

o z e n r a j n e e s h





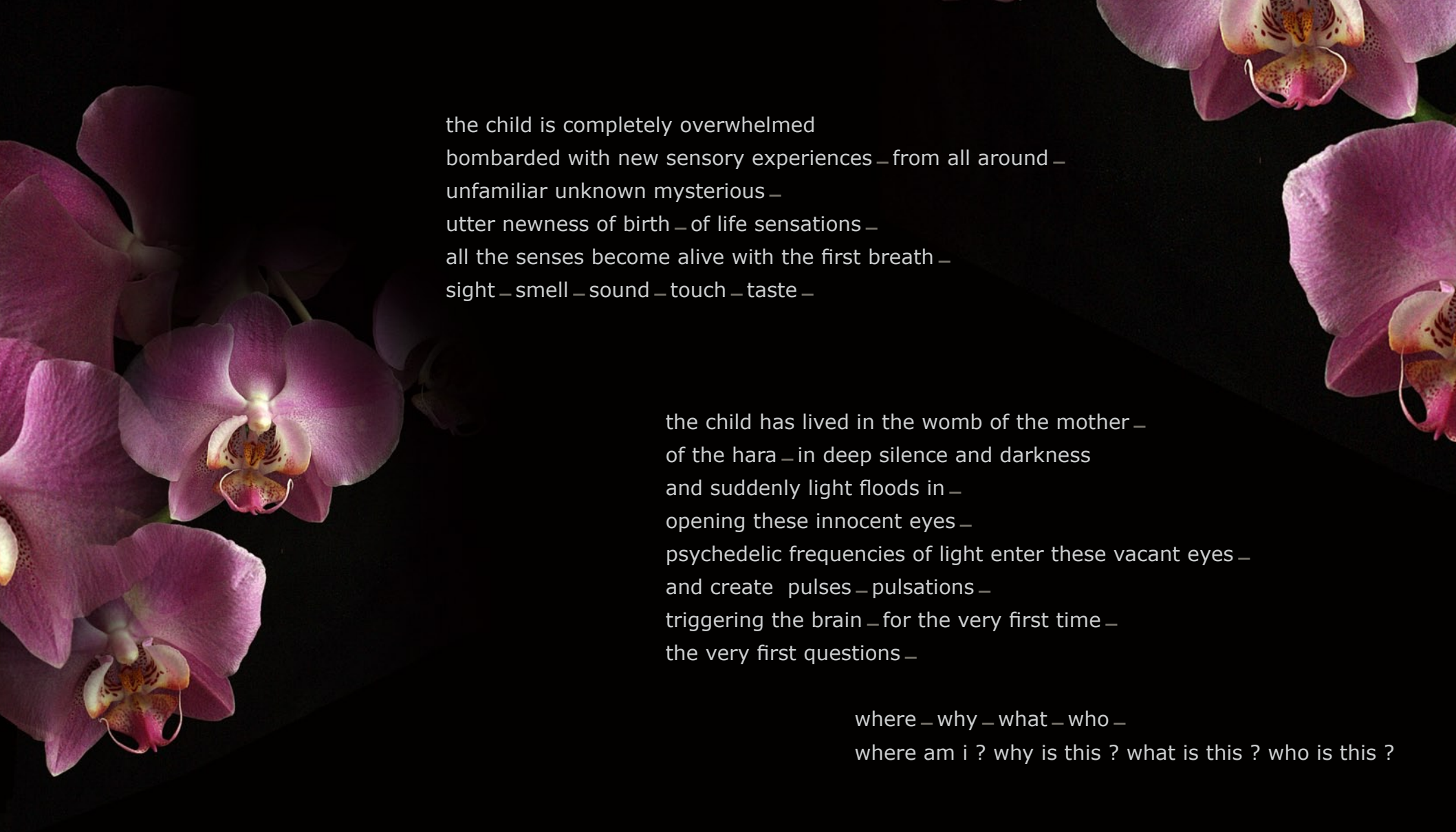
birth · who am i

this is one of the most important
and fundamental question every seeker has to ask –
this i and how this i becomes your reality –
what is this i and how to relate to it ??

a child is born – pure innocence –
a silent vibration – just a circle – pure hara –
with no mind – not knowing –
just pure innocence –
staring in amazement – in wonder –
with open eyes – vacant –
experiencing this new world –
amazed to see all the psychedelic colours –
with pure seeing – a pure clarity of seeing –

all the senses of the child are flooded
with new sensations – of wonder –
the eyes are flooded
with this new experience – of light –



The image features several pink orchids with yellow and brown markings on their petals, set against a solid black background. The flowers are arranged in a cluster, with some in the foreground and others slightly behind, creating a sense of depth. The lighting highlights the delicate texture of the petals and the intricate patterns on the central parts of the flowers.

the child is completely overwhelmed
bombarded with new sensory experiences – from all around –
unfamiliar unknown mysterious –
utter newness of birth – of life sensations –
all the senses become alive with the first breath –
sight – smell – sound – touch – taste –

the child has lived in the womb of the mother –
of the hara – in deep silence and darkness
and suddenly light floods in –
opening these innocent eyes –
psychedelic frequencies of light enter these vacant eyes –
and create pulses – pulsations –
triggering the brain – for the very first time –
the very first questions –

where – why – what – who –
where am i ? why is this ? what is this ? who is this ?

what is happening ?

endless questions – pulsations – trigger the child –
the silent no mind – the unfamiliar brain – becomes alive –
buzzing – and questions begin to pour into the brain –
it is too much – too sudden –
a shock for the child – like a death –
uncomfortable – new experiences –
triggers the child into helplessness – crying – kicking –

the child wonders –
where – why – what – who –
the question of who enters –
seeking answers for these new unfamiliar sensations –
to relate to these experiences –
to understand and feel secure in this new world –

the who is born – !!!





the child seeks meaning to these sensory experiences of life –
and wishes to relate to them – to feel secure – to reach out –
and begins to touch and feel –
reaching out to expand and experience feelings –
crying – experiencing the heart –
relating to this world –
joined – connected – to experience amness –

the am is born – !!!

