates wars.... it is good to
have many religions like having many
flowers but divisions in the name of
religion are ugly... That simply shows
man is not religious yet...

Life is one ... Love and hate is one...
day and night is one ... That is why the
same thermometer can judge both; it is
only a question of degrees... of quality not
of quantity ...

The night is a little less day and the day
is a little less night; Love is a little less
hate and hate is a little love in it... This
is the right way of life..



Yes! You are right...

A divided person cannot be at peace; where to put the devil? You cannot kill it!! You are not two. The reality is one.. just watch your mind... as if you are fighting with your left hand... both hands are in me...

So you are a sinner, a saint and a sage and beyond... you are a devil and a divine ...

Be one... be undivided... only then will you be victorious... Just look at the world and be innocent ... do not put labels... be silent...

Try this. Just move in the world without any values, no good and no bad... just like nature ... you will feel a non-division within yourself... your polarities will be coming together... your bad and good are one ... This man is me this woman is me ... meet merge and melt.. The drop of water and the wave and the ocean are one ... All this planet is my home ... wherever you stand is a holy Land ...



yes! Make it a point to make each drop
a potential ocean...

Do what you love, don't listen to any
other... if your consciousness allows you
to do something, do it...

Unless you are religious, not a follower
to any religion, but the religiousness of
your being is your life... is your love...
How can a person be truthful if he does
not know what truth is? So don't learn
morality... live your being... life is an
experience not an experiment... you don't
know what water is unless your Thirst
Takes you to the source...

A morality that comes with effort is
immoral. A morality that comes without
effort is the only morality there is...
life is just like a river... a flux... and we
are all carrying fixed dogmas... so we
are unfit with life...

let us be conscious and alert and ready
to respond to every situation with
absolute consciousness... you are not
a robot...



Let us listen to our inner treasure... This is the only truth that grows our own consciousness. And by growing your consciousness higher, deeper, to the point where there is no unconsciousness inside you; you have become a pillar of light.

In this light, in this mantram in this clarity to do anything wrong is impossible...

It is not that you have to avoid it; even if you want to do it, you cannot..

How can light plant darkness??

And in this consciousness, whatsoever you do becomes a blessing...

Your action out of consciousness is moral, out of unconsciousness is immoral... it may be the same action... but now you are aware you live your awareness... even when your body is sleeping but you are awake and alert.... even the sound of your thought you will hear it... just a little more patience and you are the grace.. ♡



So when grace happens, start
searching: God must be very close by...
So start by love, move to grace and go
on moving into God... Unless you die in
God... unless you are no more... unless
you disappear completely Truth does not
appear.... This is our mystery... it is beyond
us...



One need not to cling to anything... One
has to go deeper and the only way to go
deeper is to go beyond... is to feel your
Innounce ... to be a knower not a believer...

No one has the right to know

Everyone has the right to be a
knower .. not a believer... an action...
a verb not a noun ... a verse not a
virus...

Just now ... count few of God's graces in
you and be so thankful... so grateful/...
you are here because of all the goods and
the bads... no pain no gain... It is through
gratitude that one becomes aware of
the presence of God now is our only
present and our only presence...





Yes! You are not a person, you are a presence... you are not the body but the being... you are not the flower but the fragrance....

When you are with a sage you are no more a mind... no more the ego... but let go and let God... and this truth is only in the now... in the godliness..

When you look at the tree you see the presence of God...

A bird sitting silently on the roof has its own presence and a flower is also surrounded by its own aura and its own presence...

Think of God as presence in every now... in every present... Now is the only time and here is the only space...

The moment we go astray from now and here we are going into madness...

God is now-here or nowhere else...
You are so right... so light...

Yesterday is a history... Tomorrow is a mystery... now is the only present... let us live this richness...



Story...

One day, a rich dad took his son on a trip... wanted to show him how poor someone can be...

They spent time on the farm of a poor family... on the way home, dad asked...

"Did you see how poor they are?

What did you learn?"

Son said, 'We have one dog, they have four, we have a pool, they have rivers, we have lanterns at night, they have stars, we buy foods, they grow theirs... We have walls to protect us, they have many friends... Thank you dad... Thank you very much for showing me how poor we are...'

Yes! It is not about money that make us rich, it's about simplicity of our life... Be simple so that everybody can simply live... simplicity is part of eternity... part of divinity..



Thank you for this story...

The story of The pencil...

A boy was watching his granma writing a letter, at one point he asked:

"Are you writing a story about what we've done or is it a story about me?"
The granma said ... "I am writing about you, but more important than the words is the pencil I am using. I hope you will be like this pencil when you grow up"

Intrigued, the boy looked at the pencil, it did not seem very special...
"But it's just like any other pencil that I've ever seen!"

"That depends on how you look at things. It has five qualities which, if you manage to hang on to them, will make you a person who is always at peace with the world....."

First quality: You are capable of great things, but you must never forget that there is a God who always guides us according to his will...

Second quality: now and then, I have to stop writing and use a sharpener, that makes the pencil suffer a little but afterwards, he's much sharper, so you too...

Must learn to bear certain pains and sorrows, because they'll make you a better person...

Third quality: The pencil always allows us to use an eraser to rub out any mistakes, This means that correcting something we did, is not necessarily a bad thing; it helps to keep us on The road of justice...

Fourth quality: What really matters for the pencil is not its wooden exterior but its graphite inside, so always pay attention to what is happening inside you...

The last quality, Always leave a mark, this is what the pencil does and you too be conscious to leave an action...



The path of action is being in the world and not not being of it... To be the dancer and the dance and a nobody... Just be a witness... a watcher... play the paradox and go beyond it... I am not here... only the existence is... God is existence, and existence is impersonal...

The personal mind is the cause of good and bad.. If there were no human beings on earth, would there be anything good or bad?

Was it good if we killed Hitler when he was a child? But who knows the future? We don't know the whole so we cannot judge...

It is like we pull few pages from a book how can we make any judgement about the novel by reading just few pages? So let us be aware of our mind.. of our judgement... Let us be responsible of our actions. We are the roots of corruption.. it is our creation... Our whole education is ambition-oriented..

Ambition corrupts, it is the seed of insanity...





Man is not born insane but is driven
Towards insanity by the priests, by
the politicians, by the parents, by our
whole educational system, by all the
conditionings, we are driven insane...

Yes!! We have the cure... we have the
power of respect, of love, of trust and
once we start loving this gift, we
wake up, we can regain our sanity...

We are all victims of victims... let
us be a victor... now is the time...
where do I go if I die now? So stop
following the others... follow your own
feelings and don't feel guilty... be a
rebel...

Nobody wants you to be yourself... to be
free... to be happy... If you are sad,
you are accepted.. you are part of the
crowd...

And the crowd has always been against
the people who are blissful... They crucified
Jesus, they poisoned Socrates, they murdered
Alhallaaj... it is an insane world... so
why not be sane? Yes I can! Yes
you can!!!



Be aware of your power ya peace
power.... When the power of love
overcomes the love of power the
world will know peace...

This power is in us... is us... is the
existence ... so why not be it?

The power of love is in our heart and
the love of power is in my head... in
my brain... So why not go to my
being? So easy...

power is dangerous without meditation...
The power corrupts, and absolute power
corrupts absolutely, because power means
energy... How can a mad person use
his energy? So you are seeing the
news all over the planet... A madman in
power is bound to be a calamity...

Relax and be calm and let your poetry
flower with us... your love will live
with us... your wisdom and your
laughter...

When power is gentle it has a beauty;
it is nothing but the power of love...
Let us live our inner power...



The treasure is already here... it is very near... why go very far??

We have to find the key to unlock the door... the key is in us...

Every person is born to be a christ... just know yourself... uncover the cover... take off the mask... the personality... the ego...

You just have to reach your innermost core and you will find your truth... the ultimate state of consciousness...

Everyone of us is unique, is extraordinary
God only creates unique consciousness...

I feel that everybody is a born light of love... everyone is a seed from God... but let us plant this seed.. and one seed turns the whole earth green...

You can all become a Mohammad... a Christ... a Buddha... it is our birthright... yes... a Rabiya... a Khadija...

Don't be tricked by your mind... remain alert, aware... and your meditativeness will blossom and will bloom into a bomb of light... and no more light..



Fighting with shadows...

I am not concerned with shadows and by-products; I am concerned with the fundamental, with the essential...



Be aware and you will be good...

Be unaware and you will be bad...

Yes!! The only sin is unawareness, and the only virtue is awareness....

