

Azar Baksh

Flashes of Consciousness

Book 099

**Parrot spirituality
is nice**



05.08.08

• At this moment I'm crying for – and even as – all those in despair who do not know what for god's sake they're doing here, on earth, in this life, in this body – and for all those who do not even know that they don't know, who forgot about crying.

In fact, we cannot know. Every answer is a Lie. Only if we're Totally Manifested as Whole Vulnerable Conscious Human Being we are Finally Freed from this and any other question. You Are Life Itself, Consciousness Itself, and there is no answer to no question. If there's no seeming separation any more between mind and body – which is there because of forgetting to Feel – if we Finally Live as (Conscious) Body, there can be no questions any more, they just don't arise any more. If everything is Accepted, Totally – as things are Seen for what they are – if the whole human drama of unconscious separation Stopped therefore or, let's say, if it Returned in the Inherently Painful No-Drama of Life, there is no question and it appears there never has been any. Every question was always already an illusion.

Isn't it sad, to have been degraded from being life into walking questions – how to get life back, what is life – into disembodied philosophers?

So I cry, about the illusion we people are in, in our fear of Fully Manifesting on earth. The tears are no illusion. They're not superfluous. They're not mind. They are, they exist.

08.08.08

• I could say something like: I respect your Potential Intelligence. But it's a bit weird saying this, and anyway, what it is about is that you're not Intelligent – that is: not Manifesting 'your' Intelligence – as long as you Resist Understanding Duality. (Surrender to the reality of) Duality is the Key to Wisdom – although Wisdom cannot be an attraction in itself, not without Ego (or Lie) involved.

Woman Is Duality. When you – Finally – stop resisting (everything manifested in, by, as) Woman, Intelligence will (Finally) Be Manifested. This is something radically different from putting an (ingenious) idea into a form.

11.08.08

- Masturbation is, in itself, a totally normal and innocent expression of loneliness – a lonely celebration of the life-current when there's no one to celebrate with.

The body wants to express love. Yet not many can stay in Love while masturbating – if it was there from the beginning anyway. Is unconscious Love Love?

• Writing as Consciousness is like an ejaculation and the sperm are these words. It is the manifestation or form of the releases of the (big) tension in Man's (Conscious) Associating with Woman's (Natural) Resistance to Him, by this Association Taking in and on the Tension of Her Duality: Longing, Impulse to Be Touched by and to Be Dissolved, Surrendered in Him and Resistance to (Letting This Happen in and by) Him. Consciousness suddenly pours out if Man Managed to Go through, to Release (as Consciousness) the cramp that 'took over' His Body, that weakened His Body. An orgasm of Being flows through and radiates from Man and Woman and is being celebrated by Love if the Piercing through the fog of the Wall and the Release Happen, is Allowed by Both.

The Last Kick Love Needed

Something in me changed in regard to E. – read: Woman (Earth). Something stopped. Her Rejection of Me was and is so total, so thorough that My Impulse to Her Stopped, My, Man's Impulse to Enter Woman (Earth). I'm not glad, not happy any more with her. Finally I Took, Take Woman (Earth)'s Total Rejection of Me, the Loving Embracing Touching Man. Finally My Body Understood. I Rest in Fundamental Sadness now. I don't feel any anger to the Rejection any more – let alone judgement (which was never there anyway). It is just So. She doesn't Want Me in. I had to Totally, Thoroughly Feel (through) this Basic, Fundamental Pain, the Pain of Woman's Duality: Her Longing for Man but not Actually Allowing Him, all the time 'promising' Him (or in Fact: Herself, for She's the one who Wants it) that He will be (or even is) Received, Loved, Wanted on Earth, while it never Actually Happens. I, My Body, have Wholly Seen through the Lie now, the Lie of Woman, Woman Manipulating Man, wanting to be with His body, and only letting His body in (for reasons of safety), including His energy, but not Him Himself, not the Male Force.

E's (Woman's) words 'I love you', her crying 'I only want to be with you', don't mean anything to Me any more... I Realised Quiet Truth-Embedded Complete Distrust (or: not buying anything any more), Distrust in Woman¹, Totally based on Total Trust in Man, in the Male Force That Is Truth. Even Deeper I Became Man. Even Deeper I Embraced – for I Whole-Bodily and Whole-Heartedly Felt – Woman's Pain (therefore), Woman's Lie.

Something Changed. Something Stopped. I had to Wholly Go into the Lie, 'even' physically, to Understand (That is: Wholly Feel) as Body the Lie.

I can still make love. But it's different. The Disillusionment is Total. I Realised Woman (Earth)'s Basic Resistance to (Allowing) Man – while pretending She is Allowing or at least would want to Allow Him.

I Gave Myself Completely to (the Drama of) Woman – and It Appeared not Enough. Then Something Happens, Explodes, Transcends. The Show is over. The last kick, attack, Lie was just one 'too much' - or, in other words: just what was Needed. The huge discrepancy between on one hand Woman's words ('I only want to be with you'), her 'confession' ('I love you'), her happy face when she saw me in the city, the fake warmth (while in fact it was such a cold meeting, without any contact), the 'normal' sexual game in the Dark, and on the other hand, at the same time, the Total (and impossible not to Feel) Resistance, total blocking (of the Heart and Body), total keeping Me, Man, out, away, thoroughly 'safe' distance, no Contact at all, made the Lie Explode in My Body – Necessarily after the 'preparation' of allowing the Heart- and Bodily Pain of many many many previous Lies. The Impulse to Woman Stopped, the impulse as a Reflection of Her Own Wanting to have Man in, to Be

¹ In Fact, I Realised in My 'own' Bodied Heart Woman's (Inherent) Distrust. By nature Woman cannot Trust. If She would Finally Stop Distrusting She would Dissolve in Man('s Trust) – and She considers it's not time for that yet. Later... if Man Finally Proved to Be Here, Wholly Embracing-Feeling-Seeing (in) all Her Darkness, Pain.

² Man 'Sacrifices' His Energy again and again (or: Allows it to be Taken away) if He Really Goes in

Freed from the Unconscious Burden that She always carries inside every single second. I Had to Go Totally, Whole-Heartedly and Whole-Bodily into Woman's Duality: Wanting to Be (Totally) Freed, Touched, Loved, Transcended by Man and, at the same time, not Wanting this at all. I Had to Play the (Man's) Role on the Side of 'Wanting' It. And Woman Had to Resist It. Now, in Giving Myself Completely, even more than is healthy, My Role Exploded, (as) My Failure was Complete, Totally Obvious. Even when Woman (in the form of E.) still had to go on playing the game, in Me it Stopped – and so, Therefore, in Her it can, in Principle, Finally Stop, (as) I don't support the Game any more, I cannot any more. I cannot Respond to Her Call upon Me any more while at the same time She's Totally closed off from Me. It Stopped. I'm Free. And My Freedom Allows Woman to Be Free, Finally...

Friday evening, after the last Necessary great Kick, and the whole Saturday My Body was totally crushed. It had to Adjust to the new Situation, It was Being Transcended. It was restless and everywhere in Pain, sore throat, strange active painful head, big pains at the left side of my genitals and the area around, my left knee started to swell again, sick blocked Heart with lot of activity in spite of its blockade, and I was totally depleted of energy in Her Total Rejection of Me, Her Perfect Non-Reception.² Now, Sunday, My Body is Quietly Resting in Woman's Lie, the Lie doesn't Need to be Transcended any more. I, This Body, Became Transcendence Itself, the Truth-Lie. I, as Truth, Realized the Lie. My Body Wholly Absorbed it with all its Pain going along with it.

My Heart and Body Had to become Totally Frustrated, Wholly Live the Fight with no way out: on one side Woman's Call upon Me, Man, and Her mere energetic reception of me – though not of Me – on the other side and at the same time Her (as a sensitive Man can Feel:) huge Resistance to Truly Receiving Him, His Heart, His Wholeness. First My Body – although not (at all) separate from the Heart – Had to become Frustrated in its Natural Sexual-Energetic Impulse as Response to the Call of Woman Earth. Now My Heart, too, is Totally Frustrated as nothing of My Truth is Accepted, Received Truly, Bodily. And, in Fact, these two Frustrations are One Divine Frustration, the Resistance to (Receiving) My Energetically Giving My Heart of Truth here on earth.

Man Learns, in the course and Depth of the Process of Man and Woman – after first Learning to, Finally, Respond to Woman's Call – to Finally not respond any more to Her seducing Him with Her Longing for Him, with Her love, with Her body or Corporeality, with Her helplessness and fear (of being alone), with Her Wanting to be Freed from Her Pain by Him – all of this being one side of Her Coin, Her Duality. The other side, Her Resistance, that is what it's about (as well), is what Man Needs to Whole-Bodily Absorb (too), to Learn to Live as Himself – what Man Therefore Needs to Respect just as much as Her Call upon Him. Her Wrenching Duality in this respect Needs to Be and Come so Painfully Close to Him that,

² Man 'Sacrifices' His Energy again and again (or: Allows it to be Taken away) if He Really Goes in (or Allows) Relation with Woman. He, by Divine Nature, Must Live the Duality with Her and not be attached to have Energy of His Own, for then He cannot Feel Whole-Bodily (through) the Rejection that She Offers Him and that He Needs to Feel (as Her Mirror so Beloved in the Dark). His (level of) energy 'dances' on Her duality of resistance and opening.

Finally, by not running away from the Pain, from the huge tension in it, it Explodes in His Heart.

Only to the Total(ly Clear) Mirror Woman can (and Needs to) Surrender, Reflecting Both sides of Her Painful Duality, Her Eternal Drama. If Man only goes along with Her Call upon and surely with Her bodily (sexual) desire for Him, She cannot Surrender. Her Resistance too Needs to be Totally (Clearly) Reflected.

The Big Promise of the Potential of Man and Woman was, again, as always, not Fulfilled. The Full Realization of the Painfulness of this Failure Kindled the Explosion in the Heart – no Escape any more from the Pain of it. She stood right there, in front of me and close by. Her beauty and longing for Me were dancing before Me and it meant nothing any more to Me. It was empty. Her trying to hide Her (Drama of) Resistance had Failed, Completely. I Totally Acknowledge and Bow for Your Resistance to Me as Part of the Truth, of Me. You don't need to hide it any longer. You don't need to show or emphasize the other side of the Coin of Your Pain, the love, longing, opening, light, softness, reception. Your Darkness is Enough in Itself. It doesn't Need to Be Transcended any more. I don't Need to Be Received any more – by an earthly female Body.³ Live Your Resistance Consciously (and Therefore Be and Surrender in and to Me). You are Embraced, Seen, Loved, Wholly. By the explosion of My Heart My Body Became You.

Woman, thank yourself so much for the Last Kick you gave Me (Friday at 18:00), you couldn't have given yourself a greater Present, you couldn't have been more Faithful to the Divine Woman You (Unconsciously) Are. Beyond what you know, you just couldn't stop any more giving Me Your Pain, kicking, you had to come back again and again, dying for (more and more) Contact with (the True Pain-Absorbing) Man. You said you 'just wanted to share something' at my door, some fear..., you didn't come in. In Fact, what you Gave Me (and thus Yourself) was your Resistance to Giving it, in general Your Resistance to Giving, that is: Your Resistance to Receiving My Love. This one minute at the door, where, again, immediately you resisted what I said (back to you), whatever I would have said or given, was Enough. Thank yourself so much for Going so Extremely in Resistance, for Refusing so Extremely My Love, for trying so Extremely to stay in control – while at the same time not being Cut off from Your Longing for Me, from Your Impulse towards Me (or else you wouldn't have appeared at My door) – so much that My Heart Had to Stop Its Impulse, Its Natural Movement towards You, Natural in the Eternal (Energetic) Game of Man and Woman. It Offers You Now (even much Deeper) the Space Beyond Your Duality of, on the one hand, Woman's Wanting and Resistance and, on the other hand, Man's Transcending-Capacity.

Your Pain is Already Being Transcended. It's Now a matter of Resonating with Me, Woman-Absorber. I Made My (Whole) Gesture – and I Failed, Consciously (Which

³ The Reception by the Divine Woman Herself Happened 6 ½ years ago already. Yet She Urged Me to be Received as well by one – or more – female Bodies on earth – to become Wholly Divinely Frustrated, as it turned out now.

(Conscious Aspect) Makes all the Difference). Now it's up to You (albeit as Integral Part of Me).

Your Body Opening doesn't make Me, Man, enthusiastic any more. The Game is Over – therefore.

What You Really Offer in Response to My Offer is to be Seen Now – What You Offer Yourself therefore (as I don't Need or Want anything). The Body has had Its Function, as Seducer – and Now, Now that the Seduction was Successful⁴ and the Lie of it Wholly Lived through, It Returned in(to) the Whole.

It's about Manifestation of My Love in and as Your Body Now – not any more about the Promise, the Promise of Woman's Body. The Promise has Completely Failed. It turned out to be blank nothing, an empty game of energy, energetic (and eternal) play, a mask for Woman's Suffering.

Drink, therefore, 'My' Sadness in that I Drank from You. This Sadness is Love. It's the end of (mere) longing for and games around but never Touching Love. It Is Love.

If, however, You still Want to do it all alone, Woman, if You're still so totally addicted to Your Self-Obsession, then for god's sake do it all alone, be Dry in all your juices, be happy in your not-Felt Sadness, be alone in all your contacts.

Woman, My Love for You was and is Forever Whole, Total, Non-Compromisable. (As My Love-Impulse, Love-Response to You was so Totally, Radically Rejected by You – and in Fact You 'Did' that out of (hidden) Love for Me) My Gesture to You Stopped (Finally), and This (Stopping) Is My Love, believe it or not. Now it's Up to You... What's Your Gesture to Me... to Yourself (Who I Am). What's Your Truth Beyond your words and (physical) gestures... I Am Here... The Mirror is Here... Do You Dare to Look... and Relax in what You See... Are You Ready for the Nightmare... That is: Are You Ready for My Light...

PS. Love will still Receive many kicks (to Manifest more and more Deeply into the Earthly Realm), it will never stop. Nevertheless, sometimes, after many years of struggle, a Last Kick is Needed to Fall into and Structurally Rest on a Deeper Plane of Pain-Love. This specific Kick I'm speaking of here in this hearticle was the final, crucial Eye-Opening one in regard to Being Freed from 'Having to' Respond to the Earthly Woman's Call on Man to Be Freed. The Response won't stop, the Heart, the Mirror, cannot stop, but the Need to does. There's a Deeper Divine Freedom Now in whether or not and the way I Respond.

⁴ In Fact, the Body cannot be Successful in its Seducing Function. Beyond the apparent, it is Love Only Which Does and in 'my' case Did the Work. At first, before I was 31, I even didn't understand Woman's Call to go (physically) in Her Body – as for Me, there existed Only One, Only Heart – and I was, totally Naturally, Justly, Rejected for my non-understanding, for my persisting in Love (having no Form).

21.08.08

Does there exist a Woman who Wants to Be with Me, who is not (too) afraid of True Intimacy (with Man) – Beyond Her usual longing for It, Beyond Her words indicating She would want That, Beyond Her even blaming Man for the fact that He would not want or dare to meet Her wishes in this respect.

No question mark at the end of the line.



02.09.08

- If you don't See, you cannot Trust, no way. You can then only 'trust' for the wrong reasons, egoically 'trust' that which is not to be trusted.

05.09.08

• The trust that most people have in governments is totally misplaced. Politicians have no idea what they're doing. Or maybe phrased in a better way: they don't Feel what they do and decide. One good example that makes this clear is the subject of electromagnetism. This is one of the fundamental Forces in the Universe. And – in spite of that or because of this – politicians allow military, scientists and especially (big) companies to freely 'experiment' with it and already thoroughly change the electromagnetic fields in the earthly sphere.

To give people the false appearance of constant (possibility of) contact, communication – whereas in fact people don't know at all how to be in Contact, in Communion – the whole earth is nowadays put full of masts constantly sending electromagnetic fields that interfere badly with the very delicate human electromagnetic field that has been there and been refined for, as it seems, a couple millions of years. You don't have an electromagnetic field, you are it. How dangerously insensitive must politicians and whoever, most people, be if they don't feel the consequences of this constantly polluting radiation on, through and into their own energy, body, physical functioning, brain-functioning, hormonal functioning. How insensitive can one become. Is there a limit to it, to being a stone? Or is petrifying and becoming a robot an endless process, a poem without end?

Politicians are part of the danger, not a protection against it, as people somewhere, sleepily, assume. Politicians like to, selectively, rely on scientists – who don't know at all what they're doing either – on 'scientific' results that support their interests.

Allowing nuclear energy with its inevitable radioactive waste – the half-time of which can be around a few 100.000 years, at least if it's about plutonium (and dependent on the type of the plutonium isotope) – is another simple example of the fact that most politicians are not just careless, they're simply crazy. The mind, to live as mind, is simply crazy, often totally separate from life, from the earth as a whole living organism, system.

Wanting to rule life on earth, people's lives, Nature's Life, while not Knowing anything about it – for not Going into It, not Letting oneself be Touched by It – is dangerous. For humanity's sake I would say, never believe any politicians. Never. They're dangerous. They don't know what they're doing. They don't Understand life and yet decide on it. Don't believe them but Feel them in your Heart. Heart Knows, without screaming, without trying to convince, without believing anything, anyone.

Let's take the toys from the boys. They're playing with fire, with guns, with life, with nature, from a disembodied place. Decisions and orders from the mind disregarding and disrespecting (possible) consequences for Woman Earth, for the Body, are dangerous. Why do you vote for dangerous people? How anti-nature can you become?

Take the toys from the boys. Let Man Rule – Man with Overview Embedded in Nature, Knowing Woman – not boys.

How many kilos of shit in the eyes does it take to make yourself totally blind, how many harnesses for the Heart to be totally insensitive? Do they really believe that it is possible that nothing ever will happen with all the nuclear wastes in 100.000 years? Of course not. It is all about wanting to believe whatever, just according to how it fits certain interests. The whole world is in danger and gets fucked up already because just a (relatively) few people

have financial interests in nuclear energy. How stupid can we get to let a few poor-hearted people decide on the world, on people, on animals, on nature, on the sea, the ground. Is it indeed so bloody difficult to say NO to people's Ego, to their shopping lists, to their dangerous desires? It is, or else it would be Said. People are (too) afraid to Stand in Truth.

It's time that, next to Creative Force (that we seem to be proud of as humanity), we also recognize the power of the Destruction Force, and take it wholly seriously.

11.09.08

• Only Your Body Knows the Truth. You, identifying with mind and consciousness, are a dummy, ignorant, always doubting – even saying, and even proud of its supposed wisdom, that Truth doesn't exist, that everybody has his or her own, limited version of truth. This attitude is only honouring the (existence of a) separate world and all its lies and, out of stuck, frozen fear, totally denying the One Real World Wherein Only Connectedness, Communion exists, no separation. You thought you 'had to' or could at all find (out about) the Truth. And, seemingly truthfully, you 'admit' you didn't manage – and instead of Allowing the Insight that, thus, apparently, you are a totally hopeless affair, you, oh Holy God of Blunt Stupidity and Arrogance, hold on to (a concept of) yourself and deny Reality, Truth, the One World, One Heart.

No, of course you don't manage, you are an illusion in the first place; how can an illusion Find and See and Live Truth... It's Truth Itself Discovering, through and even as Your Body, Itself. But, oh God of Endless Fear, you're so afraid to Be a Body of Truth. Being a Body means Being Pain – that's True – and you don't want that. You have huge Resistance to Pain, as long as you remember, millions of years.

Reunite with the Body and you forget all about finding Truth, about always having to live suppressed frustration about not finding It – for You Became It, Truth.

17.09.08

• See-Feel how you disconnect ‘your’ Heart from (touching) the earth. Feel it bodily-energetically. Feel it and you become Aware as Heart of the terrible life you, as human, live, in this constant difference and separation between Heart and body, Formless and Form. Consciously Feel the terribleness and, therefore, Be Drawn Beyond.

18.09.08

• Allowing the (or an) non-Manifested Man – the Man who is separate from Woman, who has no Living Contact with Woman’s Bodily Functioning nor with his own Body – is for you as Woman related to resisting the ‘Man’ you are also, the Man ‘Who’ is to be Born, to be Lived, in and as you. In other words, it’s a lack of Responsibility. You want the Man still (from) outside. Woman, you’re afraid to lose Him, when you’d give the potential Man as outer form up, when you’d give up on the addiction that Man has to Come from outside, when you would start to Live Him, Your Own Man, Responsibly Inside, by and as Yourself. I, as Manifest Man, am always ‘dangerous’, as I by My Being, Urge you Constantly to Be ‘Man’ Yourself, to let this Potential Awaken, Manifest. There is no (Divine) Woman if there’s no Man in You, no Responsibility therefore.

And yet, without making (or in Fact: Allowing) Contact with an outer Man-form, there can be no Inner Man in Woman. You are Responsible to Find the Man in an outer Man-form so you can Live the Male Force Yourself. Seeking, allowing and holding on to non-Manifested Man-forms is a form of resisting Man Himself and therefore resisting Woman Herself as She Is Part of Man. It is a denial of Your Own Truth Wanting to Love Man as He Is Down Here on Earth – and not as an unreachable picture, not as a (great) Potential.

• The whole fuss around ‘woman and (outer) beauty’ is, in principle, nonsense and part of the deluding Female Force. Every woman is beautiful, if she as Woman is Embedded in Man, in the Male Force. Every woman is ugly if she’s not, if she’s self-obsessed (as the only alternative for not being Embedded in Man, in the Whole therefore).

It is deluding though, it is true, that if a woman is separate from Man ‘and’ her Heart closed, she can’t get another kind of beauty, deluding beauty, usually a shine of her face but like that of plastic: attractive for men who Want to bring Life in the beautiful Plastic – even though they’d go in the hell. Most men who try nonetheless, are unconsciously getting ‘killed’, deadened, with only a picture of Man to still keep up.



04.10.08

• What you usually do in your egoic struggle with yourself, is that when you notice an egoic act, feeling, thought, attitude, behaviour, pattern in yourself, you try to stop that and go to the other side – as if there, at the other side of the river, would be no Ego. For example, you discover sex is not really fulfilling for you, you lack Love, Intimacy, Connection, Communion, in it – That Which it somewhere ‘promised’ to provide – and now you consider (in your mind) stopping it, totally, or at least lowering the frequency. Of course, first you would or could try to make the sex itself better, by trying to improve it by yourself or by talking with your partner(s) about it. This, normal, attempt, however, didn’t work, you found out – and it is true: you cannot improve sex through (manipulating) the form world. So resistance to having sex is growing, whether mainly in the Dark or already more in your consciousness.

It is not True, however, to react to your mind, to give a form to mind in what seems to be reality. Whether forms change in reality or not, it is still mind-fucking what you do, choosing one side of the coin or the other. In Truth you Give yourself. If it’s painful, the lack of Intimacy, you give your Pain. If then it would appear that the partner(’s Heart) cannot do anything with the Pain, there’s a big chance – at least if you’re Faithful to ‘Your’ Heart – you’ll split up sooner or later, even if you wouldn’t want to.

If you Give yourself, Truth, That Which was always already there, shows up. Giving yourself is Taking the Risk. It is not being afraid any more of (feeling this world of) separation, of Pain. It smashes the eternal waiting-room where everything is so safe that everything is dead.

Reacting to the mind though will never bring Truth. If you discover a truth (here: no intimacy) and you react to it – by an action or attitude that would change the ‘fault’ – Truth is killed. Life is Dual. The Dual movement needs to swing. You can’t have it the way you want. You can only show your Pain. This Lets you Sink Deeper and Deeper into Life. As long as you go for it, for Life, as long as you manipulate it into the desired direction, you miss it. In the Depth of Reality Itself, Beyond you, you Are Sunk into Life, you cannot Go into it.

When I was 19 I became more aware of the damage that anger and aggression do in the world. As I noticed these qualities in myself, I decided not to, never become angry any more – I do things usually more extreme than you, I’m not afraid of extremes. I didn’t realize at that time my decision was part of pleasing ‘Mummy’, the Deluding Female Force, always operating under the cover of ‘doing good’. Not long before I had an almost physical fight with my father. Only, my mother prevented it last second from actually happening by jumping screaming in between us. Mommy didn’t like anger, aggression. And, in my non-Manifested Love for Woman, I submitted to the Lie, to suppression of anger.

For 12 years I managed not to be angry any more – except for one situation that my mind reasoned away from anger in another safe direction. Then, being 31, I exploded.

You can’t win the fight with yourself. It’s a hopeless enterprise. Still, you have to try it, to win. Or else the Body doesn’t Understand this Truth.

Anger, aggression, sex is part of the world. You can’t overcome the world. The world is part of Reality – although not Reality Itself.

You are not at all separate (from this world, even though you try all your best to be an independent individual). If an e-mail comes to you and even if there's nothing to be detected in the words themselves, suddenly, reading it, or afterwards – or even before – you are angry. The person who wrote it is (in a suppressed way) angry, at you, or maybe not specifically at you. Being Aware of anger, aggression, sexuality, is the only 'Way' to not let it become destructive (too much). Everything coming in the Light loses its great destructive power and the freed energy can be Used: to Manifest Truth on earth, Consciousness, Love (Beyond and Including the Duality of Truth and Lie, Consciousness and Unconsciousness, Love and Hate).

Enlightenment could only Happen here because of Letting the Duality of Life Freely Swing in the Space That Is Consciousness, by not suppressing anything, by Allowing the whole Drama of Life to pass by, through me, by, in the end, tired out, no longer egoically reacting to (unavoidable repulsion or attraction to) any inherently deluding side of any duality. Even though you cannot simply repeat this – Enlightenment cannot be repeated, copied – the Principle must be Clear, is Universal.

No, Love cannot be repeated. True Breathing in and through and as Pain can only Happen in Humbleness, not by any egoic heroic effort. Humbleness means there is no you.

• Give yourself Whole-Heartedly and Whole-Bodily, Whole-Energetically in your NO – and you'll experience a YES you've never felt before. Love Flourishes in the Extremes, not in the stinking middle, not in your trying to take care of everybody, including yourself. If you don't Touch (or: Are not Touched by) the Extremes, you're in a hung-up state, a waiting room, looking at life as if it were a movie.

- Giving explanations for how your ego functions, why you do as you do, has got nothing to do with Truth, with Surrender of the Ego, with Allowing Breath in the Pain that Ego is.

- ‘I’ am totally immodest and Totally Humble.

I seem to love radical statements, Radicalness in general. But the Truth is that Truth or Reality or Love Itself is (Inherently) Radical. Yes, (also) Love is Radical. That’s threatening to See, isn’t it?



Sad

Although very quietly, I'm extremely sad. Sad that Woman 'cannot' Love Man – only from behind Her walls, in Her safe closed Heart. Her Heart and Body – or Consciousness and Energy – don't cooperate (yet). They resist, are afraid of each other. It's up to Me, Man, to Whole-Heartedly and Whole-Bodily Feel Woman's 'Impotence'. She Herself cannot Feel this, not only because it's much 'too' Painful to Allow this Terrible 'Fact' (or: Actual Situation) of Her Impotence – 'Terrible' as there's nothing She Wants but to Love – but rather because without True Heart-Connection to Man She cannot Consciously Feel (through) anything, let alone this most important and Deep 'subject', Her Impotence to Love, to Love Man. She can love, but as one side of the coin of which repulsion, resistance, hate is the other. This 'love' is desire, attraction, wanting, attachment, it is not Free. (Real) Love, though, is Free.

And the True Connection to Man can only Establish if She, Beyond Herself and Beyond love (therefore) Allows Love. A vicious circle. It's a Quantum Leap for Woman to Allow Love. A seeming impossibility.

Woman, You fake that You Love Man. So You can get, have Him (or at least His form) – as You know that Man likes to be loved. But wanting is not at all the same as Loving. You want Man forever and always 'forget' to Love. Man lets Himself be fooled by Your wanting Him and mistakes this for Love, being Loved. He is not at all Received by You and He doesn't even Know. Man doesn't care about all the (Pain that is) Darkness You are in, the mist around (un-)Love. As long as You are physically there, with Him, as long as you make love 'together' every now and then, You must love Him, He assumes in a half-conscious state intoxicated by the not-Transcended Female Force in Him, without much if any Male Impulse and Fire to break free and start Seeing through the fog around this.