the child is groping – questioning –
but the i has still not entered –
still groping sensations experiences –

seeking answers – the i is still not familiar to the child –
the i is not yet born – just an innocence seeking experiencing –



the child is still at the very centre of life – the hara –
in innocent wonder –
and slowly slowly – enters the heart –
begins feeling the heartbeat – the heart –
relatedness – the experience of amness

the i has still not become alive – there is no identity –
just a feeling and sensation of life pulsating –
wondering – experiencing – directly –
pure watching – open eyes – open heart –

it still senses the world like a vibration – light weightless –
and the feeling of the body has not come into being –

soon the child begins to feel the mother and father
and the surrounding world –





starts to connect to the world and its sensations
and give it meaning –

till now the child was floating – in the mothers womb –
in no gravity – floating – weightless –
no experience of gravity – no experience of the body –

with the weight of gravity –
the experience of the body becomes real –
the child seeks attention –
love and the warm touch of the mother –
begins to relate and understand –
mother – father – me –

the identity of i enters –
the i is the body – the identity –
and the mind becoming familiar settles –
and finds the i –
that i am –

the i is born – !!!



the who am i is now becoming alive –
the child has entered the world –
and the mind begins to develop and relate –
absorb and understand – growth is needed –

the child needs nourishment and growth –
the brain needs to grow and expand –
this identity is needed –
the brain is the whole body extension –

the child needs a strong i –
the body needs a strong i –
it needs to root itself into the body –



questions and answers –
demystification of innocence –
the child needs to know more and feel connected to the world
to understand and become familiar –
the child needs to feel comfortable with the outer world –
to find its place – searching and growing using the mind –

who am i – the outer sensory reality grows –
who am i – the identification settles –
who am i – the ego is born –





what is the i ?

the i has many dimensions –

the i relates through mind –
that i am this and i am that –

the i relates through thoughts –
i know this i know that –

the i relates through desires –
i want this and i want that –

the i relates through feelings –
i feel this and i feel that –

hence many layers –
the i of the mind –
the i of the thoughts –
the i of desire –
the i of feelings –
the i of emotions –
the i of the body –





the i is complex – multidimensional –
has many layers of identity –
many dimensions of attaching itself to the i –
it is surrounding the persona from all directions –
supporting itself from all these layers –

as the outer world is complex
the human being needs many layers of identity –
and demands attention from all sources
of which the i comes across –

i know therefore i am –

this is the judgment of the i
this is the knowledge of the i
this is the power of the i
the ego of the i

you can now see clearly that the i
lives in a complex hall of mirrors –
which identifies with you and your reality –





the life of i





the outer material world needs you to be practical –
productive – goal oriented –
creating dreams – desires – plans for the future –

the i seeks more and more knowledge and information
to plan and prepare for the world –
to feel secure – to have control of its future –
this creates a feeling of security –
to gain control and certainty of the future –
knowledge is needed – information is needed –

the ego of the i is becoming a reality –
seeking information – knowledge – certainty –
it wants power and control to create its future –
power to dominate – power to possess –
an attachment towards security

all these qualities are born to shield the i from uncertainty –
to create a stable secure future –
and creating a false feeling of security –

the ego of the i is born –
addicted to the desire for power – the will to power –
the ego feels nourished and secure
from these false protections of the i and the ego –

you can see these qualities –
they need your constant attention –
they need your energy to remain alive –

always needing your attention
they tire and exhaust you –
and take you away from your relaxed centre –

a strong ego – the false i –
needs knowledge information certainty security attachment
possession domination control power –

now you can understand why they call ego the greatest poison –
they take you away from your centre –
creating many layers – and a false sense of security –
a false identity through which the mind survives –





rebirth : who am i ?



the great enlightened being shree ramana shri –
offered only one koan –
to thousands of disciples and devotees –

just this simple one koan – to contemplate – dive into –
who am i ?

i understand his beauty and innocence
to keep his message pure and simple –

but am surprised that he never dived into this koan –
from its very origins – from the very birth –
from the living view
of the child being born
and how the i enters –



this who am i – is multidimensional –
and offers the whole quantum leap for seekers –
and it surprises me as to why
this who
this am
this i
was never expressed deeply by him !!

it was the only message he offered –
hence deepening would have created deeper clarity
and wider understanding –

of this multifaceted diamond –
this brilliant koan –
who am i ?

your parents – your education – your society –
your world has already given you all the answers –

the world has already taken away your innocence and ignorance
and offered you all the answers for your mind –
it already knows all –
it has been fed with knowledge and information
false comforts of security – and certainty –
you already know who you are –
but now the window of death is coming –
and the mind is shattered –
death will take away all –
all answers fail –



this question – comes haunting you again –
when one enters the spiritual search –

you need to know –
really –
who am i !!!

the first who am i –
relates to your physical birth – through your mother –
the second who am i –
is your spiritual rebirth – through your master –
the search for truth –

the material world needs ready made answers –
information – knowledge – certainty – power – control –
domination – possession – attachment – security

the spiritual search is diametrically opposite –
this search needs deeper understanding –
of the eternal wisdom of truth –





the reality of death –
the acceptance of insecurity –
the not knowing of confusion –
the harmony of chaos –
the beauty of ignorance –
the openness of innocence –
the surrender of an open heart –

knowing that life is a mystery –
the realization – that i do not know –

the whole world becomes upside down –
the mind and its accumulation – of judgments
the power and ego – all crumble –
suddenly disappear into one black hole –

the mystic appears – the master appears –
and a new window opens –
understanding the wisdom of innocence –
deathlessness – eternity – of spiritual beings –

who am i – really ??



the mystic is one who creates a new space around you –
a new milieu – a new climate – of silence –
a space for innocence to grow –
into knowing –

the master helps you regain lost treasures
you were carrying before you were born –
life is the greatest treasure –
it already knows truth –
it is truth itself –

the master offers insight into life itself –
the very answers of life are hidden
in the very innermost depths of life –

life is the very source –
you are seeking – life –
just a silent dive into the source of life –
and you will know –
and dissolve into the flow of life and its mysteries –





if you are searching the mysteries of life –
stop running outwards towards the material plane –
turn inwards – and move backwards –
towards the source itself –
a circle – complete –

the inner search leads you back to your innocence –
before mind entered –
before birth happened –

just that silent space of pure innocence
the pure flame of life – awareness –
the witness that entered this body mind –

this state of innocence – is wisdom –
wisdom knows silently –
wisdom knows eternity – truth – light – life –



who am i ? the absurd enquiry !!

