

question *i spent the last week in a very beautiful place surrounded by mountains and forest...we have been meditating in the day and night also we made some drawings according to the state of meditation and many of us felt very happy...we go to sleep under the sky... under the stars...but the time comes to go back to our places in kiev in this place in kiev our obligations and work and such things are waiting for us...sometimes i understand that i have to play this game because i have no idea how to remain in the forest forever...but i start to lose the state day after day...i become tired... frustrated...i have a headache... no time to have a conversation with my friends...i lost this silence whatever i gained in this forest...what to do with this ? how to take what i gained in forest back to city ?*

every person on the search
always comes across the same situation...
how to balance the inner with the outer
how to balance the inner silence with the outer world...

when we come back to the world
this is the test of your silence
i say it clearly
if your silence is authentic
if you have come to the state of inner understanding
then you can go right to the middle of the city
and that city centre will remind you more of your silence than of noise

there comes a moment in your inner being
when that silent explosion happens
you can go underground in the metro
and all you will feel and hear is the silence within you
it is a great test
so do not be frustrated
it is creating a beautiful contrast for you

on a blackboard you need to write with white chalk
so enjoy the beauty of the mountains and the rivers and the forest
and when you come back to the world
if you are very alert and sensitive
you will be carrying it silently as an undercurrent within you
that is why i say continuously
there is no such thing as meditation being done
it is meditateness

you can watch my actions and my gestures
i am in the middle of the market place
i am walking in the middle of ukraine...in the airports...
travelling the whole world...in all the noise...
but something within me
is so deeply silent
it moves silently within me
the silence you have found in the mountains...
in the rivers...in the forest...
continuously moves within you
as a current in the midst of all the noise

i am traveling three years...nothing can touch me
you can put me in the middle of the market
my ecstasy will go far deeper
because the noise will be so much
and my silence will be so strong...
the contrast is so great
it has happened...
i am walking in the middle of the street in russia...slowly
the people are stopping...what is wrong with this man ?
how come this meditateness ?
i am in the middle of the airport and people are stunned...
what is going on here ?