Woman, You feel dependent if You Love, Vulnerable, unsafe, everything can happen. To not feel dependent You stop Loving. And You want to make Yourself and Man believe that You are strong when You are independent. I never bought it, I always Saw Your despair. You cannot stand on your own legs, no one can. In fact You are totally weak (and ugly) in Your fake independency. Only Embedded in Reality – in Love therefore, in Total Relation – one can be and is Strong.

Woman Admitting Her weakness – without the usual reacting to it, the usual trying to do something about it – is the first step to Inner Strength. Woman Humbly Discovering Herself step by step is so Beautiful. Arrogant Woman is so ugly.

Woman, I'm sad, so sad, you are denying My Love, Man's Unconditional Free Strong Love. Only if You Allow Man, You can Love, Truly Love, and you (Somewhere) Know that. I am sad for You, for You don't want to feel Your sadness, You 'want to' deal with life, You have to, You think. You have no time for sadness, for You have to be strong, You have to learn to 'do' life without Man. You think that if finally, without Him, You learn to be strong, then You can, finally, Be with Him. How sad... You're totally deluded here. I could Tell you

this, if you would Listen to Me, to My Heart, My Heart That Wholly I Gave to You. But This (Free Gift) is Something You don't Understand – (Because) You would never do that, Giving your Heart. You can give Your body and so you did, you always did. But You Man cannot have – never. You won't give up. And you really think Man is satisfied with a body, a corpse? You really think you can fool Man? Not Me, not Man Itself.

You won't give up...

And what is it You won't give up? It's Pain. Basically it is (even only) this: You, Woman, don't Want to Feel the Pain that is (Always) Already there in You, that You are by Nature associated with. That's why You 'have to' keep Man out, that's why you 'cannot' Love Man. If Man Comes Truly in – and That seems always what you Want, what you're all the time heading for, busy with, Longing, craving for – He Touches Your Pain. You 'have to' do strange splits therefore: letting Man in, for which you have to open (a bit, at least) and at the same time keeping Man out, keeping your legs closed, or rather Your Heart, keeping Your Heart far away from them. If Your legs, as always, are separated from Your Heart, you can manage. You open your legs and Man comes physically-energetically in – you 'have' Man (in). But You're never truly Satisfied like this, as long as You manage to let your legs function independently from Your Heart. If Your Heart would (be Allowed to) Be Touched by Man and then You Open Your legs... Then He'll Touch Pain in Your belly, the Pain that is Always Already Waiting there for You to be Felt, the Pain that, finally, wants to loosen up and Be Freed (upwards) in the Heart. I Am Here to Show You Your Dilemma, Your eternal Suffering by holding on desperately with all Your might to (the existence and survival of) the splits in You, the splits that You even are. Giving up the Splits would mean the End of you. Only Man would be Left, Only Love – of Whom or Which You'd Be Integral Part. No control any more. One moment You might feel happy and the next You might be in utter Pain.

Woman, Your whole life turns around Pain, Preventing Pain to be Felt. And you're always angry, about all this Pain, and you're secretly blaming Man for it, you hate it that He seems to be free from the Pain You are Naturally Associated with and that you always feel somewhere bugging you, teasing you, urging you, keeping you restless. You always have to keep on moving, being busy, or else you're afraid the Pain might show up (too obviously). You cannot Accept Your Divinely Given Role Associated with Pain, with Offering Your Pain to and in Man, by Which Grace You, the world, the Body would Become Conscious.

You all the time want to Go Straight to the Light, to Man's World, away away away from the Pain that You know already for so long, as long as the earth exists – but that You do not Know. And You all the time – without exaggeration – try to manipulate Me, Man, try to make Me (and Yourself) believe that now finally You have enough of all the Pain that is there in You and that (the mere Presence of) Man is confronting You (constantly) with. Now, finally, You want Him to Bring you to the Paradise, you suffered enough – and if He doesn't do that, if He seems in Your eyes too weak for that, not capable, okay, then You must do that by Yourself therefore. You hardly started, honey, if at all, with Feeling Your Pain. And You get angry if I, Man, seem to indicate that you have resistance to Feeling Your Pain. You shout that I don't See You, you're disappointed, frustrated, furious. In your opinion you're suffering

all the time already. Yes, but not Consciously, not in My Heart, it's not Given Freely Back to Man, You (still) don't Accept Reality (with all Its Pain) to Be as It Is. You suffer secretly in the Dark, and at the same time you are running away from it all the time. You have endless escape-routes, you've become a specialist in escape-routes throughout the ages. You're stuffing yourself with food, you're going into sex, you're allowing many men energetically in your belly 'who' keep you safely unconscious and seemingly filled – filled with more not-Felt Pain in fact – you find a (new) life-purpose: to help people for example, to 'help' others so you don't have to Feel Your Pain, you take children, you're watching movies – why do I write these two examples after each other – you're working, you're cleaning, fantasising (especially about Your Man, that is (as you think): He with whom you won't feel any Pain any more at last; and in general about a life without Pain), and you buy things, things, so to concentrate on that which has no Life, that which has no Pain but is perfectly dead, has no confronting Heart, you like calling people, talking (rubbish), chatting, to not Touch, Be Touched, you're going in for sports, watching television, sucking information in, you're trying to think positively, you have your spiritual playground and playtime, you seem to discover yourself... It never Stops, does it?

And in the meantime you have to have at least something of Man in, something, at least some male energy, even though somewhere you know it doesn't fulfil you (at all). The eternal games you play with 'man' are empty, totally empty, there's nothing (Substantial) in it. And somewhere you Know all this, somewhere, but you 'cannot' Admit, you 'cannot' Surrender to Reality as It (Always Already) Is. You're convinced – but in fact deluded to think – that It would be (much) too Painful. You love and hate Man, for You love to be Freed from Your Pain and You hate to Feel it. You love-hate the Mirror – That is Man. You love to blame the Mirror and, then again, in Your Splits, you hate that (blaming Him) and you start to blame yourself.

But with Love this all has got nothing to do, absolutely nothing. Love not Only Surrenders to or Is Already Surrendered into and Accepts Reality as It Is, It Is Reality. Love Is (the Whole) Reality – including both sides, love and hate, and any other duality.

Allowing Your Love for (and in Fact as) Man means Allowing, Accepting Reality (That He Is). It means Accepting, not running away any more from but (Finally and Consciously) Feeling and Surrendering in Pain. Allowing Your Pain (Finally) means it melts, dissolves. And only if I formulate it like this: if... then... you like it, then it makes sense to 'go into', 'go through' Pain. But, again, that's not Love (at all). Love doesn't understand goals. And moreover, it doesn't work this way. You can work on yourself, through the Pain, forever and ever, but it-just-does-not-Work. Only Love 'Works'. Only Relaxing in (for Seeing-Feeling) Reality 'Works'. Only Relaxing in the Earthly 'and' Divine Fact that there will always be Pain all the time 'Works'. There is no escape from it, no way. Relaxing in Pain melts Pain so that there is Space for the 'next' Pain to arise, to become Conscious of, to be Felt Whole-Heartedly and Whole-Bodily.

(Instead of Allowing to Sink (Deeper and Deeper and at all) in the Reality that is Love-Pain, which is totally Connected to Allowing Man) You misuse Man, Woman, to get rid

of and to get: to drop your Pain in and, on the other hand, to get at least some love, warmth, sex, intimacy, safety. And Man, the dummy, the simpleton, lets Himself be misused, why would You stop with it then, as long as He buys it, as long as He is so ‘kind’ to let You swim, be lost in Your Illusion? Whatever He does or does not, you won’t Give Yourself... anyway. You prefer to look forever if it is Safe Enough to Allow Love, to Allow Man, if Man is Present at all. If Finally it seems so, if Finally He Comes in or is about to Come in, you close the door and run away.⁵ This is Your life.

I See Your Endless Sadness, Woman, Your state of Separation, You are so sad, so extremely sad. What made You Decide to finally (start to) give it to Me – even though not freely – so that I can Feel, Meditate (through) it, Dissolve it in My Heart, Give it the Love it was missing for so long. Are You Finally Fed Up with Your Eternal Loneliness? You Called Me (Down) because of that?

But that’s not Enough (yet). Your Task is Twofold. One is giving Man Your Pain, the other one is to Accept and Relax in What He then Returns, Reflects Back if He Accepted Your Offer. I’m talking about His Love – in and as Which He Takes in all Your Pain in His Heart. His (Manifested) Love Is Your Transcended Pain.

Love Man, Woman, Finally Dare to Love Man, Man Itself, Beyond (although not excluding) His form. And Life, You, will Be Revealed. Everything will be there, everything, Finally – only not you (as ‘you’, the construction of ‘you’, Appeared to be an illusion, part of the Big Illusion that You seem to love). Love Took You, Completely, Love Finally had Mercy on You...

I Am That Love, I Am That Man You Love but resist Loving.

I cannot even say ‘Woman, I Love You’. You Are Part of My Love. Here is Only Love.

By Whole-Heartedly and Whole-Bodily Surrendering into Your Eternal Pain, there Turns Out to Be Only Love.

Love. (Dare to) Love and Be Freed – by Pain, by Love.

See. See you cannot Resist My Love forever.

You, by and as Your Deepest Only True Nature Want (Only) to Relax and Melt in My Love That, by That, You Become – or That You Already Appear to Be.

Be Given Up. And Be Love. Love. Love. Love. Love.

⁵ The Man becomes wrong in your closed eyes, simply because He Touched too Deep Your Pain or Touched it at all.

A response of Azar Baksh to a telephone call with ‘Woman’, written afterwards out in nature, Appelbergen, NL

17.10.08

Separation

Many, most men are (to a large extent, some almost totally) separate from Woman. They may look strong, safe, rich, beautiful, spiritual or whatever. But they don't Connect. This (kind of) Man is the big Disappointment for Woman. For only in Connection, in Relation (to Man), She can be Woman.

There are women who have the Potential to but do not Actually, Wholly Connect to Man, to the Oneness that He Is. They cannot help Wanting to cut Him in Two, and take what they need: one part is His Formless Presence, His Being, His Heart and the other is His bodily-energetic manifestation.

This specific Woman('s Ego) thinks that if She gives one part of this Man to women She gives Man to Woman and thus, by doing so, co-creates Woman (on earth). She thinks She found out how to get Man, without having to Give Herself. She's deludingly happy.

This Cutting Woman, too, is the big Disappointment for Woman, although it takes (quite) some time before women find this out and without Man('s Oneness or: One Eye) they cannot even find out and will continue trying to fill the empty bottle with nothing for ever, with no-Substance.

Man as He Is cannot be Cut. He Is One. His Presence and Manifestation Are One. *It is Woman* Who Is Two – and She Needs to Be for this whole Manifestation to Exist – and it is She Who *always* likes to Cut. As long as She is safely and cosily cutting She doesn't have to Be One, can stay 'safely' Separate from Man('s Oneness). In fact this Archetype of Woman – this masked Ego – *is in love with Herself*, not with Man. She misuses Man for satisfying Her own self-love, self-obsession. She Knows She Needs Man, but it will happen all in *Her* way, on *Her* terms. He may never Find Out that, in Fact, it is Him Whom She Loves and *not* Her own deluding Female beauty.

There is the Separate Man and the Separate Woman. Both are the Big Disappointment for Woman. Let them marry and stare at each other, let them have sex with each other forever, but they will never come Closer, never Reach each other. They can come many times in their physical embrace but they will never Come. They won't give up their Separation. Unknowingly, they function on earth as (part of the) Separative Force, trying with all their subtle might to keep Man and Woman Separate. For they are sooo afraid, sooo afraid of the Heart, sooo afraid to Dissolve in and as the One (Heart) and have thousands reasons why that would not be good to let Happen, all very good reasons... and they will always stay cold, will always need others for some warmth, will always deny to Be a Vulnerable Heart themselves (despite the possible use of certain words to indicate otherwise).

I Live their fear and anger and resistance and coldness and separation in My 'own' Body. For I Love them. I cannot Separate Myself from them and even though they try their best to Separate from Me, they never really manage – for *I Am the One*, I Totally Include Your Separations in My Heart, *Already*, because It Is So. If they forget to Feel, *in My Heart*,

the Pain that they sustain or *create* with their separation – that seems to be their gift to this earth – I will Feel it. I Feel. I cannot not Feel. I Cry. I Love you and I cannot run, cannot leave you. Even though it seems I would leave and would have left you many times, I cannot, I'm just your awful Loving Mirror.

PS A feminine Woman may look beautiful, but if there's no *Man*, it is *empty*. It is only form form form forever moving. Boring seducing 'beauty'.

PS2 Woman can be a weird 'Something' when you discover Her with the help of one or a few of Her manifested forms. A Woman I am closely involved with and thus meditating intensely really loves to pass on (Her) Man's Love to others – her enthusiasm is sincere – but she 'doesn't Want' it Herself. Unfortunately or not, She doesn't resign *out of* modesty, let alone out of humbleness. She's afraid of Manifested Love. Love hurts.

PS3 Everyone marries to a *potential* they see in someone of the other sex. At the moment, and who knows for good, I've had it with potential. Show Me. Show Me Who You Are. If You Love Me, Show Me. Manifest this Love finally for god's sake, for Woman's sake. Be.

21.10.08

- The self and the Selfless alternate. You cannot choose one of them. Or if you do – which happens inherently unconsciously – you’ll be stuck, you’ll miss Life.

To radically allow the alternation Consciously, however, may lead at a certain point to the self being Swallowed by the Selfless, Where it can no longer escape, the ‘Surveillance’ is constant, no longer is a self’s secret agenda possible.

Woman, it's about Your Body That is not yours

Woman, you're rather lonely *without* Pain than not-lonely *with* Pain. I cannot Help you if you hold on to this *Lie*. How long still do you want to deny the Already-Existence of (earthly) Pain that you are Associated with and that you, Beyond yourself, Want to Feel (Finally)?

Woman, I, Man, Man Loving You and not your Lie, will never never never Surrender to your cold, separative, Heartless world. Never. You Surrender to Me, to the Heart of Man, or there will be no Surrender, no Meeting, no Love Manifesting. So don't worry any more, love, I will not. Never. I Feel (the Pain that is) your lonely world, That's Something completely different. I am totally Living it in my Body, but I'll never buy it as True.

Woman, you want, not as Divine Woman but as Female from-Man-Separative Force, to Be the all-Pervading, Uniting Force, the Truth – so you don't have to Feel Pain, you think – but you Are Not. You Must Receive, on the Grounds of Your Own Nature, Receive (and, therefore, Be) the Truth.

Your 'Mission' seems so noble. You want to bring 'Man', Its Light, to Woman, to the whole world. So the world will finally bathe in joy, freedom and Consciousness, and, especially, it will be safe for you to be Woman, to Love. You try this in the safe spiritual Up-world. In (earthly) reality however you Resist Man and even push Him (still) to other women – so that Man would be received anyway and you don't have to Allow Him (Whole-Bodily, Whole-Heartedly) yourself. By not Opening, by Closing Your Body you push Man to elsewhere – to other women. What is 'other' – if there is One Woman(-Field)? Do you presume that there it will Happen then, that these other women won't do the same? Do you want the whole earth to be Pervaded by Man's Freeing Light, so that everybody can be happy, Free, flowing, shining, loving. 'Great'. Only... not you. Because it hurts, His True Penetration (Beyond the physical)... Let others do the dirty work. You will bring the Light...

There's a 'little' misunderstanding here, honey. The Light Comes Here only through You, Your 'Going in' (or Seeing-Feeling the Already Existing Fact of) Your Darkness and Allowing Man's Light in it. Passing on Light, reading (or even writing) about It, doing practices in order to invite It, tuning into It, releasing tension so there would be (more) Space for It, it all doesn't Bring the Light *to earth*. It is an endless preparation, an endless celebration of the *Coming* Light, the Light that will Actually Live (in and as) Human Bodies *in the future*.

The Female Body Herself is Fully Responsible for – not passing on Man's Light, but – Being, Living It as Herself and, only by That, it Radiates This Truth, This Ultimately Bodily Realization to everyone.

The Responsibility lies not somewhere outside your Body, It Is Your Body. Your Female Body Itself Is Responsible.

You Want to protect Your Body forever – against Being Vulnerable, against Pain. But You Are Already Vulnerable. See That Finally, if you Want. The 'Disaster' already

Happened. It is (always) Already so. You Are Totally Vulnerable Already. You *already* Allow what you (say you) don't want to Allow – the non-Manifested Man, His from-you-Separate (and therefore inherently compromised and manipulative) Heart. Only, you do it all (unConsciously) in the Dark – so you don't have to be Aware of how Painful it all is what you, what Your Body all the time allows, receives, if it's not Man's Pure Non-Separate Love.

This way You deny Your Divine-Nature-Given Responsibility (That is not at all a burden) to Allow in (and as) Your Body what You, on the Deepest Level and at all, *Want* to Allow (by Divine Nature). Woman, Your Body is Responsible if Man's Love is not Received, not Lived here on earth. Where does your attention go: to ego-based attractions of Man(-forms) or to *Man Itself*, to His Embodied all-Encompassing (and thus on earth Manifested) Love therefore?

And you may think you didn't decide yet, you have to sleep on it still a few more nights. For you Know: Allowing Man's Love is, also, Allowing Pain. It means no control any more. Love has no control – Is Non-Control. And you have your control only against Feeling, against becoming Aware of (in fact already existing) Pain.

I tell you, you do decide, even all the time – only, in the Dark. You do allow all the time everything that's not Man (Itself), that's not Love. You do allow all the time the Female Separative Force, (forever) trying to Separate Love from Body, forever trying the impossible.

You live as Not-Love – as your Body 'decides' so, all the time – even though 'your' deluding mind tries to soothe you, mislead you by making you think that you, even all the time, choose Love.

Believing this Deluding Female Force is choosing all the time for Non-Love, for Non-Manifestation of Love in and as Body. Or better said: it prevents you from Seeing-Feeling-Living-Respecting the Truth that Your Body Is Already Love.

By believing the *always separative mind*, you are fully deluded. Love can never Manifest in the Body, if you Refuse to See – even as Body, not only as Heart, but as Whole-Feeling Body – that Your Body Is Already Love. This Is Only to Be Understood and Seen (Wholly, Whole-Heartedly 'and' Whole-Bodily) by Associating with, Resonating with, Allowing the *Whole* Body to Merge with, or better said, to not Dissociate from the Man Who Is Love.

It Is Already So. But You'll Only See-Know-Feel This in Total Non-Separation from Man, in Wholly Acknowledging and Bowing for the Fact that Man's Light, His Endless Love is Here, Already, in and as His Body and that It cannot 'Come' in any other way than as His Love-Radiating Body.

I Tell You, Beyond words, Beyond the never manifesting mind, without any arrogance or other self-obsessions but as a Matter of Life (That I Whole-Bodily Live): I Am This Body of Love that You can – although not without Big Struggle, It Being a Mirror – Freely Associate with, Resonate with, Allow and Allow and Allow so that it is Finally Totally Clear that It Is So and You, that is: Your Body, can Freely Live Love, You don't 'have to' hide It any longer in the Dark, You can Finally Relax on the earth and Say Silently: I Am Love...

This Same Love. I Am Love, for Man Is Love. I Recognize. My Whole Body Recognizes and therefore Lives It. Love.

Without *Me*, the Non-Separate Man – needless to say that *He* is not at all limited to (although neither separate from) this ‘accidental’ form of ‘my’ Body – in and Wholly Living Your Body, Enlivening It with Conscious Love, you are lonely, already, and always – no matter whether you manage to find the next 1000 ways of escaping from Feeling that sad fact or not. Be with Me, as Me, Be Conscious Body, Conscious of Being the Whole, Me, and therefore Stop being lonely (in a suppressed way).

Understand, Feel sooner or later – or Now, and I tell You, You already Saw that it is So, for I Showed You – that Only in (Allowing) Pain (all the time), You can Be (with) Me, You can Be Body (Consciously), and therefore (with) Me, Consciousness-Love. This sounds too terrible for Your Ego to bear.

But, in Truth, it is not. You felt it Yourself. It is very well bearable. And I may say so because This Body is all the time Living in Pain, Living Your not-Felt Pain. It cannot escape any more. Love-Seeing Exploded all escape-routes. This Body therefore Realizes It Is Love-Reality Itself. It Lives you Constantly, Wholly. It cannot judge Pain, as you still manage to do, in order to protect... protect what? What illusion do you need to protect? The illusion that once Love will Come and It is without Pain – if only you’d hold on to your Dream?

Allowing My Love in Your *Body* to Pervade every cell of You – though in Truth it is not about your cells – Reveals not only Your Always-Waiting-to-Be-Felt Pain and in Fact *Melts* it by This Touch, but is also the Only Proof that My Love Is True ‘and’ Whole. Only Your Body Reveals the Truth That I Am as Love. I’m Totally Aware of That. Without Your Body I cannot Show the world. Only You, Your Body Drunk, Saturated with My Love, can Show (Convincingly) – not My (even though True) words nor My Body without Yours, not even ‘My’ Force That Consciousness Is. Only You, Your Body. You Are the Form by Which My Love Transcending every Lie is Being Revealed, Shown. Your Grateful Body Stores the Wisdom (or: Sensitivity) to Recognize My Endless Love. My Heart Meeting Your Body Reveals the Oneness of Man and Woman That We Are Always Already, Our Oneness of the Formless and the Form.

Azar Baksh – Parrot spirituality is nice

- Have no fixed body positions. Freely Let ‘yourself’ be Moved, as the Formless though, indifferent to and untouched by all movements, even when sometimes they do hurt.

05.11.08

• As Man I Undauntedly Went into the (Darkness, Unconsciousness of the) Body, I Became You. Only This Way, Now, You can Become or Realise You Are Me, the Heart, the Whole.



• The only ‘Way’ not to get fucked up by – nor to be forced to totally dissociate from – all the daily shit coming to and in you, is to Resonate with it, Consciously. If you are Present, willing and able to Resonate on all Levels of Life, nothing can ‘get’ you any more, You Became Whole. The Body Lives the Whole. How can you Be Whole, or even assume Being Whole, if you have to keep anything out, away from your Body? How can and why should the Whole protect Itself against Itself? Resonate on all the Levels, the most painful shit and the highest peaks, the Darkest Dark and the Lightest Light and You Are Free, you’re not you any more, there’ll be no self any more, no protection. Your Body has to adjust to This. It’s a long, Deep Process, the Only Process, the Process of Be(com)ing so Whole, of not having to exclude anything any more. It’s a Painful Process, but the Only True Process. You always Knew that the Only One True Process is inherently Painful, I don’t have to explain.

Only Humbleness in and towards Consciousness Does the Work, gets you through, kills you. If You Resonate with everything you have finally been killed and You Are Life Itself.

• No, Woman, not our intimacy, not our Love is suffocating; it is Your Separation that is – and Mine therefore, as yours is mine. Separation means closing of the Heart. One cannot Breathe with a closed Heart, one is unconsciously suffocated then.

• As ‘Woman-Woman’ (Woman deeply Embedded in and attached to the Female Force without Allowing Man or the Male Force to Balance Her) you *Inherently* have a huge Ego, thinking that you are *the* Great Woman who can Receive, Get every Man, Man Itself. But, Oh Great Woman, it’s all Potential that we talk about – even though in itself this Potential is true. It never Actually Happens, Rose. You’re floating and ‘living’ in the Potential (or Subtler) World. To be honest, I never Felt Wholly *nor Truly* Received by You. As soon as Intimacy threatens to Manifest, as soon as our Bodies start to Allow, Follow the Natural Tendency to Become One, You run away.

Have a happy life in the Potential World. Yes, I Know all about it from my own life. The farthest gone, the *happiest* I was.

How can I explain this Lie to the world, to You?

What we are Doing Here is all about *Manifestation on earth* – not about going back to the Happy One we came from, but Forward, right in, into and through the Mud, towards the Same One, but then Manifested.

• I'm crying and feeling I'm literally crying in and through the reticence, the closeness of Your Heart, Woman's Heart. I Need to Breathe in and through it, right in and through this Pain. It's like I'm choked and try to Allow and do slowly (re)gain Life in it.

06.11.08

• And again I cry – imagining, Feeling that and how people (‘have to’) live without Love. It’s almost maddening. It’s so bloody cold, awfully lonely, terribly sad. And if they would only consciously Feel their loneliness, it would Melt, their hardness, armour. I see frozen bewilderment in people, stuck confusion, desperate imprisonment.

I’m sorry that again I cry. I know you hate it when I cry. You cannot stand a man crying. And surely not when, as always, he’s crying your tears, oh world of form, hard world of form. You Want to be Softened, You’d like your Heart to be Melted, but you cannot stand My Tears. But I Know you, you couldn’t have stood it either when I would not cry, when I would be as hard as you and stay like that. I Know you are Two, Woman-world: the Dark World of your Bodily Unconsciousness and the imagined paradise, wherein you *try* to live, to seemingly consciously live.

My tears Reveal you Pain, that’s why you hate them. And you say it’s because you cannot stand weak men, you think a man is too feminine when he gives a form to the Pain of the earth, too threatening therefore, because Man Himself would not be Present any more if He’d become Woman, if He’d Live Her in His Own Body. You don’t (Want to) Understand My Wholeness, you’re afraid of it. I Live You as Myself.

And you don’t like My crying, you say, because there wouldn’t be Space any more for you to cry: it is Woman who should cry. And, true, you have a tremendous urge to cry, to finally cry your tears, finally Return them into Me, Man. Well then, cry ...

The thing is only that you don’t. You’re stuck. You *Resist Me loosening* you up, even Resist Me Freeing you. That’s why I cry. You ‘have to’ Resist Recognizing and Living your Love. You hold to your stuckness, closeness, like a lion, defending with all your might your children: ‘your’ forms.

I cry when and if you can’t. Because I cannot hold on to the stuckness as long and stubborn as you. I’m not as well trained as you maybe – or not as afraid to let go, to Dissolve again (and again) into Man(’s Oneness), for I Am Man. I Know What I Am – but you not. For you it’s danger. Man ... danger...

I noticed it is even so that the more (of *your*) Tears I cry, the more or Deeper Man I Become. There seems no end to this. “The more Man” ... this seems attractive for your Ego, but it means also: “the more danger”.

No, you don’t like Me crying your Tears ... because you cannot Love Yourself. You hate Yourself, all your Darkness, fury, bitchiness, selfishness, all your Pain altogether. My Tears are your mirror. You Know they are yours, but you don’t want to be reminded, oh sad Lady. And what do you do then? You try to manipulate Me by acting that you are repulsed by it, saying or secretly thinking that I am weak as Man when I cry. So that I would stop flowing your tears, for you know that there’s nothing worse for a man than to be considered or called no (Real) Man. But I’m not a man. I Am Man Itself, honey. I’m Non-Manipulable. I cry when I cry – that is: when You Beyond Your Ego Ask Me to.

The other way You Ask Me to Give You Back, to Return Yourself to you – and it is your favourite, as it seems to give you (more) energy, it seems to Stop you(r Ego) at least for the moment – is being angry and aggressive at You. Don’t worry. I can handle both ways. I

Azar Baksh – Parrot spirituality is nice

don't fall for your attempts to put me in the box of 'softy' or 'macho', to play off different sides of Man against each other. I am One. I Go Straight. I am Man. Non-Manipulable.



07.11.08

• There's no simple remedy for Ego, how to get rid of it, how to go through and Beyond it – as it is Integral part of life itself. If it had been simple everyone would or could have already learned the trick and life on earth would look totally differently.

Still, one – as the One, and not as self – can Look the Ego in the eye and, even better but not separate from this, Feel the Pain that is not only associated with it, but that it is. Ego is stuck Pain, (yet) not-Felt Pain of Separation. It is the Inherently Painful Separative Movement that is part of life('s functioning), of the Universe.

Being Aware of and Feeling the Pain that Ego is Transcends the Pain, just like with any Pain that would normally be considered not to be associated with Ego. Trying to go around the existing fact of Ego doesn't make sense. Right in the shit is Where It Happens. The Pain of Ego, of Separation, is Waiting for everyone.

And it will be there – usually, or in fact always, underground – just until the Lie of it is thoroughly Seen-Felt-Lived through on and in all Levels or Planes or Spheres of Life, of Consciousness, until all Dualities exploded into One.