without the presence of a living master
this who am i koan becomes dead –

who am i – who am i –
becomes just an intellectual enquiry
the mind cannot transcend itself –
the mind has no window into the state of no mind –
has no bridge towards the unknown – the unknowable –
the mind only knows the past –
what it perceives and experiences
through thoughts and emotions –





the whole enquiry of who am i – is simply meaningless –

you are not the body –
you are not the mind –
you are not the emotion –

when body mind emotion fall – what remains –
your inner being – the witness – is the truth –



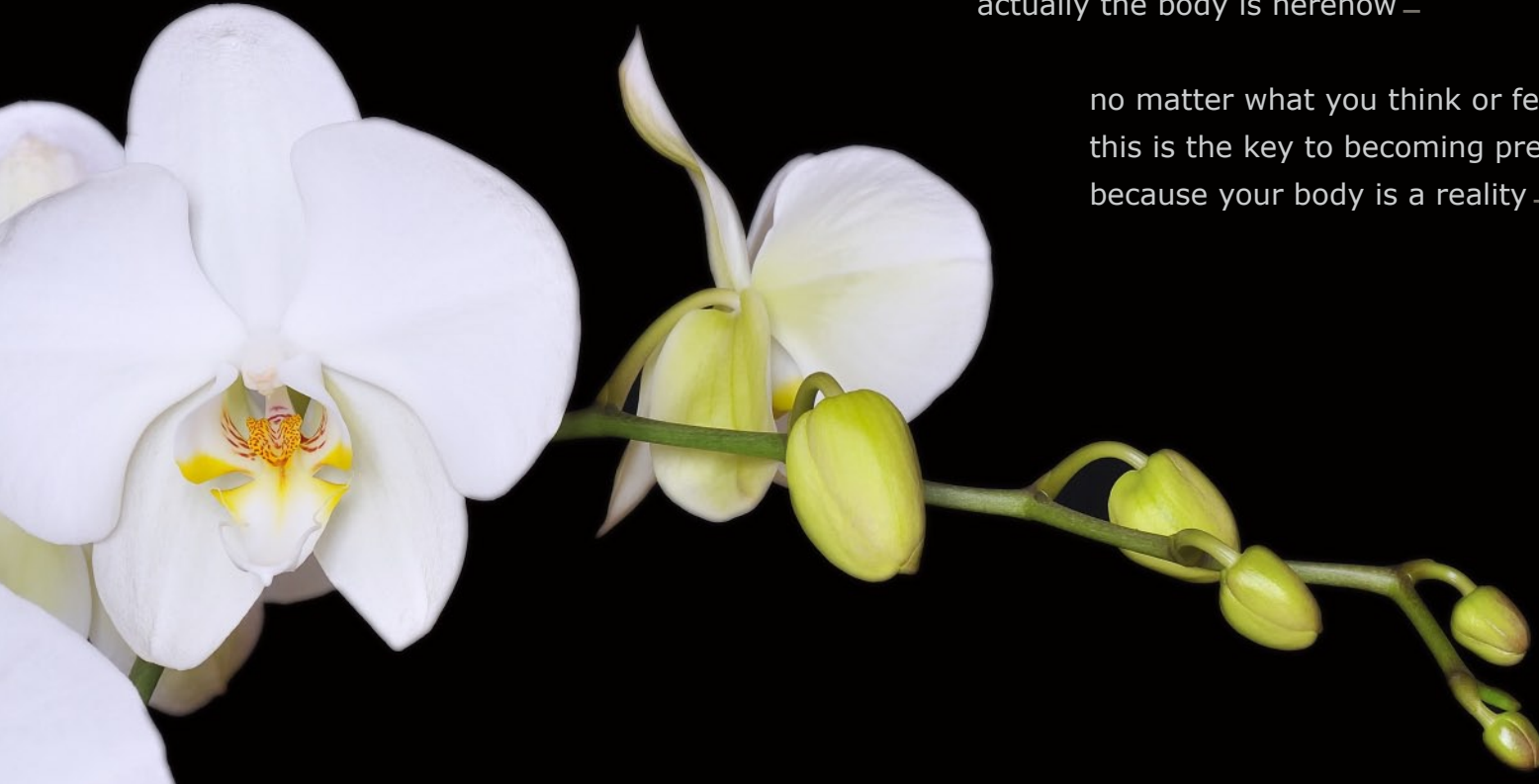


the i : body mind emotion

thoughts are constantly moving – this and that – yes and no –
emotions are constantly waving – low and high – up and down –
nothing is settled – just constant movement –
in a constant flux –

the body is here – the body is now –
actually the body is herenow –

no matter what you think or feel – the body is always present –
this is the key to becoming present –
because your body is a reality – your body lives in the present –



