

The Absolute



No target's erected,
no bow's drawn,
and the arrow leaves the string:
It may not hit,
BUT IT DOESN'T MISS!
Kokushi

Letter from W. A. Mozart (31 years old) to his father:
"I have now made a habit of being prepared in all affairs of life for the worst. As death, when we come to consider it closely, is the true goal of our existence, I have formed during the last few years such close relations with this best and truest friend of mankind, that his image is no longer terrifying for me, but is indeed very soothing and consoling! And I thank God for graciously granting me the opportunity of learning that death is the key which unlocks the door to true happiness. I never lie down at night without reflecting that, young as I am, I may not live to see another day. Yet no one of all my acquaintance could say that in company I am morose or disgruntled. For this blessing I daily thank my Creator and wish with all my heart that each one of my fellow-creatures could enjoy it."

Inside this new love, die.
Your way begins on the other side.
Become the sky.
Take an axe to the prison wall.
Escape.

Walk out like someone
suddenly born into color.
Do it now.
You're covered with thick cloud.

Slide out the side. Die,
and be quiet. Quietness is the surest sign
that you have died.
Your old life was a frantic running
from silence.
The speechless full moon
comes out now.
Rumi

Why are there so few in the court of a perfect saint?
Because every time you are near Him
You have to leave pieces of your ego
With the hatcheck girl
Who won't give them back
OOOOUCH!
Hafiz

Don't seek,
don't search,
don't ask,
don't knock,
don't demand -

relax.

If you relax, it comes.
If you relax, it is there.
If you relax,
you start vibrating with it.

OSHO

There is nothing outside of Him, He is and nothing else.... All different
forms and names that exists are He alone.
The wonder of it is that the destructible and the indestructible exist
simultaneously. In Him, this is possible.
Anandamayi Ma Who calls the absolute: God.

He is formless because all forms are HIS
He is nameless because all names are HIS
He is without attributes because all attributes are HIS.

The mentality which understands "He is ALL" is itself Divinity;
To think, " There is something which is mine", is Humanity

"Who am I?", the reply is the thread of the Garland. When the bead is
pulled aside, the I-thread is discovered.

My life is infinity
My history limited.

Anasuya Devi

"When you are with everyone but me,
you're with no one.
When you are with no one but me, you're with everyone.

Instead of being so bound up *with* everyone, *be* everyone.
When you become that many, you're nothing. Empty."
Rumi

If you open yourself to the Tao,
you are one with the Tao
and you can embody it completely.
If you open yourself to insight,
you are one with insight
and you can use it completely.
If you open yourself to loss,
you are one with loss
and you can accept it completely.

Open yourself to the Tao,
then trust your natural responses;
and everything will fall into place.
Lao Tzu

Unconditional

Willingness to experience aloneness
I discover connection everywhere
Turning my face to fear
I meet the warrior who lives within
Opening to my loss
I gain the embrace of the universe
Surrendering into emptiness
I find fullness without end.
Each condition I flee from, pursues me
Each condition I welcome, transforms me
And becomes itself transformed
Into its radiant jewel like essence
I bow to the one
Who has made it so
Who has crafted this master game.
To play it, is purest delight
To honor its form
True devotion.

(from a friend of Faisal)

You are not a drop in the ocean.
You are the entire ocean in a drop.
Rumi

Do you have the patience to wait
until your mud settles and the water is clear?
Can you remain unmoving
until the right action arises by itself?
Lao Tzu

If you want to awaken
all of humanity,
then awaken
all of yourself.
If you want to eliminate
the suffering in
the world, then
eliminate all that is dark
and negative in yourself.

Truly , the greatest gift
you have to
give is that of your own
Self transformation.
Lao Tzu

We contain what contains us.
We are not alone.
Not in the tangible , nor in the intangible world.
We are part of the larger, the deeper and higher.
Behind all that we can think,
There is a back ground, the ground of our being,
Of which everything has been assembled,
And in which everything is kept.
In it we move and grow,
We dream and we rejoice.

It has no name and no definition does it justice.
It is the expression of our yearning,
Light for our enlightenment
And over and over again it is mysterious language.
We have even thrown our fear onto it.
It is woven in each of our cells.
It is the fabric and fiber that never tears.
It is the covering for our shivering soul
And the pinnacle to which the spirit aspires.