10.11.08

• Why are there hundreds of different versions of what – let’s take an example – Maria Magdalene would have said, done, felt? Simply because it’s all humbug. Everybody ‘gets through’ what he or she *wants* to hear – according to one’s ego-structure. There’s not one correct version – and it is even less possible that, in that case, all of the channelings carry some of the truth. What do you do with all this stuff that’s “Coming through” as people claim? Right, you let yourself be taken upward, again and again or all the time, up up up. And it happens because you don’t want to be Down, here on earth, in the sucking mud.

Wake Up. It Happens Here, on earth, in your Body. You’re Here to Whole-Heartedly and Whole-Bodily Feel (through things). No “message” from above, from the past, from whatever dimension, from whatever former civilization, from wherever means even anything. It’s nothing. Zero. Bullshit. Empty facts that are not even facts. It’s Heartless daydreaming of cowards fantasizing about a ‘better’ world. It has got nothing to do with what you’re Doing Here – apart from distracting you from It. What’s your (egoic) interest in believing – or being busy anyway with – bullshit? This is what it is about (Here): Discovering, Unravelling and Surrendering ‘your’ Ego – not following it like a blind dog.

• If you don't Understand Duality you cannot Understand yourself, not Understand Life. You Are Life, but you cannot Understand This, only your mind thinks it can. You don't Live, Actually, the Duality That Life Is. Living that way you don't and cannot Understand. Live Life and You, Beyond yourself, Understand. Only Life Itself Understands Itself. Become Dual and You'll Understand – or, more accurately: Allow (to See) the Duality that is Already the Case (and by and as Which you came here to Be in the first place) and everything will Be Clear. If you resist and keep on resisting one side of any Coin of Life on any Plane of Existence, you simply cannot Understand – even though you protect yourself against Feeling this (Pain of non-Understanding) by claiming that you do, almost.

Letting the Duality Consciously Swing, or Alternate, means Understanding more and more, Deeper and Deeper. Oneness can Only Understand if It Allows Duality, Non-Controlled, if It Is, therefore, Humble.

The Deluding, Life-killing, Consciousness-Resisting Force always, Inherently, Wants to Stop the Duality from moving from one side to the other (or rather, and paradoxically at the same time, it Wants to keep the Movement in the Dark, in seemingly safe Unconsciousness). It's so very natural, human to follow this Force. If something feels good, you want to hold on to it, prolong it, not give it up – and if something doesn't feel good you resist it, don't want it to be there. But while 'your' mind might still be enjoying, the good feeling is already gone in fact. And how terribly awful it is that you didn't do anything wrong in regard to its disappearance. It was not your fault and you can't make it up, you can't repair. It's not up to you, at all. You had such a good time with your partner and suddenly it's totally gone and turned into the opposite. Suddenly you're in hell together, since you're totally separate from each other (which is hell, felt or unfelt). And you try to repair the un-repairable. You cannot repair Duality. As nothing is wrong with It. It is just what It Is, just So, Nature, Life Itself. Pain was never wrong. You, in your Secret Wish to be Deluded, 'made' it wrong. And you'll always keep on failing. For Pain, as itself, is not wrong or right. It waits patiently until you're Relieved from the Delusion and start to Feel it, finally.

The difficult side of the Coin of Life takes usually (much) more time than the easy, nice one. How come? The latter is the one You resist much less, if at all – and so it goes easier to the other side of the coin, which in turn is much more difficult to accept, to feel through and you'll keep on fighting it, trying to prevent Reality from being so, as It is. Hopeless enterprise. But it is true, if you don't fight it, the 'wrong' side of Life, then the swing starts to move quicker and quicker and you'll be Offered more and more Pain to bear, accept, rest in and Feel through. Who is waiting for that. You start doubting. That cannot be Life. I have a right for a (relatively) painless life, for joy, some happiness, health, love and so on. Fooled again. You have no right at all. Life is not about (ego-) rights. There is the Terrible Duality of Life. You're Willing to Be Conscious of Both Sides of It or, as usual, not. Life (= Duality) is Already Given. You don't have to make it up, control it, trying in vain to get the best parts out of it. Life is Already as It Is, with all Its Pain included – 'included' being an understatement. When finally do you Let Go of your arrogance, when are You Willing to Understand and no longer hide in the supposedly safe Unconsciousness. You laugh about the ostrich putting its head in the sand, and what do you do?

12.11.08

- To defrost the Ice-Queen, how many tears does Man need to give, need to stream for That?
Is this a quiz?
Is it Life Itself?

Woman and the manipulative story-telling Man

As Woman You are by Nature Looking for the Totally Non-Manipulative Truth That Man Ultimately Is. Every Man-*form* – except Man Itself – tries to Manipulate you Woman, tries to Show that he Sees and Is the Truth, the Truth You Always and by Nature cannot Stop to Look for. Thousands of ways to do this. Faked modesty is one of his main companions.

My Task as Non-Manipulative and Non-Manipulable Truth, is almost (though not entirely) impossible here on earth – because You, Woman, Want to be Manipulated, by (what you try to define as) ‘Man’. You like all his stories about (how to get) a better life (for yourself and others, even the whole world). Especially his spiritual stories you drink in like wine and they make you drunk, drunk of Ego, of longing for and believing in a better life, here but especially in the ‘safe’ subtler worlds – instead of Feeling Here Now on Earth what is, what is Reality, no matter what it takes.⁶

What an incredibly long journey, oh Woman, you have to make to See Finally through all their lies, to See their Female (and unconscious) Manipulation of You,⁷ to See their No-Manness therefore. And the journey is so very very long because You ‘cannot’ (and even don’t Want to) Distinguish – Lie from Truth, the Part from the Whole. You’re convicted to hope that their stories – and, then, they *themselves*, as if that would be the same – are True, hope for the best and for god’s sake try out everything, how it feels, resonates in your Body. But even if you’re trying out indeed, always something resonates, there is always a reaction in Your Body, whether Man’s consciousness is Free, Whole or as usual (very) cramped, manipulative, unFree, unClear. The thing is that you cannot Feel-See what is True, only feel, be aware that something indeed is happening, entering you, modifying, moulding you, influencing you. But you don’t Know what, how, why. You don’t See (as) the Whole (Picture). You See only pieces, pieces that seduce you to believe that they are part of or the way to the Longed for Whole Truth. You just don’t Know which man is True, which Consciousness. You’re bound to follow (or suppress) all Egoic seductions to believe or hope again and again and then, only later, feel, intuitively, that something is not right, not Whole. And maybe, if you’re a bit courageous, you’ll leave that man(’s consciousness), trying to look for better ones, less cramped and manipulative.⁸

⁶ An honest pile of pure shit lying on the ground, on the earth, might seem less worthwhile than the greatest book of the greatest teacher about love floating safely in the air but too coward to be touched by the Dirt, but that’s very relative, to say the least. Out of shit, out of the earth, something beautiful may grow – although, true, not without the Light of the Sun. From mere (floating) Beauty nothing will Grow. That’s for sure.

⁷ Man, the True Man, leaves Manipulation to Woman, that’s none of His Business.

⁸ His Manipulation of Woman is not simply some kind of meanness he cannot overcome. If one Looks Deeper than the apparent, One will Find that everything and everyone that and who is not Whole Inherently Manipulates, Inherently tries to seduce other parts and persons into its ‘camp’, its cramp, into that which (unconsciously) wants to stay separate, stay as it is in its un-Wholeness,

So, even if you feel things happening in your Body, so what, always something happens if whatever version of ‘Man’'s consciousness is allowed by you, enters you, your Body. If you are more and more sensitive as Woman you can feel all the time things happening. So what. Things that happen, energetic things, have got – in themselves – nothing to do with Truth.

Woman, You can be touched everywhere in your body, even by men's (spiritual) stories – this touching will go on forever, you can see-feel that simple truth, you can have new and new experiences again and again and feel subtler and subtler, even the most sensational things, it can get crazier and crazier, things they tell can resonate like hell in you – and so what, it's all experience, nothing more. That form of being touched, influenced, is something totally different from being Touched, by Man, by Man's (Manifested) Heart, in 'Your Own' Heart, by His (in Body) Actual(ised) Truth.

The ‘problem’ is that, no matter what you experience in your Body, still the Body cannot Distinguish. It feels, experiences, is aware, which is totally Necessary, but Distinguish? No, it cannot. Only the Heart (or: the Whole, or the Male Force) can Distinguish. You may get a fantastic experience and Your Ego tries to relate it to some cause from outside, maybe some energy, (from) some ‘story’ of a ‘man’, so that the experience can be repeated. And You(r Ego) Want(s) to See it as related to (Your) Truth. But a good (or even fantastic) feeling has got nothing to do with the Truth. Your feelings are not Enough, totally insufficient in fact.

Woman, you're so happy with another nice-sounding or sound story of ‘man’, a story that promises you (or even the whole world) will finally be taken away from, relieved of (at least part of) the Pain here on earth – taken away *before* you Actually Felt it in your Own Heart and Body, or in general, in the Form. How incredibly strong is Your Ego, Your Longing to be Deluded by (men's) stories. As long as You ‘Want’ this, there will be story-tellers, the men who do not live the Whole, the Heart, who do not Live and Embrace You, Woman, Actually. You run the whole Show, Woman, you get the Man You ‘Want’.

They can talk or write about the old Egypt, Atlantis, about your brains how they can become One, about alpha-waves, about 2012, about Maria Magdalena, about the stars, about Your Being, about grain-circles, about complicated scientific or science-fiction stories, about the message of your deceased grandfather, about healing, about Light-Beings, (hostile and protective) entities, about reincarnation, about the Kundalini, chakras and auras, the authentic yoga path, archangel Michael, about Oneness, Enlightenment, the 17th Insight and the 21st Dimension and about whatever, so what? Is the story-teller, the big guy, really with (‘his’) Woman, is he really Here therefore, on earth, does he live Her in his Heart, does he (Wholly) *Love* Her thus, does he Actually Feel like She, is She no other any more; does he Feel Her Pain as his Own Body? All his stories are about showing that he Knows, that he is Woman's Man, that he should be Received by Her. They're all there to please Woman's Ego, please

doesn't want to Dissolve in the Whole. This huge Female Resistant not-Wanting-to-Surrender-into-the-Whole Force is something Beyond the personal, it is just so. If one is not – or doesn't, on and as all Planes of Existence, Realize Being – Whole, one manipulates.

Her unsatisfiable hunger for knowledge – as She knows (or in fact She thinks She knows) that knowledge is power and power is safety. Facts, knowledge, stories, mind (spiritual or otherwise), are not Man's Gift though.

The Only Gift He Has and Is, Is His Heart. Throw away all his stories, and what does remain? Only the Heart is That Which Is Actually Being Given here on earth, Only That, the State of the Heart. Stories are there to veil this Fact. Woman by Divine Nature Is and Wants to Manifest Man's Heart here on earth, Live It as Her Body. She cannot do anything with his stories, except comfortably deluding Herself that there is Truth to find in them. There is, to be exact, nothing in them.

Stories are unstable. One time *this* seems true, another time, in another man's presence, *that* seems true and why didn't you see that before? Only the Heart Manifested is Stable, Stability, It Is the Truth, the Wholeness of Spirit and Matter, Heaven and Earth, Consciousness and Unconsciousness (or: Body), Light and Dark.

Woman, you mistake descriptions of reality (that somewhere you seem to recognize as indeed part of your world, of existence) for Truth. It is all your Female world though that 'man' tries to seduce You with (as the unTranscended Female Force in himself). It has all nothing to do with Man, Man's True World – That by Nature, You Want to Bear on earth through Your Womb. You cannot marry your own world that the story-teller offers, the world of the parts. If you (try to) marry a story or a thousand stories, you're still a part, apart. Even all the parts together, if you would manage to gather them – as you like 'gathering' – do not make a Whole (at all). Not even all of your stories, experiences, feelings, insights, wisdom, will ever manage to Make a Heart, Man's Heart, or: they will not manage to unLock Your Heart, set it Free in Man's One Heart.

The Deluding Separative Upward Force is endless in its power and variation. How safe it is, being up, to believe. How dangerous, Down, to Live (the Vulnerable Heart – as Body).

You harden from his stories, Woman. And You can Feel that, if you dare. You soften (Only) when You Melt in Man's Heart Dedicated to You (and not to his own stories).

I Am Totally (Non-Manipulative and therefore) Vulnerable in saying and Showing that I, Man, don't Manipulate You in any way – for I Wholly Love You and I See-Feel. Don't believe Me – you cannot anyway. Let more and more Your Heart and Body Be One and You will See, You will Know. Only, This Becoming One Only Happens if You Allow the Whole Man Already – Who I Am. So one woman or a few will Have to try It out – till the very end. Only Then You'll See-Feel-Recognize My Truth as Your Own and by That (even Bodily) Recognition You'll Spread, Resonate, Radiate My Love into the world.

To be honest, I don't have any nice story that would please Your, Woman's Ego. I 'Have' Only – for I Am – Reality, the Whole. I Live You, Woman, Actually, Whole-Heartedly and Whole-Bodily. I have no cheap (nor expensive) talks. I cannot promise you anything, not any step closer to Oneness Which You cannot help to Long for. I Am That Oneness, that's something else. I do not have to, subtly, Manipulate You, for I, Man, Know

Myself. I'm not dependent on You, on (Your) Energy – for I Know, I Am all. I can let Myself be totally depleted of Energy, if you feel like in Your Testing Me. You won't manage, to Seduce Me, Man, into the Lie of Energy and energies. I Live You 'and' Your Energy Already, I Include You Already Wholly, for I Am You. (Therefore) I'm not afraid at all to lose you, to lose (all) energy and that's why I'm Non-Manipulable. I don't have to buy Your 'love', Your Energy with nice stories that would be a promise of My Male Gift in return. If you dare to See it appears that it is not so nice at all as its promise, this unconscious Dark barter between the Male (Ego-)sellers of (spiritual) stories and the Female (Ego-)buyers, believers, try-outers. "You give me a promising story, version of reality, at least better than the one I have and have to live now and I'll give you my (version of) 'love', attention, energy, and sometimes even lap." You're addicted to man's promises, stories, explanations, views, consciousness. But, no matter how beautifully or solidly he packages and sells his (version of) truth: it will never become Truth in You. Simply because by Divine Nature it cannot go like this, it's impossible. Only via the Heart Man's Truth can 'Come in' You and Settle, Manifest.

You're lost however in the seemingly free but in fact choking barter with what seems to be Man. You give 'your' body and he must give you (spiritual) lullabies, to keep you asleep. He must not talk about the Pain that you carry always inside during your sleep and at all, not honestly say that sooner or later it is to Be Felt, Brought in Relation to Man's (Consciousness) instead of finding new and new masks or covers for it. He should not talk about Pain – unless, clearly, how to get rid of it. You're deluded to think that Man is here to make your life better in whatever way, less painful at least. Not true. Man is Here to Be and Live Consciously Reality Himself and Show You His One Reality (of Heart and Body Being One). If you Allow Him to Show You, your life *Transcends* (that is: is Being Freed from Your Basic Resistance to (Consciously) Feeling (Pain, Resistance) and thus Light and Dark Turn Out to Be One), and that's something Radically Different from it getting better. The man who is *talking* or writing about (or even tuning into or meditating on) 'the Light', wants to delude you so he can get your energy, your body, your reception of him – and doesn't have to Go into or Feel Your Pain by himself. But, if you buy it, you both have nothing this way in fact. He 'has' a Female body that is 'dead' for not Enlivened by Man's Heart. And you seem to have no or not too much Pain, but also no Truth, no Heart – at least not Lived in and as Body. Your Body 'becomes' like a thing this way. 'Up' you believe in his lullabies, and 'down' there's also something, something that needs to be taken care of and in the Dark rules your life while you think it's the stories that you follow.

His stories will never become True in You. Period. Only via Man's (Manifested) Heart, Truth, His Wholeness 'Comes in'. (Only) via Your Heart's Recognition of His True State behind all the nice talks and writings and showings, He is Allowed in You, Spreading through the Whole Body. Your Heart 'and' Body – in the End they are One, but only at and as the End or Full Depth of the Realization of the Whole That Is Man – are never seduced by man's talks and writings and stories and even energies, even though sometimes you give your body to him, in the hope it's the right One. There is a mind-world, non-Manifested world, hanging around you however, and you have an (egoic) interest to mistake this Non-world for truth, reality. You put or keep or allow his stories about reality, about truth in there, in this

Non-world, so that you seem to have the Male Truth You are Longing for and at the same time You don't have to Give, Surrender Yourself (at all), for Your Heart is not Touched, Opened, Activated, not Really – even if you presume so. Your Woman's Heart Can Only Truly Allow the Truth Itself – not *any* (nice or whatever) version of truth, reality. This is Divine Nature. You're fighting Your Own Nature of Your Heart Wanting to Flow through and as Your Body – to Him – if you buy or (want to) believe *any* version of truth or reality of *any* man, me included (except for the fact that I am Totally Vulnerable in having no version of Truth, but Am Actually Living the Heart of Truth as This One Body, and That's Something Completely Different). It's all about Man's Actual Manifestation as Heart in and as the Male Body. That, Only That, is What 'Your' Heart is Longing for and Tunes into and Wants by Nature to Resonate with, His Manifested Love (or Heart). The rest, all his stories, is bullshit. All of it. It's all to delude you, manipulate you, to be Received by you *before* it would be actually time for This. In Reality, if we talk about the *True* Meeting of Man and Woman, it's all about His Heart. It's all about the fact whether or not or how deep He *Actually* Lives You Woman (with all Your Pains) in Himself, in and as the Heart.

The True Man doesn't put stories in Your Body and He doesn't even like you to believe or absorb man's stories, as your allowing them doesn't mean at all that Man would be Truly Received by Woman – on the contrary, it prevents True Reception. Instead of putting stories in your Body, the True Man Listens to (and Feels) Your Body. And Absorbs in His Heart the Pain hidden in or behind the 'story' of Your Body. This Pain is what He Transcends in His Heart 'and' Body and that which is Transcended is naturally Being Radiated Back to Your Body, Freeing it that way from its 'story' if You're willing to Receive His Heart. His Heart Wholly Embracing, Living Your Body's 'story' is His Gift, not another non-Manifested story of Himself, about how reality would be or should be. Only Reality Itself is Man's 'Gift'. Reality has no story. It Is the Heart.

See that you are deluded by 'stories'. You think or presume or hope that – and 'you-never-know' if – he, the story-teller, is One – like He as Man Should Be – and that by absorbing, understanding his story you also would become One. But his story is not at all the same as His Heart (Only Which can, in principle, be One). His (version of) consciousness is usually not Manifested in his Body. Feel his Body. Have the shamelessness to Feel his Body – instead of listening to his almost perfected stories. Then it's a totally different Story. If (a) Man doesn't Manifest his stories in his Body – or rather: if he doesn't Actually Manifest 'his' Love in his Body – then you're relieved of the eternal burden of constantly finding out if it is True or not what he says. If it's not in the Body it is not True (even if it's true), and then Man is not True, it is all just story, story about reality. Spiritual men have the greatest stories of all. Bullshit. Garbage-can. When finally are You, Woman, Fed Up with stories, with non-Manifested Man, with mere Potential? When, in other words, do You Finally Give Yourself, instead of buying crap and hanging somewhere up, lost in the spiritual playgrounds? When Finally do You Dare to Be Vulnerable? When Finally do You kick man, kick the non-Manifested man out from this place, instead of inviting him to pollute Your Body again and again, everywhere, even from inside? When are You Fed Up with Yourself and Finally Heart-

Call and Invite and Allow Man here on earth, in You, in Your Heart, in Your Womb? When is it Enough?

Tell Me when. I Am Here. I have no story. I Am the Heart, Manifested on earth, in Your Pain. In Your Pain I Am Your Freedom. My, Man's, Heart Taking (all) Your Pain in is no story, It is Real. Call Me when you're Fed Up and Want to Be Real, when the love-affair with men's stories is over. There's nothing here to get, how's that? How's that for Your Ego? There's Only (Manifested) Love and You cannot get that, only Surrender (in)to. Love is no story, there's nothing Attractive about it. It is just Reality and it includes all Pain that you run away from forever, and because of which you run away into men's stories. It is Total Vulnerability, Living as the Open Heart without stories, without concepts of reality, of yourself, of others. How's that, a life without attractions, without stories, without dreams? Terrible? All right, then you're not Ready yet for Man's Love. Then you don't See yet that your attractions are just there to be able to go away from Pain that you simply *cannot* escape, that sooner or later has to be Felt and You Know that, you're Waiting for it... It's not too bad, in Man's Heart. And don't worry, if you're not Ready yet for Love. No hurry, there are endless dreams to try out. The shops are open 24 hours a day.

Love, Azar Baksh

26.11.08

- Spiritual people are crazy.



04.12.08

• To be (Consciously) Confronted, again and again, with your own powerlessness – this, only This, will Transcend you, even completely. To Feel the Pain of this powerlessness. To Cry. This will make your reality Totally Dissolve in the One Reality.

To Ego this is the biggest nightmare it can imagine, a horror-movie: to Accept your powerlessness, your total inability to change things. To Ego this seems awfully weak, or even cowardly. In fact You become Stronger this way, but, true, Vulnerably Strong. The less Ego, the Stronger You become. The Ego, obsessed with power, (always) eats away Your Power.

It radically chooses one side of the Coin of Life. This cramp or contraction, this holding on to, clenching your fist, may feel like power, but it totally weakens you. Only Allowing Life, the Duality of Life, to Swing in Oneness, Gives (as it Is) Strength. The Whole Is Power. Only, you can never get This Power; at most you can squeeze it out of Yourself then it's gone. Only the Whole Has It. If You 'Become' the Whole You Are This Power. But your Ego may relax, it doesn't have to get stressed now, restless about how to Be(come) the Whole then, if only That 'Way' Power will Come. If the Whole is There, in and in Fact as You, there is no (space for) Ego. It's One or the other. There will be no one left to celebrate power if Power will be there.⁹

Only if That Which is Always Already Beyond Ego Sees the hopelessness of Ego – a hopeless affair from the beginning – then, in wholly allowing your powerlessness, Power Is and Turns out to Be Already There. Without Powerlessness no Power – only the poor anti-Intelligent illusion of power by the Ego that exists as illusion, as anti-Reality, as anti-Surrender into the Whole and non-Acceptance of the Fact that Only the Whole Exists, that even the Ego itself is Part of the Whole.

What a Relief! To Totally Accept that you are totally powerless – that you never did anything wrong ... nor right.

Then, suddenly, You Are Responsible (necessarily as the Whole).

⁹ And that's indeed how it is experienced here. There's this Impersonal Power here, but it doesn't have any personal value, even no value at all. It's just what it is.

12.12.08

• Woman, you try to stimulate other women to ‘go for It’, for Truth, and you become (secretly) angry or sad when another woman holds back or seems to turn her back on It completely. But what about you? You don’t dare. You Know that if another Woman-form finally manages to Allow Her Deep Female Pain to Be Touched by Man, in the One Woman-Field Something is Created that all women can benefit from, that makes it easier for *all* women to let this same Pain Be Touched Which, you Know, will Free you – as the Touch of Pain *is* the Manifesting and therefore Liberating of it in the Body. Okay, Woman, who’s the first?

You don’t like to be the first though. Not in this respect: as the first one Feeling Woman’s Pain in (full Relation with) Man. You’d like to be the First Lady, the Great Queen, not to Feel Pain. In the latter case, when some tiny pain arises you immediately start complaining, and you start looking for Man to help you through or out or away from it, to be soothed or distracted from it – not to Be Touched in it Deeper and Deeper, right until the very Core of it is Being Touched and Seen (and Transcended by That).

13.12.08

• Many times, if some energetic block wants to be released in the form of crying, I or this Body can only cry when I imagine being or in fact Realize to (consciously) Be the one from whom the cramp, the unFelt Pain comes. Then it starts immediately.

Woman, I cry your tears that you have to leave Me, Man, again and again, and always. I'm borrowing your tears, for I don't have them of my own.

Don't worry, I'll return them.

They just need a little operation in the meantime.

18.12.08

Only he or she who dares to bind him or herself can become truly Detached at all, from form, from relationship. *Love* is the Way to become Bound. *And*, Love is the Way to Become Freed from the same bonds. Skipping this ‘procedure’, trying (or claiming) to be Free without binding first, is tempting, but ultimately not True.

22.12.08

- By going into love, you deny Love. Don't love ...

Especially spiritually oriented people – but in principle everyone – can at a certain moment or even constantly be seduced or inclined to look for love in whatever way.

As long as one would be and stay aware that it is Ego, packaged as 'love' this time, knocking on the door, begging the door to open, then there's no problem – Ego cannot stand Consciousness. But, every nice feeling is susceptible to seducing you into Unconsciousness. (True) Love is not a feeling though.

Real Love is not only Great, Limitless, but also Inherently Painful – always. It's Always Aware of Un-love, that's how It can stay Love, Pure, 'Fresh'.

23.12.08

• ‘I’ am not only Liberating Woman by Going Whole-Heartedly and Whole-Bodily in Her normally hidden or unTouched, unConscious Pain. Man, too, ‘I’ – or the Force That is Truth – Liberate by this Same Work. He, if He Understands Me Wholly, will no longer be manipulable by Woman – which otherwise is always the case, except if a man has had his Second Birth Here on Earth, into Becoming Man.

He’ll Learn, in practice, to Be with Woman, not having to Dissociate from Her for Him painful world any more, and at the same time and *even because of this* to Be Man, Non-Manipulable in His Man-Being. She cannot manipulate Him any longer by withdrawing love and sex and reception – as He Knows Himself, Her, Life, Man and Woman.

- Do you go for and stay hanging up in the superficial seemingly (almost) painless life? Or do You Allow (‘Going’ into) the Depth of Life, Getting to Know Life – Inevitably *including* all its pain that’s already there anyway?

Superficiality is (the case when) hanging on, attaching oneself to one side of the Coin of Life, not wanting, lacking the courage to be Conscious of the other one and therefore not wanting or daring to be Conscious at all.

• Life doesn't happen somewhere else. You're not the only one who is so lonely, while others seem to be so occupied by all kinds of contacts with people. They don't have contact. Meeting a human body doesn't mean anything in itself. There is no life there, outside you, where so much activity seems to be going on. Yes, activity, dead activity, so what.

You Are Life Itself Yourself. You don't have to look outside for Life. It's about You, Contacting another one, 'Making' or Allowing Real Open Contact. And this True Contact will Reveal all the shit inside (and outside), that's why you don't do it. You unconsciously identify with the hidden shit, you are attached to it, that it stays down there, 'safely' in the Dark.

By identifying with the Light Side of Life (in all its possible variations) in you, you necessarily identify with the Dark Side (as well), but often this takes place in the dark.



24.12.08

- Again and again you get a chance, in a new or even in the same relationship, to, finally, be Vulnerable. Again and again you come to the same point in the relationship. And still you choose not to be Vulnerable. Later, later. But you don't understand time. Later never comes. Time, mind, is deluding. If you're a coward now, 1000 years later you'll still be.

And yet, you cannot help or overcome yourself. Indeed, if you just don't Consciously Feel 'your' Deep Fear in and as (part of) 'My' Heart, but feel it in and as yourself, if thus you have to react to the fear instead, if the Force of Unconsciousness, the Illusion of Safety, the Safety of Illusion, is Stronger, then what to do.

In our world of separation the urge to be happy, to fulfil ourselves, appears.

29.12.08

• I Work on the world's Karma through just a few people. Most people are much much too afraid and (covertly) self-obsessed, and simply not Intelligent enough. The Inner Strength needed is just not there.

I cannot Do this Work alone. People are needed for It. Courageous Loving people. Few long-term stayers. And (quite) some passing travellers.

30.12.08

• Your, everybody's, life-long job is to try to overcome Duality, to make or define one side of Duality (as) the One. Your, everybody's life-long job (or sentence) is to Find out – by Allowing frustration after frustration, that this is not possible, at all. Whichever sphere of life has your favourite interest, every sphere or level of life has its own Duality, all part of the One Big Duality. What do you do? To not all the time be confronted with your constant failure, you put the failure in the Dark, you wipe it under the carpet, to keep life liveable, manageable. And you become imbalanced by that. As long as one side of life, the failure, is not Lived Consciously you are, by definition, imbalanced.