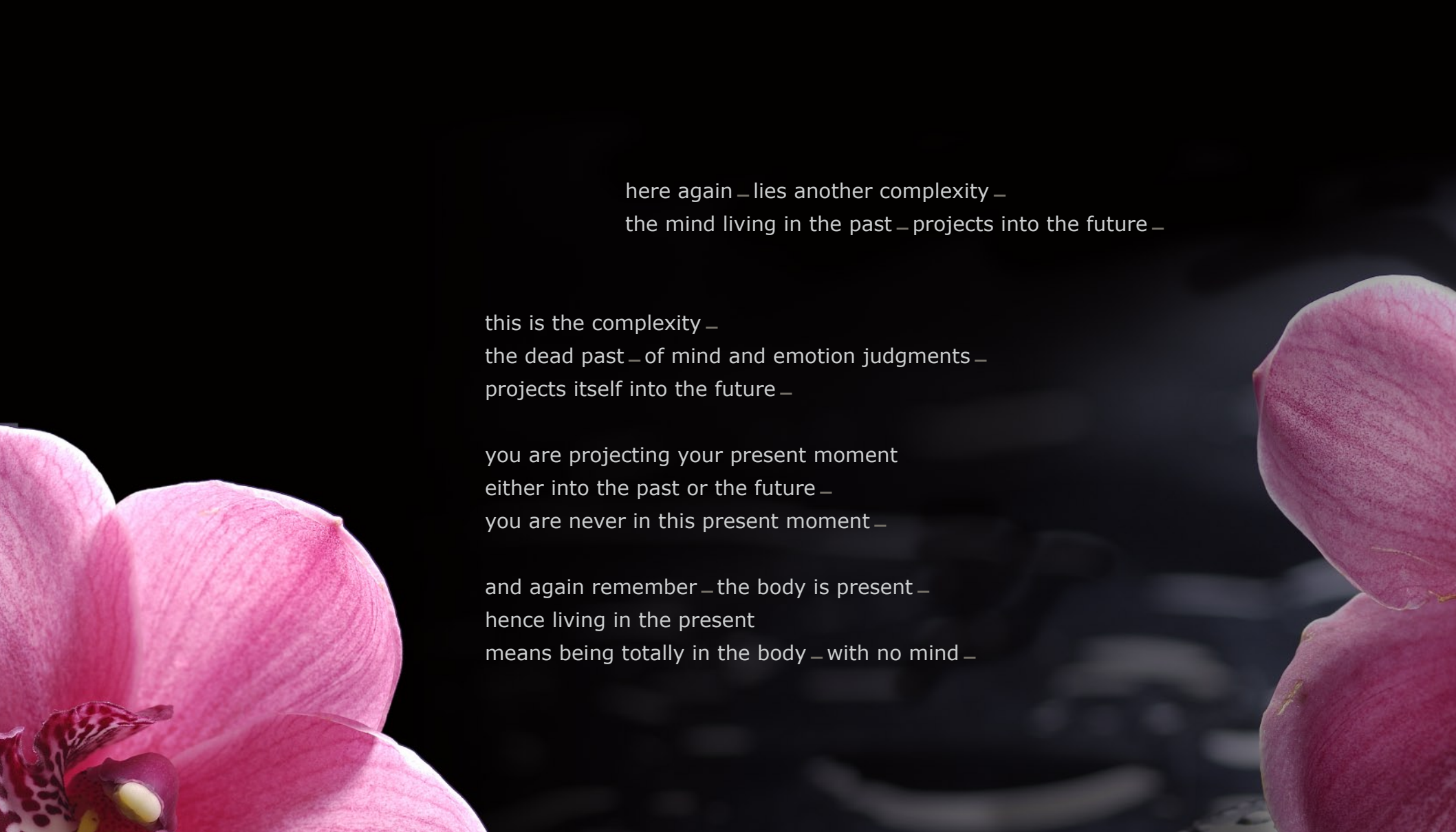
the mind is unreal –
the mind is simply a collection of memories – of thoughts –
of past moments –
that you have experienced – in the past –

as new experiences filter through the mind
the conditions of the mind change –
all these experiences gather – turn condition into judgments –
and the mind is conditioned by these judgments and reacts to them –

our emotions are subjected to past experiences and judgments
these settled judgments filter and cloud our emotions –
all our emotions depend on past experiences –
are past reflexes – reflecting on past experiences –

the body is always present – herenow –
but due to our mind and emotions
which are dragging from the past –
we have lost sense of our natural body in this alive real moment –
hence we do not live purely in our body herenow –
always living in the past body mind emotions –





here again – lies another complexity –
the mind living in the past – projects into the future –

this is the complexity –
the dead past – of mind and emotion judgments –
projects itself into the future –

you are projecting your present moment
either into the past or the future –
you are never in this present moment –

and again remember – the body is present –
hence living in the present
means being totally in the body – with no mind –

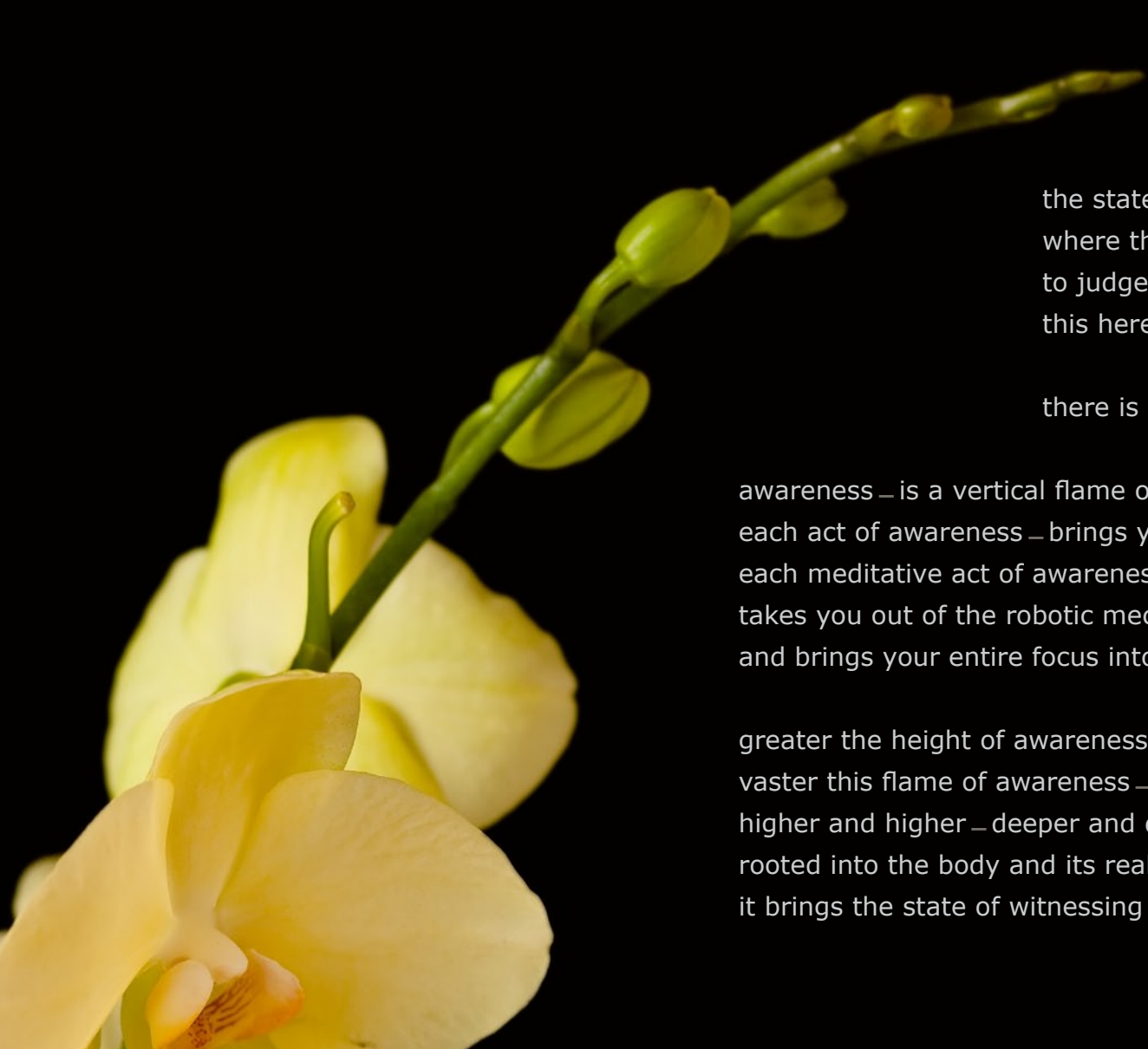


the past does not exist – it is thoughts of the dead mind –
the future does not exist – it is an emotional dream projection –

