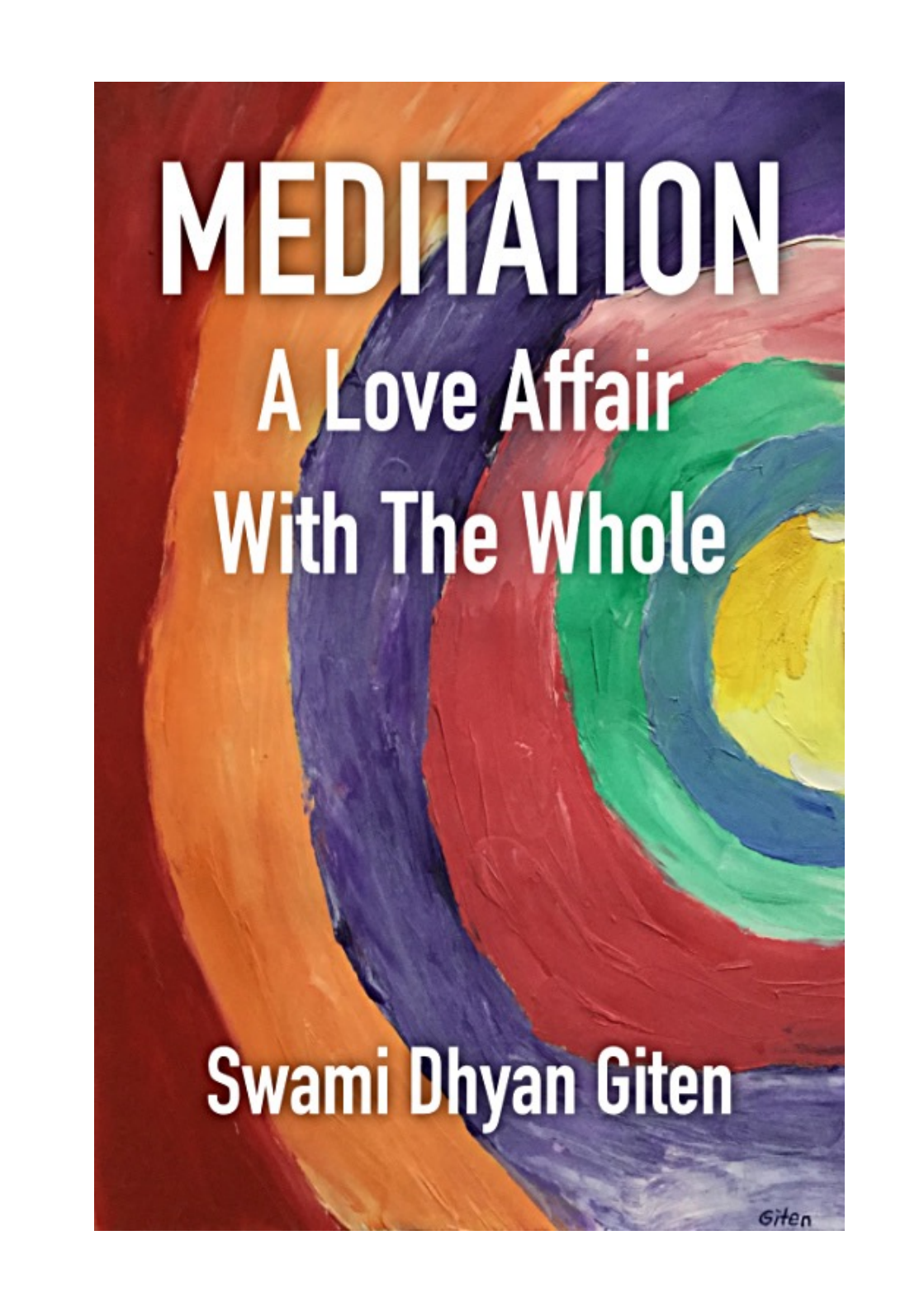


An abstract painting featuring concentric, overlapping circles in vibrant colors: orange, purple, red, green, blue, and yellow. The brushstrokes are visible, giving it a textured, expressive feel.

MEDITATION

**A Love Affair
With The Whole**

Swami Dhyan Giten

Giten

Meditation: A Love Affair with The Whole

Swami Dhyan Giten

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Thousand and One Flowers of
Silence, Love, Joy, Truth, Freedom,
Beauty and the Divine

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INTRODUCTION

"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."

Swami Prem Pathik, Nepal

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PART 1

Meditation

MEDITATION: AN EFFORT TO BECOME CONSCIOUS

Meditation is an inner journey. It is a journey from your periphery to your inner being, your center. Normally we have lived on the periphery for many lives, so we have become totally oblivious of the fact that we have a center.

A man living on the periphery is without a soul. It is a man living without roots. He knows not where he is coming from, he knows not where he is and he knows not where he is going.

Meditation means an effort to become conscious. It means to create the fire of awareness in you. It is to find the inner being, the center, in us, because it is there. Once we have found the inner center, we find our roots. Then we have a soul. We know who we are. And that is the greatest moment in a man's life.

It opens up the mystery of life. Suddenly God becomes available in all its joy, beauty and mystery. Then life becomes eternal. Then there is no death. Then our life becomes a joy.

MEDITATION IS THE GREATEST ADVENTURE INTO OUR BEING

Meditation is the greatest adventure into our being. Meditation is the only way to enter our own being. Meditation is the only way to enter our own self. It is the greatest adventure there is, because it allows you to know your ultimate reality, your immortality. It allows you to know that you are deathless. It makes you free from fear, anxiety and opens the doors to your inner source of joy without outer causes.

Meditation is possible only for those who are strong in spirit. It has nothing to do with physical strength, it has to do with unwavering determination. The wavering person cannot go deep in meditation, because meditation takes time to grow. It takes years for meditation to grow, so one has to be patient.

When one has the strong spirit, one will come to taste the fruits of meditation. One comes to know the eternal.

THE ART OF MEDITATION

Meditation is the art to transform unconsciousness into consciousness. Meditation is the art to create the situation in which you can wake up. Meditation is the device so that you can wake up.

Meditation is the art where the unconscious can be transformed into consciousness and where no part of your being is no longer dark or unconscious. It is full of light, which is why it is called enlightenment.

Meditation do not force you to wake up, but it persuades you to remove the inner causes, which are creating your unconsciousness. Then the inner causes can be removed from the very roots.

Once you have removed them yourself, then does the awakening happen. Then you can transform your being, you can become enlightened. Then you can use the strategy of removing the inner causes to create spiritual awakening.

MEDITATION IS THE DOOR TO GOD

It is unfortunate that very few people have ever tried to know meditation, because meditation is the way to joy and happiness.

Meditation means to participate in the celebration of existence. Meditation is a love affair with the whole. Without it life remains a misery, a sadness and a frustration.

Meditation is the only way to be the blessed one and to participate in the mystery of life. Meditation is the door to God.

MEDITATION: THOUSAND AND ONE FLOWERS

Meditation is a state of silence, emptiness, and no-mind, no-thought and no-desire. Looking from the outside meditation is empty of all that we have been identified with, but looking from the inside meditation is overflowing with thousand and one flowers: love, joy, gratitude, compassion, truth, freedom and godliness. Thousand and one flowers blossom and their fragrance cannot be contained, it has to be shared. It starts reaching others by its own accord. You don't even have to share it, it shares itself.

Meditation starts with the first part, which is to emptying, and existence does the second part, which is the blossoming of a thousand and one flowers. The first part is to empty yourself of everything that you have been taught and are clinging to. The first part has to be done by you, and the second part comes from God. It is a gift from God. It is a gift of immortality, a gift of the eternal. It is a gift of consciousness, it is a gift of joy and happiness. It is to come home, a home that we have been searching for in many lives.

MEDITATION: A LOVE AFFAIR WITH THE WHOLE

Meditation takes you beyond the mind. Meditation leads to enlightenment. Meditation gives you the insight that the universe is one organic whole. It gives you the insight that the universe contains summer and winter, life and death, the creative and the destructive, love and aloneness and day and night. The beauty with the universe is that it contains all these polarities and contradictions, but still it is an organic whole. All these contradictions become complementariness. Meditation joins together the polarities and contradictions of the universe. And the moment that you can conceive the whole as one, you have arrived home. Meditation becomes a love affair with the whole.

Meditation is not of the mind, it is of no-mind. Meditation comes out of silence, when the mind has ceased, when you have fallen into a deep abysmal silence. This is the beginning of the world of mystery. Then each moment opens a new door, a new dimension. One lives from one wonder to another wonder, from one surprise to another surprise.

MEDITATION: A REAL AND AUTHENTIC BEING

Meditation is to know the deepest experience of our being. To experience our deepest inner being is to become fearless, because we will know that there is no death. We was never born and we will never die, because we are eternal. It means that nobody can manipulate and control us, because we know freedom. And to know freedom creates courage.

When we attain to meditation, we become a real and authentic being, who is not ready to sacrifice anything for truth. Whenever a man attains to meditation, he knows freedom and he can fight the collective stupidity of humanity.

SILENCE: THE REAL TEMPLE OF GOD

Meditation helps you to discover the profound silence that prevails at the center of your being. Only then one knows what life is all about. Only then one knows the meaning, the beauty, the joy and the truth of truth. Only then one knows all that is worth knowing.

Meditation is the process from the periphery of our consciousness to the inner being, the center of our consciousness. Meditation is another name for awareness. Meditation is to learn to be aware.

As your awareness grows, you will be coming close to an inner place, where immense silence has prevailed for eternity. This is the real temple of God.

MEDITATION: CELEBRATE YOURSELF, CELEBRATE YOUR BEING

Whatsoever you are, celebrate yourself, celebrate your own being. Real growth is effortless, one simply enjoys oneself, one celebrates one's being. When you have an ideal, a goal, in the future, you forget to simply enjoy yourself, and begin to struggle to achieve the goal in the future.

Start meditating to come back to enjoy yourself, to enjoy the here and now. Meditation is not just a technique. Meditation is to love yourself. Meditation is joy.

Life is beautiful. God is hidden everywhere in a million ways. The joy and celebration of life is already happening everywhere. The invitation to God has already been given to you, it is only a question of participating in life. From this moment participate in life, be one with life.

MIND IS OLD, MEDITATION IS YOUNG

The mind is old, meditation is young. The mind consists of the past. The mind consists of your past experiences. Meditation is young, which makes the meditator fresh and young. Meditation keeps you young like a dewdrop in the morning sun. And to know this youthfulness is to know the eternal.

The mind is time, meditation is timelessness. To know meditation is to know timelessness, the eternal and the deathless. Padma, my beloved friend for many lives, had cancer and was about to leave her body and embark on her eternal voyage. During a satsang, she asked: "Am I going to die now?" I was so happy to be able to give her the experience of the eternal, the timeless and the deathless through satsang before she left her body and embarked on her voyage.

When you know the eternal, the immortal and the deathless, you know that death is an illusion. You know that death does not exist.

AWAKENING

Meditation is the way to wake up. Meditation is the way to enlightenment. The moment you wake up you will see that you are a drop of God. And a drop of God is as divine as the whole of God.

But that awareness comes only through a constant persistent effort for awakening. That is what meditation is all about. It is not learning a new philosophy, it is learning a new way of being conscious.

Up to now all that we know is ways of remaining asleep. Our society, education and religion only teach us how to be comfortably asleep.

Meditation is for those who are seeking awakening. So let the decision for awakening take deep roots in your heart. Let it be a decision to wake up whatsoever the cost. Once you have made the decision it is not difficult, but it all depends on you.

LOVE AND MEDITATION

Love is the flower of meditation. Without meditation the flower of love will not blossom. Without meditation what we call love is not really love. Without meditation love will only bring misery. What we call love will be possessiveness, jealousy, hate, domination and destructiveness. Without meditation love will not be possible at all.

When you go deeper in meditation, silence and awareness, the false and artificial will be disappearing and the real and authentic will start growing. Romantic love will grow into real love, anger changes into compassion, sadness will grow into and greed changes into sharing.

When you come closer to the center of your being your ego will disappear. And the moment the ego disappears, love arises. Love is the flower of agelessness. Love is the crescendo of life. One who has attained to love has attained to God.

THE MOST IMPORTANT TEACHINGS OF BUDDHA: LOVE YOURSELF & WATCH

‘Love yourself’ and ‘watch’ are two of the most significant teachings of Buddha. Love yourself and watch are 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 knowing 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.

THE SPRING OF MEDITATION: MEDITATION AND AWARENESS

Ordinarily man lives an unconscious life. He is not aware what he is doing, and he acts in a mechanical and unconscious way. He is not aware of his own acts. He is not alert about his thoughts and feelings. He is so identified with his thoughts and feelings that he is not aware of them. He cannot be aware and watch his thoughts and feelings.

This identification with thoughts, feelings and acts is a state of unconsciousness. Meditation and awareness needs this identification to be broken so a distance can be created, so you can see what you are doing.

As your awareness grows, you will become capable of watching your body and its acts, then the mind and its thoughts and then the heart and its feelings. Once you can be aware and watch these three dimension of limitation, meditation has started growing in you. The spring of meditation has come.

Then the inner being, the consciousness, awakens. And the inner being is the experience of godliness. It is the beginning of the eternal, the timeless and the immortal. Breaking the identification and becoming aware is the whole process of meditation.

SILENCE: THE REAL TEMPLE OF GOD

Meditation helps you to discover the profound silence that prevails at the center of your being. Only then one knows what life is all about. Only then one knows the meaning, the beauty, the joy and the truth of truth. Only then one knows all that is worth knowing.

Meditation is the process from the periphery of our consciousness to the inner being, the center of our consciousness. Meditation is another name for awareness. Meditation is to learn to be aware.

As your awareness grows, you will be coming close to an inner place, where immense silence has prevailed for eternity. This is the real temple of God.

SILENCE AND LOVE

Silence has to be the quality of your inner being and love has to be the expression of your inner being. Love is silence expressing itself into the outer world. Without silence there is no love. That is why people want to love and desire to be loved, but they become frustrated because they never look for the basic requirement without which love is not possible.

Love is the nourishment of the soul. People want to give love and to be loved, because it is a basic need. Just as food is nourishment for the body, love is nourishment of the soul.

Many people's souls stop growing, and they only grow physiologically. The moment your inner being stops growing, you are no more a river reaching towards God. This creates a gap between people's spirituality and their physiology.

Love is fundamental need, but you have to understand the fundamental existential laws about love. There are three fundamental existential laws about love. The first law is that you cannot get love if you don't give it. Love always comes as an echo. You first have to give, then it comes back a thousand times. But it comes only when you give. If you want to get without giving, it is not going to work. This is against the existential law.

The second law is that you can give only if you have it. You cannot give something that you don't have. With the second law meditation comes in. It is through meditation that you create silence in your inner being. To find the silence, you have to remove the hindrances. The ego has to be removed.

The third law is that when you have found the silence and its outer expression love, then don't hold it in, and don't be miserly. The third law is that the less you give, the less you have. If you don't give, it will disappear. If you give totally, you will find an infinite source, which comes to you. You go on giving, it goes on coming back to you. It always comes back with more than you give.

The fundamental laws of existence is that when you hold on, when you are miserly, you will destroy the silence and the love. So give unconditionally, without putting any conditions on your love. Give for the sheer joy of giving, of sharing, and more will be coming back to you.

Silence has to be your innermost core, and love has to be the expression of it. And between silence and love, God happens. It happens without your grasp. It comes as a gift, a grace from nowhere. Suddenly in the moment, it is there. And once this mysterious moment has been tasted, one has arrived home.

SILENCE IS THE DOOR TO INFINITY

Prayer is absolute silence. When you bring in words in prayer, the prayer and silence are destroyed. The only language that the whole understands is the language of silence. What is there really to say to the whole that the whole do not already know?

The moment you are silent, you have put aside everything you know, your mind, your knowledge, your religion, your philosophies and your ideologies. Silence erases all that you have learned and accumulated. Silence makes you an innocent child again.

In that innocence something arises in your being with no effort on your part. A fragrance of gratitude arises. You are not doing it, a gratefulness, a thankfulness starts arising from your inner being. That is the prayer that reaches to God.

Once you know the prayer of silence you have known everything that is worth knowing. There is nothing more valuable to know than silence. Silence is the door to the divine, to infinity.

MEDITATION: BEING A LIGHT TO YOURSELF

Inner Light & Intelligence

Meditation is to become a light to yourself. Normally people live in darkness, because they don't develop their intelligence. Meditation means to develop our inner light, our intelligence. The inner light consists of intelligence.

Meditation means to use your intelligence to each act, thought and feeling. These are the three dimensions in meditation: the body, the mind and the heart. The ultimate sharpening of intelligence is meditation. The more you use your intelligence to the three dimensions, the more you learn meditation. When people only live their lives through the mind, they destroy their intelligence. Normally people live their lives through the mind, which is mechanical, dull and repetitive.

When you use your intelligence and live according to your own light, you follow your authenticity,

sincerity to yourself and respond to the moment from your own being. When you use your intelligence to whatsoever you are doing, you follow your own self, and your intelligence becomes a light to yourself.

MEDITATION AND RESURRECTION: THE BEGINNING OF A NEW LIFE

Meditation is a resurrection. Meditation is the beginning of a new life. Normally we live through the mind, which is a mechanical, dull and a repetitive way of living.

Living through the mind is a routine, which is why it creates boredom. And the more intelligent you are, the sooner you will become bored.

The art of meditation means to bypass the mind. The mind remains there, but it is no more your door to existence. You can relate to existence directly. And to relate directly to existence is a resurrection, it is a beginning of a life, which is eternal, infinite and divine.

LIFE BEGINS WITH MEDITATION

A man without meditation is not part of existence. He exists, but he is not part of existence. He is separate from existence. There is no bridge between him and the whole. Life begins with meditation, because meditation creates the bridge between you and the whole. Without meditation you're like a separate island. With meditation you become part of the whole continent.

The ego tries to live like a separate island. The ego is afraid of being part of something which is larger than itself. The ego tries to live a confined life. The ego is afraid of love, because love is larger than the ego. The ego is afraid of meditation, because meditation is far larger than the ego. The ego is afraid of joy, because joy happens when you are connected with something larger than yourself.

The whole is interconnected. It is only the stupidity of man that tries to live separate from the whole. This is why man lives in misery, because man lives in separation from the whole.

Meditation gives you a taste of joy, because meditation give you a taste of something that is

larger than yourself. It gives you a taste of the infinite, of the oceanic. Then you understand that existence loves you and cares for you.

THE DANCE OF LIFE: THE ETERNAL AND THE DEATHLESS

Meditation is the way to experience that there are two layers within us: the physical body, which is the mortal, and the consciousness, which is the eternal, the immortal and the deathless within us. The physical body belongs to the dimension of the mortal and of death. The physical body belong to the dimension of time. It is a machine, which will disappear.

But behind the physical body is your consciousness, which belongs to the dimension of the eternal, the immortal and the deathless. You can call the consciousness for soul, being or God. This consciousness, this innermost core of our existence, is God, the divine.

When you are identified with the body, you are afraid of death. The fear of death is our deepest fear, which affects all our other fears. But when you are in contact with your consciousness, you know that death does not exist. You know that you will not die. You change from one body to another body like you change clothes. This understanding will make you free of the fear of death.

In that moment, God and the whole existence, will descend on you like a silent rain. God comes and bows down to you. In that moment, you are no more. The self has disappeared and the whole existence celebrates and bows down to you. This is the goal of spirituality.

Life is God's dance. Society is afraid of those that join God's dance, because they become free. They are not so easy to manipulate and control. A fearless man who is not afraid of death cannot be exploited so easily. Society does not want you to know that death is an illusion. Society tries in every way to make you afraid, so that you can be controlled. Society respects the mediocre, the hypocritical and the bourgeois. Society respects the dull, the stupid and the dead.

If you want to join the dance of life, you have to take a risk. You have to drop the desire for respectability and acknowledgement from the society.

MEDITATION IS TO FIND THE ETERNAL, THE DEATHLESS

We are all ancient people in the world. We have always been here and we will always be here. We existed before death and we will exist after death. Birth and death are small events in the eternal life. This insight happens only through meditation.

If you remain identified with the body and the mind, then birth and death becomes the limits of your life. When you realize that you are not the body and the mind, you see that birth is not the beginning and death is not the end. You are beginning less, endless.

This insight makes you realize the world of eternity. And the deepest thirst and longing of man is to become eternal, to go beyond death and become deathless. Meditation belongs beyond birth and death.

