

actually that is the whole secret for the mind
tick tock...tick tock...tick tock...tick tock...this is the mind
generator of life
you need two sides to create the pulse
it is doing a beautiful job
but you do not know how to get out of this click clock...click clock...click clock
let this click clock continue
it is keeping the body alive...
but our search is not for the body
our search is for the state when this click clock stops...

who is left behind ?
bring this body to stillness by moving away from this click clock
come to the centre...
the centre has no movement and that is the power
it is watching both sides in motion
hence stillness is the key to stopping the mind...
mind will continue...
you are not going to die so easily...unfortunately...
the mechanism has been set in motion for this body to live to a certain age
it will continue...left right...left right...all its life
but while you are living
you are becoming a master of the centre
and you are watching who you are
without this mind...without the emotion...without the body...

hence i say again and again
that if you do not know the art of living meditatively
slowing down your movements...
you can never know the source of life
you can never come to that standstill moment within you
and fall into the great abyss
a deep tunnel
the well of your life...

this experience of mind stopping
everything becomes still
and suddenly you fall...fall...fall...fall...fall
and you are free of this movement of mind
the mind will continue
you can see it functioning from a distance
but you have found your eternal presence...

once you learn the knack to come to the vertical present moment
this present moment will become more and more settled
your body will be utterly frozen
utterly still in that stillness
you can see through the illusion of mind
mind moves...
that is its function to move continuously
you are not the mind
learn the art of stillness...
deep meditateness...
and the door will open

if there are any questions or anybody wants to say something
you are welcome...

i am sorry about today
sometimes i dance too much
the kundalini becomes on fire and i forget completely
my whole body is on such a fire
and it is very hot and dry here...
even when i was living in the mountains and there was six feet of snow
i used to walk around like this...sweating
there is too much fire in the kundalini when it is awakened
just to move a hand and perspiration