the truth has already happened to you
but you missed because you were sleeping
that is not a joke…that is really serious
when you are sleeping deep in the night
what is present is the truth…all around you
but you do not know because you were sleeping
truth was present…you were sleeping
so at least you know now
that when you are in deep sleep truth is present

when you wake up in the morning
do not start running immediately
just wake up…feel the body
you will feel there is something
you feel you are alive
and then you come to your head say
hey andrey…wake up wake up

when you wake up in the morning wake up very gently
because you just came from the door of truth
you were swimming in the truth…unconscious
so slowly bring it back
feel…because the heart is close to the being
you feel that powder like energy
something very soft and mysterious just entered the body
that is the moment to catch it

when you wake up in the morning...for half an hour keep lying down
because mind has not become active yet
your dreams have not become active yet
you are still close to the centre
have a good sleep

too much talk for today
some music…one dance…hmm ?
enough for today