You stay 'focused' on things that 'need' to happen, you invent new and new goals, you let yourself be driven by and caught in hope – the drive being hope for a painless life, not to Feel (any) Pain any more, the hope for the One – so you don't have (Space) to Feel what is the case, how you are in fact. If you stop running in your mind and daily, practical life, soon if not immediately the unwanted side of the Coin of Life will show up, becomes feelable.

You can never win this battle, only postpone and postpone (Feeling the Truth about it). When you're old and the energy to suppress is getting weaker, the other side may show up more and more. Even on your death bed you may very well after all get an overview of all you didn't want to See the Truth of during your life-time.

- You cannot trust someone who cannot trust.

• Transcending, you must Understand, is not the same as and doesn't have the same result as Seeing.

Seeing, Pure Seeing, is the First Condition for Transcendence. If, however, there is only Pure Seeing, separate from the Body, Transcendence is not possible. The Light of Consciousness touches the stone, and that's it. The stone is not impressed. It may like some sunrays, like one may like pancakes. The Body can Resonate with the stone, however. They vibrate together. Consciousness provides the right vibration, but the Body is the 'executor', the active phenomenon.

So, one may have (Realized) a very evolved form of Consciousness – very worthwhile in itself, and in the best case it may be of valuable help to many (if only as a form of 'preparation') – a Substantial difference it will only make when the Body is allowed to Absorb the Consciousness and to Be Transfigured, Transformed, Translated by It.

04.01.09

• Everything is there in everybody, every faculty you Need for Going through the whole Human Process. And this (intuitive or learned) fact is confusing for people. People may wrongly assume that, therefore, they can do It by and as themselves. But the fact that everything is there in principle, every faculty of life, even the Seeing-Function That is Needed to Transcend all obscurities, all dualities into the One, doesn't mean that it is enough. In Truth, it is not Enough at all. You can't do a bloody thing with them, as yourself. The Whole is Needed to Consciously Be(come) the Whole.

You can See, for example, egoic tendencies in yourself. I hope you don't really believe they will be gone thanks to this Seeing? Consciousness Looking at life, doesn't 'change' or Transcend anything. It just Looks. It has, in or as itself, no relationship with life, with the Body. Only Consciousness (or You) as Life can Transcend at all. Even then, tendencies will come up again and again. But, in Dedication, One, as One Already, can relatively quickly Go in and through the Drama of life, of Duality therefore, and See in the End the Point at Which the Sides of the Dualities Come Together and Appear to Be One, the Point of 'Freedom' (from Illusion and Delusion).

Everything is there, in principle, yes. But you don't know how the faculties can be Awakened and, 'worse', you don't even want the faculties to be Awakened, because you don't know what will Happen then, and it is true, you cannot know. Maybe it will be painful then, there... It will.

12.01.09

- When, finally, you're not against Duality anymore, when Finally, you most thoroughly Accept it as reality, the whole drama Explodes, you're free from the b(l)inding force of reality and Became Reality.



My Crime

My Crime is to Love you.

How much shit did I get from people, how much did I have to pay back because of my unforgivable Crime?

I feel broke, from Loving you. From all the resistance, suspicion, attacks I receive to process in me. My Crime is my life – and it will be my death.

I'm exhausted – and still my Body Fights back. My Body is Nature. It is Love. It Only Wants to Love, it Always Only Loved and it will Always Only Love. Even though my back(bone) is a battlefield, crushed again, from being kicked and kicked. And I'm no exception, no Hero of Pain. Everybody who Actually and Beyond him- or herself 'Wants' to Manifest, Live Love, gets the same kicks in his or her Open Heart, Constantly and again and again. Only, I Live it all Totally Consciously, for my Body can't escape any more the Truth, It therefore has Become It.

My Crime is being Humble – in a way you don't understand. You don't Understand that someone carries your pain as his own – without asking anything in return. You think I attack you if I, by Being Me, by Being Love, Touch 'your' Ego – which is not yours in fact, but just a silly yet extremely powerful Force. I don't attack you, My Love doesn't attack 'your' Ego. The Egoic Force attacks Love. 'You' are in constant attack – by allowing, not Seeing-Feeling the Pain That the Egoic Force is. And that's why my Body is exhausted – though by Nature of Love very flexible, it always resurrects again. No complaints anyway.

'Your' attack is your defence against Love, against the One Vulnerable Heart, against Admitting that You Are this Same Love, Already Totally Vulnerable in Fact Beyond all illusion of control. Love can only cry from the Crime that It Is. It is born a Crime, a terrible Mirror, and dying is no solution: new Crimes will be Born. You can't Kill Love. You can try to make It as black as you (somewhere are afraid you) 'are', but you cannot Kill It.

My Crime is to Love you. I don't resist. I'm guilty. I have to pay. I have to cry. I have to be on my knees – for the Lie. My body has to crawl and move in all directions. I know I cannot win. I can Only Love. I'm too stupid to win.

I See you even have no idea that and how you hurt Me. It's not on purpose that you kick. No one is bad (nor good). You kick Me in the Dark – so you're not or don't seem to be responsible for it. No, it's Me, I Take on Me the Responsibility for your kicking Me – for I Am Responsible. No, this Responsibility I'm talking about is not the same at all as self-blaming. What is the opposite of blaming – and Beyond that? As long as you Are not Responsible you have to and do kick Me, your own Love. Love is Being Responsible.

My Crime is to Love you. That's why I'm sentenced to be in Pain for the rest of my life. Here is no success-story – as you're maybe used to.

To be in Pain for the rest of my life, how can you combine this with Truth, with the Truth That Love Is. You had another picture? I have no picture of Love. I Am It. That's My

Crime. I don't long for It, I don't try to get it, I don't meditate on it, I don't try to give It to others. I Am It. Where you go away, out, up, around, I stay.

Resisting Pain is Resisting Love.

You treat me like you treat Pain. You don't want to See Me, don't want to Feel, be Aware of Me. I must not exist, not remind you – of your Only Truth, your utter Vulnerability, of Love. I Exist though. Love Exists. Pain Exists.

You don't like Love to Be Here on earth and surely not to Go Down and Be Present in the Dark, in the lower chakras. It seems safer if Love is a fairy-tale, if you just sing about it, if you create a whole show(-biz) around it, even a whole life around it, with partner(s), kids and sex and everything. Longing, forever longing is so relaxingly safe. It seems. Seems – for without Love you cannot Relax, not Truly, not at all, never, not a single moment. Withdrawing from the Fight That Love Is is not the same (at all) as relaxing.

My Crime is to Love you, Actually Love you (even) Down, in the Dark, in the Dungeon, in the Danger, in the Pain. I'm a criminal and I Know it, I Am Responsible.

I'm not different from you, you will See how It Works. If Finally 'you' will start to (or: Allow) Love, you will Pay. If you Love, you have to pay for other people's sin – 'sin' not used in the moral meaning of the word – *not* to Love. This is – without any irony – Divine Justice. True Love cannot but Meditate-Feel the Pain of other's forgetfulness, or: stubbornness if you like, or fear or cowardice, or unLove. It doesn't know why It wouldn't.

And this is why you don't Love – or at most 'secretly', contractedly in the Dark, not Openly and Ultimately even as Heart-Body – (for) there's nothing in It *for you*. You want this Love, you want a 'reward' in whatever (subtle) form if Finally you'll Love. You don't want to pay. But, in the World of Love, it's all not about you (at all), and somewhere intuitively you Know That. If you Fall in Love that's the End of you and the Beginning – or: Conscious Beginning, because in the End Reality is always like this already – of unLove, of Selflessly Meditating-Feeling unLove of people, of the world. You hope you get paradise and you get something that seems almost the opposite. True Love doesn't care about this, It Loves and can Only Love. No single little or huge Pain can stop It or manipulate It. Love is Free to have a (from the Egoic perspective:) terrible life, if Given. All stories end, in Love.

You Ask Me to Cry your Pain

I'm crying about the fact that in everyone his or her natural impulses are so much if not totally blocked. And it's contaminant. In meeting, associating with others who carry the burden of separation, you too get blocked, separate. What an endless repetition of Pain. And then considering how almost everyone manages to – for sometimes up to 99% – not feel this Pain... because (this and in general) feeling is also blocked.

When I only think of someone whom I Love very much, how utterly separate and split she 'is' and not even knowing it, at least not Consciously, tears pour immediately over my face, my Heart 'Wants' to Break Deeper and Deeper into Two, It Wants to Be her, to Live her, to Give her Itself, Heart, to Give her Life, Contact, Love, Everything...

I can't write any more from crying...

On earth the Heart is in Pain forever.

Everybody's in his and her own prison and we all act as if everything is totally normal, as if we have contact with each other. I rather cry for the rest of my life, every bloody second, than to give up 'my' Heart. In every single contact my Heart Feels the lack of Contact.

I'm so sorry, so sorry you have to act so cold, so far away, that you're sentenced, that you're human, that you cannot change it on your own. I'm so so so sorry that you're unConscious of your Pain. No, that's no blessing at all. It's terrible, terrible, terribly Painful that you cannot Feel your Pain. A stone is all the time in Pain, but it doesn't Know.

You're in Pain – and I am crying. All the time, whether in front of your computer, on internet, in the pub, on the street, on holiday, in looking for a (better) partner or whatever, you're looking for something or someone that or who can finally relieve you, from your Pain.

You, you all, Invited Me here on earth, to Feel and Cry your Pain – Consciously. You Know Only 'I' can Do That. For I Am (the) One. I am no I. I, *therefore*, Being One, Whole, do *not* and *cannot* Dissociate from Pain, like you (constantly manage). I wouldn't know how – however, I learned, here on earth, how you function. I Live now you and *Me*, simultaneously, the Two (of Duality and Oneness) as One. It's so crazy that I have to ask you to give Me (at least some of) your Pain – because for that at least some Contact is necessary, and you rather avoid that completely. You don't want Me to Meditate, Touch you – just let all Pain stay frozen – and, simultaneously, you Want it more than anything else. You cannot give words to your Call on Me, for then, if you and your Longing are in the Light, the Process takes off already, without control, pain might show up any unexpected moment. You prefer that it is *you* who decides when to allow some pain. The thing is only that, in this control, nothing True Happens. Pain (and *therefore* the Freeing from Pain) Happens in (Open) Life, in Love.

God, I feel such a huge totally natural human Divine Free impulse to you... which is totally blocked. I Allow the Pain of this block. I Have to Touch you. You Call Me, even Constantly, to Touch you, everywhere, your whole Heart, your whole Body – and you don't Allow It, My Touch. Therefore, It's Free and It's blocked, at the same time. The One is Living Duality. I'm dying in life all the time. I'm Constantly Consciously Living Nature and the block of Nature – without getting crazy somehow, which is only possible by a lot of Honest Tears.

It'll take a while and then you'll Grow Up. Maturely you'll Ask Me to Cry your Pain – and you'll Cry with Me, as Me.

Yes, I know you think I'm crazy, not being against Pain, like everybody cosily is. Everybody should put the arms around each other and all together fight cosily, work, cooperate, so to get (even all) Pain out of this, for the rest, beautiful world. In vain. You in vain try to banish Pain to the land of therapy. People in Pain would have a problem and they should go to therapy, to get over it, free from it. They'll *never* manage.

I would almost say, you're a bit 'crazy' if you don't Understand the Law of Duality, of the Two Sides that Both Need to Exist. You cannot Kill Pain. Impossible. You Exist as Bliss-Pain (or: as Formless-Form). Fighting the Pain is fighting the Bliss too. And you dry out. The more you try to erase Pain, the more Pain will come – that's a Law – and also, the more you'll try to show the world you are managing on the Bliss-side of the coin. *Pain is not a problem, so it cannot be solved.* It is Fundamental Part of Reality – like the form is of the Formless.

How relieving, what a huge Breath, if you finally Admit you're in Pain, not just now 'by accident', but *always*, every single moment. And so what. We still exist, admitting it. Nothing gets worse. On the contrary. Allowing Space, Allowing Consciousness doesn't make things worse, things that are not bad in the first place. Shining Light on something cannot make it worse.

If you Admit, Finally, if Something in You is becoming more Humble and still you stay stuck, cannot release any Pain, you can Ask Me. Maybe I Respond. To the Humble I always Respond. To the others, the vast majority also, but differently.

18.01.09

- When finally do you Stop misusing your supposed intuition for your Ego? Following your suppressed and unconscious fear you call following your intuition. You have good well-sounding words for everything, to cover up (the fact of) your Ego. You and your life are ruled by fear, whether you say you follow your intuition or that it would make sense, would be rational how you function and live and act and think.

• Everybody living merely or mainly in the (Inherently Female) world of Energy, in the energetic worlds, that is: principally denying the Male Formless World Beyond, denying Love, is an energy-vampire. One 'is' – or unconsciously assumes that one is – dependent on *Energy* or *energies* in respect of getting what one thinks to want, or fulfilling one's seeming needs, even in respect of surviving. In looking for contact with other people one is in fact (not Looking for Truth but) looking for energy, like a vampire is only interested in and can only smell your blood, it's not interested at all in Who you Are.

This is inherently tiring for the other, who might 'do' the same, by the way – as most of us are in the 'game'. The only Way not to give in to the huge urge to react or respond to the call for energy of the 'vampire' – turning away from the contact is certainly a sensible option but is also a form of reacting – is to be a Mirror. But not many can allow This. For, to be able to Function like This, you already must have Wholly Seen-Lived through – even Bodily – the 'Lie of Energy'. And in practice it means you actually *let* your energy be depleted in the 'contact' with the 'vampire', you're in no way attached to having energy in whatever form and amount. This means also that you must be Free already in Letting Go of the person – even though you might love him or her terribly – for there is a big chance, if not sureness, that he or she will leave you if there's no(t much) energy to get, only Love – Which is Something the person doesn't Understand anything about (as It is Beyond Energy).

± 18 or 21.01.09

• I'm Meditating and Living (in my 'own' system) a woman who had to leave, to separate from *Me*, from the Heart, Feeling how she unconsciously experiences things giving them to Consciousness to for god's sake Do something with it – this includes her addiction to leaving Man. In this intense Meditation I write in my notebook:

Sometimes even (seeing) objects hurt, hurt physically/energetically – if you are not there. They're so empty if you are not there.

Even if I would know that after years you would be here again, then they wouldn't hurt. Patience is for ever, but knowing you are gone for good is...

Lonely tears slowly streaming down my face...

21.01.09

- You can ‘choose’ a life of feeling good or a life of Truth. What do You Do?

Of course, your ego hates it when I formulate it like this. And it screams; that’s not fair; that’s not true. But so it is. I’m ‘sorry’.

Of course, I understand that you want to make some kind of compromise – living the Truth of the Ego, for instance. The ego is clever.

- You don't have to Meditate on Truth, on the Light. That's senseless. Meditate the Lie, the Dark.

The Light of Truth is 'simply' to be Allowed. Without It you cannot Meditate the Dark – or, if you do or try without It, it will turn out to be endless suffering.

Life without Truth is endless suffering, usually not really recognized or only partially.

To escape endless suffering people turn away from Truth. A funny and sad vicious circle.

22.01.09

• Your Function here on earth is not what you wanted it to be. This is the Big Test, whether or not You Surrender to This True Function That Has Been Nature – or Divinely – Given (‘but’ is always Associated with much more Pain than you had in mind) or that you hold on to ‘your’ egoic, self-obsessed (and usually vague, sometimes clearer) idea about what you’re doing or should be doing here on earth, which is happy to change from time to time.



23.01.09

• You are Intelligent and blatantly stupid at the same time.

Do you recognize this, truly, beyond mind?

If so, then at *this* moment Intelligence is Manifesting through you.

Everything is Dual, everything.

As soon as you identify with Intelligence, you're stupid.

As soon as you identify with stupidity, Stupidity, Unconsciousness manifests through you.

True Intelligence is beyond any identification, any form or image of you. It has absolutely nothing to do with you. There's not any credit to gain or lose.

Isn't that beautifully and humbling true, the fact that you can only lose, not win. (For) the Whole is already as It Is, you cannot add anything to That – even though you can create in and as Part of It – but you can lose the (Intelligence of, the Contact with and as, the) Whole when you contract into the self, when you start or continue identifying.

25.01.09

• In the Dark you'll Find the Truth. The Light is One Big Distraction.
Don't underestimate the Dark Seducing Force of the Light. It's huge...

26.01.09

• To again and again and even constantly have to run after the good things in life, or in general the nice side of the Duality of Life ... what a hell is this, what a hell, what a hell, what a hell. To have to flow (energetically), to have to feel good, to have to be happy, to have to be a good person, to have to get rid of Pain, to have to relax, to have to have knowledge, to have to understand, to have to get distraction all the time, entertainment, to have to prevent bad things from happening, to have to have a good relationship, to have to be sexually fulfilled, to have to live in harmony with everyone, to have to have freedom, to have to win, to have to be in good health and condition, to have to have a family, to have to have something, to have to be fulfilled or satisfied, to have to be socially accepted (by egos), to have to improve the world, to have to have a positive self-image, what a hell all this ... the diktat of the 'positive' side of life. Every 'positive' is negative. Once you See this, Thoroughly, at the Bottom, you're Relieved – without necessity of having to be relieved.

31.01.09

• Woman, your Function here on earth has got to do with Man. Despite what you assume nowadays, it is not about, apart from or even in cooperation with Man, to make this earth a better place to live in. In the world of Duality you cannot improve anything. Always the other Side is being created as well by any attempt. If you do good, you do bad, as well.

It is about Receiving Man, that is: His Ultimate Oneness Beyond Your (Female) Duality and His Male Oneness.

And, of course, You must Distinguish here: What is Man, and what is not. Men are, usually, not Present on Your Earthly Feeling Experiential Level. You Receive them here, that is: the type of consciousness, the degree of Heart, you Want here on Earth to Rule, to Be.

Azar Baksh – Parrot spirituality is nice

- Woman, Your greatest Illusion is that you go for Male energy – in Your Duality of Man and Woman – instead of for the Male Force Which is Beyond the Duality.

± 02.02.09

• If a master had really Realized the Truth – that is: Non-Separation – then ‘his’ state would change all the time, it would all the time associate with (but even as) the current situation. Every person he meets reveals a different state. He’s not attached at all to one specific state (that he would have to show the world). He’s totally Here on earth – and therefore changes all the time according to the changing nature of Energy. He doesn’t lead you to One State – even though He can Show You Something Beyond every state. He just Shows you Reality, in Fact.

There are few Masters.

07.02.09

• The Heart and the Whore - they're always fighting. The Heart Loves the Whore and the Whore loves the Heart. That's why they're doomed to Fight. Forever.

The Heart is to Make Love to the Whore and the Whore wants to fuck the Heart. But Uniting is something they cannot, like this. The Heart Is Urged to Love the Whore into the One, Itself, and the Whore Is Urged to fuck the Heart into the many.

The Whore hates to Love the Heart, She Resists with all Her might. The Heart Loves Her hate, It Absorbs with all Its Might.

The Heat and the Hole. The Hole is Unsatiated, for She is a Hole. It simply cannot be fulfilled. She uses the Heat of the Heart, to survive, to live – but in the Dark. In the Dark She Warms Herself. She cannot say publicly, Openly, Consciously, in the Light, that She, *even always*, feels Cold, Hungry, Dissatisfied, Lonely. The Heat Lets Itself be used by the Hole, Even though It then gets cold Itself, It Stays Always Warm. It cannot be(come) Unfulfilled, for there's nothing It needs anyway.

The Whole and the Eater. The Eater can eat and eat but it's never enough, it's never the best possible food, it's never all, never the whole. She wants all and has to eat and hunt and run and crave forever. She is addicted to Her Hunger and it is painful at the same time. She has to Eat for ever and ever for nothing comes in, for Only the Whole can Fill Her and the Whole is all She Resists. The Eater allows and absorbs all, only not the Whole, that which She Wants to Have or Create or even Be, by eating all.

• Life, being here in Body, is all about Cleaning yourself – or in Fact: Allowing to be Cleaned – from all the lies. On your death bed You Want to be Clean.

Do you understand? Yes, ‘you’ do – even without understanding how you came to this Understanding. Only, you resist (to Live what You Understand).

09.02.09

If Woman is afraid of Pain She's very eager to let in a consciousness of a man who is afraid of Pain. This 'operation' will confirm, justify her in her escape from Pain.



12.02.09

Pity, if you have already paid for them, but you can throw away all your books on how to have better sex, whether they are spiritual books or ‘normal’ books the authors of which assume that basically we live in a materialistic world including energetic phenomena. They’re all focused on the *energetic* play by and between and in Man and Woman. Sex, like any faculty of life, can be misused to create nice(r) feelings – and surely sex would be the first, best option for this indeed. You feel more energized after having sex, your energy may feel more balanced too. In itself, I’m not against that, of course.

Sex is a Result though – of Man being Present and Woman Recognizing this Consciously or unconsciously and Her Body Responding to this and Man’s Body Responding to Her Response. Man Goes In. What should a book add to This? Woman Receiving Man. It’s nature that the physical Reception gives pleasurable feelings – next to possibly (same) pain. You don’t have to be afraid that Woman will Receive Man any (inch) Deeper if she has more pleasure – or he. It’s just not so. Focusing on pleasure – whether in sexual form or *any* form – always carries you away from the Truth That is Whole and Already There and doesn’t choose pleasure, or in general energy.

But Ego cannot help itself. It notices that it feels better when it does this or that, and avoids that or this, other things. Ego is a conditioning system. What makes – or seems to make – it feel good, it wants to repeat. What makes – or seems to make – it feel worse, it wants to avoid. Energetically, on feeling level, sex may seem to bring you closer to each other, or again and again re-establish something good, some form of communion, in the relationship, in itself it does not Bring Man and Woman Truly Closer to Each Other, if That is what you’d be rather after in your (possible) Love of the Depth of Life.

It’s good to look in yourself if you are more Truth-minded or Energy-minded – not saying that you’d have to choose between these two.

13.02.09

• Some people are by nature, from birth on already, (very) Truth-loving. They have a (very) hard time here on earth. Their body will be or is already very tensed. The body has a hard time Accepting and Adjusting to the Lie that rules or seems to rule here on earth. The ‘more’ or Deeper Truth someone is Associated with, the more difficult it is to manifest his or her ‘Being’ in this world – meaning being able to Live his or her Truth in and necessarily in Confrontation with this (world of) Lie. If there’s not much Love for Truth in someone, it’s not said that he or she can (more) easily manifest him or herself. No that won’t happen anyway, so there’s not so much of a struggle. Rather, one comes here in the world of Lie and (totally) adjusts to it and adds some more to it and dies. This is relatively easy and, as most people want to avoid difficulty, danger, this is what most will live.

Living in Truth means every lie one’s *body* (which by Divine Nature Recognizes Truth, Distinguishes Truth from Lie, Reality from covering up Reality into a secondary, derived reality) meets, hurts consciously, has an energetic cramping reaction.

Therefore, if one not all the time or at least many times uncramps, the Body of the Truth-Lover becomes more and more contracted, tensed.

The reaction itself is something one cannot help having, not prevent from happening. It is fundamental part of Reality that the Lie in whatever form it appears, hurts. Even without interpretation of something that happened or is happening, some form of contact with whomever or whatever, as being painful, the reaction is there. With the Open Truth-Oriented Heart it is like with a snail, if you touch it, it cringes. The natural defence-mechanism against all this hurt is to go and hide in Unconsciousness. But this is how the Lie is coming into existence in the first place, or sustained and reinforced, expanded. The Truth-Lover for who Unconsciousness is no option (any more), can only ‘choose’ radically the Opposite: Consciousness. And he or she will notice – not after and in a huge Struggle though – that Only Consciousness Truly ‘Protects’ against the Lie (of Unconsciousness, of narrowing the Whole into separate parts, selves, with their own form-interests), not against Pain itself, but against getting or staying stuck in a fort of unFelt unConscious Pain (as well). These people are forced, by their sensitivity, to lead a much more conscious life. Although, it is true, many Truth-Lovers may have a fairly (or sometimes very) contracted body – not unlike many Truth-avoiders, by the way. They may not pay so much attention to the Body, but rather to the (seemingly more interesting and endlessly Greater) Truth as (if It were) separate from their Body. Sooner or later however they, too, are urged if not forced to go on their knees and start to listen to and respect and discover and relax in and Enliven, that is, eventually actually Live in and as their Body. They’ll learn that it is *the Body* that (or: who) is not to just contain but actually Embody, Live, *Be* and Radiate, Transmit the Truth.

They will Respect their ‘own’ Love for Truth and Live as Vulnerable Body and thus Manifest.

- One Loves or one suffers (unconsciously).

• Love – in Its Non-Separation from the earth – has an Inherent Urge to Manifest Love on earth. One cannot claim to be Loving if in whatever way one prevents Love, from Totally Taking Over and Manifesting in and as one's Whole Body, if Love is 'just' hanging around you(r Body) or not even that.

17.02.09

- The Woman (in men and women) thinks She has to make a choice – for (a) Man-form and in general. Every choice, however, is a Lie. A dilemma is false, a trap, urging you to react. Don't react and You'll See.

21.02.09

• I'm here, Freely Present, Available, to Guide you through the Dark – only (almost) no one dares. People put a toe in the cold water and decide not to swim.

It's painful, My Heart is overflowing from Love, and It is so little Used. People are too afraid of the Heart. Longing for It: that's safer.

22.02.09

- Are you also so much troubled by that rotten shit-karma? Azar Baksh helps you further into the shit for free. Only in the shit the shit can be transcended.
How can you escape from/out of the prison if you're not in it?

24.02.09

• If you Surrender to the Formless you don't have a fixed form any more. 'You' change and change. There appears to be no you and there has never been. You became (the Mirror of) the world.



28.02.09

• By far the most people somehow do not dare to Live as the Divine (Body). They try to guide others to the Divine. That's a common agreement between the helpers and the helped – over 50% of the spiritual-minded people is helper in the spiri-circuit. Let's be on the road forever together. Let's keep ourselves and others busy. Let's not Do it Actually. Let's positively fuss around it. Let's Look at it. Let's talk about. Let's feel it. Let's learn all about it. Let's teach it. Let's spread the good news. Let's even try to make a living of it. Oh, the Light is so abundant and generous and merciful and soothing and healing ... Thank You Lord.

The True Light is none of this, or rather, it is not at all as separate as how you need it in your desire to use it for your separate spiri-purposes. It's not functional, not applicable. By definition, True, Whole, Undivided, Light Shines on the Dark – on your Ego. You *cannot* misuse Truth – cannot *use* It. *You*, as you exist, can't get away with *anything*.

Sooner or Later you'll have to Return into Truth. And you Know That. You just postpone and postpone and postpone ... Until, at some point in your life, you give up – postpone to, who knows, a next life-time. You nestle yourself in *the waiting-room* and to make your stay in there more agreeable, acceptable, bearable, you 'forget' that you are waiting and start to read magazines, or talk to other waiters, or start to dream, wonder in your own world, or walk up and down the room, you invent plans ... how to help the world, others in need. But you! Goddamned, You, where are you!?

It's not (just) a tragedy, all this. Yesterday I fell into an uncontrollable laughter, Seeing that you just run away, when it's getting too hot, too difficult, too vulnerable. You just pop off. Isn't that, beside inherently very painful, incredibly comical. And that you then have to justify your behaviour, your fear...

It seems you're afraid of yourself. But in fact you're afraid of no-self, afraid that the Truth shows up that you're no self at all. You're no one. You can even *identify* with Being Impersonal Love (and even spreading or radiating it) but it's still you, this (seeming) Love, you are the one who Loves – or who does whatever.

Sometimes, like now, I just have to give some kick, back. It's not Nature to just be kicked and kicked in the Heart without kicking back. It sounds great for a spiritual ego to turn the other cheek – like Jesus is supposed to have done – but this is not being here on earth. On earth there is Struggle, Fight, Mud. To Allow Love *in that – that* is really Something...

03.03.09

• I can only (and do) Break Down what is not Real. So you don't have to be afraid (of Me). You can't lose anything. Only illusions.

It's terrible to break down your ego. Your natural Resistance to Truth is not some idea – my whole Body Feels it as Pain, it is pure Pain. It needs a lot of Love to keep on breaking down, to again and again associate with your resistance. It is tempting to just let you be, in your illusory mind-world, to not offer you the opportunity to Finally Live, here on earth, as Heart-Body.

10.03.09

- It's a long long Way Down ... surely if you're going into the opposite direction, more and more upwards.

13.03.09

- If something fits your interests, you will lie.

