

the window of death is a new awakening
just like this light disappearing
suddenly gone and a new universe opens
you see the beauty ?
life and death...light and darkness...
no preparation makes you alert
you suddenly came into this world
like this...pop !!
exactly like this
you did not even know you are coming !
no fear !

and now you have fear while you are living
when you are born you had no idea...
not even to choose your parents...
or to be born in ukraine or india or in middle of tibet...
you just suddenly popped out of the dark womb
and here you are
one day you will pop out into another dark womb
and here you are...so beautiful...

death enhances the beauty of life
the way you came you can go too...so beautiful !
what a joy that the window will open once again
whatsoever you need to know of life you already know it
it is always the same
you wake up in the morning...
you brush your teeth...you have your breakfast...
the same routine...
how do you pop out of this boredom ?

you need to find a mystic
he will show you the window that you are not only this
how to fall out of the mind ?
how to come to that crystallized space
and know that you are beyond the mind

you are filled with thoughts dreams and desires
thoughts keep passing
you keep watching the thoughts
a thought comes...another one comes...another one comes...another one comes
just watching the thoughts at a remote distance
slowly slowly the traffic becomes slower and slower
and you see the gaps between the thoughts
as you slow down the gaps between the thoughts become bigger
one thought comes...
nothing in between...
another thought comes...
you simply observe the thought as if it is somebody elses thought
just watching it indifferently...
without being attached to that thought

the gap starts becoming bigger and bigger
you are no more identified with that thought
you start disconnecting from that thought
now you know the thought is moving
but you are watching
your watchfulness is getting stronger and stronger
and the thoughts that you are attached to
are getting weaker and weaker
you are no more engaged in the thought
but you are simply watching indifferently...silently...
and the thoughts move back

your witness...your watcher...
is separating from the process of thoughts
you are becoming a witness to thinking
as this witness...this watchfulness becomes stronger and stronger
you can then start looking at emotions
the emotions are subtler than thoughts
subtler and deeper