It is impossible to hurt if you are aware... But we are no more a human being.. we are a trained machine... only awareness is our master key to help us live our love not our hate...

Try this step... if you see a snake what do you do? There is no time to think, you can only reflect... you immediately jump!! This is a happening in us and from us... it was so spontaneous... it is the right step in our heart... in our being... it is not in the shadow of the mind... go to the heart... The head has all the dreams but the heart is awake and aware.. Act with more awareness.... just be here this moment... To be in a thought process is to be asleep... Not to be in a thought process is to be awake



How can you rape when you are aware?
Awareness brings great love and a loving
person cannot kill... cannot lie... cannot be
in a wrong place...

Your total state of mind has to be changed
Come out of the mind... Be in the now...
be conscious and then life starts changing
of its own accord....

We all pray for peace and we go out
for killing... why so much wars?? yes!!
whenever you repress something, it will
come up again and again... So the more
you become aware, the more your life
will attain to silence, peace, Love.. They
are by-products of awareness...

Yes!! Meditation is the key that corrects me...
The cause and the cure is in me... wake up
now... no make up anymore... no mask... look
at your original face... no one can help me
only me...

No correction is needed, just awareness is
needed, become more alert... No character
is needed, come out of this bondage.. of
this chains...

So be more conscious, to live more
consciously... There are only Two ways to be...
unconscious or conscious... Choose..



A psychiatrist was conducting a group Therapy session with four young mothers and their small children..

" You all have obsessions " he observed. To the first mother, Mary, he said..

• You are obsessed with eating... you have even named your daughter Candy. "

He turned to the second Mom, Ann: " Your obsession is with money. Again, it manifests itself in your child's name, Penny. "

He turned to the Third Mom, Kathy: " Your obsession is alcohol... This too shows itself in your child's name, Brandy. "

At this point, The fourth mother, Joyce, quietly got up, took her little boy by the hand and whispered, " Come on, Dick, This Teacher has no idea what he is talking about... we know much more than him... let us go out and pick Willy from school and go home... "

So let us watch up our names... yes! watch up and catch up



Watch up the truth in you... God is this very life in us. To live this life totally is to live a divine life.. To live this life partially is to live an undivine life. To be partial is to be irreligious; to be total and whole is to be holy...

Our truth is not good nor bad but acceptance as it is... just say yes to this moment as it comes... This is our lesson.. This is our school... No pain no gain... Keep walking your vision and this is our life... our childhood and our wisdom...

What happens to a sage? He becomes a child again; nothing else happens to a sage except that he is again innocent... yes!! God is always here, but I am not here to hear... Only by going into a thousand and one pains we will start looking for the real...

Yes! The real heals... The unreal is very attractive but how do we know the light if we don't see the dark??





Yes!! It is time to be more mature.
This age is the age of wisdom...
face your feelings ... why fear? why greed!
why hell? Go into The dark, be your
own light ... Be a flame to your own
being. Go into the dark, be courageous...
Be with a real master, he will not
give you any more greed.. any more
fear...

Christianity has never been concerned with
christ; it has been more concerned with
The cross...

You know why ... you know that priests
and politicians are one ... it is a business..
Don't listen to any other only to your
inner lecture ... your inner treasure...
Bring your energy to be more at home
with awareness, that is all...

No, there is no sin and no guilt and no
hell ... you know it... go beyond this
fake religion and learn from every new
mistake ... And out of your love, out of your
compassion forgive without any judgment...
Let thy will be done...



Thy will and my will is the way... the drop and the wave and the ocean are one... So is the sinner and the saint and the sage... We are one with this oneness... with this existence... no goal, no desire... we are here with this now...

When you are utterly present in the present, when you don't have any past and don't have any future.. then you are in the state of total acceptance...

Even death is absolutely accepted because our trust in existence is infinite... To accept all is the highest peak of life... Let us learn to accept life as it comes.. Remain non-judgmental, just a silent look to all... a witness to all... This is the most profound secret of all the sages.. of all the awakened ones...

And, yes, it is not a practice, it happens only through understanding. See yourself, only your experience will tell you the truth.... Trust yourself...





Once you live The Trust, then there is nothing universally right, there is nothing universally wrong...

And you should be very clear about it, everything is very relative, relative to many things...

A conscious person tries to change according to the changing situations, conditions, geographies... One should live consciously, not according to fixed rules.. live in freedom... in awareness..

First be, and then the right action follows of its own accord...

Don't do good... be good... then all what you do is good... is from your heart not from your head...

This whole society is rotten and all its systems are rotten... it is hurting not healing... why wars? why killings? why prisons? what is the cause? what is the cure??

The society needs a surgical operation. Truth is against all punishments; against all imprisonments... We need more meditation centers and more true masters...



Yes! you are right, we don't need a better human being, we need a new human being.. No better any more but a new birth... death and resurrection...

Now we want a totally new man.. discontinuous with The past.. we want to begin again as if we are Adam and Eve, now expelled from The Garden of Eden...

I want to start afresh, and it is always easier to make a new house rather than to renovate an old one...

This old house has been renovated so many times, and we go on renovating it, supporting it from this side and that, and it goes on collapsing.... still you are not fed up with it...

Enough is enough!!!

Humanity has come to a stage where if we continue in the old ways, man is finished...

There is only one hope: if we can start a new human being from ABC, then only can humanity survive on the earth, otherwise not...



Yes! Let us plant a new seed in a
new soil...

The seed is in us... The soil is us... so
why go far and the truth is so near...
Let us be here and only here... listen...
our lesson is in our creativity... let
us be it now or never...

God is now-here
or
Nowhere....

Just a dash of light... flash it now... go
in... hear your silence... be still and know
that I am God... not the I... not the mind...
not the ego... not the head... but the
core of the heart... The amness is our
only godliness... our only presence...

Once you start looking at God as godliness
there will be a radical change in your
approach. Then prayer is no more valid; only
meditation becomes valid... Then your life
is a living prayer... a living power...
the power of love not the love of
power... This is our choice...

Just be aware of your own bliss.
Your own innermost core...



Let us listen to this seed...



Do unto others as you would have them do unto you...



This is a Jewish seed... But if we look at our human reality, the statement is not correct... Why? Because my taste and your taste may be different...

To do unto others what you would like to be done to you by them can be right ONLY if everybody's taste is the same... And that is not the case...

For example, somebody is masochist; he likes to be beaten, he likes to be tortured. Now what he should do to you, torture you?? According to the principle, he should beat you, he should torture you because that's what he wants you to do to him...

Yes! The sadists who like to torture, and the masochists who like to be tortured; hence, it is said that the best couple in the world is if by chance a sadist and a masochist get married... Then they are living in paradise, because one wants to be tortured and the other wants to torture... Both are enjoying... What is your joy??



Yes! Before you fall in any love or any joy, remember the first basic inquiry; if you are a sadist, then find a masochist, if you are a masochist, find a sadist..

The best places to find such people are the offices of all the priests, the politicians, the doctors, and much more...

But what is the right way??

It is not going to be that easy. You are a multidimensional being... You are beyond any sentence... any seed... any commandments...

Let us share our ten-non-commandments...

freedom, uniqueness of individuality, Love.. meditation, non-seriousness, playfulness...

creativity sensitivity gratefulness...

Feeling of the mysterious....

These ten non-commandments constitute the basic attitude toward reality, towards man's freedom from all kinds of spiritual slavery... We are here not to be a slave.. not to save... but to

Spend it all...



yes! We are not a loyal family, but
a royal family in one kingdom... the
kingdom of Allah...



The kingdom of life, love, light and laughter...

Mechanic Vs Doctor

A mechanic was removing a cylinder head from the motor of a bike when a well-known heart surgeon in his shop... The surgeon was there, waiting for the service manager to come and take a look at his bike...

The mechanic shouted across the garage, "Hey, Doc, can I ask you a question?" The surgeon a bit surprised, walked over to the mechanic working on the motorcycle..

The mechanic asked, "Doc, look at this engine. I opened its heart, take valves out, fix 'em, put them back in, and when I finish, it works just like new. So how come I get such a small salary and you get much more for the same work?"

The surgeon paused, smiled and leaned over, and whispered to the mechanic...

"try doing it with the engine running."



Love

Twin girls, Sara and Suzy, were born 12 weeks ahead of their due date...

Needing intensive care, they were placed in separate incubators...

Kyrie, the nurse took care of them... Sara began to gain weight but Suzy did not and had trouble in breathing, heart problems and other complications... She was not expected to live...

