

The background is an abstract painting with thick, expressive brushstrokes in a variety of colors including red, orange, yellow, green, blue, and purple. The colors are blended and layered, creating a vibrant, textured effect. The overall composition is dynamic and energetic.

# The Call of the Heart

Swami Dhyan Giten

# **The Call of the Heart**

SILENCE, LOVE, JOY, TRUTH,  
COMPASSION, FREEDOM, THE  
ETERNAL AND THE IMMORTAL  
AND A HEART IN TOUCH WITH  
THE UNIVERSAL HEART

**Swami Dhyan Giten**

# "Love is the highest law of existence"

- Swami Dhyan Giten

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THE EXISTENTIAL HEARTBEAT by Swami Dhyan Giten

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# Preface

## Intellect, Heart and Being

Fulfillment never comes through the mind. Learn how to use the intellect, but do not live for the intellect, live for the heart.

The heart asks for love, the heart asks for joy, the heart asks for compassion, the heart asks for truth, the heart asks for intuition, the heart asks for healing, the heart asks for freedom, the heart asks for silence, the heart asks for fulfillment and the heart asks for the divine.

The ultimate thirst and longing of the heart is samadhi and enlightenment. The mind can at the most bring ideas, theories, arguments, analysis and concepts about love, joy, truth, freedom and enlightenment.

Use the intellect, but understand that the intellect is only a useful tool and instrument. The intellect is not everything. Do not allow the intellect to interfere in silence, love, joy, truth, meditation, silence and enlightenment.

When you get a taste of the heart, you will find a silence descending on you like a silent rain, and a joy without outer causes begins to fill you from within.

Some people do not hear nothing, but ideas, logic and theories. They do not come close to the heart, but when

you get a taste of the heart; you will not bother about ideas and concepts anymore.

It depends on you. It is your own choice and responsibility. If you allow yourself to come close to the heart, you will allow yourself, you will find silence, joy, love, truth, freedom, compassion and gratefulness. Then the door to gratefulness to life opens. Then you have come one step towards the eternal, to the immortal. You have to gather courage to take the jump to that, which is beyond logic.

The heart gives you the first glimpse of the open sky and then that glimpse will start growing in you. Then the call of the heart will call louder and louder.

When you make the intellect a limitation, you will remain a small pond. If you make the intellect a step towards the heart, you will embark on a great journey to the ocean. One who finds the heart becomes a river to the ocean. Then you live in a continuous process for enlightenment.

One has to go beyond the intellect, and one has to go beyond the heart. First, move from the intellect to the heart, to love, and then move the inner being, to silence. That silence is your home. Then limits drop and the infinite and boundless begin. Bondage drops and one has glimpses of the eternal, of freedom.

You have to take a new step into the unknown. The intellect is just an accumulation of the past. The heart means the unknown, the heart means adventure. A person who makes the journey towards the unknown makes a journey towards enlightenment.



Enlightenment is the most unknown happening in life. Enlightenment always remains a mystery. The intellect can never understand enlightenment.

Keep the heart available for the unknown. Don't hold back when the unknown calls. When the unknown knocks on your door, move with it, don't be afraid.

This is the sign of a spiritual person.

# WHAT IS LOVE?

Love is perfect as it is. Love is enough unto itself. Love has to be understood. The first difference to be understood is the distinction between sex and love. Sex is blind passion; love is the fragrance of a silent and meditative heart.

Love is the flight of your consciousness to higher realms beyond the body. Love is the fragrance of a rising consciousness. Love is like the fragrance of a flower. The moment you are overflowing with joy, a longing arises to share it. This sharing is love. Love is not something that you can get from somebody else, who has not attained to a state of joy.

Everybody is asking to be loved, and pretending to love. You cannot love, because you do not know what consciousness is. You do not know the truth; you do not know the experience of the divine. You do not know what love is, because you have not yet gone deeper in your consciousness. In this ignorance and blindness, love does not grow. If you really want to know love, forget about love and remember meditation.

Love is the fragrance of the eternal. It is the experience of conscious people, not of the unconscious people that the world is full of. Only a few people have really known what love is.

Love is a rose of your being. Love is a spiritual experience, which has to do with your own being. The first step is to know yourself, and love will come as a

reward. Love is a shadow of your consciousness. Be more conscious and love will be there.

You and love cannot exist together. If you are ready to disappear, to disappear as an ego, leaving only a pure being, a pure consciousness, love will blossom.

Disappearing you will be able to give so much love, because it is not something exhaustible. And the more you give, the more you become capable of giving love.

The greatest experience in life is when you simply give without any conditions, without any expectations. Then you can give love with a deep sense of gratitude to all that accept it. You can go on giving to everybody, not only to human beings, but to birds, animals and trees. From all over existence love starts showering on you. The more you give the more you receive. Life becomes a dance of love.

# THE ABC OF LOVE

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

The human heart is a healer, which heals both other people and ourselves. The open heart is like a fountain, which no longer makes any distinction between: "I like you - I do not like you". The open heart does not make any difference between friends and enemies. The open heart is open both for ourselves and for other people. The open heart is unconditional love.

Intuition is our true inner voice, the ever-present inner source of love, truth and wisdom, and the silent Existential voice within ourselves. Through the intuition, we are in contact with the Whole.

Our heart is the door to allow Existence to guide us – instead of being directed by our own ideas, attitudes and preconceived expectations of how life should be. When our heart is closed, it can create a lonely and isolated feeling together with the attitude: "Nobody loves me" or "Nobody cares about me", which can make it hard for other people to love us.

The basic problem with the world is that there is too much hate and too little love.

The fourth level of consciousness is placed in the middle of the heart. The fourth level of consciousness is the human heart. The heart relates to unconditional love and acceptance both for ourselves and for other people. The heart relates to qualities such as empathy, joy, acceptance, trust, intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a sense of oneness in love.

The human heart has both an active and outgoing quality and a receptive and ingoing quality. The outgoing quality is active love and the ingoing quality means to allow both others and ourselves to love us.

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being.

A silent revolution of the heart happens when we begin to care about another person and it is a joy to put the needs of the other person before our own needs. It is on the consciousness level of the heart that we begin to develop the awareness and sensitivity, which makes us begin to care about another person.

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time. It is when we begin to open our heart that we discover a feeling of oneness in love with other

people, with nature, with the trees, with the stones, with the ocean and with the blue sky.

I remember when I had a painful relationship with a woman and did not know what I wanted to do with the relationship. Then I closed my eyes and asked my own intuition, my inner source of love and truth, Existence within myself, what I should do with the relationship. The answer that came in a silent whisper was: “Focus on love, not on a specific person.”

It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole. We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding. We begin to understand that life is about giving, rather than taking.

Above the consciousness level of the heart, we need a teacher and a guide. It is somebody who “knows”, who has walked further on the path than us and who can guide, encourage and inspire us. There is an Indian saying: “When the disciple is ready, the teacher occurs.”

Our heart is actually already open, but it is our judgments about others and ourselves that keep it closed. When we stop judging others and ourselves, our heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love. It means to love

everything that we find inside ourselves. Healing happens when we bring everything that we find inside ourselves out into the light.

Trust is a requirement for love. Without trust, love becomes without depth. It becomes like a plastic rose, instead of a fresh and alive rose. Even if some people will use and betray our trust, it is not a reason to allow them to undermine our basic trust in life. It is better to allow some people to betray our trust than to not allow our basic trust in life to develop. Many people are also so sleeping and unconscious that they do not even know what they are doing. Even if we feel hurt, disillusioned and disappointed with people, try to give them love. One criterion for spiritual maturity is that we begin to give love, instead of needing love.

The really poor are those that think that money are the meaning of life. When we lack love in our life, money becomes a substitute.

Love is to eat pizza with our beloved even though we hate pizza.

We have been taught to love others, but not to love ourselves. But how can we love others if we do not love ourselves first? The ABC of love is that we first need to love ourselves before we can love anybody else.

Exactly as the rhythm of the in breath and out breath of the physical body, love has also two poles: to give love and to allow ourselves to be loved. Some people can easier give love, while others can easier be loved. But for

our love to be whole, we need to learn to both give love and allow ourselves to be loved.

Love and fear are two sides of the same coin. In the absence of love, fear arises. In the light of love, fear disappears. Fear is a contraction of our life energy together with a feeling of loneliness and isolation. Love creates an expansion of our life energy together with a feeling of love, joy and belongingness with life.

Love is the strongest force there is. There is no stronger healing power than love. Love is pure magic. Love transforms people without really doing anything. The mere presence of love transforms people. There is nothing more holy than love since love makes people whole.

Love accepts a human being as she is. Love creates the freedom for a human being to be who she is. Love creates the relaxation, which helps a person to relax into her own inner being, into her own authentic self. Love allows us to appreciate the beautiful being we already are.

Love is not an exclusive relationship with another person; love is the quality of our inner being. It is to discover the source of love deep within ourselves, which is our true nature.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

Love is the most valuable gift we can give to another



person. What we need to do is to open our heart and release our love to the world, to the people, to nature, to the animals, to the trees and to the sky – and this love will be returned a thousand times to us.

The basic fear with love is that love is larger than ourselves.

Love means to realize that we are one with life. Real love means to realize that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky. It means to realize that all of life is God.

# THE WAY OF THE HEART

The way of the heart is to live in love, joy and trust. It is to live in the unknown. It is to let go of the past.

The heart is always ready to take risks and to live dangerously. The way of the heart is the way of courage. To be courageous means to live with the heart. A courageous person lives through the heart. To be true to your heart brings joy. To live through the heart is to discover meaning.

To live through the heart is to do whatever is coming from your heart, and if you have the courage and are authentic about living through your heart, people will begin to understand you.

Your responsibility is only towards your heart, not towards anybody else. Your responsibility is only towards your own being. Listening to your own heart, you will start to move in the right direction.

The whole art for the new humanity consists of the art of listening to the heart consciously, and to follow it wherever it leads you. Do not listen to the religious scriptures - listen to your own heart. People who do not dare to listen to their heart create ideologies, concepts and theories. Do not follow rules imposed from the outside. No imposed rule can ever be right. Respect yourself, respect your inner true voice, and follow it.

What is the definition of right? That which is harmonious with existence is right, and that which is disharmonious with existence is wrong.

# LOVE

## Ordinary love and real love

Ordinary love is demand and expectations, real love is sharing. Real love knows nothing of demands and expectations; real love is the joy of sharing. Love knows only giving and never asks for anything in return. Ordinary love is greed hoarding. Greed only wants and never gives. Ordinary love pretends, real love is real and authentic. Real love is nourishment, it strengthens your soul. Ordinary love strengthens your ego. Ordinary love is conditional love, real love is unconditional love.

Become a servant of real love, and that means becoming a servant of love in its ultimate purity. Give, share, whatever you have to share. Enjoy sharing, do not do it as a duty, because then the joy disappears. And do not feel that you are obliged to others. Love never obliges. When somebody receives your love, you feel obliged. Love is thankful that it has been received.

To become a servant of love does not mean to become a servant of somebody you love. Your love is only pure love and the whole existence consists of pure love. A flower is an expression of the pure love of existence, the trees is another expression of the pure love of existence and your beloved is also a pure expression of the pure love of existence.

You cannot frustrate real love, because there are no expectations. You cannot fulfill ordinary love, because it is rooted in expectations. Unreal love always brings frustration and real love always brings joy and fulfillment.

The American psychologist Abraham Maslow divides love into two parts: need-love and being-love. Need-love is ordinary love and being-love is real love. Need-love is based on expectations. Being-love is to share your love from your inner being. Serve love through your beloved, so that you never become attached to love. Unreal love shows much worry and concern, but real love is considerate. If you really love a man or a woman, you will be considerate of his or her real needs, but you will not show unnecessary concern for his or her ego desires. You will not fulfill his or her ego, although his or her ego will be demanding. Consideration means that you will see that this is not a real need, but an ego need, and you will not fulfill it.

Love knows compassion, but no concern. Whatever the need, love will be considerate, not concerned. It will not fulfill any unreal need. It will not fulfill any poisonous ideas and desires that will harm the other.

Search and meditate into love. Love is the greatest experiment in life, and those who have never experimented with love in their lives, will never know what life really is. Life without love becomes meaningless. Life with love creates a deep joy and meaning. Those who know love are bound to know God.

Love is the highest value in life.

# LOVE IS NOT AN EXCLUSIVE RELATIONSHIP, LOVE IS A STATE OF BEING

The word love can have two meanings: love as an exclusive relationship with another person and love as a state of being. The moment love becomes a relationship; it becomes a bondage, because there are demands and expectations. There will be an effort to dominate from both sides. It becomes a struggle for power.

Love as a state of being means that you simply love. You are not creating a relationship. Your love is just like the fragrance of a flower. It does not create a relationship, it does not ask you to be a certain way. It demands nothing, it simply shares.

When love becomes like a climate and a fragrance around you, then it has a beauty, it has something of the divine. Your love will help you to grow towards more light, joy, silence, truth, freedom and enlightenment.

You whole life is surrounded by many kinds of relationships. They are a subtle kind of dominance and slavery. Either you are enslaved or you enslave the other.

Let love be your state of being. Not that you fall in love, but just that you are loving. It is simply your nature. Love is the climate and fragrance of your being. Even if you are alone, you are surrounded by loving energy.

This loving state is unaddressed. You can be in the state of love only if you drop the old mind pattern of relationships. Love is not a relationship. Two persons can be loving together. The more loving they are, the less is the possibility of any relationship and the more freedom will exist between them. The more loving they are, the less is the possibility of any demand, domination and expectation.

One of the greatest needs of man is to be loved and to be needed. As long as there are human beings, love will remain the most cherished experience. But because love is such a nourishment and such a need, all the problems have arisen around it.

Love is authentic only when it gives freedom. Let that be the criterion for love. Love is only real when it does not interfere with the privacy of the other person. It respects his individuality.

Be loving, and remember that anything real is always changing. Existence is constant change. It is possible that two persons may live their whole lives together. Nobody is saying that you have to separate, but this living together will be only out of love, without interfering into each other's individuality, into each other's private soul.

# LOVE YOURSELF

Humanity has been living under a dark and destructive self-condemnation. Humanity has been poisoned and condemned, so that nobody thinks himself a beautiful being, nobody thinks himself worthy enough. If you condemn yourself, how can you grow and how can you worship existence? If you cannot worship existence within yourself, how can you worship existence within others? You can become a part of the whole only if you have a respect for the divine that resides within you.

In creating you, God has already shown that he loves you. By loving yourself, you will know that you are a medium for God. In choosing you to be a medium, he has already loved you and respected you.

The priests say that you are a sinner and that you will go to hell. And the priests make you very afraid of loving yourself, which cuts off the roots to your inner being, to your inner source of love. Your whole life will be wasted in self-condemnation. That is why there is so much hate and lack of love in the world.

The idea of learning to love yourself arose because of all the religions for centuries teaching you not to love, accept and respect yourself. The religions have created a conditioning in the mind which condemns you. It is the priests and the state which has created this condemnation through continuous repetition to convince you that there are things in you that is not acceptable. You have to hide them, you have to repress them. They teach you that the unacceptable in you has to be controlled, condemned and repressed.

Your natural being is not acceptable to the religions. Their conditioning has been going on for centuries and naturally you begin to develop a certain conscience, which is not the same thing as your consciousness. The conscience is social conditioning and the consciousness is our natural and ultimate nature. For the consciousness there is nothing in you.

The religions have been teaching you that you are born in sin and that our natural nature leads to more sin. They have taught you that you have to fight with yourself; you have to fight with your nature. Their basic teaching is that your nature is evil and you have to reject it. Almost everything in you that is natural has to be rejected. Life has to be denied, love has to be denied, sex has to be denied and joy has to be denied.

This is a very cunning strategy of the religions, so that they could catch hold and control humanity. They have repressed your sexuality that is our basic life energy. It is the energy that basically keeps you alive. The word sex has been so condemned that even using the word makes you feel like you are doing something wrong.

The first thing is to learn to love yourself. This is the first step to get rid of all the teaching and condemnations of the religions. This allows you to not feel guilty about anything, because nature has given you so much that should be accepted with joy.

Loving yourself means that you throw out all the garbage of religious condemnation, rejection and repression.



Buddha says: Love yourself. To love yourself is to get rid of self-condemnation and thinking that you are not worthy or loved by existence.

Love yourself, says Buddha, but love begins with yourself and then it goes on spreading. Love yourself; says Buddha, and then adds and Watch. This is meditation, but the first requirement is to love yourself.

A person who loves himself can easily become meditative, because meditation means to love yourself and to be with yourself. Meditation is to enjoy yourself in your beautiful aloneness. Celebrating yourself is what meditation is all about. To be is the greatest miracle and meditation opens the door to this great miracle.

But only a man who loves himself can meditate. Unless you love yourself, you cannot be with yourself. Create a loving climate and atmosphere around yourself. Love your body and love your mind. By loving yourself, you will destroy the self-condemnation that society has implanted within you.

# LOVE AND HATE

## Love is a natural state of being

Love is as easy as drinking a glass of water. Love is a natural state of being, a natural state of consciousness. Love is your very being, but love has become almost impossible, because the society and the religions do not allow it. The society and the religions condition you in such a way that love becomes impossible and hate becomes the only possible way. The society and the religions have reduced humanity to a mere state of survival, to a low state of consciousness.

Love listens only to the heart, which makes love dangerous to the society and the religions. They do not want human beings; they want a crowd of sheep's. And the best way to destroy human beings is to destroy their capacity to love. The society and the religions want human beings, whose souls are crushed. This is the reason why the world stinks of hate.

If the child is helped to be in harmony with himself and in harmony with nature, then love is simple. One will be simply loving. Love should be one of the most natural things, but it is not. Love is a source of strength. Love gives courage. Love takes fear away.

A man of fear can only hate. Love is a state of harmony; hate is a state of illness. Hate is illness, and love is health and wholeness. When you hate, your ego is fulfilled. The ego can exist only if you hate. In love, the ego has to disappear. In love, you are no longer separate.

Love helps you to be in harmony with others. If you are too identified with the ego, then hate becomes easy, and love becomes difficult.

Love needs courage, because it needs the sacrifice of the ego. Only those who are ready to become nobody, to become a silence, a nothingness, are able to receive the gift of love.

# TRUST – THE FUNDAMENTAL LESSON

Start trusting yourself is the first lesson and the fundamental lesson on the spiritual journey. Trust is only possible if you first trust yourself. The most fundamental lesson has to happen within yourself first. In India, where they have developed the inner science of spirituality for thousands of years, they made a basic condition that one should begin to develop trust in oneself. If you do not trust in yourself, then no other trust is possible. If you trust you are open, receptive, if you are doubting yourself, you are closed.

Intuition is basically to develop a trust in yourself. When you trust yourself, you can trust others, you can trust existence. Love and silence are the two ways to develop intuition, to develop trust in yourself. Trust is a prerequisite for love. Start loving yourself, if you do not love yourself, who is then going to love you? To love yourself is the first step to love others.

Society destroys the very roots of trust. Society does not allow you to trust yourself. It teaches you all other kinds of trust: trust in the parents, trust in the teachers, trust in the church, trust in God, but the basic trust in yourself is destroyed. The man who trusts himself is dangerous to society, because a society depends on slavery. A man who trusts himself is an independent man. Freedom will

be his life. His love will have a truth to it. The society needs dependent people, who do not trust themselves.

A man who trusts himself comes to know the beauty of that the more you trust yourself, the more you bloom. The more you are silent, calm and cool. And the more he trusts, the more he will trust life. The more you trust, the more you can relax into your being. You know that you are cherished by the Whole. The Whole is breathing and pulsating in you. When you start feeling this love and trust of the Whole, you start to grow roots in your being.

# THE WAY OF TRUST:

## The heart knows how to Trust

Trust is intelligence. Trust means that you can trust your intelligence. To trust your intelligence means that whatever happens I will be able to take the challenge, to respond to the situation. To be in a state of not-knowing is intelligence, it is awareness.

How can you trust anybody or anything if you do not trust yourself? If you doubt yourself, how can you trust? People do not trust, because they are afraid. Doubt is a kind of insecurity, an insecurity in yourself, which is why people doubt. You are not so confident in yourself that you can trust. Trust needs intelligence, courage and integrity.

Life is always changing. Only change is permanent. Only change never changes. Life is not stagnant, it is a process. Life is an immeasurable mystery to be lived.

Discover a trust within yourself. Go deeper within your being, and discover trust. Know the beauty of trust, so when you go into the ocean of reality you will have enough trust in yourself to meet whatever happens.

The heart knows how to trust. Intelligence is intellect in tune with your heart. Wisdom comes through the meeting of the heart and the intellect. When you have created a synchronicity between your heart and intellect, you have the key in your hand to open all the mysteries of life.

# LOVE IS THE ONLY REAL THING

## Love is a Fire

Why creates love so much pain? Love creates pain, because love is a fire, Love is painful, because love creates a way to joy. Love is painful, because love transforms. Love is a transformation, where the old has to be left for the new. The old is safe and secure, the new is the unknown. You cannot use your mind with the new; the mind is very skillful with the old. It is the same pain that the child feels when he has to leave the womb.

And because the transformation is going to be from the ego towards the being, to the state of no-mind, the pain and agony is very deep. But you cannot have joy without going through pain and agony. It is because of the pain of love that millions of people live loveless lives.

Love is a fire, and if you come closer to the fire you will be consumed by the fire. Love brings the death of the old and the birth of the new. The mind is always afraid of death, the mind is always afraid of love. Love and death are the two most fearful objects for the mind.

The heart is willing to be drowned in love, even if the drowning means death. The heart is ready to take the risk even if love means the risk of life.

To suffer in love helps you to achieve higher levels of consciousness. Relationships are a mirror, and the purer the love, the better is the mirror. But the higher love

needs you to be open. You have to be willing to take risks and live dangerously.

The other can hurt you. That is the fear of being open and vulnerable. The other can reject you or leave you that are the fear of being in love. One has to go into love. That is the first step towards God. Those who try to bypass the step of love will never reach God.

To drop the ego is very painful, because we have been taught to create a strong ego. When love is knocking on your door, all that is needed is to put the ego aside. Certainly it is painful; it is your whole life's work. The ego is the idea that you are separated from existence.

This idea is not true, but the whole society is based on this idea that each person is a separate person, not a presence that is one with existence. The truth is that there is no person, there is only presence. You are not - not as an ego - separate from the whole. You are part of the whole.

Love gives you the first experience of being in tune with something that is larger than yourself. Love gives you the first lesson that you can fall in harmony with someone who has never been part of your ego. You can be in harmony with a woman and you can be in harmony with a man. And if being in harmony with a single person gives such joy, what will be the outcome if you are in harmony with all human beings? Love is a ladder. The ladder of love starts with one person and ends with God. Love creates problems, love creates pain, but these problems have to be faced. They have to be lived, and



gone beyond. Love is the only real thing. If it helps love, it is worth doing.

The whole of humanity is suffering from a kind of neurosis and that neurosis is coming from narcissistic stagnation. Everyone is stuck with their own illusion of being a separate self. This is no way to live. And the fundamental problem is that we have forgotten the language of love. We are no longer courageous enough to go into the adventure of love.

Love is commitment. Love is involvement. Love is painful, but don't avoid it. If you avoid love, you avoid the greatest opportunity to grow. If you avoid the suffering of love, you avoid the great joy that comes through the suffering.

You will have to die as an ego, but if you can die as an ego, you will be born as a buddha. Love will give you the first taste that life is not meaningless. Love is a method to kill you as a separate individual. It is a way to disappear as a drop and become the ocean, but you will have to pass through the door of love.

# LOVE IS A FLOWER OF YOUR BEING

Love is the flight of your consciousness. Love is a flight to higher realms, beyond the body and beyond the mind. Love is a by-product of a rising consciousness. Love is like the fragrance of a flower. The moment you are overflowing with joy, a tremendous longing arises to share it. That sharing is love.

Love is enough unto itself; love is perfect as it is. Love has to be understood - not as a biological urge that is just lust. The first distinction is to make clear the distinction between lust and love. Lust is a blind passion; love is the fragrance of a silent, peaceful and meditative heart.

Love is not something that you can get from somebody else. Everybody is asking to be loved, and pretending to love. You cannot love, because you do not know what consciousness is. You do not know truth; you do not know the experience of the divine. You do not know what love is, because you have not yet gone deeper in your consciousness. In this ignorance and blindness, love does not grow. If you really want to know love, forget about love, and remember meditation, which is the way to develop your consciousness.