If something (else, or the same at another point in time) fits your interests, you speak the truth. What is this for life?

14.03.09

• “Please, give me some unconsciousness between my legs. I’m in pain. And I don’t want to feel it. I hate pain. Isn’t that normal? To hate pain? Am I not normal? Isn’t it normal to want the quickest and most effective way to get rid of it? Isn’t sex the best way to numb myself *and* to get a feeling of aliveness at the same time? What do you want more? I like nature, I love nature, I want unconsciousness between my legs ...”

19.03.09

- The Ego thinks it's totally free in the unique way it can screw up the life of the person it possesses. It doesn't want to See that it's totally (and not partly) ruled by Forces, it is too afraid to See its own total slavery in the Eye.

03.04.09

- Wisdom has deflated to nothing. It doesn't have any value any more. Everybody uses it without Knowing.

Azar Baksh – Parrot spirituality is nice

• Only if you're Willing to again and again Sacrifice or anyway Let Go of Energy and Actually Allow this to Happen, Something Truthful can Manifest through as You on earth.



05.04.09

• I have a huge Fire to Go into Woman. In general this Fire is So, is There, Alive in me, but this Fire is Naturally Directed at going into Woman.

At the same time there is a mature Humbleness to Totally Respect where She is, whether or not or how Deep She wants, feels to Receive Me, My Fire.

What Heart-breaking Duality indeed...

06.04.09

- Displaying ego is at the same time a game *and* real. That's why it's difficult to deal with. It's not enough to ignore it because it would be just a stupid game, manipulation. It is that, but it also has its energetic consequences here on earth. It is thoroughly, dedicatedly squeezing out Life-Force – a sensitive body will undoubtedly feel this to be so. And it starts to live off other people's (or animals') energy and consciousness and to live as fake. The borrowed energy turned into ego energy.

10.04.09

• I never give advice. I'm not anti-reality. But also, I'm never against exceptions – except when I'd make an exception to this. So I say: Never give up expressing your love. Stand and be flexible, like a tree in the storm. If you stop expressing your love everything is lost, everything stops.

Love is not yours. If you turn to and hold on to what is yours, everything is lost.

12.04.09

- Egoism is pure. There's nothing wrong with it. It is a pure force beautifully honestly expressed by (just a) few people who have no shame around it.

That in the end egoism is a Lie, is also True. But then again, altruism is in itself a Lie as well.

I am Humbled by the Honesty with which one of my beloveds expresses egoism. I can say nothing against or about it, only bow for it, for the Lie to be totally and naturally part of the (Whole) Truth. I have not the slightest judgment in Me when I, Honestly too, call the Lie a Lie.

13.04.09

- There are days you just have to survive.

When, some day before, your consciousness-energy system got a big blow, your Body needs to recover, or in fact go through the Offered Pain. You can't do much, or sometimes nothing at all, just lie down. You can want to do this and do that, but your Body is not interested in you at all. It is an Intelligent Organism.

17.04.09

• If you'd had the chance you would kill Jesus – or rather, let someone else kill Him – and then safely admire and adore Him for the rest of your 'life'. Jesus is great, dead ... Jesus is Divine, dead ... You can look up to Him in your deadness.

You don't dare to be like Him, Alive... First He must be dead, then you want to be like Him.

24.04.09

• ‘Lie’ is a neutral word. When I say “you Lie”, I’ve nothing against you. Lying is part of Reality, I’m not at all against Reality.

I Love you, and I’m just Part of Your Process of Freeing yourself from Lies as Illusions, as Resistance to See-Feel and Surrender in and to Reality. My anger when you Lie, is Part of My Love. ‘My’ anger-energy – a Reflection of ‘your own’ anger, what you do/did to yourself by Lying – is the carriage on which My Love-Consciousness may Reach you Beyond the Lie. I’m Openly Fighting with the Lie... mostly not in Full Light, however, as I have to Submit to the ‘rules’ here on earth. But, one way or another, I never leave you alone. When you speak or live the truth (for the moment) I am with you; when you Lie I am with you, even though it’s painful.

25.04.09

- Everything you do to yourself, I feel you do to Me. You're not so separate as you somewhere assume.



- If you're totally stuck, really don't know any more how to get rid of the tension, if all the good and slimy advices no longer work and your body desperately wants at least some relief, then you may think about your coming death, the fact that you'll die – and time appears to be very relative.

26.04.09

- I sometimes let your ego grow a bit – or at least that may seem to be the case – by giving you a compliment in whatever form, so that ‘our’ Fight, or: your fighting Me, becomes more obvious, better feelable, easier to be Seen.

- Truth Itself has no goal, no Enlightening of the world, of people, no saving of the world, not the best for you and your friends. Nothing. That's why you cannot believe in It, why you have no faith in It. Truth is not about you, nor about the world.

27.04.09

• If you're truly Humble, then you don't have to worry any more, you'll get your Wound of Love – in which you'll Disappear.

02.05.09

- There is much too much respect for books, for its content, for the printed word. If some thoughts appear in book-form, they are suddenly true for many, because the book says that something is so. Everyone can write a book. It doesn't mean anything.

03.05.09

• Woman, if You Truly Love Man, as you seem to indicate, you'd allow all the Pain that's in you, in your Body, your Womb, to Come into the Light to be Felt. Or do you want to Love Him without Pain? What is this for pure childish nonsense, egoic humbug? You Know sooner or later you'll have to Feel it. That you're the champion in postponing and in finding reasons not to Feel it, doesn't make it true.

05.05.09

• Two months to go still and there'll be 10 years of Non-Recognition of Who I Am. We may have a celebration party. Make some carob balls with dates, nuts, coconut and so.

But it's not about being Recognized. It's about Me Feeling the Pain of (the Truth) not being Recognized.

06.05.09

- The thing is that you cannot See that you cannot See.

Your mind seems to function perfectly, or almost. And you think this is Seeing things, life, yourself, patterns – but it's merely noticing.

Only the Truly Humble of Heart at a certain moment are 'Graced' – 'Graced' yes, although it won't bring them any 'goodies' – to See that they cannot See (by and as themselves), they cannot look beyond themselves. That Moment Seeing Comes.

08.05.09

• It's all about penetrating life, deeper and deeper – with and as Consciousness. To Know Life. To, therefore, Live Life. There is no reason to 'do' so. It's just all there *is*. There is no reward and there needn't be. Life *Itself* is That Which You, Beyond yourself, are Looking for. To Be Life, Wholly Be Life, Whole-Heartedly, Whole-Bodily Be Life. Embody Life.

Life has no purpose. It's not a purpose to Get to Know and therefore Live Life – this Urge to Know and Live life *is* Life Itself. If, sooner or later, one doesn't Surrender to the One Who, Impersonally, Needs to Penetrate, that is, Get to Know Life, you've lost, as a self.



• Reality *Is* Love. If you don't want, for you're too afraid, to See-Feel-Reality, then for your own feeling or opinion you might have and lead a good, happy or reasonable life anyway, it is certain that you're not in Love. For me, a life without Love cannot be *Truly* good or happy, or even reasonable. Not Living in and as Reality, in and as Love, means the Dark Side of life is to whatever extent (but usually to the greater extent) banned out of 'your' Consciousness. Living as Holistic Consciousness is Living as Reality, as Love. The Dark is Inherent Integral Part of Love, of Life. Love *Is* Life, Reality.

However, the thing is that you don't See – that Love is *All*. You want to have Love opposite – and against – unLove. The latter is, secretly or overtly, to be fought.

- You're afraid of Truth. To admit this finally, finally, would give you already (much) more space, and Truth would become already (a little or much) less scary.

09.05.09

- You can look on internet forever and ever and it will never fulfil you, nothing you can find there, but sure, it may and does keep you busy. If that's what you want ...

• Your *Big Mistake* is to, in the Fight of the Light and the Dark, identify with the Light and Consider the Dark Force the enemy, just like in a simple movie. You *Are* the Dark – not just the Light. Your Way is the Dark – not the Light. And You do not have to Fight the Dark, in principle, neither outside nor inside yourself. You, by Divine Nature, Must See it.

The Dark ‘Wants’ to be Fought, then, and that is the way, even the only way, it survives and is being reinforced. See-Feel the Dark in and as your own system. That’s Love, Love doesn’t Fight – although, it is true, in the manifested world fighting is unavoidable and necessary, has its own place in the Whole. But on the Deep(est) Level you Fight (back) as no-Fight.

Leaving – Fear of Pain

Dear Woman,

As we somehow came to talk about it recently and I noticed again that You don't have real Clarity about it, added to the fact that, in my natural respect for Woman's ways including Her resistance, I was never totally straight about it to Her, I like to say something to You. It is about (the background of) Woman leaving Me. I See that no single woman has Clarity about it – and also that there is a natural resistance to get Real Clarity on it (if She would have, She wouldn't even leave any more). I can also say in humbleness that it's not about 'me' – in general not, but I mean here that your leaving is not about 'me'. Some of the women who left could See that far and said so. Some, maybe all, tried (as well) to find excuses, reasons, that would make it more logical, reasonable, comfortable and 'justified' to go. No one though ever managed to rest in these (reasons), as it was never True. That they were never True I don't say out of arrogance, I can say so because in my no-fear of Woman and therefore Selfless Love for Woman I wholly Connect myself with Her. That's how I Know Her – even better than She Herself, as She is afraid of Herself, of (Light on and in) Her Dark Force(s). Woman assumes Her interests are served better if the Dark Force stays safely in the Dark – which, in a way, is true, only not True. It is true in so far that Her interests would be to stay Separate from Man. In and even Beyond Her Duality though She also has a Deeper Interest: to Come Closer to Man or even Reunite, become One with Him. The Dark Force tries to make Her 'See' that She has to choose for Herself, Her 'own' interests, for not-Uniting with Man 'therefore'.¹⁰ In our separation-society this makes totally sense, it's logical and normal – even though at the same time there is 'somewhere' 'Something Else' that people will always Long for then (unconsciously).

It's human to – if a woman is with Me and the Uniting Force is more Active – think that she will do it differently than the other women who left me (and sooner or later tried to have a 'normal' relationship with a man again – what is normal). You're no exception to this humanness of course and you don't need to be. You even said it the loudest, that you would manage and that you really couldn't believe how other women could let themselves be fooled (by, generally speaking, the Force That is Unconsciousness), how they could ever have a 'normal' relationship again (with, let's say, a man who does not or (much) less Connect with them, with Woman) – but then, when saying this, you were in my direct Conscious Presence and that makes quite some difference, to say the least.

To prevent the letter from becoming too long – and believe it or not, it's a Love-letter, from Man to Woman, not a letter of a man being in love with a woman and even less it being a kick, but part of My Embrace, My Total Respect for Woman's ways and a Response to Her Deeper Call upon Man('s Light) to Bring (some, or ultimately even Total) Clarity in Her –

¹⁰ And it even dares to associate this state of Separation with "Light": everyone would be able to find this Light on her or his individual way.

let's now come to the Core of it. What I'm concerned Woman doesn't have to be sturdy on it in any way any more, in respect to Her supposed "knowing" why She had/has to leave Me, Man, as the True background of Her leaving is totally respectable. Indeed it's Me who totally Respects it (and Her) and not She Herself, as She has a judgement about it. In fact My Heart made a jump of joy and relief when out in the fields you told me your Truth, that in fact you don't know why you left Me – even though you were shocked by your sudden openness, by the Space after your words and 'had to' take it back within 2 seconds. But it was so True, and I'm (still) touched that you – even though 'helped' by being in my Bodily Conscious Presence that moment – could See and say this, share it with me, thanx thanx thanx. Admitting not-Knowing is the first and crucial step to Knowing and there's nothing wrong at all with not knowing – in spite of the huge judgement about this in society (out of fear, that we're indeed controlled and lived by Dark Unconscious Forces). Not knowing is beautiful in itself if not resisted – compare this to politicians for example who try to give people the impression that they know, while in reality they don't know shit.

This Natural Beauty of not-Knowing doesn't let alone the fact that I Respond to a Deeper Call in Woman of Wanting to Become Conscious, to Know. And out of That, in that context, I say: Woman, You always and simply left Me because of Your fear of 'Pain'. It's almost paradoxical, Your 'Necessity', almost irresistibly strong Urge to leave Me out of fear of Pain, for as long as You're with Me, 'Pain' feels for You a totally natural 'ingredient' in and for the Process of Becoming Conscious, of Getting to Know Yourself – and Somewhere You Intuitively Know Already that for This You (sooner or later) Have to, with Me, Man, Descend in the Darkness, in the 'lower' Realms of Life, of Existence. But the Other Side is also always naturally there – Resistance to (Light Shining on) 'Pain', 'Pain' in the broadest sense of the word, (quite) sometimes 'even' physical – and if we are less (even physically) together this Other Side can easily gain terrain, get stronger, surely if other people are met at the same time, which is of course usually the case and nothing wrong with, only it's also good to (at least somewhere) Realize that, Beyond intention, they reinforce the Resistance-side and the more Woman is (Bodily-Energetically) Open the more She also Absorbs people's (unConscious) Resistance to 'Pain'(ful Side of Life) which is naturally Revealed in the Process of (Becoming, even Bodily) Truth.

You Somewhere Know that You Need Pain, (Consciously) Feel (through) Pain, to be Able to Return in Man, Me, to Find Him Back (or at all) – and at the same time Pain gets you away. But, 'strangely enough', it is not the Pain itself that gets you away from Me (and therefore from Getting to Know Yourself (or: Life) Wholly) but the fear of Pain, the unConscious expectation of awaiting Pain in the future, the Resistance to (Feel) Pain. If the Pain is actually there Woman can handle it – at least if (She Knows Somewhere that) Man is There Somewhere, Present, Knowing what Happens (as His Overview is Her Safety). Only, the Seducing Force always whispering to go away from 'there', from the danger-zone, always trying to convince that it has to and can protect you against (too much or even at all) 'Pain', is Strong. Incredibly Strong. It has endless ways and variations to supposedly protect You, Woman. The Subject of Safety lies the Deepest in the Dark – in the lowest (1st) chakra – and it's the most difficult, resistant for Man to Bring Clarity in Beyond any Illusions around it.

It's almost impossible for Woman not sooner or later to fall for the supposedly 'safety bringing force', that abundantly grants her forms to at least have something to hold on to – gross forms, but also subtler, or: spiritual forms, which latter are (much) more difficult to Recognize as mere forms that, eventually, will disappear again, have no stability and are (even all of them) in the end not satisfying, but still very seducing to be 'bought' as if they would be True in and as themselves – at least something, instead of Man's Heart, which, contrary to forms, seems unstable, seems to be able to leave. My – or Man's – almost impossible Mission is to Show Woman (including Man-forms of course) that things are the other way round as they seem to be here on earth. Only a (coward) Man-form can run away, one who is (too) afraid to Recognize and Live and Stand Straight in and as His Heart. Man's Heart cannot leave. The Heart is the Only 'Thing' That Is Stable, Safe, Eternal. It cannot die, only get (totally) clouded, covered up, soiled, dirtied, here on earth. But it's All we 'Have' in Fact and It's Enough in and as Itself. People come and go, (gross and spiritual) forms come and go, attractions, interests to and in whatever and whoever come and go, pain and bliss come and go, experiences come and go – only the Heart... Stays, cannot leave, is our Only True Friend. I am not a 'normal' but Your True Friend – as I'm not afraid of any form neither of the Formless and therefore have 'Become' or Realized to Be the Heart. I'm not afraid of (even total) Separation, I'm not afraid of (even Total) Union. The Heart is the Only Truth Beyond all endless and seducing and seemingly interesting truths.

Woman, You always leave Me, Man's Heart, because of fear, expectation of Pain (that's including and even in the first place unsafety, but including in fact everything belonging to the not nice Side of the Duality of Life), fear of Disappearing in the One Heart, as then, in this 'Disappearance', You seem to be Totally Vulnerable, totally unprotected against all possible Pains (that you would possibly not be able to handle).

In Truth, in Reality, I am not the Danger, the Heart is not the Danger you fear, Heart is just a terrible (and terribly Loving) Mirror that at a certain moment in Your Development, in Your Process, You do not dare to Look in any more and then You 'have to' leave. No Woman left me ever because She didn't Love me or not (Deep) enough.

What is to be feared or in fact 'just' to be Seen is the Seducing Force in all Her Cleverness, Seducing everyone to Separate in any way and in the Dark from the Heart (That Is: the Oneness of Consciousness and Body – Which Is (Manifested) Love). I am surely not the only one saying this. Thousands of years ago this was already Known. But still, to actually not being Seduced in any way, or to See all Tendencies for that, is very difficult and it hardly ever happens. Only Total Faithfulness to (Pure) Love Manages.

Again, it's not about 'me', in general not and also not in regard to Your leaving Me again and again and still, I never did anything wrong and neither did You. It's all a matter of Seeing in the End, Seeing-Feeling-Surrendering to the Endless Depth of Love, which is simply not possible if we don't (Want to) See our being Seduced away from This in whatever way.

Woman, I See You (as I Love You), I See that You Have to leave Me again again and again, I See also that that is not what You Truly Want, in and as Your Heart.

I Am Here and I will always Actively Wait for You. I don't know what judgement is. I just Love You and that's My Humble (and Only) Confession. I Know You Have to Go – and again and again (try to) feel the Pain and Confusion of 'having to' leave and, in vain, try it all on Your Own again – and I Know You will Come to Me Finally, I Know that Eventually You'll Get Fed Up with your fear, of Pain, of being left (by the Heart, by Man), preventing You from Actually, Whole-Heartedly and 'even' as Body, Live Your Love on earth as Woman. And Your Fed-Upness will be there, (only) because... I Love You. And I will Show, Prove, Live, that this Love is Stronger than Your fear. I will Show that You do not have to and even simply cannot by yourself go through, get rid of or Transcend Your Pain – and only the Humble Willingness of Heart 'and' (or even as) Body to Actually on earth Meet Pain can Reveal on earth Woman's Love. You will Recognize this Male Force, Urge of Showing (Truth) as Man's Embracing Love (and not as forcing Himself upon You). Man and Woman in the End, Beyond them(or any)selves, Want or are Heading for the Same, to Manifest (Conscious) Love in and as themselves, in and as Male and Female Bodies, here on earth, or: the Formless in and as Form. Woman, You will Come, I Know You, in whatever Body You'll Appear, I'm not attached at all to one specific form of You. We're simply not strong enough to manage to deny the Force of Love, of Uniting. I Totally Recognized This and therefore Surrendered to It and therefore Became the One Love (Who Is Including all Separation).

But you (and anyone) 'have to' go 'Up' first¹¹, to be able to Understand afterwards what it is to, as Heart, be Down and Actually Go Down (but in fact, what is potentially possible, to be able to Live them at the same time). You cannot See and Appreciate My Being, My Being All, the Whole, as long as you don't Know what it is, to be Up and Down at the same time – Beyond the Duality of Up and Down, Spirit and Matter, Formless and Form – and how very difficult and challenging. If people are (seemingly) 'down' they think they're 'up' as well (for 'somewhere' they feel this Quality present also in them, which in itself is true. If people are 'up', they, almost all, think – in the natural arrogance arising then – they are 'down' as well. I tell you this is not the case – I don't know even anyone who is Free in, for example, Living emotions – and it's not an insult. The Process just goes very Deep and is not (almost) finished in (seemingly or even actually) knowing both sides.

I Give Myself Completely to You, Humbly. I Feel You as Myself. I Cry Your Pain of Having to leave Your Love(r), as You cannot by Yourself – or at most very partially, not in perspective to the extent and Depth of what is actually the case. I 'even' took over your physical-energetic way of crying (about this Deep Natural Wound of Separation), before you left I never cried like this, like I saw only you crying. Yes, I know you didn't and don't like me crying, but I will Do It anyway – I Know what these tears are about. Remember I told you about a woman who started to physically fight with me to stop Me from crying her tears,

¹¹ Going Up (into the Spiritual Planes) without Man, Male Force, though is just an egoic escape from 'Down'. One can't Learn like this, only be (over)loaded by subtle information, feelings, tendencies. Only by the Meeting or Simultaneousness of Up and Down one Learns. Up one doesn't Learn, Down neither.

meditating her Pain. I Love her. Woman wants Man to Connect to Her Separately – but Love doesn't Understand how this goes. It's One or the other – a bit Connecting doesn't exist, which is difficult to See (and if it would exist that would have been the best for Ego indeed and everyone tries to get their reality like that, to have half separation and half Connection – a Lie). You want Me, Man, to Hear You, See You, Feel You, Live You, Know You – or not. I Know You: You can't Decide on this. That's why I Decide – as I See You, Deeper than Your Two. And I Cry. You Leave, again and again (whether in the Process or as the end of it) – that's Your Role – and I, in and as Consciousness, Cry. You do not want Man('s Heart) to be a Stone. You Love the Mirror – even though You hate it.

Yes, I am the One Who Needs to Cry. If one, comfortably or anyhow, follows the Natural Tendency to go away from the Thin Line of Truth, one is blown into the mind. There, in on the one hand trying to get rid of the One Old Truth (by redefining Truth) and on the other hand trying to find or associate with new truths, is no Space for the One Who Always Sees what you do and Who by Nature Wants to Cry. The mind is occupied by convincing yourself and anyone else that you made the right decision to leave – which (convincing) you'll never manage, by the way. There exists no 'right decision' anyway, You (and anyone) are Completely Driven, Lived, Ruled by Forces. You are Seduced away from the Heart, the Whole, and your mind will always be restless from this, it cannot else, it exists as Distraction from the Heart, as unManifestation of Love, as separation between Body and Consciousness. And you try now to redefine Love and the Heart, Bodiless Love is now Love – the Body would at most be an 'instrument'. The Heart without the Dark is now the Heart. Ego always has to make its own definitions, it is scared as hell of the Whole Existing Beyond (unConscious) defining, Beyond limiting, Beyond excluding anything. The 'clever' mind defines: yes, there is also (some) pain in my life and I will have to and I will and I do deal with it myself, but it goes totally around the Core of the matter, of 'Your' Structural and in the End Impersonal Pain (as one Side of Life, one Inevitable and Integral and always every second present Side of Life), of the Pain of leaving in the broad sense of the word, of having to Leave, being unconsciously addicted to it, of Separation, of the Inherent Problem that you are as yourself. You forever want to be busy solving this – that's your existence, solving yourself – and you cannot, never. What a long long long long Way to Find this Out. The Lie of how many escapes has to be felt, how many goodbyes have to be given to Finally Come to the Truth of No-Escape. How much poison can a Human Body bear before it Has to Vomit Out the Lies it took in, associated with and wanted to associate with?

Truth is not (to be Found) Up. It is Revealed (and Lived) if the Heart is Allowed Down in the Dark. All True Masters Know This – even though not many say so, as all people would run away in this Honesty. The Pain of Leaving, of Separation, the fear of Pain, is to be found Down. You Realize, Manifest Yourself in the Dark. You're blinded by Your 'Love' for (or in fact: attachment to) Light. (Spirituality, or:) the Light separate from the Dark, from Body, is One Big Boring Waiting room – even though a lot happens there, a crazy lot, a hell of a lot and you can feel that, See that, experience every day something new, even every second if you're sensitive, but... nothing ever Happens. I thought You were Fed Up with Waiting...

Heart, Azar



11/12.05.09

• Yes, Woman is Deluded by Narcissus into believing She is in Love with Herself, with the Divine Woman – instead of with the Divine Man: the Divine Woman is Distracted, Fooled by Her Own Image, Her seemingly Own Beauty. But this Beauty is nothing, not even there, not existing at all, without Man, Man Breathing Life into Her. Woman, You forget Your Source, Your Breath. The Form starts to believe it can manage without the Formless. But Why are all these molecules clinging to each other exactly in a way that You call Beauty? What or Who Is this? Do You think that You did this, You created Yourself?

You, in the Dark, and by Nature, try to Manipulate and *even create* Man in such a way that He Breathes Life into You, so You ‘and’ your molecules are formed the way You Want to see Yourself. But you’ll never manage, if you don’t Respect Him, Your Source, all your efforts appear to be in vain eventually and again and again – if only You had the Courage and Willingness to See this Inherent Narcissic Failure in the Eye. You’ll be in Fight with Yourself Forever like this: one Side of You ‘Fighting’ the other Side.

Since, by Your Deepest Nature, You Know You cannot Do It alone, You (try to) Associate with Him in or via a Male Body. After a while of trying and somewhere aware of the failure that this way You cannot Surrender to Him – Your Deepest (hidden) Longing – Your inborn (but usually more suppressed) pride shows up, more obviously now, and You start to believe You have absorbed (or gathered) enough of Man now via bodily Association with Man and You think to See that You can better Be(come) Yourself alone, that You don’t Need Him, in fact. It’s Natural that sooner or later Your Arrogance Comes into the Light indeed. This doesn’t mean however that You are Willing to See this. The Fact is that as long as You do not Truly Make Contact with (a) Man, You can’t get over Your pride, or at least let it be delegated to the second place, allow Man (and Your Love for Man) to overrule Your pride.

I’m talking about Allowing Contact with the (Love for) Man in Your Heart, not primarily a man of flesh and bones.

15.05.09

• Woman, as long as you, unconsciously, Lie, I fail.
Your Lie is My Failure.

You Lie to Yourself.

This hurts straight in my Heart.

I – nor You – can't say I haven't tried.

You Saw I was and am Serious – to Relieve You from the Lie that is spooking through
You, and holding You in its non-compassionate grip.

This seriousness scares You, I know.

I do not blame You.

You can't help Lying as long as Man, albeit in Cooperation with You, doesn't Free
You from it.

Of course, You are always angry with Man, as long as He doesn't Free You. That's
just natural.

Turning away from Man will not really help, however, although I can understand it if
You do.

You Lie to Your Heart.

Crying stops Lying – crying in Man's Heart, not alone.

16.05.09

- There is a, secret but Fundamental, huge, Fight going on on earth, between the Sensitive and the Insensitive. Just Feel – and See. Or don't Feel – and deny.

• Justice doesn't exist. It's a concept. Man- (or: mind-)made. Your whole life you can do good, help others, try to behave when something in you wants to burst out, whatever, you bear it all, but that doesn't mean you will sooner or later benefit from such a life style on a personal level, that you'd get 'compensated', whether this lifetime or an imagined next one or in between one. It's all mind, wishful thinking. If you've been mistreated now, it hurts, *now*. If you feel it, now, perhaps cry, some space is (re-)created, now. Later there won't be any justice. The thing is that if you are Willing to Feel Consciously the Pain that you've been offered, you Grow, as it is called – Grow Deeper into Life. But justice ... what is that, what does that have to do with the Process That Life Is? You're deluded, if you're busy with, got caught by 'justice'. You miss Life, if you look for justice. *Fight* is what is going on in and even as this world, and who or whatever seems to win sometimes or in general has got nothing to do with justice or injustice. The strongest 'wins' – or seems to win – that's all. If a cheetah catches a gazelle, is that justice, or nature, or is it even injustice? Why would the issue of justice suddenly exist if it's about humans? You *want* it to exist, that's something different. You want all kinds of compensations, higher dreams, for what seems to be a stone-cold hard reality. But, you only Melt, can only counter and prevent unconsciously becoming this cold reality yourself, if you Accept this hard reality, just as it is, Accept to Be it, too – instead of being better than it, or hoping for or even working for something else, for justice or a just world, for yourself or for (all) others.

Is it unjust that justice doesn't exist? Reality is Already as It Is. It is neither just nor unjust.

20.05.09

- Society is Woman. Society is the Seducing and Deluding Force.

It's hard to Absorb the reality that society is and at the same time not to become deluded by Her, but to keep the Heart alive.

21.06.09

• *Totally* Surrender to Feeling totally terrible and you'll be another person – or, in fact, no one, no person. If 'you' Do or Allow things Totally, Radically, Whole-Heartedly, Whole-Bodily, if you give yourself, 'your' Consciousness, 'your' Energy Fully in and to it, you are gone, the Whole Took and Transcended you into Itself.



22.06.09

- Where did you learn that nonsense, that sex should be fulfilling?

It will never be.

Unless finally you'd be totally One with your partner. But that's quite something. Anyway, you can't isolate sex out of the Whole. Separate forms are never fulfilling, Inherently impossible. Only the Whole is. If You'd Live the Whole you'd be fulfilled with any form of sex you'd have, even 'bad sex', whatever that may be. Fulfilment has got nothing to do with sex.