The real seeker of truth always searches for the eternal, the deathless. The worldly and mundane people searches for power, money, positions and

possessions, which death will always take away from them.

Only meditation cannot be taken away from you. To find meditation is to have found the eternal, the deathless and the bottom of existence.

MEDITATION AND RESURRECTION: THE BEGINNING OF A NEW LIFE

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MEDITATION IS THE JOURNEY THAT BEGINS, BUT NEVER ENDS:

THE INNER AND OUTER UNIVERSE

The universe is vast. The universe is infinite and boundless. Physicists now say that the universe is expanding every moment with the speed of light. The same is true about the inner experience of meditation. The same is true about the inner universe. It is an expanding universe, which is not static.

Once you become silent, you will be surprised. You cannot believe that it can be more and that each moment there is more. Meditation is an inner journey that begins, but never ends. Your inner universe goes on expanding. It is like when you throw a stone in the lake, and the ripples on the surface of the lake continues to expand.

There is no boundary either in the inner or outer universe. Your experience of meditation in your

inner universe will go on deepening and expanding and become vaster and more profound.

In India the word for God is Brahma, which means "the expanding one." Brahma means the inner universe, which goes on expanding. It was only recently that Albert Einstein discovered that the universe is expanding.

Meditation is a journey into an expanding inner universe. It is a journey that will never end, which is the joy, beauty and adventure of the journey.

GOD IS EVERYWHERE

Love and Meditation, Relationships and Aloneness

How do love and meditation relate to each other? How do relationships and aloneness relate to each other? How do God meet you in different forms in the outside world, and how do God meet in you in the inside world as your own self? In the outside world, in love and relationships, God is meeting you in many different forms. In the inside world, in meditation and aloneness, God is meeting you as your own self.

Balance is needed. Love and meditation and relationships and aloneness are a balance between the inner and outer world. Love and meditation, the inner and the outer world. Love and meditation and the inner and outer the world are needed to create a balance. Together these two poles create a wholeness; together they will heal you. Make these two poles part of meditation, so that love and relationships are good to create wholeness.

Traditionally religious people have chosen the one-sided pole of meditation and silence, and they have rejected life, love and relationships. Traditionally religious people are silent. But their silence is not full of joy. And the balance between silence and joy are needed to be able to dance your way to God.

Dance comes through the balance between silence and joy, between love and meditation and between the inner and outer world. One cannot dance when one has chosen the one-sided balance between the outer and inner world, by becoming either an introvert or an extrovert. When you have related to people in the world, a need arises for meditation and aloneness. And when you are alone, it creates a need for love and relationships.

And in the outside world, God is meeting you in many different forms. And when you feel the need again to be alone, God is meeting you as your own self. God is everywhere, so there is no need to choose.

LOVE AND ALONENESS: IN YOUR ALONENESS, YOU CAN BE HAPPY IN YOUR OWN BEING

Meditation is the only way through which loneliness becomes aloneness. Loneliness is sadness and misery. In loneliness, you hanker for the other. In aloneness, you can be happy with yourself, with your own being. You do not hanker for the other. In aloneness, you can be happy wherever you are. And the happiness reaches others. Aloneness is to know the joy and beauty of being oneself.

Meditation is the way to discover our own aloneness. It is to discover the beauty and eternity of being alone. Then you can be alone with yourself, you can be alone in love and you can be alone together with others. In aloneness, you can find a freedom to be alone.

In aloneness, you are joyful alone or alone together with others.

HAPPINESS IS THE LONGING OF LIFE

The whole life in all its forms is searching for happiness. The flowers, animals and people are all searching for happiness. Happiness is the longing of life. Life finds absolute fulfillment when it finds happiness.

Happiness is everybody's potential, but not everybody attains to their potential. When the potential for happiness is not attained, people live in sadness and misery. When the potential becomes actual, people live in happiness.

Happiness is possible for everybody, and the basic requirement is meditation. Meditation means awareness and alertness. With a little effort, your awareness grows. And as the awareness grows, life becomes more love, more happiness.

Without the basic requirement of meditation and awareness, nobody has attained to happiness. Meditation is the ladder to reach higher levels of awareness and happiness.

MEDITATION IS OCEANIC

Man without meditation is small, limited and separated from life. This separation from life is the real root cause of misery, of feeling small and confined and of an inferiority complex. This feeling of inferiority creates the ego. The ego is the illusion that "I am not small and limited" and "I am powerful." Through money, power, status, position and fame, one proves that "I am not small and limited." But behind the ego, one feels hurt because of the inferiority complex, and one knows deep down inside that you are small.

When one enters meditation, one finds something vast and oceanic. Man is separated from life, because one is identified with the body, the mind and the heart. Meditation is the awareness that "I am not the body, the mind or the heart. When you become aware that you are not the body, the mind or the heart, suddenly your limitations and boundaries disappear.

Meditation is the process to know reality. Meditation is silence, awareness and witnessing. Witnessing is the key in meditation, because when you witness you cannot remain identified with what you witness. The moment you witness you are separate from it. When

you can witness the body, the mind and the heart, you are beyond them. When you can witness the feelings of the heart, you are beyond feelings. And the body, the mind and the feelings of the heart are the three limitations.

Once you know witnessing, you feel vast and oceanic. Then there is no need for the limited ego. You understand that you have created the ego, because you feel small and inferior. And to experience oneself as vast and oceanic is to feel infinity, eternity. It is a moment of bliss, a moment of truth, a moment of the divine.

MEDITATION: A DIRECT CONNECTION WITH EXISTENCE

- DISSOLVING INTO THE SILENCE

The purpose of deeper meditation is to dissolve into silence, to dissolve into the divine, to dissolve into God. It is to find a direct connection with existence.

To dissolve into silence is very difficult for the Western mind, the very idea of dissolving is difficult. For centuries the Western mind has been taught and conditioned to keep itself separate, to be a strong ego, and even modern psychology goes on repeating the same idea: that the ego has to be strengthened. Modern psychology even goes on denying that there is something beyond the ego.

The ego is the only problem, the only disease. So when it comes to dissolving, the whole conditioning of the mind prevents it. One wants to keep oneself a little separate so that one remains a person, so one does not become anonymous.

And to really go deep in meditation means to be anonymous. It is to lose yourself so totally that you have no will of your own.

And the miracle is: when you don't have any will of your own, for the first time you will come to know the real will. You can call it God's will or your own true will, but it is totally different from the desires and ambitions of the ego.

The paradox is: when you lose yourself, for the first time you are yourself. Meditation is an experience in losing. It is like the relationship between the river and the ocean: Every river that comes to it has to dissolve. The river has to become one with the ocean. Then meditation is a direct connection with existence. It is a direct insight and oneness with God.

MEDITATION IS A CONSCIOUS SEARCH

Meditation is the goal. We are all moving towards meditation, consciously or unconsciously. If you move unconsciously, it is almost impossible for you to reach, because there are thousands of ways to go astray - and there is only one way to reach it.

Man searching unconsciously have no possibility of ever reaching, because there are thousands of wrong doors, and there is only one door reaching to the right place. Unless one starts seeking consciously one will never find the right door.

Meditation is a conscious search, so we can pinpoint the goal and eliminate the paths that will lead us astray. We can move towards the goal with intensity, commitment and consciousness. The goal is meditation.

Meditation is a state of silence with no desire, no memory and no past and future. There is no thought process. You are relaxed and utterly silent. That state is meditation. This is the goal, because once you are absolutely silent, you realize the immense beauty of existence. You become aware that you are part of the whole. You become aware that you have

never been separate from the whole. You realize that separation was only an idea. You realize that you have always been one with God, one with the divine. Existence is a unity, a cosmos.

Meditation means the disappearance of the mind and the ego. It means the disappearance of all the problems of the mind and the ego. Those that have realized meditation have come home. Meditation is a search towards the home.

MEDITATION MEANS THE DISAPPEARANCE OF THE MIND

The experience of meditation is the only unique experience in life. Once meditation happens, you cannot fall out of it. One can fall in love, one can fall out of love, but one cannot fall out of meditation. The reason that one cannot fall out of meditation is because the moment you fall in, you disappear. There is nobody to fall out of meditation. Meditation means the disappearance of the mind. Meditation is the disappearance of your personality and its center, the ego.

It is falling into an abyss, and the deeper you fall into the abyss, the less you are. A moment comes when you are no more - and when you are no more, you are coming home. This state of silence, of emptiness, of nothingness, is meditation.

The real seeker of silence, love and truth will search for this experience, because only this can be the ultimate fulfillment. Unless one finds a source of joy, that is infinite, one cannot be at ease with existence.

With nothingness inside, at ease with existence, with no conflict and desire with existence, you gain the whole universe. The moment you are no more, the whole belongs to you.

FROM MIND TO NO-MIND

We have cultivated the habit of a continuously chattering mind for so long that it has become automatic. So it takes time to change this autonomous status of the mind.

There is no need to hurry and to be impatient, because impatience makes things more difficult. Go slowly, because there is eternity available. The time consciousness in the West has become a heaviness. People are in such a hurry because time is short and there is so much to do and to achieve, which creates a fever and delirium. The Eastern attitude is that eternity is available. Time is not running out. You can go on patiently.

Take it easy. To go beyond the mind has happened to many people before, so it can happen to you. That shows that it can happen more often, and it can become a permanent state of affairs. Just take it easy, go slow, and be quiet and collected. The key to go beyond the mind's trust. You slowly develop the trust to go beyond the mind. Slowly the mind disappears. And it is good that it disappears slowly, because if it disappeared suddenly you would be completely lost. You would not know who you are.

the disappearance of the mind has to be taken step by step in small doses. By and by one acclimatize oneself to it. That is the way it happens naturally and slowly. It happens for a short moment in the beginning. It happens for a short glimpse and then it is gone. It was there and then it is not there. By and by it happens more and more.

Then you will understand the wisdom of why it happens so easily, slowly and in small glimpses. This is the way to digest it, and your capacity to digest it grows, and then one day suddenly the mind is gone. Then the mind suddenly evaporates in thin air, but then you are not afraid and shocked. That does not mean that you cannot use the mind, but now you know the way to go beyond the mind.

You have become ready for it. You have developed the trust to go beyond the mind. The jump from mind to no-mind is close that it happens by itself. The jump from mind to no-mind is an insight into our authentic inner being, the divine within.

MEDITATION AND EGOLESSNESS

Meditation and egolessness are two sides of the same coin. The ego is the center of the mind like the hub of a wheel. Egolessness is the essence of meditation. Meditation is a state of no-mind, no-thought, no ambition, no desire and no past and future. One is here and now. In that state of meditation, the ego disappears.

The past is half the ego and the future is the other half of the ego. The ego is a projection of the conditioning and memories of the past and the dreams and of the future.

In-between the past and the future is a gap. In that gap is meditation, in that gap is egolessness. Out of that gap arises the experience of God.

You can be in joy in aloneness each moment wherever you are. Your aloneness gives a freedom to be yourself.

PEACE IS A GIFT FROM EXISTENCE

Meditation is the art of becoming available to the mysteries of life. Becoming available to the mysteries of life brings love, joy, truth, freedom, peace and creativity.

Peace is not something that you can create. If your meditation goes deeper, peace comes as a gift from existence. Meditation makes you available and open to receive the gift from existence. You cannot create the peace, but you can open your doors to be available to the peace.

Then a peace descends on you, a peace which is unlimited and boundless. And then nothing can disturb your peace. It is a peace which goes to your deepest inner being.

Meditation is the only way to attain to this peace.

MEDITATION AND IMMORTALITY

Meditation helps us to realize our immortality, eternity, timelessness and deathlessness. We believe that we are born and that we will die. But the truth is that we were never born and we will never die, because birth and death are not boundaries of life. Life is eternal.

Birth is only the birth of the body and the mind, it is not the death of our being. But we are not aware of our being, so we live in an illusion of death. We are Identified with the body and the mind. This identification causes fear and anxiety.

Meditation helps you to become disidentified with the body and the mind. It makes you aware that you are not the body or the mind. It makes you aware that you are the inner being, which is separate from the body and the mind. The moment that you realize this, there is no death. You realize that death is an illusion. You realize that life is infinite.

Meditation is the right way to go within yourself, and realize your essence, your reality, your soul, which is deathless and immortal.

MEDITATION: A REAL AND AUTHENTIC BEING

Meditation is to know the deepest experience of our being. To experience our deepest inner being is to become fearless, because we will know that there is no death. We was never born and we will never die, because we are eternal. It means that nobody can manipulate and control us, because we know freedom. And to know freedom creates courage.

When we attain to meditation, we become a real and authentic being, who is not ready to sacrifice anything for truth. Whenever a man attains to meditation, he knows freedom and he can fight the collective stupidity of humanity.

THE MEDITATOR NEEDS A STRONG SPIRIT

The people who are not mature for meditation do not want to be alone, so they always want to belong to a crowd. The meditator has to be like a lion and needs the spiritual maturity to be a salt of the earth. He will have to roar like a lion, he is no more a sheep. Sheep's are always afraid of being alone. They always move in a crowd. That creates a kind of security and they are not alone.

The first step for the meditator is to be ready to go on a lonely path. Meditation is an initiation into being an individual. It is to drop out of the unconscious crowd, the mass mind. The crowd, the mob, the mass mind, is the lowest possibility of humanity and if you want to leave the mob, the mob will not allow you to leave so easily.

The mob will always create hindrances, the mob will even hurt and kill you. The mob has killed many people, because if one person leave then the whole foundation of the crowd is shaken. Then others may also start thinking about becoming individuals. It is because of this that Jesus was crucified and Socrates was poisoned. Their presence was dangerous to the establishment and the crowd became afraid. In the

mob there are politicians, priests and rich people, and they all depend on the mob psychology.

So the meditator needs a strong spirit, because he has to go against the crowd, and he has to leave whatsoever the crowd demands. There is nothing more valuable than to gain yourself, instead of sacrificing yourself for the demands of the crowd.

THE WORLDLY AND THE SPIRITUAL ORIENTATION IN LIFE

One can choose two orientations in life. The first orientation in life is the worldly and mundane orientation. The second orientation in life is the spiritual way.

The worldly and mundane way means that one can succeed in having much money, power, status, prestige and possessions, but inside one will remain empty, alone and miserable. Life becomes a vegetation between birth and death, but there will be no real joy in life. The worldly way means to be part of the collective unconscious masses of people.

The spiritual way means that you are trying to be an individual. It means to live your own life. It means to trust yourself and to live your life according to your heart, joy, truth, freedom and creativity.

To live the spiritual way is insecure and dangerous. The unconscious masses will condemn you, because the spiritual way will not bring you power, money and status in society, but it will bring you joy. It will be a life of love, silence, truth, beauty and creativity.

things that are not valued by society. The world values money, power, narcissism and psychopathy, prime ministers, presidents, politicians, priests, Adolf Hitler, Napoleon, Alexander the Great and war.

The world condemns poets, musicians, intellectuals, authors and meditators, because they seem to be vagabonds, lazy and useless in the eyes of the worldly people. To live a spiritual life, one has to accept these condemnations from people who only value money, power and possessions.

A meditator has to live a life of love, silence, truth, freedom, non-political and egoless. The meditator has to live his life with love, joy and truth. The meditator has to live and die with joy and acceptance. Then he has achieved something that even death cannot take away from him. Only then he will enjoy life to the fullest.

BE A LIGHT TO YOURSELF

Every child is born intelligent, but very few people have been able to escape from the conditioning that society imposes. Psychologists says that children are more intelligent when they begin school than when they finish school.

Society is afraid of intelligence. Society is not interested in the individual. Society is interested in the establishment, the structure, the state and the church. The individual is only accepted because he can be used for some means, which are not his. These means are for the society, the vested interests and the rich.

The beginning to reclaim your individuality is to rebel against the tradition, the politicians, the church and the unconscious mob psychology. That is to insist on being yourself whatever the cost.

Then you will have great intelligence, and you will become a light to yourself. It is a rebellion of the individual against the tradition, the status quo and the mob.

The society does not have a soul, it is only the individual that has a soul. So the individual cannot be sacrificed for any end: the state, the church, the tradition or for the vested interests.

Learn to respect yourself and in that respect you will learn to respect others. Then you will be a light to yourself.

ABSOLUTE FREEDOM

Many people live a life of misery, meaninglessness, depression and discontentment, because we are living in a wrong way. We have been taught to live in a wrong way, because it helps the establishment, the status quo, the vested interests, the people in power and the rich.

They do not care about the greater humanity, because everybody is concerned with their own power and investments. So they go on poisoning people with ideas, ideals, beliefs and ideologies and ideals to live in the wrong way.

The politicians and the priests do not really want people to become intelligent, because intelligence will always be rebellious and question the status quo. The education system says that it develop the critical thinking of the students, but when students actually use their intelligence and critical thinking the society and the education system hinders them to be intelligent.

And without real intelligence life cannot become a joy and a freedom. A mediocre person remains dull, shallow and superficial, but the politicians want people to be mediocre so that they are easy to manipulate and exploit. The politicians can only

remain leaders of mediocre people. So the politicians know the strategy to remain in power and not allow people to become intelligent. They know the strategy to reduce people's freedom, so that they can be manipulated.

The meditator has to rise his intelligence to the optimum, because only then there is joy, freedom and contentment. That is when the spring of your life starts flowering. Your life has to be allowed absolute freedom.

LIVE IN FREEDOM

Freedom is a spiritual phenomenon. Never sacrifice your freedom, not even for love, because freedom is the highest spiritual quality. Freedom cannot be sacrificed for anything.

Meditation helps you to become free from all traditions, orthodoxies, ideologies and conventions. Meditation helps you to become free from unconsciousness and darkness. To live in freedom is to live a spiritual life.

Meditation is the taste of joy and freedom. Meditation helps you to understand how to be free. It helps you to understand how to make your consciousness completely free. Then you will know for the first time who you really are in your silence, truth, joy, freedom and beauty.

MEDITATORS ARE THE PEOPLE OF GOD

Only rarely does somebody become interested in meditation. That it happens at all is incredible, because society does not want you to meditate.

Society is afraid that when you drop into yourself, you will drop out of society. Society does not want you to meditate, because a mediator starts falling out of society. The meditator becomes capable of seeing all the lies, the nonsense and the stupidities of society, so he does not want to be part of the society.

All the religions are also against meditation, because meditation will make you free of the priests and of the organized religions. The meditator gets a direct line to God, the divine. Meditation becomes a bridge between the meditator and God. He does not need the priests to act as mediator between him and God.

Government, politicians and all the invested interest are all against meditation, because meditation makes you aware of a single humanity. And the politicians wants humanity to be divided, because that is the rule of politics: to divide and rule.

The politicians will also be against meditation, because a meditator becomes strong in his soul, and it will be difficult to manipulate and exploit him.

Meditation is a gift from God, because people who are interested in meditation are the people of God.

THE CONDITIONING OF SOCIETY

The conditioning of society is to destroy your capacity to be aware, to be conscious, to feel and to see. Then people can accept any kind of state in society. Just to survive they accept all kinds of humiliations. They are ready to live on a survival level. They are ready to live on a very low level of consciousness. Many people are existing below the human level. A person who is aware, conscious, who feel and see will rebel wherever he sees anything unjust and inhuman. He will not tolerate it.

There is so much injustice everywhere. To protect this injustice and all the political and economic investments that depends on it, society starts from the beginning to socialize and conform the child to live only on a minimum level. This guarantees that the control and exploitation of society continues.

The state, the politicians, the pedagogues, the priests, the media and the rich, they all control, manipulate and exploit people. The conditioning of society is to make people unaware, unconscious and dull, because to allow people to be aware and conscious are dangerous to society. The whole

society basically functions against making people aware and conscious.

Meditation is the way to learn to be aware, awake, conscious, watchful and available, which is why society basically is against meditation. Meditation makes you aware enough to find love. Meditation makes you aware enough to rebel wherever there is anything unjust and inhuman. Meditation makes you aware and conscious enough to go against the unconscious mob psychology, which functions from the lowest state of consciousness.

MEDITATION IS THE WAY TO REGAIN YOUR FREEDOM

We are born free, but we are not allowed to live in freedom by the society. Everybody is born in freedom, but everybody lives in a prison. Everybody lives as a prisoner and dies as a prisoner.

The most spiritual act in life is to live in freedom. Meditation is the way to regain your freedom. Meditation is the way to destroy all the barriers and bondages that have been created by the society, the state, the establishment, the status quo and the church.

The society do not want you to live in freedom, because a free person cannot be controlled, manipulated and exploited. A free person cannot be reduced to a thing, a possession.