Love is something eternal. It is the experience of conscious people, not the unconscious people that the world is full of. Only very few have known what love is. Love is a flower of your being. Love is a spiritual experience, which has to do with your innermost being.

The first step is to know yourself, and love will come as a reward.

## Disappearing into silence

Love is related to your consciousness. Become more conscious and love will come as you become more conscious. In fact, before you attain to love, you will have to disappear. When love will be there, you will not be there. You and love cannot exist together. If you are ready to disappear, leaving only a pure consciousness, a pure being behind, love will blossom.

Disappearing you will be able to give much love, because it is not something inexhaustible. And the more you give, the more you become capable of giving love. The greatest experience in life is when you simply give without any conditions, without any expectations. When you start giving love with a sense of gratitude to all that accept it, you have become an emperor. You are no longer a beggar asking for love.

You go on giving to each and everybody, not only to friends, but to enemies, not only to human beings, but to stones, flowers, animals and trees. And then you start receiving from unknown sources, from unknown people, from flowers, from birds and from trees. The more you give, the more you get. Love becomes a dance of love.

# LOVE IS A RARE FLOWERING

Love is a rare flowering. Love is dangerous, love is risky. You will have to become open, available and vulnerable. Millions of people live in the illusion that they are living in love. Love is rare because it can happen only when there is no fear. That is why it is difficult to be open to love. That means that love can only happen to a deeply spiritual person. The spiritual person can live in trust and he can be available and open. Then he can invite another person into his heart and being.

There are two ways of loving: Fear-oriented and love-oriented. The fear-oriented way of living can never lead to deep and meaningful relationships, because you remain afraid. The love-oriented way of living leads to trust and openness in relationships.

What is the fear? The fear is conditioning given by society that you have to feel guilty and that everybody is an enemy. Nobody is against you. There is nothing to fear. When lovers are afraid, then it is not love. Then it is just a relationship of fear, dependence, fighting, control exploiting and manipulation- but it is not trust and love. When you are not afraid, you do not create barriers and you can be open and available. Then love is possible. Then you become content. The outer sign of love is a deep contentment. Love makes you desireless, because desire comes with discontentment. Then the present moment is the only moment.

If you can allow love out of trust, there is no need for meditation. Because, through love, everything will happen to you in silence, meditation and prayer. That is what Jesus means when he says that God is love.

# LOVE IS THE ART OF BEING ONE WITH THE WHOLE

Love has many levels: the biological, the social and the spiritual level. These levels do not need to be in conflict. Love is a deepening inside, a flowering of our being. Love should not be confined and limited.

Your love should spread to the whole universe. Your love should become so large that it contains the silence of the trees and the song of the birds. But we have been brought up in such a way where love has become another name for domination, competition and jealousy. The whole work of meditation is to erase this wrong condition about love, so that love becomes as vast as the universe. Love is the art of being one with the whole.

On the path of love you will meet many partners. Don't make them hindrances and obstacles to reach love. The people you meet on the path of love are not a hindrance. They give you lessons of love. We have to learn love step by step. Love deeply, love without domination and jealousy and help each other to be meditative.

Your love should become spiritual phenomena. The only sharing is of silence, joy, truth, friendship and compassion.

The people that we meet on the path of love should make our love more and more pure, more and more authentic, more and more joyful and more and more meditative.

Love wants everybody whom it loves to be happy. In the higher realms of love, love is no longer a relationship between two people, it has become lovingness. You are love; you are surrounded by an aura of lovingness. You will share love with the trees, the birds and the animals. It is not an effort, you will simply radiate love.

The ultimate love is lovingness when the whole existence becomes your beloved.

# LOVE YOURSELF AND IN THAT LOVE YOUR EGO WILL DISAPPEAR

The first love of oneself has to rise in your own heart. If the love has not risen for yourself it cannot rise for anybody either. One has to love one's body and one has to love one's soul. The person who loves himself is bound to become more silent and meditative, than the person who does not love himself. If you love yourself you will be nourishing yourself. When you love yourself you will discover that others will love you. Nobody loves a person who does not love himself. To love yourself is of immense spiritual value.

The person who loves himself will find that there is no self in him. Love always melts the self. Whenever you love, the self disappears. Ego and love cannot exist together. The less a person is loving himself, the more egoistic a person is. The more you love yourself, the more you will find that the self disappears. For moments, you will find that the self is not there and only love is there.

Real love knows nothing of the ego. Real love starts as self-love. Self-love knows nothing of comparison with others. You simply love yourself as you are. Ego comes with comparison with others. In real love, there is no division. The lovers melt into each other. In egoistic love, there is great division.



Love yourself and in that love your ego will disappear. And when the ego disappears your love will start reaching to other people, to flowers, to animals. And it will not be a relationship, it will be a sharing of love.

# THE ONLY LANGUAGE IN THE UNIVERSE

## The Language of Love

There is only one language in the universe, which is the language of love. So become more loving - unconditionally loving. Become love - just be loving. Birds and trees, men and women, everybody understands the language of love.

Love is a glimpse of eternity. It is a glimpse into a world of no boundaries. Love begins, but never ends. Normally the mind interferes with love. The mind is greed, the mind is poisonous. The mind interferes and tries to possess the other person, then love is destroyed. If you really love a person, you give him freedom and infinite space. So in the world of love, you have to drop the mind. Your very being is just a space for him to be, to grow.

Meditation is creating a situation, where the mind becomes silent. Then you become unafraid, loving and peaceful, so that one day the mind will completely disappear, and you become part of the universe. Then you are no more confined to the mind and the body. Then you become a pure space, a pure consciousness. Which is what God is. God is pure space, pure consciousness. Love is the way to that pure space, to that pure consciousness. Love is the way and God is the end.

Fear is the negative aspect of love. If love is not allowed to flow, it becomes fear. If love is allowed to flow, fear disappears. That is why only in a moment of love, there is no fear. So be more loving. Love unconditionally. Love in as many ways as possible. You can love a stranger on the road. One can just feel love for him, without even talking. One can love a rock, a tree, an animal, the sky or the stars. One can love the friend, one can love the children. One can love in a million ways. The greatest question arises when you move into love. Then the fear grips your soul, because to love means to die into the other. To love needs courage. In the death of love, the ego dies.

# THE FOUR LEVELS OF LOVE

What is the relationship between love and fear? What is the difference between conditional love and unconditional love? What are the three levels of love? The first level of love is sexuality and physical love, the second level of love is unconditional love, the third level of love is prayer and the fourth level of love is meditation.

Fear is a negative state, an absence of love. If you love well, fear disappears. If you love deeply, fear is not found. Do something with love, forget about love. It is like light and darkness. Darkness is just an absence of light. If you want darkness to disappear you have to bring light.

Fear is darkness. It is an absence of love. Do not fight with fear. Do something with love and forget about fear. whenever you have been in love with another person. Then there is no fear. If two persons are in deep love, fear is not found. It is just as if there is light, darkness will not be there.

The secret is to love more. Be courageous in love, be adventurous in love and love unconditionally, because the more you love the less there will be fear. If you have conditions and expectations in the mind about how the other person should be or not be, you will not be able to love, because those conditions will become barriers to

love. Then love becomes limited to a conditional love. The secret is to love unconditionally without conditions and without asking for anything in return. If you can come to the understanding that by loving people you grow in fearlessness, you will love for the sheer joy of it. Ordinarily people only love when their conditions are fulfilled. They say: You should be like this, only then will I love you. When people create conditions for their love, love disappears.

The first level of love is sexuality and physical love. If you love deeply in sexual relationships fear will disappear from the body. Fear is the absence of love. If you love well, fear disappears. Fear is negativity, an absence of love. Don't fight with fear. Do something with love, forget about fear. If you love deeply, fear disappears. If even for a single moment, two persons meet in deep love, in that moment fear will not be found. When you love deeply in sexual relationships fear will disappear out of the body. It will create a deep health in the body, because the body feels whole.

The second level of love is to learn to love unconditionally. If you have conditions and expectations, you will never be able to love. Those conditions and expectations will become barriers. If you come to understand that by loving people unconditionally you will grow in fearlessness, you will love for the sheer joy of love.

Ordinarily people love only when their conditions and expectations are met. They say: "You have to be this

way, only then can I love you." People create conditions, so love disappears. You cannot force love it into a limited and conditioned space. Whenever love happens, it is part of freedom. When you fall in love, everything is easy and beautiful, because then you don't create conditions and expectations. Once you have settled and you take each other for granted, then conditions and expectations are being imposed. They say: "You should be like this, you should behave like this, only then can I love you."

When you do not love out of your heart, out of unconditional love, love becomes business. Now you are using love as a demand and a punishment, but you do not love. The more you demand that the other should love you, the less you are loveable, and the more you become closed, confined to your ego. And if somebody comes close to you, you become afraid, because you doubt that somebody can love you and because in love there is the possibility of rejection.

When you do not love out of unconditional love, you are forgetting that love is beneficial to you, not only to others. In the first place, love helps those who love. And the more you love, the more you become loveable. The less you love, the more you demand that others should love you, the less you are loveable and the more you become closed and confined to your ego. And even if somebody approaches you, you become afraid, because in every love there is the possibility of rejection. Nobody loves you. This has become an ingrained thought within you. You protect yourself. You do not allow anybody to love you and you do not love others. Then there is fear.

Then you are lonely and closed in your world. What is fear? Fear is the feeling of no contact with existence. This is the definition of fear: a state of no contact with existence. You are left alone in the world without no contact, without nobody to love and without anybody to protect. This is the state of fear.

Love is an infinite sky. You cannot force it into narrow spaces with limiting conditions. The definition of love is that love gives freedom. Whenever love happens, it is part of freedom. When you fall in love, everything becomes beautiful because you love without conditions and without asking for anything in return. Two people move together unconditionally. Once they have taken each other for granted, then conditions and expectations are imposed. They say: You should be like this, you should behave like that, only then will I love you.

You have been taught since early childhood that nobody loves you, so you protect yourself. You do not allow anybody to love you and you do not love others. Then you are alone in the world. What is fear? Fear is the feeling of no contact with life and existence. It is a state of being lonely, of nobody to love and nobody who loves you. That is the state of fear. This comes up because you are brought up in a way that does not allow your love to flower. The whole of humanity has been trained to use our mind, we have been trained to make war, but we have not been allowed to love. Society and the religions hinder every effort to love. We have been trained to kill, we have been trained to go to war, we have been trained to calculate, but nowhere is there any opportunity where you are allowed where you are

allowed to love. The society and the religions hinder every effort to love. The society does not allow love, because if a person really is in deep love, he cannot be controlled and manipulated. Society and religions do not allow love, because a person who is in deep love cannot be manipulated and controlled.

When you do not love out of unconditional love, when you do not love out of the fullness of your heart, love becomes a bargaining, a business transaction. You want to force the other person to give you love by doing something for you, only then you will love. Now you are using love as a punishment, but you are not loving. You try to withhold your love, but then love itself is not the end. This comes up because you are brought up in a way that does not allow your love to happen. The whole of humanity has been trained for other things, not for love.

Fear is destructive; love is creative. When you love, you would like to be creative. Drop all fear, and learn to love unconditionally. When you love unconditionally, it is beneficial both to yourself and to others. Love people, and you will be fulfilled through it, you will be getting more and more blissful through it. And when love goes deeper, fear disappears. Love is the light; fear is the darkness.

The third level of love is prayer. The religions, churches and sects will teach you to pray, but they will hinder you from real prayer. Real prayer is spontaneous, which cannot be taught. Real prayer is love. Then you can have a beautiful dialogue with the universe. If you



talk to a flower or a tree, which is connected with the whole, you can have a contact with the divine.

Prayer is of the heart. Prayer is to be in love. Prayer is to have a heart-to-heart dialogue with the whole. Prayer is to be in love with the whole. And soon you will feel that you are not only talking, you will feel that the existence is ready to respond. Once your heart is open, the whole is ready to respond. You can tune in regularly with the divine for help to use your divine gifts to spread divine light in the world. During the work with this book, I tuned in with the divine and asked how to relate to the book and to satsang which I work with. The answer, which came immediately almost like a silent whisper, was: "Be a light in the world."

The fourth level of love is meditation. On the fourth level of love, dialogue and separation ceases. Then you have a dialogue in silence. Words drop and only silence becomes the medium. Then there is no other. You are one with the universe.

# LOVE IS YOUR INTRINSIC NATURE

Existence cannot deny love, because love is the ultimate law of existence. Love is the highest law of nature. Love is the strongest force there is. Love is your intrinsic quality. You are born with it. Everything becomes possible with love. Love makes nothing seem impossible.

The society and the religions are afraid of your authentic love, because real love is beyond their control. To keep man in control, the society and the religions have taught you a false idea of love, so that you become a slave to the rulers of the society and a follower of the ideas and ideologies of the society. False love makes you obedient. That is why society teaches you a false love, so you will never know what real love is.

What is awareness? Awareness is your nature. You can never lose awareness, but you can forget it. You can focus it on anything you want. You can focus it outwards on power, money, position, prestige and fame, but when the precious moment comes when you close your eyes and focus your awareness inwards then your life in a split second can be transformed.

There is only one step to awareness: to turn within. Either you can be focused outside or you can close your eyes and focus inside. When you withdraw your

awareness inside and just rest within yourself you have arrived home.

Love is like a cyclone when it comes. It surrounds you. You are no longer there. Something higher than you has taken possession of you. When through awareness your whole energy turns into love, it turns into a new phenomenon: enlightenment.

Let everything arise out of awareness. And the miracle of awareness is that without doing anything, it transforms everything that is false into truth. Awareness is a transforming force. Awareness functions almost like magic.

Become aware and let everything arise out of your awareness. Awareness is a transforming force. If you are aware of anger, pain or sadness, it will disappear. If you are aware of love, it will become stronger.

The beauty of awareness is that it never represses anything, but things which simply melt into the light of awareness and change. The miracle of awareness is that awareness dissolves all that is false in you into all that is loving, joyful and beautiful. And there are things that will become more integrated: love, silence, joy, truth, understanding, compassion and freedom.

For thousands of years all the religions have taught you to love your parents, love your enemy, love your neighbor and love God, but they have not taught you to love yourself. They were afraid of your real and authentic love, which is beyond their control. Love makes nothing seem impossible. The society and the religions became aware that by love a man is beyond

their control. Then his love is the ultimate law and by love you can even go against the whole world.

To keep man in control, they created a false idea of love, so that he becomes a follower of the rules of society. Romantic and false love makes you obedient. Real and authentic love can make you rebellious. That is why society and the religions teach you a false idea of love. These are the ways that they have spoiled your authenticity about love.

This is the reason why you do not see so much love in the world, but you see much hate. No religion has allowed you freedom. And the politicians and the priests are responsible for this. Religions hate each other. Nations hate each other. Political parties hate each other. Classes hate each other.

When through awareness your whole energy turns into love, it becomes a new phenomenon: enlightenment.

# DON'T JUDGE – JUST LOVE

A loving and authentic man allow others to be themselves. When you are judging others, you are trying to interfere in their life. Nobody has the right to judge anybody. These are way to control and dominate people.

It is not your business to judge others as god or bad. Everybody has to be conscious of his own qualities.

If you want to help others, you cannot help by judging.

You can only others by making them more conscious.

There is a great joy and beauty in helping people, then the first is a total acceptance of the person. Whatever the person is it is the way existence has brought him. But we

have been told that person have to be in a certain way.

We have been told that things are good and bad, and that people should be condemned and rejected by the society.

Don't' judge people, Rather love people as they are. We have been taught not to love people, but rather we are taught to judge people. Love knows no judgement; it simply loves, as you are.

Love changes people. Real love makes the difference. Simply by loving people as they are, tremendous changes happen. Do not judge, just love.

You can help a person to become conscious, you can help a person to meditate. And your love may bring the transformation that will not be imposed from the outside;

it will be coming from the inside. And when the change comes from the inside, it has love, silence, joy, truth, understanding, freedom and compassion.

# THE WAY OF THE HEART

## The Path of Love

The Way of the heart is the path of love. It is allowing that which wants to happen. Do not do it, allow it to happen. That is the way of the heart.

Can you really "do" love? It is impossible to "do" love. You can be in love, but you cannot do it. When love is there, you are not there. When love is there, the manipulator, the "doer", the ego, is not there. Love does not allow any manipulation of the ego, of the past. Love simply happens. It happens suddenly out of the clear sky. Love is a gift. Just as life is a gift, love is a gift.

The way of the heart, the path of love, means doing without doing. It is allowing love to happen. It insists that the "doer" has to be dropped. You have to live your life as a flow. Do not try to move up current and do not try to push the river of life. Flow with the river. The river is already going to the ocean. You just be one with the river, and it will take you to the ocean of love.

There is no need to even swim. Relax - and let the river take you. Relax - and let God possess you. Relax - and let the whole take the part. Doing means that the part is trying to do something against the whole, the part is trying to have its own will against the whole. The way of the heart means that the part has understood that it is only the part and has dropped all struggles. Now the whole is doing and the part is happy. The whole is dancing and the part is dancing with it.

To be in tune with the whole, to be in a deep harmony with the whole, is the meaning of The way of the heart, and that is the meaning of love.

Love is always a happening. Suddenly from nowhere it comes to you. You are always taken unaware. Suddenly one day, you feel a new glow, a new energy. God has knocked on your door. Suddenly you are no longer the same. Suddenly you are singing with joy.

Love still remains in the hands of God. It is a happening through grace. Nobody can command love. If it happens, it happens. If you are available to love, you will also be available to God. God and love are the same.

The way of the heart, the path of love, simply means that nothing is in your hands. The whole will take care. You allow the whole to take over.



# THERE IS NO HIGHER RELIGION THAN LOVE

Love is not a relationship, love is a state of being, which has nothing to do with anybody else. One is not in love, one is love.

If you are not aware of who you are, you cannot be love. You will be fear. Fear is the opposite of love.

In fear, you become closed. In fear, one shrinks. In love, you open. In fear, you doubt, in love, you trust. In fear, you are left alone. In love, you disappear; there is pure aloneness. Love is when you have known your inner sky. There is no higher religion than love.

Listen to the birds and look at the flowers with awe and wonder. Meet and mix with people, because each person expresses a different face of God. Do not be afraid, because this existence is not your enemy. This existence is your friend, which is ready to support you in every way.

Trust and you will start feeling a new energy in you. That energy is love. Trust is a prerequisite to love. Trust is the roots and love is the flower. That energy wants to bless the whole existence, because in that energy one feels blessed.

Love is a deep desire to bless the whole existence.

# JOY COMES FROM YOUR INNER BEING, FROM YOUR OWN SELF

Joy arises out of our very core. Joy is not dependent on other people or outer circumstances. Joy arises when you come home.

Joy is to enter into your own inner being, into your own self. In the beginning, it is difficult and arduous. In the beginning, you will have to encounter fear, misery and pain, but the deeper you enter into it; the greater will be the reward. Once you have learned to face your fear, misery and pain, you will start becoming joyful, because in the process of facing misery, it will start disappearing and you start becoming more and more integrated in yourself.

One day the fear, misery and pain is there, and then you face it, and suddenly you can see the misery as separate from yourself. You have always been separate from it; it was just identification with it that you got into.

Now you know, you are not it, and then there is a break, an outburst and explosion of joy, which comes from your inner being, from your own self, and which is not dependent on other people and outer circumstances.

# WHAT IS HAPPINESS?

This is the most important question in life. How can we achieve happiness? Is true happiness possible or is happiness only a momentary moment? Momentary happiness will only be fleeting. One moment happiness will be there, and the next moment it is gone. There are moments of happiness and there are moments of sadness and misery. And you cannot keep those fleeting moments of happiness. They come and then they disappear again on their own. You cannot create those moments of happiness. And you cannot avoid the moment of sadness and misery so you are torn between happiness and unhappiness.

What is happiness? Happiness and unhappiness are two sides of the same coin. If you chose one side of the coin, you will also have the other side of the coin. Your happiness also hides unhappiness. The first thing to understand about happiness is that it cannot be created. Happiness always descends from existence. It has to be received as a gift in trust, Happiness happens in a state of let-go.

We have been taught to be ambitious and competitive, but no ambitious person has ever been happy. If you watch the people who have succeeded in the world, who have all the money, power and success in the world, they are not happy. Happiness has nothing to do with success. Happiness has nothing to do with ambition. Happiness has nothing to do with money, power and prestige. Nothing fails like success.

Happiness is a totally different dimension. Happiness has to do with your being, with your consciousness not with ambition and success.

# THERE IS ONLY ONE HAPPINESS AND THAT IS TO BE YOURSELF

Everybody is condemned from his early childhood. Whatever he does on his own is not acceptable, because the crowd of people in which a child is born have their own ideas and ideals. The child has to fit with their ideas and ideals. The people who are in power are able to mold the child in the way they want.

This is the psychology behind the fact that everybody wants to pretend to be what he is not. They have never been allowed to be themselves. Each person has been made into somebody else. Everybody knows that they have been forced and molded into something that they are not. Nobody is themselves and nobody is at ease with themselves.

In this world, there is only one happiness and that is to be yourself. And because nobody is himself, everybody is trying somehow to hide, with masks, with pretensions and with hypocrisy. They are being taught everything in the education system, but they are not taught to be themselves. This is what makes everybody miserable.

To be what you do not want to be, to do something that you do not want to do. These things are the basis of all misery. Sooner or later, you have to decide. You have to say: Whatever the cost, I want to be myself. Condemned,

ridiculed, losing respectability, everything is ok, but I cannot pretend anymore to be somebody else.

This decision and declaration of freedom, freedom from the weight of the crowd of people, gives back your natural being. Then you can simply be yourself just as you are.

# HAPPINESS FROM WITHIN: AN INDIVIDUAL WHO IS ROOTED IN HIS INNER SELF IS ALWAYS BLISSFUL

Joy and happiness is a state of consciousness, a state of our being, which is not dependent on other people and outer circumstances. To be joyful is the basic nature of life. Joy is the spiritual dimension of happiness, in which one begins to understand one's intrinsic value and place in the universe. Accepting joy is a decision to "go with the flow," to be grateful to be alive and for all the challenges and opportunities in life, rather than setting conditions or demands for happiness. Joy is the essence of our life. Accepting joy is to accept a unique perspective of accepting joy by being grateful for our life with its challenges and opportunities rather than placing a demand or setting conditions for it.

Joy and bliss means you have reached to the depth of your inner being. The being belongs to the depth of your being where even the ego is no more, where only silence prevails; you have disappeared. In joy, you exist a little bit, but in bliss you are not. The ego has dissolved; it is a state of nonbeing.

## Joy and happiness is a state of consciousness, a state of being

We rejoice in others, but not in ourselves. We get a little happiness, but always from others. Do we ever rejoice in ourselves? The seeker, the meditator, should start delighting in himself. He should slowly give up delighting in others. Happiness and unhappiness are related to other people and outer causes. As long as happiness and unhappiness is dependent on others and outer causes, we are dependent on others and we will not find our inner source of bliss. Living dependent on others for happiness makes you a slave.

You sit unoccupied and feeling unhappy. You think that if some friend arrives it will give some fun. Alone, you begin to feel sad. The meditator should start rejoicing in himself. You are sitting alone, be joyous. Without external reasons, simply be happy. Do not make your happiness dependent on the other or outer causes. Happiness can only come from within, without any reason. Happiness because of others and outer reasons is only a false happiness - love, relationships, power, money, status, position and fame - the end result will always be frustration and misery. Only sorrow comes from others and the world. Do not associate happiness with others, associate happiness with your own self.

Sitting unoccupied under a tree, be alone, love and accept yourself, and be happy. Happiness without any outer cause is ecstasy. One is rejoicing from within. Bliss is without cause. Bliss is within. The seeker should always



give up delighting in others, and start delighting in himself.

## An individual who is rooted in his inner self is always blissful

If bliss is not forever, it is not bliss. Happiness and unhappiness comes and goes, but bliss is always there. What is always within you, it is your nature, your true self. Your very nature is bliss. But you have forgotten your true nature, bliss, and have become identified with what continuously changes: happiness and unhappiness. An individual who is rooted in his inner self is always blissful. Through awareness, the meditator continuously experiences the blissful self.

