

anybody can communicate words  
anybody can transfer information  
anybody can give you techniques of meditation  
i am not a group leader or a therapist  
i am a mystic  
i create a silent pool of stillness  
and slowly slowly raise that pool higher and higher and higher  
till we touch the very peak in you  
and the moment you reach that peak experience  
that orgasmic peak...everything stops  
everything becomes silent  
and the sky above you opens  
and your presence filters within you  
slowly slowly it settles in your body  
and you begin to feel this presence of yours  
it creates a deep silence within you...a stillness...  
it settles deep into a state of meditateness  
do you understand ?  
this is not simply sitting in meditation  
this is peaking the energy to the state of nomind  
and allowing it to settle into a deep state of stillness

in that state sitting is so effortless  
it is connected to the peak within you  
the peak and the valley...  
if these two spaces in you can meet  
you will understand your vertical presence  
you will understand this moment  
and you understand this pulse of life  
that is given to you moment to moment  
this is the experience i am trying to transmit to you  
i can speak to you...it is very easy  
but my dance allows you to experience your totality

it is an energetic transformation  
i am an energetic message  
we are living flames of life  
and we are here to experience our vertical presence  
talk is very easy  
everybody talks about truth  
such rubbish !  
how to come to that state of utter silence within you ?  
there is only one way  
there is only one window  
and that window is taking your energy vertically higher and higher  
this is the vertical transformation of energy  
understanding transformation  
is energetic movement and flow in the herenow  
it is not becoming a better person  
it is not changing you in any way  
you are not to become another  
you are not to try to change into something else  
understand that you are perfect already  
just the way you are herenow  
it will transform you  
and you will simply be the way you are  
do not add anything extra to you  
understand the inner process  
of raising your energy higher and higher

in the next few days i will keep bringing you back to you  
i am not here to give you any information  
i am not a teacher and i have nothing to say  
there will be a qualitative inner understanding  
of what you already have within you  
you are carrying all this within you  
you do not need to add anything