

Paris (France) 23 Sept.2015

Quintessence of the Energy of Understanding.

“Attempt, without effort, to live in a futureless silence where there is death in every breath.

The art of living life in love is the art of dying from moment to moment, to mind and to its divisions and deceptions; conclusions and confusions; greed and gullibility; pursuits and paradoxes; fancies and fantasies; ache and agony.”

Contemplations: —

- 1) Understand suffering and the sufferer instead of speculating about happiness!
- 2) Be in Existence instead of craving for thought-induced experiences engineered by cultural inputs and conditioned reflexes.
- 3) No-action is the highest form of action!
- 4) To succeed is to fail!
- 5) Knowing false as false is the freedom of Truth and Trust.
- 6) Deliberate meditation is devil.
- 7) Religious Awareness has no belief.
- 8) Insight has no image.
- 9) Effort is binding.
- 10) ‘No-hope’ is not hopelessness!
- 11) ‘No-thought’ is not thoughtlessness!
- 12) ‘No-action’ is not inaction!
- 13) Motivation has no motive!
- 14) Life is Divinity, mind is delusion
- 15) Relationship is mirror.
- 16) Enlightened existence is not ego-entanglement.
- 17) ‘Two’ is tragedy. ‘One’ is travesty. ‘No-two’ is the Truth ultimate!
- 18) Ego is tortured Consciousness!
- 19) Only the trivial is taught. Truth is perceived; gets triggered automatically in some beings wherein there is no trace of ‘becoming’!
- 20) Externalising God is the most destructive of man’s activities.
- 21) Your ‘you-ness’ is born out of fear, lives in fear, functions in fear and dies in fear! Are you living? Is that the reason why Kabir exclaimed: In this city, only the dead reside! (Ye Murdo Ka Gaon Hai).
- 22) Love is not desire, attraction or attachment. It is a state of being free of self-centred motive, with kinship and affection for all.