An individual who is experiencing centeredness and bliss can also be surrounded by unhappiness, but he is not identified with unhappiness. The meditator is rooted in bliss through awareness. Through awareness, the experience of bliss can be found. Awareness is the method through which you can recognize your true nature, bliss. The day a person reaches this true nature, he becomes full of bliss; he realizes a state of timelessness and immortality.

# ACCEPT YOURSELF: ACCEPTING ALL

If you accept yourself, then all is good as it is. In that experience of accepting yourself as you are, life starts taking a new joy, a new music arises. If you accept yourself, that is the beginning of accepting all. If you accept yourself, you have accepted existence. Then there is nothing else to do, but to celebrate life.

When you accept yourself, there is no complaint left, you feel grateful to life. Then life is good. Then sadness is good and joy is good, love is good and aloneness is good, life is good and death is good. Then whatsoever happens is good, because it happens out of the whole.

You have been conditioned for centuries to reject and not to accept yourself. All societies and cultures have been poisoning the human mind. They all create conflict and anxiety in you. Anxiety is the tense state between that which you are and that which you should be. If there is an ideal that you have to be in a certain way to be loved and accepted, then how can you be at ease? If you reject yourself, you are also rejecting the universe. If you are rejecting yourself, you are also rejecting existence.

Accept yourself, relax into your being. And then you will discover that life is always ready to shower you with gifts. Life is always ready to give abundantly, but we cannot receive it because we do not feel that we are worthy to receive it. In fact, when somebody loves you, you are surprised: Why does this person love me?

Love starts with accepting, respecting and loving yourself. Accept yourself, love yourself, you are God's creation. You are unique. Nobody else has ever been like you, and nobody else will ever be like you.

Love is possible only when there is a deep acceptance of oneself, other people and the world. Acceptance creates the climate in which love grows.

# HAPPINESS IS YOUR VERY BEING: Desire and Desirelessness

What is joy? What is happiness? Something to desire or something to be achieved? Joy and happiness is being and becoming is misery. Becoming is the root cause of misery. This very moment you can be happy. Nobody is hindering you from being happy. Happiness is so easy. It is your nature. Happiness is being. Happiness is not of the head, happiness is of the heart. Become more of the heart, become less of the head.

There is a great difference between a painter who is an artist and a painter who is a technician. The technician knows how to paint, and he will function from the head. He will paint, but he will not be totally in it. A painter who is an artist will function totally differently. He will be total and he will be absorbed when he paints. He will paint with his whole being. He will be lost in painting. In that moment, he will be no more. In that moment, he is not; he is just a medium, a channel. Something of the whole will be painting through him. Swimming, running or just being can be a meditation. Anything can be a meditation if you are not. Joy and happiness is of the heart, it is of the total. God is not somewhere above in

the clouds. He is here and now. God is the soul of existence.

When you are really happy, your ego disappears. When you are really happy, you have a deep feeling of being one with the whole. When you are miserable, you want to be alone. When you are happy, you want to share. In joy and happiness, you become a flower and your fragrance has to be released to the world.

Happiness is already within you. Happiness is your very core; Happiness is your very being. Happiness is a state of no-desire; misery is a state of desire.

One of the fundamental laws of life is if you desire you will miss and if you do not desire it is yours. Buddha says: Seek ye not, otherwise you will miss. Buddha says: Ask not, otherwise it will never be given to you. Asking for more is what our minds are. The mind is a constant asking for more. When you drop that constant hankering for more, you will go through a transformation. Mind is constantly asking, desiring, craving, demanding and creating frustration, because the mind lives in expectations. Watch your desiring, and in watching it disappears. Then comes a deep fulfillment. When desiring disappears, you become full of joy, happiness and contentment without any outer cause. And then there is meaning in life. Joy and happiness is a state of no-desire, misery is a state of desire.

Meditation gives you an insight into desiring, which helps you to drop desire. Meditation prepares the ground for non-desiring. Then happiness descends on you like a silent rain.

# YES AND NO TO LIFE

Consciousness brings freedom. Freedom implies both the right to say yes or no. There is something subtle to understand about saying "no". It feels like more freedom to say "no" than to say "yes". Wherever you say "no", you feel more free. When you say "yes" you don't feel free because saying "yes" means to surrender, to obey, so where is the freedom? Saying "no" means you have asserted yourself, to say "no" means you are ready to control and to fight. Saying "no", you act out of the ego and you feel strong like a rock, while saying "yes" it is vague like a cloud.

There is a certain psychology of the "no". It is difficult for human beings to be in harmony, and it is because of consciousness. Without "yes", there is no harmony. Yes is harmony. It takes time to become mature enough to say yes. The freedom that comes by saying "no" is an immature freedom and if a person is caught in it his whole life becomes a "no"-saying, where he stops growing up.

The ultimate growth is to say "yes" with joy and awareness. That means to live in harmony. That does not mean that you should not say "no", but it means to say "no" when it is true to say "no", but don't get stuck with saying "no." Ultimately, it is to see that there is a higher freedom that comes with "yes".

# Yes and No

## The Two Positions to Relate to Life

What choices do we have in relating to life? What are the three positions to relate to life? Imagine life like a fast flowing river, where you can see the white foam on top of the waves. In this fast flowing river, you have two choices.

The first alternative is trying to swim upstream in opposition to the flow of the river. The second alternative is simply relaxing and allowing us to be carried by the flow of the river wherever it takes us.

The first alternative is a "no"-position in relation to life. The second alternative is an "I want..."-position in relation to life.

These choices mirror our basic relationship to life, and bring up the fundamental question if life is a friend or an enemy, to say "yes" or "no" to life, to cooperate or fight with life.

### 1. The "No"-position

The "no"-position means to relate to life from a "no"-attitude. The "no"-attitude means to relate to life from our ego, from our separate ideas, desires, attitudes, dreams, illusions, ambitions, expectations and concepts about how we should be , about how other people should be and about how life should be.

The "no"-position is a defense and a separation towards life. The "no"-position means to resist the continuous flow and change of life. It is to separate ourselves from the joy and flow of life. The "no"-position is like closing the door from within so that life cannot touch us.

The separate ego receives its strength and maintains its control through fight, judgments and comparison in terms of better or worse and higher or lower.

One of my course participants in a 1-week course on the topic "Yes and No to Life: Meditation, Relationships and Creativity" - which aims on developing the inner "yes"-quality, the inner being, the meditative quality within, both in relation to ourselves, in relation to other people, in relation to creativity and in relation life itself - exclaimed surprised when we did practical exercises about the "no"-attitude to life: "This is exactly how I have always related to life!". She had not been aware before that this was her automatic way to react to herself, to other people and to life as a whole.

## 2. The "yes"-position

Our heart is the door to trust life. Our heart is the door to surrender to life. Our heart is the door to allow life to guide us. Opening our heart means to learn to say "yes" to life. It means to allow us to receive the support from Existence, which gives us exactly what we need in exactly the right moment with more creativity and ingenuity than we can ever imagine.

The "yes"-position means to relate to life through our inner being, through our authentic self, through the source of life within ourselves. The inner being is an



inner space, an inner emptiness, where we can allow life to pass unhindered through us. The inner being is openness and availability to life.

I discussed the concept of Yes and No to Life with my precious friend from many years, Eric Rolf, international course leader and personal consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana. His simple and true comment was: "I usually tend to say yes to what life offers".

The basic reason for all our problems and worries is our desperate effort to try to fit life with our own ideas, ambitions and expectations. The "yes"-position is a deep acceptance of the reality of the moment as it is, without wishing that the moment should be different than it is and without the will to change the moment in any way.

The "yes"-position means to accept and include both joy and sorrow, both light and darkness, both negative and positive experiences and both life and death. It is to be and relate to life in a deep harmony without expecting life to fit with our own ideas, expectations and ambitions.

The "yes"-position means that the part surrenders to the Whole in love, joy, acceptance and trust like the water drop surrenders to the ocean.

## Reaction and Response

### - The difference between ego gratification and being expansion

What is response and reaction? What is the difference between ego gratification and being expansion? One of

the themes that I listen to in an individual consultation or in a group of people is whether there comes a response or a reaction.

There are two qualitatively different ways to meet every moment in life. The first way is reaction and the other way is response. Reaction is about satisfying our ego. It means to act out of our preconceived ideas, desires, attitudes, ambitions and concepts. Response is about responding to the moment from our inner being, from our authentic self, from the meditative quality within ourselves, from the capacity to surrender to life.

Response means a "yes"-quality, a willingness to be present and to go deeper in oneself. Reaction means a "no"-attitude, a resistance to being present and to change.

## Reaction - Ego gratification

Reaction means to act out of our ego. Reaction is to act out of a mechanical behavior. It is to act out of satisfying our ego and its endless desires, dreams, illusions, expectations, investments and concepts.

Reaction is to act mechanically to the present situation out of the past, out of our preconceived ideas, ambitions and concepts.

The mechanism of the ego is fight, struggle, manipulation, control and judgments in terms of better or worse or higher or lower. The symptoms of the ego are desire, greed, anger, jealousy, conflict, struggle, pride and separation from life.

Life is a mirror. Life mirrors our own face. Life gives back what we give out to life. A reaction in the form of judgments and anger often creates the same reaction in another person, while a response in the form of love, acceptance and understanding often creates the same response in another person.

## Response - Being expansion

Response is an alive, fresh and authentic action from the heart in the moment. It is to respond with awareness to the living reality of the moment. It is to be open and available for what is real and true in the moment. It is like allowing a wind of fresh air to sweep through our inner being, which makes our inner being dance with a new love, joy, truth and creativity.

Response is to allow a creative and authentic impulse to arise in the moment from our inner being, from our authentic self, from the meditative quality within, from inner emptiness. It is to respond with the truth both from our heart and being in this unique and precious moment. Through learning to listen to the truth in our heart and being, we learn to see the love and truth of a situation.

The basic question in response is what makes our being expand. Being expansion is to act out of our inner source of joy and creativity. It is to act out of what makes our heart dance with joy. Being expansion is a dance with the moment. It is a love for the truth of the moment.

Response is also to take responsibility for yourself, and not for whether another person chooses to respond or react. Response is to find a freedom within ourselves in

everyday life, which is independent of outer circumstances.

Response is to expand our inner being, our authentic self. Being expansion is to expand our limitless and boundless inner source of love, joy, acceptance, humor, truth, meditation, silence, wisdom, creativity and wholeness. Being expansion is to respond to the moment from our inner life source, from the Whole.

Being expansion also contains a quality of not-I. It means to go around both our own and others ego, and to allow an authentic impulse to arise from our inner being. It is to allow an authentic response to arise from an impersonal quality within ourselves, without any investment in satisfying our ego. It is to move out of our own way - and allow the Whole to express itself through us. It is to become a hollow bamboo, a floating leaf.

It is a great difference between the quality of joy and satisfaction when we choose to act out of reaction or when we choose to respond to the moment. When we choose to satisfy our ego, we create a separation from life. When we respond to the moment, we are in unity with life. We are in a deep harmony with life, without expecting that life should fit with our ideas and expectations. Reaction leads finally to tiredness, exhaustion and a separation from life, while response leads to an alive, intimate and expanding relationship with the Whole.

Working from presence, from the inner "yes"-quality, means to consciously choose to work with people who are willing to say "yes" to be present and to go deeper within themselves. It means to continuously see where

the "yes"-energy, where the light and the possibilities, are in an individual consultation or in a group of people.

Through consciously choosing to work first with the people who are willing to say "yes", can also mean that the people who say "no" can become more willing to say "yes". To go into reaction with a person who says "no" often just creates more reaction in the form of resistance and negativity.

When it comes to saying something directly to a client or group participant, I often ask myself the question: "Do I have enough love, acceptance and compassion for this person to say this?" If the answer is "yes", I am comfortable that I can say what I intended to say without creating a reaction in the form of resistance. If the answer is "no", I usually wait with saying anything until I feel that I have enough love, acceptance and compassion for the other person.

One of my continuous meditations - when it comes to take a new step or start a new creative project - is also to listen to the response or reaction that I receive from Existence. It means to listen to whether there is a "yes" or "no", if there is support or not from Existence, for what I want to do. Sometimes Existence responds immediately, sometimes it takes some time before Existence is ready to respond - and sometimes things are simply not meant to be. It is a matter of trusting the Whole.

# RELATIONSHIPS

## The Balance between Love & Freedom

Love is not an exclusive relationship; love is a quality and depth of being. Our outer relationships are a mirror of our basic inner relationship with ourselves. Relationships are a balance, a development and a dance between our male and female qualities. All people seek love, joy and harmony in their own way. We all want to be loved for who we are. We all want to be acknowledged and accepted for the unique individual we are. The problem in relationships arises when we seek our own center, our own source of love, in another person. We seek a source of love outside of ourselves.

The problem in relationships is that the other person also seeks after his own center, his own source of love, in the other person. In this way both persons will sooner or later feel disappointed and cheated, because of their expectation on the other person. It is first when we let go of the idea and expectation that the other person will give

us the love that we do not have inside ourselves, that the base for a really loving, satisfying and meaningful relationship is possible. It is first when the relationship becomes a giving of love, instead of a taking of love, that the relationship becomes really nourishing and satisfying. As long as we look for the source of love outside of ourselves, we will eventually become disappointed and disillusioned.

It is first when we can relate from our inner being, from our inner center, from our inner source of love and truth, that relationships becomes really loving, creative and satisfying. It is first when we discover the source of love within ourselves, which is our true nature, that we can become really happy and satisfied. As long as we need another person to cover up our inner feeling of emptiness, to cover up our inner darkness and loneliness, the relationship will sooner or later end up in disappointment frustration and disillusioned expectations. It is first when we no longer need the other person to fill our inner emptiness that we consciously can relate from our inner being, from the authentic self, from our overflowing inner source of love.

When relationships are based on the expectation that a partner should fill our inner emptiness, it is like offering an empty cup to our partner with the expectation that the partner should fill our empty cup - instead of overflowing from our inner being and filling our cup from within ourselves. The difference between acting out of our inner being, from our inner source of love, and acting out of our inner emptiness, is like the difference between acting out of light and darkness. I have noticed how much of my professional life - as a therapist and a course leader - that has been a way to fill my own inner emptiness and a way to receive love, acknowledgement and acceptance. I notice what a difference it is to be in contact with another person from a desire to get love from the other person or to be in contact with another person without any desire to receive anything from the other person.

When I can rest in my own inner source of love, it creates a joy and a relaxation in me. It also gives me the freedom to give others the space to be who they are in the moment. I have also learnt not to act when I am not in the light. I have learnt to wait to act until I am in the light again. I have noticed that when I can be in contact with myself - instead of reacting automatically and searching love outside of myself - I can witness my own inner



feeling of emptiness, my own need of love from without myself. This awareness changes my need to look for love outside of myself and it makes my own inner source of love begin to flow from within myself. It is awareness and acceptance that allows me to be with myself and witness my own feeling of wanting love from without myself. It is like being with this feeling and embraces it like a mother embraces her child. This awareness and acceptance makes me come back to my own center, instead of seeking source of love from without myself. I also notice that the more I can accept both when am in the light and when I am in the dark, the more this awareness and acceptance makes more light than dark moments arise.

A key to relationships is to know the difference between when it is time to hold on and when it is time to let go. The criteria are the degree of joy and satisfaction that the relationship creates. If there is love and truth in the relationship, life will sustain the relationship by itself. If there are not love and truth in the relationship, it will change. Expectations are the basic problem in relationships. Expectations are ideas of I should be, how my partner should be and how the relationship should be.

When the relationship does not fit with our preconceived ideas and expectations, we become disappointed.

When I told a beautiful woman who I had a relationship with that I loved her for the first time, she did not answer back that she also loves me. Instead, she was silent for a long time and then she said: "You are courageous to say that!" Her own truth was that she was not ripe at that moment to say that she also loved me. At that moment, she was not ripe to take the commitment that it means to say to another human being that "I love you." I had no expectation that she should say that she also love me. For me it was a giving without expecting anything in return. For me it was a way to overflow from my inner source of love and truth. Instead of asking if she loves me, it is simply more creative to ask myself if I love her. It is a sharing of my love - and then it is up to the other person what he or she wants to do with it. He or she does not have to do anything with it either.

What is the difference between the love pole and the freedom pole in relationships? Relationships are a balance between love and freedom, where often one partner chooses the freedom pole and the other partner chooses the love pole. The freedom pole means that the

partner chooses his own freedom, independence and individuality before the relationship. The love pole means that the partner chooses love, to be together and the relationship. It is like the image that one partner is always trying to run away from the relationship, while the other partner is running after. Earlier I have almost always chosen the freedom pole in relationships, but in one of my latest relationships I found myself in the love pole as she continuously chose her own freedom and independence before the relationship. It did not bother me as I loved her and it was also a valuable meditation for me. But I could also see that if the relationship should be alive and develop, both partners need to have a basic commitment to the relationship. Both partners need to have a love for each other so that these two poles do not become a mechanical way of reacting. If there is love and truth in the relationship, life will sustain the relationship by itself. If there are not love and truth in the relationship, it will change.

Through learning to both be alone with ourselves and to relate in love with other people, we can easier appreciate and accept when life offers us periods of both love and aloneness. It also makes it easier to see when it is authentic to be alone with ourselves and when it is

authentic to relate to other people. Some people cling to relationships to avoid meeting their own aloneness. Other people chose aloneness so that they do not have to relate with other people and risk being hurt or betrayed. Through learning to both be alone with ourselves and to relate with other people, it gives us a new freedom to relate to life. It gives us a new joy and freedom in both being happy and satisfied in our own aloneness and in relating with people in joy, acceptance, trust, friendship, humor, playfulness, understanding, compassion, silence, sincerity, freedom and a sense of oneness in love.

# ROOTS AND WINGS

## The Inner Man and Woman

What is the inner man and woman? Our being consists of two energies: the male and female aspect. Irrespective of if, we are a man or a woman; we have both a male and female side. Life develops through opposite poles and tendencies for example yes and no, joy and sorrow, light and darkness, positive and negative, day and night and life and death. Just as electricity needs both a negative and positive pole for a spark to arise, the human consciousness also has two poles. These two poles are the male and female side. The right side of the body represents the male side and the left side of the body represents the female side. We all have both a male and female side, which is represented by the right and left side of the body. Our inner male and female sides are expressed on the outside as relationships. Often our longer and deeper relationships with an outer man or woman are a mirror of our own inner man or woman.

In every meeting with a man or woman, a conscious or unconscious comparison occurs with our own inner man or woman. If there is a comparison with our inner man or woman, we fall in love. Relationships are a development and a dance between our inner male and female sides. A one-sided development of the male side leads to ego,

struggle, destructivity and a separation from life. A one-sided development of our female side leads to dependence and passivity. It is when we have developed a balance and harmony between both our male and female side that a new spark of joy, creativity and wholeness arises within ourselves.

The basic problem with the world today is the unbalance between the male and female aspects, the unbalance between our inner and outer world, the unbalance between knowledge and wisdom, the unbalance between intellect and intuition and the unbalance between activity and rest. Relationships are a development and a dance between our inner male and female sides. It is a balance and a dance between love and freedom, between aloneness and relating, between strength and receptivity, between closeness and distance, between intellect and intuition, between relaxation and activity and between meeting and leaving. Outer relationships are a mirror of the relationship and communication between our own inner male and female sides.

Outer relationships with a man or a woman are a possibility to understand our own inner man or woman. Outer relationships with a man or a woman are a mirror of the relationship between our own inner man and woman. Embracing our own inner man and woman means to understand the inner drama that happens between our male and female aspects, which manifests on the outside as relationships. Love means to understand the drama that happens between the inner man and

woman. It means to allow both the inner man and woman to find their creative roots and expression.

When we have developed a trust in both our inner man and woman and they can nourish, support, communicate and cooperate with each other, a love begins to flow between them. Often we are identified with either the inner man or woman, while the other side is hidden and unexpressed. Outer relationships are a mirror of the relationship and communication between our own inner man and female side. Sometimes one side is dominant, while the other side is submissive. Sometimes one side is developed, while the other side is undeveloped. Sometimes one side takes responsibility for the other side. Both the inner man and woman need to find their own integrity and independence. When both the inner man and woman take responsibility for themselves and live their own truth, a joy and love begins to flow naturally between them.

Through understanding both the inner man and woman, we understand that outer relationships simply mirror the relationship between our inner man and woman. This understanding gives us the opportunity to take conscious responsibility for our choices and our further steps towards spiritual maturity. Through becoming aware of how the inner man and woman relates and communicates inside ourselves, it creates a joy and satisfaction in the three life areas that they influence: our meditation and inner growth, our relationships and our work and creativity.

The heart is the door to our inner woman. The heart is the door to our inner world. The power chakra relates to the inner man. The power chakra relates to the outer world. Irrespective of if, we are a man or a woman, the inner woman is the center of our consciousness. The inner man is the periphery of our consciousness. It is also the inner man that takes care of and protects the inner woman for example through putting up creative boundaries. The meeting between a man and a woman on the outer plane creates a relationship.

This relationship is not a conflict, but they complement each other. The outer meeting between a man and a woman also creates integration between our own inner male and female sides. It is when our inner male and female sides meet within ourselves that a new spark of love, joy, and wholeness arises within ourselves. When I meet a woman who matches my own inner woman, I notice that it creates a joy in my heart. It is the joy of recognition, a longing after inner wholeness between my own inner man and woman.

It is the inner longing that the outer relationship will help us to reconnect the relationship between our inner male and female sides and makes us whole. In this way our outer relationships becomes a possibility to develop and integrate our inner man and woman in the relationship with an outer man or woman. In this way the outer relationships creates a possibility to learn to love both our outer partner and our own inner male and female side. It is when we develop both our inner man and woman that we find a new harmony and wholeness within ourselves.



Healing means to develop and integrate our inner man and woman so that love can flow between them. To rediscover our own inner source of love, we need to embrace both the male and female sides within ourselves. When these two sides are developed and integrated, a new spark of love, joy, harmony, creativity and wholeness arises within us. Awareness is an inner harmony between opposite poles and tendencies. Awareness is a choiceless consciousness. Awareness is the capacity to embrace, accept and include both joy and sadness, love and aloneness, light and darkness, male and female qualities and life and death.

Through saying “yes” and accepting both tendencies and including whatever aspect that happens in the moment, we meet our unlimited and boundless inner being. The inner man and woman need to find their own independence and integrity. When both the inner man and woman take responsibility for themselves and live their own truth, a joy and love begins to flow naturally between them. Healing means to develop the inner man and woman so that love can flow between them.

Healing is to learn to love both our inner man and woman. It is to learn to live the truth of both the inner man and woman. I have always been in contact with my inner woman. When I studied psychology at the University, a woman in the class of becoming psychologists said once that she thought that I was the only man in the class that did not despise women. I have always loved and respected my inner woman, which have also created a genuine love for woman on the outside. In

fact, I started my own psychological development process through developing my inner woman and then I developed my inner man. The inner woman is the source of healing. The inner woman is the source of silence. The inner woman is the source of love. The inner woman is the source of belongingness with life. Embracing the inner man and woman is to discover our inner roots and wings.

Becoming aware of our inner man and woman means to discover the roots and creative potential of both the male and female aspect within ourselves. Becoming aware of the inner man and woman means to understand that they have different visions of life. It means to understand that they have different perspectives and views of life. The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a deep and natural harmony.

In the world today, a one-sided development of the male side leads to destructivity. A one-sided development of the male side leads to ego, struggle, exhaustion and a separation from life. A one-sided development of the female side leads to passivity and dependence. How does the inner man and woman relate to money, creativity and financial abundance? Existence is abundance. Traditionally men have created a deep split between the inner and outer world, between body and soul, between the material and spiritual world, between love and money and between male and female qualities. The inner man and woman are related to money, creativity and financial

abundance. Through investigating the roots of the inner man and woman, we can find the creative potential of both the inner man and woman. Sometimes either the inner man or woman can also provide financial support for both sides, while the other side has the idea that it cannot support itself financially. I have always been in contact with my own inner female side, which has also given me an understanding for women.

Now I also feel that I have developed a balance between my own male and female side. I feel that I have found a balance between freedom and love, between love and relating, between strength and receptivity, between silence and activity and between intellect and intuition. When we embrace the opposites within ourselves and understand that inner harmony arises when they mature, we find the love, joy, silence and freedom that are hidden in every moment. It is my experience that it is through the inner female side that we find the depth within ourselves – independent of if we are a man or a woman. It is through the female side that we find the inner source of love and truth. It is through the female side that we lit the light of our own consciousness.