how to come to the present vertical moment ??
the present moment has no mind –
just a present vertical reality – alive –

this is why masters always bring you to the present –
creating many devices – in so many ways –
always bringing you to the present state –
always some device to allow you to experience the present –
the state of no mind

the present is vertical –
the present is a vertical opening into reality –



the state of no mind
where the mind does not enter –
to judge or filter your seeing –
this herenow –

there is no i in the present –

awareness – is a vertical flame of being in the present –
each act of awareness – brings you to the present moment –
each meditative act of awareness –
takes you out of the robotic mechanical mind
and brings your entire focus into the present moment –

greater the height of awareness –
vaster this flame of awareness –
higher and higher – deeper and deeper
rooted into the body and its reality –
it brings the state of witnessing – to this present moment –

hence awareness has to spread throughout the body –
the body has to act meditatively – with consciousness –
each act has to be filled with awareness –
and the body will filter this state and radiate meditateness in each act –

hence the body grows into the state of awareness
to grow deeper and higher in our inner being –
and soon the whole body is filled with light
and awareness reaches the point of witnessing
the third eye –

the third eye is the first point of witnessing
where the state of witnessing is pure –
exactly in the middle –
where the pendulum of the mind stops –

to arrive to this heightened vertical state –
one needs immense awareness present in the body –
immense presence –





breath : body mind emotion



breath is life –
the body is always present –
and to keep alive breath is always herenow –

breath is the key to becoming present –
watching the breath –
you have to breathe herenow –

our breathing has become unnatural –
uneven – unnatural – imbalanced –
thoughts and emotions
and a fast living phase – effect our natural breath –

understand the circle of breath –
breathe in – thought – desire –
gap –
breathe out – action – expression –
gap –

in this pure sense –
each inward breath creates a desire –
and each out breath releases and expresses through action –
if this is balanced – the gap is enlarged –



this is simple and natural –
each breath needs to align to our actions – to our body –
one breath – one act – and we are aligned as one –

you receive only one breath each moment –
one breath at a time –
but you are so filled with un-lived desires –
in so many directions –
so many incomplete thoughts and desires –
that your breath becomes unrelated to your actions –

you are walking – thinking – somewhere else –
thinking – dreaming – imagining – desiring – smoking – talking –
all at once –



body here –
mind somewhere –
emotions somewhere else –
your breath is not connected to your reality –
your breath is not related to your bodymind emotion –



you are spread all over the world – scattered – dislocated –
hence your breath is confused and fragmented –
the breath has lost its vital naturalness –
the breath has become weak –
the gap is missing –

you cannot breathe totally as one –
and breath needs to be totally fused
with your bodymind and movement –

your body is always present –
each breath and action needs to be in harmony –
then your actions will radiate oneness –
pure action – the gap is herenow –
the gap creates the balance and power –



breath flowing naturally – is balanced –
and a certain harmony of stillness is created –
this stillness allows the gap between the breath –
to become alive and present –
the gap is pure balance –
the gap is the space of no mind –
the gap – is you –





gravity : bodymind





the weight of gravity binds you –
your mind emotion –
and the bodily experience –

the search for truth is the search for weightlessness –
no gravity – unbounded –
the search for no mind –

gravity binds and creates illusions of the mind emotion –
unbounded – you are free of this illusion –

body mind soul – all intertwined into one –
all locked into one –
is what gravity offers as the human experience –

thoughts and emotions are like weights –
and they tether their weight to the body –
when you are sad and depressed –
you cannot even move your body –
you feel so heavy and helpless –
you go on dragging the weight of your body like lead –

when you are in love and dancing –
you feel like you can fly – weightless –
why is this so ??
how come you feel a new buoyancy – a weightlessness ??

thoughts and emotions can become heavy dead weights
and alter the weight of your bodily experience –

gravity is life and the human experience on earth –
gravity weighs you down
and allows your soul to be bound into the body
so you can live on this earth and experience life as a human –

the spirit has no gravity – and is formless – weightless – unbounded –



the vaster the consciousness in the body form –
the higher it can float –
the higher it can move into consciousness –

hence gravity offers you the possibility
for gaining a body –
to grow higher towards superconsciousness –

for consciousness to evolve the body is needed –
so body and gravity is the soil –

gravity pushes you deeper into the earth –
deeper into your body –
and the spirit has a new soil to grow upwards –
to expand and grow towards greater heights of consciousness –





this is the secret of life death and rebirth –

gravity is an opportunity for you to enter the body
be pulled back to the earth –

and move deeper into the experience of life
and move higher into the experience of truth
ultimately into weightlessness and light –

unbounded – free – enlightened –





the master



the master takes away your answers –

by taking away the false –
exposing the false ego –
allowing it to drop –

you ask him questions –
and he creates a new mystery –
to mystify you –
and take you deeper into the unknown –

the mystic never answers your questions –
but gives you a glimpse –
a direct look into your innocent being –
he creates a new mystery – a new thirst –
a new freshness of the beauty of not knowing –

the master offers insecurity –
as the only way to remain open to the unknown –
is to destroy your security – creates chaos and confusion –
so you drop your wall – the mind and its judgments –





existence knows the tunnel of life –
uncreate to create –
turn chaos into harmony –
this mystical creation of the universe –

you will need to accept
the wholeness of life –
and let go into chaos –
to be reborn –
through the black hole –

the master opens your heart to love
and reveals the beauty of surrender –

you will need surrender –
to dissolve and let go
into the mysteries of death –
into the mystery of life
which is a new rebirth –



the master creates trust in you –
so you let go into death –
and face this immense spiritual flight
into the unknown – out of your body
in calmness and acceptance –
and silently witness deathlessness –
and possible enlightenment –

the master fills you with gratitude towards the unknown –
these qualities open your being –
and allow your being to expand and fly into weightlessness
the state of no mind – no self – no ego – no i

the master allows you to dissolve into his presence –
so you can see your true transparent original face –
this is godliness –

compassion of the master !!!

