



this is the journey
from here to here now
and the passage becomes wider and wider
higher and higher...deeper and deeper
you disappear into the dance
you are not a person
but a presence
a vertical vibration of light...
a column of light...
standing open nude to this existence
no boundaries...no wall
this bodymind is the wall
in your dance this wall disappears
the outer reaches the inner and the inner reaches the outer
there is no two...there is no division
you are one with all that surrounds you
i am a very simple person
my message is very simple
it will take a little time to tune in to what i am conveying to you
i am not saying anything...remember !
i am conveying something to you...
be with me for a few days
perhaps something will trigger in you
and you will understand
that the inner journey is utterly simple
that is why you are missing it
you are missing it because it is so simple
the mind is used to complicated things
innocence is simply purely present
it misses nothing
you are missing because you are searching
drop this search
how can you search what you already have ?

deepen what you have
drink what you have
understand what you have
understand that you do not need more
you are enough

since it is the first day
i think people need some blah blah blah
i usually do not speak so much
but i do understand the value of words
that you need words
so i welcome any question
i will spend some time speaking to you

question *how do you understand the state of two in the world ?
duality...how do you understand duality ? what is it ?*

it is the very beauty of life
it is the balance and harmony of life
the two gives you an opportunity to live
the two gives you this bodymind
it gives you this duality
the male and the female...
the yes and the no...
the do and the do not...
all the opposites are a beautiful opportunity for life
i am not against duality
there are many people who will say...
find the non dual in you because the non dual is the truth
but remember perfectly well
that duality is the opportunity for life
and there is nothing ugly about duality