The more we learn to know the inner man and woman and the more we accept their different visions of life, the more a meeting happens between them that makes us happy and satisfied. Through embracing both these sides in ourselves, we realize that we really lack nothing – but that we already are in love. When both the male and female side is capable of living in trust, a love begins to flow between them – a love that was always possible, but

not realized. The inner woman is the meditative quality within ourselves. The inner woman is the source of love and truth. The inner woman is the capacity to surrender to life. It is through the inner woman that we are in contact with life. It is the inner woman that is the door to belongingness with the Whole.

## Relationships

Love is not an exclusive relationship; love is a quality and depth of being. Our outer relationships are a mirror of our basic inner relationship with ourselves. Relationships are a balance, a development and a dance between our male and female qualities.

We all want to be loved for who we are. We all want to be acknowledged and accepted for the unique individual we are. The problem in relationships arises when we seek our own center, our own source of love, in another person. We seek a source of love outside of ourselves. The problem in relationships is that the other person also seeks after his own center, his own source of love, in the other person. In this way both persons will sooner or later feel disappointed and cheated, because of their expectation on the other person. It is first when we let go of the idea and expectation that the other person will give us the love that we do not have inside ourselves, that the base for a really loving, satisfying and meaningful relationship is possible. It is first when the relationship becomes a giving of love, instead of a taking of love, that the relationship becomes really nourishing and satisfying. As long as we look for the source of love outside of

ourselves, we will eventually become disappointed and disillusioned.

It is first when we can relate from our inner being, from our inner center, from our inner source of love and truth, that relationships become really loving, creative and satisfying. It is first when we discover the source of love within ourselves, which is our true nature, that we can become really happy and satisfied. As long as we need another person to cover up our inner feeling of emptiness, to cover up our inner darkness and loneliness, the relationship will sooner or later end up in disappointment frustration and disillusioned expectations.

It is first when we no longer need the other person to fill our inner emptiness that we consciously can relate from our inner being, from the authentic self, from our overflowing inner source of love. When relationships are based on the expectation that a partner should fill our inner emptiness, it is like offering an empty cup to our partner with the expectation that the partner should fill our empty cup – instead of overflowing from our inner being and filling our cup from within ourselves. The difference between acting out of our inner being, from our inner source of love, and acting out of our inner emptiness, is like the difference between acting out of light and darkness.

I have noticed how much of my professional life – as a therapist and a course leader – has been a way to fill my own inner emptiness and a way to receive love, acknowledgement and acceptance. I notice what a

difference it is to be in contact with another person from a desire to get love from the other person or to be in contact with another person without any desire to receive anything from the other person. When I can rest in my own inner source of love, it creates a joy and a relaxation in me. It also gives me the freedom to give others the space to be who they are in the moment. I have also learnt not to act when I am not in the light. I have learnt to wait to act until I am in the light again. I have noticed that when I can be in contact with myself – instead of reacting automatically and searching for love outside of myself – I can witness my own inner feeling of emptiness, my own need for love from without myself.

This awareness changes my need to look for love outside of myself and it makes my own inner source of love begin to flow from within myself. It is awareness and acceptance that allows me to be with myself and witness my own feeling of wanting love from without myself. It is like being with this feeling and embracing it like a mother embraces her child. This awareness and acceptance makes me come back to my own center, instead of seeking a source of love from without myself. I also notice that the more I can accept both when I am in the light and when I am in the dark, the more this awareness and acceptance makes more light than dark moments arise.

A key to relationships is to know the difference between when it is time to hold on and when it is time to let go. The criteria are the degree of joy and satisfaction that the relationship creates. If there are love and truth in the

relationship, life will sustain the relationship by itself. If there are not love and truth in the relationship, it will change.

## Expectations are the basic problem in relationships

Expectations are ideas of I should be, how my partner should be and how the relationship should be. When the relationship does not fit with our preconceived ideas and expectations, we become disappointed.

When I told a beautiful woman who I had a relationship with that I loved her for the first time, she did not answer back that she also loves me. Instead she was silent for a long time and then she said: “You are courageous to say that!” Her own truth was that she was not ripe at that moment to say that she also loved me. At that moment she was not ripe to take the commitment that it means to say to another human being that “I love you.” I had no expectation that she should say that she also loves me. For me it was a giving without expecting anything in return. For me it was a way to overflow from my inner source of love and truth. Instead of asking if she loves me, it is simply more creative to ask myself if I love her. It is a sharing of my love – and then it is up to the other person what he or she wants to do with it. He or she does not have to do anything with it either.

## What is the difference between the love pole and the freedom pole in relationships?

Relationships are a balance between love and freedom, where often one partner chooses the freedom pole and the other partner chooses the love pole. The freedom pole means that the partner chooses his own freedom, independence and individuality before the relationship. The love pole means that the partner chooses love, to be together and the relationship. It is like the image that one partner is always trying to run away from the relationship, while the other partner is running after. Earlier I have almost always chosen the freedom pole in relationships, but in one of my latest relationships I found myself in the love pole as she continuously chose her own freedom and independence before the relationship. It did not bother me as I loved her and it was also a valuable meditation for me.

But I could also see that if the relationship should be alive and developing, both partners need to have a basic commitment to the relationship. Both partners need to have a love for each other so that these two poles do not become a mechanical way of reacting. If there are love and truth in the relationship, life will sustain the relationship by itself. If there is no love and truth in the relationship, it will change.

Through learning to both be alone with ourselves and to relate in love with other people, we can more easily



appreciate and accept when life offers us periods of both love and aloneness. It also makes it easier to see when it is authentic to be alone with ourselves and when it is authentic to relate to other people.

Some people cling to relationships to avoid meeting their own loneliness. Other people choose aloneness so that they do not have to relate with other people and risk being hurt or betrayed. Through learning to both be alone with ourselves and to relate with other people, it gives us a new freedom to relate to life. It gives us a new joy and freedom in both being happy and satisfied in our own aloneness and in relating with people in joy, acceptance, trust, friendship, humor, playfulness, understanding, compassion, silence, sincerity, freedom and a sense of oneness in love.

# BE AUTHENTIC: HOW TO CREATE LOVING RELATIONSHIPS TO YOURSELF, TO OTHERS AND TO LIFE

To be authentic means to remain true to your own being.

Be truthful to yourself. You don't need to change others or try to teach others according to your ideas, expectations or ideology. If you change, that is enough.

How to remain true? There are four things about authenticity:

1. Remain true to your own being and listen to your inner voice.
2. Learn to listen to yourself and your feelings.
3. Learn to trust yourself.
4. Learn to love and accept yourself.

1. Remain true to your own being  
and listen to your inner voice

The first thing is to remain true to your own being and to listen to your inner voice; otherwise your whole life will be wasted.

The first thing is your being. Don't allow others to manipulate and control you. There are many people that try to control you, that want to change you, according to their ideas, ideals and ideologies.

Remember to be true to your inner voice. To be authentic is to be true to oneself. Always listen to the inner voice, and don't listen to people that want to control and manipulate you.

Just close your eyes and listen to the inner voice. That is what meditation is all about, to learn to listen to your inner voice.

## 2. Learn to listen to yourself and your feelings

The second thing about authenticity is to learn to listen to yourself and your feelings.

The hypocrisy of the society is to teach you to not listen to yourself, to your feelings, and to not show your true face. So each individual becomes like an island, closed and separated.

From early childhood, we have been taught to suppress the real. In unconscious and mechanical ways, we go on suppressing, without knowing what we are doing.

Listen to the heart, and whatsoever is true, bring it out. And once you know how to be true, it will be so joyful and beautiful that you will never go back to being false.

Be true to yourself that is the basic responsibility towards yourself. You are answerable to your own being. This is the whole problem: how to be yourself.

Then life becomes a beautiful mystery to be loved, and not a problem to be solved.

### 3. Learn to trust yourself

The third thing about authenticity is to learn to trust yourself. If you trust yourself, you can trust people, you can trust in existence.

But if you don't trust in yourself, then no other trust is possible. Society destroys your trust at the very roots. The society does not allow you to trust yourself.

The society teaches all other kinds of trust: trust in the parents, trust in the church and trust in the state, but the basic trust in yourself is completely destroyed.

The society destroys the basic trust in yourself deliberately, because a man who trusts in himself is dangerous for society.

A man who trusts himself is an independent man. The society needs dependent people, who are easy to manipulate and control.

This is why the society destroys the trust in yourself, because an individual who do not trust in himself is shaky and afraid and then he is controllable.

Start trusting yourself. Trusting yourself is the fundamental lesson.

## 4. Learn to love and accept yourself

The fourth thing about authenticity is to learn to love yourself.

If you love and accept yourself, that is the beginning of accepting all. Then all is good as it is, in that experience life takes on a new joy, a new gratefulness.

If you reject yourself, you are rejecting existence. If you accept yourself, you have accepted existence. Then life is good, you feel grateful. Then whatsoever happens is good, because it happens out of the whole.

But you have been conditioned for centuries not to love and accept yourself. Nobody has ever told you that you are good as you are. Once you are incapable of loving yourself, you will never be able to love anybody.

You can love others only if you are able to love yourself. A person who loves himself sooner or later starts overflowing with love.

Love yourself because if you don't love yourself; nobody else will ever be able to love you. You cannot love a person, who hates himself.

How can you love a person, who is condemning himself? He cannot love himself, how can you love him. He will not believe you. He cannot allow anybody to love him, because he knows that he is unworthy of love.

And you know what you are: worthless. That is what you have been told by the parents, the priests and the politicians. Nobody has ever accepted you as you are. Nobody has given you the feeling that you are loved and respected, that you are needed and that this existence will miss you and that without you this existence will not be the same. Without you this existence will lose some joy, love, beauty, truth and poetry. Nobody has told you that you are love and respected by existence.

Love and accept yourself, relax into your being, you are cherished by the whole. Once you start feeling this love and respect of the whole in you, you will start growing roots in your being. Only then you can love people, you can love the trees and the animals.

Love is only possible when there is a deep love and acceptance of oneself, of the other and of the world.

And then you will be surprised: life is always ready to shower you with gifts. Life is always ready to give abundantly, but we cannot receive it, because we don't feel that we are worthy of receiving it.

Accept yourself, love yourself, you are God's creation.

# HEALING IS PURE LOVE

Within each one of us there is a healer. Healing has always been a way and a deep source of healing for me. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness.

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is in itself healing. It is more the absence of love – than the presence of love – which creates problems. Healing is a quality, which we can freely share without any ownership.

Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole. Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness. Healing comes originally from the silence within, where we are already in contact with the whole, with the divine.

Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars. Healing is to be in service of God. People who have a quality of heart and a sensitivity are naturally healing. With some people that we meet, we feel naturally uplifted and inspired. With other people that we meet, we become tired and heavy. With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties.

And with other people, it seems almost impossible to find the right words

People, who have a healing presence and quality, can support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to say the right words, which lifts and inspires us. This is the people, whose presence can mirror the inner truth, which we already know deep within ourselves.

The human heart is a healer, which heals others and ourselves. It is the heart's quality of love, acceptance and compassion plus communication through words, which creates healing. Words which come from the heart create healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen. The gift of healing comes when we see the other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skillful on a technical plane or has a clear clairvoyant ability and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person. When I began to work with people almost 18 years ago, it was an insight for me that I really cared about the other person and that it was this love that was communicated



beyond the words to the other person. One of my course participants – who are a teacher – described this very beautifully when he said that he was impressed by my intuition and by my way of conducting therapeutic work – or if he would rather call this giving insights into love. Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person.

Meditation is the way to develop our natural healing abilities. Healing comes originally from our inner being, from the inner source of silence and wholeness. In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow. Healing happens when we bring everything that we find inside ourselves out into the light. Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation. Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.

A male meditator says that he made a deep going insight in a course about what healing is, which has guided him much in life. He says: "I did a course and had been feeling very good during the week before the course. The first two days of the course I still felt very good. But the third day of the course, I began to feel uncomfortable. The question why I suddenly felt uncomfortable arose in me. But instead of asking somebody else, I asked myself this question and the answer I got was: "To receive attention". "Well, was it so simple", I thought", and then I closed my eyes, went inside myself and gave myself

attention. Through this I discovered that I could give myself healing. There were also many things that I suddenly understood through this about the question: "What is healing?" It became clear to me that healing is to give attention and that healing and giving attention are synonymous terms".

Healing is not only a specific method, healing is also to invite another person into our own inner light, to invite another person into our presence, love, joy, acceptance, humor, understanding, playfulness, meditation and silence. Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy. Humor is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

When I did an education in healing in USA 1984, I was told that I had the capacity to become a crown chakra healer, a spiritual healer, to act as a channel and catalysator for spiritual energy from the 7th chakra through the heart. At that time I had no idea what a crown chakra healer really was and since then it has been a continuous process during the last 17 years to deepen and develop my understanding about what a crown chakra healer is. This process has resulted in a way of working I call "Synchronicity – Transmission of the Light", which uses healing and energy work from the Source on a formless level. With this way of working I have worked with groups up to 80 people. It is really a way of working, which goes around the ego and speaks directly to the heart. It allows a person to come in direct

contact with his own inner being, with his own life source. With my intellect I still do not understand how this way of working functions. It is not a way of working, which can be understood on a method plane. It is a way of working, which relates directly to the heart and which can only be understood through insight and experience. One participant in Gothenburg described his experience of Synchronicity like thousand suns suddenly had been lit in his own consciousness. He says: "It was like an inner explosion, an expansion of my own consciousness – and I felt only love for the other people in the room". The greatest teacher in healing is nature itself. To be out in nature is like being surrounded and embraced by love. Trees are also very beautiful people, who have their own innate wisdom and who are already in oneness with Existence. And the sky whispers its silent message that beyond everything, there is only one sky. A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each other's existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is – and seasons come and goes. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because there is nothing that tries to change them out in nature. There is a quality in the air, which can be called a meditative quality"

Healing is to be in the light of our own consciousness. Healing is an inner light, which exists as a natural radiance around a person. This inner light is in itself a healing force beyond words. This inner light disperses

darkness like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exudes a subtle influence just through its presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

# COMPASSION IS ONLY POSSIBLE THROUGH LOVE AND AWARENESS

Compassion is only possible through love and awareness. It is only through compassion that you can meet another person beyond the personality, the surface, and meet the person at the deepest core of being.

When you can see your own deepest core of being, you become capable of seeing the deepest core of being in another person. Then the other person is not only a mind and body, then he is a soul. And souls are never separate, when two souls meet, they are one. Compassion is the highest form of love.

## Meditation & Compassion

Meditation is the flower and compassion is the fragrance. The fragrance of the flower spreads in the wind in all directions. Man is carrying the potential for flowering within him. Until the inner being of man flowers, the fragrance of compassion will not spread.

When you meditate, you will suddenly one day come upon a new phenomenon from your being, compassion is flowering towards the whole existence. Compassion is a dance of love and meditation, you are so joyful that you can share. When meditation grows in your inner being in

the right way, compassion happens. If meditation is not growing in the right way, compassion will not happen.

When meditation goes right, it gives you a deep silence, and by and by, you will simply disappear in the silence. You are no longer a separate island; you become one with the ocean, one with the whole. Compassion arises when you realize that everybody is related to you. Nobody is separate. When the illusion of separation disappears, compassion arises.

When your meditation develops rightly, it gives a deep silence and by and by you melt and disappear into silence. You are no longer an isolated and separate island, you start becoming one with the whole.

Then you are not a separate note, but a part of the symphony of the whole. Then compassion arises. Compassion arises only when you feel that everybody is related to you. Compassion arises only when you feel that you are a member of everybody and everybody is a member of you. Nobody is separate. When the illusion of separation from the whole drops, compassion arises.

When your silence goes deeper, then the flower blossoms and compassion is the fragrance.

# LOVE IS WHAT CREATES HEALING

All that is wrong with man is because of lack of love. All that is unbalanced and ill with man is somewhere associated with love. He has not been able to love or he has not been able to receive love. He has not been able to share his being. That is what creates all sorts of conflicts inside. These conflicts inside manifest in the mind, in the body and in relations with other people. They can become physical diseases, mental illnesses and problems with relationships, but deep down they come from a lack of love.

Food is for the physical body, what love is for the soul. Love is needed for the soul. The body cannot survive without food, and the soul cannot survive without love. In fact, without love, the soul is never born. You think that you have a soul, but you have not known the soul unless you have loved. Only in love one begins to feel that one is more than the body, more than the mind.

What is compassion? Healing is pure love and only compassion is therapeutic. Compassion is the purest form of love. Sex is the lowest form of love, compassion is the highest form of love. In sex, the contact is basically physical; in compassion the contact is basically spiritual.

You can also call compassion for meditation. Compassion is both love and awareness. The highest form of energy and consciousness is compassion.

Sex is the lowest energy, where you use the other as a physical body. When sex becomes love, then you start respecting the other person. You know that the other person is a soul, an individual. In love, you give freedom to the other. In compassion, you simply give, without any idea of receiving anything back. In love, if you give something, deep down you expect that it should be returned. Compassion is the highest form of love. In compassion, much comes back to you in many different ways, but that is not the point.

The greatest frustration is when you cannot share, when you cannot communicate. The poorest person is one who has nothing to share, who has nothing to give. The sexual person is poor, the loving person is richer and the man of compassion is the richest person. With tremendous love the man of compassion shares his energy and consciousness. That is why compassion is healing and therapeutic.

Buddha used to say to his disciples: "After each meditation be compassionate, because when you meditate, love grows, the heart becomes full. After each meditation, feel compassionate for the whole, so that you share your love and you release the energy into the atmosphere and that energy can be used by others."

Just feel that your energy - after each meditation when you have compassion - should go and help people in whatever ways they need it. End your meditation always with compassion. And your compassion is unconditional. Be compassionate unconditionally. Then you become a healing force in the world of misery.



## The first step is to love and accept yourself as you are

Compassion is therapeutic. And to be compassionate one has to have one has to have compassion for oneself in the first place. If you don't love yourself you will never be able to love anybody else. If you are not kind to yourself, you cannot be kind to somebody else.

The first step is to love yourself as you are. You are not to be somebody else; you are just to be yourself. Compassion arises when you are perfectly grounded in yourself and accept yourself as you are. Once you accept, compassion arises. And then you start accepting others. Just being with somebody who accepts you totally is healing and therapeutic.

Compassion is the flowering. And when compassion happens to one person, millions are healed.

# THE CALL OF COMPASSION: What does it mean to help another person?

What does it mean to help another person? What does it mean to be present for oneself and for another person? What awareness components contain the therapeutic process based on love, awareness and compassion? How can we develop our presence so that our presence and intuition becomes a source of healing in the contact with another person?

Working with people is basically a question of energy and awareness. Part of the therapist's ability comes from technical skills and part comes from the inner being. The first part of this book is about discovering our inner being, to develop a meditative presence and quality. It is about developing our own presence so that our presence and intuition becomes a source of love, joy, acceptance, awareness, healing, silence, wisdom and creativity in the contact with a client. The meditative presence aims at helping the therapist to increase the joy, depth and effectiveness in the healing and therapeutic work. Working with people is to understand healing happens in therapeutic work. It means to understand that the meditative presence and quality is not a static technique – but as the capacity to BE with ourselves and with another

person in a quality of watchful awareness, acceptance and relaxation.

The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, in the meditative quality within, through which we can meet another person. It is to meet that which is already perfect within a person.

Working with people from love, awareness and compassion is about shifting dimension from a personality oriented way of working to a being oriented way of working. It is about shifting focus from the personality, the psychological “I” to the inner being, the authentic self, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. The basic awareness component in working with people from awareness is to develop a presence and an inner quality to work from. Presence means to be grounded in our being, in our essence and authentic self. Presence is to work from a meditative presence, from the inner “yes”-quality, from a state of non-doing.

Presence is to be in the moment, in the here and now. Presence is about being available and to respond to the truth of the moment. It is to respond to the moment in a way that creates a fragrance of love. To help people is to create a climate around you. When you create a climate of love and compassion around you, it helps others to be themselves. Love is a deep understanding, which transforms without doing anything. When you love people as they are, they open and change. If you love a person, you have created a new vision within you.

When love flows without motivation it helps, and nothing helps like love. Once you feel that one person loves and accepts you as you are, you can relax into your inner being. You are accepted in this existence. You feel that you are at home.

Presence is not about trying to change another person or trying to make things happen; it is about being available and to respond with the truth in the moment. Often helping another person is like trying to change them rather than love, accept and respect them unconditionally. There is a great difference between trying to change the other person and helping him. When you help another person you help him to be himself. When we try to change another person you try to change him according to your ideas. You are not interested in the person, you have a fixed idea, an ideology, and you are trying to change the person according to this idea and ideal. The idea and the ideal become more important than the real person. It is not love, it is not compassion. Compassion allows the other to be himself. Compassion has no ideology; compassion is just climate and an atmosphere of love. Then your inner being can grow and expand according to your inner nature. To help others means to help others to be themselves. There are too many people who are trying to change and convert others according to their own ideas, ideals and ideology. Then the ideas and ideologies become more important than the human being.

Presence is about how every action can arise from the quality, which we call awareness – the presence of our soul. Presence is not really something new. Presence is

simply to rediscover the inner quality, which is already present within ourselves. Presence is the capacity to be present for another person with an open heart and to be grounded in our inner being. It is to be present for another person as a supporting light, a supporting presence – and simply to be present for another person can basically help.

One can just love and help and be ready to give unconditionally. Accept the other and give him a feeling that he is perfect as he is. Don't give him a feeling of guilt or that he is wrong as he is. Share your being, but let the other find his own authentic being, his love, his joy, his understanding and compassion.

## The Call of Compassion: The Pedagogic of the Buddhas

What does it mean to be a spiritual teacher and develop the art and skill for how to counsel and guide a person along the path of love and truth? To be a spiritual teacher is the call of compassion. Awareness and compassion are the flower and the fragrance of the spiritual teacher. Compassion means living to give.

To be a spiritual teacher you need to develop the skills and the art to convey the truth to others. It is the most difficult art, because something has to be said about something that cannot be said in language, something has to be transmitted which is not transmittable. To be a spiritual teacher needs a particular training, a particular training to convey, a particular training to help, a particular training to advice and counsel, a particular

training to create new devices and methods, because every individual and age need something different.

The spiritual teacher speaks to the ignorant person in one language and he speaks to the conscious person in another language to help them to take steps to truth. Shraddha, loving trust, is the climate between a spiritual teacher and a student. Shraddha, loving trust, is a spiritual discipline in itself between the spiritual teacher and student. Without trust between the spiritual teacher and student it is not possible to attain to no-mind, because to attain no-mind needs trust.

The spiritual teacher needs to understand six topics to teach the student: 1. Silence: The state of godliness, of egolessness, of emptiness, of meditation.

2. The teacher and student relationship. 3. Shraddha: Loving trust. The spiritual journey of the student is a journey from trust and love to emptiness and godliness.

4. The student: The student has to be ready to die, to go beyond the ego, to become nobody, which is to become one with the whole.

5. The Language of Silence - The transmission of Light: Understanding the difference between the language of words and the language of silence.

6. Truth has to be revealed step by step: Understanding that the truth has to be revealed in many steps. It has to be revealed slowly step by step.

# INTUITION

## Find the Inner Guide

What is intuition, the inner teacher, the inner guide? We have an inner teacher, an inner guide, an inner source of love, truth and wisdom, but we don't use it. We have not used it for so long that we may not even be aware of it. The greatest misguidance is that we have been taught that there is no inner guide, so we cannot believe that it exists. Everybody is born with intuition, with the inner guide, but it is not allowed to work. You have been taught that intellect is the only way to come to an answer. Our schools and colleges have trained our minds and our intellects, so that we have lost contact with our intuition, with the inner guide.

Life is not waiting for you. The intellect works in a logical step by step process to come to an answer, but then we miss the moment. One has to live immediately. You only are when you stop thinking, then the inner happens, then the inner guide is working, guiding you. When something comes from the inner, it comes from your navel upward. Then you are in contact with the flow, coming from the navel upward. When you think, it is just one the surface, in the head. If something comes from your inner guide, it comes from the deep core of your being.

Every child is born natural and then the parents, the society and the school come in. The society has to condition and socialize the child, but it has to

condition the child so that the child never loses his joy, his awareness and his inner freedom. You have to listen to others to an extent, and then you have to start listen to yourself.