The nurse did everything she could to help Suzy but no hope... So what to do? She went against hospital policy and decided to place both babies in the same incubator.

She left the twin girls to sleep and when she returned she found a sight she could not believe... She called all the nurses and doctors and this is what they saw...

As Sara got close to Suzy, the love energy hugged the sick energy... Sara put her small little arm around her sister, as if to hug and heal her sister... From that moment on, Suzy's breathing and heart rate established much better and her health became normal..

Yes!! A little bit of tender love and compassion can save someone's life..





The Local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time... The interviewer asked her questions about her life, about what it felt like to be married again at 80, and then about her new husband's occupation.

"He is a funeral director"

"Interesting"

He then asked her if she wouldn't mind telling him a little about her first 3 husbands and what they did for a living...

She paused for a few moments, needing time to reflect on all those years... After a short time, a smile came to her face and she answered proudly, "my first husband was a banker, then my second husband was circus ringmaster and when I was 60 years old I got married to a preacher, and now to a funeral director..."

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

She smiled and explained..

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

Oh, what can I do now? How old are you?
How up are you??



Are you up?



Let us read this apple !!

Counting the apples... Amazing Lesson...

A Teacher teaching Maths asked Tareq 7 years old... "If I give you one apple and one apple and one apple, how many apples will you have?" Within a few seconds Tareq replied "Four!"

The Teacher was expecting three.. She repeated the question... Tareq has seen the sadness on her face... He calculated again on his fingers, and he wanted to please her and he said "Four!"

The disappointment stayed on her face.. She remembered that Tareq likes strawberries... She thought may be he doesn't like apples and that is making him loose focus...

This time with twinkling in her eyes she asked, "If I give you one strawberry and one strawberry and one strawberry, then how many you will have?"

Seeing the Teacher happy, young Tareq again calculated on his fingers and said with a happy look... "Three?"

The teacher now had a victorious
wow, her smile was big and she wanted
to congratulate herself and once again she
asked him...



"Now if I give you one apple and one
apple and one more apple how many
will you have?"

Tareq answered, "four!"

The teacher was lost... "How Tareq, how?"
she asked in a little stern and irritated
voice...

In a voice that was low and hesitating
young Tareq replied.. "Because! I already
have one apple in my bag from my
Mom."

Let us be aware  when someone gives us
an answer that is different from what
our mind gives us...
You are not right and he is not wrong...
Once we are Two, heaven and hell are
created, then there is a vast distance
between us and the truth...

Let us not manipulate... Just allow
things to happen...



Yes! You are so right and bright
light.... Thank you for your grace...
let us know this choice...



The two days you should never
worry!!!

There are two days in every week
about which we should not worry, two
days which should be kept free from
fear and understanding...

One of these days is yesterday with
all its pains and all its mistakes and
all its cares... just let go... forget it.
Yesterday ... Yes-ter-day has passed
forever beyond our control...

All the money in the world cannot
bring back yesterday...

We cannot undo a single act we did...
We cannot erase a single word we
said...

Yesterday is gone forever... it is a
history... his-tery... So why worry???

Yes!! Thank you... Yesterday is no more.
only today is... and even that has passed.
Only this moment is...

yes! the mind carries the yesterday...
if the mind is holding the past how
can you hold the now??



The smoke of yesterday will be a
barrier... a burden... you can't hear me
now... you can't understand the now... you
will only hear the now through yesterday
and you will miss it all...

yesterday should be dropped so you can be
here and hear the now...

A carried past creates problems...
the problem is not what I said or what
you saw or what he showed... the problem
is that we carry our history and we miss
our story... the story of the now... now
we are a new born fresh whole and holy
soul...

There is no past, no future, only this now..
this moment .. this at-one-ment with the
One .. this oneness is our only isness... our
only existence... our only mystery.. so let
us be in this now... in this being...
Be or not to be is the only truth...
what is your choice?



what is the other day?

The other day we should not worry about is ... yes!! You are right too...

It is tomorrow with all its possible good and bad... all its burdens... all its large promise and its poor performances;

Tomorrow is also beyond our immediate control ...

Tomorrow's sun will rise...

either in splendor or behind a mask of clouds... but it will rise.. until it does, we have no stake in tomorrow... for it is yet to be born and I am not sure if I will be breathing my next breath...

yes! take a deep breath and enjoy this now... this joy... rejoice this choice... just live only this now... this day... let it be a celebration... let it be a new occasion... a special dance... yes! celebrate this now... not in heaven but here is heaven or here is hell...

Do not celebrate but celebrate... Today is the best day to celebrate...



Any person can fight the battle of just one day.. Now?

It is when you and I add the burdens of those two eternities yesterday and Tomorrow ... cross the cross... don't carry it... don't break down.. break through... throw out all the garbage... go beyond any age.. any stage... be a sage...

It is not the experience of today that drives us mad, but, it is the bitterness of something which happened yesterday and the mind is carrying for the now and for Tomorrow...

No yesterday... no tomorrow ... now-here or nowhere else...

There is not much time, you don't have much time. Don't postpone; this is the moment.. Don't say tomorrow ... tomorrow is a mirage... Be alert now ... be awake now, this moment, and there is serenity and there is calmness...

★ And suddenly one is relaxed, and
★ the source is and one has arrived home...

Q

This is the home for which you have been searching for so many lives... But our methodology of search has been wrong... you made it a goal... And it is not a goal, it is the source... and it is in us... Just go in now ... inn ... in is our own inn ... inner treasure... inner lecture... let us be aware of where we are... God is not where we are going...

God is from whence we are coming.. God is not there... God is here... God is not then... God is now...

God is nowhere
or

God is now-here

Now or never is our treasure...

Now, begins the search...

We have lived a life of worldly pleasures pain, misery, problems; we have searched in many directions and we have found nothing... Now is the time to let go of our ego... let go and let God... Now is our new vow !!



Yes!! You are right...

The people who are very much concerned with inventing a self live a very mediocre life... because they have to satisfy the mediocre crowd around themselves...

Respect yourself... Love yourself... you need no one... you have all what you need... and all what you need... Just be yourself... Watch your steps.. The trap is all around you... you are not here to please anyone... just live your own life on your own ways... do not compromise... live your life... Be a mystic not a priest, not a politician... not a sinner, not a saint but a sage.. This is who we are...

You will be alone but not lonely.. This aloneness is our oneness... is our presence... Never depend on other's opinions, be intelligent, intelligence comes only when you discover yourself.. Intelligence is the shadow of that discovery ; And you will be rooted in life.. in existence... even death cannot kill you and fire cannot burn you... you are eternal... and no more fear but only freedom...





yes! Once you discover yourself, you see people all over the world growing old, but without growing up... Even in their old age they remain childish deep down... Why? Because they never ever allowed their own real self grow.. the false self cannot grow...

let us remember one thing:

No false thing can ever grow, it remains stuck... Can you think of a plastic flower growing? The real rose grows, the plastic rose remains as it is.. it is dead, how can it grow?

The self that is given to me by others is dead entity; and with that dead thing I will be imprisoned...

Be aware of who you are... take off the masks... and grow up... wake up... no more make up... look at your original face.. not the face look... the false look... just change from the false self to the real self ... The real is already given, it is a God-given gift... So ask yourself.. "Who am I?" and it is a quest.. a great passionate love-affair...



The real I is not the ego... not the mind... not the head nor the brain but the heart... the healing life in this loving power.. It is a flow from the glow of godliness... from our unity with infinity..

So whatsoever you do, just do it as totally as possible... this is our prayer... Today is enough... now is enough... no plans for tomorrow, just relax and be in your nature with nature...

Yes!! Inside me there is chaos, outside there is cosmos.. The whole existence is in harmony and the present belongs to existence.. The past is no more and the future is not yet..

It is the mind who lives in the past and in the future.. memories and desires. It is because of this that we are living in a mad state... we are normally abnormal.. just be aware of where you are.. and meditation is the only cure..

Yes! The whole humanity is inhuman, the whole of humanity is insane... is mad..

but who made it mad? So we can heal ourself... we can heal the whole planet!!!



Let us remember that the whole history of humanity proves that this is an insane humanity; something is basically wrong with it... In 3000 years, man has fought 5000 wars.. will you call this humanity sane? We see it normal because we are all alike..

What is normal? a normal human being?

He should be full of love, full of bliss, fearless, joyous and ecstatic.. he should be able to sing and dance and laughter is a door to the divine

He should be able to enjoy the small things of life.. We should be total in whatsoever we are doing... Our thoughts will be straight; If we say no we mean no, and if we say yes we mean yes...