We contain it,
Like we are contained in it.
Look into the mirror.
See right through your pupil.
Into the origin of the light in your eyes.
You are its mystery.
Source Unknown

Without darkness
Nothing comes to birth
As without light
Nothing flowers.
May Sarton

The truth was a mirror in the hands of God.
It fell, and broke into pieces. Everybody took a piece of it, and they
looked at it and thought they had the truth.
Rumi

Listen to the reed,
it is complaining.
It tells of separation saying:
"Ever since they tore me from the reed bed
my lament has moved men and women to tears.
Everyone who is lifted from his source
wishes back to the time of union".
Rumi

You are not a drop in the ocean.
You are the entire ocean in a drop.
Rumi

Good and bad are mixed.
If you don't have both,
you don't belong with us.
Rumi

The inner working of a human being is a jungle.
Sometimes wolves dominate.
Sometimes wild hogs.
Be wary when you breathe.
At one moment gentle, generous qualities,
Like Joseph's, pass from one nature to another.
The next moment vicious qualities move in hidden ways.
In every instant a new species rises in the chest-
Now a demon, now an angel. Now a wild animal, now a human friend.
There are also those in this amazing jungle
Who can absorb you into their own surrender.
If you have to stalk and steal something,
Steal from them.
Rumi

Give me freedom to sing without an echo,
Give me freedom to fly without a shadow,
and to love without leaving traces.
From the Golden Sufi Centre.

Awake, my dear!
Be kind
to your sleeping heart.
Take it out
into the vast fields
of LightAnd let it breath....
Hafiz

First you have to do all that you can do, and then you have to learn non-doing. The doing of the non-doing is the greatest doing, and the effort of effortlessness is the greatest effort.

Osho

Lanterns hang from the night sky
So that your eye might draw one more image of love
Upon your silk canvas, before sleep.
Words from Him have reached you
And tilled a golden field inside.
When all your desire all distilled
You will cast just two votes:
To love more
And be happy.
Hafiz

When the heart is aching so much
When there is pain beyond tears

When no mourning is easing the load on the chest
And breathing becomes so difficult

When there is no sense in resisting again
Because truth is so bright

When there is no other way
then to sink tot he bottom

Then there is a little light
that leads into this silent, dark and peaceful lake

Unknown

Storms always end, fierce winds don't blow all morning
here is a thing inherent and natural,
Which existed before heaven and earth.
Motionless and fathomless,
It stands alone and never changes;
It pervades everywhere and never becomes exhausted.
It may be regarded as the Mother of the Universe.
I do not know its name. If I am forced to give it a name, I call it Tao,
and I name it as supreme.
Lao Tzu

I sat long enough in the fire.
Now I am up to my neck in the water of union.
You say: Up to the neck is not enough.
Make your head your foot and descend into love.
There is no up to the neck union.
I say: But for the sake of your garden I sat up to my neck in blood.
You say: Yes you escaped the alluring world , but not yourself.
You are the magician caught in his own trickery.
Cut the breath of self and be silent.
Language cannot come from your throat as you choke and go under.
Rumi

We should make all spiritual talk simple today.
God is trying to sell you something,
But you don't want to buy.
That is what your suffering is:
Your fantastic haggling,
Your manic screaming over the price!
Hafiz

What a relief to be empty! Then God can live your life.
Rumi

Already under
Late by myself, in the boat of myself
No light and no land anywhere,
Cloudcover thick.

I try to stay just above the surface,
Yet I am already under
And living within the ocean
Rumi

How did the rose ever open its heart
and give to this world all of its beauty?
It felt the encouragement of Light against its being;
otherwise we all remain too frightened.
Hafiz

May today there be peace within.
May you trust that you are exactly where
you are meant to be. May you not forget the infinite possibilities that
are born of faith in yourself and others. May you use the gifts that you
have received, and pass on the love that has been given to you. May you
be
content with yourself just the way you are. Let this knowledge settle into
your bones, and allow your soul the freedom to sing, dance, praise and
love. It is there for each and every one of us."

Just our being here is such a miracle.
It cannot be explained why I am here, why you are here.
Why these trees are here, why these stars are here.
Why at all this universe exists, and goes on peopling itself
with trees and birds and people.
Why in the first place it is there, there is no way to know.
It simply is there. But it inspires awe!
It fills the heart with wonder.
It is incredible!
It is absurd, but tremendously beautiful.
Osho

Betrayal into trust

When school and mosque and minaret
Get torn down. Then dervishes
Can begin their community.

Not until faithfulness
Turns to betrayal

And betrayal into trust
Can any human being
Become part of the truth
Rumi

Drop worrying.
There is nothing to worry about;
All is taken care of.
Live with that trust.
Osho

Security is mostly a superstition.
It does not exist in nature,
nor do the children of men as a whole experience it.
Avoiding danger is no safer in the long run
than outright exposure.
Life is a daring adventure,
or nothing.
To keep our faces toward change
and behave like free spirits
in the presence of fate is strength
and undefeatable.
Helen Keller

Doing as others told me, I was Blind.
Coming when others called me, I was Lost.
then I left everyone, myself as well.
then I found Everyone, Myself as well.
Rumi

"Don't grieve. Anything you lose comes round in another form."
Rumi

Listen to the echo

The gist of all this is that the world is like a mountain- whatever you say,
good or evil, echoes off that mountain.

If you were to imagine, "I made a sweet sound, but the mountain gave an
ugly reply," that would be absurd.

