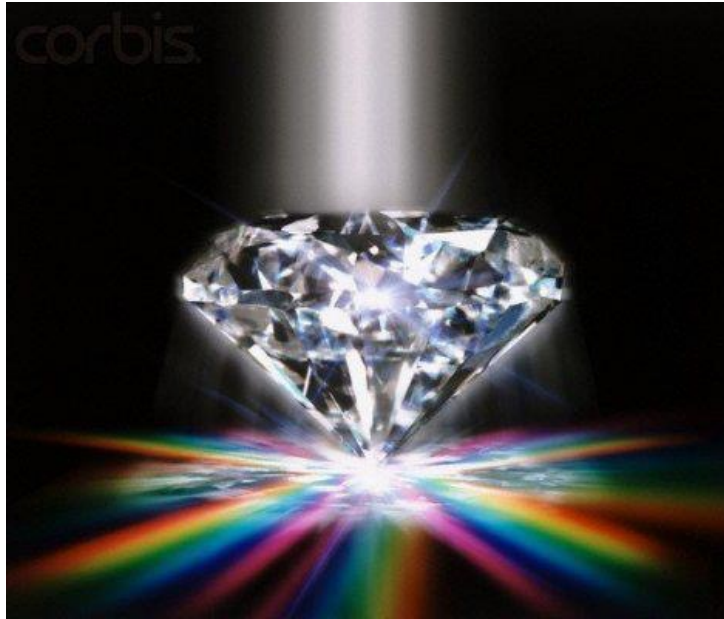


Diamond Body



There are guides
Who can show you the way
Use them

But they will not satisfy your longing
Keep wanting the connection with presence
With all your pulsing energy

The throbbing vein
Will take you further
Than any thinking
Rumi

Aad guray nameh
Jugaad guray nameh
Sat guray nameh
Siri guru devay nameh

I bow to the timeless eternal teacher guru
I bow to the teacher guru in all ages and times
I bow to the inner sat guru that shows me truth
I bow to the divine guru that takes me from darkness to the light.
Ancient Mantra

If you want to shrink something,
you must first allow it to expand.
If you want to get rid of something,
you must first allow it to flourish.
If you want to take something,
you must first allow it to be given.
This is called the subtle perception
of the way things are.
Lao Tzu

Move Within
Keep walking, though there is no place to get to.
Don't try to see through the distances.
That is not for human beings. Move within,
But don't move the way fear makes you move.
Rumi

I have been a seeker and I still am. But I stopped asking the books and
the stars. I started listening to the teachings of my soul.
Rumi

Friend, please, Do not try to decide now. Do not shut any possibility out
of your heart. Honor this place of not-knowing. Bow before this bubbling
mess of creativity. Slow down. Breathe. Sink into wonderment. Befriend
the very place where you stand.

Any decision will make itself, in time. Any choice will happen when your
defenses are down. Answers will appear only when they are ready. When
the questions have been fully honored, and loved.

Do not label this place 'indecision'. It is more alive than that. It is a place
where possibilities grow. It is a place where uncertainty is sacred.

There is courage in staying close. There is strength in not knowing.

Friend, please know, There is simply no choice now. Except to breathe,
and breathe again, And trust this Intelligence beyond mind.

Jeff Foster

From the highest spheres of existence, has descended upon you a dove,
She descended unwillingly, and if she was given a choice she would have
chosen to stay, to be in the highest of spheres with the highest of
companions.

Descended, she became acquainted and intimate with all that there is
here.

And now it is difficult to separate and leave.”
From an Arabic poet

Remember one principle: whatever happens is somehow needed, whether
we understand it or not...

Osho

God, give me grace to accept with serenity the things that cannot be
changed,
give me courage to change the things that can be changed,
and wisdom to know the difference.

Reinhold Niebuhr

The Mystery of the Moment

To the mind there is such a thing as news.
Whereas to the inner knowing, it is all
In the middle of its happening.

To doubters, this is a pain
To believers, it is gospel
To the lover and the visionary,
It is life as it is being lived.

Rumi

Our Caravan Bell

Do you hear what the violin says about longing?
The same as the stick.
I was once a green branch in the wind.

We are all far from home.
Language is our caravan bell.

Do not stop anywhere.
The moment you are attracted to a place,
You grow bored with it.

Think of the big moves you have already made,
From a single cell to a human being.

Stay light-footed and keep moving.
Turkish, Arabic, Greek, any tongue is a wind
That was formerly water.

As a breeze carries the ocean inside it,
So within every sentence is,
Return to the source.

A moth does not avoid the flame.
The king lives in the city.

Rumi

Mohammed said: Do not theorize
About essence. All speculations
Are just more layers of covering
Human beings love coverings

They think the design on the curtains
Are what is being concealed

Observe the wonders as they occur around you
Do not claim them. Feel the artistry
Moving through and be silent.

Rumi

My heart, sit only with those
who know and understand you.
Sit only under a tree
that is full of blossoms.
In the bazaar of herbs and potions
don't wander aimlessly
find the shop with a potion that is sweet
If you don't have a measure
people will rob you in no time.
You will take counterfeit coins
thinking they are real.
Don't fill your bowl with food from
every boiling pot you see.

Not every joke is humorous, so don't search
for meaning where there isn't one.
Not every eye can see,
not every sea is full of pearls.
My heart, sing the song of longing
like nightingale.
The sound of your voice casts a spell
on every stone, on every thorn.
First, lay down your head
then one by one
let go of all distractions.
Embrace the light and let it guide you
beyond the winds of desire.
There you will find a spring and nourished by its see waters
like a tree you will bear fruit forever".

Rumi

Life is not for waiting
Do not postpone
Love is bringing everyone by the ear
To a place where reason cannot go
Where Muhammed's eyes close in sleep
And the night grows quiet
Rumi

I have no right to call myself one who knows.
I was one who seeks, and I still am,
but I no longer seek in the stars or in books;
I'm beginning to hear the teachings of
my blood pulsing within me.
My story isn't pleasant,
it's not sweet and harmonious
like the invented stories;
it tastes of folly and bewilderment,
of madness and dream,
like the life of all people who
no longer want to lie to themselves.
Hermann Hesse