The society do not believe in man, the society believes in machines, because machines are obedient and do not rebel. Man can rebel, which is why each child is chained in such a way that very few people are able to live a life of freedom.

Meditation is a declaration of freedom. A meditator has to be alert, aware, adventurous and courageous to live in freedom. A meditator's search is for freedom, and when he is totally free he knows God.

INNER AND OUTER ENEMIES

The man of understanding has to conquer his enemies. There are two kinds of enemies: inner and outer enemies. The man of understanding conquers the outer enemies by dropping his enmity. He does not think of them as enemies.

For him there is no enemy in the world. He is friendly to everything. The man of understanding does not conquer the outer enemies in the ordinary way with war, conflict and bloodshed. They are no more enemies and he has no enmity towards anybody.

The man of understanding also conquers his inner enemies: greed, aggression, jealousy and the ego, which is the inner enemies. The inner enemies basically consists of one inner enemy, which is unconsciousness.

By becoming conscious and full of light, the man of understanding has conquered his inner enemies. He is only consciousness. He has conquered both the inner and outer enemies. The whole existence is his friend. He is a friend to the whole existence. He loves unconditionally.

TO POSSESS THE OTHER IS TO DESTROY HIS SOUL

To control, manipulate and exploit others is unconsciousness. To manipulate and control others are inhuman, because it destroys the dignity and freedom of the other.

It reduces the other from a human being into a possession, a thing. To possess the other, you have to destroy his soul. This is the ugliest act possible in life.

MEDITATION IS THE ULTIMATE KEY

Meditation is a unique experience. All other life experiences are ordinary compared to the experience of meditation. Meditation is the choice of a few intelligent people.

Meditation brings you the experience that you are not the body. You know from your innermost core that you are not the body. It also brings you the experience that you are not the mind. And the moment that you know that you are not the body and the mind an inner door opens. Suddenly you realize that you have never been born and that you will never die. With this realization all your basic fears will disappear. Then you become part of the eternal. This opens the door to pure consciousness, which is nothing but godliness.

Meditation is the ultimate key to a constant awareness of your body and mind without any judgement or evaluation. This opens the door to an inner silence and emptiness, which is total freedom.

MEDITATION: A YES TO LIFE

- **The Essence of Meditation,**
- **The Two Aspects of meditation: Love and Aloneness,**
- **The Two Poles of Meditation: The Creative Male and The Silent Feminine Pole**
- **The three Life Areas: Meditation, Relationships and Creativity**

How can we develop our presence? This book presents a new dimension of working with people with a base in meditation. This book aims on developing our natural healing capacity through meeting our inner being, our authentic self, the meditative quality within, the inner source of love, truth and wholeness.

The underlying theme of the book is to learn how to be with our self and with another person in meditation, in a quality of watchful awareness, acceptance and relaxation. It is about developing a meditative presence and quality, to develop the inner

“yes”-quality, the inner source of healing and wholeness.

Meditation is to study our inner world. Meditation is the way to develop the presence, which is the base for healing– and therapeutic work. Meditation is the golden key, which can help us rediscover the contact with our inner being, with our life source.

Meditation is a yes to life. Meditation is learning to know ourselves. Meditation is an inner “yes”-quality of witnessing and affirming everything that we already are. Sometimes we are in contact with this “yes” and sometimes we act automatically according to ideas, desires and learned attitudes. But through awareness and understanding, we can find new solutions that arise out of our “yes” to life.

The goal of meditation is enlightenment. Learning to say “yes” means to appreciate all steps and levels of our psychological and spiritual development process towards spiritual maturity. Learning to say “yes” means to realize all our inner possibilities of presence, love, joy, trust, humor, laughter, truth, freedom, silence, beauty, wisdom and belongingness to life.

What is the heart of meditation? Meditation is the way to develop the presence, which is the base for healing- and therapeutic work. The heart of meditation is an inner quality of silence and emptiness. This is the inner being, the indefinable and boundless within ourselves. It is to watch the pure consciousness without content. It is like watching the clear blue sky of consciousness without any clouds that hides the sky. It is to understand who we really are beyond words. It is a direct existential insight into who we are. It is about rediscovering our original face.

One of my student - who participated in a 1-year seminar on the topic "Meditation and Creativity", which I conducted once a week in Stockholm - described what she learn during the seminar by saying that she discovered a deeper part of herself, which she did not know existed before. She says: "First I came in contact with all the feelings and everything that I did not want to listen to and know about myself. Then I came in contact with a deeper part of myself. I began to come in contact with an inner silence and calm that I did not know existed before. The perspective of witnessing thoughts and feelings, instead of being identified with them, also

created a deeper contact with my real self and gave my life a new meaning.”

Meditation is the way to develop our natural healing capacity - but not meditation as a static technique - but as the capacity for awareness, to let go and to be available to the living reality of this little, thriving precious moment.

The essence of meditation is a quality of witnessing. It means to observe with an attitude of acceptance, without interfering and trying to change that which is now. Meditation is to witness the reality of the moment, without wish that the moment should be different than it is and without will to change the moment in any way. When we can watch without interfering, we can see our life problems in a new and creative light.

When we meditate, we develop trust. We develop our inner being, which creates a larger space and freedom within ourselves. This allows us to rest in ourselves and to be relaxed with whatever happens. This trust allows us to come in a deeper contact with our inner being, our inner life source.

We have lost our capacity to trust. We have closed our heart. We have learnt to doubt and to be

skeptical. We have learnt that nothing happens unless we fight and struggle. We have lost our trust in the basic support of Existence. We have lost our trust that Existence loves us, supports us and tries to give us exactly what we need.

Meditation is the way to rediscover our basic trust in life. This trust brings us in a deeper contact with our inner being, with the inner “yes”-quality, with the silence and emptiness within, with the capacity to surrender to life.

To rediscover our basic trust in life is like sitting on a magic carpet and to be lifted by an invisible wind - and without any effort from our side life lifts us in an unexpected dance.

Meditation is to discover the magic of what is. We have all experienced those magic moments in life when life suddenly is perfect exactly as it is and everything happens easy and simple. It is those moments when we have the feeling: “Ah, this is life!” We have had spontaneous experiences of meditation many times although we may not have categorized these experiences as meditation. We have all experienced those rare moments when the moment suddenly becomes magical, when we experience a spontaneous love for all and everything and we have

a feeling of being one with the Whole. We may have experienced those spontaneous moments of meditation in love, in aloneness, in a crisis, out in nature, in creativity or for no apparent reason at all. Those spontaneous experiences of meditation are really glimpses of the love, joy, freedom, silence and wholeness of our inner being.

When we learn to meditate, we develop our inner being and create a larger space within ourselves, which makes us relaxed with whatever happens. We can allow the music of life, the dance of life, to flow unhindered through us.

Meditation is not really something new; meditation is our true inner nature. Meditation is the inner quality of our inner being. Meditation is our essence. The only thing that is constant is the inner being, the inner watcher, while the periphery, the thoughts, the feelings and the physical body, is in constant change.

One of my course participants in a 1-week course on the topic “Meditation and Creativity”, which aims on developing the inner being, create a synthesis between the inner and outer world and create an understanding that real creativity is born out of meditation, described what she learnt during the course as an understanding that meditation is not a

static technique, but a way of being, a way of living with love, presence, joy, awareness and creativity – that meditation is to say “yes” to life.

The process in meditation is like planting a small seed, and to water and care for this seed with love, care and patience, until it grows up to a large tree. Meditation is to learn to be with our self. Meditation is to learn to be alone. It is to learn that aloneness is a source of love, joy, acceptance, silence, freedom and belongingness with life, where we do not need anybody or anything to be happy and satisfied.

I notice when I say “yes” and accept my feeling of loneliness, of being abandoned and not loved, that it transforms into aloneness. It transforms into an inner source of love, joy, relaxation, freedom and wholeness. It is when I say “no” to the feeling of loneliness, when I resist it, that it becomes a cause of fear and pain.

Learning to meditate is to learn to appreciate and enjoy our own aloneness. It is to be happy and satisfied in our own aloneness. In our aloneness, we find our own inner source of love. Meditation is to love our own aloneness; meditation is to love our self in our own aloneness.

All situations can be used as an opportunity for meditation. Both positive and negative experiences, both joy and sorrow, both love and aloneness and both light and darkness, can be used to develop our meditation. Life is an opportunity for meditation. Life is an opportunity to develop the two wings of life, the two aspects of existence: love and meditation. Meditation is a quality in the moment. Meditation is not just a technique, a formal method, or a goal. Meditation is the way to rediscover the contact with our authentic being, with our inner diamond. Meditation is the way to polish our inner diamond. It is to rediscover the joy, freedom, silence and wholeness of our inner being. It is to rediscover the original life source, where we already are one with ourselves and with life. Meditations to come home.

Presence as a therapeutic concept

Presence as a therapeutic concept is a paradoxical phenomenon. This presence contains both an aspect of being present and an aspect of being absent. It means to be present with our heart and being and to be absent from our sense of “I”. It is to be absent from our preconceived ideas, attitudes, judgments and concepts. Presence is like having our inner

engine running, but having the gear in neutral. In this presence, the therapist can find a larger space and freedom within himself. He can easier be conscious about and witness the inner stream of thoughts, feelings, attitudes, judgments, reactions and preconceived concepts. He can more clearly be conscious about his own reactions in relation to the people that he meets professionally.

Presence is a necessary prerequisite to be in contact with the truth. It is a prerequisite tube in contact with that, which is real and authentic in the moment. In the inner being, the therapist can rest in himself, without any wish to change the other person and without ambition to try to take the other person from a point A to a point B. The therapist does not try to change the other person or try to make him feel better, but he shares one of life's moments with a certain love, clarity and understanding for how the moment is. This also makes it easier for the therapist to be aware about when he becomes identified and involved with trying to change the other person, which often just creates a resistance to change in the other person.

Through the years I have learnt to trust the meeting with another person. I have lean-to trust my

intuition and experience when it comes to see the potential and the possibilities for growth that the meeting with the other person creates. It is about seeing if the person is ripe and mature to say “yes” and to go deeper into himself. It is about seeing how much light a person is ready to receive. Some people are ripe to go deeper, while others take what they can. It is to work from the understanding that the therapists not responsible for the life and situation of the client, but that the client is responsible for their own life and growth. It is about not being identified whether a person chooses today “yes” or “no” to growth. Trying to fill more water into a person’s inner glass than the person is ripe for only means that the glass will start to spill over.

Through working from the inner being, the therapist can rest in himself, without any need to seek confirmation of his self-worth from clients or to get caught up in the ideas, opinions, reactions and expectations of others. In the inner being, the therapist is not identified with his role as a therapist as an outer source of ego-gratification.

Through working from the inner being, the therapist can be in his own light. He can receive nourishment from his own inner source of love and truth; he can

overflow from his own inner life source. The difference between seeking confirmation from other people and receiving nourishment from our inner source is like the difference between holding out an empty cup to the other person with an expectation that the other person should fill the cup, and allowing our cup to fill from within ourselves.

There is a large difference between working from the inner being and working with people from duty or a specific technique. Through working from the inner being, we can touch the soul of the other person, while if we work from duty, we can only reach the personality of the other person, his surface and periphery.

Presence is a quality that exists like an inner radiation around a person. It is a quality that a person has naturally without effort when he enters a room. Presence is an inner radiation that surrounds a person as a quality in his aura. This radiation is in itself a healing capacity. This radiation is nourishing, healing and creative in the contact with other people. To become conscious about how this quality in our aura has an effect on our work with people makes it a valuable tool in therapeutic work.

Through working from his inner being, the therapist can also easier go back to his inner silent center when the negative mind takes control and starts to say things like: “I am bad as a therapist”, “I cannot do this” and “I have nothing to give”. In the silence of our inner being, there is no judgment or evaluation in terms of right and wrong and better or worse. It is an inner source, where we can simply rest in ourselves.

The more we grow in presence and awareness, the more the fruits of our spiritual growth can contribute to the Whole. The more we grow in presence and awareness, the more Existence can use us as channels for love, joy, healing, humor, laughter, silence, beauty, truth, wisdom and wholeness.

In closing, a male meditator broadens the perspective of meditation as the inner nature of being by saying that the whole of nature rests in meditation. He says: “Nature rests in meditation independent of if it is a warm summer day and the birds are singing or if it is an earthquake or a flood. On the outside, it looks different, but the inner quality is the same. The essence is still meditation”.

The essence of meditation will first be discussed below. Then the two aspects of meditation, love and

aloneness, and the two poles of meditation, the active and creative male pole and the silent and watchful feminine pole, will be covered. Finally the three life areas, Meditation, Relationships and Creativity, which creates a loving, creative and satisfying life when they function in harmony, will be discussed.

THE ESSENCE OF MEDITATION

Watchful Awareness, Acceptance and Relaxation

What is the essence of meditation? The essence of meditation consists of four qualities:

- 1. Watchful awareness**
 - 2. An accepting attitude**
 - 3. A non-judgmental attitude**
 - 4. Relaxation**
- 1. Watchful awareness**

1. Watchful awareness

The first quality of meditation is a watchful awareness. Awareness is another word for meditation. Awareness is meditation. Awareness can also be described with the words presence or witnessing.

Awareness is the capacity to be present to the thoughts, the feelings, the sensations of the physical body, and to the outer stimuli. Awareness is a 180-degree turn within from being identified with the continuous inner stream of thoughts, feelings, desires, ambitions, dreams and expectations to being conscious about and to watch this inner stream.

Awareness is the capacity to say “yes” and to be present to the constant inner stream of thoughts, feelings and sensations, without will to stop this stream and without wish that it should be different than it is. It is like being a witness, an unidentified observer, to thinner stream. It is like sitting by the side of the river and watches the flow of the river.

Awareness is the corner stone that can transform our whole quality of life. Awareness can create the inner presence, which can transform our life into a joyful dance, a song of meditation. Through awareness we

can discover our true inner nature, which allows us to discover a new dimension to be in contact with life. Awareness gives us the freedom to choose between clinging to the past or to live in the unknown mystery of the moment.

Awareness is not about continuously trying to change ourselves or to become “better”. Awareness is about learning to love and respect ourselves as we are. Awareness is about becoming aware, to lit the light of our inner being.

Awareness is not about becoming something; awareness is about realizing that we already are somebody.

In the light of awareness, the real and authentic grows by itself and the false and artificial falls away by itself like dead leaves in the autumn.

If we close our eyes and turn our attention within for a moment, we will soon notice three things:

1. That the activity of the mind in the form of thoughts, feelings, desires, ambitions, dreams, expectations and reactions on outer stimuli is going on continuously 24hours a day. When we are awake it is going on in the form of thoughts, feelings, attitudes and reactions and during sleep it is going

on in the form of dreams. The mind is also one whole, even if Freud divided the mind into two parts, and called one part for the conscious mind and the other part for the unconscious mind. The only difference between these two parts is that the conscious mind is the conscious part of the mind and the unconscious mind is the denied and repressed part of the mind, but they are both part of the same whole. It is like the relationship between the dark, unknown cellar, where we do not enter, and the light, comfortable living area with the living room and the kitchen, where we normally live our lives.

2. That the mind continuously moves like the pendulum of a clock between the memories of the past and the dreams of the future, but it never stays in the moment, in the here and now. The mind is a mechanism that cannot function in the moment.

3. That there is an inner presence, an inner witness that has the capacity to watch the continuous activity of the mind, without being identified or engaged. This inner presence and this watchful awareness is the essence of meditation. It gives us the insight that there is an inner presence that can be aware of the constant activity of the mind. This insight leads u further to the realization that we are

not the mind; we are not the thoughts, the feelings or the sensations of the physical body. The easiest level to become aware about is the sensations of the physical body, since the physical body is the grossest form of our consciousness. The second easiest level to become aware about is the thoughts and the most difficult level to become aware about is the feelings and emotions.

There is really nothing that can disturb our meditation; everything can be used as an object for meditation. Everything that happens on the inside and everything that happens on the outside can be used to go deeper into meditation. It does not really matter if it is a feeling of joy, sorrow, aloneness or anger that we meet inside ourselves. And it does not really matter if it is a person on the outside that insults us and makes us angry, sad and disappointed. With presence, awareness and understanding, we can say “yes” to and include everything that arises in our consciousness, and everything that we meet on the outside, in our meditation. The deeper we go into meditation, the more it expands in our life. It is to realize that life and meditation are not two separate things.

A question that we can ask ourselves in different situations in life is if we are identified with the thoughts, feelings and sensations of the physical body - or if we simply can beware about and watch what arises in our consciousness. Through this awareness, we can use all situations as an opportunity for meditation.

2. An accepting attitude

The second quality of meditation is an accepting attitude. Awareness includes an accepting attitude. An accepting attitude means to learn to say “yes” to everything that arises in our consciousness. It means to learn to say “yes” both to positive and negative experiences, to light and darkness and to joy and sorrow.

An accepting attitude means to include everything that we find within ourselves with presence, awareness and understanding.

An accepting attitude means an attitude that the reality of the moment is perfect exactly as it is. It means not wanting to change the reality of the moment, or to have a wish that the moment should be different than it is. It means to embrace the moment as we find it inside ourselves with a love and

acceptance for how the moment is. It is a love for the reality of the moment. This accepting attitude expands our inner being and creates larger freedom and space within ourselves.

An accepting attitude means to embrace everything that we find within ourselves like another embraces her child.

A question that we can ask ourselves in different situations in life is if we say “yes”, if we accept, what arises in our consciousness and what life offers us, or if we say “no”, if we resist, the reality of the moment.

3. A non-judgmental attitude

The third quality of meditation is a non-judgmental attitude. Awareness also includes a non-judgmental attitude. Normally we judge ourselves, rather than simply witness our behavior without judgment. Since early we have been taught to judge ourselves and make ourselves wrong, so now it is easier not judging others than ourselves.

People who love and respect themselves are not easy to control and manipulate, so the strategy of political, religious and economic interests is to teach people to judge themselves. People who do not trust

themselves and are split within are easier to control, exploit and manipulate.

A non-judgmental attitude means to learn to love the imperfect in ourselves. It means to include everything that we do not love and accept in ourselves in the light of awareness. A non-judgmental attitude means to learn to say “yes” even to that which we say “no” to in ourselves.

A question that we can ask ourselves in different situations in life is if we say “no”, if we judge, that which arises in our consciousness and what life offers us – or if we simply came aware and witness without judgment and evaluation.

4. Relaxation

The fourth quality in meditation is relaxation. The watchful awareness, the accepting attitude and the non-judgmental attitude, results in a deep relaxation together with a feeling that whatever happens inside and outside of us is perfect exactly as it is. It leads to a rest in ourselves and the feeling that we are already all right as we are. This relaxation creates a feeling that we can appreciate the beautiful being that we already are.

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: aloneness. 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 friend 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 really 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 anti-thesis. 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 easier 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 you. 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 me. 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".

THE TWO POLES OF MEDITATION: THE MALE AND THE 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 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. Female pole in 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 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 world 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, thinner 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.

Three ways to relate to the 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 expanding 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 our self 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 assess how 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.

SOCIETY IS AGAINST MEDITATION

All other experiences in life are ordinary compared to the experience of meditation. Only rarely somebody become interested in meditation. Meditation is the choice of a few intelligent people, who have the intelligence, the spiritual maturity and the life experience to be interested in meditation.

The society is not very developed and the society, the establishment, the status quo and the vested interests are against meditation. The religions are also against meditation, because a meditator comes in contact with his authentic inner being, his authentic self. He begins to see through the ideologies, the propaganda, the manipulation and the exploitation of the society. He cannot any longer be part of the lies and the hypocrisy.

The real spiritual teacher does not come between you and God. He is simply a friend, who shares his insight and experience. The religions and the priests come between you and God. They do not like you to meditate, because through meditation you will come in direct contact with God.

The governments, the politicians and the priests are all against meditation, because the mediator will become aware that there is only one humanity. The politicians and the priests want to divide and rule. The society will be against meditation, because a meditator will find his authentic self, his soul, so it becomes difficult to manipulate and enslave him.

Meditation is a gift from God, but there are only the people of God that are in favor of meditation.

SOCIETY HINDERS US TO BE OURSELVES

Society tries to hinder us to reach our own nature. Society does not allow us to be ourselves. The whole effort of the society, culture, religion and education is not to allow yourself to be your own self, because people who are themselves cannot be controlled and manipulated.

