



gautam buddha walked naked with a begging bowl  
a king who left his empire pulsated at the source of life  
enjoying the moment of life entering him  
its fragrance and its beauty  
utterly content...not running after anything...  
utterly fulfilled...just because life is pulsating

bill gates achieved everything  
but he has not known the source of life  
achievements cannot fulfill you...  
they can fulfill your ego...  
they can fulfill your friends expectations...  
your families expectations...  
others expectations of what they want you to be  
you will be successful for them but deep in your heart  
you know you spent this whole moment of life  
chasing dreams to satisfy others

life is very sensitive  
you only get one moment at a time  
life is very short  
especially short because you have missed it completely  
go to the source of life...  
feel the pulse...  
let it enter your heart...  
feel what it is saying to you...  
maybe it says have a nice dance  
maybe that pulse of life entered your heart  
and says look at that beautiful flower  
maybe it says sit by the river  
life will only look for living...love and celebration...

life is not going to search for some imagination...some dream...some future  
life is going to want to live it now...here...this moment...pulsating in the heart  
and what can be more beautiful than to look at a flower...  
to enjoy that pulse of life given to you

one pulse of life  
feel it in your heart and act through simple actions  
and you have bridged your inner life force  
and slowly slowly this channel will start guiding you through your heart  
and you will find the way of life  
you will not run after some imaginary dreams and goals  
you will live life in deep gratitude and thankfulness

it is abc of life...  
i only believe in abc  
there is nothing complicated  
understand it clearly  
all these thoughts of the future  
even if you fulfill them all  
a new layer will open immediately  
you have got this house and this car and this wife  
now you want the others house...his wife...and his car !!  
bigger and bigger the dream  
because this is the habit of the mind  
understand the mechanism of the mind

mind simply repeats itself again and again...  
it gives you a bigger dream and a bigger desire and a bigger future  
sounds familiar ?  
this is the circle you need to get out of...  
drop out of this circle of foolishness  
do not waste your life in meaninglessly running around  
for things that have no reality  
understand what is real...  
now !