Let us be aware not to be diplomatic, don't be polite and political... do what you mean.. Don't be double-faced... face your original face...

Now we have to do something very drastic not very plastic... We need a quantum Leap, a jump in the Truth.. Be with those who listen to the Truth





Why we are failed? Why can't we see the truth?

The reason why the experiments have failed, is that nobody recognized that we are experiments of the earth...

All the religions started renouncing the earth, and that is where they went wrong..

We are the sons and daughters of the earth and what are we doing to our mother? Our earth is our breath and our birth and our death... This is our eternal life...

We are the cause and we are the cure.. All that has gone wrong in millions of years also comes to us as our heritage...

And one has to be very alert to sort out what is wrong in the traditions, in the orthodoxies, in the religions of the past, and find the point from where other experiments have gone astray..

One cannot blindly follow the past, otherwise you will also go wrong...

Almost 99% of our heritage is insane... chains become ornaments, and imprisonments become our homes..



Yes!! I want to be religious too... so
I need to be a rebel... to burn all
that is fake and false, to save only
the jewel not the pebble...

Just a little intelligence and it is not
difficult to find yourself... we are the
salt of the earth... we are the rock
of the real religion...

Just watch your own life and watch
the life of any Christ... and watch
the life of the people around you...

How much is senseless? How much
is meaningless? And what is the
difference between the truth and
the false?

How can I change myself?
You have the key... just use it before
you lose it... if not now when? 76
not you and me who else?

Why postpone the truth?? We have all
what we need right now.... Take a
deep breath... relax... and witness
what you are seeing and you are
being and where are we going ???



Please help me... show me where to go!!
I want to be happy...



I can only show you the way... but you have to walk your talk...

The happiest people are those who do precisely what they want to do...

Do what you want to do.. As long as you live for expectations of others, you will never be happy, and you will never be alive... You are rich if you are happy in your soul, for gold cannot buy happiness.. To know your treasure, look within to the love and beauty that is in your unseen essence...

So be aware of what you dislike and what you like... why love and hate... you can master the change as it occurs in a moment.

You are not here to please anybody... you are not a politician... just be yourself.. please yourself... Help those who really want to be helped... in those sincere seekers who are ready to risk all... all is all... only to attain themselves...

Help yourself without any compromise...
You have all what you need in your inner treasure...



Remember one thing...

To live a life of compromise is worse than death.. And to live a life of truth, even if it is for a single moment, is far more valuable than to live eternally in lies... To die for truth is far more valuable than to live in lies...

Just be perfect in your imperfections and accept yourself as you are and do not listen to what others say about you... Do not expect anything from anyone... and from yourself too... Just live the now as it is.. a new now... without hope, to live a life moment-to-moment, with no ideals... Ideals have made this whole earth a big madhouse...

The ideal means you are not that which you should be... It creates tension, anxiety, anguish... It divides you.. They drive you crazy and make you insane...

Don't be a victim to others... be a victor.. Drop all ideals... all ideas... and live here now... Listen only to your silence... Be your own master and your own healer...



Once you start knowing yourself, you will have a better vision of the valley.. You are on the top of the mountain and you are connected with the roots and with the fruits ...

By knowing your path, you are no more a machine, no more a virus but a person. You do not react from the mind anymore but you fall in silence, and you respond from your whole and holy heart... you get into a new space... a born again a new man... a new humanity...

Watch, become alert, observe... and go on dropping all the reactive patterns in you.. Each moment try to respond to the reality.. not according to the ready-made idea in you, but according to the reality as it is there outside...

Respond to the reality !! Respond with your total consciousness, but not with your mind ...

Action liberates... Reaction goes on creating the same chains, goes on making them thicker and harder and stronger ...



Yes!! Let us say it again and again...

Action and reaction...



You have to use action to attain non-action..
The path of action is being in the world and yet not being of it... Transcending it... This is what transformation is...

Just as at a hundred degrees water evaporates, action, when it becomes total, evaporates, and non-action is left behind...

Jesus became Christ... you too be who you are... Put all your energy in your action.. in your dance and one day there is no dancer but the dance without any effort...

First you have to learn action to go into inaction.. That's what meditation is all about...

Dance to the uttermost, dance madly, and if your whole energy is involved in it, a moment comes when suddenly you see the dance is happening on its own.. There is no effort in it, it is action without action...

This is the absolute stillness, no action, not even a wave, not even a ripple...

"Be still and know that I am God"



It is not the I... not the ego but the oneness...
The existence...

So be aware and awake.. Just see what
you are doing, just see what your life
consists of.. Is there any awareness or is
it just an unconscious play of unconscious
forces?

Are you just a victim of forces you are
not aware of... from where they come,
what they are doing to you? Are you going
to die in this way??

The master cannot react... He responds, but
he never reacts.. Reaction comes from the past,
response is spontaneous; it is in the now.. in
the present ...

The slave reacts, The master responds..
The unconscious mind reacts, The conscious mind
and the conscious man responds... He has no
ready-made answers... He encounters the
situation, he feels the now... he accepts
the challenge to share love and compassion..
This is what freedom is... This is what
a born again a new man... a new birth..
a new humanity to live this now in
peace ...



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

Yes! Me is we... by loving myself I am
loving the world... We are the existence
of love..

♥
Fill your heart with creative power to
accept the past, decorate the present,
and transform the future...

♥
To attain Liberation, know yourself as the
witnessing consciousness of all these...
You are neither earth, nor air, nor
fire, nor water, nor ether...

You are beyond words and bonds..

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

♥
Live simply so that everybody can simply
live

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



Oh!! What can I ask? what can I share?
A soul friend comes to my home, and
steals money out of my hand bag...



He is very loving, very smart, helps me in
computer and very practical... I need his love
but what to do? How to help him? why we
do this? He is close and far ... why?

Yes! We are close and we are far at the
same time...

Your being is close, but your dreaming is not
close and cannot be close... You are close to
God... to love... to truth but your mind, which
is not really you... cannot be close... The
more mind you have, the more distant
you are...

Right now you are two: one is your
loving being, your essential being, your
unchanging, eternal being... you are close..
Not only close but one with me, one with
you... one with God... because The eternal
being is only one... it is a flight of the
alone to the alone... The unity with our
oneness ... one with the one...

But this man is a duality and who is not?
Be aware of this evil ego.... it is in us...

His being... my being... your being is hidden behind many layers of becoming.. you are like an onion : layers and layers of becoming. You want to be this... you want to be that... you are lost in dust and in dust...

Those layers keep you far away... not only far away but unbridgeable far away... yes! unapproachably far away.. I cannot be close to my heart.. I cannot be approach to God when I am dreaming...

In your dream you are far away from reality and you are lonely, you cannot even see your beloved... your friend... so you steal... you kill... you live your false love, your fake friendshipness... you are dead...

Reality is universal unity with the whole... It is not private... your dream is idiotic, That is the actual meaning of the word idiot: to live in a private world, which does not correspond with reality, to live in idiotic ideas...



Once you know that you are living an idiotic ideas, you are blessed.. This is the first step towards wisdom; to realize that you are not wise, to realize that no trick of hiding it is going to help...

Once I know that I am ignorant I am already on the path of the kingdom of God.. The real treasure...

Once I realize that I am blind, my eyes are already opening.... Conscious ignorance is not ignorance at all, it is pure knowing...

 By knowing why I am stealing I stop it and change my step and my trip will be out of this trap....

 Be aware of this split, live your unity with the divinity ... with our eternity... Come out of your idiotic dreams.. You can only be who you are ... Be or not to be... This is our only trip..our only being...

You can only become that which you already are.. and you already are it.. rejoice it, celebrate it, be it... why be dead when you have the power of life!! of godliness ~~is~~ of existence ???



Yes! You are so right... you desire
to steal or be with the ego or the
devil



Desire is for something that is outside you..
Desire is objective... you are not an object...
you are not your mind... You are a subject..
Live your love... your longing for that
which wants to explode in you. It is inner,
it is subjective

If a rose wants to become a tree, it is
a desire ... But if the rose longs to become
a rose, it is longing... If the seed wants
to sprout and become a tree, it is a longing!!
It is perfectly in order. It is how it should
be...

Desire is absurd: Longing is existential..
Longing is beautiful, desire is dangerous..
And the distinction is very delicate and one
has to be very much alert...

