

the pulse of life...
you do not know what to do with it
it creates a desire
it becomes a thought
thought becomes the action
you have used the source into action !

the meditator is finding the way back to the source
of the power from where it all began
action...
thought...
desire...
ripple...
still...

this is the cycle

if you can understand this cycle
then you can live in this world
dream...desire...and action...
without being touched by the world at all
you can live without any inner attachment to that action
just watching it
the source moving into action

all the buddhas are acting and working every day
but what is the difference between the action of a buddha...
one who is watchful...
and the action of one who is unconscious ?
there is no quality of magnetism
the unconscious person is spending his life force
the one who is conscious is coming back home in each and every act
he is vacant...
he is empty...
there is no dream...no desire...no action...
yet the action appears

he is using the highest source of movement...of no mind...
compassion and watchfulness...
if you can do the same act consciously
you are creating the silent witnessing presence within you
start with the smallest things
small things are great things
because these small acts you are doing continuously every day
you cannot avoid these small acts

simply move your hands consciously
these are your hands
they are connected to the source
your hands are your dreams in action
your hands are connected to your heart
just learn to move your hands consciously...
and you will understand the source
that is why i say again and again...
meditativeness...in the smallest action is more real
than all imagination about meditation

master your hands
they are your heart expressing...
move consciously...
feel your heart totally...move lovingly...
and you will feel such a flow of life through your hands
that you will never be mechanical again

understand the inner key
a ripple...desire...thought...action...
if you can align this life force
to your desire and thought and action in one
you become one
just one single cycle
one pulse
desire...thought...action...