



all you need to do is live your life
be yourself...whatsoever you may be
you just be yourself
fall deeper and deeper and deeper into your natural self
and you will see that it leads you to a wholeness within you
and it allows you to accept yourself the way you are
how you can begin the inner search
when you are divided ?
who is searching for truth ?
the one that is right or the one that is wrong ?
who is searching ?
there will always be people to judge you
they tell you...improve yourself...
become better...change...
they are the spiritual egoists

this spiritual ego is far worse than a normal human being
a normal human being is just normal
he makes mistakes
he is simply living his life totally according to his inner nature
living your nature totally deeper and deeper and deeper
with no guilt...no division...no judging yourself
with a total inner acceptance...that this is the way you are
and suddenly you will feel...
such a beauty radiating from within you
even your ugliness will start radiating a certain beauty
everything is beautiful when it is totally accepted
with no division

first thing...do not become your own enemy
the whole art of transformation is living totally energetically your nature
because that is the way you are
living your nature deeper and deeper and deeper
whatsoever your dreams are...your desires...your wants...your doings...
you will feel a certain inner completion

it may not have happened
but once you accept...an inner completion will be felt by you
that you have not attained but there is no struggle
you do not feel that you are worthless because you have not attained
the moment you create an attainment and achievement as a goal
and you do not achieve it...
you have created the division
you cannot end your goals...
dreams are endless...you cannot achieve them all...
but if you understand what i am saying to you
you will feel you are not here to prove to anybody that you are worth breathing
you are not here to prove to others your value and your worth
you are alive...

if you did not achieve...no problem...you are enough unto yourself
the seeker of truth is a warrior
he accepts himself perfectly the way he is
and i am saying this again and again because this is just the way it is
this is the truth
once you are not divided anymore...your energy aligns to you...
and this helps you climb higher and higher...
not fragmented into parts
this energy peaks within you
and you experience the ultimate peak
because you have so much abundant energy...
not dividing and fighting inside you
the other part is a deep relaxation and acceptance of your being
relaxation allows you to settle
the pulse of life...settle it...
another pulse...settle it...
you are settling into the roots
your roots become deeper and deeper and deeper
when your root come to its very final bottom they start flowering