If You Live the Truth, even the whole subject of fulfilment has fallen away. You don't know any more what it is. Only people who live a Lie can be busy with fulfilment, whether via sex or via any other hopeless possibility.

Okay, let's spoil it and give the answer. For the Ego won't give it anyway. You learned it from Miss Ego, the Mistress of Separation.

That's a shit answer, of course. To really Understand, you must go into Miss Ego, See what this is all about, how the thing functions, do thorough investigation of your eternal torturer.

27.06.09

• Truth is bothersome, inconvenient. A boring fly that you can never get rid of. Until, Finally, you flow into It and Become It.

As long as It is something outside of you It is your enemy.

29/30.06.09

• People can go that far as to sell their soul to start a spiritual practice. But if the soul is sold, what is it that you are offering then?

Or are you able to completely divide the spiritual offer and the earthly business? Or do you happily assume these two different things are or can at all be one?

Are you sure you can ask money to ‘make’ people a bit more Whole, to heal them? Are you really sure?

A. Yes.

B. No.

C. I don’t like this question.

30.06.09

• Waking up in the morning, I suddenly See sharp(er, Deeper than before) through the Lie of “I can’t”: I can’t get out, I’m stuck.

And it’s literally a Lie, for ‘I’ AM Here, I Am Relation. Relation is de-sticking, Freeing.

Individuality *is* stuckness. Stuckness *is* self-obsession, a Lie. You’re never stuck, even when you seem completely stuck and helpless. Then you simply forgot about Me, (Being in) Relation.

I *Am* Your Own Responsibility. “I can’t” is a lack of Responsibility. You exist, every single moment, as the Sticking Force, but also as the Freeing Force. (Consciously) Being Both every moment *is* Being Responsible.

Relate to whoever is (in) Whole Relation, and you become Relation yourself, Responsibility.

- ‘Your’ problem is that you want both: to be Fulfilled in Your Impersonal Longing for Truth, to Be Wholly in the Heart, *and* to be fulfilled in your egoic personal (although in the End also Impersonal) form-desires. You *cannot* have both. It’s One *or* the other.

And if you’re Faithful to the One Heart, you’ll get all the frustration you need in and about the world of form. You won’t be fulfilled in the world of form – *for you Simply Cannot be* – and become Freed from the illusory *need* to be fulfilled in the world of form. This Freedom means You’re in and Living as the Heart on earth.

- How can you live like this?

• Advices of spiritual ‘helpers’ are stupid. They’re perfectly ugly, provoking vomiting and a sign of self-obsession of the supposed helper. They’re *always* stupid, not just sometimes or quite some times. Your mind may still be trying to distinguish between good and bad advices, but your Heart Already Knows. You don’t Listen to the Heart though. Senselessly you try to find out if the advisor is trustworthy or not, but that doesn’t make a difference anyway.

The One who is the only One to be Trusted doesn’t give advices, never.

You go away from Feeling when you listen, follow or even ask for spiri-advices – or, similarly stupid, psycho-advices. You escape from Reality instead of going Deeper in It or at all.

One department of spiri-advices is inherently aimed at getting more energy, or other energies, or discovering new energies. Energy and energies come and go again, you’ll lose them again. Energy (or: Form) is inherently not Stable. Energies have in themselves nothing to do with Truth.

The other category of spiri-advices have got to do with You, with Your Core, Your Being, Your seeming Truth, You Beyond energy coming and going, You as Something (Formless) that’s always There. Also this has got nothing to do with Truth. A Formless Being without Energy, or: Manifestation, is not True in Itself.

For Living the Formless Truth in and as the world of Form (or: Energy) – Which is True – no advices can be given. Advices are inherently directed at the attempt of satisfying something that is wanted, (more of) one side of the coin of Life, and less or nothing of the other side. In the Land of Truth one doesn’t understand what wanting is, what choosing is. If there’s nowhere to go, advices become superfluous. Advices, of course, that’s clear, are always directed at ego(’s), who (or in fact: that) usually bite(s) – and they are given by ego. No bigger ego than spiri-ego.

Advice is a subtle or grosser form of manipulation – from the asker or giver or usually both. The asker doesn’t want Responsibility for his or her karma or whatever you want to call the trouble you have to struggle through in life. It hardly ever happens that someone asks for advice how to meet one’s karma better or quicker or deeper, more thoroughly or at all. And advice is usually given to protect you against it, to postpone it, to look at other directions (including looking at or even as Your Self), to look from another perspective – all not to Actually, as Heart, as Body, as Bodied Heart, Feel the pain that is Fact.

Everything that is anti-Reality is not wrong but inherently disgusting. A Normal Sensitive Body Feels the Pain of every act, attitude, even every thought from whoever that is anti-Reality.

Advice is given to prevent total frustration in life from happening, from becoming Clear. It is in fact totally Natural to Let Total Frustration Happen. Total, Lived through, Frustration is Divine Frustration. Something Happens. No advice needed. Life Happens without giving or following advices. Under the cover of ‘stimulating life’, advice tries to go against Life, block the dangerous Unknown from Happening.

Advice is unnatural. It tries to block Natural Divine Frustration. You listen to someone's pain, confusion or trouble, and thus you learn – and the one who shares too. Therefore, my advice is not to give advice.

04.07.09

- Woman, you can reject, you showed me, and I'm impressed.
Can you also Love?
I'm looking forward to be impressed again.



05.07.09

• Love Is: to, as Yourself, Get to Know (and therefore Feel) and not Resist Getting to Know (and Feel) all about Un-Love. You don't have to be busy at all with Love Itself. You cannot create it anyway. How would you do that for god's sake? At your command? Love, True Love, is there by and as Itself if you Consciously Feel Un-Love, all that is going away from, blocking, resisting Love, all that pretends to be love, loving, loveable, but is not.

09.07.09

- You have a right to lie. It is your birth-right. And nobody can take that away from you. Let them dare. Lying you'll come over the finish, death.

15.07.09

- I am not a teacher: Truth cannot be taught. Only Ego can be taught, Truth not.

For example, it is True that a True Guru is, in the End, That by Which – or (the) One by Whom – Truth will be Met, Seen, Lived. But as soon as this what is Truth in Itself is being taught and made into a practice – for instance in the form of formal or informal tuning into the Master – it is not True any more. It becomes Ego: wanting something, trying to get Something. There must be a Spontaneous, Heart-Driven Movement and Gesture to the Guru; a True Impulse, True Gesture, cannot be made, created, in any way.

If Love is There, making love might be a result. But you cannot *make* Love.

Guru cannot be made into a way. Guru-Yoga (or: Siddhi-Yoga) must be inherently egoic, false – like any form of yoga, by the way.

Truth, True Love, cannot be made into a Yoga, cannot be taught.

You Love Truth, Already, or not – and in the latter case you prefer yourself. If you are still doubting, whether you Love Truth or yourself, you don't Love Truth, not Really. This doubt, this self-obsession cannot in any way be called Love – even though for 'your' mind it seems so true, to doubt ... You're honestly doubting, you think. No, you're just afraid. You're afraid of Truth. If you have (any) fear of (any) Truth, you don't Love Truth.

This is not a popular view – and in fact it is not a view. Something, anything, that leaves no space for Ego cannot be popular. Ego, by definition, is popular – Truth is inherently not. There is absolutely nothing you can do to get Love, or Truth, to get or bring It any closer, not at all. The American Dream is popular, the self made dream of self-making – Truth is not, Total (Inter)Dependency is not. Control is popular, power is very popular – Vulnerability is not, Love is not (only lip service to it is).

The one who uses (a) Guru to get (more) power, will be empty-handed, or let's say empty-hearted – even though (more) power might be with you through the use, so what. How empty can you get?

01.08.09

• The Heart Is. It has no intentions. There is however a Natural Impulse of the Heart to take in, associate with and Transcend people's suffering, people's unconscious cramp. To uncramp cramp is no intention but a Natural Movement. People who live (more) in and as the Heart allow this Natural Happening – although they might also resist it some or many times when something intuitively seems too hard, difficult for the Heart to Process. In fact, also the people – a majority – who do not live so much in and as the Heart, whose Heart by Divine Nature is more or anyway Closed here on earth, who give (in itself often useful) form(s) rather than Heart, are Part of the Same Process of Transcending cramp, unClarity, Unconsciousness in(to) the Presence of the Heart, in(to) the Consciousness of and That Is the Heart, into Its Unlimited Love. They associate, usually (even much) more than Heart-people or even at all, with (form-)cramp and are (unconsciously) looking for Heart in one or more people to be able to Give the cramp back to the Source That the Heart (or: the Whole) Is. People do not and don't have to function all in the same way. There is One Organism (in and as many bodies) and the Process (of Transcendence) Takes Its Own Course.

The call of the people who are more into and associated with earthly life, with Form, for the Heart is *always* there, not just at some moments that they become (more) aware that they miss 'Something'. At the same time they usually, though not necessarily always, Resist, with all their might, their 'Own' Call – which in the End is not their own, of course, but is already existing as Integral Part of the Process on Earth of Transcending Unconsciousness into Consciousness, or: Cramp into Love. It Has to Be So: Both are there, simultaneously, even when they seem to alternate: a(n often Unconscious) Call for and a Resistance to Actually Meeting and Allowing the Heart.

Because of this Natural Resistance (as one side of the Duality of Life) the Heart has a difficult time Manifesting on Earth as Itself. Being a Reflection, 'It' might even, deludingly, assume that the Resistance It associates with, comes in Contact with, is Its Own Resistance – the Heart's Own Resistance to Form, to Not-Heart. This seems not True, but then again, in the End everything Belongs to and is Part of the Heart That Is Always One. Even Resistance to Itself is, in the End, Part of the Heart. So, in the End – it is about the Heart 'Overcoming' – by Seeing-Feeling through the Lie (or: Non-Ultimate nature) of – Resistance to Itself. Whether the Resistance manifests in (supposedly) other Bodies or is observed or localized (rather) in One's own Body, in fact there's no ultimate difference; the Pain of the Resistance Needs to Be (and, in Truth, is already being) Felt by the (One) Heart.

A 'Heart-person' is, one could say, Freely looking for Pain (that is: Resistance to the Heart) in Bodies, to Be Transcended. This is Divine Nature, not some heroic attitude. There is One Organism, One Process and the Heart(-'person') is Totally Embedded in, Dedicated to, Surrendered into This Process. In Fact, the Heart is not 'looking for' anyone or anything but is a Reflection of people's unconscious Call to be Liberated from Cramp, to be Undone as self, unconsciously suffering self. But all right, as the 'looking for' the Heart in Form-people is suppressed, denied, belittled, the Heart-person can give them a hand and then in the world of form it might even seem that the Heart(-person) is looking for something. In Fact, however, It Wants nothing. The Heart is Enough in and as Itself.

Yes, Form(-person) *always* longs for the Heart(-‘person’). Only this longing is usually not Recognized and usually projected upon things in this world of form that the Form-person seems to long for, seems to want to have or experience. This trying to fulfil the unkillable longing *in* this world will *always, inherently* turn into a (usually, not Admitted) deception, frustration. It cannot be fulfilled. (As) it is not Recognized that one is in Fact (always) Longing for the Heart (or: for the One) Itself, not for *anything* else. The Heart in a (Form-) person does not *seem* able to Overcome its own Resistance to Itself, and so longing starts (or continues) for this and for that and this again, for ever. (Unconscious) longing is suffering, there’s nothing nice in it in truth, it is unRecognized Pain (Pain that has not been Given back).

Something would only Develop if and when the more Form-associated person (or: more Heart-resisting person) would, sometimes or, in the End Totally, Wholly, Admit he or she Wants Beyond him- or herself to Be with ‘a’ Heart(-person), to Resonate with (and even *Be Taken Over* by) this Heart. This is almost a contradiction in terms, for the Closed Heart exists as not Recognizing this, not Admitting this, not Surrendering (in)to this. Still, it is the Heart Itself (as the Truth) in a Form(-person) That Makes this Available, Possible – by the Fact that It is *Already* Resonating with the Heart(-‘person’), and so, in principle, the True and Only ‘Longing’ for the Heart Itself can Break through, any moment in principle. In practice though it does not often Go like this. It is rather the Heart(-person) Who is Selflessly Meditating the Resistance in people to the Heart, Allowing by this a few persons to Come to Itself, possibly seemingly out of the blue. The Heart is the First. It Makes the First Step – even though it is a Reflection of the one who ‘cannot’ make a Step, a True Gesture. It is Conscious. Only the Heart is Conscious. Everything (True) Happens only by, in and as Consciousness. This doesn’t let alone the fact or possibility that in the world of form it *seems* to be the Form(-person) who, maybe even literally or any way practically, makes a first step towards (the Meeting with) the Heart. In fact, he or she follows, responds to and as part of a Process in (and as) him- or herself that is Being Done, Worked ‘upon’ – beyond any self or person. And still, the Form(-person) is Responsible – as well. What a bloody paradox. The Form is Part of the Heart.

18.08.09

- Call me crazy, but I'm not interested in feeling good as you are. Yet, I'm more sensitive than you can even imagine. And you would really hate it to be as sensitive as I am.

- Consciousness is Radical Non-Manipulation, Radical Resting in and as Reality.
There is no personal interference.

06.09.09

• If you Consciously live the Dirt you stay Pure. If you are (attached to) holding on to the Pure you become dirty.



07.09.09

- You can have and give all kinds of great, creative, beautiful, sound, practical, unique, loving or conscious or humble contributions to life on earth – but this is still about you, you and this world, you and life. In the End it's about becoming Life yourself, Embodying Life, Wholly, no difference. No contribution, any more, not from you, not at all – you Are Life Itself.

A serious article on spiri-crap**Talk to the deaf**

If you go into the spiri-world(s) you think and it is your experience that you find something there of more value or depth than you find in the normal earthly world. Maybe you seem to even find gold. You don't Realize though that the spiritual subtle forms that you meet are (made of) the same shit that on earth you wanted to escape from in the first place. In short, spiri-shit is the same as earthly shit. Only, it has a subtler form and it might be blinking, less or even (seemingly) not painful and that's why you are deluded, seduced to take the spiri-shit for True. You are caught in the Duality of spiritual and profane, or subtler and grosser, or heavenly and earthly. And you choose for the (seemingly) painless, shining, interesting, broadening, more beautiful, deeper, (seemingly) more truthful and more realistic, spiri-world(s). 95% of the people lost in the spiri-crap are convinced that they are standing with 2 legs firmly (or sometimes maybe less firmly) on the earth. Nonsense. Usually, spiris are gone, not Here, not Present, not rooted at all in the shit of the earth – and there's no other way to be rooted than that, right in the mud. Also the 'matters'¹² are gone, by the way. Denying the existence and functioning and relevance for the earth of the spiri-world is just as unintelligent, unWhole, as going away from the painful earthly shit as spiris do and won't admit in their really endless (but unSeen) arrogance. This arrogance is not a crime, by the way; everybody is unavoidably arrogant as long as there is no Wholeness, as long as *some* part(s) of the Whole are being stressed while disregarding other parts, or disregarding the Whole Itself, in Fact. This commonality of arrogance doesn't take away the fact that one cannot come *any* inch closer to Truth as long as this arrogance is there; it unavoidably and ruthlessly stands in the way for That. Only in Humility Truth, Reality can be Realized at all, and Lived.

Spiris use something that is or might be true in itself (or even Truth Itself) to be lulled to sleep. (The use of) childish, immature psycho-spiri statements and slogans like “you're ok as you are”¹³ only reveal that you're not ok as you are, you are not accepting yourself and you need to fight yourself, fight your non-acceptance with acceptance. If you Understand Duality it is Clear that this can never work.

¹² In this essay and on the grounds of the Duality of life, in regard to people a distinction can be and is made between 'matters', people who (mis)take the visible tangible seemingly material world for the real and only world, and 'spiris' who (mis)take the subtler energetic invisible but sometimes feelable world for the Real world beyond the superficial grosser world.

One can also, by analogy with quantum-physics, call them 'quarks' and 'waves', people who see parts (molecules, atoms, electrons, quarks) as the substance of everything and those who see waves as the insubstantial 'substance'.

¹³ In the end it's true, of course: you're ok as you are in your stupidity. Intelligence includes stupidity. But the point is of course that “you are ok as you are” is a dead truth, it's not Alive, not Being Lived. It's (dead) mind talking to (dead) mind, to itself. Nothing happens, even though in the moment that the lullaby is realized you seem to relax and have more space.

“You are already whole”, is another expression of spiri-diarrhea. I see only unWhole people, far gone from Reality. Does it make sense to be whole as a potential in the subtle non-manifested Sphere, to realize you’re a potential whole, or that before incarnation in the earthly realm ‘You’ were Whole? People, especially spiris, reason themselves to ‘wholeness’. They’re very easily deluded by the Big Deluding Force that Mind is.

“Open yourself to the inner guidance”. Perfect shit for your ego. Sounds great. Who doesn’t want this? To be guided around (and sometimes through) the pain of life. As (almost) nobody Wants Truth Itself – Wherein and as Which there’s absolutely nothing for you to get or attain – where does this so-called inner guidance lead you to? Besides, you cannot egoically Open yourself. Opening for Reality Happens, by Itself, when you’re ready for It, ready to Consciously face the Dark (as Light), when you are, already, a Lover of Truth.

The only True ‘Inner Guidance’ is the Heart Itself (That is the Whole). And the Heart Only Leads you to the Heart Itself. Well, Allow this Truly and you’ll find out how very Painful it is to Live as Heart on earth and why you resigned from this in the first place.

You might then, to be able to manage this and like so many do, repeat exactly 108 times a same line in your head, call it mantra, prayer, wasifa or whatever – every day again – because there are so many names of God. But, of course, stupidities can also be exaggerated, like here, instead of being acted out as an innocent playful naïve pastime, a radical postponing and denying of Life Itself – anyhow, the background of them is always the same. People want to believe in these kind of stupidities to not have to Actually Feel the Pain they carry being here on earth as a human Body – and that Pain will with one hundred per cent certainty stay if all the time escape-routes are looked for and found in order not to have to Feel Finally. Another such an escape-route is trying to understand how the universe and the world and even you yourself as human being function, how everything is constructed, or what will happen in the future, how the earth and its humans will Spiritually Develop.

Spiris usually think or subconsciously assume that they grow like rockets. In fact they’re very often stuck in their development. There is no development. Development only happens on earth. It is wholly related to Realizing and Actually Consciously Feeling the Inherent Painfulness of (being) a human being here on earth, in all its variation and depth. This, only this is Humbling. Without being Humbled there is no True Development possible. As indicated, the usual spiri-arrogance blocks any True Human Development, True Spiritual Development. No, Feeling the – your – human pain, without any reward is not mentioned in your spiri-mind, not mentioned in your great intelligent spiri-books. Even humbleness is a word there that looks great. Glory to the humble. No, you are not that humble yet, you know and you smile. But even this is an arrogant statement. The whole spiri-celebration show is boiling from stinking arrogance. All the unFelt shit inside started to rot already long ago. But in your spiri-world you cannot smell any more. What you merely do is *interpreting*. You interpret the world and yourself and others and everything through the glasses of the spiri-show, the spiri-make-up, the Spiri-Lie. You don’t Feel, in Relation, in Communion with the world, earth, even Beyond yourself. The Spiri-Lie consists of pushing away the Human Responsibility to Feel through the whole Human Drama as your own – as your own but simultaneously Beyond yourself, without identification with self or Self *and* without de-

identification from even *anything* either. The Spiri-Lie is centred around choosing the easy, (relatively) painless or even joyful side of the Coin of life and buying and *even selling* this as True, even making (lots of) money with this Lie, knowing that people('s ego) love(s) to pay lots of money for being confirmed in their safe ego-reinforcing Lie. *Any* choosing is a lie. Choosing spirituality is not an exception to this Rule. (Choosing against spirituality would be a Lie either).

In the West people's ego has been very eager to copy the Spiri-Lie from the East. The Eastern orientation being usually: how to escape this world of suffering. Solution: go to the subtle worlds. Indeed, there it feels better. It seems. In a waiting room there are no problems. Just some paintings, pictures on the wall that depict reality. Magazines wherein you can read about reality, or about the latest brands of glasses that distort reality in such a way as you exactly want to see it. And time enough to imagine that you are in fact One.

Not only spiris, everybody, beyond what people *seem* to do, tries continuously to be One again. 'Matters' do this by adding grosser forms to their current life or situation or self, 'spiris' by adding subtler forms, or adding (realization of) the Formless. Spiris, from their subtler perspective are very enthusiastic in bringing the Light to the world, bringing Oneness to the world. In fact they don't See that they *actually* function as Separative Force, adding or reinforcing Separation between the World of and as the One and the Dual world of separation. By choosing the One they disregard, deny (or are arrogantly better than and judge) the Two, the troublesome Duality of existence. Under cover of integrating they separate, disintegrate. Under cover of peace, tension and war get reinforced. *Any* holding on to one side of the Coin of life reinforces tension, aggression, that's a Law. In itself you don't have to be against that, it's part of Life, but when you call it the opposite and when resistance and aggression are just suppressed, it gets ugly, smelly, stinking (although, true, that's not wrong in itself either).

Why did you come to earth at all, if all the time you want to go back to (the Oneness) where you came from? Finally Be here, here, Down, in the Shit. Nothing really Happens for you 'Up There'. It's a parking place. You were Seduced by the Deluding Force to go 'up' and you couldn't resist, you gratefully accepted the offer, accepted the non-acceptance of this world of shit and pain and suffering and illness and dying and separation and coldness, hardness, lovelessness. Your ego said 'it shouldn't be like this' instead of Seeing-Feeling how it is and Acknowledging that it is like this. You were afraid and you believed your ego whispering: if once you Truly start to See and Feel all the shit here on earth and (therefore) even in and as your own Body you're doomed, you'll never get out any more, you'll have to suffer forever hereafter. You submitted.

Spiris are often busy with the Forces of Dark and Light. And of course they themselves belong to the good guys, to the Light-Armies. The Dark Forces need to be conquered, defeated, so the earth will be saved – mainly by bringing so much Light, Goodness, Consciousness, here on earth that the bad guys will give up finally – a childish naïve picture of reality. Good guys anyway create the bad guys – and the other way round – this is simply the Law of Duality.

Spiris, being entertained in their cowboy-games, (egoically) 'forget' to 'Locate', See-Feel-Experience the Dark in themselves though. But that's the place where it is.

Yes, dear spiris, you store a lot of hate behind your spiri-smile, hate to Reality as it is, hate to pain, suffering, feeling bad, lost, lonely, separated, confused. Your spiri-world is a mind-world, or: non-Manifested world, created by a creative mind trying semi-consciously or unconsciously to find solutions for suffering, separation, for this cold world. There is however no solution for Reality. And there needn't be. Suffering is no problem. It's Human. Reality cannot be improved, as you assume. Every (seeming) improvement has, by Law of Duality, its worsening. You can only Become Conscious of what is. You don't have to be busy with what should be – according to your inherently non-accepting ego.

Spiris are anti-Body, although they will claim otherwise. The spiri-mind knows exactly how everything should be – and anti-Body is fault – so they define themselves in the right position, in this case, the Body would be important, should be respected and to be listened to as a teacher and more of that true lifeless crap. In reality, at most they observe what happens in the Body, as a detached spectator but the next moment they are worried again (and attached) when and if something seems not all right - and, in Truth, the Body is never all right, this never being all right is its normal earthly state. They anyhow refuse to Be (One with) the Body, to Feel as Body, as that would mean Surrender, no Escape any more, be a (humiliated) prey of the Uncontrollable, of the dangerous Wild, of Anything-can-happen, it would be the end of you(r illusion that you exist as someone, a person).

Now it's not at all true either that 'matters' would be in the Body, as one would expect maybe on the face of it. They sort of allowed to become body, but there's no one in, no Presence, no Consciousness, no Heart, no Someone, no Life. As zombies they have to make it to the end, enjoying their bodies or mind to boredom. They're body without Heart, whereas, too generally speaking, spiris are rather heart without Body. Both options, 'choices' or dispositions, are a Lie in themselves and blow people to the mind, whether spiri-mind or matter-mind. The One Lives as Heart as Body. It doesn't escape in heart nor in body. Every choice you'll have to 'pay back' sooner or later, by Law of Nature, by Law of Balance. But spiris in their arrogance don't want to know this. They grab and grab and buy in the spiri-supermarket what they can get and don't have any Overview over what things Are, how things fit or not in the Process, over the True (Ego-Killing) Process Itself, over delusions, over Duality and Oneness. Truth Itself is so far away that people have no idea what It Is. Spiris want to be cosily busy with (suppositions around) 'truth', preferably together with other cosy people. Truth Itself is way too dangerous, repulsive, not done, disturbing the spiri-party. Everyone should be cosily busy on the way to truth – like women were knitting cosily together in the past, or people in the past were shitting cosily together in common shit-houses, before the toilet was privatized. If someone does it too or anyway seriously or is disturbing the current spiri-norms and spiri-fashions he or she is expelled, avoided or made black or, out of defence, criticized. And that makes sense, because if not then the spiris – by Law of Resonance – also start to Feel the in their eyes terrible truth of this earth. The resonance-field must be kept pure, protected against Dirt – which is something that would be Revealed by Truth, indeed.

Spiris have no shame about the Lie they try to manoeuvre into people, into the world – as shame is connected to the world, to people realizing that they follow their own worldly

form-interest, ‘sinning’ by this against the Whole, or: against the Formless Beyond their forms. Spirits identify with the Formless and are acting as if they’re totally convinced of being right, doing just, doing Selfless Work here on earth, Being the Formless Serving the forms. In fact, in most cases they associate and identify with *subtler form* instead of with the Formless about Which they don’t Know anything usually. They don’t (want to) See that they serve their own subtle form-interest(s). And they have or allow no feedback at all about their ego-centredness as they, naturally, look for like-minded people around them, confirming their Lie instead of challenging it.

Spirits, if you’re talking about consciousness, it’s about the Body Becoming Conscious, and not some separate spiri-mind. But you hate the Body, you hate Pain. So you hate Consciousness as well, even though you seem to (and make yourself and others believe that you) choose in favour of it (in the Duality of Consciousness and Unconsciousness). Your separate consciousness is, ultimately, no Consciousness. It resists Being the Whole That It should Represent or Be – as Ultimately Only the Whole Is Conscious(ness). As Form (or: Body) is Integral and Functional Part of the Whole – even Being the Whole – there can be no Truth-Embedded or Reality-Embedded Consciousness without Embedment in and as Body (nor without Embedment in the Formless, by the way). Since the mass-production and massive spread(ing) of spirituality spirits have become self-acclaimed gods. To read about truth is to be(come) It, they assume. They are totally sure the ancient master-disciple relationship is not needed any more in these supposedly modern times with all communication-possibilities, where truth lies on the street or can be cheaply bought in every spiri-shop, or expensively by attending a seminar or course.

With mass-spirituality also Delusion has spread enormously, like a cancer. Under the cover of becoming conscious, people nestle cosily in unconsciousness, have no idea what Forces drive them, make them think certain thoughts, chase them and capture them into safe spirituality, have no idea (or: only an idea) about the functioning of their separative (spiri-)ego.

True, if you’re more (or even very) sensitive – as spirits often are – it’s very seducing and one could even say ‘normal’ to go Up, away from this painful earth. ‘Matters’ only manage to live as body here because they’re (sometimes radically) unconscious, unconscious of everything happening in and stuck in the body. The Human Body has its own intelligence: if it’s too painful to be here, Consciousness flips out of the Body, it becomes separate from it. So far so good. The ‘problem’ starts when – and this is also a ‘normal’ tendency, but still, not True – this Up-world is tried to be made and bought and sold as True. Here delusion starts. In Truth one respects the huge Universal Fight between Consciousness and Unconsciousness, in general and on earth, taking place in and as one’s human Body. It takes time and a Profound Process of Deeper and Deeper Surrendering of the Heart into the Body, or: of Consciousness into Unconsciousness. If spirits stay in their arrogant (from Body) separate position or attitude this One True Process cannot take place – although they are falsely convinced they are the bringers of Light or Consciousness on earth. It almost never Actually Happens though, out of basic and unTranscended and unSeen, unFelt Resistance to (Feeling) Pain as (Conscious) Body. They’re busy with theory, with how and what they *want* the earth and themselves to be

or Be. When feelings are noticed in the Body they may be interpreted as if it's *Happening*, the Process. But almost no one is Actually Coming Down, (Allowing oneself to Live) in and as Body.