If people are to be manipulated and controlled - politically, socially and religiously - then they are not allowed to reach to their own nature. The society creates all kind of hindrances so that everybody is covered by social conditioning that hinders people from discovering their consciousness.

The personality and social conditioning can be manipulated, but a person who has discovered his consciousness is difficult to be manipulated. We have been brought up in the wrong kind of society, which does not allow us to be ourselves.

The meditator's first concern is to discover his own being, his consciousness. The first concern is not the society, the church or the world, the first concern is your own being. Once your being is discovered it becomes easy, then love, silence, joy, truth, freedom and prayer comes of its own accord.

HAS HUMANITY BEEN A CREATIVE ADDITION TO EXISTENCE?

What has humanity done in the thousands of years that humanity has been here? Can humanity justify that our being here on earth has been a creative addition to existence? Has humanity made it more loving, peaceful and joyful? The history of humanity is a history of crimes: crimes against man and crimes against nature. Humanity has done harm against man and harm against nature. Humanity has been a problem on earth, because of humanities separation from nature and life. The world stinks of hate, and lack love and compassion.

What has humanity done except murder, killing and slaughter? And humanity has done this in beautiful names: God, truth, democracy, freedom and religion. An excuse seems to be enough to kill and to be destructive. Except the threat of a third world war, there are now several serious threats to the survival of humanity.

Against the history of humanity, one must ask that perhaps it is good if humanity do not survive. If humanity survives, everything may remain the same.

When there is love and truth in your actions, existence will support them. When there is no love and truth in your actions, existence will not support them.

The current situation for humanity has divided humanity in two groups: the old humanity that wants to continue in the same old way with crimes against ourselves and crimes against nature and the young humanity who wants a change to a more loving, peaceful and joyful world for ourselves and for nature.

The way of nature is that is that everything is born, grows, becomes young, old and dies. There is an instinctive desire to survive and live. Wherever there is birth, there is death. Everything becomes old and, resists change and becomes stale. Maybe the time has come that if humanity survives, it will only remain the same. Everything old becomes stale and just continuing is not a joy. Sooner or later, death will come. Perhaps it is better that humanity does not survive. Maybe humanity has outlived itself. The function of death is to open a new door and let go of the old. That is the function of death: a cleansing process.

So the two fundamental questions for humanity are: what have we been doing here? And why should we bother to survive? People go on living while it is only

a burden to the earth, and tomorrow is not going to bring any good news.

The current threats to humanity have not come out of the blue. We have created it ourselves. Your politicians, the establishment, the people in power and the rich people work hard for a third world war. War is a good business idea and the world wide war industry complex needs a market to sell their products and make a profit. The American economy is basically based on war. 75 percent of the American budget goes to war and the war industrial complex. Thousands of people in America are dying of hunger, starvation and diseases on the streets, while 75 percent of the budget goes to war. And in American families children go to sleep hungry in the richest country of the world, who wants to be the leader of the world.

America is the richest country in the world, so even poor countries like India do the same: 75 percent of their budget goes also to war, while children starve to death in New Delhi and Bombay. The poor countries follow the example of America, so who cares about starving and dying people in the streets. The real question seems to be to create a destruction of humanity.

America's goal is world domination, which is why they spend 75 percent of the budget on war. America

also financed Adolf Hitler's way to power and made a huge profit on the Second World War. The American industrialist and Adolf Hitler's American friend Henry Ford even wrote the foreword to Adolf Hitler's book *Mein Kampf*.

The second serious threat to the survival of humanity is the climate change, which the scientists of the American energy companies knew about it in the 1960's, but chose to deny it.

What are the two fundamental problems that are causing the destruction of humanity? The two problems are: democracy and communism, which are two ideologies which do not really exist in reality.

What are the two fundamental problems that are causing the destruction of humanity? The two problems are: democracy and communism, which are two ideologies which do not really exist in reality.

A philosopher was asked the question: "What do you think about democracy? His answer was "Yes, democracy sounds like a good idea. We should try that."

Democracy is the first fundamental problem causing the destruction of humanity. Democracy basically

means that the power comes from the people. Democracy is an ideology for the people, of the people and by the people. Many people talk about democracy, but where does democracy really exist? It does not seem to exist anywhere. Democracy seems to be a show, a facade.

Instead people talk about the post-democratic society, which means that democracy is out of date. The American Rockefeller sphere, which represents the real power of America, says that the rich should rule the world, not the people and the democratically elected politicians. And others talk about liberal democracy, which means that not everybody is included in democracy.

The second fundamental problem that causes the destruction of humanity is communism is the dictatorship of the people, of the proletariat. It is the government of the poor. The idea of communism that everybody have equal opportunity for growth, that everybody should get his needs fulfilled, that everybody should get his needs fulfilled according to his needs, are not bad. What is wrong about it that that whole world has to be destroyed for it? And it is only an idea, which has not been realized anywhere - neither in Russia or China. This idea seems impossible to realize, because there will always be unconscious and cunning people, who want to manipulate and exploit the innocent and trusting

people. So communism seems to be an impossible idea.

When you read Karl Marx it seems like it is going to be a dictatorship of the proletariat, of the poor. It is bound to be one dictator and it is going to be a bureaucracy and a hierarchy with smaller dictators. In a powerless, classless and equal society, Joseph Stalin became a dictator, who killed more people than Adolf Hitler. The whole Russia lived in an imprisoned slavery. Communism does not exist anywhere. New classes have come into being, which is the powerful and the powerless. And the people in power become richer than ever.

Fighting against is democracy, which is also an ideology, but where does democracy exist? Everybody is talking about democracy and freedom as if it exists. An honest Swedish politician said that Swedish politicians have lost contact with the people. This is a surprisingly honest comment considering that democracy is meant to come out of the power of the people. In Sweden many people have voted for the fascist and racist party, not because they trust the party, but because it is a vote of protest with the whole political and democratic system.

Democracy seems to need more than elections every four years with speeches, t-shirts and balloons. The

so-called democratic countries have a two-party system, but those two parties have almost the same program. Then one party rules for four years, and then the people get fed up with it. They see the faces, the same people in the newspapers and on television for four years. They see the same slogans, promises, lies and speeches, but the socioeconomic rifts keep growing and then the people get fed up. The other party, who have the same type of speeches suddenly seems to be a better alternative. But it is the same game over again, the same psychological game. The name of the faces changes, but everything remains the same. And during the four years, the politician's plunges into accumulating money, health, power, fame and exploits as much as they can.

So the game of democracy is two parties that go on changing and nothing changes. These two parties are in a conspiracy. They appear opposed to each other, but it is a lie. In Russia there is only one party, in America there are two parties, but there is no difference. The only difference is that in America you have to befool people every four years.

Neither democracy nor communism exists anywhere, but for these two ideologies the world is ready to go to war and die. The whole world could live luxuriously with health, medicines, food and a long life, which science can provide tomorrow, but the

only project that are chosen are for war and destructivity.

Then you have to think that perhaps it is good if humanity do not survive the third world war and the climate crisis. Life seems not to be the choice of humanity, death and destructivity simply seems to be more appealing.

LIVE IN FREEDOM: THE TOUCH OF OUR OWN HEARTBEATS

Outer Morality and Inner Consciousness

Up to now the history of man has been a history of stupidity that the future generations will laugh about. The religions have had the power during the longest time during the history of man but the so-called moral people are not religious. They are wearing a mask and they give a beautiful appearance, but they have lost track of their authentic inner being, they have lost track of their own inner consciousness.

The moral person lives according to outer social rules and dictates. He is not a free man. He lives according to morality, traditions, orthodoxies, ideologies and conventions, which is ruled by the politicians, the priests and the people in power who are dominating the establishment. But he is only moral on the surface, which creates hypocrisy.

The man of awareness has to live a true life, which allows a different kind of morality to arise. It is a

kind of mortality which is not imposed from the outside, but arises from within one's own heart. It has the touch of one's own heartbeats. It has the taste of our own authentic consciousness. It arises out of our own meditation.

Then you can act out of what you see is right, not out of what others say is right or wrong. This means to be free from the past, from tradition and free from orthodoxies. This means to trust yourself and to live in freedom. It means to meet the challenges of life through searching within for a response to the situation, which will make your intelligence grow.

A NEW WORLD, A NEW SOCIETY

Man lives in a paradox. It is very easy to dream about love, peace and God, while man at the same time prepares for war, violence and destructivity. Man talks about peace and at the same time invents atom bombs. In fact, even in the name of peace, man is ready to go to war. All countries call their war ministries "defense ministries", so one can wonder who is really starting wars.

A man of peace has to go through an inner transformation. Only then the dream of being a man of peace becomes a reality. He has to transform his violence into love. Until this happens he has not grown up. Until then he will create destruction in the world. Meditation is the process to grow up. Meditation is the process to become a man of peace.

All that is violent, masculine and destructive is praised and admired in the world, because we have created a violent and ugly world. We have created a society, which is rooted in our animal heritage.

The philosopher Bertrand Russel was one asked what his opinion about civilization was. He said: "It is a good idea. Somebody has to practice it."

The civilization has not happened yet. Man lives in an uncivilized way, which is why aggressiveness, violence and war are praised. We have to create a new world, a new society, which is rooted in qualities of love and awareness, rather than violence and war.

The man of meditation will live with people, who want to cling to the past and who are the majority of people, but that is the way of being pioneer.

ORGANIZATIONS AND AWARENESS

Some years ago, I felt that I experienced more limitations than possibilities in a spiritual organization, which I had belonged to for a long time. It became clear for me that I was prepared to expand, and take a new step in my spiritual growth. To be spiritual does not mean to belong to a spiritual group. I felt that I had grown out of the kindergarten, and my inner tree was bearing fruit. Too many large trees cannot grow in a narrow area. This was a lesson to stand on my own feet; it was a lesson for me to live my own life, to live my own truth, without following anybody else. I do not belong to any spiritual group or tradition; I am only interested in exploring what it means to live with open eyes. This lesson developed and expanded my inner being.

A friend came with good advice during this period: Go ahead without looking back let others do their thing, which is their choice and freedom - you do need their limitations. More than 30 years ago, one of my mentors in life said two things that I have had reason to remember during the years that I have worked with people. He said: Spiritual Masters teach on many different levels at the same time.

Some people take what they can and some take something deeper. Spiritual organizations also tend to get stuck in ideas of how it should be.

BE A LIGHT TO YOURSELF

Many years ago, when I sat and meditated by a slow flowing river in India, it taught me that if I learnt to listen to the river, if I surrendered and became one with the river, I did not need another teacher in meditation. This river could teach me all the mysteries of life. In the same way, everything can become a door to the secrets of life, for example a man or a woman, a tree, a bird, a stone or the blue sky, if we know how to listen and surrender.

It is such a deep joy, such a deep inner satisfaction, to feel that I belong to life, that I am one with Existence. When Buddha was lying on his deathbed, and the disciples asked him if he had any last words for them, he said: Be a light to yourself. You are born with a light within you. You are enough to yourself. You are sufficient to yourself. Listen to the still small voice within, and that will guide you.

Buddha defines wisdom as living in the light of our own consciousness. Buddha's message to be a light to yourself is a message to all seekers of truth and all meditators on the path of enlightenment. You have to be silent, so that you can listen to the still small voice within you. Follow your

own voice in silence, love and deep trust. You have to follow the still, small voice within you and you have to follow your being.

FOLLOW YOUR OWN HEART

There are not many things that the different approaches of modern psychology agree about, but there is one thing that they all agree about: that people in groups and organizations, simply put, become more stupid.

Individually people are more intelligent, because they have to take more responsibility. But in a group, people do not have to take the same amount of responsibility. People in groups and organizations tend to get caught up in the need of the ego to create hierarchies of power, status, positions, roles, norms and conformity.

All organizations are more or less dysfunctional. The sign of a dysfunctional group is that the members of the group play three roles and positions: aggressor, denier and victim. It is always easier to follow the group without reflection or awareness, than to trust your own heart, to trust your own intelligence, truth, wisdom and creativity. It is not always easy to follow your own heart, but it always leads your right.

THE MEDITATOR HAS TO BECOME CONSCIOUS

The moment truth is organized it becomes a lie. Jesus and Buddha never created any organized religion. An organized religion becomes politics. It becomes a manipulation, control and exploitation by the priests.

You don't have to be Christians or Buddhists, because your own potential is to be a buddha. Buddha taught you to become a buddha. The people who were with Buddha were not part of any organized religion. They were free and independent individuals.

Buddha did not want to be anybody's guru, he simply wanted to be a friend, a fellow traveler on the spiritual path. He wanted to create as many individuals in the world with absolute freedom in their soul with no chains to Christianity or Buddhism and with no scriptures, no teachings, except for awareness.

He taught spirituality, not religion. Spirituality is not a membership of any church or cult, but a quality that transforms your being and makes your inner potential blossom.

Buddha was available to help his people to become buddhas. He wanted a world of buddhas, who were free from organized religions and cults, and who would find their own wings to fly in the sky.

Truth brings freedom, freedom from religions, cults and scriptures. Truth brings a silence, a peace and a sense of eternity, and immortality and deathlessness. But it has nothing to do with organized religion and cults.

When truth becomes organized, truth dies. The past of humanity has been confined to tradition, convention. Humanity has been confined to the traditional, confined to the past and to the collective mind through political and religious ideologies.

To become an individual a meditator has to go beyond the mass consciousness, the mob consciousness. Only then can a meditator attain to individuality, to truth and to freedom. Only then you are an individual, and not just part of the collective unconscious, a part of mob psychology.

The meditator has to revolt against the traditional mind, otherwise he will never be an individual. A meditator has to become conscious, otherwise he will be unconscious, which is to be part of the unconscious humanity. When one is conscious, one is part of God.

My path in life has always been to trust myself; my path in life has always been to trust my intuition, to trust my heart, to trust the inner true voice, to trust my inner source of love, truth and wisdom, which is already in contact with the Whole.

I have always listened to other people, and to what situations in life can teach me, but then I have always listened to the silent whisperings of my heart. There is always a meaning with whatever happens. It is basically a question of perspective; it is a question of seeing a situation from the perspective of the limited personality, or to see a situation from the perspective of the unlimited inner being, from the perspective of the soul. It is a question of seeing the creative potential in every situation, to see what we can learn in every situation, and to be open to see how life will solve this situation.

When we see the situation from the perspective of the soul, it is like watching the situation from the

Summit of the mountain, instead of seeing the situation from the perspective of the personality, to see the situation from the foot of the mountain. When we see the situation from the perspective of the soul, we can also see that both good and bad situations, both positive and negative experiences, are teachers in life to learn to create a greater understanding of the Whole.

MEDITATION: MY WAY IN LIFE

When I was 15 years old, I came in contact with my first ashram, my first spiritual commune, in the form of Ljusbacken ("The Hill of Light") in Delsbo in beautiful Halsingland in the north of Sweden. Ljusbacken consisted of an international gathering of yogis, meditators, therapists, healers and seekers of truth. It was on Ljusbacken that I for the first time came in contact with my path in life: meditation.

It was also on Ljusbacken that I met people for the first time in my 15 year old life, where I on a deep wordless level felt that I met people, who were on the same path as me. It was the first time that I met people, who could put words on and confirm my own inner thirst after something that I could only occasionally sense vaguely, like some sort of inner guiding presence, or like a beacon in the distant far out on the open and misty ocean. For the first time in my life, I met brothers, sisters and friends on the same inner path as me.

My own thirst after truth, together with my inner guiding light, resulted in an early spiritual awakening when I was 15 years old. It led me back to the inner path, which I have already followed for many lives. It led me back to a life lived with vision, with dedication and meaning, and not only a life governed by the endless desires of the ego, a mere vegetating without substance between life and death. It led me to explore the inner journey again, to discover the inner being, the meditative quality within, and to come in intimate contact with the endless and boundless ocean of consciousness, like the drop surrenders to the sea. At the source, the drop and ocean are one.

Devadas, a beautiful soul, whose meditation and way of God is laughter, and house father at Ljusbacken, my first ashram in beautiful Hälsingland in the north of Sweden when I was 15 years old. says: "Giten does a brilliant job. I am very happy with Giten's work and his satsangs. I must admit that only joy fills my heart when I read Giten's books and see his understanding and commitment. I suggest joining in to bless Giten's work."

SPIRITUAL ORGANIZATIONS

There are two kinds of people, who come to spiritual teachers and spiritual organizations. The first kind is the power people and the second kind is the awareness people. The power people focus on the outer world. They focus on creating rules, ideologies, churches and organizations. The awareness people focus on the inner world. They focus on meditation, love, silence, truth, freedom, creativity and the divine. Often these two kinds of people come in conflict in a spiritual organization.

Theresa, the former center leader of the Osho center in Stockholm appointed by Osho himself, who invited me to work with her with therapy groups and meditation courses in the center, said once that I was one of the most intelligent people at the center, but this seems to be just a disadvantage considering how sannyas is currently functioning.

Swami Prem Pathik in Nepal said: Beloved Swami Dhyani Giten is a true spiritual teacher in his own right, who has drunk the divine juice at the feet of

His Master. Whenever I read his words of spirituality, I always felt in deep silence and found myself in the belly of the divine, where anyone can feel himself as a buddha.

I do not belong to any spiritual group or tradition any longer, I am just interested in exploring what it means to live with open eyes. People in spiritual organizations 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.

The first time that I really began to understand what it means to be part of a cult was when I, as coordinator for individual therapists at the center, had a meeting with Teresa, the center leader of the Osho center in Stockholm, and two female therapists at the center. During the day I had received a message that I had received a registered letter at the post office

So I went to the post office and picked up the registered letter. It turned out to be the probate of my father, who had died a few years before. I stood at the post office and read parts of the will and the

inheritance I received from my father. This made me have a very shaky day.

I told this to one of these female therapists, who I thought was a friend and who I was supposed to have an appointment with later on during the day. During the meeting with these two female therapists, they were hysterically aggressive and demanded one thing after another from the center, which Teresa said the center could not afford. The feminine therapist who I thought was a friend then aggressively shouted that "But Giten has money!" I got so shocked by this hurtful aggressiveness that I simply denied that I had any money, not understanding her accusation that I was apparently supposed to donate the money that I had just I had inherited from my father to the center.

This female therapist has never taken any responsibility or apologized for this behavior, and she is not a friend of mine any longer. I told this story in satsang and the satsang participants said that this was a very aggressive behavior without any love.

Padma, my beloved friend for many lives, recounted during satsang that she told a visiting therapist during an individual consultation at the Osho meditation center in Stockholm that she did not feel at home at the center. The therapist replied, "That's

because you don't belong to the collective unconscious at the center."

This also confirms that many of the visiting therapists were aware of the collective unconscious that existed at the center, but few said anything official about it, because it would have meant that they had not been welcome back to the center to hold courses. Padma then left the center in Stockholm, saying that she mostly felt that the people there were "strange." She instead began to attend satsang with the Giten, where she said. "Satsang with the Giten is heaven. I didn't believe before that I could be enlightened, but now I'm starting to believe it."

Ganga Anna Hoffman, who has spread malicious gossip about people at the Osho center in Stockholm for 30 years, also spread lies and malicious gossip against me. I told my friend Eric Rolf, former consultant to John Lennon, that the gossip mongers at the Osho center in Stockholm were spreading lies and malicious gossip about me, and Eric said "just ignore them" So for almost 30 years I just ignored these old women.

But in 2017, when Ganga Anna Hoffman together with the sannyas community in Stockholm were

again spreading lies and malicious gossip about me. Then I decided to report Hoffman to the Swedish police for gross slander. The police wondered what the basis of Hoffmann's allegations was, because she had not met me for 30 years and she had not participated in any satsang with me.

Ganga Anna Hoffman's behavior for more than 30 years in the Osho Center in Stockholm has been protected by the center leader Muktesh, the power group of the center and the general dysfunctional climate of the center. Since I reported Hoffman to the Swedish police, the sannyas organization in Stockholm has reacted with total denial and silence. The Osho center in Stockholm is now closed. If you are esoterically inclined, you could say that Osho finally closed it.

I was in contact with Jivan Kavya Eva Wells, who is one of the leaders of the sannyas cult in Stockholm. She is an aggressive and manipulative person, whose leadership style consists of offending and putting people down. I consider her to be one of the people I consider to be most responsible for this cult in Stockholm becoming a dysfunctional group.