The society has to be passed through. It is needed, the only thing to remember is that it is just a passage. The society has to be allowed - and then transcended. You have to find spaces in life when you can simply close your eyes and go beyond society. This is what meditation is. Meditation is to find your own center. Intuition, the inner guide, the inner source of love, truth and wisdom, is to listen to your own center.

Intuition is a capacity of the heart. Intuition is our inner teacher and guide in life. The word "in-tuition" means to know from within ourselves. We all have the same capacity to develop intuition. We all have the same capacity to develop intuition. Love and meditation are the two ways to develop your intuition. Listen to your intuition, to your inner center, and move with that feeling.

Intuition is basically to develop a trust in ourselves, in our inner being, in our center. Intuition is to say yes to life. Intuition is to learn to listen to the silent whisperings of our heart in a basic yes to life. Intuition is to be in contact with the Whole.

Intuition is the art of the moment. The intellect moves continuously between the memories of the past and the dreams of the future, while the intuition is always in the moment, in the here and now.



The more we develop our being, our inner source to being here and now, the more we have access to our intuition.

Intuition is to move out of our own way. Intuition is to move out of our ideas and expectations - and just be with what is. It is to be with the living reality of now.

Try it in different situations for example if you want to find the answer to a problem. Close your eyes, sit down, be meditative and don't think. Just wait, don't think. Don't allow the mind to interfere and drop into the inner guide and allow an answer to come from the inner guide.

Wisdom comes from the heart; it is not of the intellect. Wisdom comes from your innermost being. Whenever you are seeking guidance in a situation, just be in a deep non-thinking, and allow the inner guide to guide you. Follow the being wherever it leads you. Trust it and follow it, because that will be the path for you and your growth.

Intuition is the door to how much we can allow existence to guide us. When we have developed our inner being, intuition is not just single impulses; it becomes a constant available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the right guidance.

# INTUITION, THE INNER GUIDE, THE MASTER WITHIN

Wisdom comes from the innermost depth of your being, not the intellect. Our intuition is the inner teacher, the inner guide, the inner master. The old Indian scriptures say that the outer spiritual teacher is helpful to find your own intuition, your own inner teacher, your truth. Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you. You have to be silent, quiet, so you can listen to the still small voice within you, and then follow it. Wherever it leads, it is good. Go in deep trust, following your own voice. The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition. If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path.

Do not compare yourself with others when it comes to making a decision about what you should do, follow the love, joy and silence of your heart and inner being. When you are in contact with your inner silence, you just know what you should do -you do not have to think about it,

and you do not need not compare the pros and cons – you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead you right.

In 1982, I was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: “You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can.”

Intuition means something that arises from within the inner being. Intuition is the voice of being and consciousness. It is your potential, which is why it is called intuition. Unless you have your intuition, unless you have your own wisdom, your own vision, your own clarity, your own eyes to see, you will not be able to understand the mystery of existence.

## Intuition – Trusting Yourself

Intuition is the language of silence, the Existential language. The word “in-tuition” means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God. Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you. You have to be silent, quiet, so you can listen to the still small voice within you, and then follow it. Wherever it leads, it is good. Go in deep trust, following your own voice. Intuition means something that arises from within the inner being. Intuition is the voice of being and consciousness. It is your potential, which is why it is called intuition. Unless you have your intuition, unless you have your own wisdom, your own vision, your own clarity, your own eyes to see, you will not be able to understand the mystery of existence.

To give meaning to your life, to your heart, existence has given intuition to your heart. Out of intuition arises the possibilities of art, of love, of friendship – intuition will lead you to wisdom, to enlightenment. Then your life is a life of immense light, joy and serenity. Intuition makes a man wise – call it enlightenment or awakening, those are simply different names from wisdom. Intuition brings meaning to life, joy, blessings. Intuition gives you the secrets of existence, brings a tremendous silence, which cannot be disturbed and which cannot be taken away from you.

## Intuition – A “Yes” to Life

Intuition is a “yes” to life. Intuition means to develop a trust in life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises. Life is like playing “hide the key” with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to say “yes” to life. Our heart is the door to surrender to life. Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously has led me to the people I need to meet, to the situations I

need to experience, and to the places I need to be. There has never been any real reason to worry since all small individual rivers are already on their way to the ocean, to the Whole. It is not about swimming, it is about relaxing and to float with the river in a basic trust that life already leads towards the sea of consciousness, towards the Whole. Intuition means to know from within ourselves. Intuition is our true inner voice, our Socratic Daimonion, our inner teacher. Through learning to listen to our own intuition, it develops to a constantly available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the right guidance.

## Intuition – The Art of the Moment

Intuition is the art of the moment. Intuition is always in the moment, in the here and now. Intuition means to develop a trust in ourselves, a trust in our own joy, intelligence and creativity, a trust in our own individuality.

Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle's, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps.

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

We all have the same capacity to develop our intuition. Meditation and love are the basic nourishment to develop our intuition. Intuition is the art of the moment. Intuition is always in the moment, in the here and now. While the intellect always moves like the pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now. The more we develop our inner being, the inner source of love and truth, the inner quality of being here and now, the more we also have access to our intuition. Intuition is about moving out of our own way. Intuition is about moving out of our limited sense of "I". It means moving out of the way of our ideas about how things should be and just be with what is. It is to be with the living reality of the moment.

Our heart is the door to allowing Existence to guide us. Our heart is the door to allowing life to support is in our psychological development process towards spiritual

maturity. Intuition is the voice of our inner being, of our authentic self. Intuition is the Existential voice within ourselves. Through listening to our intuition, we are in contact with the Whole. Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the whole becomes enriched.



# CREATIVITY

## Acting in Harmony with Nature

Creativity is a state of being and consciousness. It is allowing something to happen through you. Creativity is not a doing, it is an allowing. It is to become a passage, so that the whole can flow through you. It is to become a channel, a medium, a hollow bamboo through which something starts happening, because hidden behind man is God. It is to give God a little way, a little passage, to come through you. That is creativity: to allow God to happen through you in creativity.

Creativity is a religious state. When you are not, God is, that is creativity. A song will start coming through you. You are not the creator, it comes from the beyond. When it comes through you, it has a superb beauty; it brings something new, unique and original. Creativity is to be possessed by God. Creativity is what Lao Tzu calls *wei-wu-wei*, it is doing through non-doing, it is action through non-action. When you become creative, when you allow creativity to happen through you, then life takes wings.

The essence of wisdom is to act in harmony with nature. This is the message of all mystics. Animals act unconsciously in harmony with nature. Man has to act consciously in harmony with nature. Because man has free will and consciousness, man can choose not to act in

harmony with nature. This is the responsibility of man. No other animal is responsible.

To act consciously in harmony with nature is to be in contact with the inner being, the source within. By surpassing yourself you can be in conscious contact with the source, with nature. And that is the essence of wisdom: to be in harmony with nature, with the natural rhythm of the universe. And whenever you are in harmony with the natural rhythm of the universe, you are a creator, a poet, a musician.

Try this when you are sitting by the side of a tree to fall in tune with the tree consciously. Become one with nature and let your boundaries disappear. Become the tree, become the grass and become the wind. Suddenly you want to create, to sing. This is the state of creativity. This is the basic quality of creativity, to be in harmony with nature, being in tune with life, with the universe.

Lao-Tzu has called this wei-wu-wei, action through inaction, which is the paradox of creativity. If you see a dancer dance or a singer sing, certainly he is active, but still deep down, there is no actor, no doer, there is only silence. Creativity is to surrender to a power beyond you. Meditation is creativity. And when the ego disappears, you start flowing. You start flowing with the flow of existence.

The ego is your death, and the death of the ego is your resurrection, your rejoicement, the beginning of your real life. Real life is creativity. You need not go to any school to learn creativity. All that you need is to go within and

help the ego to dissolve. And whenever the ego is not, all is truth. Each will benefit in his or her own way.

When you are meditative and egoless, then God starts flowing through you. According to your potential and capacities, God starts to manifest.

# LOVE AND MEDITATION

What is the relationship between love and meditation? The natural consequence of meditation is love. Love and meditation are two sides of the same coin. Meditation is the flower and love is the perfume. If, at the end of the journey of meditation, love has not flowered then the whole journey has been futile.

One of the fundamental rules of life is that how you are being with yourself, you are going to be with others. If you love yourself, you will love others. If you are flowing in being with yourself, you will be flowing in relationship to others. The inner tends to become the outer.

What is meditation? Meditation is to learn to be with yourself, meditation is to delight in your own being. Meditation is a totally relaxed state of consciousness, where you are not doing anything. Meditation is just to be, not doing anything, no action, no thought and no emotion. You just are, and it is a sheer joy and delight. This joy and delight when you are not doing anything comes from nowhere or everywhere. The essence of existence is joy.

Joy and happiness is your very being, your innermost core. When you look at the birds, the trees and the stars, you will see that the whole existence is joyful. Birds are happy for no reason, trees are happy for no reason and flowers are happy for no reason. The whole existence is made of joy. If you can just be with yourself, not doing

anything, just enjoying yourself, just being with yourself, not doing anything, then you are in meditation.

When you are happy for no reason, the joy and happiness goes on spreading to others. It becomes a sharing. This is what compassion is. Meditation is being with yourself, and compassion is overflowing from that being. It is not that you have to be compassionate. In the state of meditation, you are compassion.

A man of meditation is cool, but not cold. Compassion is cool, yet warm, welcoming, inviting, happy to share, waiting to share. If a person of meditation becomes cold, he has missed.

Don't try to change your actions, try to find your being. The action is secondary, being is primary. Action is something that you do; being is something that you are.

Meditation means awareness. Except for meditation, nothing makes a person find his inner being, it changes a person. If meditation is progressing, then the only criteria of its progress are love, the only criteria for its progress is compassion. A man of compassion always thinks about you, about your needs.

Love always thinks of the other, the ego only thinks of oneself. Love is always considerate, the ego is absolutely inconsiderate. The ego has only one language and that is of the self. The ego always uses the other; love is always ready to serve.

The person who is moving into meditation will be helped if he accepts the world as it is. The worldly person never accepts the world as it is, they are always trying to change the world according to their ideas. The religious person accepts whatever is on the outside as it is. He is

not disturbed; he is not distracted by the outside world.  
His whole work consists of moving within.

# RELATIONSHIPS

## Love and Meditation

Relationships are a mystery. The more you try to demystify relationships, the more mysterious it becomes. When you try to solve the mystery with love and relationships, it becomes more complicated because you are two polar opposites of each other. This creates thousand and one problems in relationships.

Unless you solve the fundamental thing about yourself, you cannot solve it. The basic problem of love and relationships can only be solved when the basic question of meditation is solved, because there are basically two non-meditator persons, who are creating the problems in the relationship. Unless you have learned to live alone, there is no possibility of solving the problems of two people being together.

Only two meditators can live together in joy, but then it will not be a relationship, it will be a sharing of love. But often when a person is in love, he forgets everything about meditation. When you are in love, don't forget meditation. Love is not going to solve anything. Love is only going to show you who you are.

If love and meditation go together, you will have a balance. Love and meditation should go hand in hand. This is one of the most essential messages: love and meditation should go hand in hand. And slowly you will see a new silence, joy and harmony arising in you. Only in that silence and harmony will make you a light to yourself.

# THE TWO ASPECTS OF MEDITATION

## Love and Aloneness

What are the two aspects of meditation? How does love and aloneness relate to each other in meditation? Just as the continuous rhythm of ebb and flood of the ocean, meditation also develops between two aspects. These two aspects are love and aloneness. Love and aloneness are the two banks between which the river of meditation Flows. Love and aloneness are the two wings of meditation. We need to develop both these wings to learn to fly.

Aloneness is our inner nature. We are born alone and we will die alone. Aloneness is the quality of our inner being. Aloneness is to be deeply rooted in our inner being. The word “aloneness” consists of two syllables: al-oneness. Aloneness means to be one with our self. When we can rest in our own aloneness as an inner source of love, joy, silence and satisfaction, then our aloneness becomes a door to belongingness to life, to oneness with the Whole.

Meditation can be defined as the art of learning to be with ourselves in our aloneness. Meditation means learning to appreciate our own aloneness. Meditation is learning to rest in our own aloneness. When we can rest in our own aloneness, it becomes an inner source of love,



joy, acceptance, relaxation, silence, creativity, freedom and wholeness.

Love and aloneness are really two sides of the same coin. The inner aloneness and the outer love are two aspects of the same phenomenon. Meditation is learning to be happy and satisfied in our aloneness, and love is the fragrance that arises when we can rest in our own aloneness. A friend of mine said that she often feels alone, but that she accepts this aloneness as a source of meditation.

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced and is expressed on the outside as love. This is not a love that is addressed to a certain person. It is a presence and a quality that exists as a fragrance around a person, which is experienced by others as love.

A therapist needs to develop the capacity to rest in his own aloneness as an inner source of love, joy, silence and satisfaction. When the therapist can rest in his own aloneness, he does not need to seek confirmation from clients. He can receive nourishment and inspiration from within himself or through friends and colleagues.

Life is a continuous development and balance between opposite poles and tendencies. It is a continuous development and balance between love and aloneness, between holding on and letting go, between our male and female qualities and between love and freedom.

Meditation is development and a balance between aloneness, to be with oneself, and love, to relate with others. It is a balance between inner emptiness and the outer world. It is like the balance between the East and West, between spirituality and materialism, between body and soul – and both these aspects are needed to create wholeness.

The psychologist Carl Gustav Jung has called the two aspects aloneness and love for introvert and extrovert personality type, but he has not considered that these both aspects are complementary aspects. The psychological and spiritual development process is about integrating both these aspects in our being. Using concepts from the world of Hegel, you could say that Jung described the thesis and the anti-thesis, but he did not describe the synthesis between the thesis and antithesis. Jung's approach was also to create a synthesis between modern Western psychology and classic Eastern philosophy, but on the road he lost the method to create this synthesis. The method and the practical tool to create this synthesis in our own being is meditation.

Meditation is the only way to go beyond the personality and create this synthesis in our own consciousness. Otherwise, it would be like creating a science, but without creating a practical research method through which you can use this science. In this context, meditation can be described as a subjective science through which you learn to study and observe your own inner world with the same accuracy and objectivity as natural science studies the outer world.

Some people can easily be alone with themselves and other people can easier love and relate with people. My experience is that there are basically two kinds of people: those that easier can be happy and satisfied in their own aloneness and those that can love and relate with people. Depending on previous experiences in life, we can easier be with ourselves in our own aloneness and have a tendency to reduce ourselves when we relate with other people. None of these ways are better or worse than the other.

Aloneness means to learn to give this moment to yourself. To rest in our own aloneness is like sitting on the top of a mountain liberated from the noise and madness of the world.

The basic fear of aloneness is that in aloneness we are nobody.

Aloneness has always been my continuous companion in life. A friend of mine once said to me that of all people that he knew, I was probably the one who knew most about aloneness. I also remember that I once asked one of my teachers in life if it was my path to be alone. His answer was that he did not think so, but that through aloneness I could find my own inner source of love. He also said that through finding my own inner source of love, I could discover then that aloneness is no longer aloneness, but that it opens an inner door to oneness with life. During a period in my life, I had as a continuous meditation to learn to be happy and satisfied in my own aloneness. It was a continuous meditation to learn to be so satisfied in my own aloneness that I did not need anybody or anything outside of myself. Basically I have

always been comfortable with my own aloneness, but this meditation taught me to both accept when I felt a pain in my aloneness – and when my aloneness became an overflowing inner source of love. This meditation taught me that I can rest in my own aloneness as an inner source of love, and to be in contact with the Whole, without reaching outside of myself. Several people have commented during the last year that I seem so relaxed in my own aloneness.

I remember an experience that I had a year ago, which taught me a lot about aloneness. I sat alone on the train on my way to Gothenburg, the third largest town in Sweden, to conduct an intensive week with an open introductory evening, individual consultations and a weekend course. When I sat on the train, I suddenly landed in the pure aloneness of my inner being. It was like the whole world suddenly disappeared and I was totally alone. I got the feeling that it must be like this to know that you are going to die, to know that you are going to leave life, to know that you are going to leave all the people that you love and everything that is near and familiar. At the same time as it was a deeply painful experience, it was also a pleasurable experience. This experience taught me more in an hour than I could have learnt during 10 years of study in psychology at the University.

This experience helped me to find a deep acceptance for the fact that I am totally alone in the world, independent of how many people are around me. This acceptance also created a sense of liberation, a sense of joy, and a deep relaxation in myself. Later I told a friend of mine about

this experience, and her thoughtful comment was: “Well, after such an experience, there is not much to be afraid of any more”.

## Exercises – Love and Aloneness

### Exercise 1: To Consciously Chose to be Alone

This is a meditation to consciously choose to be with yourself in your aloneness during a whole day. Let this meditation be a conscious choice to give this day to yourself as a meditation to be consciously alone. This does not mean that you cannot relate with other people during the day, but be aware about how willing you are to be alone with yourself, without any wish to receive anything from the other people and without any wish to change situations during the day. Let this meditation be a way to discover the joy in being with yourself in your aloneness.

Let it be a meditation to be creative in your own aloneness. Be also aware about how much you can include and accept feelings of fear that can arise during this meditation.

Allow yourself to love and accept yourself in your aloneness, and include feelings that can arise during this meditation.

Be aware how much you can allow yourself to be happy and satisfied in your aloneness as an inner source of love, joy, relaxation, silence, freedom, creativity and wholeness.

### Exercise 2: The rhythm of Love and Meditation,

## Relating and Aloneness

This is an exercise to become aware of the rhythm between love and meditation, between relating and aloneness. Be aware when it is authentic to be alone together with yourself and when it is authentic to relate with other people. When it is authentic to be alone with yourself, then allow yourself to give the time and space to yourself - and allow your aloneness to be an inner source of love, joy, relaxation, silence, freedom and wholeness.

# THE TWO POLES OF MEDITATION

## The Male and Female Pole

What are the two poles of meditation? What is the difference between the male and female pole in meditation? Life develops as an upward going spiral movement between opposite poles and tendencies. Life develops through seemingly irreconcilable pairs of opposites for example negative and positive, joy and sorrow, day and night, light and darkness, body and soul, male and female qualities and life and death.

Meditation has traditionally been associated with something serious and away from the world. Meditation has been associated with a static sitting, but exactly as a plus- and a minus pole are needed in electricity to ignite a spark, there are also two poles in meditation to ignite the spark of love. These two poles are the male and female poles in meditation.

The male pole in meditation is meditation in action. The male pole is the active and creative aspect of meditation.

The female pole is the silent, receptive and watchful aspect of meditation. The female pole is the inner pole of meditation and the male pole is the outer pole of meditation. The relationship between the male and the female pole in meditation is expressed as a balance between rest and activity, between aloneness and relating and between love and freedom. The female pole is silence in our inner center, and the male pole is movement in the periphery. It is to be in the world, but without allowing the world to be in us. The male pole is activity and movement, like the waves on the surface of the ocean, and the female pole is the depth within ourselves, like the dark, silent bottom of the ocean. Through the female pole within ourselves, we are in contact with Existence, with the Whole. The female pole is the depth within ourselves - independent of if we are a man or a woman. The female pole is the door to the intuition, to the inner true voice, to our inner source of love, truth and wisdom. The female pole in meditation is our inner being, the capacity to surrender to life.

These two poles in meditation are a balance between the inner and the outer world, between relaxation and activity and between love and aloneness. When we have developed a balance between both these poles within ourselves, we can rest in ourselves, while we are fully active, engaged and creative in the world. To become whole means to develop a balance between the outer, active and creative male pole and the inner, silent and



watchful female pole in meditation. It means to develop a balance between effort and rest, between aloneness and relating – movement in the periphery and silence in our inner being, in our center.

The female pole in meditation is our true source of creativity. The key to allow creative impulses to arise from the female pole in meditation, from our inner being, is trust. We need to develop a trust to allow creative and authentic impulses to arise moment to moment from our inner being. To allow our creativity to arise moment to moment from meditation can create insecurity, which is why a trust is needed to allow creative impulses to arise from the inner being, from the meditative quality within, from inner emptiness. A friend of mine once said: “In the moment, we always know what to do”.

Most of us prefer one pole before the other in our lives. Developing both poles happens when we say “yes” and allows a healing process, which makes us more whole and faceted than before. It is when both these opposites are represented within ourselves, that we discover a source of healing, a source of love, deep within ourselves, which is our true inner nature.

Through developing a balance between the male and female pole in our lives, work and creativity also transforms into meditation. To choose only the male pole without the balance of the female pole in meditation

results in ego, destructiveness and separation from life. To choose only the female pole without the balance of the male pole results in passivity. These two poles in meditation are like the balance between east and West, between spirituality and materialism, between body and soul – and both these poles are needed to create wholeness. It is when we have developed a balance between the male and the female pole that a new spark arises deep within us - and we experience the limitless and boundless source of creativity within ourselves.

# THE MOST IMPORTANT TEACHINGS OF BUDDHA Love Yourself & Watch

Love yourself and watch is two of the most significant teachings of Buddha. Love yourself and watch is Buddha's two steps of meditation. Just as food is nourishment for the body, love is nourishment for the soul. Without nourishment for the soul, the body becomes weak. Without the nourishment of love, the soul becomes weak. To make you spiritually weak, all the religious traditions have taught you to love others, but don't love yourself. All the cultures and civilizations have taught you not to love yourself because if a man cannot love himself, he cannot love anybody else either.

No state or vested interest has ever wanted you to love yourself because love gives you a soul so strong that nobody can exploit, manipulate, and control you. You have been made afraid of being in love with yourself, which is the first step of love. A man who loves himself

respects himself. And a man who loves and respects himself loves and respects others. He becomes aware that we are not different: we are one. In the foundation, we are part of one nature. A man who loves himself starts overflowing so that his love starts reaching others. You love other people. You love animals, flowers and trees. Love makes you a spiritual force. Love yourself, says Buddha, because it can transform the whole world. Love begins with yourself, and then it can spread. Love yourself, says Buddha, and then he adds, and watch. That is Buddha's word for meditation. The first step is to love yourself, and the second step is to watch. Love is the first step to know yourself. If you do not love yourself, you will never know yourself. Love your body, love your mind, and love your soul.

Watching is meditation. It is Buddha's name for meditation. He says: Be aware, be alert, and be conscious. The first step in meditation is to love yourself, respect and accept yourself as you are. The second step in meditation is to watch – watch when you take a walk, watch when you eat, and watch when you spend time with friends.

# BE A LIGHT TO YOURSELF

## LOVE AND FREEDOM

### - Be Enough to Yourself

How can love create freedom? Love can make you free, but many times love becomes attachment instead of freedom. Love becomes attachment, because there is no love. The attachment is the reality, because love was only a dream, an illusion. When love becomes attachment, love becomes a bondage.

But why does love become an attachment? The first thing to understand is that if love becomes an attachment, love is just an illusion. Everybody talks about freedom, but there is a subtle fear of freedom and everyone wants to be in bondage. No one has the courage to really be free, because when you are really free you are alone. No one is courageous enough to be alone.

You need someone and why do you need someone? You are afraid of your own aloneness. When you are lonely nothing seems meaningful. With someone else you are occupied. You cannot live for yourself, so you live for someone else. In a relationship of two people who are both afraid of their own loneliness, they come

together and start a play of love. But deep down they are searching for attachment, commitment and bondage.

We must remain individuals and we must be independent and free consciousness. We can come together, but not one possesses the other. When you are attached, you have lost your aloneness. Just to feel good that someone needs you, you have lost yourself.

To be free means basically that you have come to a deep understanding of yourself. Now you know that you are a light to yourself, you know that you are enough to yourself. You can share with someone, but you're not dependent. You can share your happiness, you can share your love, you can share your joy and you can share your silence. But that is a sharing, not a dependence. If no one is there, you will be just as happy.

When you realize your inner consciousness, only then will love not become an attachment. If you do not know your inner consciousness, love will become an attachment. First be, and then you can share your being. And then your sharing will be love.

If you do not be first, then you will cling to anyone and anything in order to feel safe and secure. When you are rooted in yourself, then you will not cling to anyone or anything.

# THE FREEDOM TO BE YOURSELF

How can you be otherwise than yourself? How can you be anybody else other than yourself? To be yourself should be the easiest and natural thing in the world, but it is not because the society and the religions corrupt you. The society and the religions corrupt your mind and enforce ideas and beliefs on you, so that you lose contact with yourself.

