

you have just come from the unknown
from this magical unknown space of sleep
from the state of samadhi
wake up slowly
feel the energy enter your heart...slowly
and come to your head
feel it enter you again...

if you can feel it entering gently into your form again
something of that invisible quality of samadhi
will slowly enter the heart and reach the head
and you will feel a new mystical quality
in the morning...just remain hanging in that state
just be this invisible presence that is surrounding you
you will feel something like feathers around you in the morning
very soft...a feather like tranquillity...
feel its presence
you can carry it throughout the day
bring it into the waking consciousness

going to sleep...go to sleep meditatively
let six hours become a deep meditative sleep
wake up in the morning...carry the thread through to your head
feel its presence...let it move you slowly
and you have learned the key to create a cycle of mysticism
then you do not need any meditation
because sleep is far deeper than your meditation
far deeper !
master sleep and awakening

the first half an hour in the morning is so valuable
if you cannot be sensitive to the life that has entered the body again
now what are you talking about meditation ?
you are a hypocrite !

wake up in the morning...accept life into the body again...
feel gratitude...feel its life force awakening you
and carry it gracefully throughout the day
and again when you come to the night...drop the day completely
have a nice tub bath...candlelight...lie down...prepare to die...
if you wake up tomorrow beautiful
if not...adios !

this is so beautiful to live the day for the day
fifteen minutes before sleep
and half an hour after you wake up...
just complete the cycle and i promise you
if you can follow this simple meditation
you will not need anything else...
you have become so sensitive
to the life in the morning reaching you
and sensitivity is the buddha within you flowering

buddha is not a tank...a russian tank...
he is your sensitive presence that is silently invisibly all around you
how you can become sensitive if you are not sensitive to sleep and waking up ?
i find it to be the most sensitive moments of your life
because you are not yet here
something is present...
you have a great opportunity to see life enter
then you will learn to respect your sleep

create a beautiful space for your sleeping
my suggestion is to create a nice dark room
the reason is that light makes you aware of the body
in darkness you disappear
light wakes you up...
male energy is light touching the body
female energy is the black womb