Divert your energies from desire into longing.
Longing is the divine door to our divinity...
to our meditative love... to our awareness...
to our infinite flowering.... So what is my
choice? What is our choice? Let us live
our grace...



Religion has discovered the highest law...
The Law of grace..

Gravitation pulls you down... grace pulls you up... you fall upwards... If you surrender, if you trust, you start Levitating until you reach to the ultimate peak of consciousness.. Just as the apple falls downwards, you start falling upwards...

Now is the time to live the two powers... Science and spirituality are one... Love is the first experience, grace is the second... Then God is the third... The divinity of this unity is in us...

Love is like a flower, grace is like a fragrance and God is very close by... and you disappear completely only God is... we are the shadow of the truth...

So why not be who we are? Why we are wasting our journey? Let us support our power and live of all what we know... if not now when? If not you and me who else? Let us not lie any more but let us fly beyond more and more...



Oh! I was reading this seed... This sentence

No virus found in this message...

So why not in me too?? What is my message? to be sad? to be angry? to feel the fear?? So what is our message? or my message? or a message!! What a mess!!

Let us look at our so-called saints... And they happy? They look so sad, so serious.. So dead...

They talk about bliss; that does not mean that they are blissful.. In fact, whenever a person talks too much about bliss that simply shows that he is trying to compensate. He is suffering deep down; talking about bliss he is trying to create an illusion for himself..

Let us walk our talk... just like children.. One should love, not write about love... when you know how to cook, you cook; you don't go on writing about how to cook beautiful foods..

Let us live what we love... not talk about love... why about? Just be it and who have eyes will see it... one simply lives it.

Let your life be your message.. And that is the only true message... This is the life of the sage...



What do you want to be?

A sinner? A saint? A sage?

Which S? I am super stupid shit... So

What is your as? your ass? Live your choice!

What is a sin?

The root word means "forgetfulness"; it has nothing to do with what we are doing...

Any action coming out of unconsciousness is sin. So who is not a sinner?

So even if you are in sin, do it with love.. Love always is forgiving... The grace of God is stronger than the sin...

God cannot be angry with you... He made you. The ego always feels good if something great is being done... it may be a sin, that does not matter...

Our sins are small. His love is like a flood, our sins are like straw, the flood will take them away. The flood or the ocean is already in us so there is no sin... no fear.. no prayer.. Real prayer arises out of understanding out of love...

out of compassion...

You belong to God and God belongs to you!!



 Nobody is a sinner. Even while you are in the darkest hole of your life, you are still divine. You cannot lose your divinity, there is no way to lose it. It is your very being.. It is the stuff you are made off..

Once you know who is within you how can you be a sinner? You can pray only because God is within you not because you are a sinner...

Pray out of thankfulness for all that he has already given to you... You are not less than any Christ... you are a divine son of God... Listen to your heart not to your head... not to what others told you...

Yes! We are victims of victims... The original sin is a great gift... go and eat from the tree of knowledge and once you feed your ego then you search for God... Then you go inward... in our inn... in our inner treasure... only then can one feel wonder and wander and to stand in awe and wonder is to face God, is to encounter God, is to be ready for God... 

yes! you can drop your habits... Any habit that becomes by force is a sin. One

should live more in freedom... Do things according to the situations. Be open and fly high in your own sky... listen only to your heart... to your innocence... to your awareness. And the day awareness starts happening, you know the ecstasy of being, the bliss of being. You know something which cannot be imagined... It is so vast, it is so inexhaustible!! It is beyond words...

yes!! Meditation is the only key to our Kingdom... It is already given to us... let us use it before we lose it... it is so easy and so simple...

Relax, take a deep breath... be thankful and grateful to all what you have right now... you have all what you need.. Take a deep breath and Thank you YaHilleh for being in my being... You are so near.. no need to go out... to ask for any help.. just close your eyes and watch your breath and you are still alive and alive... Live your life with love...



yes! you are so right... live with laughter too ...

After 2 years of selfless service, a man realized that he has not been promoted, no Transfer, no salary increase, so he went to the Top manager..

His manager looked at him, smiled and asked him to sit down saying,

How many days [♥] are there in a year?

365 days and sometimes 366

How many hours make up a day

24 hours

How long do you work in a day?

8 hours a day..

Manager: So, what fraction of the day do you work in hours

Man: One third..

This is nice of you.. what is $\frac{1}{3}$ rd of 366 days

Man: 122 days

Do you come to work on weekends?

No Sir

How many days are there in a years that are weekends

52 Saturdays and 52 Sundays equal to 104 days..

Manager: Thanks for that. If you remove 104 days from 122 days, how many days do you have?

Man: 18 days

I do give you 2 weeks sick leave every year. Now remove that 14 days from the 18 days left. How many days do you have remaining?

4 days

Do you come to work on Independence day?

No sir!!

So how many days are left?

2 days sir !!

♡.

Do you come to work on New Year's Day?

No sir!!

So how many days are left?

1 day sir ..

Do you work on Christmas Day?

No sir ..

So how many days are left?

None sir !!

So what are you claiming??





Before you claim be aware of what is
your aim... what is your goal? what are
you seeking? you have it already... and you
are what you see... But how can we remove
The walls that are blocking us from the
real??"

Yes!! Each moment is a revelation but the
mind is the barrier which prevents us from
seeing the truth... yes! we can see and
be what we see... and we have the
key and we are free to use it...

Let us be with a master and be free to
see with naked eyes, with nothing to hide,
with nothing to cover, only then something of
immense value and beauty transpires... It
is a love affair..

Let us dig our well in us, let us take
off all the water by digging our well,
by removing a few layers of earth, stones
rocks... The moment you have removed
them, the water becomes available... first
discharge the negative and the positive will come..

you already have all what you need in your heart but you need to remove the ego from the mind...

The ego is always expecting and hence always being frustrated... The non-egoistic person expects nothing, hence everything is fulfilling; whatsoever happens is tremendous, whatsoever is fantastic... Just being in this now looking at these words that are flying through... us... for us is a great grace. Just looking at the sky... listening to the silence... to the noise... to any seen... then everything is a great gift...

Remember, frustration is out of expectation, and ego is always expective.. The ego is a beggar... you are an emperor...

You have to remove a few layers of thoughts, memories, desires, fantasies, dreams..

The moment you have opened a door in the mind to the beyond, all that you always wanted becomes available...

All what we want is within us... in the core of our heart... just go in and see...



yes!! We are what we see... Seeing is living in what we see... and don't be serious... life is a play... don't allow your life to become just a dead ritual... Let there be moments, unexplainable... Let there be a few things which are mysterious for which you cannot supply any reason.. let there be a few things for which people will think you are a little crazy...

A man who is a hundred percent sane is insane... is dead.. A little bit of craziness by the side is always a great joy.. Go on doing a few crazy childhood games too...



Don't be always a businessman... or a headmaster.. play music, play cards... sing a song, dance a dance.. and then you will have more richness...

forget all the stupid rituals... let your life have new meanings... meaning that comes out of creativity... religion has to become more poetic, more aesthetic... more joyful.. life is a poetry to be composed, it is a dance to be danced..



Yes!! Let us dance with Jesus... why all the time on the cross? Why listen to reasons? Why not dance with all the seasons? It is reason that has made our life dry... Only beyond it is the Kingdom of God... So go beyond knowledge...

Jesus was illiterate, a poor man's son, a carpenter's son... Nicodemus was rich, famous a well-known scholar, respected.. Why Jesus say to him: unless you are born again? The scholar has to die, only then you are born again a child... to live in the Kingdom of God... to sing and dance and celebrate every action and every reason...

There is a knowing which is not knowledge. But to attain it you will have to empty yourself completely of all that you think is knowledge..

Say goodbye to the brain, to the scholar, to the mind... and let the heart be our home and our dome and our Kingdom of joy and life and light and laughter..

That no-mind is the door to the eternal celebration...



celebration is the foundation of life...
of freedom... of love of our divinity...



Everything has to be celebrated, and
yes!! Everything has to be lived, loved...



All is sacred, from the lowest rung of the
ladder to the highest rung...

From the body to the soul, from the
physical to the spiritual, from sex to nirvana.
All is divine... So let us celebrate not
worship... when we celebrate we celebrate
all, the good and the bad... The church and
the pub... The sinner and the saint... Hell
and heaven... All is one...

Celebration does not divide but unites...
The duality disappears and there is unity,
and with unity there is joy not conflict...
There is no goal... only joy... only living
the now, the moment..