When I criticize Hoffman for defamation, Wells flatly denies it. She does not even confirm that this would be abuse. An equally representative and

terrifying image of Wells is when the only member with AIDS of the sannyas community in Stockholm tried to make a last visit to the cult center in Stockholm to say a final goodbye. She was greeted by Wells who narrowed her eyes at her and said aggressively: "What are you doing here? Get out!" and practically threw her out on the street. This woman died two days afterwards. This story was told to me by a friend of the sick woman, who was with her and was shocked at this heartless treatment. Wells is also a friend of Hoffman and Hoffman is Wells' closest aide.

Padma, who knows Hoffman, describes her as "a tragic figure with no friends." She also says that she has seen Hoffman commit similar abuses of power against several other people. Hoffman's represent the stupid, aggressive and narrow minded religious fanaticism, which I think is dangerous. For example, when the international spiritual teacher Barry Long visited Sweden a number of years ago, Hoffman stood up and screamed hysterically at him. The reason was also this time her fanatical and religious fundamentalism. When Barry Long visited Sweden again, he asked members of the sannyas cult in Stockholm to not participate.

One of my students also told me that she had told Muktesh, Hoffman and the dysfunctional group at

the Osho Center in Stockholm to stop lying and spreading malicious gossip about me, because "Giten is a friend of mine." She has left sannyas since then after seeing the behavior of sannyasins in Stockholm, which many other sannyasins also have done.

I talked with a woman who was on the board of the Osho Meditation center in Stockholm, who said: "I do not have any expectations any more that the center will change."

THE SIGNS OF A DYSFUNCTIONAL GROUP

My professional assessment of the sannyas organization in Stockholm is that it functions like a dysfunctional group structure, where the members of the group play the three roles: aggressor, denier (the denier is the role of "I have not seen anything", I do not understand what is going on", I do not say anything and "I do not hear anything" - like the three apes, who do not speak, see or hear) and the third role is the victim of the dysfunctional group. This is the psychological structure in both alcoholic families, in dysfunctional groups and in cults. A dysfunctional group is a neurotic group, where there is no real love. The core of the dysfunctional group is instead neurotic, and the group does not want to change, so any attempts from the outside for change will be met with resistance, silence and aggressive attack.

The basic sign of a dysfunctional group is that the members of the group play three roles and positions: aggressor, denier and victim. It is always easier to follow the group without reflection or awareness, than to trust your own heart, to trust your own intelligence, truth, wisdom and creativity. It is not always easy to follow your own heart, but it always leads you right.

INTERNATIONAL COMMENTS

This gross attack against me created many comments and reactions from all over the world: Padma, my beloved friend and participant in satsang with me, said: I am ashamed by the attack on Giten from the Swedish sannyas movement. I am ashamed that people that have been sannyasins for so long are so unconscious.

Prem Pathik in India commented: This must be a few people, who are really not living their lives as they like. You are real. Authentic on your way and self. A loving man, who knows the science of truth, love and life. You will have to stand with your own being. You can. My love wishes to you Always. I know you are right on your way. These women who are just now searching a deeper space can never know you. You know yourself. It's enough. Love to you.

The Swedish professor in theoretical physics, Brage Norin, commented: Continue to do your work regardless of the hatred directed at you. The more hatred you arouse - the more dangerous you are seen by evil. That is a good grade.

- Brage Norin, professor of theoretical physics, internationally acclaimed international climate researcher, representative of the Swedish Energy Commission in China, consultant for the Swedish think tank Skogsa

"Sad to hear, but no surprise really, these tendencies are in us all and everywhere. The spiritual ego is maybe the strongest."

- Azman Hansraj Högberg, Sweden

"Continue your good work, where you are appreciated and do not give any energy to those that do not appreciate you.

Do not let them drag you down to their level, which does not suit you."

- Lennart Hallstrom, founder and editor, The Light Pages, the largest alternative news channel in Sweden

"Always the same hello about what you do, and do it well"

- Marie Söderberg, psychotherapist, Stockholm, who has done groups and satsang with Giten for 25 years.

"I am sorry to hear that you have been treated in this way"

- Rani Spets, breathe therapist, Stockholm.

An Indian commented on the negativity against me from the Osho center in Stockholm by saying that there is always a competition of who is more spiritually developed in religious organizations, and that Sweden is a negative culture.

Hari Deva, one of the oldest sannyasins in Sweden said: A piece of advice in all good faith. Continue forward without looking back, let others do what they are supposed to do, it is their choice - you do not need their limitations.

STALKER MENTALITY

Theresa, the center leader at the Osho Center in Stockholm, who was appointed by Osho himself, thought that vicious gossip was "sick" and chased the people that spread evil gossip at the center. But this

made the gossip mongers spread more evil gossip about her, and finally she left the center. Anna Ganga Hoffman was also the driving force in spreading insane rumors and malicious rumors about me when I wrote about spirituality in the Scandinavian magazine *The Astrologer* when the sannyas movement had a restaurant, *Zorba the Buddha*, in Stockholm in the 80s.

Then the same pattern repeated itself and a large number of the sannyas cult members spread lies and rumors about me. This further reinforces my assessment that this is a chronically dysfunctional cult. Only after 10 years did a single person from those who spread these rumors apologized for his participation. He said: "It was so easy to be dragged into spreading these rumors, because everyone was doing it".

As for Hoffman, it appears that she has been acting as a stalker for a long time. As any psychiatrist can attest, there is a lot of unconscious material beneath a stalker attitude, further questioning Hoffman's suitability as a licensed physical therapist.

I also sent an email to the manager of the restaurant *Zorba the Buddha*, Thora Beijbom, and asked her to comment on how Hoffman could start this slander

and rumors about him, but Beijbom does not want to comment.

Hoffman has had a stalker mentality in her systematic slander and violation of people for 30 years. She has also throughout this period of time systematically slandered and spread malicious rumors about me, despite the fact that I have nothing to do with her and she has never attended any satsang with me."

As any competent psychiatrist can inform you, there is a lot of "unconscious material" under a stalker mentality. In Hoffman's case, there seems to be an underlying trauma, which causes her to express aggression through malicious lies, which is repetition of the trauma in her systematic aggressive defamation and abuse of people over a period of 30 years, without her ever seeming to have taken any responsibility for her actions.

She has also been protected by people like Jivan Kavya Eva Wells, one of the leaders of the sannyas cult in Stockholm. The other person who has protected Hoffman during all these years is the center leader Muktesh, who instead participated in the lies and gossip of Hoffman. And the visiting

therapists also have a large responsibility for being silent.

Since I confronted Hoffman about this, Hoffman removed her information on Facebook saying that she is educated at Karolinska as a physiotherapist. This indicates that she understands that her behavior is not compatible with her ethical and professional role and ethics as a physiotherapist.

MEETO SPIRITUAL SANNYAS BACKLASH

I laughed when I saw a notice on Facebook, where a woman wanted to start a spiritual MeToo group in Sweden, but she got a comment from a Swedish meditation leader, who told her about the female sannyas gossip mongers had harassed me, so no spiritual MeToo group was started in Sweden.

"WHAT I FELT MADE MY HEART ACHE"

- A letter to Giten from Padma in India

"I have met many Swedes here in Pune, India, and yesterday I had a little time with Pradeepa and Vanya

Pernilla Mårtens. I squeezed in with their little chat.
And Giten - what I felt made my heart ache - and a
compassion and a longing to write to you became
very strong. I know what an ordeal this negative
thinking and gossip against you has been for you in
Stockholm. Negative thinking is a habit and my time
in Lanzarote has taught me how important it is to
take responsibility for one's thoughts and how to
diffuse them. This is not always easy.

All my Love. Padma

SPIRITUAL ORGANIZATIONS

“Humor is the highest
state of consciousness.”

Many times the problem with spiritual organizations is that there is both light and darkness, both consciousness and consciousness, that causes problems. Around the center leader Muktesh Thomas Forsberg and Jivan Kavya Eva Wells at the Osho Meditation Center in Stockholm have gathered people, who systematically have used their positions at the center for power abuses. By using lies and vicious gossip as a means of expressing aggressiveness, these people have systematically committed abuse of power and trying to dominate people.’

The therapist who worked with the victims of the infamous religious Knutby cult in Sweden says: "It's when people come in that he calls people of power, that things start to go wrong. These are people who take leading positions and who have a need for power and control, both over themselves and others. These people are completely wrong. You shouldn't

give a platform to people in power." This is also my experience of the sannyas cult.

These people express envy, condemnation and domination through lies and gross slenderness. It is really the ego that wants to condemn and control. But these women think that they are aware, but they are really just ignorant, which is the blindness of the ego.

Ignorant, sad and destructive people very much enjoy dominating others, because they have no joy. Their only joy is to crushing other people and their freedom.

When you go against something, which is dead, traditional, destructive and conventional, it is a beautiful journey, because it give you a soul, it gives you courage and intelligence – and only then do flowers of love, joy, truth and freedom starts growing in your being.

When I visited the Osho meditation center in Stockholm, which I had not visited for almost 15 years, I was met by the therapist Moa Bergmark, who told me: "You know that this is a dysfunctional group. But when I began to confront the lies and vicious rumors about me and the dysfunctional structure of the center, Moa Bergmark was suddenly very quiet. This made it obvious that Bergmark was

actually a part of the collective unconscious of the dysfunctional group.

When Teresa, the center leader who was appointed by Osho himself, invited me to work with therapy- and meditation courses together with her, I felt joy and support from Teresa. But when Teresa left the center and Muktesh Thomas Forsberg became the center leader, the joy and support disappeared, and I felt that he was just trying to control me.

Anutosh Malin William-Olsson, one of the current gossip mongers at the Osho center in Stockholm heard a private conversation between me and my friend Eric Rolf, former consultant to John Lennon, during the eighties, which she had nothing to do with and which she did not understand, but she used this to spread a lie and a gross negative slender negative rumors about me. Pradeepa Eva Tallqvist, one of the other gossip mongers said: "Giten has such an integrity" and I thought: "Do these people have any integrity at all." Anubhuti Cecelia Lind commented on two of my students by saying in a negative way: "Here come the disciples of Giten." Premleena Lena Wettergran told Vanya Pernilla Mårtens that she had done a course with me and said: "It is good that we have someone like Giten in Sweden", which Vanya also turned into something negative and said that I was nothing compared to the visiting therapists.

It was Premleena who told me this, but when Premleena got entangled in the dysfunctional structure and the collective unconscious of the center she did not even say hello to me any longer. The center leader Muktesh also joined in with the old woman and confirmed the gross and negatives lender by saying: "Giten is so stubborn."

My former friend Marga told me that Anna Ganga Hoffman was spreading lies and gross slender about me at the Osho center in Stockholm. Marga had been sitting together with Hoffman and the other gossip mongers at the center, and when Hoffman realized that Marga was sitting there, she wanted Marga to confirm her lies. Marga knew that these were just vicious lies, but she remained quiet because she did not have the courage to confront Hoffman and the gossip mongers at the Osho center in Stockholm about their sick lies and gross slender.

Prem Pathik in Nepal commented: "This must be a few people, who are really not living their lives as they like. These women who are searching for a deeper space can never know you."

It was also these people that my friend, Eric Rolf, former consultant to John Lennon, met at the Osho center in Stockholm, and he commented: "I have

been around, but these people just wanted to control me. I did not enjoy it so much."

A therapist who visited the center to conduct a course had to tell these people: "Support me, instead of trying to drag me down."

Others described the center by saying that there is no support for anything, one person said that she trusted no one at the center and one person said that it gives her more to go out in nature than to go to the center.

A psychotherapist attended satsang with me and said that I and my energy was needed at the center, but I felt that I did not have any expectations anymore that the dysfunctional group structure of the center will change - and I also go to people and situations where there is love.

I wrote a letter to Osho himself about the situation in the meditation center in Stockholm and the reply I received from Osho was: "Humor is the highest state of consciousness."

REAL INDIVIDUALITY BELONGS TO THE WHOLE

Meditation brings individuality, but it will be new and unique. It will not be according to traditional concepts and ideologies, which is why society does not want individuals.

Individuality gives a grace. It gives its own unique expression. Real individuality will always be unique, original.

Real individuality does not belong to a cult or a religion. Real individuality does not belong to the unconscious crowd. Real individuality belongs to the whole.

WE ARE ALL PART OF ONE EXISTENCE

The journey for a meditator is a passage from the ego to the self and to the no-self. This is the whole inner journey in three steps. The ego is really a false phenomenon. The ego does not really exist. The problem is that we become identified with the ego. The ego is a separation from the whole universe.

We are not separate. We are not a separate island in the ocean. We are all part of a vast continent, of one universe. We are part of other people, of the flowers, trees, birds, animals and nature. The moment that we realize it, we realize a great joy.

To drop the ego is to drop the idea of being separate from the whole. The moment you slip out of the ego, you become divine, you become part of godliness.

MEDITATION IS A SURRENDER TO THE WHOLE

Meditation is experienced when you surrender to the whole. Meditation is a love affair with the whole. Meditation is experienced when you drop your identity and forget the idea that you are separate from the whole. Meditation is experienced when union happens with the whole.

Meditation means surrender. You are no more, but the whole is. The ego is the root cause of ignorance and of separation from the whole. The moment we drop the ego and feel that we are nobody, we are just a silence, a nothingness, our separation from the whole disappears.

Suddenly music starts flowing through us. We become a channel, an instrument, hollow bamboo. It is not your music. It is the music of the divine. It is the music of God. And to experience the music of God, the music of the harmony of existence, is to experience all that is worth experiencing. The paradox of life is that the moment you lose yourself, you find yourself.

LIFE IS A FLOW

Joy and happiness is not a static thing. Joy and happiness is a flow. Everything which is alive is bound to be in a dynamic flow. Life should be allowed to flow. One should always remain in a flow, in a movement, in a let-go.

Don't fight with the river of life. Don't push the river and don't try to go upstream. Flow with the river, allow yourself to flow with the river, and abandon yourself to the river. The river is already going to the ocean. You don't have to swim; the river will take you to the ocean.

The ocean represents God. Unless we find the ocean, we will never be absolutely contented. When the river falls into the ocean, it becomes eternal, infinite. The river is no longer limited. Meditation means that you have entered the river. Meditation helps you to reach the eternal, the infinite and the indefinable.

YES AND NO TO LIFE

- THE THREE 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 three choices.

The first alternative is trying to swim upstream in opposition to the flow of the river. The second alternative is trying to hold on to a static position in the river by grabbing on to a branch of a tree, which hangs down over the river. The third 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. The third alternative is a "yes"-position to life. These choices mirror our basic relationship to life, and brings 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. "I want"- position

The "I want"-position is an aspect of the "no"-position. It means that we only open our inner window towards life when there is something special that we want from life.

In comparison with the "yes"-position - where we are open and available for life to give us what we really need - the "I want"-position is a state of desires, wishes, expectations and ambitions. When life do not give us what we think that we need, we close our inner window with a disappointed and disillusioned feeling that life do not give us what we need. We close our inner window again without being open for the possibility that life may do not give us what we think that we need, but that life gives us what we really need.

During Christmas 2008 when I wrote this article, a beloved friend of mine phoned me on Christmas Day. She told me that her boyfriend since many years had died during Christmas, and wondered if we

could meet and talk. Death is one of the most mysterious phenomena in life that shatters all our ideas, desires and expectations. Death is basically a question of perspective: to see death from the perspective of the personality or to see death from the perspective of the soul. Death never seems to come at the right time and it always seems to come too early, but people die at the precise right time when the soul has learnt what it came to learn and is ready to leave the body. It is also first when we have met death in life, which brings a new depth and dimension to life that both our feet are firmly planted on the spiritual path. After the phone call with my friend, I opened a healing channel with her and sent her love, understanding and nourishment until we meet.

3. 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 since 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 to all our problems and worry 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 wish that the moment should be different than it is and without 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 surrender to the Whole in love, joy, acceptance and trust like the water drop surrender to the ocean.

MEDITATION IS THE JOURNEY THAT BEGINS, BUT NEVER ENDS: THE INNER AND OUTER UNIVERSE

The universe is vast. The universe is infinite and boundless. Physicists now say that the universe is expanding every moment with the speed of light. The same is true about the inner experience of meditation. The same is true about the inner universe. It is an expanding universe, which is not static.

Once you become silent, you will be surprised. You cannot believe that it can be more and that each moment there is more. Meditation is an inner journey that begins, but never ends. Your inner universe goes on expanding. It is like when you throw a stone in the lake, and the ripples on the surface of the lake continue to expand.

There is no boundary either in the inner or outer universe. Your experience of meditation in your

inner universe will go on deepening and expanding and become vaster and more profound.

In India the word for God is Brahma, which means "the expanding one." Brahma means the inner universe, which goes on expanding. It was only recently that Albert Einstein discovered that the universe is expanding.

Meditation is a journey into an expanding inner universe. It is a journey that will never end, which is the joy, beauty and adventure of the journey.

WISDOM IS TO BE ONE WITH THE WHOLE

Wisdom is the consequence of being one with the whole. Being identified with the ego is the cause of being separate from the whole. The ego is the cause of ignorance. Being separate from the existence nobody can be wise. The ultimate key to wisdom is to become one with existence, but people want to keep their egos. They want to be separate from the whole.

We are part of the whole, so we cannot be separate from it. That is the nature of existence. We live in an illusion of being separate from the whole, but it is an illusion. The moment that we drop the idea that we are separate from the whole, we discover that we are already one with the whole. We are one with the flowers, the trees, the animals and with the sky.

And that insight brings wisdom and enlightenment. That means to be ready to allow the small dewdrop to disappear into the ocean, into the whole.

LIFE BEGINS WITH MEDITATION

A man without meditation is not part of existence. He exists, but he is not part of existence. He is separate from existence. There is no bridge between him and the whole. Life begins with meditation, because meditation creates the bridge between you and the whole. Without meditation you're like a separate island. With meditation you become part of the whole continent.

The ego tries to live like a separate island. The ego is afraid of being part of something which is larger than itself. The ego tries to live a confined life. The ego is afraid of love, because love is larger than the ego. The ego is afraid of meditation, because meditation is far larger than the ego. The ego is afraid of joy, because joy happens when you are connected with something larger than yourself.

The whole is interconnected. It is only the stupidity of man that tries to live separate from the whole. This is why man lives in misery, because man lives in separation from the whole.

Meditation gives you a taste of joy, because meditation give you a taste of something that is

larger than yourself. It gives you a taste of the infinite, of the oceanic. Then you understand that existence loves you and cares for you.

MEDITATION: GOD'S GRACIOUS GIFT

Meditation is God's gracious gift. Without meditation, life is not life. Without meditation, love is not love. Without meditation, creativity is not creativity. Without meditation, you see, but you don't see. Without meditation, you hear, but you don't hear. Without meditation, you may have everything, but you are still empty. Life is a gift, but compared to the gift of meditation, it is nothing.

Without meditation, love is not love. Love without meditation, only brings misery. Love without meditation only brings domination and possessiveness. Without meditation, love is just an ego trip, where two people are trying to reduce each other to a thing. Without meditation, you will never know what love really is. Meditation takes away the jealousy, ego and possessiveness.

And when meditation makes you silent, you can hear the still, silent voice of God. Then meditation is God's gracious gift.

AWAKENING

Meditation is the way to wake up. Meditation is the way to enlightenment. The moment you wake up you will see that you are a drop of God. And a drop of God is as divine as the whole of God.

But that awareness comes only through a constant persistent effort for awakening. That is what meditation is all about. It is not learning a new philosophy, it is learning a new way of being conscious.

Up to now all that we know is ways of remaining asleep. Our society, education and religion only teach us how to be comfortably asleep.

Meditation is for those who are seeking awakening. So let the decision for awakening take deep roots in your heart. Let it be a decision to wake up whatsoever the cost. Once you have made the decision it is not difficult, but it all depends on you.



PART 2

Love

LOVE IS THE ESSENCE OF LIFE

Love is the greatest challenge of life. Love is the essence of life. Love is the soul of life. To be in love, to be loving and ultimately to become love is the greatest risk in life.

Love and remain cool, love and remain non-possessive, love and do not demand and you will become enriched, because a person who can love without asking anything in return becomes worthy of God.

Once you have learned the secret of giving love unconditionally, you have learned the arithmetic of God. Then each moment becomes a joy. But we have to learn the secret of love.

Many people have decided to avoid love, because we need to understand love. The ego is like a rock, while love is like a tender flower. But to avoid love is to avoid life, so one has to take the risk with love. Those who only want money, power, status, prestige and possessions cannot afford love, but they will live a miserable and meaningless life. You can't have both ego and love, ambition and love, aggressiveness and love and the desire to dominate and love.

Even a single moment of the grace and beauty of love are worth more than all these things. A single moment of love is a taste of eternity.