Everyone has a Deep Intuition that one, Beyond oneself, Needs to Go into the Struggle, as Body on earth, one Needs to live through and gain Clarity about karmic tendencies, *from within, directly*, instead of staying freely detached from them. That's why, for example, if you see a man and woman fighting on the street and you're going to help the woman – as you are taught that man is the bully and stronger as well and she wouldn't be able to defend herself – often it may be the case that to your surprise the woman will turn against you. People don't want to be helped; they Beyond themselves Want to Live through their Karma, Drama, Struggle with and as life. The good spiri-message of 'peace', of no-fight doesn't help, it's not Realistic. That is why it's called spiri-crap: it lost all contact with Reality.

Spiris listen to another kind of intuition than the one just described: wherever and whenever Pain threatens to Manifest itself, they go away from there immediately or don't go there in the first place as "it doesn't feel good". No, Pain doesn't feel good and it will never feel good, but it's Natural Integral Part of Life, of Truth, of Love and it's Absolutely Necessary in one's True Whole Development if one takes this serious at all. Attachment to 'feeling good' is one of the biggest obstacles in people's True Development. It is the same as 'fear of Pain'; without (Feeling) Pain you're stuck, it's as simple as that. Your Development has taken a (long) break. It is not enough to reside at the drive-in parking lot watching spiri-movies and letting yourself be touched by them. Without the movies who or what are you then? Who are you in Relation to others? Do you tell (spiri- or whatever) *stories* to them and listen politely to theirs? Do you let be what is uncontrollably the Case?

Going into the Struggle of Forces Fighting in and as you and through others with 'you' (or: with Forces) Makes you Conscious, Humble, Human, if you Allow it, if you don't run away, don't run Upwards, don't take the easy way but fight back, don't allow yourself as Heart to be chased away from the earth into the subtler spheres.

In a way it's a pity, spiri's stubbornness to settle, rule life in the higher realms. For if anyone would be appointed to bring the Heart Down on earth, it is the spiri. From the 'matters' one cannot expect it. They're helpless without Heart, and in *their* arrogance even deny the existence of the Heart at all.

But, the Body is Dirty for the spiri. He or she identifies with the Pure. To go in the Dirt would be a crazy soiling, defiling or even suicide of one's (Pure) Being. The 'matter' unconsciously asks the 'spiri' to finally stop considering the Body dirty, the bad guy, the wrong side of the coin, the thing to overcome, to Transcend and to Go into the Dirt, to Give the Heart in Pain. But the spiri says a clear No to this human call. The spiri thinks to Know (the Secret of life), know how things are, how reality *is* beyond the superficial and the 'matter' should sooner or later listen to him or her and open his eyes and see the Light and be Freed thus.

And that's how 'spiri' and 'matter' never come together. Wholeness will not Be. Both resist and keep on resisting to, as Body, Consciously Feel, Feel Pain therefore. The spiri though is by Divine Nature the first to make a Gesture to the Other Side – simply because everything starts with and as the Heart. The Heart can go into 'the Dirt' or Bodiness since the Heart is Enough in Itself and is Principally Free to Go anywhere – even though, it is true, it usually gets lost in the 'dirty' world of form as soon as it enters there. The other way round is not possible. Without Heart, the body cannot Go (Back, or Forward) into the Heart. It's stuck, unfree, without Heart and it stays like that without Heart Guiding it Humbly – Humbly, that is (only possible by): Heart 'Becoming' or Going Down into or in Fact Realizing to Be Always Already 'the Dirt', Body, Form, and any dissociation from anything is Allowed to Be Surrendered as unTrue.

10.09.09

- Anger is the attempt to pierce through some stuckness to bring life back again (or even at all) in the deadness.

Of course, things can get nasty – if one allows the anger to be acted out in the sphere of unconsciousness – but anyway.



12.09.09

• Suffering only Stops – and that’s what you are interested in as Ego – if you are Responsible, Fully, Radically Responsible. (Now Ego is not interested any more – or has an aversive reaction, as it exist *as* irresponsibility.)

No-suffering and Responsibility are the same.

But what a pity for the Ego: you cannot make Responsibility – what some try nonetheless – not in *any* way. It cannot be manipulated. Only if you Allow Consciousness (more and more), you will notice you are becoming more and more (and already Are) Responsible. If you Allow Consciousness – and that’s why almost no one Allows It, even though It’s Wholly, Limitlessly Available, any Moment, Always – you start to notice, feel-see pain(s). In, finally, finally, allowing pain(s), being aware of it, suffering stops. In allowing, finally, ‘your’ (in the End Impersonal) Pain, ‘your’ (in the End Impersonal) karma, is finally, Lived through. Karma is not-Felt (or: unConscious) Pain – and the aspect of (the often desired) *unconsciousness* in the Pain makes it into suffering.

Ego is the same suffering, the same as fundamental Irresponsibility: resistance (or arrogance saying no) to Consciously Feeling (Pain).

Azar Baksh – Parrot spirituality is nice

• What do you prefer? To be Free – in pain. Or to be Unfree – not (consciously) feeling pain? Your answer says all about you.

Azar Baksh – Parrot spirituality is nice

- It's a long way Down to the Top.

20.09.09

- Are you also getting increasingly sick and disgusted with all those humble people who don't do anything by and as themselves – whatever 'great' spiritual work serving people – but who are 'just a tool', an instrument, an service-hatch, conducting the holy spirit, conducting a guide or master dwelling in the subtler spheres or mister God himself or Mary whatshername?

Some people indeed get, literally, sick of spiritual claims that are disconnected from earthly life with all its pain and suffering. This is no opinion, but has got to do with the fact that tuning into the people behind the claims you are starting to feel the pain and karma they don't want to feel by and as themselves, for they are too busy saving humanity – supposedly. Call me stupid, but I don't see another way to take the latter seriously than to actually, wholeheartedly and whole-bodily, consciously feel through humanity's suffering as if it is our own, and in a way it is our own.

22.09.09

• It's not about be(com)ing Enlightened. It's about be(com)ing Enlightened *and* Endarkened. Only then, Living Wholly Both Extremes, it can be said and maintained that Wholeness of the Human Being, of the Human Body has been Realized. No single side of *any* Duality is True – in and as itself. One cannot become one side. The other side is always there. One cannot be One – it's impossible – without being Dual as well.

What *is* possible and very common is that one identifies with one side of whichever Duality of life and be(com)ing unconsciously cramped from this unnatural situation, from not Wholly (if at all) Seeing through and letting go of the Lie of the one side.

Any identification turns out to be a Lie in the End. Identification is always with one side of whichever Level of Duality of Life, of the whole spectrum.

The cramp and Lie around and craving for Enlightenment came into existence by people who had enough of (suffering in) the Dark and tried to escape from it by swimming to the other side of the river. Some say you have to swim, others say you can just float without any effort and some say that you can even See that this side *is* the other side already. And more of those clever spiri-tricks. In Reality, the Dark stays existing, just like before – whether you are struggling, floating, imagining, reasoning or whatever pastime is your favourite.

You were deluded. The Ego, the Deluding Force, 'who' always seems to want to best for you and wants and promises at least an end to suffering, is Strong, endlessly powerful and sophisticated. It defines Truth as it wants and you are eager to believe it, or discuss it with your and others' spiri-minds.

See Finally. See that you can't escape the Dark. Never.

I'm not against temporary relief, but you'll always have to come back. You can't win over Reality. What you can 'do' or rather allow is the Transcendence of your attachments to your preferred version of reality or the Wider Reality – and, thus, Let the self be Surrendered into the Whole. You cannot be surrendered into one, preferred, side of the Whole. The ego cannot surrender. You have to spell out this word letter by letter for our 'friend' that always wants the best for us, and even then it doesn't get it although it claims it does.

- I Kissed the Princess Awake and ... She went to sleep again. She loved sleeping. It was too painful to be Awake.

23.09.09

• The pity for You and the luck for ‘your’ ego is that one successful seduction of the Deluding Force is not just happening in one, isolated, area of your life and, no worry, your Development will continue in other areas. Ego, again, seduces you to believe this. It gives some space, it seems, to later still come back to the difficult subject and now go on with other things. No. Your Whole Development is blocked by not Seeing through a Lie that came on your Way. It’s not about *a* Lie. It’s about *the* Lie – in all its endless variations. True Human Development is *Holistic*, it’s One Organism, one could say. It cannot be divided into many parts that are then being summed up, collected, and all put together into One. It’s a Law: the many cannot make One – even if the many would be complete, if all the ingredients, all the parts would be present. If you accept, bow for one Lie, you submit to Lie itself. You kicked Truth out of your Life. Truth doesn’t come later. Truth is Now. Or not, if you don’t Respect, don’t Love It. ‘You’ Lie already if you want certain parts of life and not others. It’s the Whole Pie or nothing. Only the Whole Pie makes or keeps you Sane, Healthy, Humble, Balanced, Human.

24.09.09

- As long as your ego is free (to go where and to do what it wants), you're not Free.
As long as you allow ego to imprison your ego, you're not Free either.



- I am not a master, I Am the Heart. I'm not a pumped-up Shakti-fort.

Azar Baksh – Parrot spirituality is nice

- I Am the Master of Duality. Because I Am and Live the One.
I Am the Master of the One. Because I Am and Live Duality.

- To mind-fuck or to fuck the mind, that is the question.

13.10.09

• For god's sake, man, sex is just a form. You stare yourself blind on the form. You are Deluded by form, by the Deluding Force trying to make you believe that form can give you something, and surely sex. Sex would be the ultimate form, uniting two separate human forms finally into One. Everybody who has had sex and has some intelligence knows that this is nonsense. You know it's nonsense. Still, you can't stop hoping or looking for it. You can't Accept the Law that It cannot be found in it, the Formless (Truth) cannot be found in (a) form, whichever form.

For god's sake, man, use 'your' intelligence. Sex is simply not what it promised to be. No tantra can change something about this fact. Only the form itself can be (much) beautified, refined. But still, it stays a form, the Quantum-leap into the World Beyond, into Reality cannot be invited, prepared, facilitated, manipulated to Come through form. Impossible. It simply doesn't Work like that. Form is helpless, totally, definitely. It can't Do anything. Only Already as the Formless Heart Something can Happen at all and Already Happens.

For god's sake, man.

17.10.09

- How about finally stopping being a tourist here on earth.

The thing is that you don't *Live*. You're looking, laughing, entertaining and being entertained, you're analysing, judging, trying to understand and trying to be safe. *To Live* is being Conscious every second, Feeling what *is* every second, being aware of every breath (as Life). Every second is *intense* – like you would be in danger but then without fear, like you're all the time angry but without anger, like all the time you're in joy but you keep it in, like all the time you're in love but there's no object available for your love so that you cannot get rid of it. There's no spectator, looking at the whole show. There's Only this Intensity, Life Itself, taking on many different forms – but you're not distracted by all these forms. They're secondary. There's Only You. An Endless You. All the others are You. That's the end of self-obsession. That is Life. Everyone is You.

To Live is to constantly consciously be in Pain without drama(tizing it).

19.10.09

• You must Understand Me. If you hit me on the cheek I do not just turn the other one. Nor do I just hit back. I do both.

Hitting back is something I often don't do immediately and often not so obviously either, if at all it is noticed, felt. But I surely hit back. And I Must Do this, You ask me to, even though mostly you cannot ask me directly.

20.10.09

• People are addicted to having to improve the mirror, to, every time they see or even think about the mirror, having to pin-point all the faults and shortcomings and unwholeness of the mirror. They get too nervous, too uncomfortable if they don't. They make a whole list of the wrongs and bravely show it to the mirror – or, as it often goes, not directly, but via someone who is supposed to be able to hand it over to the mirror. If it were offered directly, then the mirror might get angry immediately in your face. Angry mirrors look dangerous.

People do it out of good intentions, to contribute to the improving, if not perfecting of the mirror. They do it selflessly and because the mirror can't see itself. After all, it is just a stupid clumsy mirror, so they perform their selfless behaviour without criticizing or judging the mirror by this of course. The mirror can't See its own Darkness, and it's terrible, it's so ugly, it's stinking. If the mirror is not helped in seeing its own rottenness, it will stay helpless, lost forever, poor mirror. Out of pure compassion everyone tries to support the lonely mirror on its way to See itself, its own mud, so that finally it can clean itself or let itself be cleaned by the Pure Consciousness of everyone shining on it – cleaned from ages, millennia of dust, mist, fear, anger, resistance, confusion, cruelty, dirty sexuality.

Oh Mirror

Oh Mirror,
You are dirty, you are soiled,
You are filthy, you are spoiled
You look rusty, you look lonely
You are dusty, must be phoney

How come you went that far
How come you went that deep
Where is your holy humble Heart
How come you went to sleep

Can't you finally relieve us
Of the crimes that you commit
Can't you finally free us
From your eyes so full of shit

Stop reflecting what we're not
We're not stupid not like you
We move and act, we're nearly gods
And we will show you truth

Stop for once your being silent
You make us all so restless

Why you try to make us violent
Why you never answer questions

Look into yourself for once
Don't you bother us no more
Feel your stuckness, lack of dance
Allowing all you are a whore

See your ego in the eye
Smell inside you're putrefied
From manipulating, from your lies
Why can't you smile, sincere and bright?

God we'd like to scream all back at you
All day long your pain and hatred
All your judging us so cruel
Surely we must meet, later

Mirror, you are hopeless, you are wrong
You just don't get it, 'ts not your fault
Still, we must kill you, for your song
It takes too long, it sounds too false

We came to love you and we're sorry
To find that you're not worthy
For shining you lack courage
You're too dark, too down, too earthly

Oh Mirror,
You are dirty, you are soiled,
You are filthy, you are spoiled
You look weird, you are lonely
You feel fake, you are phoney

24.10.09

• My Love for Woman is Real, Present of earth, and this Love is to be Seen-Felt-Acknowledged in the Fact that I Am in (and Live as) Body. Man's Love, Man's Heart, His Wholeness, is to be Manifested by Man in and as His Body. Only this can Bring Man and Woman Together. Man who merely talks about or even feels this Love is separate from Woman if He's not Actually Allowed His Body to Be (Totally) EnHeartened. His Corporeality is the 'Measure' for Woman. His Heart as Body, I mean, and not a sportive body.

As Man you must be able to Contain (a) Woman, Your Whole (Heart-)Body must Contain Her. Only then she feels Safe, (Wholly or at all) Seen by Man, Which is What She Wants. Your Presence is Enough to Contain Her (Wholly). Only your Heart can Do this, but I mean your Heart Manifested as and Allowed Wholly by the Body. Your Heart on earth is the Container.

In the End it's not (about) Woman Receiving Man, it's (about) Man Containing Woman. He Contains all of Her, including – and even in the first place – all Her yet unSeen Darkness.

28.10.09

• You're okay as you are – with all your lies. You can lie for the rest of you life, we'll love you anyway, you are loved. You are great. Lying doesn't make you smaller. Just lie as much as is necessary. Everything will be all right.



04.11.09

- You don't have to be afraid that I will improve (myself) finally. I'm totally fucked up. The Mirror will stay fucked up forever. There's no hope for me. I'm a lost Mirror. You can safely go to sleep.

Spiri, why did you sell yourself?

95% of the spiris, so-called spiritually oriented people, are blunt liars. And, also, 95% assume they would belong to the 5%. Spiri, your Lie is utterly disgusting, literally provoking vomiting. The latter is something you could only find out if you finally would allow your *Body to Live*, and you won't do that this lifetime, you're just too afraid. Too afraid you might choke on the vomit – which may be the case indeed if you would allow the Truth of your Body too abrupt.

Spiri, you totally bow for the Uprising Female Spiri-Force. You don't take any Stand against the Lie in it. Of course, you Know you Lie. But you can't admit it. You invested already too much in the nonsense. You might even lose your income if you'd admit. *Something* in and as You painstakingly registers your Lie, the Lie to yourself and, even worse, to others, whom, once you're caught in the spiri-web yourself, you try to get in the same spiri-camp. Read, Feel your lies with which you advertise, to get clients. Just read the texts in the magazines promoting spiri-books. 'Happy' is not enough any more. The books promise you now super or extreme happiness – and of course bliss, peace, joy, enjoying, balance, wisdom, light, creativity. If these millions of books were right, just for 10%, the world would look already much different. But it doesn't. Are all the readers so incredibly stupid to not understand all your writers' holy message? Or are you lying? Are you simply lying? Is your humble ego lying to egos?

All your practices to help, guide people to a better life, more satisfaction, better sex, being more holistic, having less difficulties or pain, are fraud. There exist no practices that can bring you *any* closer to Reality, to Truth, to the Heart of Life. But you don't Want (to Be, in and as) Reality, you want to go somewhere else, you have better things to do, more bright, less painful, more light, less straining. And as long as you and even because you don't (*Want to*) Know you try to convince yourself that the promise of the Spiri lie is True by trying to convince other people of the same. These others are afraid to Feel the Truth, Reality as it comes, as it is, so they say they feel something happened during and after and in respect to the practice or miracle-ointment – and you are happy that your Lie is confirmed to be true by more and more people. If so many (and even more and more) people, tens, millions, believe in it, it *must* be true. How could everybody lie...?

You and your companions of the same nest don't want to See or don't get the point of the fact that *always something happens*. It simply cannot be different. But this has *nothing* to do with Truth, with Reality. You don't even have to decide or distinguish whether a 'something' that is happening brings you in the right direction or not. *Every direction is wrong, inherently wrong*. The Heart of All, Truth, Reality, has no direction, no form, you cannot sell it, you cannot buy it, not get it, you cannot read it or listen to it, or speak about it. You *cannot* come closer to It. It's all *pastime*, every single one of your spiritual activities. It's like collecting stamps.

You cannot change yourself, you cannot change Reality. You are Part of Reality, you cannot change yourself thus. You cannot change Reality, *you cannot, you simply cannot*. No

one can. And we don't need to. You always hated the Dark, the Dirt, the Pain and you cannot get away from it, never, not really. Whatever you try, it's in vain in advance. You sold yourself to the Light, but didn't want to Recognize the 'Devil' always masks and 'sells' itself as Light. You're fooled. And you wanted and still want to be fooled. You were afraid Reality was too big, too crushing, devastating, too hard, too separate, too cold, too lonely, too painful. And you sold yourself, all that you had – and have – Truth. To cover up your 'Sin' you sell the Lie as Truth, as beneficial, as healing, as brilliant, shining, intelligent, as miraculous and...

But somewhere someone is crying.
Who is that?

I just read now a random advertisement for a, nota bene, vipassana-meditation retreat: "Three days of enjoying the peacefulness and silence..." Why are people treated like children in the spiri-circus (although surely not only there)! What is this for stupid fairy-tale business! True Meditation is not at all about enjoying. Why advertise with this? Why Lie? Why selling yourself? Why want to attract egos, ego longing for rest (among many other things, valuables)? What are we doing for god's sake? Why does nobody stand up against all these lies? Why support each other in our Lie-ness – till death do us part?

The advertisement ends "... that your questions and problems are nothing else than mysteries which you can enjoy". Again we're manipulated to believe that something is wrong with us if we don't enjoy the Darkness. I've totally had it with enjoying. I just Want the Truth, the bloody fucking Truth, whatever It takes. And I do not have to enjoy It. And I do not have a problem with that. Do you Hear me, you Liar?

Would you also like me to put a smile on my face – all the time and no matter if love or hate comes through, if joy or disgust makes itself known to me? Do you grant me a break every now and then, or should I persist until I die while practicing loving kindness and in my coffin I'm still smiling?

Now my eye accidentally catches some title of a book (for children) that, of all people, is written by a 'great' master: "What to Remember to Be Happy". Why shouldn't children be 'reminded of' or in fact to be allowed to be sad, "What to Remember to Be Sad"? What is this for manipulation, for cramp, for obsession, for hate against Life, for childish 'male' attitude to conquer life?

You – including (quite) some masters – are fooled by the attraction that one side of the Coin of Life offers: enjoying. But why do you want to impose your problem – to not See through the Lie of it, to be stuck at one side of Life – on others? Because you think you know? Because you See the Truth? The Truth of enjoying? And you like to share that so much, this and other deep revelations? You humbly invite me to enjoy your unSeen Ego

(always choosing the goodies)? Ego hurts. I don't enjoy it.¹⁴ I Naturally take the unresolved Pain or Obscurity that it is into 'my' Heart. It's a contraction to be Felt in and as the Heart 'and' the whole Body, in fact. If 'I' don't react to the Pain 'I' am offered by your humble Lie, if no 'I' comes into existence therefore, if 'I' don't resist to resonate with the Lie but Simultaneously Allow *Something Bigger*, Truth, the Whole, then the contraction or Pain dissolves (which sometimes takes a short while, sometimes long) and then, indeed, there can be and is a feeling of relief that can even be called joy sometimes.

Enjoy the Lie...

But Somewhere *Something* is Crying.

What is That?

¹⁴ Even though, it is true, sometimes it happens that an Overview comes and the whole bloody Fight with Ego is suddenly of a magnificent Beauty. 99% of the struggle though is about submitting to the actuality of the Pain, of the Stuckness that Ego is for Heart 'and' Body.

Spirituality and sexlessness

Watch out for spirituality. In its blindness it wants to make you sexless. Beyond its 'beautiful' masks it is, in fact, against Man and Woman. It says that you, man and woman, are the Same. Your gender is not important. If you leave it to the spiris we'll all be dead(ened) by tomorrow better than next year. And we'll all believe in our spiri-intoxicated mind that we Realized life. Strong independent women, soft sensitive men, that's what Spirituality wants to make of you. Sounds good? The first category has an ego hard as steel. Nice independency. Steel independent, not dirtied or influenced or touched by other steel, or by the soft men. The soft spiri-man can not reach Woman any more at all – which he never could – can not pierce through her stuckness, her fundamental Ego-Lie and any of all the separate lies in detail.

Without the dynamics of Man and Woman we're dead, spiri-zombies walking around on earth with the head somewhere far in the Universe. We'll be a colourless mass seeing all kind of beautiful colours in the sky, in the world, in people, everywhere. We'll be grey mice with a head brilliant and radiating and a body dead, invisibly armoured, totally in unconscious pain. A hell is being created by the ones who advocate 'heaven'. Of course, spiris 'say' that you become 'Whole' if you surrender to the spiritual view on life. All chakras, or: life-spheres, can and will be healed ... IF YOU WANT.

Spiris really believe in healing. Something is wrong, cramped, karmic or whatever, and it needs and asks to be healed. I tell you one thing for sure, if 24 hours a day all your chakras are constantly being drilled by some supersonic healing machine or first-class magnetizing healing hands or the oldest healing mantra of the earth, you are *not* Whole. Not at all. Suppose there would be seven chakras, then seven totally healed chakras do not make you Whole, do not make you See, let alone Live as Truth. They do not make your Heart Surrender into the Shit of the earth (which, if it did, would be an indication of Wholeness, as *True* Wholeness (or Oneness) is also One with the Shit, the Dark, the Danger, the Pain, the Mist). If there would be thirteen chakras, the same of course. This spiri-healing has got nothing to do with Truth. Why would the Whole – out of Which you arise and as Which you exist – need to be healed, to be Whole-ed.

The point here is that the claim that spirituality – *in whatever form* – can bring 'Light' (or Insight) everywhere, even in the lower spheres of life, is simply not True. Truth is Needed for That, not spirituality. And these two have nothing to do with each other – although Truth is Always Present Everywhere, in whatever Sphere of Life including the subtler Spiritual Sphere.

The Natural Divine Fight between Man and Woman is banished to the Dark, to Unconsciousness. No healing will ever take place, simply because Nature cannot be healed. Everything that's True cannot (and doesn't need to) be healed. What *can* be healed, for instance, are healers who are addicted to healing and the ones who play the other role, who 'are' in need of healing. This is so because healing is not True and sooner or later it cannot but stop. This is called healing-tiredness. Everything that's not True is tiring in the end, and temporary – but seducing.

Man and Woman Love and Fight and Love and Fight – and thus Become Conscious, Become Humbled, Become Hearted, Surrendered. See through the Lie of the Seduction of the Beast that Spirituality is. To *Truly* Realize, Whole-Heartedly and Whole-Bodily, Oneness of Man and Woman, Their One-Bodiness, is a long long way Down; all the lies have to be Seen sooner and later, all the Forces that try to Separate you or prevent you from Coming Closer – and certainly the Spiri-Force, the Deluding Force that tries to make you believe that you can imagine yourself a(n easy) way to Oneness of Man and Woman, to No-Difference.

What does it contribute – or even, on a Deeper Level, Give – to the world or to you or anyone or anything if we believe or even See that our Body (in a broader sense of the word, not limited to physicality) is sexless. If I am in a fight with a woman close to me, if the Fight of the Male Force and the Female Force Manifests once again through our Bodies, should I suddenly stop fighting, putting ‘my’ anger and provoked aggression aside and joyfully reveal that in fact we are sexless, why should we fight, it’s not necessary, we are the same, and same ones don’t fight? This is ridiculous. ‘Your’ Being means and is nothing without Fight. As soon as ‘Being’ takes on form there is an inherent Fight – between the Formless and the Form, or: between Man and Woman. In this respect radical spirits pass children and even babies in regard to childishness. Ideally they want to go back to Pure Being, a state of before birth, before form, before ‘Being’ was screwed up by form. They, secretly, hate the Fight they have to be in while being in Form. But, Pure Being doesn’t recognize this hate either. The Longing for Pure Being comes forth out of the resistance to Feel and Accept the very Pain of being in (the world and a body of) Form. Did you ever meet a spiri assuming to be in Love (or in Being) who can and does openly, heartedly say he or she really Loves the Fight here on earth? No. Love is restricted to what is defined as Real. The Dual world with its inherent Fight of Man and Woman is denied. It shouldn’t exist and therefore it doesn’t exist.

Without different sexes one – or One – could not even be Aware of his or her Being in the first place. He or she wouldn’t even be here, exist. Only because of the Friction thanks to Duality one can become Aware at all.

It is in fact the Deluding Female Force – with its eyes directed towards the One – That is claiming to be the Male Force, claiming that there is ‘No Difference’. ‘Man’ with its Eye Overlooking the many would never say this. Paradoxically, the One, Man, doesn’t deny difference, separation, while the (Female) many ‘has to’ deny, or else the earthly Pain, Pain of separation, is going to be Felt. This difference between denying and not denying (but being aware and feeling), between Unconsciousness and Consciousness, is already Showing beyond doubt the Existence of Fight, of Duality, of Woman and Man. Even though Woman(’s Duality) is Part of Man’s (One) Heart She Exists, the Fight Exists. The Illusion has an interest in denying its illusion and in Seeing only One – or, in fact, egoically: one side of the One, the one egoically defined and desired to be the One. But then, secretly, to get your satisfaction, you stealthily approach someone of the Opposite Sex anyway – to be even more One than you are already?

If you *Really*, here on earth, would let your self Sink into your Being, you, by Itself, become more – or Deeper – Woman if you’re in a female body and more – or Deeper – Man if you’re in a male body. You’d go more and more to the Extremes. This is Nature. In this

Reality there's no impulse any more to deny difference, Duality, Man and Woman's Other Nature. You naturally won't like the sweet spiri-game any more of denying Difference. It's tiring and even repulsive. As said before and without exaggeration, you'll get bodily sick from it and might even vomit, if you meet someone who is so much resisting the Normal Natural Duality of Existence, of Life, of Man and Woman.

Vomiting is not the same as judging. It is the body's wisdom without words when a Lie tries to enter it. Not many people are Humble enough to bear to see a body vomiting from 'their' Lie, the Lie they associated with in life somehow. But they exist. Life has surprises beyond seemingly fixed norms and patterns. As everything is Dual, everything is possible for the Human Process to Happen.

It's Inherently Painful and dangerous – but in a Natural way Satisfactory¹⁵ – to Go into or Allow Duality. It's easy, safe, a painless holiday to tune into and Be the Truth of Oneness – boring, Lifeless, Sexless as It is – and, Ultimately, not True. The Sexes Exist. Spirituality denying the Great Fight of the Sexes is deluded and, worse, deluding. It's part of the Female Deluding Force that so eagerly Wants to Be One again after all these millennia of Separation. It can't See itself though, it's blinded by the Light, by its attraction.