Yes! let your heart celebrate.. let your
heart live its way... celebration cannot
have any form... it is an alive loving... just
like the river going without any map...
just a flow from the aliveness of the
existence... let thy will be done... and all
is divine..



Who is not divine?

But do I know it? All what we see is from God... God is The only divinity but do I live This unity? Do I see it? Do I feel it?

Let us watch our mind... so much noise... when there are many in me, I am a crowd.. I am not in silence.. I am not in unity with the divinity. Only by becoming one will you attain to silence and in that silence you can hear here the voice of Allah... in that silence you can start feeling the presence of God and when you are one will be able to have communion with the whole... with the oneness in us...

By being a whole yourself, you become a divine unity with the whole divinity... By birth we are divine but we are not aware of this birthright, it is in us, it is our subjectivity. It is hidden in the seer, it is a witnessing.. it is not something to be seen...

And once we know that at the source we are divine, then a great trust arises that nothing can go wrong... Even if we go as far away as possible, we remain divine... We are one royal family in the kingdom of God...



As you already know... God is not a person but only a presence at The inner core of your being; it is our own presence. It is not a meeting with somebody else... it is the silence of the truth... So be aware of the most and the best bliss that is in our innermost core, because that is the secret of the whole existence and it is in all of us... it is so near ... so don't go far.. just go in and you know how...

So think of him as a beloved .. as a friend not as a father... and you will find the approach easier.. you will find yourself more open..

When Jesus called him abba he was speaking the language of his day.. To call God "father" was valuable; it meant much.. Now things have changed, utterly changed.. "father" is not a respectable word anymore... It smells of power, of authority, of greed and money.... and great institutions..

So be aware of the truth beyond bonds and words... live your feelings ... life is what you feel and what you live...



Yes! Live only one commandment:

Awareness

You can call it meditation, you call it watchfulness ... right awareness ...

Let us be aware of the right awareness, the right kind.. not the wrong kind..

Listen to your heart not to other's head... people can be aware of other's acts, of other's faults ...

It is so easy to see everybody else's faults in the world.. That is a wrong kind of awareness; That is not your business at all, not my business too...

Right awareness is awareness of one's own being in its totality... all that is good and all that is bad..

But as you become aware, the bad starts disappearing.. just as when you bring light into the room, the darkness disappears...

When light is in the room, darkness cannot exist there... Sin is darkness, is forgetfulness, is unconsciousness... So be aware of it and there is no sin... God is Love.. is compassion.. So no judgment and no hell and heaven...

 only joy and rejoice and celebration.. first become yourself and truth will be revealed to you ..



Truth cannot be taught... no.. cannot be taught.
Yes! I cannot teach it, but you can
catch it...

Truth has to be known within your own
soul.. it cannot be borrowed from the
books.. it happens in you in silence, in deep
meditation..

When there is no thought, no desire, no
ambition, in that state of no-mind Truth
descends in you or ascends in you... the energy
of up and down is our dawn... so it is from
heart to heart...

So go and search for masters... enjoy the truth
from any source... Truth is beyond books and
body... it is beyond structure, it comes as a
surprise, it comes when it comes... there is no
way and do not expect any time.. it has
no time... just be where you are with
your best awareness...

Truth is not a law, not a discipline either.. it
is freedom.. Truth is a bird on the wing,
not a bird in the cage... The cage may be of
gold, but it is a prison...

Truth can never become a prisoner.. so
only those who are ready... who are
capable of being free attain to it..



Yes!! Existence is free... and we are part of this freedom..

When we see a photo of our earth from space, it is hard to feel ourselves as being separate from all others...

Seeing an image of the planet earth taken from space inspires us all.. a great wow in all of us, since we can clearly see the connection and the connectedness of all of us and all the planets and all the beyonds...

We have created imaginary boundaries, sectioning ourselves into countries and states, forgetting that in reality we are all living together, breathing the same air, drinking from the same water, eating food grown from the same earth, we share everything on this planet, whether we are conscious of it or not, with other people, and those people are our brothers and our sisters...

 let us see the fact, that we are not one is an illusion... God is one and  so is his kingdom is one and we are one royal family...



 So let us be aware of our connection..
Our breath is one... Our bread is one..
our land is one... so whatever we do
will affect all our family, no matter how
far we are... Truth is in us..

God is so near don't go far... we are
connected with the rope of light...
of love... of life and of laughter..
As more people become aware of the
reality of our interdependency, things
will shift in a positive direction, and
much of the discord that we
see...

Just one ray of light is holding all
of us into one commune, one loving
consciousness...

This is happening already, so as our
consciousness grows, we can join with the
many other minds working to live
in the spirit of togetherness...

Yes! We may not have it all together..
But

Together we have it all... let us gather
our treasure and listen to our inner
lecture...



OKKAY!! Let us drink old wine...

Let us be drunk with our laughter too...

A joke a day keeps the worry away...

A calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked him straight in the eye, and said...

"I would like to buy some Cyanide."
The man asked, "Why in the world do you need Cyanide?"

The Lady replied, "I need it to poison my husband."

The man's eyes got big and he explained,
"Lord have mercy... I can't sell you Cyanide to kill your husband, that's against the law... I'll lose my license... They will throw both of us in jail... All kinds of bad things will happen.. Absolutely not!! You cannot have it."

She opened her purse and pulled out a picture of her husband, in bed, with the wife of the pharmacist...

He looked at the picture and said:
"My dear lady, in asking for the Cyanide, you didn't tell me you had a prescription..
Here it is ... Thank you..."



Two Business Men

Two businessmen in the center of Beirut were sitting down for a break in their soon-to-be new shop... As yet, the shop wasn't ready, with only a few shelves set up... all are empty...

One said to the other,

"I bet any minute now someone is going to walk by,

put their face to the window, and ask what we're selling."

No sooner were the words out of his mouth when, sure enough, a curious old woman walked to the window, had a peek, and in a soft voice asked..

"What are you selling here?"

One of the men replied sarcastically,

"We are selling ass-holes.."

Without skipping a beat, the old dear said, ..

"Must be doing well... only two left.."



So smart to share the fart at the right time for the right noses...



After being married for 30 years, a wife asked her husband to describe her...
He looked at her slowly then said...



"You are A, B, C, D, E, F, G, H... I, J, K..."
She asks... "What does that mean?"

He said... "Adorable, Beautiful, Cute.. Delightful, Elegant, Foxy, Gorgeous, Hot."

She smiled happily and said... "Oh, that's so lovely... what about I, J, K?"

He said... "I'm Just kidding!"

His eye is still swollen.. but it will get better..



Six Golden Rules for Fxxxing...

These rules are so true

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

so remember...

fasting is good for our health, and may God
cleans our dirty mind...



Mind ? Is my mind dirty ?

Yes !! It is dirty...

Let us share what we write and read about mind...

Mind creates illnesses, it can create cures.. it can create all kinds of illusions - beauty and ugliness, success and failure, richness and poverty - mind goes on creating..

And once the idea settles in us, our whole life energy functions to create it, to make it a reality...

Every Thought becomes a thing, and everything in the beginning was only a thought and nothing else... we are living a kind of hypnosis..

Yes we can break this illness... man has to be aware that all is in our mind and once we know this we see the truth...

And that truth liberates...

Let us be aware of our minds... we have only one heart but many minds, every moment your mind changes... Just watch it... There is a kind of rotation system in our head... I decided not to smoke and what happened ??



I keep smoking and I feel guilty..
And this game will go on and on... is
this a healthy life? what to do?



The heart is one... The heart is the
watcher in you... Anger comes: who is
watching? Love comes and goes. Misery
comes, happiness comes... who is watching?
The watcher remains..

Only one thing in you is constant, and
that is the watcher... everything changes,
only the watcher abides... Be aware of
your living love... living heart...

Yes! when you fall asleep, where is your
mind? The body does all the work.. does
not need the mind... The body does not
ask the mind how to sleep and how to
digest the food... The body is a great
mystery does not need anybody else...
when the body needs more oxygen, it takes
deep breaths...

Everything goes on, mind is just a part
in this whole mechanism, and not very
essential. Without the mind animal exist,
Trees exist, so be aware of who you
are...



Yes! Now it is possible to be fast asleep and aware, because sleep happens in the body, in the mind, but the witnessing soul is never asleep ...

