



to arrive to your enlightened state is utterly easy
it is just moving from here to here now
higher and higher within yourself
and the moment you reach the very peak
everything stops...becomes silent...
listen deeply and let it settle into your whole bodymind
this bodymind will drink it
and become utterly still and content

do you see how easy it is ?
just to get a taste of this
and the moment you understand
that all is within you present here
your whole life becomes relaxed and easy
you drop the struggle to become more
you stop the struggle to run here and run there...
searching for yourself
if you can understand the moment that is present within you
you have already arrived to the very buddha nature

it transforms you so deeply
you learn to trust this inner voice that is within you
and to deepen the experiencing of listening
toward your own inner self voice
truth is not outside you
you are the truth !
when you have arrived to this still silent moment
you are the truth...you are existence
the window is open
the sky is pouring and descending into you
you are not separate from the whole
but deeply connected to all that surrounds you
where is that window which gives you that experience ?

it is certainly not the mind
it is not an effort
it is a deep inner understanding
and a simple innocent taste
just like a child
these are states of bliss
and know perfectly well
that you are made of bliss

these next few days
being with me here...
from each and every door...
from each and every angle...
i will keep coming back to this simple message
if we do kundalini meditation
or dynamic or nadabrahma
or vipassana or laughing
everything will lead you back to the silent still centre
the easiest search is the search for truth

searching power...prestige...
desires...dreams...fulfillments...
all these are far away
and you need to make intense effort to achieve
the whole world is achieving...becoming...doing
all moving outside
how to stop running outside ?
and just in a deep inner understanding and let go
achieve the greatest treasure
the treasure of life
the truth that is contained within you
how to drown within yourself
and realise your inner beauty ?
it is so simple !