the master allows total freedom –
accepts you unconditionally –
with no conditions whatsoever –
allowing you to let go –
relax deeply –
into self acceptance –

this spiritual rebirth –
of who am i
is through the grace and compassion of the master –

the master offers you a way to unlearn –
drop your defences and become utterly nude and innocent –
you can see –
how inner qualities are diametrically opposite –

to remain open – vulnerable – innocent – not knowing –
accept insecurity – confusion – chaos –
let go – trust – gratitude – acceptance – surrender –

these are the inner spaces –
the grace – you imbibe –
through the compassion of the master –

these inner qualities allow you drop to your defences
to dissolve your separation – into oneness –
one with existence – one with truth –





drop the i



the i is a hall of mirrors –
there is no real thing as i –
but a collection and identification with past thoughts and emotions –
which collectively become the mind –
and creates a false understanding –
that this is who i am –

there is no reality to the i – just your identification –
this identification makes it appear to be real –

you can never drop the i –

just understand that identification creates the false i –

simply drop identification –
detach yourself –
observe –
watch –
and the i disappears into smoke –





watching silently – no thoughts – with no judgments
simply watching –
the knack of watchfulness grows stronger –
and this separates you – from attachment –
from identification with the i –

watchfulness creates a gap –
creates a certain distance and space –
from this false identification of the mind – with the i –

you can never drop the i –
just disengage –
drop identification –
create watchfulness –




drop the ego

and i say – you can never drop the ego –
this is totally a false idea given to you by ignorant teachers –
who do not even understand what ego is –
they always tell you to drop your ego –
but never offer to show you your ego –

what is the ego ??
where is the ego ??
can you explain the term ego ??
can you show me the ego so that i can drop the ego ??
utter humbug – utterly ridiculous –

the ego is simply your personality –
the ego is your persona – a mask –
of your understanding of the i –





if your understanding of the i is closed and judgmental –
you will have a strong ego –
you will be an egoistic person –

but if your realization of the i is open and transparent –
you will be humble –
you will be an egoless person –

hence dropping the ego is ridiculous –
the ego serves a real purpose –
you need an ego – a persona –
you need to live –
create a healthy understanding of ego –
of your persona – of you –
accept and live your ego –





transcend and transcendental





dropping the i – dropping the ego –
simply rubbish and ridiculous stupidities –

i has a necessary reality – and is created for the mind to exist –
ego another dimension – as an outer expression of yourself –

dropping versus transcending
are totally different dimensions –

transcendence is completely different –
a quantum leap – a deeper realization –
into a higher plane – a higher vertical space –

vertical growth – is transcendence –
a vertical upliftment of your being –
moving towards higher planes of existence –
moving higher into being –

transcendence simply moves your being higher –
the space of no mind –
where mind simply disappears – evaporates –

this state of no mind –
where everything disappears –
is transcendence –

now – there is no need to drop anything –
as all has simply evaporated –
there is nothing to drop – !!!

this is the real inner understanding –
the real message –
to transcend – vertically transcend –
and the mind – and its identification –
will drop automatically –



in fact it will not need to drop at all –
mind will simply remain where it is –
and you will remain beyond –
transcendental – silently watching –

the mind is perfect – doing its job perfectly –
the ego is perfect – doing its job perfectly –
but now you are in a new horizon –
you have become a witness – a watcher –
out of the mind – in the state of no mind –





transcendence – a new realization –
nothing was dropped –
all fell perfectly into place –
all is perfect –

please try to understand this profound simplicity –
and you will realize –
its vast implication –

this profound statement –
will simply open the door –





transform and transformation



transformation is the golden key to self acceptance –

when the master says – accept yourself –
accept yourself totally – just as you are –
he is implying –
accept whatever you have within you –
and transform it –

transformation is not change –
transformation does not ask you to change yourself –

change means denying yourself
whatever you label against yourself – you want to change –
whatever others reject about you – they want you to change –
change is denial of your authentic being –

transformation is a compassionate acceptance
of whatever you have
to transform energetically upwards –
as one organic whole –



change is ugly – an ugly demand from others who want you to change –
and not accept you as you are –

change is horizontal – changing from this to that to another –
transformation is simply being yourself – moving higher inwardly –
to an inner realization of your being –

understand the simple beauty of what i am conveying to you –
realize the inner meaning and value of transformation –

not to change – but to transform –
not to drop – but to transcend –

these words have immense significance
if understood they become your keys of wisdom –





confusion and chaos



what is confused ??

your mind ?? your understanding ?? your judgments ??

what is chaos ?

a breakdown of the mind ?? a breakdown of your judgments ??

mind is afraid of the unknown –

confusion and chaos are its enemy –

moving beyond the mind –

a death for the mind –

a great breakthrough –

a mini glimpse –

a satori –

a great blessing !!!

these are very valuable experiences on the inner path –

the mind hankers for stability – security and comfort –

the mind seeks to remain undisturbed from its sleep –





confusion open the door to insecurity –
to established patterns of your thoughts ideas and judgments –
confusion leads to chaos –
the mind is crumbling from its false sense of security
the wall and illusion of the mind breaking down –
confusion and chaos are like death
for the mind and its addiction for control –

the master creates confusion – and total chaos –
the mind stops and breaks down in confusion –
this is his devise to create an opening –
for the mystery to enter into your being –