Once you have become unidentifed with the body-mind mechanism, once you have become capable of watching what goes on in the body, in the mind, you cannot fall asleep: The body will go to sleep, you will remain alert .. somewhere deep within you a center will remain perfectly aware... The mind functions through very subtle electric waves but you are beyond your mind and your body... You are immortal... never born and never died... only visiting this planet or crossing this bridge to another bridge... enjoy it ... be in the now, be in the present, listen to your heart... listen to your intelligence... Say what you know .. "I don't know" is the best yes! to know that you don't know is to be in the yes... is to be intelligent... through no-mind the door opens to the core of your heart. Just relax and look at the sun... just be a witness



yes! use your mind but don't be used by it... use the car but be the driver... be the rider not the horse.. The mind is impotent, incapable of knowing the beginningless and the endless... you are beyond any bond... any word.. any world... you have no limits.. you are forever... Have some experience of your foreverness...

But that is possible only through no-mind... No-mind is another name for meditation... or another name for divine mind... the absence of our mind... The mind of the whole, the cosmic mind... your mind is like the dewdrop, the divine mind is like the ocean...

Jump in the ocean... let go and let god... with God we lose nothing because we don't have anything and we gain all.. Or, we only lose our chains, our bondages our prisons; our so-called mind is just a prison... yes!! come out and fly high... you are the whole sky... free yourself from all limitations



Have the courage to be courageous

Many people are unreasonable, illogical and self-centered...

Have the courage to love them anyway...

If you do good, people may accuse you of naive or selfish motives...

Have the courage to do good anyway...

If you are successful, you may win false friends and true enemies

Have the courage to succeed anyway...

The good you do today may be forgotten tomorrow

Have the courage to do good anyway

Honesty and transparency make you vulnerable..

Have the courage to be honest and transparent anyway

What you spend years building may be destroyed overnight..

Have the courage to build anyway..
people who really want help may attack you if you help them

Have the courage to help them anyway

Give the world the best you have and you may get hurt, but be aware it may never be between you and them..

it is always between you and you...



You

Who is this You?



Remember: God created you...
You cannot be unnecessary, you cannot be accidental.. And God has created you as so unique, so individual, that there is no one like 'You' You are the only one... The only Son of God... You are another Christ... another Khadija but not copy past but an original being...

So how much respect he has paid you...
God is not a company of machines like Ford cars... God is a creator, not an assembly line. Each individual has been made not according to a mold, not according to a certain fixed pattern, each individual has been made by love by certain shape and look and bearing and message...

You are unique, you are original... He treasures you more...
And certainly you are his creation.. if you are lost, it is his loss.. He treasures you more than you do yourself...



Yes! I don't love myself... I don't respect myself, it is a very obvious fact...

On the contrary, people condemn themselves. That's what you have been brought by priests, again and again... you have been conditioned to condemn yourself.. you don't think yourself of any worth.. And this is one of the greatest barriers...

Love yourself, respect yourself, and you will be giving respect to God... because to respect the painting is to respect the one who did it... and to love the poetry is to love the poet, and you are the poetry and you are the painting...

You are the music created by him, you are the visible proof that God is; The creation is the visible proof that the creator is... This isness... This existence.. This silence... Be still and know that I am god... godliness... the nothingness... Let us celebrate this us... This is the only way to celebrate God and you are the closest creation...






Creativity is when you are not,
because it is the fragrance of the
creator... It is the presence of
God in you...

Yes! You can compose, construct, but you
can never be a creator... The urge to
create is the first step of the divine
within you... Any work you do is a prayer
if it is from the being of your heart...
Our work is our worship... When you
work you are lost in your work... This
is what creativity is... I am the hollow
bamboo and Allah is singing... He has made
a flute of me... Just go into creativity
and this is how you live your divinity...

Whenever creativity calls you, go with it..
It is God calling you...

Cleaning a floor... can be a great creative
act... creativity has something to do with
the quality of our consciousness...

Life is not work... is not duty... it is
Love... work like you do not need the money..
dance like nobody is watching you.. sing
like nobody is listening...



Love like you have never been hurt..
Live like it is heaven on earth...



yes! Life is only a joke... just look
and see... what are we doing?
what is doing? How do you do?



If you want happiness for an hour...
Take a nap

If you want happiness for a day....
go golfing..

If you want happiness for a month..
get worried...

If you want happiness for a year....
inherit a fortune..

If you want happiness for a life time..

Love yourself and by loving yourself
you help someone else

to love and respect and be creative...

let us plant our seed... seed of peace..
if not now when? if not you and me
who else?

One seed turns the whole earth green



Yes!!!

Let us play...

What is the difference between biology
and sociology?

When the baby looks like his Dad,
then it is biology... But when he
looks like the neighbor, then it is sociology.

When women are depressed they either
go shopping or they eat all the fridge..
But men invade another country and
bomb even the tomb...

You are free to put it in any place..
I mean this one...

A woman without her man is nothing..
How do you punctuate it?

Men: A woman, without her man, is
nothing...

women: A woman: without her, man
is nothing...

My penis is big... sorry my pen. is
big...



 Once upon a now a beggar knocked at a door and when it was opened he said to the housewife...

I beg your pardon ma'am... but I wonder if you would not sew a button on a coat for me?

Sure and why not? Come in.. it is cold and you need a coat...

He entered and handed the woman a button...

Very well, she said, now where is the coat?

Ah... I got nothing but the button, ma'am, I was thinking maybe you would sew the coat on...

The lady laughed and realized that she has a coat with a missing button waiting for someone...

yes!! If I am ready to supply the button, God is ready to give me the coat... All that it takes is a step towards Him or Towards Her... and we enjoy the rest of the trip, for it is not the movement that leads us to our mystery but it is the divine direction...



Stories speak to the subconscious and the mind loves stories and the body lives them according to the mind order.. This is why great masters teach us with stories and parables... Thank you for this one...



Last summer, on an extremely hot day, there were two frogs out in the back yard... They were very thirsty... suddenly they noticed a large bucket full of white liquid... it is milk they said and frogs love milk...

So they hopped into the bucket of milk and began to drink... "Ah... it is good that we hopped in and let us drink it all" After a while the bigger frog, the more anxious and pessimistic of the two said.. "Hey, wait a minute... we're in trouble... how are we going to get out of here? There is no way to jump out... we are down low and the walls are very high... we are going to sink.." The little frog, always optimistic, said... "we will figure it out, just keep swimming..." So they continued to swim... Soon the bigger frog said in a panicky voice...

"Look buddy, There is no way out of here... We are doomed... why even try?"

The little frog answered calmly, "Come on, we will think of something... Keep swimming.."

Finally the bigger frog said, "I can't stand it any longer, nothing is happening... I am giving up" and he stopped swimming and sure enough, he went glub, glub, glub... right to the bottom of the bucket...

The little frog kept swimming round and round in circles, sure that things would get better... and as he swam and swam he noticed that it became more and more difficult to move his legs... He was getting more and more resistance... The milk got thicker until it turned into butter and put his little feet on the butter and hopped out of the bucket...

Yes!! Let us share it again and again...
Life is always full of many broken pieces...
But there are those who become stronger
at the cracks...



♥
In the middle of difficulties lies
opportunity...

Two men sitting around drinking a few beers...

- How is your wife looking these days?

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



John and Boris are sitting in a restaurant in New York discussing communism..

- In America we have such freedom.. for example, anyone who wants to can walk right up to the steps of The white house and call president Obama an idiot pig... says John

- Ah, says Boris.. we in Russia have equal freedom... anyone who wants to can walk right up to the steps of the kremlin and call president Obama an idiot pig...



The difference in capitalism and communism.. is.. In capitalism man exploits man and in communism visa versa...



Mr Fungus is sitting around the kitchen reading the newspaper... His wife, Olga, is getting very bored and frustrated.. Hey, fungus.. will you take me to the zoo?? No sweetheart, anyone who wants to see you can come home...



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



To think in terms of time is politics..
To think in terms of eternity is religion



An atomic war will not determine who
is right ^{but} who is left...



A pessimist is someone who is afraid that
the optimist is right..



To have the last word with a woman....
apologize



Take care to get what you like or you
will be forced to like what you
get...



Moving from the head to the heart brings
Transformation...



What you are is God's gift to you..
What you make of yourself is your
gift to God...



 Soon we are coming to the last page of yes... But there is no first and no last... we only change cups but the water is from the same source...

We change the colors but the creativity is from our inner activity....

What to share now is what is my feeling this now ?? just face your fear... fear of death? wait until it comes... now what is my worry? or my pain??

I want to live in a commune... I am looking for my place where I can live and leave peacefully where I have soulfriends, where a living master is there... I have all what I need right now... I can share all what I care and carry... we all have it in us but being in a spiritual commune the seed will sprout... This is what I want now...

