

and then sitting becomes so easy  
if you have danced totally  
it will be natural for you  
just to settle and feel the silence  
where did the silence come from ?  
where did it descend from ?  
very simple...your totality !

that peak state of dance opened the sky for you  
and the window that is above you  
simply opened and showered upon you its silence...  
so learn how to dance first...  
meditation is not only about sitting  
you will become more and more dead  
your life will become more and more dull

arouse everything within you  
it is an arousal...a peaking...a totality  
and then you will feel the silence  
but first peak...be total !  
and you will realize that sitting is so simple

today is the first day...chaotic...  
welcome !  
tomorrow we will settle

tonight we are going to just dance  
a good beginning  
some wild dancing...some soft dancing...just dancing...  
preparing you for deeper experiences of silence

my way is dancing  
there is no easier way than dance...  
we will speak for a little while  
and then we will just dance...  
dance your way to the divine

you have plenty of time to ask questions and get answers  
when you are dead and gone  
when you are dead you can ask all the questions  
what was life ?  
what was the meaning of it ?  
what did i get from life ?  
what did i miss in my life ?  
what is the truth ?  
when you are dead there is plenty of time all these questions  
in fact you will have no other work than to ask questions

when you are living  
find ways to live totally  
find every possible expression  
of how to create a deeper flow...  
more totality in your actions  
find ways to create life in such abundance...  
with so much overflow...  
that you simply drown into it

your mind is shocked into silence  
this energy that peaks and hits the crown  
all those questions are bombarded  
with such an energetic explosion  
that they simply evaporate !  
even the meaning of life evaporates...  
when it sees life itself flowing with such a tremendous force  
mind disappears...

you are searching for that which remains...  
when the mind disappears  
when you are gone  
your mind disappears  
what will remain ?  
this is the experience of no mind  
and there is only one way...