



and the deeper the silence grows within you
the more stillness surrounds you in each and every act
silence and stillness are the bridge
and a very innocent simple state...

when you go in
do not be afraid that it is becoming so silent
in the beginning it will feel like emptiness
because you are so used to the noise
you are so engaged in activity
you are so engaged in moving the body continuously
that this experience of stillness seems empty
this emptiness within you feels alone
nobody here...

but it is just the initial taste
become acquainted with this beautiful treasure
and slowly slowly this magnetic quality will grow
and a deep trust...
knowing that this silence is dissolving you
you are no more alone...
your silence is understood by the birds and the trees and the sky
this whole universe understands this language

to connect back to the whole...
to drop this ego...bodymind and struggle...
is the search for your home
you are from this universe
and to experience it is your birthright
to regain your sense of your buddha nature is utterly simple
very simple !
become friends and acquaint yourself with your silence
understand the beauty and the grace of stillness
become a friend to it...

to explode into silence you need immense silence
because this bodymind has been so filled with rubbish...
so much chitter chatter...
so many ambitions...so many dreams...unending desires...
you finish one dream...one desire...
and because you have achieved it
another dream and desire comes
and you achieve it...
and another dream and another desire appears

each dream and desire that you fulfill
is creating the pulse for the next one to fulfill
you fulfill it...
and you have created a new desire...
this is the very nature of the mind
it becomes a habit
i fulfill this...i can fulfill that...
and your sense of achieving...of success...
lies in fulfilling dreams and desires

this is the catch !
each dream and desire that you succeed in
you got trapped in the success
one success...one new dream...
how to fall out of this whole process of dream desire and doing ?
dream desire and doing will get you out of the circle
it will put you deeper into the circle
because your achievement has given you a taste of blood
and now it has become your addiction
and once you achieve everything in your life...
and you have no more dreams and desires...
and you look utterly foolish and stupid...
then you project the same desire on to your children