

once you understand this
you are living in paradise
because there is nothing more than life itself
and this duality has been given to you as a gift from existence
to experiment and learn and live

understand this duality
feel a deep gratitude towards existence
a deep acceptance of yourself the way you are
and yet realising that contained within you is a hidden treasure
then you will have no guilt and misery while you are living in this world
and this world and everything becomes a blessing
hmmm?

question *how to get rid of misery and just be happy ?*

who taught you this
how to get rid of misery ?
it is like you are walking and the sun is shining
and you are seeing a shadow
and you keep looking at your shadow
and you think the shadow is your misery following you...
wherever you are going
how to get rid of the shadow ?

you cannot get rid of something that does not exist !
you are dreaming that you are in misery
that misery is there because you are not celebrating
when you are celebrating and dancing
you will see there is no misery
when you are celebrating you do not look for shadows
the shadow is simply there
it is not you

how to bring in the light of blissfulness and not to fight with shadows ?
live your life and transform everything into blissfulness
ask how to transform everything into light...
how to transform everything into bliss...
everything that you carry within you
can be transformed into higher and higher states

where is the misery ?
when you are in orgasm do you see misery ?
you are in such bliss...
even you are not there...
who is there to find the misery ?
you have no misery
and if you believe there is misery
then you will start analysing the misery...of course !
it is darkness...do not fight with darkness and shadows
there is no shadow when you know how to live
i have not seen any misery
anybody please show me some misery
and i will evaporate it for you
just show me the misery !

i am saying life is a celebration
there is no misery...just some darkness
bring in the light of celebration
and do not solve it...it will dissolve on its own

i am not giving you a solution
i am not so stupid
i am dissolving it completely
there is no solution to misery
you can dance and let us see what happens
you can take a walk in nature
and let us see where it evaporates