When a nightingale sings to the mountain, could it ever reply with the
voice of a crow, a human or a donkey?

Know then for certain that it is you who made the donkey noise.

Rumi

The Day of Reckoning is justice,
And justice consists in giving
To everyone what is proper:
The shoe belongs to the foot
And the cap belongs to the head.
Thi sis so that every seeker
May attain what he is searching for,
And that every destined to set
May reach its point of setting.
Nothing the seeker seeks is withheld,
The sun is paired with heat
And the cloud with water.

Rumi

Shape shifting

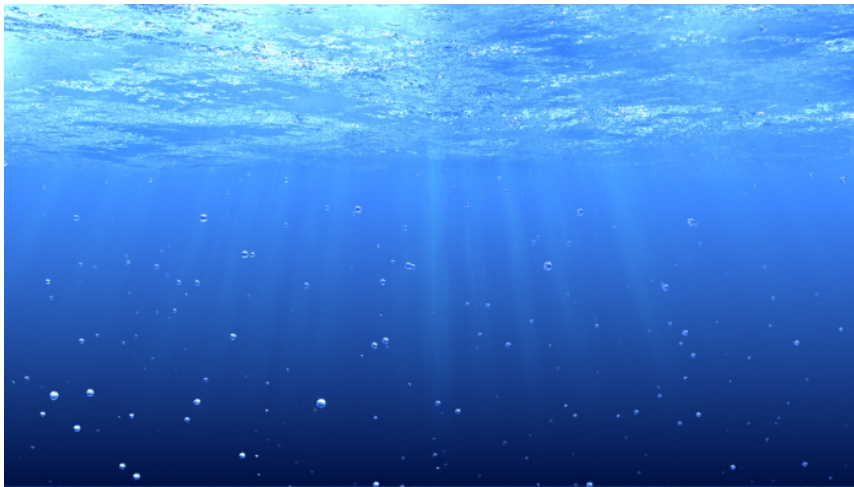
How beautiful it is to migrate away from a former land every day!
How lovely it is to perch on a different branch every day!
How nice it is to keep flowing uncontaminated, unfrozen!
All the words of yesterday vanished with the passing day, o my soul!
Now it is time to tell something new and fresh...

Rumi

This is what I am: sometimes hidden, sometimes seen.
Sometimes of the faithful, a Jew or a Christian,
Able to fit into any heart,
Taking on a new face every day.

Rumi

Water



There is a sacredness in tears.
They are not the mark of weakness,
but of power...
Rumi

I drank water from your spring and felt the current take me.
Rumi

What hurts the soul? To live without tasting the water of its own essence.
Rumi

The human being is like the water of the river.
When it becomes turbid, you can't see to the bottom.
The bottom of the river is full of jewels and pearls.
Pay attention, don't stir up the water
For originally it is pure and free from pollution.
Rumi

Let the water settle and you will see the moon and the stars mirrored in
your being.
Rumi

Not only the thirsty seeks water.
The water as well seeks the thirsty.
Rumi

Water does not resist. Water flows. When you plunge your hand into it, all you feel is a caress. Water is not a solid wall, it will not stop you. But water always goes where it wants to go, and nothing in the end can stand against it. Water is patient. Dripping water wears away a stone. Remember that, my child. Remember you are half water. If you can't go through an obstacle, go around it. Water does.

Margaret Atwood

The Water said to the dirty one, "Come here."
The dirty one said, "I am too ashamed."
The Water replied, "How will your shame be washed away without me?"
Rumi

Water is the softest thing,
yet it can penetrate mountains and earth.
This shows clearly the principle
of softness overcoming hardness.
Lao Tzu

Wherever water flows, life flourishes
Wherever tears fall, Divine mercy is shown.
Rumi

When a thirsty man moans:
Oh water Oh delicious water.
This thirst that is in all of our souls
Is the water drawing us to it.
We belong to it and it belongs to us.
Rumi

A thirsty man calls out, 'Delicious water, where are you ?'
While the water moans, 'Where is the water drinker ?'
The thirst in our souls
is the attraction put out by the Water itself.
We belong to It, and It to us.
God's wisdom made us lovers of one another.
In fact, all the particles of the world are in love
and looking for lovers.

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Rumi

Any life lived apart from spiritual companions
Is lifelessness and sleep for your essence.
"Water" that makes you murky is poison,
But "poison" that makes you clear is pure water.
Rumi

Deep frozen stays the ice in shady places which
did not see the radiance of my Sun.
But every ice that saw the Sun's face smiling says meltingly,
"I am the water that grants life.
Oh, if a tree could wander and move with foot and wings.
It would not suffer the axe's blows and not the pain of the saw.
For would the Sun not wander away every night, how could every
morning the world be lighted up?
And if the ocean's water would not rise to the sky, how would the plants
be quickened by streams and gentle rain?"
The drop that left its homeland and then returned, it found an oyster
waiting and grew into a pearl.