They try to make something else out of you than that which you were meant to be. It puts you off your inner being, your inner center. The society and the religions make you feel guilty and shameful to be yourself. It drags you away from yourself.

They never say to you to be yourself. They never allow you the freedom to be yourself. They enforce outside beliefs and images on your mind and then the problems begin. You can pretend, but when you pretend, you never feel satisfied. You always want to be yourself, which is natural - and the society and the religions never allow that. They want you to be somebody else. They want you to be phony and hypocritical. They do not want you to be real, because real people are intelligent, rebellious and dangerous people. Real people cannot be controlled and manipulated so easily. You cannot control them in the name of religion and politics.

Real people are always for their own happiness. They are not ready to sacrifice it for anything else. So the society distracts every child. It teaches the child to be somebody else. And by and by the child learns the way of hypocrisy. The society distracts you from happiness, because there is only one happiness and that is to be yourself.

How can I be myself? Just drop the urge to be somebody else. Drop comparison with others and you will be yourself. Drop comparison. You are unique. Nobody else is like you. That does not mean that you are better than others, it means that they are also unique. To be unique is an ordinary quality of every being. Respect your uniqueness and drop comparison. Let others be, and you can relax into your own being. Start enjoying whatsoever you are.

Meditation is a non-competitive way of life. Society is ambition, meditation is non-ambitiousness. Happiness is available to everybody. Whosoever opens his heart, happiness is always available.



# THE ROOTS OF SLAVERY

## Acceptance and Freedom

To be really free one needs to be aware. Nobody can make you unfree if you are aware. It is always your desire to be unfree that makes you unfree. Bondage, dependence and slavery are rooted in unawareness, in unconsciousness.

It is always your desire to be dependent, your desire to not be responsible and being yourself, that makes you unfree. The moment you take responsibility for yourself, when you accept the responsibility of being yourself with all its joys and agonies, then you can be free.

Only a person who can take responsibility for being oneself can be free. Accept the responsibility of being yourself as you are with all that is good and all that is bad. And in that acceptance transcendence happens and one becomes free.

In the whole of existence, only man needs rules. No other animal needs any rules. The reason that man needs rules is that he has left being an animal and yet he has not become. Man is hanging in a limbo between being an animal and being a human being. That is the need for rules. If a man becomes human, he will not need rules. If a society would evolve to be human there would be no need for law. The problem is that man needs rules and laws, government, courts and police, because man has not yet become a human being.

The forces that have evolved to control man - religion, politics, governments, courts, media and police - have grown very powerful and now they do not want to let go of power. They don't want man to evolve and become human beings, so we have fallen into a kind of slavery. The problem is that if man evolves, the power of the forces that have controlled man will dissolve. They are not ready to leave you free and let man grow and evolve into an aware and conscious human being, who can take responsibility and be free.

# FREEDOM AND ALONENESS

What is the relationship between freedom and aloneness. Freedom and aloneness are two aspects of the same thing. The deepest longing in man is to be totally free. Freedom is the goal of man. It is to exist as an infinity. Nowhere will you be in bondage to anybody else if you are alone. Indian Jaina mystics have called it the concept of "kaivalya", which means to be absolutely alone as if nobody exists. This is why those who are in search of freedom will have to find their aloneness.

Man is brought up as a member of a society, of a family. He is brought up not as an alone being, he is brought up as a social being. All training, socialization and education from the society consists of making the child a part of the society. Whenever somebody is alone he looks maladjusted to society, because the society is a crowd of people. If you follow the society, if you become an obedient part of the crowd, a little freedom will be given to you, but in a society nobody can be absolutely free. The very existence of the other will create problems, because the other creates tension, expectations and worries in you.

Religion is the path to absolute freedom. Psychology, psychiatry and politics are the tools of society to make you adjust to society. It gives you a little freedom if you become an obedient part of the crowd. The society and

the religions cannot give you freedom, which is the question for a religious seeker of truth and freedom.

The first thing to understand is that society is not only outside of you; society is also inside of you. One of the basic causes is that society has taught you that it is wrong to be alone. Aloneness makes you sad, you want to belong and you need to be needed. If nobody needs you, you feel meaningless. If somebody needs you, you feel important and meaningful. Unless this need to be needed disappears, you cannot be alone. If you can let go of this need to be needed, you can live in society and be alone. A person who has the capacity to be alone is totally content with himself as he is. A person who can be alone with himself is one whose need to be needed has disappeared and who does not ask for meaning from others. You cannot make an alone person unhappy, because he has learned to be happy with himself. Alone, he is enough to himself.

A meditator means one who is sufficient unto himself, who does not need anybody and who is not in any way dependent. Jesus says: Blessed are the solitary, which means a man who has become absolutely happy with himself, who can be alone in the world. A meditator has chosen his own being. And when you choose your own being, you choose the being of the universe, because your being and the being of the universe are not two separate things. A meditator is absolutely happy in his own aloneness. If somebody walks by his side, it is ok, and if somebody leaves it is also ok. Alone, he is whole.

Meditation: Practice being an alone man, who can be alone and happy with himself.

# THE THREE LIFE AREAS

## Meditation, Relationships and Creativity

What are the three life areas? How do the three life areas relate to each other in creating a loving, creative and satisfying life? The three life areas describe the areas in life that creates a creative and satisfying life when they are developed and function in a harmonious balance. The life areas also describe a balance between the inner and outer worlds that continuously relate to and enrich each other. These three life areas are Meditation, Relationships and Creativity.

Traditionally man has created a deep split between the material and spiritual aspects of life. Man has created a split between the inner and the outer world, between intellect and intuition, between body and soul, and between male and female qualities. Man has either chosen to deny the world or to deny the spirit, the soul.

The three life areas describe a balance between the inner and outer world. They describe how the inner being of a person, the soul of a person, can be implemented into all the three life areas. The actions of a person can be carried by the quality that we call awareness – the presence of the spirit – both in meditation, in relationships, and in work and creativity.

The three life areas describes how our awareness expands and develops, they describe how we walk the way of life. The first life area Meditation is about creating a conscious relationship to our self. It is about discovering the inner being, the authentic self, the meditative quality within, the inner source of love, truth and wholeness.

The second life area Relationships is about learning to relate with other people from our inner being, from our authentic self. Relationships are about learning to live our love and truth in relationship to other people. It is about learning to relate with other people in love, joy, trust, friendship, acceptance, sincerity, compassion, understanding and freedom.

This life area is about learning that relationships are not a chain, but an opportunity to listen to the whisperings of our heart.

Relationships is also about developing and embracing our male and female sides, so that neither side wins or dominates over the other. It is then that the spark of love ignites naturally within us.

This life area is also about learning that people come and go in life. We cannot rely on others like crutches. We can walk together on the path of life, but we cannot lean on each other.

Relationships are also about learning to know when it is time to hold on and when it is time to let go. People disappear from our life when we do not have more to learn from each other. The criteria for when it is time to let go of a relationship is when there is no joy in the relationship, and we do not grow spiritually together.

The third life area Creativity is about learning to follow the whisperings of the inner in creativity. This life area is about recognizing our creative potential, and learning to use our energy creatively. It is about learning to express our love, joy, intelligence and passion in work and creativity.

This life area is also about discovering the area of work, which we love to express our creativity through, and which creates a deep sense of joy, meaning and satisfaction within ourselves. It is to find the area of work through which we can contribute to the world.

Problems in life can often be found in one of these life areas. When one or two life areas are not developed in our life, it also has an effect on the other life areas. For example, if we have not developed Meditation, it will have an effect on Relationships, as our outer relationships are a mirror of our basic relationship to ourselves. If we have not developed Meditation, it will also affect Creativity. When we have not developed Meditation in our life, our creativity is really just activity without awareness.

The criterion for how our meditation is developing in our life is that the meditative presence and quality is expanding both in our relationships and our creativity – and that we develop a harmonious balance between the three life areas.

## The three ways to relate to the three life areas

There are basically three ways to relate to the life areas:

1. To choose only one life area
2. To develop and balance between two life areas and to exclude the third life area
3. To develop a balance and harmony between all three life areas

## 1. To choose only one life area

To choose only one life area means to focus on Meditation, Relationships or Creativity. To choose only one life area to express our whole creativity means that we limit ourselves in expressing all aspects of our total being.

To only put emphasis on developing the life area meditation in our lives means that the meditative quality is not allowed to expand into our relationships and creativity. This is however a common choice in traditional religious contexts. Meditation has also traditionally been associated with something serious and away from the world. The East has also traditionally chosen this position by choosing to only focus on spirituality and meditation.

To only focus on the life area Relationships means that you miss both the relationship with yourself and the relationship to creativity. It also means that you build your whole life around another person.

To choose to focus only on the life area Creativity creates a mechanical workaholic, who misses both the relationship to himself and the relationship to other people. It creates a person, who builds his whole identity



on what he does, rather than on what he is. It creates a lonely and isolated person.

## 2. To develop and balance between two life areas and to exclude the third life area

To choose to balance between two life areas and to exclude the third life area creates three different positions:

1. *Meditation/Relationships*
2. *Meditation/Creativity*
3. *Relationships/Creativity*

The first position **Meditation/Relationships** creates a relationship to oneself and a relationship to other people, but it is still limited because you do not develop your creativity and your innate talents, skills and gifts. The more aspects of our being that we develop, the richer and more satisfying our life becomes.

The position **Meditation/Relationships** also describes how we relate to the two poles aloneness, to be with ourselves, and love, to be and relate with others in our life.

The second position **Meditation/Creativity** means to focus on the relationship to oneself and the relationship to creativity, but it excludes the relationship with other

people in our life. This position can be very creative, but it can also exclude love and support from other people. It is also a position that can be creative for a shorter period, for example when we have ended a relationship and need time and space to be with ourself and to discover our own independence, creativity and freedom.

The third position **Relationships/Creativity** is the most usual choice in the West, where the focus is on activity and the outer world. This position means a relationship to others and a relationship to creativity, but it excludes the basic relationship to oneself. To asses show an individual generally functions, Western psychologist uses the two criterion's how the relationships and the work situation of the individual works. The problem with this position is that it describes an individual who has his whole focus directed towards the outer world, while he does not really know who he is. All problems in the West can basically be traced back to this position. This position is like trying to only breathe out, without breathing in again. It ends in fatigue and exhaustion.

### 3. To develop a balance and harmony between all three life areas

To develop a balance and harmony between all three life areas creates the best conditions for a loving, creative and satisfying life. One life areas can of course dominate

during a shorter period, for example when you have ended a relationship and need to emphasize your creativity and freedom.

Most people have only developed three two life areas: Relationships and Creativity. To be spiritually mature enough to develop all three life areas, an individual need to develop the awareness level of the heart. The heart is the door to develop a balance between all three life areas. The heart is the door to develop a balance between the inner and outer world.

# LIFE IS A MYSTERY

The mind gets caught up outside. Mind suggests to go on forgetting yourself and go on running after dreams and fantasies in the future. We go on living in dreams and fantasies and go on postponing life. Many times we have wasted this life and death is coming before meditation and spiritual growth have come. One more life is spoiled, one more chance is wasted. Don't let it happen this time. This time don't postpone life.

Enter within; find the place within your where you will find the answer to your existential questions. The answer does not mean that you will find some fixed answer, some final conclusion to life. The answer means that you will experience silence, joy, compassion, truth and freedom. The answer means that life is not a problem; it means that life becomes a joy. Enter the depth within yourself, where silence is. The real question of life cannot be put into words.

The existential question is inside everyone. What is the purpose of existence? What is the meaning of life? That which is inside ourselves, you can call it life, consciousness, being, God, freedom or silence is the nameless. When you enter within yourself, and dissolve into silence, the questions dissolve. When the questions dissolve, your very consciousness, your very being, becomes the answer.

Then life is not a question, then life is not a problem, then life is a joy, and then life is a mystery to be lived.

# NECTAR AND POISON

How does one attain to joy? How does one attain to wisdom and freedom? How does one achieve enlightenment?

There are books filled with information about these three questions, but while a buddha is alive people do not listen. Books and scriptures are filled with information and knowledge, but no matter how much you know, wisdom is not attained.

Wisdom is that which liberates you. Jesus has said: Truth shall make you free. Wisdom is that which liberates you. This is the criterion of truth.

Freedom is man's deepest and most important longing. You can achieve everything, but if freedom is not attained, you have not attained anything.

Man wants to attain the open sky, the boundless and limitless. This is man's innermost longing, an inner space where there are no limits, no barriers. You may call it the longing to become divine or you can call it the longing for freedom, for truth, for enlightenment. A seeker of truth has the desire for truth, for freedom, for enlightenment.

What is the difference between nectar and poisons? If you want freedom and liberation, you renounce the passions as poisons, and take silence, forgiveness, love, joy, compassion, truth, freedom and contentment as nectar. With poisons, with anger, hate, jealousy, ambitions and unawareness, we lose life. Passions and

poisons are like holes in ourselves and our life energy, our being, goes on disappearing through them. Passions are poisonous, because we never get any joy and life through them.

If you want joy, freedom and liberation, then let go of poisons, and take silence, forgiveness, love, joy, compassion, truth and contentment as nectar. Nectar means that which gives you joy and life. It means that which gives you the eternal and one that has found it will never die again.

Anger and hate are poisons - silence, love and forgiveness is nectar. Compassion is nectar. Heartfulness is nectar. Cruelty and hate are poisons.

Discontentment and restlessness are poisons. Contentment is nectar. Contentment is a deep satisfaction with what is with no desire for what is not. What is, is more than enough. Contentment means: Look at what you already have. Take contentment as train as nectar, because one who lives in lies and falsehood will go on becoming more hypocritical and false.

The understanding of nectar and poisons is an extremely valuable tool in life.

# THE HIGHEST TRUTH RESIDES IN THE HEART

## The Ocean is Everyone's

We are all individual rivers on our way towards the ocean. You will find the inner source of light when the "I" is gone. When the person has disappeared, when the individual wave is one, only the ocean remains. This ocean is everyone's. Learn to be obliterated, then the taste of the ocean will start coming closer.

Revelation is the nature of truth. When the inner light is lit, the light has to be shared. When the flower blossoms its fragrance will have to be shared. As soon as the truth happens within you, your declaration of truth starts being disclosed. At this moment, you are not speaking as an individual wave; you are speaking as the ocean, as the whole. When samadhi becomes stronger inside of you, the sharing is not of your ego, it comes from the beyond. When somebody removes the "I", the ego, he sees the truth. This declaration comes from existence itself.

When we search outside of ourselves, life seems meaningless. When we search within ourselves, life becomes full of meaning. We ourselves become the meaning of life. Just being is your nature. We go on telling ourselves that we are separate from life, separated from the divine, but we cannot be separated. The day that you will know that you are joined to the divine, you

are in connection with the divine. Then you are in connection with your heart. Then you are not separated from your heart. The highest truth resides in your heart. Even if we feel that we are separated from life, you are not separated from life. There is no possibility to be separated from the divine, although we have been doing this which is not possible for life after life. The first glimpses of these moments of waking up, of being joined with life, come through what we call meditation. When these moments become integrated and stable, they become what we call samadhi.

## Sudden enlightenment and gradual enlightenment

Samadhi can happen in two ways: 1. Awareness and Understanding: Samadhi can happen immediately by awareness and understanding. Samadhi can happen immediately and requires a sharp intelligence and intensity within you. This can happen within one who has prepared for many lives. There is no method, no practice and no path.

2. Meditation: The second way that samadhi can happen is by meditation. If samadhi does not happen immediately, then slowly you will have to start with meditation. You will have to start the journey gradually from meditation to samadhi. This means a gradual journey through methods, techniques and preparations for samadhi to happen. This provides a gradual process to samadhi through techniques and methods.



In Japan there are two schools of Zen. One school is the school of sudden enlightenment. Zen says that samadhi can happen suddenly through awareness or understanding. The other school is the school of gradual samadhi or enlightenment through a method, through a path.

If awakening is not happening through the first way, the disciple can search for a method. He can move with a method, a technique, a path. The first way does not awaken many, so the rule can only be with methods. If it can happen without methods, it is an exception.

If it happens, be blessed. If it doesn't happen, don't be disheartened.

# ALONENESS IS THE DOOR TO ENLIGHTENMENT

Aloneness is the ultimate reality. One is born alone, one dies alone, and in life we create all kinds of relationships to deceive ourselves that we are not alone, but in fact in life also, we remain alone. But aloneness is not something to be sad and shameful about, aloneness is something to rejoice in.

There are two kinds of loneliness: the first kind is loneliness and the other kind is aloneness. Loneliness is a negative state, where we miss the other. We feel empty and you are lonely and afraid in this vast universe. The second kind aloneness has a totally different meaning, where we do not miss someone. Aloneness is an absolutely positive state. Aloneness means that you have found yourself. Finding oneself, one finds the meaning of life, the joy of life.

Finding oneself is the greatest finding in man's life, and finding oneself is only possible when you are alone. When you are alone, when your consciousness is empty, in that silence and emptiness, a miracle happens. Your consciousness turns to the inner being, to the source. When you come back to the source, you have become part of the godliness that surrounds existence. You have become part of the whole universe. Your heartbeat is now the heartbeat of the universe.

To be alone is a great opportunity, a blessing, because in your aloneness you are bound to find yourself, and for the first time remember who you are. Become more centered in your deep aloneness. This is what meditation is: to become centered in your own aloneness. The moment your aloneness is complete, your experience of it will become enlightenment. Enlightenment is not something that comes from the outside; it is something that grows within you. We are not separate, nobody is separate, the whole existence is one organic unity. The idea of separation comes from our unconsciousness.

You have to recognize, however painful it appears in the beginning, that you are alone in a strange land. But once you accept the pain, the pain disappears. And just behind is hidden the greatest blessing in the world: You come to know yourself. You are the consciousness of existence; you are the soul of existence. You are part of this vast godliness that manifests in thousands of forms: in the trees, in the birds, in the animals and in human beings, but it is the same consciousness that manifests in different forms of evolution.

The man who recognizes himself feels that God resides within his own heart. It makes your life for the first time meaningful, joyful and religious.

# THE ONLY WAY TO DROP THE HATE FOR LIFE IS TO LEARN TO LOVE LIFE, TO LOVE YOURSELF, TO LOVE PEOPLE

In this insane world, there is such a hate for life, there is such a death orientation and destruction. As a meditator you have to be aware that you can drop all hate for life, you can drop all death-orientation.

The only way to drop the hate for life and the death-orientation is to learn to love life, to love yourself, to love people. Before death finally destroys you, you have to find the eternal in you. That eternal can only be found by loving life, by loving yourself and by loving and to be compassionate with other people and to be silent with people.

People who are against life and who are obsessed with death and destruction can never find the eternal. They cannot find the inner source of life.

If you are against life, which all religions and all militaries are, you cannot go deeper into life to find the inner roots in life. The religions and the military are the

two institutions in the world that stand for hate for life and for death-orientation and destruction.

Be life affirmative, be against destruction. Be creative in all ways. Create poetry, music or enjoy nature and find the buddha within. The more people find the inner buddha in their innermost being, the more secure is this beautiful world. This is the only security, otherwise the religions, the politicians, the armies and the media will destroy the only place in this solar system, where life has developed, where consciousness has grown and where a few people have achieved their inner buddha and found the highest state of consciousness.

Your meditation and spiritual growth is not only for you. It is to grow spiritually to help people to become more conscious, to become life affirmative, to become more creative instead of destructive and to be more in tune with life and existence.

I do not belong to any spiritual group or tradition. I am just interested in exploring what it means to live with open eyes. People in spiritual organizations also tend to get caught in ideas of how it should be, and in the need of the ego to create hierarchies of power, status, roles, ambition and obedience. Spiritual Masters teach on many different levels at the same time. Some people take what they can and some take something deeper.

# TO ACCEPT TRUTH YOU HAVE TO DROP YOURSELF

To accept the truth you have to drop yourself. You cannot bring yourself along. Only if you drop yourself, you can come near the truth. Only if you drop yourself, you can move into truth.

Politics is a game of power. Politics cannot handle truth. Politicians have no interest in truth, because in truth they cannot go on playing their war and power games.

In truth, there is no room for politics. Only when you drop all power games, will you be able to comprehend the truth.

If you really want to understand the truth, you will have to descend into the depths of meditation.

Truth is within oneself.

Wisdom is within oneself.

Silence is within oneself.

If these words penetrate your soul, they will start an awakening process of your sleeping soul.

# WAR

God is a light, which is the  
essence of every human  
being

Wars are an outdated way to try to solve conflicts, which is unacceptable in the 21st century. Instead of trying to conquer yourself, wars are an unconscious way to try to conquer life. Wars are an unconscious way to try to conquer death, which is the basic fear in the West.

All countries think that God is on their side in war. The USA prays that God bless America in the war. But God is not the exclusive property of a certain country; God does not belong to a certain country. The truth is that God is the inner light of every living being, which is why the scriptures of all religions say that it is wrong to kill. The inner being of all living beings is the door to God. We are all children of God. Wars exist because the divine essence of each human being is not recognized. The reason that people start wars is because they still believe in their separation from life. But when you experience the wholeness with all living beings, you understand that hurting somebody else is just hurting yourself as we are all one on the spiritual level.

But power maniacs, who want to dominate the world, say that God is on our side against the heathens, the godless

people; so that the soldiers feel that they are justified in killing people. In USA, many soldiers from the Iraq and Afghanistan wars are committing suicide when they come home, because they cannot handle their feelings about what they have been forced to do during the war.

You have been taught since early childhood that nobody loves you, so you protect yourself. You don't allow anybody to love you and you don't love others. Then you are alone in the world. What is fear? Fear is the feeling of no contact with life and existence. It is a state of being lonely, of nobody to love and nobody who loves you. That is the state of fear. This comes up because you are brought up in a way that doesn't allow your love to flower. The whole of humanity has been trained to use our mind, we have been trained to make war, but we have not been allowed to love. Society and the religions hinder every effort to love. Society and religions do not allow love, because a person who is in deep love cannot be manipulated and controlled.

We always have a personal responsibility for our actions. For those who have consistently committed abuse of other people through their unconsciousness, it is my experience that their actions will catch up with them already in this life. I believe that karma and the consequences of one's actions begin already in this life. A kind of instant karma happens already in this life and one's actions create consequences already in this life.

I remember when I applied for community service as an alternative to military service when I was 15 years old.



To assess my right to alternative community service instead of military service, a military psychologist travelled to my birth town in the north of Sweden and checked into a suit at the most luxurious hotel in the town. During a three-hour tough interview and psychological investigation, the military psychologist made an assessment of my right for the alternative service.

During this three-hour psychological investigation, I presented God as a light, which is the essence of every human being. God is the consciousness in all living beings, and therefore I cannot engage in a training, which means to learn to kill people.

This military psychologist was very tough during this three-hour interview, but in the end he loved me. In the conclusion of his psychologist assessment, he wrote that the "candidate is a young man, who presented his arguments with methodical calm" - and then he recommended the alternative community service instead of military service."

# POLITICS

## Might is Right

The world of politics basically means will-to-power. The world of politics is a power game. Politics is simply power, might is right. The politician is just an animal. He does not believe in anything except being victorious. The world of politics belongs to the law of the jungle. Politics is not only what is commonly known as politics. Whenever somebody is trying to manipulate and control through power, it is politics.

If we want a real humanity in the world, we have to get rid of politics, where might is right, so that politics is about intelligence and right is might. Intelligence believes in finding what is right. And right has to be decided by intelligence, logic, reason and argument. The basic question should be if anybody can prove right, however powerful, rich and influential you are does not matter. There is no need to wrestle with swords and kill each other.

Intelligent people are not interested in political power, where might is right. Intelligent people are interested in deciding what is true and what is meaningful in life, where politics is not of the ego, it is not a fight.

Then for the first time you will have some real democracy in the world.

# LOOK INTO YOUR HEART - FOLLOW YOUR NATURE

How do we begin to come in contact with our hearts, and begin to see the truth? Buddha gives you encouragement to follow your heart, to follow your own nature. He wants you to have the courage to listen to your own heart. Follow your nature means to learn to trust yourself. Hidden deep within ourselves is the silent whisperings of the heart. Deep within yourself is the silent voice of truth. If you become silent, you will be guided from within from the silent voice. To follow your nature is the only possibility to attain freedom.

