

**Ease-Disease!**

Kriya is ease, Pratikriya is disease.

Yoga is ease, Viyoga is disease.

Flowering in Understanding and Insight is ease, Following Undertakings from borrowed ideas is disease.

Divinity (division-free or choiceness awareness) is ease, 'God' (Greed & Fear) is disease.

Buddha is ease, Buddhism is disease.

Hindu (Undoing mental pollutions) is ease, Fanatic Hinduism is disease.

Christ is ease, Christian jargon is disease.

Prophet is ease, Islamic slogan is disease.

Wisdom is ease, Wickedness is disease.

Comprehension is ease, Cunningness is disease.

Love is ease, Lust is disease.

Meditation (me-deletion) is ease, Meditation-method (me-dictation) is disease.

Learning in silence is ease, Comparison spirit is disease.

Mind is ease, Mentality is disease.

Co-operation is ease, Conflict is disease.

Affection is ease, Animosity is disease.

Bliss of knowing is ease, Belief in borrowed knowledge is disease.

Seeing 'what is' is ease, Seeking 'what should be' is disease.

Equanimity is ease, Ego is disease.

'I-less-ness' is ease, Idleness is disease.

Experience is ease, Expectation is disease.

Fact is ease, Fancy is disease.

Growing simply is ease, Grudging and grumbling is disease.

Pranayam is ease, 'Kumbhaka' is disease.

Let-go is ease, Longing is disease.

Natural is ease, Artificial is disease.

Compassion is ease, Conditioning is disease.

Tao is ease, Taoism is disease.

Man is ease, Monk is disease.

Woman is ease, Nun is disease.

To be blessed is ease, Bishop is disease.

Order is ease, Disorder is disease.

Naturalness is ease, Complicated culture is disease.

Dance is ease, Domination is disease.

Sex energy is ease, Sexual misconduct is disease.

Life is ease, 'Purpose' is disease.

Joy is ease, Pleasure is disease.

Team-work is ease, Tension is disease.

Serenity is ease, Seriousness is disease.

Trust is ease, Faith is disease.

Smile is ease, Sorrow is disease.

Easy is ease, Difficult is disease.

Easy is right, Ego is wrong.

Mind is impatient, Life is patient.

Mind is limited, Life is infinite.

**Jai Ease.**