A LOVE AFFAIR WITH EXISTENCE

Love is the most precious thing in life. With love, life becomes meaningful. Without love, life becomes meaningless. Love as much as you can. Don't be miserly in life. Ordinarily people do not want to give love, they want to get love.

This is what creates the misery of the world. The basic problem of the world is that everybody wants to receive love, but nobody wants to give love. Just as food is nourishment for the body, love is nourishment for the soul. Your soul also needs nourishment. This is what creates starvation in the world, because we have been conditioned against love. We have been conditioned against loving and accepting ourselves, which makes it difficult to love others. We need to love ourselves first before we can love others.

When we give love, you will receive love back, because love is an inexhaustible source. We have to learn to give love, we have to learn to share love. And do not only share it with human beings, share it with the whole existence. Share it with the trees, the flowers and the animals. Be in a constant state of love. Be in a love affair with existence. This is meditation, this is prayer.

THE MYSTERY OF LIFE

Love yourself, respect and accept yourself. Unless you love and respect yourself, you cannot turn within yourself. Turning in is meditation. Unless you love and respect yourself, you cannot go within yourself and find the mystery of life. The doors to the mystery of life opens only for those who are in deep love with themselves.

And you can move within yourself only when you are utterly frustrated and discontented with the outside life. You can only move within when you are utterly frustrated with the society, the church and the establishment, the established values of society.

When you are utterly hopeless with the outside life, then the energy starts turning within of its own accord. A silent revolution starts happening in your life. You are no longer interested in money, power and possessions.

This turning in is meditation. And once you have tasted your own inner being, life becomes a joy, a beauty and a mystery.

A BELOVED OF EXISTENCE

Everybody wants to be loved. Love is one of the most fundamental desires. Love is the deepest longings of the heart. Love is what creates meaning in life. Without love life becomes meaningless.

The moment you receive love, you start feeling that you are needed and you start feeling that you are a valuable part of the universe. Everybody desires love, but few people create the situation so that they become a beloved of the universe.

Only a happy person can be loved, but people are miserable. The more miserable they are, the more they want love. A meditator has to learn to be happy. It is really the simplest thing in existence to be happy. Flowers know, trees know it, animals know it and children know it. But the upbringing of human beings is so stupid that it destroys our capacity to be happy.

The word "education" means to draw out that which is already in you, but our education is doping just the opposite: it forces something upon you. These things are forced upon you through fear, punishment, discipline, reward, ambition and greed. And slowly

you forget what you already knew as a child: how to be natural, simple and happy.

It is natural to be happy, we just have to drop all the nonsense that the society has forced upon you. Then our happiness grows, and love starts coming towards you from all directions. Then you become a beloved of existence. That is the greatest experience in life.

LOVE NEVER JUDGES

Love accepts you the way you are. Love does not try to change the other. Love does not try to make the other better. The other is not a thing; the other is a spiritual being.

God is Love. Love never judges. Love never compares. You do not have to be afraid of God, because God is love and love never judges. God is forgiveness. God is total acceptance, because love is total acceptance.

There is no need to judge, instead start loving. Judgment prevents love, judgment kills love. As your love grows, judgment evaporates. When you do not judge, you have attained a spiritual growth and integrity has come to your being. For the first time, you are close to God, who is love.

LOVE AND ACCEPT YOURSELF AS YOU ARE

Love starts with loving and accepting yourself as you are. Loving yourself and selfishness are two different things. To love and accept yourself does not mean to be narcissistic and obsessive with yourself. A basic love and acceptance for yourself are a basic phenomenon to learn to love other people. It is only then that you can really love somebody else.

Accept yourself, love yourself, because you are God's creation. There has never been anybody like you, and there will never be anybody like you. You are a unique creation of God, and without you God's symphony would be less.

Acceptance creates the climate and atmosphere out of which love grows. Love is only possible when there is a deep acceptance of yourself, a deep acceptance of others and a deep acceptance of existence. Then for the first time, life is happening in your life and God is happening in your life. That is what life is all about.

The moment you love and accept yourself as you are, you begin to trust yourself, you begin to trust others and you begin to trust existence.

When you accept yourself, you begin to accept life. When you reject and condemn yourself, you also reject life. If you reject yourself, you are also rejecting God. If you accept, yourself, you also accept God. Then whatsoever happens is God. Then life is good and death is good, then love is good and aloneness is good.

But you have been conditioned to not love and accept yourself. Your mind has been poisoned not to love and accept yourself, which creates tension in you between who you are and how you should be. This creates a tension and anguish in people.

Humanity has lived in this tension, anxiety and worry for centuries. All societies and cultures have socialized and taught you an ideal of how to be, which has to be fulfilled. Nobody has ever told you that you are valuable, loveable and a beautiful being as you are. To love and accept yourself as you are is the most difficult thing in the world, because it goes against your socialization, your education and your culture. You have been told how to be by your parents, teachers, politicians and priests. You have been programmed to never love and accept yourself as you are and always strive to get better and improve yourself.

When you stop trying to improve yourself to fulfill the ideal of how you should be, in that acceptance

life starts flowing through you. When you don't judge and condemn yourself, you flower and life starts caressing you. The whole existence starts pouring its energy into you when you are open.

Accepting yourself is prayer. Accepting yourself is gratitude to life. Accepting yourself is to relax into your being, which is how God wants you to be. Accepting yourself is to be who you are. Then life showers its gifts on you abundantly, which we could not receive before because we felt that we were not worthy to receive them. Acceptance is the door to God, to live God in your life.

LOVE AND TRUTH: FROM THE HEAD TO THE HEART

Truth is not a philosophy. It is not through philosophy that you will come to know what truth is. Truth is an insight, an experience, which you will have to live.

Thinking about truth is not knowing truth. Thinking about God is not knowing God. Thinking about love is not knowing love. To know love, you will have to experience it. There is not any other way to know truth, God and love than to live it, to experience it. There is no other way than the existential way.

To experience truth you will have to move from the head to the heart. You will have to enter into the heart. It is through the heart that you experience.

The heart is our real life center. The heart is our spiritual center. The heart is our inner spiritual teacher, our inner source of love, truth and wisdom.

THE THREE DIMENSIONS OF LOVE

Love exists in three dimensions. The first dimension of love is the exclusive relationship with a certain person. There are many conditions and expectations in exclusive relationships. The moment a condition and expectation are not fulfilled, love disappears. The love exists only when the other person is fulfilling your conditions and expectations. When you can possess the other person, then you are loving. But the moment the conditions is not fulfilled, love turns into hatred. This is the lowest dimension of love, which people ordinary call love when love is an exclusive relationship.

The second dimension of love is not a relationship. In the second dimension of love, one is simply loving. This has nothing to do with somebody in particular. One is loving whether one is alone or relating with somebody else. One is loving with the trees, the birds, the animals, the river and with the mountains. Then love is just like the fragrance of a flower, which shares whether somebody is present or not. Now love has become a quality of our being.

The first dimension of love is an exclusive relationship, which includes conditions and expectations. The second dimension of love is lovingness as a quality of being. The third dimension of love is love itself. One is not even conscious that one is loving. In the second dimension of love, there is a certain self-consciousness that one is loving. The ego, the "I", is still there. Once you have attained to the second dimension of love, you have to wait until the third dimension of love happens. That is a gift of God.

Then the self-consciousness disappears and only pure love is left. Everybody around you will feel it, but you will not be conscious about it. And the more you are without self-consciousness, the more others will feel it.

THE HEART IS GIVEN BY GOD

The spiritual journey means to learn to listen more and more to the heart. It means to learn to follow the heart. It means to gather the courage to follow the heart, instead of listening to the mind. The mind is not yours, it is given by the society.

The heart is yours, it is given by God, the divine. If you listen to the heart, it will not be difficult to go into meditation. Then you will know what to do and not to do. You immediately know what to do in the moment. You know from your being. The heart knows what to do, because the heart is already in contact with the whole. The heart lives in the mysteries of existence.

LOVE IS A FLOWER OF OUR BEING

Love is a flower of our being, of our consciousness. A life without love is a desert. The moment love becomes a flower of our consciousness, our life becomes fulfilled. It makes our life meaningful. We feel worthy of existence. It makes us feel worthy of being offered to God.

Love demands one of the ultimate sacrifices: the sacrifice of the ego. Unless you surrender the ego, love is not possible. And ultimately love becomes the experience of joy, truth and God.

Live according to your heart, living according to your love, live according to your truth, and you will never go wrong. Love and everything else follows of its own accord.

LOVE AND ALONENESS

Joy and happiness can happen in two ways: love and aloneness. The joy that happens in love and relationships are momentary. It comes and it goes, because it depends on the other. It causes bondage, because you are dependent on the other for your joy.

Then people start to cling to each other. And the other becomes afraid, because there is a deep need to be free. The desire for freedom is even deeper than the desire for love. Hence the real joy and happiness can only happen in your aloneness. Aloneness is the art of meditation. Meditation is the art of becoming centered in your being, in your aloneness, without any need for the other. It is to be at home in your aloneness, so that you are enough to yourself, you are sufficient to yourself. Then your aloneness becomes an inner source of silence, love, joy, happiness and creativity. Then you can enjoy love and relationships, because you are not dependent on the other for joy.

So meditation and aloneness comes first, and love and relationships comes second. When you are rooted in your being and move into relationships it is a totally new dimension. Then you can love, you can share. So learn the art of how to be alone in joy.

THE WAY OF THE HEART

Society is against the heart, because the heart lives through love. And love cannot be controlled and conditioned. The heart is basically rebellious. The heart always lives in the moment. It never repeats the old. The heart always responds to the present moment. This is why society is against the heart. Society disciplines the head, because the head functions like a machine. Machines are never rebellious. They simply follow orders. They are obedient. Hence the state, the church and the establishment, the status quo, are interested in the head.

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. The heart creates inconvenience for society and for the established order. The heart is spontaneous and never repeats the old. The head lives in the past, which is why the head is traditional and conventional. 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.

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.

Love is perfect as it is. Love is enough unto itself. Love has to be understood. 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 don't know what consciousness is. You don't know the truth; you don't know the experience of the divine. You don't 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 defeat of all imposed rules and conditions. Hence there is a struggle between the individual who follows his heart and the collective who follows the imposed order. The individual who follows his heart has to be aware of this struggle, because he is moving towards the freedom of being himself. Being himself means that he is not going to be ruled by the collective, by the crowd. It means that now he will live according to his own heart, according to his own light. When he becomes independent, he will start feeling that he is becoming one with the whole, one with the universal.

It is on the consciousness level of the heart that we begin to understand that we were 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.

The three dimensions that the individual moves through are: 1. the collective and the crowd 2. Traditions, the state and the church and 3. The

individual and the universal. The individual is a bridge between the collective and the universal. This bridge frees you from the collective. Then there is no need for you to be an individual. Then you can dissolve into the whole. You have to pass through a process of individuation, where you first become an individual and not just a part of society and the collective. This process frees you to be an authentic and free individual. Then you can dissolve the individuality and become free from the self. And to be free from the self, to be in no-self, in no-mind, is to be in God, in the divine.

Then there is joy and eternity. Love is the fragrance of the eternal. It is the experience of conscious people. 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.

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.

LOVE, JOY AND COURAGE

Misery, loneliness and anguish exist in the world, because people don't have the courage that is a basic requirement for love and happiness to happen. Everybody seeks love and happiness, but almost everybody fails. Unless one knows oneself and the secrets of one's being, life remains miserable.

To know one's being, the first requirement is courage. To live your own life needs courage. Courage is needed to put aside all that has been imposed on you from the parent, teachers, politicians, priests and the society. Only a meditator can put it aside. To put everything aside needs courage.

The most difficult thing to put aside is your mind. The world is not the problem, the problem is you. Changing outer circumstances is not going to help; the change has to happen inside. And the first step is to put the mind aside.

Once you gather the courage to put the mind aside, your heart starts speaking for the first time. And the voice of the heart is trust and love. The heart knows only surrender to existence. When your heart surrenders to the universe, there is immense joy.

And unless this happens one can never feel at home. The moment you know joy, you know God. Joy is another name for God.

LOVE IS A HIGHER WAY OF KNOWING

Love has its own way of knowing. Logic is useful in the outer and objective world, but logic is not the way to know about the inner world, about being, consciousness and God.

Love is a higher way of knowing. And one should be capable of knowing the higher world, otherwise life becomes superficial, empty and meaningless. You will remain blind to the truth of existence. You will remain blind to the truth of your own being. You will remain blind about eternity, the timeless.

And it is only through love that you will know about the eternal. It is only through love that your life will have meaning.

HAPPINESS IS THE GOAL OF LIFE

We are all searching for happiness consciously or unconsciously. Happiness is the goal of life. Not only human beings are searching for happiness, but trees, flowers, animals, birds and rocks. The whole existence is searching for happiness.

Only man is conscious enough to penetrate into the ultimate mystery of life. But not all man, because few people are really conscious. The majority of people live in unconsciousness.

Meditation is the process of transforming unconsciousness into consciousness. Meditation is the only way to give you a glimpse and an experience into your consciousness. Meditation is the only way to give you a glimpse that you are something much more. And the moment that the first glimpse happens your first window to life opens. And your life becomes a joy.

JOY IS OUR VERY BEING

A man without joy is a flower without fragrance. The flower has no richness and beauty. It does not contribute any fragrance to existence. It does not share with existence. When the flower has fragrance, there is sharing, which enriches existence. The flower is creative, because it shares.

A man without joy is like a man, but the real man has not happened. The moment joy happens man goes beyond animality. He is no more an animal. He becomes part of the divine. That is why the search for joy is there in every heart. This joy happens through love, through meditation, through understanding and through acceptance.

To make joy happen one has to make an effort to inquire in the right direction. To seek joy outside of ourselves is to seek in the wrong direction. Joy is not outside, it is within ourselves. Joy is really in our own being. Joy is our very being.

Meditation means to turn our direction within. Look within, and your life will become full of fragrance. Then one becomes creative, one becomes a giver, one becomes a lover.

HAPPINESS IS OUR NATURE: HAPPINESS IS THE NATURE OF EXISTENCE

The heart is our inner sun. The sun in the outer sky is essential for life to exist, the heart in the inner sky is essential for happiness. The sun is essential for life to exist, for flowers to blossom, for trees to be and for animals to grow. The outer life needs the sun, and the inner life needs the heart. The earth moves round the sun and our inner life rotates around our inner sun, the heart, our spiritual center of happiness.

When we start moving towards our heart, the center of our life, our life starts becoming light. There are three L: s in life: life, love and light, which develops in this order. Life means to become alive and to live life with intensity and totality. When you are full of life, love starts to develop in our life. Love is to share our life. And when you share your life, your sadness and aloneness disappears. Then joy and happiness enters in your life. And when life and love functions in your life, the third light happens automatically. The third light is a reward from God, from the divine. Then the light descends in your life without any effort.

The moment the light has entered you, you are enlightened. The way to experience light is meditation.

Meditation is to learn to be silent and aware. Meditation means to put your mind aside. Putting your mind aside, you will see clearly. Then happiness happens, because happiness is our nature. And happiness is the nature of existence.

INTENSITY, SINCERITY AND COMMITMENT

The seeker of truth is like an arrow. The state of happiness is attained only for those sincere seekers of love, happiness and truth, who love straight with the intensity and commitment of an arrow. Our spiritual growth depends on our intensity and commitment to our spiritual growth.

Most people do not have this life of sincerity, intensity and commitment. Most people are part of the unconscious crowd and their life is just accidental. They are going here and there, and their life is accidental. They are like driftwood. The seeker of love, happiness and truth cannot be a driftwood.

The state of happiness is not going to happen by itself, the seeker of truth has to have an intensity and commitment in his search. Lao Tzu says: "You take one step towards God and God takes one thousand steps towards you. But the seeker of truth need to have the intensity and commitment to initiate this process. If you do not take the right steps nothing will happen.

LOVE AND ALONENESS: POSITIVE AND NEGATIVE RELATIONSHIPS

Love is only possible when you are rooted and grounded in your being, otherwise you cannot love. Only a person who can be alone can be happy in relationships. Otherwise people are always complaining in relationships, because others are not loving them. But the basic question is not whether others love you or not. The basic question is if you love.

The world is full of hate, violence and anger and completely lack love for the simple reason that only meditator can really love. This is because a meditator can be happy alone. And a meditator who can be happy alone can also be happy with others. A meditator has solved the basic problem with lovey being a meditator.

Ordinarily people are not happy alone. In aloneness they feel empty and lonely and they feel that something is missing. And then they escape from themselves into relationships. This is a negative

relationship, because a man or a woman fall in love to avoid loneliness. And a negative relationship will cause misery, fighting, jealousy, domination and possessiveness.

The positive relationship means that you are not trying to escape from yourself. You love yourself in your aloneness and you love your aloneness. In aloneness a joy and happiness is created, which you have to share. Then appositive relationship is created.

First one has to learn to be happy alone, then one can be happy with others. If you are unhappy alone, you will be unhappy together with others. First mediate, then love.

LIFE IS A SCHOOL: TRUST IS A MUST

On the inner journey you need some provisions and trust is a must. Love is possible only for those who have the capacity to trust. People live in doubts and mistrust, and it is because of this lack of trust that they cannot love.

Trust is a prerequisite for love. Without trust you cannot be committed to love and you cannot be involved in love. And then you miss your whole life, because love is a great opportunity to discover God. God can only be discovered through love.

And unless you discover God, you will be sent back to life again and again. Life is a school. Unless you learn the lesson of life you will be sent back again and again.

Meditation is the science of realizing the potential of your being, which is the way to discover God.

THE FRAGRANCE OF LOVE

Love is the flowering of human consciousness. But love has to be true love. Only when our love is true, it is authentic love. When our love is not authentic, love is destroyed by the ego and the lower instincts: jealousy, greed, expectations, possessiveness and domination. Ego is the poison for love. Ego is like a rock and love is like a delicate flower. And the ego can easily destroy the flower.

The meditator has to learn the ways of authentic love. Authentic love is unconditional love. Unconditional love brings freedom, pseudo love brings bondage.

Love can be divided into three categories and steps of development: animal love, human love and divine love. The first category animal love means that one does not care about the other. Animal love is selfishness. One only uses the other as a means.

The moment you start respecting the other and you don't just use the other love becomes human love. The other category human love means that you start meeting the other person with respect on equal terms. The other person is no longer just thing to be used. Only when human love arises in your heart, a

real human being is born. In human love you respect the other, but the other still remains the other. There is a distance, a separation.

In the third category divine love there is no separation, no distance. In divine love, two persons melt and merge together. They become two bodies with one soul. Then love is divine. Divine love gives proof of God's existence. In divine love, you experience melting and merging and becoming one with one person.

Then you know that you can also melt with the whole. You know the art of melting with the whole universe and become one with it. This is prayer, which is the ultimate state of love, the fragrance of divine love.

FOLLOW YOUR HEART: LISTENING TO THE INTUITION, THE INNER GUIDE

Meditation is the art of learning to listen to our own heart. Meditations the art of learning to listen to the intuition, the inner guide. Meditations the art of learning to not listen to the voice of the outer spiritual teacher, but one's own inner spiritual teacher.

Our intuition, the inner guide, the spiritual teacher within, is always available within ourselves. Our intuition, our inner guide, our spiritual teacher within, is our being, which always wants to talk to you. In each situation, it gives you a message, which is always right. The being shows you what to do and in which direction to move. You will always be able to see the light by listening to the being. In the inner being, there is immense light and clarity.

The inner being is already in contact with the whole. But mostly we live on the periphery, because our mind is the periphery. So slowly we forget that there is something inside ourselves, which has significant

messages to us. Meditation is the process of moving within to the inner being. Rather than listen outside we have to listen inside. To be in contact with the inner being is going the right way.

God is your inner voice. You have to move within to hear the still, silent voice of God. When you have learnt to hear it, your whole life is transformed. Then you have learnt to listen to your being and to follow your own heart.

One who can listen to your inner being has learnt a new language. One who can listen to his being has become capable of listening to the being of the whole existence. He can hear the song of the birds, he can hear the wind passing through the trees and he can hear the silent whisperings of the trees.

The meditator has to begin with himself. The meditator begins to listen to his own being, and ends with listening to the being of the world. The day that you realize that your being and the being of the world are not separate, but one is the day of enlightenment. This is the ultimate fulfillment of life.

The meditator has to make a commitment to put his energy into realizing the phenomenon called God, Tao, dhamma and truth.