A seed of a rose will give the red and the green... the thorns and the petals... and we live the patience that empowers us to be in peace....

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

yes! You are so right... just think of patience.. it will start being a loving on its own.. " God is looking after me so why should I worry?"



So why worry?

Drop worrying... Live this now with total Trust.. no harm is going to happen, how can the whole do any harm to its own part?? It is impossible... Look at this..

I - m - possible...

I can do any good too... why choose the bad? Without petals there is no thorns.. and both of them are in the rose and the fragrance is our choice and our grace... yes!! I feel it... what if there is nobody who looks after me? What to do? Where to go? This attitude creates anxiety... and this way is the way of a non-religious person... the religious person is a being who trusts the existence not the rituals... I belong to God.. to this whole existence... This is what faith is... this is the energy that is in us from God to us... it is so abundant, that life becomes a festival.. Then a person of such life is light and drunk with the divine...

Such treasure comes from our inner lecture
So why not be at peace and in patience
to live our life as it is without any
fear and any judgement...



A traveling sales man was passing through a small town when he saw a little old man sitting in a rocking chair on the porch of his house...



The little man looked so contented that the salesman could not resist going over and talking to him...

— You look as if you don't have a care in the world. What is your formula for a long and happy life??

— Well, I smoke six packs of cigars a day..

I drink, I enjoy a large bottle of whiskey a day and six cases a beer a week... I play the guitar and I go out every night...

— My goodness... That is just great for your old age... how old are you??

— The little old man took the cigarette out of his mouth and said... Twenty five...



All what I say is okay !! day and night is one..
All what we see is from the one to everyone..
What is good here is bad there...

This now is our only new wow and new you..
The river keeps flowing and glowing from the mountain to the valley...

The value is one, the virtue is one.. The verse is one and the virus is one..

Jesus says, "When your two eyes become one there will be light"

Unless we become one we will not become aware of who we are...

When the two parts of our consciousness join together we are no more a bodymind.. but one with the oneness... the drop became the ocean... died in the ocean...

Be open to your heart not to the opinions of the others..

Jesus says: "Judge ye not"

It is one of the most impossible things for the mind... The mind judges... and judges immediately; without any grounds, the mind makes a judgment...

Every judgment is wrong... why? Because the whole world is so deeply interconnected that unless you know the whole, you cannot know the part...

One thing leads to another because it is interlinked... now is connected with yesterday and with tomorrow.. in this moment culminates all eternity... "Let thy will be done" He said it on the cross and the cross is our balance and our grace...

Judgment will close you, causing deadness within, a loss of sensitivity, a stoppage of growth...

The moment we judge, we shrink.. So the greatest thing is to be courageous enough not to judge.. In fact, to suspend judgement takes great courage.., because the mind is so eager to judge, to say something is good or bad, right or wrong..

The mind is juvenile, jumping from one judgment to another..

"Judge ye not"... otherwise you will never be able to become one with the whole... With fragments you will be obsessed, with small things you will jump to conclusions..

You will never bother that there are things which are completely beyond you, but even so we make judgments..

Our consciousness is on a very low rung of the ladder.. We are living in the dark valley of misery and anguish... and from my darkest valley of ignorance I judge the sage... Even a Christ is judged by us....



The enlightened person is not harmed by my judgement, but I am...

Yes we can... it is possible to be aware and suspend judgment... This is how you become religious.. Then you don't know what is right and what is wrong...

God is an endless journey... and be happy and content with the journey without any goal...

Just to move with life, to float with the river, just to live the moment and grow into it.. only those are able to walk with God...

For one who is ready to open his eyes, much is possible; for one who is not ready to open his eyes, nothing is possible.. He is already in the grave... no longer alive.. he is a robot... Be like a child, live in wonder and never bored... remain free... remain open to the flower do not judge her and you are invited to the Kingdom of God...

Judgment should be left in God's hands.. How can we decide and we don't know the whole story... we read one page from the book and we judge the whole book..





Yes! Don't even judge evil... Things are complicated... only God is the knower... Only Love, only compassion can judge...

So open your heart, there is no need to hide, no need to cover up, no need to be afraid...

God is Love... let God be the judge... All what I see, I know that I don't know... yes! let us be still and listen and understand and live and experience and know that God is the highest knower...

Judgment

This story happened in China, and Lao Tzu loved it very much..

There was an old man in a village, very poor, but even kings were jealous of him... He had a beautiful white horse. Kings offered fabulous prices for the horse, but the man would say, "This horse is not a horse to me, he is a person. And how can you sell a person, a friend?" The man was poor but he never sold the horse...

One morning, he found that the horse was not in the stable. The whole village gathered and they said...

" You foolish old man ! We knew that
someday the horse would be stolen.. 
It would have been better to sell it. What a
misfortune ! "

The old man said , ' Don't go so far as to say
that . Simply say that the horse is not in
the stable . This is the fact ; everything else
is a judgment . Whether it is a misfortune
or a blessing I don't know , because this
is just a fragment .. Who knows what is
going to follow it ? "

People laughed at the old man . They had
always known that he was a little crazy ..
But after fifteen days the horse returned .
He brought with him a dozen wild horses ..

Again the people gathered and they said ..
" You are right ... This was not a misfor-
tune , it has indeed proved to be a
blessing ... "

The old man said .. " Again you are going too
far .. just say what you see .. who knows
whether it is a blessing or not . You read a
single word in a sentence and you judge
the whole book ? ! "

This time the people could not say much, but inside they knew that he was wrong. Twelve beautiful horses had come..

The only son of the old man started to train the wild horses... Just a week later he fell from a horse and his legs were broken...

The people gathered again and again they judged... They said..."It was a bad Luck... your only son has lost his legs and in your old age who is going to support you?"

The old man said..."You are obsessed with judgment... don't go that far.. Say only that my son has broken his legs..."

It happened that after a few weeks the country went to war, and all the young men of the town were forcibly taken for the military. Only the old man's son was left because he was crippled.. The whole town was crying and weeping... They came to the old man and they said..."You were right... it is a blessing... your son is here and our sons are gone forever..."

The old man said again..."Stop judging..."



Nobody knows! only say this, that your sons have been forced to enter into the army and my son has not been forced... But only God, the total, knows whether it is a blessing or a misfortune..."



Just be still and know that now is the only time and the only space and place... We know nothing... This is our only knowing... Let thy will be done... Do the best you can and trust the rest in the totality of our divinity...

God is our only love and our only trust...

Everyday may not be good...

But there is something good in everyday ..



Enjoy life and all the things you have at the moment..

Because you can't have everything all at once..



"But, I Love you!" or "I Love you, but"



A thought is a Destiny

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

Your destiny is in your hands..



Wherever you stand is a holy
Land...

What is the seed that
you are ready to plant?



peace...



It does not mean to be
in a place where there is
no noise, no trouble or no
hard work...

It means to be in the mids of
those things and still
be calm in your
heart



God has no religion...

Just be yourself...

You are a perfect soul...

You have everything you need

God is already inside us... in the core
of our heart...

this is the religiousness of the love
and compassion that God gave
it to us...



Nobody is here to fulfill your dream.

Everybody is here to fulfill his
own destiny...



Feelings are much like waves,
we can't stop them
from coming... But we can
choose which one to
surfer...



♥
If you are depressed you are living in
the past... If you are anxious
you are living in the
future..

If you are at peace you are
living in the
Now



Yes!! Beat me with the
truth...



don't torture me with lies..



when life changes to be harder,
change yourself to be
stronger



Life is an echo, what you
send out comes back..

what you sow you reap...

what you give you get..

what you see in others exists in
you..



Everyone wants happiness... No one
wants pain..

But you can't have a rainbow,
without a little rain..



Don't blame people for
disappointing you,
blame yourself for expecting
too much from them...



If you can't be a pencil to write
someone's happiness...

Then

try to be a nice eraser to
remove their sadness



Some good bye jokes



A man went on a safari with his wife and his mother-in-law...

One day he was lying in his tent when he heard a cry from his wife...

he jumped up to see mama-in-law shaking her fist at a huge

Lion who was standing five feet away from her... ready to move..

Do something, asked his wife in alarm.. why should I? That lion got himself into this mess... let him get himself out of it...



The Sunday teacher asked her little students if they could name any of the ten commandments...

Little Albert stood up and said proudly..

"Thou shall not omit adultery"



Yes!

A big kiss to all of us...

Yes!

It means

Keep it short sweetheart...

peace peace

صباح نورا