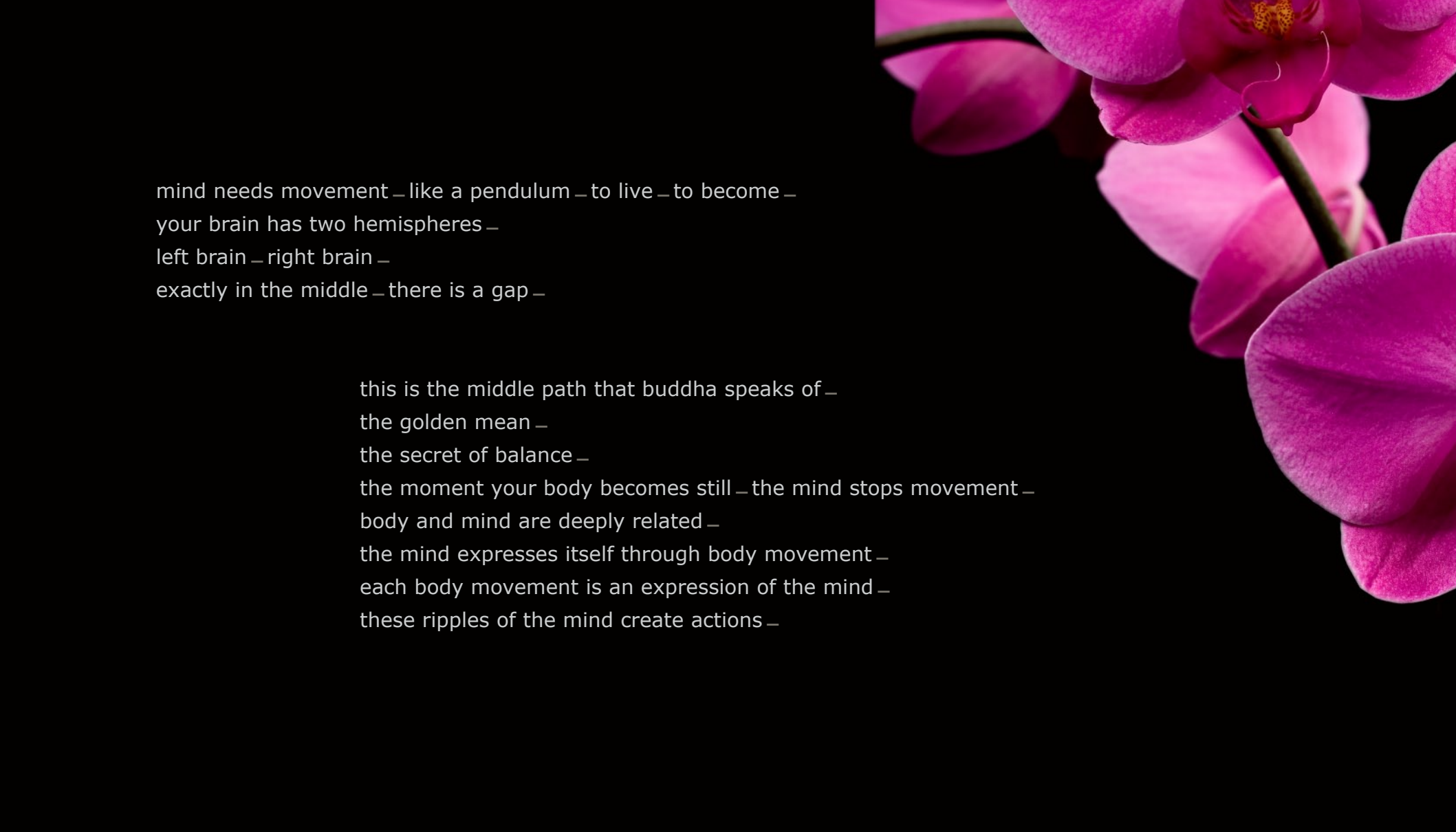
confusion is a blessing – chaos a gift –
to open you to your inner mysteries –
the universe needs a state of no mind –
to descend into you –
and confusion and chaos are its devices
to open your being to the unknown –

trust – accept – allow confusion and chaos to enter your life –
this is the open door – the state of no mind – the secret –





vertical stillness

A close-up photograph of several vibrant pink orchid flowers. The petals are layered and have a soft, velvety texture. The background is a solid, deep black, which makes the bright pink of the flowers stand out sharply. The lighting is soft, highlighting the delicate curves of the petals and the central yellow stamens of one of the flowers.

mind needs movement – like a pendulum – to live – to become –
your brain has two hemispheres –
left brain – right brain –
exactly in the middle – there is a gap –

this is the middle path that buddha speaks of –
the golden mean –
the secret of balance –
the moment your body becomes still – the mind stops movement –
body and mind are deeply related –
the mind expresses itself through body movement –
each body movement is an expression of the mind –
these ripples of the mind create actions –



stillness – no movement and balance –
stops the mind –
and the identification of the body disappears –

slow down body movements –





the state of no mind is vertical balance –
exactly in the middle –
no movement –

stop !
no past no future – just a vertical present moment

stop !!
the state of no mind –
where past has fallen – the future not arisen –
this present moment –
vertical –
eternity herenow –

stop !!!
no movement – gravity disappears –
zero gravity –
explosion happens –
at the vertical speed of light –





mirror : i



the master is a pure vacant mirror
an empty space – an absence –
reflecting nothing –
truth –

like a vast lake of stillness – with no ripples –
mirroring pure consciousness –

the mirror possesses no i –
yet sees – perceives – reflects all –

the mirror allows everything to reflect onto its being –
just reflecting purely – whatsoever passes upon its screen –
with no distortion – no judgment – no clinging –

just a clean mirror with no dust – no ideas – no projections –
just a reflective quality – tranquility – stillness – purity –

whatever passes in front of the mirror – it reflects instantly –
and remain a watcher – a witness – a pure witness –



the mirror does not run after any image – or dream of past images –
it simply remains in the present moment – watching –
this is the golden key –
a mirror – watching – this very moment –
moment to moment – with no mind clouding – or dust distorting –

images that cling to the mind become the past –
become your projections into future – dreams – desires
mind gathers dust of past experiences
and distorts everything it perceives –

emotions gather and judge past experiences
and with your good or bad experience of each –
colour your vision – cloud your judgments –
make you biased judgmental – with closed opinions –

the mirror – simply observes and retains its mirror like clarity –
with no mind – no judgments – no projections –
simply remains vacant – always virgin –
in a state of clarity – open and available –





mirror : original face



the mirror is vacant – a constant state of no mind –
the state of no mind is also like a mirror
reflecting reality but free of all reflections –
the mirror watches –
but does not become attached to what it sees –
it creates no identification –

not to be identified – is to be detached – an observer –
this detached observer – transforms into the quality of witnessing –
and witnessing crystallizes to become the pure witness –