LOVE MAKES EVERYTHING BEAUTIFUL

If you love, the whole existence becomes beautiful. Love makes everything beautiful. If you love all is beautiful, but if you don't love nothing is beautiful. Learning to love is the only magic in life. Learning to love opens all the mysteries of existence.

One who settles for an unlovable life says "no" to life, which creates a lonely, dark and miserable life.

One who learns to love says "yes" to life he learns to love life and to experience life fully. He opens his doors to life, while somebody who says "no" closes his doors to life. Learning to love life is the way to know God."

A NEW HUMANITY WITH LOVE IN THEIR HEARTS

Ordinarily humanity thinks that they know what love is. Everybody assumes that they know what love is, so they think that there is no need to learn what love is. They think that there is no need to seek and discover what love is, so love is missing from the world.

Humanity does not understand that love is the greatest art in life. You cannot take love for granted. You have to explore what love is. That will enhance the whole of humanity. Love is everybody's potential, so it is possible that the whole humanity can come to a new height of love. Only then will a real humanity be born.

When thousands of people realize their potential for love it will affect the whole of humanity. Then a new humanity will arise with love in their heart. A new humanity will arise with a light in their soul.

But it requires your effort to rise to your potential of love. Then it will not only be a spiritual growth for you, but a help for the whole humanity. It will be a true service for humanity.

ANIMALS, BIRDS AND TREES ARE IN TUNE WITH EXISTENCE

Behind my house where satsang is held there is a forest with animals, birds, stones and trees. Several satsang participants have reported that they have had beautiful meetings with dears, birds and other animals after satsang. They say that it is like the animals are attracted to the spiritual energy from satsang.

The animals, birds and trees are in tune with existence, they are part of existence and they have never been separated, so they are attracted to the satang energy which they want to be a natural part of.

Animals, birds, trees and nature should be loved and respected. There is a constant evolution, and loving and respecting the animals, the birds, the trees and nature show that we can be loving and respectful towards their future evolution.

We are all part of the same life and evolution, and these animals, birds and trees are part of existence

just as we are. When man hunts animals for enjoyment, man is simply ignorant and not respecting animals.

A former girlfriend used to say a little sour that I was one of these people that children and animals loved. She said it a little sour because she also wanted to be one of these people.

When the animals, birds and trees become attracted to the satsang energy, it becomes obvious that it is time for meditators to spend more time in contact with animals, birds, trees and nature. That can help us to learn the secret of existence as the animals, birds and trees are still in tune with existence. They are not separate from existence, which man in his egoistic effort has separated himself from existence. Therefore to mix with animals, birds and trees and to have the whole universe as friends will help meditators to learn the secret of existence. It will teach us that we are also part of nature and if nature stops cooperating with us, we will simply be dead.

I was adopted by a family of dears, where the mother proudly showed me her three small children. Diva Emanuel commented that it is astonishing that it is possible to come in contact with these wild animals.

I also found Parma, my beloved friend from many lives and a participant in satang, several times out in nature before satsang in deep silence, prayer and oneness with nature.

The condemnation against animals, birds, trees and nature is part of the human ego, but animals, birds, trees and nature have so much to teach us. Just look at a cat, who knows the secret of how to relax. Cats are meditative animals. There is not a better teacher on how to relax than cats. Look at a cat sitting, how meditatively he sits. Look at him, how meditative he is. He is just sitting and meditating, one with existence.

Animals, birds and trees also have feelings and a soul. They are part of the divine. The divine is not just in man, the divine is in the animals, the birds, the trees and nature. The divine is the basic center in everything.

LOVE IS THE ONLY RELIGION

Religion begins in meditation. Meditation means a state of thoughtless silence. When you are totally silent with no thought, the silence and joy are so tremendous that you want to thank the universe.

Your heart is full of thankfulness, so you want to bow down to existence in gratefulness. You can call it God, existence, love or truth, but the real thing is a feeling of gratefulness. When this blessing happens in your life, you become a blessing to the world.

The essence of religion is love. Love and whatsoever you do is right. Love and you will be loved by existence.

Love is the only religion. When you love, love starts coming back to you from all sides. Live according to your heart, live according to your love, live according to your truth, and you will never go wrong.

ALL GOOD THINGS IS A GIFT OF GOD: MEDITATION ON HAPPINESS

Take as a meditation to meditate on joy and happiness. Meditate on finding ways to be happy. And avoid everything that makes you miserable. There are people who are experts in finding causes to be miserable. And when such people talk about their misery, you can see that they are enjoying their misery.

Each moment you always have two alternatives: to be happy or to be miserable. Take as a meditation in each situation to see what will make you happy or miserable. Meditate on joy and happiness and find the joyful part of each situation.

This has to be the meditation of every spiritual person, so that your life becomes joyful and happy. To create happiness or misery is our own decision. It is our own responsibility.

All the good things in life are a gift of God. Joy and happiness are actually already there. It is only a

question of opening our eyes to see. Don't remain closed to life and existence. Opening up to life and existence means responsibility, openness and trust. There is no need to be afraid of life.

Joy and happiness are already the case; we just have to open up for it. Each child knowhow to be open for silence and joy. Each child knows how to be joyful, which we can relearn as an adult.

HAPPINESS IS DIVINE

Happiness is a divine phenomenon, which needs your whole inner being to be absolutely silent, absolutely empty. Only when your inner being is empty, happiness can enter you.

When your inner being is empty of thoughts, knowledge and feelings, you are open and available for happiness. Only then in that silence, happiness descends on you. Happiness descends on you from the above, from the divine.

The process of becoming silent and empty is meditation. When you are silent and empty, happiness is born in you. It is the ultimate law. When we are silent and empty, we become happy.

LOVE ALWAYS GIVES JOY AND HAPPINESS

If you can understand love, nothing else is needed. If you can understand the ways of love, you will understand everything else. If you go on purifying your love, at the peak you will find God. God is love in its purest form.

If you can go on purifying your love from all that which is not love, from all that which pretends to be love, we begin to understand what love is. Our love is polluted with the ego, which is like a poison of anger, jealousy, hatred, possessiveness, domination and destructivity, which pretends to be love.

We have the seed to become a flower of love. But we go on being deceived by the ego, which does not allow people to flower in love. The criteria for what is not love and for what i love are that the things which are not love creates misery and that which is love creates joy. Love always creates joy and happiness.

THE OCEAN OF GOD'S LOVE

Let love become your meditation. Love more for no reason at all. Love for the joy of sharing.

Love, people, love trees, love animals, love rocks, love rivers and love mountains. The miracle of love is that the more you give, the more you receive back.

And if you go on giving love, without any desire to get love back, the more love will arise in you. You will realize that we are connected with the ocean of God's love. If we give love the ocean goes on filling us. Love is the greatest joy.

LOVE IS THE ABSENCE OF EGO

Enlightenment is not an achievement, because we are already enlightened. Enlightenment is our intrinsic nature. Enlightenment has to be discovered and the way to discover it is love.

The things that keeps enlightenment covered is the ego, and love is the way to kill the ego. Love means the absence of the ego.

If love happens between two persons, it means that the two persons ego is no more present. It means that they commune without the ego. And if it happens between a person and the whole universe, it means prayer, the highest form of love. Now no ego exists in the part against the whole.

The moment the ego drops, a tremendous energy is released, and in that release one realizes one's true nature. That is what is known in the East as the buddha. The true nature is always enlightened, because it is eternal light.

YOU HAVE TO BE LOVING TO ALL

Love is a state of being. Love is not a relationship. Love is an inner state. You have to be loving whether you are in a relationship or not. And you have to be loving to all: trees. Flowers, animals, people and rivers. You have to be loving in general even if you are alone.

You have to radiate love. Just like a flower is releasing its fragrance. Your love has to be like a light. Then your state becomes spiritual. Spirituality has to do with an inner state of love. If you are loving, you are bound to meet God because God is the ultimate love.



PART 3

Prayer, The Ultimate Love

THE UNIVERSAL SPIRIT

There is a universal spirit that takes care of everything. It takes care of man, of birds, of flowers, of trees, of rivers, of mountains and of stars. There is an underlying harmony in existence.

The universal spirit takes care of you too. You are not a foreigner here. This is your home. You are part of the birds, the trees, the rivers and the stars. Man is the most valuable part of existence, because through man God has become conscious.

The religious person trusts that he is taken care of. There is a subtle law that keeps everything in balance and harmony. Feel it, be open to it and trust it. God has not left us. God is still here, but we have gone away from him.

Our ego makes us separate from existence. That is the fundamental fallacy. You think that you are

separate from existence. You are like a small wave thinking itself separate from the ocean. You are like a fish wondering where the ocean is. You are not separate. You cannot be separate. Animals do not think that they are separate from life. Birds and trees do not think that they are separate from life. Only man thinks that he is separate from life. The trees live in God, but it is unconscious. Only man can know consciously that he is one with God.

The moment that you are one with God, you can relax, because then you can flow with God. Then you do not need to keep private goals. Then God's goals are your goals. Then trust is born in you. Then there is no conflict, no struggle. You can relax and trust.

That taste of trust is meditation. We can be open and trust the cosmic spirit, the law that pervades and permeates the whole existence. You can trust the invisible hands all around you, which takes care of everything.

There is a cosmos and a hidden power is working behind it. Everything is taken care of. Something goes on caring for everything in existence. Be patient and trust. The meaning of trust is to be open for the universal spirit that takes care of everything and everybody.

LOVE GROWS INTO PRAYER, THE HIGHEST FORM OF LOVE

The more that you understand that love means to give freedom, the more you understand that love demands nothing and that love has no attached conditions, the more you start feeling a new experience of love, which is prayer. Prayer is the highest form of love.

When prayer enters into your life, then love is not something that you do. Then love becomes your presence. You are simply loving. Love is your very being. When love becomes your being, then it is prayer. Then a fragrance is released. Your spiritual flower has blossomed. The one-thousand-petalled lotus flower of your being opens, which represents the thousand names of God. Each petal of the lotus of your being represents one quality of God.

The opening of your one-thousand-petaled lotus means that now you have attained to all the qualities of God. This means that you have become one with God.

PRAYER: THE MYSTERY OF EXISTENCE

- Heart and Intellect, Wonder and Knowledge

The more you become knowledgeable, the less you have love, joy, wonder and are reverence for life. Life seems to be stale and there are no more mysteries in existence. The joy and poetry of life remains only if life remains worthy of exploring. The moment you know, then all that is joyful and beautiful in life dies. And with the death of joy, you live a life which is not worth living. You live a life which doesn't have any awe, splendor and significance.

Philosophy and science searches for knowledge. Philosophy and science tries to understand and demystify existence. Religion looks into the mysteries of life, and finds that those mysteries go on deepening. Religion searches for being. Knowledge is peripheral, superficial. Being is essence. Being is when you are not. Being is egolessness. Being is

innocence, wonder. Religion tries to live the mystery of existence.

The man of religion loves the flower. He talks with the flower. A man of religion understands when he loves. To understand a woman means to become the woman. To understand a flower means to become the flower. It means to participate so totally with the woman and the flower, so that your beings start overlapping each other and there comes a meeting when you become one. Your heartbeats are in harmony without barriers, so that there are two bodies but one soul.

If you can melt with existence, then you are religious. That melting is prayer. Prayer is melting with existence, with the whole. If the mystery of your life goes on deepening, then you are on the right way. If you are feeling that there is no mystery in your life, then you are on the wrong way.

Life cannot be reduced to knowledge, because you are part of life. Prayer means unity, oneness with life. Knowledge means separation, divide. Let awe, wonder and prayer become your life. It means moments of love, moments of joy, listening to music, listening to a friend or taking a walk in nature.

RELIGION IS THE ART OF DISSOLVING INTO THE WHOLE

The greatest joy in life is to become part of the whole. Normally we try in every way to remain separate from the whole. We try to remain a separate island. Religion is the art of dissolving ourselves into the whole. The whole can be called God, truth, love or existence.

The religious man has dropped the idea of being separate from the whole. He has become whole. The religious man is no longer a separate drop. He has become one with the ocean. That moment is a moment of great joy.

The ordinary person who lives like an ego tries hard to be joyful. But he cannot. Joy is the consequence of surrender to the whole and misery is the consequence of separation from the whole.

THE JOY OF SURRENDER: NO MAN IS AN ISLAND

We have been taught that life is a fight and a struggle. We have been taught to fight, because of the idea that man has to continuously fight for his survival. We have been taught to fight, because of the idea that man and nature are enemies.

Nature is not our enemy. Nature is our home. The universe is not antagonistic to us. The universe means the earth, which the universe fills with flowers, trees, animals, people, rivers and mountains. The universe is supporting them. Why would the flowers, the trees and the rivers otherwise grow?

Man is part of this existence. But the idea that we have to fight creates a separation between us and the whole. Man becomes an isolated island. Then we live in fear, anxiety and worry. So how can we be happy? Instead we feel alienated, alone and meaningless, because the whole seems to be a constant fight and struggle.

For the person who have been fighting with existence, death seems to be the ultimate thing. But for the person who have surrendered to existence, who is in tune with existence, death is not the ultimate thing. Surrender means to let go of your ego, so for him there is no death. It is only the ego that dies, because the ego is a separation from the whole. It is the ego that fights with the whole. Surrender means to drop all that is superficial and shallow. Surrender means to become egoless.

Surrender means that our heart starts to beat in tune with the universal heart. Instead of being an isolated island, we become part of the whole continent. And then we live in love, joy, silence, trust, truth, freedom and the eternal. Suddenly we know the joy and beauty of surrender. Surrender means to yes to the whole.

SILENCE IS THE DOOR TO INFINITY

Prayer is absolute silence. When you bring in words in prayer, the prayer and silence are destroyed. The only language that the whole understands is the language of silence. What is there really to say to the whole that the whole do not already know?

The moment you are silent, you have put aside everything you know, your mind, your knowledge, your religion, your philosophies and your ideologies. Silence erases all that you have learned and accumulated. Silence makes you an innocent child again.

In that innocence something arises in your being with no effort on your part. A fragrance of gratitude arises. You are not doing it, a gratefulness, a thankfulness starts arising from your inner being. That is the prayer that reaches to God.

Once you know the prayer of silence you have known everything that is worth knowing. There is nothing more valuable to know than silence. Silence is the door to the divine, to infinity.

DISSOLVE INTO JOY

Joy is possible when you dissolve into silence. It is like a drop which dissolves into the ocean. When you are ready to dissolve into the whole, joy happens. If you resist to dissolve, if you try to remain a separate entity, we protect ourselves. That is what everybody is doing. They try to be an ego, they try to protect themselves. They defend themselves against the whole. Everybody is afraid against the whole, because the whole is vast.

Many years ago, a spiritual teacher, who has 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 whole surrounds you from all sides. The whole surrounds you from the inside and from the outside. The whole is like the wind, which invisible and exists everywhere. We are not separate. We are part of the whole. Dissolve into the whole, drop the ego. Feel yourself as part of the whole. Slowly the experience of being part of the whole deepens.

One day it becomes your truth, your being, your reality. Then you have arrived home. When you live the whole and forget yourself as a separate entity, each moment becomes a joy.

SEEING GOD IN A TREE

The proof for God lies in the beautiful and spiritual experiences of life. You can see God in a tree. You can experience the divine in a flower. A forest can overwhelm you so much that for a moment you are no more. You are no more, only the silence and beauty of the forest is. Suddenly your heart is beating in harmony with the beauty of the forest. Or suddenly a bird sings and you are on with it.

The beautiful experiences of life happen in many ways. In nature, in relationships, listening to music, in creativity or just sitting silently doing nothing. But this moment of silence and beauty are the proofs of God. Then you understand that the world is full of love, joy, silence, beauty and meaning.

The more you experience these moments, the more your life becomes full of love, silence, joy, truth, beauty and meaning. Let yourself become one with these experiences. Let yourself disappear in the silence of these experiences, and you will find love, joy, silence and nourishment. You will experience God, love, truth, freedom and the very heartbeat of the universe. You will experience the connection with your own heartbeat with the heartbeat of the universe.

The more people that experience this explosion of joy, light and love, the more it will affect the consciousness of humanity. We will experience that we are all one. This creates hope for humanity.

GOD IS THE EXPERIENCE OF LOVE, TRUTH AND JOY

God cannot be found by searching. You can only be open and receptive and God will come. God is not a person, but an experience. God is the experience of eternity. God is the experience of truth. God is the experience of love. God is the experience of freedom. God is the experience of joy. God is the experience of our innermost thirst and longing, but we have to be open and receptive to God.

The way of the seeker of truth is to be open. He becomes open to love, to friendliness and to what love offers. The seeker of truth stops being afraid of being open, because that is not the way to allow God to enter you.

The seeker of truth becomes open to every kind of experience, because one cannot know how God will enter one's being. Then any moment God is possible. When you are open and available, God becomes possible.

Unless God becomes possible, life is a wastage. God is always available, but we are closed. Remember that

God is always present, we have to learn to be open to be in God's heart and to be available for God to enter our heart.

WHAT WE HAVE GAINED HAS TO BE GIVEN

When meditation becomes a reality in your life your life is fulfilled. One has come home and the spiritual search is over. There is a tremendous contentment. What we have gained has to be given. We have to share this state with people, flowers, animals and with trees, because we are not separate from each other. We belong to one universe, we belong to one family.

We have to share whatsoever we have gained for two reasons: first, if you don't give it, it becomes sour and stagnant. It has to be shared, because in sharing it remains alive and flowing. And second, the more you give, the more it comes back to you from unknown sources. To hold back from giving means that you will not be getting anything back. So it is wise to share and give what you have gained.

LOVE IS PRAYER

Love is the path, and love is the goal. Love is the alpha and the omega, the beginning and the end. Love is the first step and the last step.

Love contains the whole of religion. But love has to be understood. Love is not lust, it is not a desire to get something from anybody. Love is an overflowing joy. Love is sharing. Love is freedom. Love is creativity. When you love you want to enrich the world. You want to make the world a little bit better and beautiful. When you do not know love, you become destructive. Then you become poisonous. Love means that you are grateful to existence. And out of that gratefulness, you want to contribute to existence.

Love is prayer. Love is thankfulness. Slowly you move higher into the world of love. New dimensions of love start opening up to you. Love is no more a relationship, but you are simply loving.

Love makes the whole existence one. Love opens the realization that existence is one ultimate unity, and only with unity can we be blissful, eternal and deathless. That is our true reality that is your very being. To discover it is the whole purpose of life.

GOD IS HAPPINESS

The longing for joy and happiness is a deep longing. The longing for happiness exists in the whole existence. The deepest longing is not really for God, truth, Shangri-La, paradise or the eternal and immortal. These things are longed for, because they are aspects of joy and happiness. God is really the experience of happiness.

The essence of the whole existence is joy and happiness, which is the deepest longing of all living beings. This is the deepest longing of all human beings, trees, flowers, animals and birds. The real God is joy and happiness. If you are searching for joy and happiness, then you are on the way which leads to God. God is another name for happiness.

In pleasure, you are there, in happiness, you dissolve. That is why happiness is so deeply fulfilling. No other experience than happiness dissolves your ego. Misery is a function of the ego. No other experience than happiness heals you and makes you whole.

Happiness cures all sadness, aloneness and anxiety, because you are no more. That is why happiness is the only thing worth seeking.

EXISTENCE LOVES YOU

We are not aware that existence pours its love on us in every possible way. Therefore the negative and complaining mind remains ungrateful and separated from existence. Hence prayer, the ultimate love, cannot arise in our heart, because prayer is gratefulness to existence.

It is impossible for the complaining and separate mind to be religious, because the complaining mind has not become aware of the basic reality that existence loves you. It has not become aware of that existence takes care of you in more creative ways that you could ever imagine. It has not become aware of that the wind, the rain, the sun and the moon are friends.

Then whatsoever happens will be a blessing in disguise. Maybe in the beginning it will appear like a curse, but it is never a curse. It is always a blessing. It may appear in the beginning like a curse, because our vision is very limited. We cannot see the whole perspective. We cannot see all the implications. We cannot see the whole series of events that will be followed by it.

Otherwise we will always be grateful. We will always feel blessed. Then everything will be a blessing.

A DISCIPLE OF GOD

A true disciple of meditation wants to *be* more; he does not want to know more. Knowledge is only to be intellectually interested; being is to be existentially interested.

To be a true disciple is one of the greatest experiences in life. To be a true disciple requires courage, because it requires the courage to become egoless.