When all the lies and conditions from society are removed, you will discover your essential nature. Your nature is to become God. To follow your nature is to follow your consciousness. But you have been told by the parents, the teachers, the priests, and the politicians to follow ideologies, philosophies, and religions – and not your own nature. When you know your own inner voice, you will be free. If you listen to your heart, no one can manipulate and control you again. To become available to your inner nature is meditation. It is to become aware that there is a source within you, from where God speaks to you.

# METHODS TO DISPEL THE IMPURITIES OF THE HEART

What are the impurities of the heart? The meditator has to dispel the impurities of the heart.

1. **Compassion:** Fill the heart with compassion, and then violence, anger, and jealousy will disappear. Before moving into meditation, feel unconditional love and compassion towards the whole world. The first purification of the meditator is that when you sit in meditation, begin by feeling compassion for the whole world. Compassion will dissolve the impurities that accumulate in your heart and mind.
2. **Friendliness:** The second thing to purify the heart is friendliness towards the whole world – not only towards man but towards everything.
3. **Cheerfulness:** The third thing to purify the heart is cheerfulness, a feeling of joy and optimism. When we are in joy, no impurity flows towards us from the world. When we are sad, we immediately start thinking of making the whole world miserable. Cheerfulness is to fill your heart with joy and happiness.
4. **Indifference:** The fourth method to purify the heart is indifference, no matter what happens. Whether good or bad things happen. Whether success or

failure occurs, whether self-realization happens or not– remain indifferent. One remains centered and balanced between the two, one does not choose between the two. These four methods are the essence of religion.

## Exercise: Listen to your heart

To continuously be in contact with your heart and with your intuition, you can ask the following four questions in different situations for example when you have to make a choice or when you are going to take a new step:

1. Will I love myself if I do this, for example, if I take this new step, if I chose this or if I say this?
2. Will I feel courageous?
3. Is it beautiful for me?
4. Can it be simplified in any way?

# LOSING YOURSELF

The spiritual journey is a rare journey. We have been seeking for many lives. We are all ancient people. This journey is a journey to the unknown. This journey is to find a great joy in losing yourself.

This world has nothing as valuable as this to give you, so don't compromise with the world. Don't sell an inch of your being. Have courage, be daring. When I studied psychology at the University of Stockholm, the head teacher at the psychology program called me "the salt of the earth", and a classmate said that I "did not move an inch from who he is".

The goal of the journey is to reach by losing yourself. As long as you exist, you will not arrive. When you disappear you reach. It is to find a great joy in self-oblivion. When you have disappeared, you have arrived. This path is the path of obliteration. Meditation is the journey to obliteration, so existence can be.

This is a journey of great courage, of great daring. This is a journey of great aloneness. This is a journey to the unknown. It is a leap of love. Then, only the divine, remains.

# TRUTH

## You have to Drop Yourself

It is rare with religious scriptures that speak the truth as it is, because the politicians have had influence over many scriptures. It is rare with religious scriptures that speak the truth that says things as they are, without any sort of compromise and editing. Many scriptures are very political to fit the masses of people.

To accept the truth you have to drop yourself. You cannot bring yourself along. Only if you drop yourself, you can come near the truth. Only if you drop yourself, you can move into truth.

Politicians have no interest in truth, because in truth they cannot continue with their power games. In truth, there is no room for politics. Only when you drop all identifications, will you be able to comprehend the truth.

If you really want to understand the truth, you will have to descend into the depths of meditation. And meditation is not just a method, a technique. Anything that you can do will not be meditation. How can there be meditation if there is a doer, an ego? As long as there is a doer, there is no meditation. As long as the doer is present, the ego is present.

Becoming a witness is meditation. Then the doer disappears, your ego disappears, and you remain only a

witness, an observer. When you are nothing but the witness, the observer, there is meditation.

Wisdom is within oneself.

Truth is within oneself.

If these words penetrate you, they will start awakening your sleeping soul. These words will then thrill you; these worlds will fill you with joy.



# HELP YOURSELF TO BECOME A BUDDHA, HELP OTHERS TO BECOME A BUDDHA

Mind is judgment, evaluation and discrimination. Meditation brings you to a space where you are simply a watcher without any judgments and evaluations. At that moment, you are simply a watcher, and all that is false disappears on its own accord and all that is authentic and real shines forth. This is your home.

In this space there is no mind, no desire, no judgment, no fear, jealousy, anger and hate. For the first time you go beyond human conditioning. You have become universal. Your enlightenment suddenly becomes the enlightenment of the whole universe.

While you are in meditation, in awareness and silence, you are a buddha. The buddha is your being. You can sit in meditation for one hour, or if meditation becomes your undercurrent of consciousness in your relationships and your daily activities, you can remain a buddha for 24 hours. Whenever you are silent and aware, you are a buddha. You can forget it; it is your freedom to forget or to remember.

In satsang, you become a buddha. You are a totally different being, loving, silent and peaceful. But you will forget. Forgetfulness has been your habit for many lives

and millions of years. But the buddha is there, hidden in your being, we have to remember it again and again. You have to remember and discover your buddha again and again. Even for a single moment, if you are aware and silent, and let go of your thoughts and old conditioning, you are a buddha.

You cannot only help yourself in discovering and remembering the buddha, you can also help others who are in contact with you. If you are aware and silent, you can give nourishment to this treasure hidden deep in your own being, and help it to spread in the world. We need a silent, peaceful and loving humanity. We need it more than ever now. It is enough of all destructive psychopaths like Genghis Khan, Adolf Hitler, Stalin and Mussolini.

The education system should teach more about the buddhas, so that it will provoke a thirst and longing in the hearts of people. Humanity is kept ignorant of the buddhas, who are the real salt of the earth. If you pay attention to the right, true and beautiful, you will be expanding and nourishing it. So your work is not only to become a buddha, your work is also to help others who are asleep to find their own inner buddha. As your own experience deepens, spread it, even to those who are irritated and resistant.

You may forget after your meditation that you are a buddha, but you go on remembering that you are a buddha. Whatever you are doing, do it with the undercurrent of consciousness that you are a buddha, with a quality of love, silence, joy, truth and compassion, and your whole life becomes a meditation.

# ENLIGHTENMENT CAN HAPPEN RIGHT HERE AND NOW

Can enlightenment happen right here and now or is it an arduous journey through meditation methods and techniques over many lives? The experience of seekers of truth is that realization of the divine is an arduous journey, but that enlightenment can happen right here and now. The mind cannot accept that the divine can be attained here and now. The mind says: You have to search for many lives to be worthy to attain the divine. The truth is that the divine can be attained here and now. Godliness can be attained here and now, because it is not an achievement, it is your nature. When through awareness your whole energy turns into love, it becomes a new phenomenon: enlightenment.

To say that godliness can be attained here and now means to say that it is already attained. Know yourself. Open your eyes and see. It is a matter of insight, not of worthiness. God already is. He is the one throbbing inside you. He is eternally manifesting himself in different forms - a flower, a tree, a bird, a man. God is. If someone understands through insight, the godliness is attained just through understanding. There is no need to do something. Just understand; just let the truth reach

your heart. Get out of your own way, don't come in the way, then the ignorance of many lives will drop, you will remember your inner being: you are god.

Do not find excuses: perhaps there is a method or a technique to increase urgency. For the average meditator, there is too much doing, too much effort. Effort is the key of the ego. The ego needs the nourishment of doing. If there is something to do, the ego can survive. Understanding through insight that we are talking about is for the intelligent seeker of truth. It is for those intelligent seekers that can awaken just by understanding. Now the mind has no space. Now there is no one left inside. There is absolute silence, emptiness, a void.

The very meaning of seekers means that God has to be sought. But it may be that the seeker has not lost him at all. The divine is never found by seeking. By seeking and searching one learns that there is nothing to seek. One day the very seeking drops away and as soon as the seeking drops God is found.

God resides in you. As long as you seek him outside, it is useless. Relaxation is the key to meditation and enlightenment. God is realized in relaxation, not by the ego, it is not of doing, not of seeking. God is already attained.

# THE SILENCE OF THE HEART

Unless you enter into the silence of the heart, you will not understand life and the mysteries of life. To enter into the silence, just enter into your own being. In the silence of the heart, nothing is missing.

When you go into yourself, you will have to leave the idea of "I" outside. Without leaving the idea of "I", you cannot enter within yourself. The "I" is your ego. It is the barrier.

There is nobody inside you, but a pure silence and emptiness. This nothingness is alive, this nothingness has a heart, this nothingness blossoms in thousands of flowers and sings in the birds. This nothingness roars in the oceans and this nothingness is silent in meditation.

Silence is a way of living, of loving, and of dying. When you are totally silent, you are pure emptiness. You are silent and empty, full of the heartbeat of life.

Just watch this silence, be drowned in this silence, and you will experience the heartbeat of life. You become part of the cosmic silence.

This is your true reality. In this reality, you are not.

This silence is immensely full. This silence is the heart of religiousness.

# IN THE EMPTINESS, THE DIVINE MANIFESTS

When you become absolutely silent and empty and nothing more remains inside of you, in that silence and emptiness, the divine manifests. There is only one way of being: to disappear into the silence.

In 1984, a spiritual teacher, who had counseled thousands of people, told me: “You will dissolve into the silence. All the earlier enlightened Masters and all the small Deva’s are just here to help you to get enlightened.”

The moment you become totally empty, immediately the divine descends in its totality. You are the only barrier. When you have become empty, you have achieved all. All religious scriptures are really empty paper. If you learn to read empty paper, then you will know how to read all scripture: Vedas, the Upanishads, the Bible, the Koran, Dhammapada. One who can read empty paper, achieve anything.

Meditation is the process to obliterate yourself, because you are the only barrier.

# SILENCE

## Love and meditation, Presence and absence

To be silent and present have two sides: meditation and love, presence and absence. You cannot be present if you cannot be totally absent at the same time. The word "presence" includes both presence and absence. You have to be present and at the same time, you have not to be present. This has to be your state of consciousness.

You come to this state of consciousness once in a while, but soon your mind will take you away again. You come close to this inner source but your mind takes another route and takes you away from the source.

In silence, you are both, you are present and you are absent. This silence, this presence, this absence, has to become your whole life.

# THE FLOWER OF LOVE

## Love is Eternal

Love is eternal. Love is infinity. Love is a world of no boundaries. Love begins but never ends. Love has a beginning but no end.

Ordinarily the mind interferes and does not allow love its infinity. If you really love a person you give him infinite space to grow, but the mind interferes and tries to possess the person. Then love is destroyed. The mind is greed and poison. So if one wants to move into the world of love, one has to drop the mind.

Fear is the negative aspect of love. If love is not allowed to flow, it becomes fear. If love is allowed to flow, fear disappears.

Become more loving - unconditionally loving. Become love - just be loving. Birds, trees and women understand the language of love. There is only one language in the world, which is the language of love. One can love a rock, a tree, an animal or the sky. One can love in a million ways. To love needs courage. The greatest question arises when you move into love when fear grips your soul, because to love means to die into the other. In the death of love, the ego dies.



Meditation is nothing but the way to create the situation where the mind becomes silent. Then you become loving, peaceful - and you become the universe.

Then you are a silent space. Love is a way towards that silent space. God is a silent space. Love is the means and God is the end.

Love means to be willing to sacrifice oneself for another.

Hate means the desire to destroy the other.

In the world, there is an abundance of hate and no flower of love.

Hatred ends when a person begins to see himself in all living beings, and begins to see all living beings – the whole existence, the stones, the trees, the animals and the human beings - in himself. It is to see the divine, Brahman, God, in the whole existence. There is no other obstruction in the way of love except hate. Without hate, love will bloom.

Love is our nature.

Love is the nature of life.

Love is not born, it does not die.

Love is eternal.





# Swami Dhyan Giten

Spiritual teacher and author Swami Dhyan Giten's quotes, articles and books have touched the hearts of thousands of people and are appearing with increased frequency in magazines, blogs and homepages. The influence from his teaching and books continues to grow and are reaching intelligent people and seekers of truth in virtually all countries in the world.

He has been described by Swami Prem Pathik in Nepal: "Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life. Whenever I read his words of spirituality, I always find myself in deep silence and in the belly of the divine, where anyone can feel himself as a buddha."

Padma, beloved friend of Giten and participant in satsang with Giten says: Satsang with Giten is heaven. "Satsang with Giten is like coming home. I went into samadhi three times during a satsang weekend with Giten - and I also got a map and an understanding for how to go into samadhi again. I was so scared that I could lose the stillness that I found in satsang in India, but I found the stillness again in satsang with Giten. Previously, I did not think that enlightenment was possible, but now I think it is possible."

Swami Dhyan Giten has more than 30 years of experience in individual counseling and in teaching awareness and meditation. He has been speaking and teaching about the inner silence and how to reach it through love, joy, meditation, awareness, relationships and creativity.

Giten has dedicated his life to teaching the art of awareness and meditation. He conducts individual consultations, satsang and courses internationally.

He is trained in modern psychology at the University of Stockholm, where the head teacher at the psychological institution called Giten "the salt of the earth", and a classmate said that Giten "did not move an inch from who he is". Heist also trained in classic Eastern methods for awareness and meditation in the USA, Italy, Sweden and India.

Giten experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

In 1982, Giten was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: "You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy

for you. I want you to put your energy into the lives of others, because you can."

A spiritual teacher, who has counseled thousands of people, told Giten in 1984: "You will dissolve into the silence. All the earlier enlightened Masters and all the small Deva's are just here to help you to get enlightened."

He does not belong to any spiritual group or tradition; he is only interested to explore what it means to live with open eyes.

He is author of the best-selling book in Swedish *Meditationens Sång - Om meditation, relationer och andlig kreativitet*, *When the Drop becomes the Ocean: A Journey to the Ocean, to the Divine, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life*, *Presence - Working from Within: The Psychology of Being*, *The Language of Silence -From Darkness to Light*, *The Way, the Truth and the Life: On Jesus Christ, The Man, the Mystic and the Rebel*, *You are already a Buddha: A New Way of Being*, *A New Way of Living*, *Silence is the Way: The Teachings of Buddha - Golden Nuggets of Love, Truth and Wisdom*.

# *Welcome Home*

## SATSANG WITH GITEN

### A Mystery School

Satsang with Giten is a direct insight and realization of being. It is a direct realization to be a light to yourself.

Swami Prem Pathik in Nepal says: "Giten is really a spiritual master of love and silence. He is a loving

man, who knows the science of truth, love and life. Whenever I read his words of spirituality, I always find myself in deep silence and in the belly of the divine, where anyone can feel himself as a buddha.”

Padma, beloved friend of Giten and participant in satsang with Giten says: Satsang with Giten is heaven. Satsang with Giten is heaven. Satsang with Giten is like coming home. I went into samadhi three times during a satsang weekend with Giten - and I also got a map and an understanding for how to go into samadhi again. I was so scared that I would lose the stillness that I found in satang in India, but I found the stillness again in satang with Giten. Previously, I did not think that enlightenment was possible, but now I think it is possible.

Satang with Giten has the same taste as satsang in India. Suddenly meditation is not dry and sterile, but an experience of love, silence and prayer, of being one with life. I was so afraid that I would lose the silence that I had found during satsang in India, but I found the silence again in satsang with Giten.

Samadhi is like dying. The fear that I experienced in the beginning in satang, when I went into samadhi, when I disappeared into the silence, it has now disappeared totally. Satsang with Giten is like



coming home. I went into samadhi three times during a satsang weekend with Giten - and I got a map and an understanding for how to go into samadhi again.

Before I started to attend satsang, I did not think that enlightenment was possible, but now I feel that it is possible. Satsang with Giten confirms what I have really always known. I never thought that samadhi was possible, but in satsang with Giten, samadhi is knocking on the door."

Iris, special education teacher for autistic children and participant in satsang with Moji and Eckhart Tolle, says: "When I participated in Satsang with Giten for the first time, I felt that I had come to the right place. I felt that I had come home. I never thought that a 2-hour satsang could go so deep. The love that I found within myself during satsang with Giten just continued to flow a week after the satsang."

Deva Emanuel, musician, composer, teacher in music and participant in satsang with Giten says that satsang with Giten is a gem. He says: "Einstein's response to a political climate increasingly hostile to scientists and teachers was that if he lived life again, it would be as a plumber. Intelligent people seem to have something in common, a sort of strong clarity in their Words, where love can't be ignored. It almost seems easy to them, how they share their insights with the world. Not even our largest religion in the world protests when society

educates young people to kill for its countries, otherwise it would not have been called the most widespread religion today. Carl Marx also addressed another side of the issue in terms of opium for the masses. Society does not care about developing intelligence, communication or love in man. It is not much in the world that will applaud you if you want to grow in love and communication. Jesus' reminded not to give pearls to someone who doesn't speak up about what a pearl is worth. Satsang with Giten is fantastic. It is the most important thing in my life. Satsang with Giten is a gem."

In satsang, Giten has talked about a variety of topics of concern for the modern man during satsang for example love, joy, relationships, acceptance, understanding, intuition, healing, trust, creativity, friendship, spiritual growth, evolution, society, life, meditation, silence, spirituality, mysticism, psychology, truth, wisdom, death, unity with life, God and enlightenment. He has also talked about a number of spiritual teachers and traditions such as Vedanta, Yoga, Tantra, Veda, Upanishads, Ayurveda, the chakra system, Tao, Buddha, Lao Tzu, Patanjali and Jesus Christ.

## The Mystery School

What is a mystery school? The Mystery school teaches you how to live. The whole work of The Mystery School is to help you to find yourself, to find your authentic inner being. The work of the mystery school is to wake the student up and to allow him to be himself.

The Mystery School was born in the autumn, 2019, in Stockholm. Satyama Padma, participant in satsang with Giten said that satsang with Giten is a mystery school, which she felt blessed to participate in.

Satyama Padma, participant in satsang with Giten, said that her experience of spiritual organizations is that people try to impose themselves on others and aggressively tries to make each other somebody else, but with Giten she found a freedom to be herself. The satsang participant Samarpan also commented that Giten's quality of allowing people to be themselves is a rare quality. The satsang participant Deva Emanuel commented that he would not have stayed in satsang with Giten if it were not for the atmosphere and climate of love. He also says that satsang with Giten is a mystery school.

Giten's mystery school is a place where love is taught. It is a place where love is nourished. It is to make your love pure – without ego, power and domination – just a sheer gift of joy and delight in the being of the other person. The healer in Gothenburg, Lena Nikunen, described Giten as 'a loving transmitter of much wisdom' and a teacher, who participated in a course with Giten said: 'I am impressed by Giten's intuition and by his way of conducting therapeutic work - or if I should rather call it: giving insight into love.'

The mystery school is the way of the Upanishads, which Giten has been teaching for the last 4 years. The word Upanishad means "to be near, to be close", which is the heart of satsang. The word Upanishad means to be in the presence of the spiritual teacher and to take in his silence. That is the essence of the work of a mystery school. The mystery school manages to create a certain field of energy and if you are receptive, if you are available, if you are ready to go on the journey of the unknown.

The spiritual teacher simply provides a system to enter slowly into the deep waters and ultimately to enter a stage, where you disappear into the ocean; you become the ocean itself.

To become a part of a mystery school is a great benediction. It is very difficult to find a mystery school to find people who are searching and not imposing themselves on each other, but only helping each other if the need is there.

The whole work of the mystery school to let your ego dissolve and to help you into a deep let-go with existence. To be initiated into mystery school simply means that now you are taking the first step towards actualizing your potential for freedom. He is Buddha, he is a Christ; then he lives in freedom.

The Mystery School is the science of meditation: how to observe the mind and its processes in a relaxed, non-judgmental way and find the perception and clarity of self-realization. Meditation is a way of settling in oneself, at the innermost core of your being. Once you have found the center of your existence, you will have found both your roots and wings. The roots are in your inner being

and existence and the wings are in the fragrance that is released in contact with existence.

The fragrance consists of love, freedom, compassion, authenticity, sincerity, humor and a tremendous feeling of blissfulness. The roots make you an individual, and the wings give the freedom to love, to be creative, to share unconditionally the joy that you have found.

The mystery school is supported by silent satsang with Giten, which is a direct insight and realization of being.

### **For more information:**

The Giten Blog

[www.swamidhyangiten.wordpress.com](http://www.swamidhyangiten.wordpress.com)

Facebook

<https://www.facebook.com/swami.dhyan.giten/>

Contact

[swami.dhyan.giten@gmail.com](mailto:swami.dhyan.giten@gmail.com)

# **GITEN'S BOOKS**

## **- BOOKS FOR LIFE, LOVE & TRUTH**

**Spiritual teacher and author Swami Dhyan Giten's quotes, articles and books has touched thousands of people and is appearing with increased frequency in magazines, blogs and homepages. The influence from his teaching and books continues to grow and are reaching intelligent people and seekers of truth in virtually all countries in the world.**

**He has been described by Swami Prem Pathik in Nepal: "Giten is really a spiritual master of love and silence. He is a loving man, who**

**knows the science of truth, love and life. Whenever I read his words of spirituality, I always find myself in deep silence and in the belly of the divine, where anyone can feel himself as a buddha."**

## **GITEN'S BOOKS GOES STRAIGHT TO THE HEART**

**"Giten's book "Silence is the Way" goes straight to the heart. Giten's book is for everybody that wants to find a new dimension of awareness in their lives, which will make you endlessly enriched and blessed. Delight in the call of the ocean. Capture the silence and allow yourself the fragrance of truth, joy and light."**

**Padma**

## **BLESS GITEN'S WORK**

**"I must admit that only joy fills my heart when I read Giten's books and see his understanding**

**and commitment. We at Free Academy for meditation suggest joining in to bless Giten's work."**

Devadas, House father of Giten's first ashram Ljusbacken ("The Hill of Light") in beautiful Halsingland in the north of Sweden when Giten was 15 years old, Free Academy for Meditation, Sweden

## **ONE OF MY FAVORITE BOOKS**

**"Giten's book "Meditationens Sång " is one of my favorite books. Giten's fine book has meant a lot to me. I found it when I needed it the most - or maybe it found me...?"**

Claudia Parvati Berghaus, counsellor and psychotherapist, Sahlgrenska University Hospital, Gothenburg

## **THE RELIGIOUS WORDS THAT GITEN FORMULATE CAN MAKE ANYONE MENTALLY STUNNED**

**"The religious words that Giten formulate can make anyone mentally stunned. These words**



**create an inner silence and a deep spiritual wonder for life. Giten has shaken me. I hope the readers also discover his greatness."**

Brage Norin, professor in theoretical physics,  
Sweden

**I AM HAPPY FOR ALL THE GOOD WORK THAT  
GITEN ARE DOING TO WAKE UP HUMANITY**

**"Thank you for everything good that Giten does.  
I am happy for all the good work that Giten is  
doing to wake up humanity."**

Lena Kristina Tuulse, psychologist, founder of  
The University of Life, the oldest and largest  
growth place in Sweden

**IN KEEPING WITH THE KINDNESS CHAIN**

**"While I cannot express enough how grateful I  
am to receive your paintings, please know I  
sincerely appreciate your kindness and good  
thought. There are so many people in this world  
who are in keen need of your energies that, in  
keeping with The Kindness Chain, I ask you to  
consider sharing your good will with them in the  
future".**

Oprah, The Oprah Winfrey Show

**GITEN'S BOOKS ARE AVAILABLE GLOBALLY ON  
AMAZON AND BARNES & NOBLE.**

**- FROM USA, UK, SWEDEN, DENMARK,  
GERMANY, ITALY, SPAIN, FRANCE, AUSTRALIA,  
CANADA, NEW ZEALAND, INDONESIA, JAPAN,  
SINGAPORE, TURKEY, MEXICO, SOUTH  
AMERICA, AFRICA, UNITED ARAB  
EMIRATES AND RUSSIA TO INDIA**

**The books are also available in Sweden, Norway  
and Finland on Akademibokhandeln.se,  
Adlibris.com and Bokus.com.**



## **WHEN THE DROP BECOMES THE OCEAN: A JOURNEY TO THE OCEAN, A JOURNEY TO THE DIVINE**

\* \* \* \* \*

Five stars, Goodreads, the world's largest book site for  
book readers and book recommendations

"Divine words of wisdom by Swami Dhyan Giten."