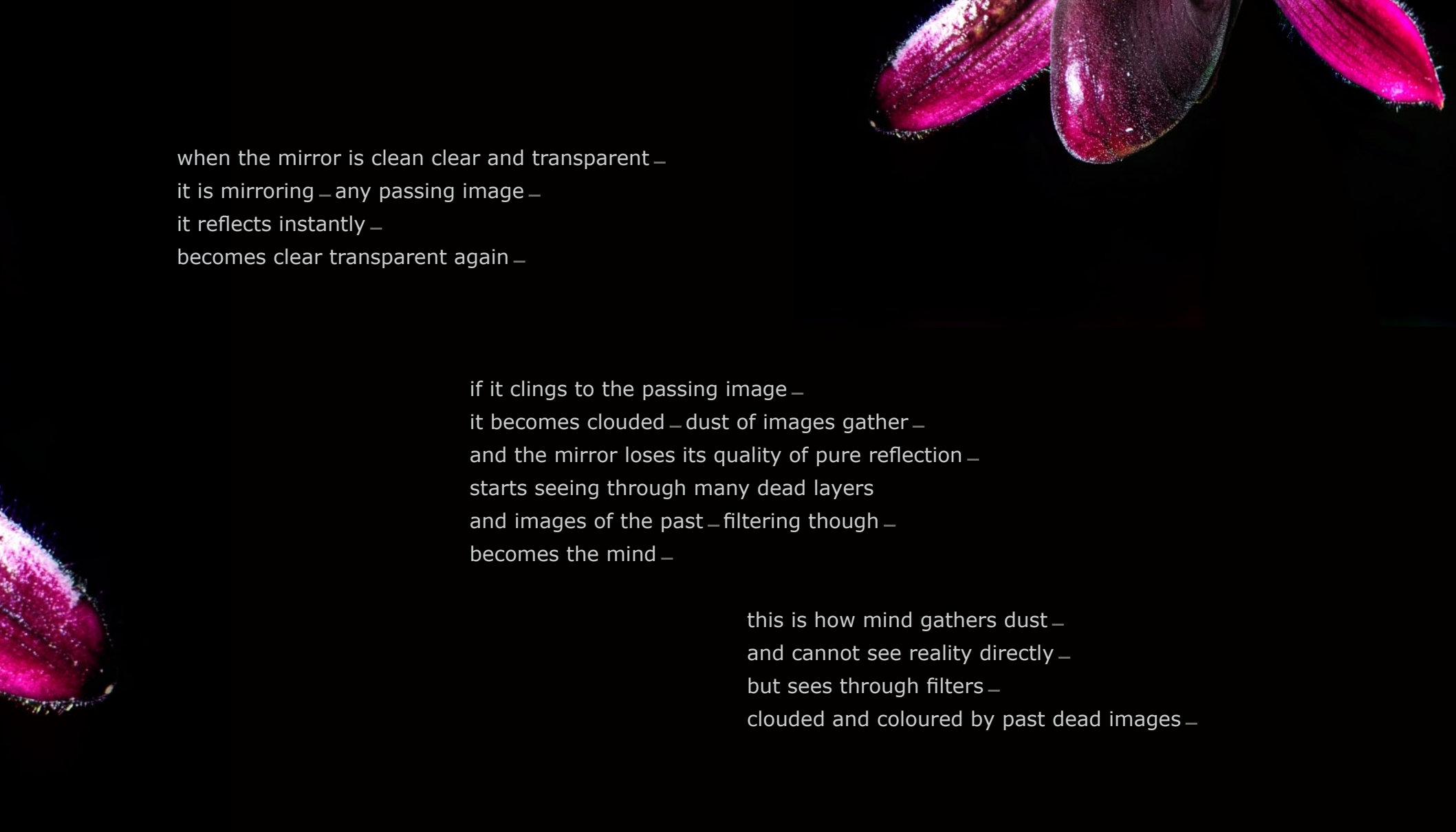


the mind – sees – perceives – but clings to what it sees –
becomes memory – mind – emotion – judgment –
this identification – this attachment that it knows – is the mind – the ego –

remember – there is a distance –
between the object reflecting in the mirror and the mirror –

realizing this distance – is detachment – disengaging –
realizing this distance – is separating the watcher from the ego
becoming unidentified – becoming free –





when the mirror is clean clear and transparent –
it is mirroring – any passing image –
it reflects instantly –
becomes clear transparent again –

if it clings to the passing image –
it becomes clouded – dust of images gather –
and the mirror loses its quality of pure reflection –
starts seeing through many dead layers
and images of the past – filtering though –
becomes the mind –

this is how mind gathers dust –
and cannot see reality directly –
but sees through filters –
clouded and coloured by past dead images –

a seer – your original face –
is vast like the mirroring sky – fathomless – reflecting truth –
reflecting the miracle of life passing by its waking consciousness –
pure living consciousness – witnessing – truth –

the empty mirror is your original face –







darkness to light

the i lives groping in utter darkness –
seeking and searching answers –
through desires and dream projections –
seeking false fulfilment –

the blind man cannot see light –
nor understand light –

the blind man cannot see darkness –
nor understand darkness –
because first you need to see light to understand darkness –
or the absence of light to experience darkness –

to explain darkness to a blind man is equally foolish
as trying to explain light to the blind man –
both need to be in the same realm of understanding –





light and darkness are two polar opposites –
but within a limited spectrum –
perceived reality of the mind –

there are deeper and deeper layers of darkness –
the black hole –
and higher lighter and light frequencies
of mysterious life force and prana –

you cannot see the black hole – the hara –
but you can fall into it –
falling into it – enveloped in total impenetrable darkness –
a new universe of dazzling light explodes all around –
a new spectrum of light reveals itself –
the truth –

these is no negative state in existence –
and the black hole is the window to the white hole – life –







who is in ?





there is no one in !!!
the goose is out !!!
has always been out of the bottle –
has always been free –

how did the goose get into the bottle ??

through identification –
with the mind – with thoughts – with emotions –
the goose got trapped into believing that it lives in the bottle –
the goose became identified with the bottle –
the ego – to be its reality –



movement of the mind – creates ripples of thoughts
creates illusion – like mirages –
and clouds identification with attachments –
like a hall of mirrors –
reflecting endless thoughts dreams and desires –

no body – no mind –
and there is no identification –
there is no bottle –
and the goose is out – has always been out !!!

there is no one in – just pure emptiness – silence – bliss –

o z e n r a j n e e s h



