

allow life to settle into the roots
all that you are doing outside you...
is always to prove...dream...desire...think...do...
you do not need to do so much
do what is necessary
and the rest of the time just do nothing at all

you are so trained to work like a robot in a factory
time is short...you have achieve so many things...
keep doing something...keep doing something...keep working...
gain something material...gain something spiritual...
do some meditation...do something...
because without doing what sense of achievement can you have ?
this sense of achievement has been forced into you
it has been forced by your education...your parents...the society
they force the person to achieve...
so that you can achieve for them to build roads and railway stations
you are just a number...a robot in their factory

you are not here to achieve anything
but society is very clever...
give him some reward...
try dollars...euros...money...
house...car...power...prestige...
make him the president !
achievers...
all getting some reward
this is the lure...the trap
achieve and we will fulfill your dreams and give you a reward

and where are all these rewards going to go ?
you can enjoy these so called rewards for twenty thirty years...
then you can die miserable
because where is your future after you leave the body ?

meditation is not any form of achievement
it is dropping out of this vicious circle...
of trying to become somebody and achieving something
find the perfect moment within you...
in the deepest silence...
in the deepest celebration...
and if you can taste that inner achievement
then you have understood that life is a goal within itself
living life vertically...totally living life itself...is the answer

how to intensify every act...every gesture...every movement ?
how to squeeze life in its totality ?
how to breath deep into your being ?
how to relax deep into your presence ?
how to peak high into the sky ?
for this you do not need to achieve anything
live life totally
create a flame of life so total in you...
that you know you have arrived to the very peaks of consciousness
it is a very simple understanding and a very simple phenomenon
and each arrival needs understanding and time to settle
that is why meditation needs some time
experiences need to settle...
settle deeper and deeper...
and the deeper you will settle
you will grow higher and taller and vaster

like i was saying today...
the deeper you will go into the roots...
the higher you will climb naturally into the sky
the tree is not climbing...it is settling into the earth
and naturally there is going to be an equal and opposite force
push into the earth...
and the equal but opposite force will be the result