Boundless Blessings Blog

*"Man is like a river on his way towards the ocean, towards the divine. The drop has a thirst, a longing. The drop knows nothing of the ocean, but the drop longs to become one with the ocean. The drop cannot find fulfillment until it becomes one with the ocean, the divine. This book is a journey to the ocean, to the divine."*

- Swami Dhyan Giten

Giten's new beautiful coffee table book "When the Drop becomes the ocean" is in A4-size with color photos and is a beautiful gift to yourself or a friend. The book can be displayed both on your coffee table and in your spiritual center, so that people can open a page in the book and receive a light on the path, to receive a guiding quote for the day.

The book is dedicated to Padma, Giten's beloved friend from many lives, who also participated in satsang with him.

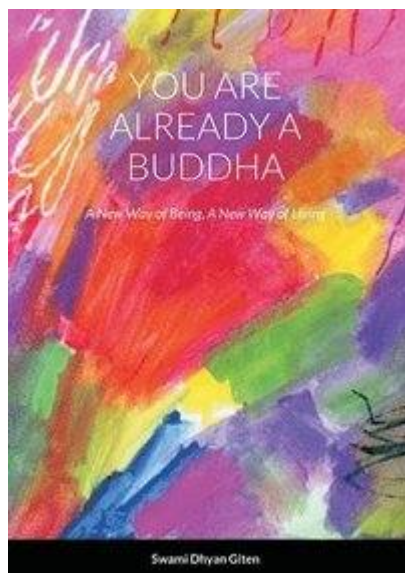
This book is a compilation of lectures from satsang with spiritual teacher and best-selling author Swami Dhyan

Giten on the Upanishads, the ancient wisdom of India, between March 2016 and July 2018 in Stockholm.

In this book Giten talks about The Upanishadic vision of life, which is a universe in an organic whole. We are all existing in togetherness. The trees, the flowers, the stones, the birds, the mountains and the stars are all interlinked. The part represents the whole. Nothing is lower, nothing is higher - all is one. The smallest blade of grass is connected with the farthest stars. The Upanishadic vision of life has never become part of human consciousness. It has remained the vision of a few mystics, which is the basic reason for the misery of the world.

The word Upanishadic means to sit in deep communion with truth. It means to sit in satsang in a deep communion of the heart. The Upanishads is a silent communion from heart to heart. That is the meaning of Upanishad. Sitting in silent communion of the heart, and something transpires. This transmission beyond words is the meaning of the word Upanishad. The Upanishadic approach is individual. Organized religion, tradition, dogma and ideology are bound to be against individuality.

## THE BOOK FOR THE 21ST CENTURY



### **YOU ARE ALREADY A BUDDHA: A NEW WAY OF BEING, A NEW WAY OF LIVING**

In this book Giten talks about: that humanity is waiting to become conscious. He also talks about The Silent Revolution of the Heart: The Challenge for the

21<sup>st</sup>Century, Two Ways to Live: Yes and No to Life and that the world is Coming to an End. He also talks about that everybody is destined to become a Buddha, Enlightenment is Our Nature, Enlightenment in Everyday Life, and that Existence has always Taken Care of You.

"EXCELLENT"

"Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life. Whenever I read his words of spirituality, I always find myself indeed silence and in the belly of the divine, where anyone can feel himself as Buddha."

From the foreword by Swami Prem Pathik, Nepal

THIS BOOK IS LIKE LISTENING TO BIRDSONG.I AM IN LOVE WITH THIS BOOK. GITEN'S NEW BOOK IS HIS MOST ACCOMPLISHED BOOK

"This book is so beautiful; it is like listening to birdsong. I am in love with this book. It is very clear and direct. Giten's new book is his most accomplished book. It is the capacity and the clear intensity of walking like an arrow directly towards the center of thinner being in meditation that really surrounds this book. I am

speechless. have never heard anyone ever been able to describe this as educational and "up to date" as it must be and just is - like the simplicity of drinking a glass of water."

- Deva Emanuel, musician and participant in satsang with Giten

THANK YOU FROM THE HEART!

\* \* \* \* \*

Five hearts. "Best reading Giten's new book "You are Already a Buddha"! THANK YOU FROM THE HEART!"

- Rani Spets Edgren, Breath Therapist, Stockholm

Everybody has the birthright to become Buddha. The buddha is inherent in every human being, and not only in every human being, but it is the intrinsic quality of every living being. What is preventing you from becoming a Buddha? The reason is simple, because to become a buddha is also a desire. It is not a question of becoming a buddha. It is a question of entering your being. The buddha is already in your being. There is a great difference between being and becoming.



Becoming is in the future. Being is just here and now. You are already a buddha. It means that we are a buddha, but we are unnecessarily running after being a buddha.

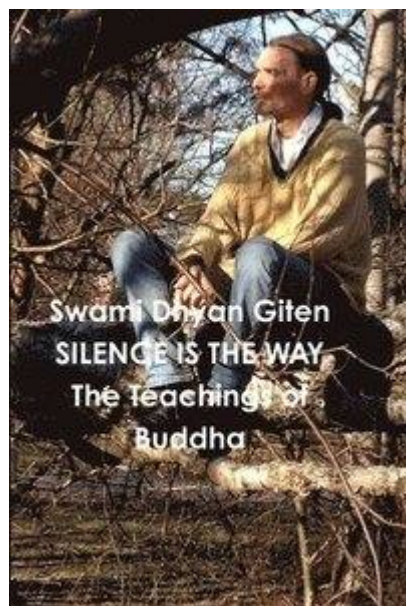
When you go inside, where a silence descends on you, you return to the source. At the source, you are the buddha. At the source, you are one with life and existence. The buddha is your own being. Make a deep commitment to yourself that you are going to become a buddha in this life. Without being a buddha, you do not have any meaning in your life. When you do not make a commitment to become buddha in this life it may take lives and lives, because you do not want to become enlightened. Otherwise, this very moment you are the buddha, because you are already a buddha.

Just a straight insight into your inner being, and enlightenment can happen suddenly. Within you wait a light that has-been within you since eternity, a light that is your immortality. Just enter into yourself and you have entered the temple of existence.

This book is a compilation of spiritual teacher and author Swami Dhyan Giten's lectures on enlightenment during satsang between 2020 – 2021 in Stockholm.

This book is an opportunity to find the inner buddha, to find the silence, joy, truth, freedom, compassion, to find the roots in eternity, immortality and deathlessness, and to be one with life and existence. It is to become one with the trees, with the animals, with the rivers and the oceans. Use this book as an opportunity to become a light to yourself.

Cover painting: SHAKTIPAT by Swami Dhyan Giten



## **SILENCE IS THE WAY: The Teachings of Buddha**

Golden Nuggets of Love, Truth and  
Wisdom

\*\*\*\*\*

Five stars, Goodreads, the world's largest book site for book readers and book recommendations with 45 million users worldwide

"This book is an artwork, and a pleasure to read. It is both exciting, simple to read and it is filled with love and light. Many words and sentences in Giten's book "Silence is the Way" go right into the heart. Giten is a master in transmitting the light and joy, without too many words. Giten is a master in transmitting the light and joy, without too many words. This book is for everybody that wants to find a new dimension of awareness in their lives, which will make you endlessly enriched and blessed. Delight in the call of the ocean. Capture the silence and allow yourself the fragrance of truth, joy and light." Padma says in the foreword to the book.

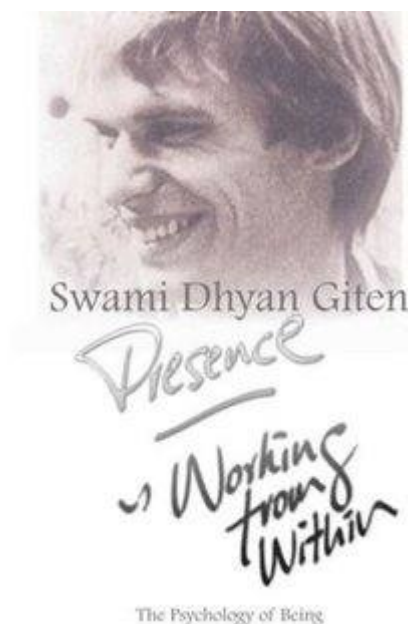
This book is about the teachings of Buddha, which includes Giten's own insights into this exciting journey and meditation of life. This book is a compilation of lectures during satsang with Giten on the teachings of Buddha. Satsang with Giten on Buddha is not about Buddhism, it is about creating a bridge. Buddha is one of the most unique and important spiritual masters that have existed on Earth. Through using Buddha's

wisdom as a jumping board, Giten gives life to words that have the power to change how we see the world.

Buddha's greatest message, his gift to humanity is the message of no-self, anatta, silence and emptiness, spiritual teacher Swami Dhyani Giten says in this book.

Giten's book "Silence is the Way" is a beautiful pocket-sized book with golden nuggets of love, light, insight, truth and wisdom, which go straight to the heart. You can keep the book with you during the day and open it for moments of inspiration, truth and wisdom.

"Silence is the Way" consists of short sentences and paragraphs to meditate upon to understand that silence is the way to meditation and enlightenment.



## **PRESENCE-WORKING FROM WITHIN: THE PSYCHOLOGY OF BEING**

*"Presence - Working from Within" is more than a book about presence, but a manual in the art of unlocking the Soul's Presence within the Personality."*

- Eric Rolf, International lecturer, seminary leader,  
author and former consultant to John Lennon

This book is an invitation to open our hearts. This book is basically about love. It is designed to help us understand

how healing happens. Healing is pure love. Healing and wholeness happens when we meet the love within ourselves. Spiritual therapy is about love— what love is, where to find it and how to develop the capacity to share love, to give caring. This book is an invitation to people, who are interested in spiritual therapy and healing and want to work with people from love, truth and wholeness.

Spiritual therapy works basically because we are all one. In the depth of our heart and being, we are in contact with each other. We are in contact with each other in the ocean of consciousness.

Working with people from love, truth and wholeness is the psychology of being, the science of inner transformation. The psychology of being begins where Western psychology ends. It goes beyond Skinner, Freud, Jung, Rogers and Humanistic psychology. The psychology of being is the psychology of consciousness, a psychology for inner transformation. It is basically not a question of psychology; it is a question of being. The psychology of being begins where we are and takes us to that which we can be.

The psychology of being takes us through the layers of personality of thoughts, feelings and learnt attitudes to our inner being, which is hidden deep within us. The inner being is a deep acceptance of ourselves as we are. The inner being is to be available to life. The inner being is to be one with life. This book is an invitation to discover the inner being, our inner source of love,

joy, acceptance, humor, truth, freedom, wisdom, silence, creativity and oneness with life.

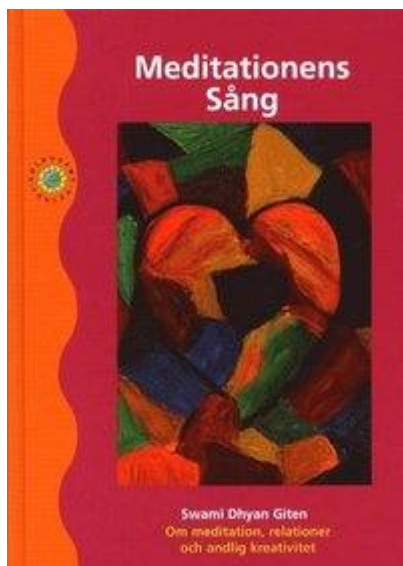
This book is designed to help us develop our presence, so that our presence and intuition becomes a source of love, joy, acceptance, understanding, truth, silence, wisdom and creativity in the contact with another person. This book presents a new dimension of healing with a base in meditation. Meditation is the way to deepen our capacity to be present and to explore how to bring the meditative presence and quality into the healing and therapeutic process. The underlying theme of the book is meditation - but not meditation as a static technique - but as the capacity to BE with ourselves and with another person in a quality of watchful awareness, acceptance and relaxation.

This book aims at developing a meditative presence and quality, to develop the inner “yes”-quality, the silence and emptiness within, the inner source of healing and wholeness, the capacity to surrender to life. This book is written both for people who want to discover their own inner being and for those who work with other people and wants to discover a new love, clarity, depth and inspiration in their professional work.

The different topics of the book are combined with practical exercises.



**Giten's first loved and best-selling book  
in Swedish!**



**MEDITATIONENS SÅNG  
- OM MEDITATION, RELATIONER OCH  
ANDLIG KREATIVITET**

*"Giten's book "Meditationens Sång " is one of my favorite books. Giten's fine book has meant a lot to me. I found it when I needed it the most - or maybe it found me...?"*

Claudia Parvati Berghaus, counsellor and  
psychotherapist, Sahlgrenska University Hospital,  
Gothenburg

"Att läsa Meditationens sång har varit en stor upplevelse  
för mig."

Lisbet Gemzell, lektor vid Lärarhögskolan och  
Teaterhögskolan

"Den här boken förändrade hela min världsbild!"

Ann-Sofie Segerstedt

"En alldeles underbar bok. Jag har läst den långsamt och  
noggrant och njutit av varje ord och mening. Det är en  
bok för livet, som jag kommer att läsa många gånger."

Monica Samuelsson, Linköping

"Den här boken erbjuder en ovanligt nyanserad  
vägledning i levnadskonst."

Bibliotekstjänst

Denna bok handlar om medvetenhetens konst. Det  
genomgående temat är hur det inre varandet, den  
meditativa kvaliteten inom oss, den inre källan till kärlek  
och sanning, relaterar till personlig och andlig utveckling,  
till relationer med andra människor, till andlig kreativitet  
och till livet självt. Denna bok erbjuder nycklar till andlig

mognad. Dess olika teman varvas också med konkreta praktiska övningar.

Ur innehållet:

Inledning: Den inre resan

Personligheten och det inre varandet, det autentiska självet

Huvud, hjärta och varande – de tremedvetandenivåerna i det mänskliga medvetandet

Reaktion och respons – skillnaden mellan egogratifikation och varandeexpansion

Ja och nej till Livet – de tre positionerna att relatera till livet

De tre livsområdena: meditation, relationer och kreativitet

Meditation – vår inre natur

Meditationens essens

Meditationsprocessen

Meditationens två aspekter: kärlek och ensamhet

Meditationens två poler: den stilla, betraktande kvinnliga polen och den aktiva, kreativa manliga polen

Tillfredsställelsenivå

Intuition – det existentiella språket

Healing är ren kärlek

Relationer – balansen mellan kärlek och frihet

Kommunikation – nyckeln till liv, kärlek och skratt

Känslor

Den Inre mannen och den inre kvinnan  
Sju steg mot det gudomliga: chakrasystemet  
Relationen mellan personligheten och det inre varandet  
i chakrasystemet

Närvaro - att arbeta inifrån: att arbeta med människor  
utifrån kärlek och medvetenhet Respons och reaktion:  
kamel, lejon och barn

Vision – att se klientens situation i ett helhetsperspektiv  
4 Fallbeskrivningar

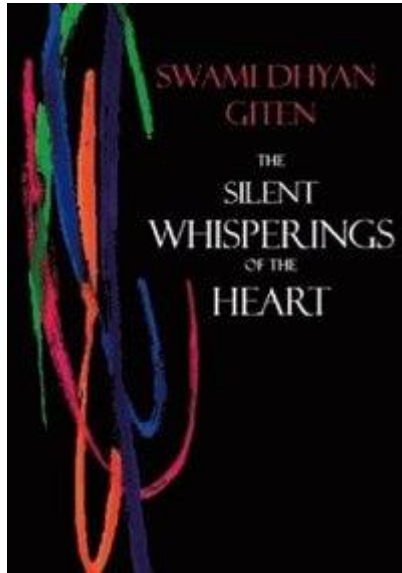
Att dansa med Existensen: Att arbeta med grupper av  
människor utifrån kärlek och medvetenhet  
Ensamhet – den inre källan till glädje och kreativitet

Döden – grinden till Evigheten  
Tidigare liv – det tredje ögats hemligheter  
Meditationens hjärta: tomhet – frihet från jaget  
Upplysning – den inre Buddhan  
Meditationens konst – meditationsövningar för att  
transformera livskvaliteten

Meditationens Sång valdes till månadens bok av  
bokklubben Livsenergi, som är en av Sveriges största  
kvalitetsbokklubbar.

THE BOOK IS AVAILABLE ON AMAZON UK, ITALY, SPAIN,  
FRANCE, GERMANY AND BRAZIL

The book is also available in Sweden, Norway and  
Finland on Bokus.com, Adlibris.com  
andAkademibokhandeln.se



## **THE SILENT WHISPERINGS OF THE HEART**

### **- An Introduction to Giten's Approach to Life**

A Beautiful Gift for Yourself or a  
Beloved Friend

“Giten writes in a poetic language. When I read Giten, I  
am reminded of Kahlil Gibran. Yes, I would like to

compare Giten to Kahlil Gibran."

Gordon Banta, author of *Magic of Meditation*, USA

"In keeping our hearts with all diligence, Giten helps us address the issues of our lives, fluently and eloquently speaking the language of the heart."

Larry Chang, author of *Wisdom for the Soul*,  
Washington, USA

"Giten is a really beautiful soul."

Swami Anand Arun, Tapoban Meditation Center, Nepal

How can we learn to listen to the silent whisperings of our heart? How does love relate to aloneness? What is intuition? How can we develop our presence, so that our presence and intuition becomes a source of love, joy, healing and wisdom in the contact with another person? What is the difference between the personality and the inner being, the authentic self? How can we develop the inner being through meditation? How do the inner man and woman express themselves on the outside in the form of relationships? How do the three life areas, meditation, relationships and creativity, relate to each other in creating a loving, fulfilling and creative life? What is spiritual maturity?

The Silent Whisperings of the Heart consists of a collection of quotes from Swami Dhyani Giten about awareness, meditation, intuition, relationships, the inner man and woman, healing, working with people from love and awareness, truth, creativity, silence, wisdom and spiritual maturity. Each page inspires you to see yourself and life in a new way, from a new dimension. This collection of quotes is an introduction to Giten's perspective on life. It is a beautiful gift for yourself or a friend.

Giten has been compared with the poetry of Kahlil Gibran, author of the famous book *The Prophet*, and he has been quoted together with Albert Einstein, Carl Jung, Ramana Maharishi, Plato, Albert Schweitzer, Jean-Paul Sartre, Bertrand Russell, Anaïs Nin, Walt Whitman, William Blake, Herman Hesse, Heraclitus, Johann Wolfgang von Goethe and the Indian book of wisdom *The Upanishads*.

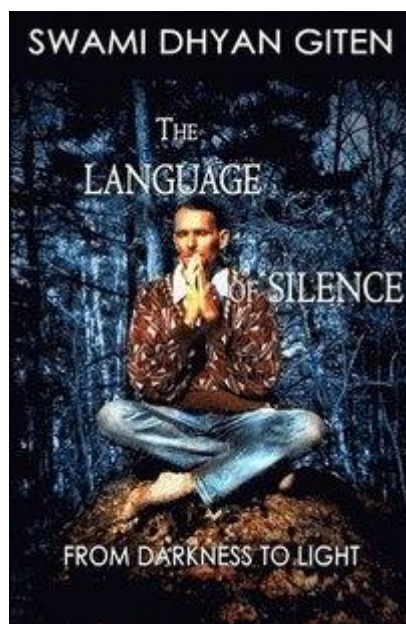
“In *The Whisperings of the Heart*, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also provides insights in various areas, including of course, those of healing and intuition, meditation, art and creativity, communications, loving relationships with friends and family, working with people from love and awareness and spiritual maturity.

His comments are useful as well as joyful and inspirational. More than anything, they motivate us to taste where we may not have fully tasted before, to taste the beyond.

Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine.”

From the foreword by Eric Rolf, International lecturer, seminary leader, author of the book *Soul Medicine* and consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana.





## THE LANGUAGE OF SILENCE: FROM DARKNESS TO LIGHT

\* \* \* \* \*

Five stars, Goodreads, the world's largest book site for readers and book recommendations with 45 million users

"I was 9 years old when I had my first spiritual awakening, my first glimpse of wholeness with Existence, my first taste of the language of silence, says

spiritual teacher and best-selling author Swami Dhyan Giten in this book. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth, the inner language of silence", Giten explains in this book. "Now I also notice that this silence is going deeper and that I go beyond the ego and disappear into the silence."

This book consists of a collection of quotes from Swami Dhyan Giten on silence. It also explains how silence is the flower and love and wholeness is the fragrance.

"As I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life. Thank you so much Giten for your wonderful being and support in life."

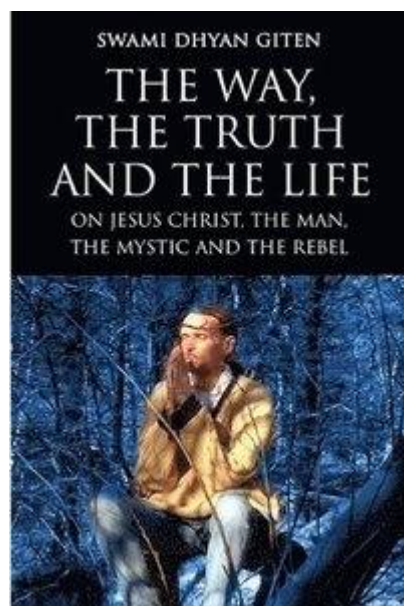
- From the foreword by Deva Emanuel, musician and student of Giten for 7 years.

"Swami Dhyan Giten's *The Language of Silence — From Darkness to Light* reminds me of those moments when we drift back from sleep to wakefulness and the precious insights that quite often occur in those instances of "awakening." It is my own experience that all spiritual paths have a common thread which most simply stated is: unconditional self-acceptance. It is this process or journey toward self-acceptance that leads to

our connection with our individual aloneness and silence about which Giten so beautifully often comments. Here Giten tells us we find our true heart, that love that becomes our healer and a healing presence that projects beyond ourselves and heals and nourishes the lives of all others with whom we have contact, be they friends, strangers or even our pets.

Giten's "The Language of Silence" is a beautifully expressed and highly intimate picture of his own spiritual history. While reading this book, which is, formatted in short segments and insightful phrases and a true delight to read and sure to later re-visit, I had the sense of listening to his open heart as it gave words to his personal silence. Giten offers us a quite intimate connection with his inner being and thus a glimpse of the beauty within ourselves."

- Eric Rolf, international lecturer, author of "Soul Medicine" and former consultant to John Lennon



**THE WAY, THE TRUTH AND THE LIFE:**  
**ON JESUS CHRIST, THE MAN, THE**  
**MYSTIC AND THE REBEL**

\* \* \* \* \*

Five stars, Goodreads, the world's largest book site for  
readers and book recommendations with 45 million  
users

"With Giten's book on Jesus, it is like Jesus is coming back. It is the true Jesus."

- Prem Mukta, Artist & Music management, participant in satsang with Giten, Stockholm

"No one has been able to deliver the message of Jesus so fantastic beautiful that Giten has managed in the book "The way, the truth and the life." Finally, we have his message in original. I am shaken and stunned. The religious words that Giten formulate can make anyone mentally stunned. These words create an inner silence and a deep spiritual wonder for life. Giten has shaken me. I hope the readers also discover his greatness."

-Brage Norin, professor in theoretical physics

"When I participated in Satsang with Giten for the first time, I felt that I had come to the right place. I felt that I had come home. I never thought that a 2-hour Satsang could go so deep. The love that I found within myself during Satsang with Giten just continued to flow a week after the Satsang."

– Iiris, special education teacher for autistic children and participant in Satsang with Moji and Eckhart Tolle

This book is a compilation of Swami Dhyan Giten's

lectures on Jesus Christ during satsang between May - July, 2015, in Stockholm.

Giten was a disciple of Jesus in a former life.

In this book, Giten talks about the beauty and wisdom of the words of Jesus. Giten talks about Jesus, the Man, Jesus, the Mystic and Jesus, the Rebel. He makes a clear distinction between Jesus Christ and the religion that has been built around him - Christianity.

Through talking about the gospels of Matthew, Luke and John, Giten reintroduces Jesus as the man, the mystic and the compromiseless rebel, who are filled with love and compassion. Jesus becomes alive in a new and dynamic way and not in the way that Jesus has been presented to us by the theologians and the priests.

Giten talks about love, joy, trust, acceptance, healing, truth, the need to serve, the difference between being and ego, wisdom, silence and God. For the first time, we really feel the laughter, passion, silence and celebration of life in Jesus, which shows us the deeper meaning, the timeless relevance. This book is a joy and a delight for those in love with the words of Jesus.

In-between the lectures on Jesus Christ, Giten answers questions on spiritual growth from seekers of truth. Giten has also complemented the lectures on Jesus with The Art of Living, which includes practical meditation exercises.