



it is far easier than whatever you are achieving in life  
you are doing so many complicated things  
you can manage so many achievements  
but you cannot manage the state of stillness  
very surprising !  
how much you have been hypnotized  
and trained to become a soldier  
and not to become a lover of life  
life is pure love and stillness...no achievement...  
you cannot achieve such a great treasure  
you can achieve small small things  
but to achieve life is impossible  
you can only drown into it and fall in love  
you cannot achieve life  
life can achieve you

just understand again and again  
i am a very simple person  
i have nothing complicated to say to you  
just regain your stillness and silence  
stop this rush and madness...settle down  
and the greatest treasure will flower very naturally...  
with no effort

**question** *you mentioned four or five months of  
deprogramming...how is this done ?*

i am sorry to have used that word deprogramming  
just celebrate...  
celebrate...dance and sing  
do one meditation a day totally  
and the rest of the day...eat...sleep...swim...

walking walk...sitting sit...sleeping sleep...hungry eat...  
fall in tune with your natural being  
remove this time clock  
get out of this clock...this program...  
find your body clock  
living the way of nature

five six months go to a forest or a mountain or a river  
no phone...no connection...nothing  
just relax...no time...  
you simply want to breathe for six months  
one with the sky...one with nature...  
one with the trees and the river and the sound of the river flowing...  
just like this at least six months of your life  
drop out of this circle of rushing around according to others wishes

find your natural body rhythm  
have a deep sleep  
breathe deep...ahhh...  
wake up when the birds wake you up  
live with nature...  
drown into nature...  
connect to nature...  
nature is the greatest silent master  
if you cannot listen to nature...  
to the trees and the river and the waterfall...  
if you cannot feel the earth and its life  
then you do not know where the master is

you are born from this earth  
this whole experience of life evolved on this planet earth from the ocean  
slowly slowly it evolved and culminated into a human form  
the human form has not come from mars or mercury or venus  
you are born of this earth...  
everything is from this earth  
the whole wisdom of this earth is contained within you