When I pursued an advanced training in spiritual healing in USA 1984, I was told that I had the capacity to become a seventh chakra healer, a spiritual healer, to act as a catalyst and channel for spiritual energy from the seventh chakra through the heart. The last 30 years has meant to develop and deepen this capacity to an instrument of subtle catalytic effect, which I use in satsang.

The spiritual teacher helps you to find your inner being, the state of not-knowing, which will make you wise. To become a true disciple, does not mean to be a disciple to a specific spiritual teacher, it means to be a disciple of existence. It means to be a disciple of the trees, to the sun, to the moon, to the stars, to the rivers and to the mountains. It means to be a disciple

to the whole beautiful existence that surrounds you.
It means to be a disciple to God himself.

OCEAN OF GOD

We are very confined and limited like a small pond. Unless we drop ourselves into the ocean of God, unless we become oceanic, we will not know God. We cannot know God unless we drop ourselves.

That is what meditation is: allowing God to pass through us. It means not to prevent him and removing all barriers of thoughts, desires, tradition, ideologies, orthodoxies and memories.

So you can become a pure channel, instrument and passage, so God can flow through you. Then your life will be of joy, bliss and beauty.

PRAYER: THE ULTIMATE STATE OF LOVE

Prayer is the ultimate state of love. People cannot love, so they cannot love existence. People are afraid of love. It is difficult to love a person, a tree or an animal.

And to love godliness, you will have to love. You will have to love all manifestations of godliness: the flowers, the trees, the animals, the people, the rivers and the mountains. This love is called prayer.

Love this beautiful existence. And it is through this love that you will become aware of the presence of godliness everywhere. Then you will never feel alone, God, the divine, is always with you. In each heartbeat God is with you.

The whole existence supports you. So never feel alone. Even in moments of anguish and anxiety, remember that you are loved and protected.



Swami Dhyan Giten

Spiritual teacher and Amazon best-seller 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 should 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."

Deva Emanuel, musician, student at Orebro University in classical music and participant in satsang with Giten says: "Giten talks about heavy subjects like God, religion, love and truth with such clarity and simplicity. The greatness of satsang with Giten is so deep, and I am thankful for this beautiful spiritual flower with Giten."

Swami Dhyani 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. He is also trained in classic Eastern methods for awareness and meditation in the USA, Italy, Sweden and India.

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.

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 loved and best-selling book in Swedish *Meditationens Sång - Om meditation, relationer och andlig kreativitet*, *The Call of the Heart: Love, Joy, Truth, Silence, Freedom and a Heart in Tune with the Universal Heart*, *You are Already a Buddha: A New Way of being*, *A New Way of Living*, *When the Drop becomes the Ocean: A Journey to the Ocean, to the Divine*, *The Silent Whisperings of the Heart - An Introduction*, *tungsten'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, The Rebel*, *Silence is the Way: The Teachings of Buddha - Golden Nuggets of Love, Truth and Wisdom* and *God is Everywhere: You are Divine, Everything is Divine*. Many of Giten's books have been rated as best sellers on Amazons international best seller list.



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 for many lives 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 would lose the stillness that I found in satang in India, but I found the stillness again in satsang with Giten.

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. 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.

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. In satsang with Giten, samadhi is knocking on the door.”

Deva Emanuel, musician, student in classical music at Orebro University and participant in satsang with Giten says: Thank you for all wisdom. I love satsang.”

Iiris, 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.”

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 says that the most important capacity for a spiritual teacher is love, because love transforms by itself without trying to do anything. 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 is 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

Facebook

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

Contact

swami.dhyan.giten@gmail.com

GITEN'S BOOKS

- BOOKS FOR LIFE, LOVE.

TRUTH AND BEAUTY

Spiritual teacher and Amazon best seller author swami Dhyani 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.

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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 calm 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."

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 psycho-therapist, 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 GOODWORK 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 wakeup 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

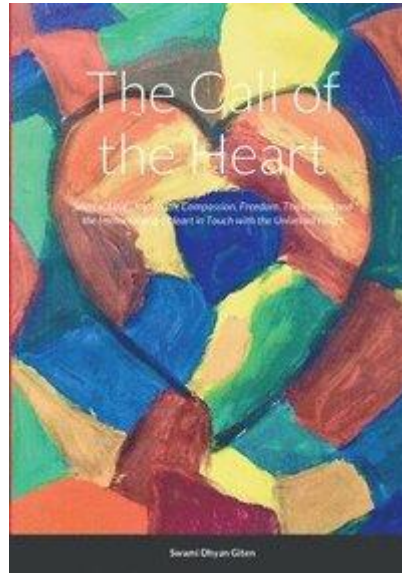
GITEN'S BOOKS BEST SELLERS ON AMAZON

Many of Giten's books have been rated best sellers on the world's largest internet bookstore Amazon's best seller list.

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 and Denmark on dlibris.com, Bokus.com,
Amazon.se and Saxo.com.



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

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

A TALK FROM HEART TO HEART

"Giten's book The Call of the Heart is an excellent expression. Super touching. The book is like a talk from heart to heart."

- Swami Prem Pathik, Nepal

AN INCREDIBLE GIFT TO THE EARTH

"Giten's new book The Call of the Heart is an incredible gift to the earth. The beautiful cover of the book with Giten's painting The Existential Heartbeat is felt immediately at the first glimpse. I just feel like cheering

for the world, we have a real chance. Catch it. Thank you dear Giten"

- Deva Emanuel, musician, composer and participant in satsang with Giten

In this new and beautiful book spiritual teacher Swami Dhyan Giten explores the art of love, the way of the heart, the art of happiness. Giten says that love is as easy as drinking a glass of water. Love is not an exclusive relationship with another person, but a state of being. Love is a natural state of being, a natural state of consciousness.

He explains that love is the ultimate law of existence. Love is eternal. Love is our intrinsic quality. We are born with it. Everything becomes possible with love. Giten challenges our view of love by saying that love is our very being, but love has become almost impossible, because society and religions do not allow it. Society and the religions condition us in such a way that love becomes impossible and hate becomes the only possible way. Society and religions do not allow freedom. Society and the religions have reduced humanity to a mere state of survival, a low state of consciousness.

In this book Giten offers a new dimension of what real love is and understanding that love is our nature. In this book he explores how we can realize that love is not an exclusive relationship, but a state of being, how we can learn to love, accept and respect ourselves as we are, how we can learn to trust ourselves and our intuition, our inner source of love, truth and wisdom, how we can create loving relationships to ourselves, to others and to life, how we can achieve real happiness and understand that real happiness is to be yourself, how we can discover that joy comes from within, to understand the difference between conditional love and unconditional love, to understand the relationship between love, freedom and aloneness, how love creates healing, how love and meditation relate to each other, how to surrender your ego so you can surrender to love, how love is the door to enlightenment and to be a light to yourself.

This book is a compilation of lectures from satsang with spiritual teacher and author Swami Dhyan Giten between March 2016 and July 2022 in Stockholm.

Like life, this book is a gift of love to yourself or a beloved friend.

Cover painting: THE EXISTENTIAL HEARTBEAT by Swami Dhyan Giten



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.

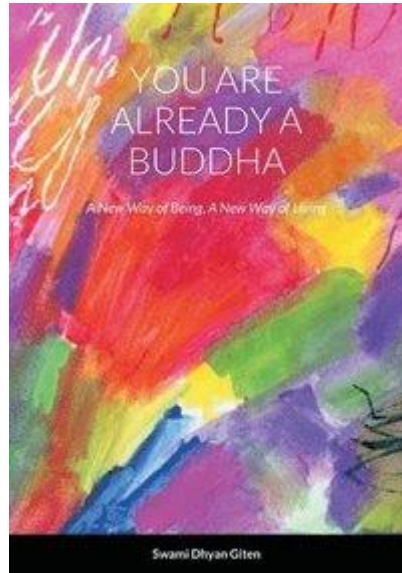
The book is dedicated to Padma, Giten's beloved friend from many lives, who also participated in satsang with him.

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 in 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 21st 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

**GITEN’S NEW BOOK IS HIS MOST
ACCOMPLISHED BOOK**

**THIS BOOK IS LIKE LISTENING TO
BIRDSONG. I AM IN LOVE WITH
THIS 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. I 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

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.

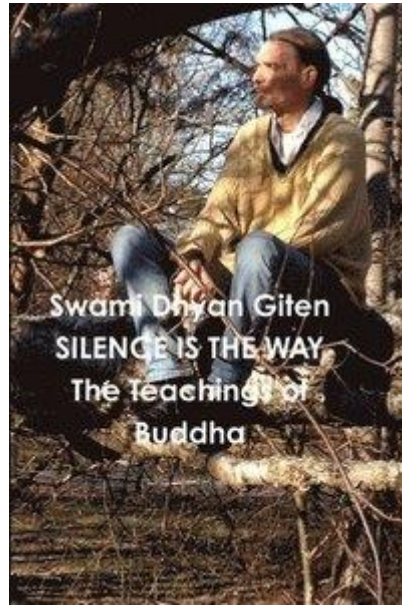
There is great difference between being and becoming. Becoming is in the future. Being is just here and now. You are already a buddha. It means that we are a Buddha, but we are unnecessarily running after being a Buddha.

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 alight 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.



[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.

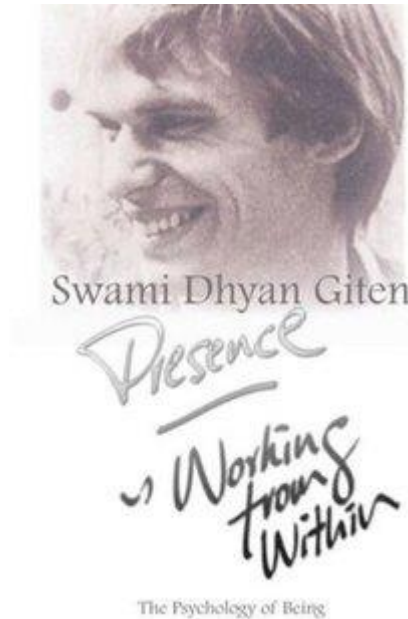
Giten is a master in transmitting the light and joy,
without too many words. Giten is a master in
transmitting the light and joy, without too many words.
This book is for everybody that wants to find a new
dimension of awareness in their lives, which will make
you endlessly enriched and blessed. Delight 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 Dhyan 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 Souls 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, here 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.

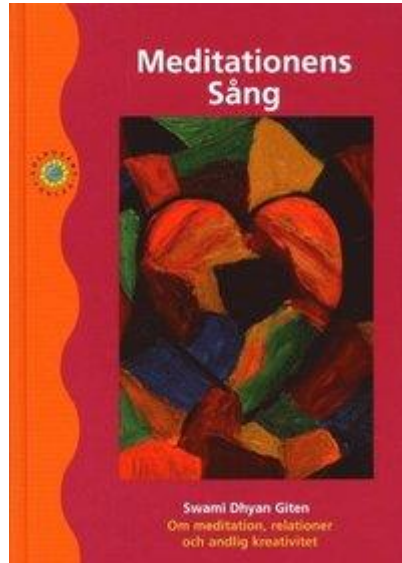
This book is designed to help us develop our presence, so that our presence and intuition becomes a source of love, joy, acceptance, understanding, truth, silence, wisdom and creativity in the contact with another person.

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 n 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 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 andligmognad. Dess olika
teman varvas också med konkreta praktiska övningar.

Ur innehållet:

Inledning: Den inre resan

Personligheten och det inre varandet, det autentiska
själv

Huvud, hjärta och varande – de tre medvetandenivåerna
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, betraktandekvinnliga 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 – grunden till Evigheten

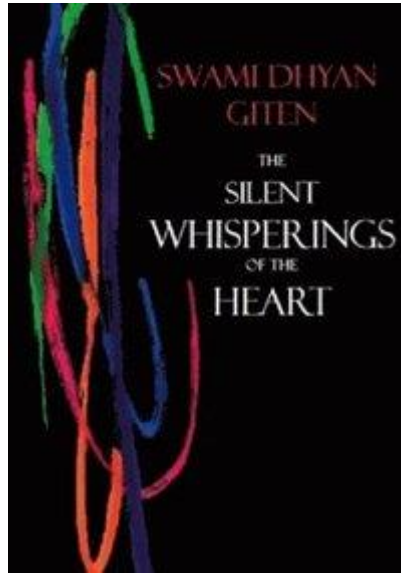
Tidigare liv – det tredje ögats hemligheter

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 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 Dhyan 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 Russel, Anais Nin, Walt Whitman, William Blake, Herman Hesse, Heraclitus, Johann Wolfgang von Goethe and the Indian book of wisdom The Upanishads.

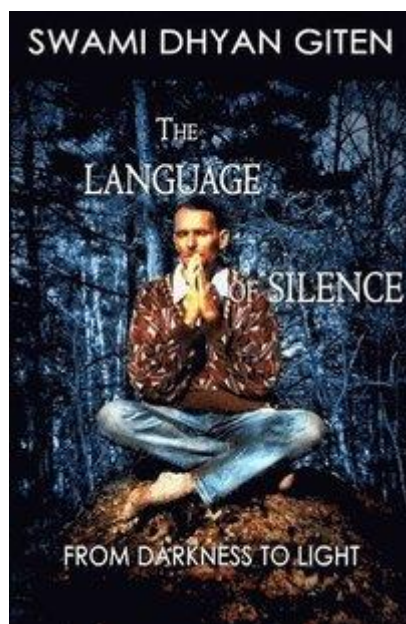
"In The Whisperings of the Heart, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also

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 worldwide

“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.

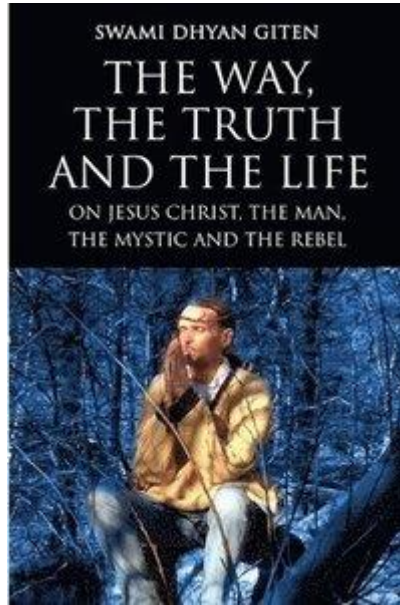
“When I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life. Thank you so much Giten your wonderful being and support in life.

- From the foreword by Deva Emanuel, musician and student of Giten for 9 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
book readers and book recommendations with 45
million users worldwide

“With Giten’s book on Jesus, it is like Jesus is coming back. It is the true Jesus.”

- Prem Mukta, Artist and 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.”

– liris, 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.

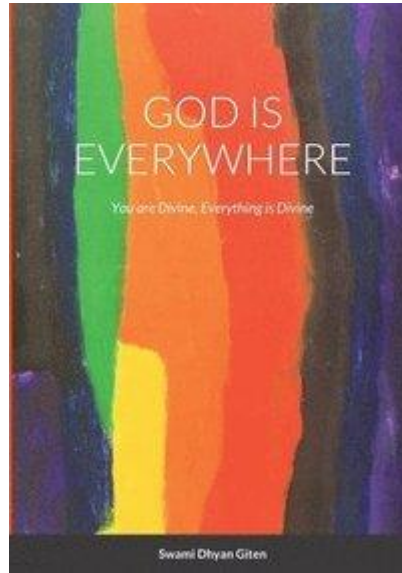
Through talking about the gospels of Matthew, Luke and John, Giten reintroduces Jesus as the man, the mystic and the compromise less rebel, who are filled with love and compassion. Jesus becomes alive in a new and dynamic way and not in the way that Jesus has been presented to us by the theologians and 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.



GOD IS EVERYWHERE: YOU ARE DIVINE, EVERYTHING IS DIVINE

* * * * *

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

"A Guide Book for Truth Seekers."

"I found Swami Dhyan Giten's book "God is Everywhere You are Divine, Everything is Divine" to be a guide book for truth seekers. Yes my dear. Nothing can exist without the divine. Silence is the door to the divine. The fragrance of the divine is love.

- Swami Prem Pathik, Nepal

"This book is a blessed light. This book is the greatest of gifts. Giten talks about heavy topics like God, religion, love and truth with such clarity and simplicity. The greatness of satsang with Giten is so deep, and I am thankful for this beautiful spiritual flower with Giten."

- Deva Emanuel, musician, student at Örebro University in classical music and participant in satsang with Giten

In the book Giten describes God as life, love, joy, silence, truth, compassion, beauty, light, creativity, freedom, consciousness, the eternal and the divine.

Spiritual teacher and best-selling author Swami Dhyan Giten's new and beautiful book is a gift of love, silence, joy, truth, compassion, freedom and the divine. In the introduction to the book, Swami Prem Pathik in Nepal

says: "I found Swami Dhyan Giten's book "God is Everywhere "to be a guide book for truth seekers. Nothing can exist without the divine. Silence is the door to the divine. The fragrance of the divine is love."

In this book, Giten says that the thirst for the divine is in everyone. The thirst for the divine is an innate quality. The most fundamental question in life is to learn that existence cares for you. Existence is full of love.

Giten challenges our view of God by saying that God is within yourself. He says that God is hidden in your own heart. God is your innermost being.

Giten says that love is the bridge to God. Love is what creates meaning in life. Without love, life lacks meaning. It is love that opens the door to God. Love people, love trees and love animals. The more you love, the closer you come to God. Let your love become an invitation to God. In deep silence and emptiness, you become one with God.

Religion is to be in tune with the whole, says Giten. Religion is to be in love with the whole. Giten says that religion means to listen to our own authentic being. Religion means to listen to the silent voice within ourselves, which will always lead us right. Giten posits that religion means to realize that God is already available to you. Religion is always alive. When religion

becomes traditional it only serves the politicians, the priests, the churches and the society, but it does not serve the soul of man. In the book Giten describes God as life, love, joy, silence, truth, compassion, beauty, light, creativity, freedom, consciousness, the eternal and the divine.

We need to follow our heart, we need to follow our being, we need to have the courage to listen to our heart. Hidden deep within ourselves is the silent voice of truth. Then you will discover that your nature is to become God.

Spiritual teacher and author Swami Dhyan Giten's quotes, articles and books have touched the hearts of thousands of people. The influence from his teaching and books continues to reach intelligent people and seekers of truth in virtually all countries in the world.

This book is a compilation of lectures from satsang with Swami Dhyan Giten between January 2021 and November 2022 in Stockholm.

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Opens the Heart to Existence, Life, Love and Light, Happiness is the Longing of Life, The Art of Happiness, Happiness is Divine, God is Happiness, Happiness is Our Nature, Living a Mundane or Spiritual Life, Surrender to Life, Life is God. God is Life, If You are Loving, You are Joyful, The Three Dimensions of Love, Friendship is Essentially Love, A Divine Friend to All, The Best Way to Learn is to Teach, Healing is Pure Love, Methods to Dispel Impurities of the Heart, Everyone is a God or Goddess, Forgetting Yourself: Remember God, Life is a Divine Blessing, Life is a Divine Gift, Whatsoever Life Brings is a Gift from God, Love and Meditation, Love Yourself and Watch, Meditation and Awareness, Silence: The Real Temple of God, Silence and Love, Silence is the Door to Infinity, Meditation: Being a Light to Yourself, Meditation and Resurrection, God is Everywhere: Love and Meditation, Love and Aloneness, Meditation is Oceanic, Meditation: A Direct Connection with Existence. Meditation is a Conscious Search, Meditation means the disappearance of the Mind, From Mind to No-Mind, Meditation and Egolessness, Peace is a Gift of Existence. Meditation and Immortality, Meditation: A Real and Authentic Being, Nurturing the Plant of Understanding, Each Individual Comes in His Own Unique Way, Meditation: A Love Affair with the Whole, Time and Eternity, Death and Resurrection, Wonder: One with God, The Flower of

Love, Love – The Flavor of the Divine, The Only God, the Truth, Love is the Greatest Way to God, Follow Your Heart, Follow Your Being, Intuition, The Inner Guide, The Master Within, Seven Steps to God, The Ultimate Bliss. When You Are Not There, Happiness is There, Love is Always Godly, Divine Silence, The Way of Surrender to the Whole, One has to Surrender to God, The Great Ocean of God, The Three Stages of Enlightenment, Surrender to Life, Love is the Absence of Ego, God is Beauty, God is Creativity, Meditation and Creativity, Sharing Your Love, Joy and Creativity, Society is Against Meditation, Meditation: Acceptance – Floating With What Is, Meditation: Enjoy Small Things, Meditation: Love is the Criterion, Meditation: the Way to God.