If you listen to modern spirituality – dominated by Woman's Unconsciousness-Force – you drift away from your Being. When you found It, you lost it. No Man any more. No Woman. You're lost in confusion (but are sure to Know). Confusion only Stops – or is being Transcended – when Nature, Duality, is being Recognized and Surrendered (in)to: the Male Principle is the First and the Female Principle the Second. There's no moral hierarchy here but They are absolutely not the same. The Second One by Nature Wants to Surrender to the First One, like it or not. It is a matter of Willingness to See this and to Actually Live it. If they are – egoically – defined as the Same, you take away Life out of Nature, the Dynamics of (Woman's) Leaving, Separating and Her Wanting to Unite again. This Friction, this Fight, this Paradox, this 'impossibility', is the impulse for Be(com)ing Conscious. Without It, confusion is left: Seeing without Body, living like 'enlightened' spiri-zombies on earth, knowing something is missing but being too proud to admit it.

Hallelujah.

¹⁵ Satisfactory indeed, in spite of inherent unsatisfactoriness one will meet when Consciously Allowing Duality (or: Life).

09.11.09

• To be honest, quite often I don't know what people are talking about if they talk to me. And if so, that's always when they are (lost) in the mind. They talk in concepts, ideas *about* reality. It doesn't resonate in My Earth-Surrendered Heart. I only See their confusion, their Lost-ness and their doing their best to 'make sense', to show me and possible other attendees that they do understand quite something of reality, to show that they exist, to present themselves especially to the opposite sex, to try to believe and make believe that there is communication going on, contact. They're much if not radically blocked in Heart-expression though and then you get a strange atmosphere. Acting as if everything is normal but the atmosphere is dead, and underground there's a big fight going on between Heart and Mind. There is some uncomfortable emptiness going on that is tried to be filled with words, forms, ideas, concepts, with groping in the dark.

First, however, if people really want to have some Contact, they should feel the lack of or at least limitation of or strangeness of Contact. First things first. Contact always starts where we are *now*. And we cannot hurry it up by already talking about or in terms of abstract reality, complicated theories. The difficulty of course is that the mind cannot feel the lack of Contact or Contact Itself, it has to guess if there would be contact. It ponders forever on the two options. What is it when two people seem to understand each other in the mind? What is it? What does it mean? Is it that you've learned the same concepts, the same words and now, in the supposed contact, in what seems to be a conversation, a memory, a conditioning, is being re-activated in the recognition of the words, the same forms, that are being used by someone else?

A good question you can ask me is, for example: 'I feel now this'.

• What clothes will you put on today, what package does the Lie choose today – to present itself and simultaneously cover itself up? Do you choose or are you being chosen? Can you just step into the boat and all's being taken care of?

Do you take care of the Lie as your own child? Protecting it against being touched, hurt by the great cruel reality?



Realizers of Truth, of Consciousness?

So-called 6th Stage or 6th Sphere realizers, realizers of the Conscious Space that the Formless is and in Which all forms arise and disappear again – one main form of this being represented by the Advaita Vedanta tradition that has become quite popular over the last decade – are no Realizers of Truth at all. This might seem so and it might be confusing, because in the Duality of the Formless and the Form it is indeed the Formless that is (Associated with) Truth, That Which is Always Present Beyond the apparent, Beyond Form. But what is the sense of realizing separate Truth, Truth Separate from ‘Lie’, from Form? Is it so good to realize that the empty waiting room exists? It is not untrue that one may become aware of the Oneness of everything if one parks in the 6th Sphere of Life, in the Formless, in Consciousness. But dwelling ‘There’, in the form other Spheres separate 6th Sphere doesn’t give any guarantee – and not even a sign – for being Whole, Wholly Present. One is Deluded by Consciousness, by the attraction of the (indeed) Painless Formless. There is no inherent human connection to other Spheres of Life. (This supposed) ‘Oneness’ doesn’t naturally Connect Itself to the natural contraction of Form-life of the lower 5 Spheres, whether it is about the first 3 more profane Spheres – safety, sexuality/emotion and power/control – or the 4th and 5th subtler spiritual Planes – the heart, love, devotion, dedication and subtler spiritual energies in all their endless variations, Energy Itself. The always Deluding *mind* succeeded in considering itself Whole, Truth, in and as (the 6th Sphere of) Consciousness; the Body, Form in general, is considered to be not True. That is not True. The Body is True. Denying the Body is a creative but ordinary escape from Inherently Painful life, like there were so many, spiritual and other, tricks discovered in human history to go away from Pain. You just define Pain or Body as not relevant, not Ultimate, and you got rid of the problem – or at least got rid relatively. It is a total blunt denying of the Function of the Body, of Body-life, of Incarnation as Body. Why are you here in and *as* Body? Some mistake of Nature, of the Whole?

To say that 6th Sphere realizers or dwellers Realized Truth – at least of the 6th Sphere of Consciousness – is the same error as saying that a whore Realized the 2nd Sphere, Sex. She Realized the uniting of Man and Woman, but then on Form-Level. She ‘became’ ‘totally’ Form, considers and sells Her Body as Form, trying to fool men with her Form-truth, that they would have or get ‘something’ if they fall for the form (that she seems to be). She compensates as Body for the Tendency in Man (or Consciousness, with which Man by nature is originally associated) to lead a Bodiless life. One could say she realized the Lie of the Form, only not Conscious, as the 2nd Sphere is part of the Dark, it doesn’t allow so much if at all any Light of Consciousness in it. Allowing Light there would Crush, Destroy, Dissolve the safely separate 2nd Sphere wherein and as which Form (or: Energy) seems to Rule. Just like the other way round. If the people who are keeping ‘their’ Eye focused on and in the Light of Consciousness would really Allow the Dark, Allow Unconsciousness in their lives, their safe Consciousness is gone, scattered, crushed. Both the whore and the conscious man or woman (of the 6th Sphere) would lose their realization if they would Allow the Other Side, if the form would allow the Formless crushing all its illusions of being form, its addiction to constantly

endlessly senselessly manipulating form, itself and other (seeming) forms, *and* if the Formless would really allow to be Wholly, Heartedly and Bodily Touched by the Pain that the Form is. Every Separation is a Seducing Bitch, with its own interests, whether form- or Formless-interests.

It's not bad at all to look around in the 6th Sphere, as it's good to know what's going on in and as any Sphere of Life. But if you are a visitor, a tourist and even if you decide 'here it is where I want to stay', you must not see that as Truth, let alone sell it as Truth to others.

Both the Unconscious whore and the Conscious Bitch don't Allow their Heart to be Here, Down on earth, Present in and as Body, don't Allow their Body to be Wholly if at all Hearted. Of course, sex doesn't in itself Connect people at all. Some energetic hustle and bustle cannot bring people any closer, simply because Close-ness doesn't Come by Energy. It's more difficult maybe to See and Feel through the Lie of the Conscious Whore. (The Sphere of) Consciousness seems indeed to bring people Closer, but anyway (and to whatever extent on non-Manifest Level this would be so) not here, not on earth...

In itself, in the Heart-Body nothing happens if one realizes, in a moment or even when structurally, perpetually, to be Consciousness, to be One Conscious Sphere out of Which you and everyone arises and in Which you and everyone as form will dissolve again. To Truly Live as Heart (on earth) means one is Totally Vulnerable, as Heart-Body, one doesn't deny or define away the Formless nor the Form. One is Touched and Lived by Light and Dark, constantly, by anything that appears or happens in any Sphere of Life. One Knows-Feels that there is no escape from the Whole (Heart), nowhere, not in any Sphere, not on earth, not in the subtler realms of existence nor in the Formless Beyond manifestation in (and as) Energy, in the grosser or subtler energetic realms of Life.

Of course, it is not stated here that supposed 6th Sphere realizers would be totally separate from other Spheres of life and don't know anything about and would not live in other Spheres. This is, except for a few extreme exemplars one would almost say, not so and is hardly (and ultimately of course not at all) possible. All Life-Spheres exist in everybody. They make you up all together. Still, 'Truth' is very Deluding. The more subtle or transparent the Life Sphere, the more Deluding 'Truth' is and Seducing to accept that which you see, feel, experience or Know there as True. The 6th Sphere is extremely Deluding, it is Beyond subtle (Spheres). To See Truth and look at everything (in any Life-Sphere) as (Separate, but still as) 'Truth', and not to be fooled at all by the 'Lie of Truth', this is extremely exceptional, and not at all easy. Even this, what is being said now, can be understood by (someone strongly Connected with) (the Truth of) Consciousness and *projected into one's Body*, as also this more elaborate or Holistic Truth seems to be realized already by a person (or Consciousness) associated with a certain physical-energetic Body. While in Fact, *in and as the Body*, the realization is not Present, not Actual, not Embodied, not 'Downloaded'.

If a Conscious 'One' is having sex for example it doesn't mean at all that there is Light, Clarity in the 2nd Sphere of Life – which is indeed very difficult, hard to achieve, even for a little bit. To be Truly Whole, to Live as Heart as Body, there's no other option than to leave any fixation on or even the slightest (unconscious or conscious) preference for any Sphere of Life, including the 6th Sphere of Consciousness. The Heart never chooses, Truth

never chooses, Reality never chooses – not even unconsciously. Consciousness not permanently ‘Sacrificed’ or Surrendered into (not to) Unconsciousness – in Pain therefore – is not Real Consciousness (as the Whole, That It would Represent and Be). To Live even any moment without Pain is not True therefore. This seems greatly exaggerated, but only the Truly Humble will Understand-Live this: if you, supposedly ‘One’, cannot even make this gesture to the earth, to people, in and as Love, to Actually Heartedly-Bodily and Constantly Live the Pain of people(’s unconsciousness), of the earth as your ‘own’ Body (which is not yours in the End), then what is your ‘Realization of Oneness’ worth, if you do not Live It, Here, Down on earth, right in the bloody Mud? What then is ‘your’ (or the Impersonal) Consciousness worth? Why do you sell It as True? Why do you accept to be Deluded and to Delude others with it? In Truth, as a 6th Sphere realizer or whatever you are or might be, you do not structurally guide people away from their Pain to the Free Place Beyond. You simply cannot do this in Truth, if It deserves that name.

Even though this Free Place, this Formless Consciousness is indeed So – so what? Even though it’s (very) good that people are Shown ‘Something Else’ Beyond all their daily fuss and stuckness of and in forms forms forms,¹⁶ people are Guided by a Deeper Force that Shows them Human Pain and they, Beyond ‘their’ Ego (which is not theirs in the End, but a Force in itself), do not want to be (structurally) guided away from the Pain that they somehow have to Meet, Face, Feel, See, into a State of Freedom, of Consciousness, of Bliss, of Space. They do not. If you assume so you’re in the unconscious hands of the Deluding and secretly Separating Force. The Whole Heart, the Whole Body Wants – contrary to the mind, to separate Consciousness – to Wholly Live, Struggle through the Pain they’re by Nature associated with and which, as well, is not a personal Pain in the End but Human Pain, the Human Drama of Existing, as Formless *and* as Form, Simultaneously, *as* this crazy Fight between these Two, these Two Forces, the Male and Female, which can never be Won by one or One of them.

Life cannot Be without the 6th Sphere of Consciousness, but to dwell in there, to even stay there, is misunderstanding Life, the Whole. The 6th Sphere of the Formless, of Consciousness is one of the many seducing attractions that Life has to offer. If all seductions are Recognized, Felt through, if the non-Ultimacy of them is allowed to Be Lived through in a struggle, then in the End, in this utter humbleness, the Heart Itself is what is Left; but now, humbled down by the Struggle, It is on Earth, Humanized, Embodied, Cleaned by the Dirt of the Earth. Not that it makes sense to Go that far, that Deep... but it is just True to Allow This,

¹⁶ It’s not only ‘good’ (or part of Nature) that people are Shown the 6th (or Male) Sphere of Life: Consciousness. For a human being and for humanity as a whole Consciousness is Necessary to Wholly Develop and Be Fully Present as Heart-Body on earth. Without Consciousness one can dwell and struggle forever in whatever other Sphere of Life but it is all endless repetition of (positive and negative) drama, of usually not (so much or Deep) Recognized (temporary and seeming relief of) suffering. Only Consciousness can Go Beyond and Transcend (all the hustle and bustle in) the waiting room, if It (Whole-Heartedly and Whole-Bodily) Connects to the suffering – if not, it is a Waiting Room Itself.

as we Exist as this Process. And Reality indeed doesn't make sense, It Is, It is Being Lived... when Whole-Heartedly and Whole-Bodily Surrendered (in)to.

6th stage realizer, 6th stage dreamer, if you can Be with (a) Woman, can Be with Her huge reservoir of Darkness, if your Heart still Stands and Cries in the middle of it, then we're getting somewhere finally... but that's a long long way Down. You probably prefer to keep and define your 'reality' simple.

14.11.09

• Woman, You Asked Me, to Come Down, with and as My Heart into and as Body. So 'I' Did. I Am Here. Don't bother about the Struggle that it was. It has to be like that. And anyway, I'm Here. But now, where are You? Or was this also one of your eternal games? Complaining complaining that Man is not Here, Present, pulling at Him till finally He Hears You, Sees You, takes Your Pain seriously. And then, when finally He took Your Pain in His Heart, let It be Filled by it – since He felt you unFelt suffering, your Pain of Separation and, in His Love, He could not else but Submit to your Call to 'do something about it' – and managed to survive in the middle of it, then you're not interested any more? You found other games? Spirituality games for example? You don't Want to Be Here Down on Earth, with Man, or not at all? What can I say? I'm sorry that I'm late. I'm not complaining that you didn't cooperate, to say the least. You had (and have) Your interests to defend – even though they are illusions – I'm not against that.

Still, it hurts, very much and Right in the Heart – I cannot say 'My' Heart – that You flip out just like that and act as if I don't exist any more. Was I too naïve to believe you're serious – in your Love for Man? Didn't I See that You prefer to keep on Longing – somewhere in the Dark. Well, I don't care whether or not I Saw it clearly in advance, I had to go in the Ordeal anyway.

What? Am I boring You with all this again? Are You then bored with yourself? Is True Heart-Felt Pain ever boring?

Azar Baksh – Parrot spirituality is nice

- (The Process that is) Life is not about getting, not even about giving. It's about Bowing, or being Bowed, being Humiliated by Life. And being speechless.



16.11.09

- You want to help (other) people. You're addicted to it. And this is so – not because of your great heart but – only because living that way you don't have to, Responsibly, Feel your own (Human Association with) Pain. You project the Pain outside of you – and, all right, you 'of course have also some pain, still, or sometimes, like anyone'. This is a big Lie.

Azar Baksh – Parrot spirituality is nice

- ‘My’ Heart is being misused.

Oh Lord

You are a true servant: You completely put yourself aside. You are dedicated. You are faithful. To the truth. The truth of ‘your’ ego, of Ego. It’s Beautiful. No you don’t want *anything* for yourself. All is given to, delivered humbly at the feet of Ego.

And you, relentlessly, go on inspiring others to be that dedicated too, to totally live in service of their Ego. Serving other egos or your own, it doesn’t matter to you. You don’t want to be cramped, selfish, about this. It is not you, it is the Big Lord, Big Ego, Who is to be served, whatever form She takes on. Yes, the Lord is a She. And that doesn’t matter. Ego is sexless. We’re all One.

Can you imagine how great Ego is in fact? It’s Free, totally Free. It can do what It wants. All its good works, it can freely do them, it is not being Stopped. Nobody dares to Stop the Woman-Lord. Nobody Sees Her, nobody cares. Let’s celebrate forever all the beneficences and benefits that Ego selflessly provides us.

One thing for instance, is that Ego is Free to go into the material world and if it’s bored after a while it can, just like that, move into the spiri-world – and later back again if in its turn it’s too boring there after some time. Nobody stops it. It’s Free. Don’t you understand? How unsurpassed beautiful this endless Freedom. To go wherever you like. To do whatever you want. You feel an impulse and – voila – there you are, there you go. Free. It’s fantastic. Fabulous. A fairy tale almost. Too good to be true.

And there are no rules for Ego. Ego is Ultimate Freedom. Maybe you think you’d need at least a positive attitude in the world to go after all your interests and to stay friends with other egos. But no, if you don’t feel like, you just don’t, fuck the positive attitude. And you can for instance start to complain, freely, limitlessly, to others in the first place, of course, but if they are not available for the moment, then to yourself, you always have yourself. You’re free therefore. You can complain freely as and to your own mind, nobody can stop you. Just understand, realize the beauty of this.

People are crazy, totally crazy, to judge Ego. They judge Life itself by this. How stupid can you get. All these possibilities here in the world, or even in the Universe if you broaden your horizon, it’s so beautiful, so promising, so exciting. And people do not use them, they suppress them, suppress themselves by this.

And if you don’t like reality. Chah! You just create a new one, your own, which fits you better. The Creativity of Ego is endless – if you only allow its Force, to Guide you, to Fulfil you, to Entertain you, Free you, please you, to totally take you. Oh Ego, Mighty Woman-Lord, You are Beauty, You are Endless, Unprecedented, Unsurpassed, everyone’s Hero, You are Me.

And if at a certain moment you might get bored with your own ego being pleased all the time, what stops you from pleasing other egos. Nothing. People are an endless reservoir of the true Treasure of Ego, you must understand. If someone would get bored with being pleased, then you just find another one. Endless amount of people available. It doesn’t have to make sense, all of this, Freedom doesn’t make sense, you see. Today this is your truth, and tomorrow that. It doesn’t have to be and even cannot be the same. You can choose, whatever,

just according to your mood of the moment. If that ain't Freedom – Truth doesn't rule you any more, no, you rule Truth. Reality doesn't tell you any more what to do, what to feel, what to think, where to go. NO NO NO. You tell. You create reality. Finally reality will Bow for you, for Ego in fact. If only you Want it enough. Everything is possible then. Oh, Ego Ego Ego-mine, I'm so excited, so enthusiastic. What, where, who and why would I be without you. I would be slave, a dirty lousy helpless stinking slave. Lord beware. If I hadn't found you. If I... but I did. I found you. Because I wanted so. And what I want, shall happen. You taught me, and I'm ever so grateful for Thy Answer to my Call. How can I ever serve you well enough to pay You back what Thou hast given me?

Oh Lord, oh oh oh... Since you are Here, I can't be fooled any more. I see through every lie.

Lord, forever at Thy Feet,
In all humility,
me

PS. I love Thee – and everybody does. Whatever they say Lord, don't believe it, I know, I see deeper, they love You all. They can't help it. It's bigger than them. You are Bigger. They Serve You, although they're too modest to admit. They always talk strange. Their mouth says something different from what they actually do. It was always like this. They're split, fucked up. But their heart is good, Lord, they mean it well. They love You. Only You can Free them, make them Whole. If only they would See this, they could finally relax, finally surrender. They wouldn't have to hide You any more, in the Dark, as their greatest secret Treasure, but could celebrate forever Thy Light, in all honesty, openness and love. You are the Holy Message – that no one wants to hear. But they do. We do. We love You. We'll never leave You. Understand, oh Lordie-Lordie, that we just protect you by keeping you in the Dark. It's our strange way to say 'we love you'. Please, hear our message beyond if we cannot find the words. Feel our eternal gratitude. Live us forever and ever and ever. Guide us in the Dark – like You do. Be us, wholly. Take us totally. It's all about Thee.

• I don't – and can't – have any claim that people who come to me will come Closer to Truth, be more and more Embedded in Truth, in Reality. I've seen people who came to me and after leaving went so radically into 'the Lie' that this was – and still is – very humbling for me – or: for the Heart on earth. There's no end to being humiliated into the earthly realm.

Quite some people assume it's all about Seeing – and then, therefore, Living – the Truth, more and more deeply and anyway. I cannot explain that it's all about *Surrender* into Truth, Reality, *Becoming* It (therefore), and *not* about Seeing (Truth, or Reality). I'm just too stupid to explain this. Only the very few, intelligent, will, by Nature, Resonate here with the Living Truth of this. Many, more, will also try to See – or even try to live – the Truth of Surrender. But they're not Here. I'm talking (or whatever) to zombies, people who do not *actually* want to be Here, Present, in and as the Heart as (the whole) human Body.

These people who went and comfortably bowed for the Lie of Ego – which is indeed much easier than to Bow for Truth – never have Let themselves be really, or at least not substantially, thoroughly, Touched by 'my' All-Being Heart. They always stayed on a safe distance, even if they might seem close. And true, you better not Let 'your' Heart be Touched by 'mine' – for you'll Disappear in It, you can say goodbye to your 'own' life. Who is so crazy? Who is so Loving?

I can say that I'm still shocked, resting and abiding quietly in shock, by seeing how people manage to squeeze (Love for) Truth out of their lives. How almost everything is aimed at protecting themselves – what or who are that? – against (Feeling) Reality, against the Heart. How people, simply, (re)define truth, according to their current interests. Ego is so refined, endless, powerful, seducing, deluding. Once more I bow for its might to make people bow for it. I have back-pain from bowing.

People like to be in 'my' Heart-Sphere, this Heart Presence That never judges, but Embraces you totally as you (even though it *looks* different when I manifest anger) – but don't want to be Touched by It. Too dangerous. The Heart is here and as something (or even Something) to be gotten somehow, to put your claws on and consider it (part of) yourself. If they don't seem to manage, they go. If they seem to manage they go as well, since then they don't need this form any more by which the Heart made Itself known to them.

The big difficulty is that even if you Let yourself be Touched, 'my' Heart is a Mirror. That's why only (Allowing) Intelligence Itself can cross the almost unbridgeable border of projecting when you look into the Heart. You always look partially, not Wholly. You see your own non-Wholeness reflected. Not really nice. Who, then, is still inspired to keep looking? As long as you're attached to 'you', you cannot See *Me* anyway. You project. Sometimes the result of this projection turns out good, sometimes bad. As everything is in you. And forcing yourself not to project but be 'Open', won't work. It is Heart's Own Whole Intelligence Recognizing and Resonating with the Heart Itself. Almost all have to leave 'me' again. You cannot stand the Truth. There's nothing in It (for you). That's true. You better forget about It.

16.11.09

- If you're talking to yourself, as you do, who is then talking to whom in fact?

Seduced by Oneness...

I heard you talking about ‘oneness’. You’re quite into this lately. And you are talking about it as if you know what you are talking about. You heard about it from some master or teacher or book or from friends and now you are advocating it yourself. There is even a master who would be able to ‘transmit’ oneness. You feel something happening in your Body, ‘even’ in your brains, and ‘you’ believe it’s true. You identify with this interpreter. Your mind thinks it comes closer to Truth – or would be even wise – by understanding (or simply by knowing of the existence of) the concept of ‘oneness’. You’re cut in Two, like everyone, and you want to end your semi-felt suffering, your inner fight finally. What’s more logical than assuming that ‘oneness’ is the – even only – way to achieve this. You make One of the Two and the Fight is over. You understand yourself a way to ‘oneness’. The mind cannot help to be arrogant. It exists as arrogance. As unLived ‘wisdom’. How come that the more mind you follow, the more attractions it is serving you while you are running after them, the less Wise you are in reality, the more divided in Two, even if ‘your’ painful Duality goes underground? You were seduced by the Great Seductress and you couldn’t resist. The Great Seductress Woman won, once again, once more, as always. And is still Longing for Her Man Who finally says No to Her. She appears now – again – in the form of the supposed Formless Oneness and you buy it. This is It. She always whispers in your ear that you can overcome Duality, Pain, that you can walk around on earth in and as a Body of Oneness, Whole. There are even people (and masters) who want to help you with this – and they claim to be One themselves, and not Dual – and you, in turn, can help others with their process of becoming ‘One’, ‘Whole’. The Seducer sees your addiction to being One and creates something to sustain you in your addiction. Nicotine or oneness, it doesn’t matter to Her, She *always* serves you. She takes care of all your obscurities, She provides you with material for all your hopes, whether they’re of a more material kind or of a spiritual ‘substance’, gross or subtle form.

But you never ask yourself how you can be one with everybody without feeling and actually living their duality, incomprehension, trouble, unsolved problem(atizing), confusion, pain, suppressed hate, jealousy, arrogance, Darkness. Do you assume and manage to make yourself believe that you can be One in your own world, your own energy-system, while the world is in hell around you?

You can’t stand this thought. You never liked Logic, did you? It doesn’t fit your interests. Only when it does, you use it, to convince, yourself, and others.

So again you use a trick. The Seducer gives you another mind-form and you gratefully, with a sigh of relief, accept. ‘You’ reason that everybody is One, in fact, only they don’t realize it yet, that’s the(ir) problem. You are more developed already, just understanding reality (a bit) better than all the not *yet* conscious people. They don’t have to suffer like they do, but they don’t realize that yet, they have not been in touch yet with ‘oneness’ as you have and are. It can even become your mission to help all those poor people out of the Dark into their Being, their Oneness. And you’re so busy with your holy mission that the difficult question stays unAnswered in the Dark.

Do you have to protect your Oneness against others – who do not realize the One – who unintended but still dirt *your* Oneness with their duality, their cramps and stubborn pains and struggles? This would be absurd, wouldn't it, to have to protect 'the One'? The One is One is One. No protection needed against something that is always inherently part of the Same One. And no, you don't manage. Again and again you feel 'shit' in your system, mess, confusion, pains, unwanted tendencies, and you try to get rid of these by whatever form or practice that should support the Oneness. Then you seem to realize somewhere or even admit that you're not totally One yet, but almost, there are still just a few slight difficulties that you have to plough through, feel, see, in oneness, and then, finally, you can't fall back any more. You are permanently One. You made It. You've become the Blessing yourself.

You'll never manage. I'm sorry. You cannot overcome Duality. You cannot overcome life itself. You have been Deluded. And you wanted this yourself. As always, you have been Deluded by one side of the coin of life: in this case 'oneness' in the duality of 'Oneness' and 'Duality'. Oneness, if we still want to use this terribly misused word, is Surrendering into (the Pain of) Duality, Truly Accepting the Fight as Which you exist, Truly Accepting Both Sides of Life, *not* secretly or overtly trying to fix or get rid of one of them. You *cannot* fix life. You cannot be better than life. And you'll never be able to. Life doesn't need to be Fixed. There's nothing inherently wrong with it. The Great Seducer is not wrong either but Part of Life. You love Her – it seems – all Her promises, Her beauty, Her movements, Her flowing. And you cannot or don't want to say No to the one or that which you love. Well, then you don't. Truth is patient. 'No' is (Fundamental) part of the Truth, however. It is part of Distinguishing between Truth and Lie, The Whole and Ego that is always cherry-picking.

You're attached to choice, to 'yes', to say 'yes' to feeling good, to what you think you are, what you identify with. Why are you not the one who feels bad? Why aren't you the Dark? Why aren't you Dual?

The 'no' you use is just to protect the 'yes'. It is a 'no' to all that can dirt or stagger your 'oneness', that would bring your illusion to Light. It is not a No to the Seducing Lie.

Is your love for Her, for the Great Seducer, for the Mighty Mind, really Love? Or is it a reflection, self-love in fact, 'love' for or attachment to a self secretly split in oneness (that you identify with) and duality? Are you deluded by your own image? You're not the first one to name attraction 'love'. Without this 'love' (or preference) you wouldn't exist any more. You're (too) afraid though to not exist, or: to exist only as the Whole, not as a separate self, in this case a oneness-self.

All seductions have the 'form' (and promise) of oneness. To finally call one of them 'oneness' itself instead of giving it whatever name of its many many forms, doesn't change the fundamental Delusion a single bit.

- Sooner or later, you have to allow in Consciousness the Fight against every choice you unconsciously made or that was made for you, that's the same. Nestling in your choice, the seeming no-fight, is a Lie. The Fight goes on for always – even if, for now, you manage to stop choosing.

The Choosing-Force is endless, powerful as hell. You can't win the Fight. You can only humbly go on Fighting. That's Surrender, Surrender to the Always-Existing Fight that you cannot win.

Azar Baksh – Parrot spirituality is nice

• You *never* have to and in fact cannot choose what is Truth and what is not. You can only again and again allow the Lie to be Pierced through by Truth. Truth Itself is What remains then. But that's a long way Down, with many many seductions on the way whispering to hold on to something, whatever, as True – it's not.



Azar Baksh – Parrot spirituality is nice

- Every Fight (in and as you and in and as others and in and as the Universe) is about the *part* and the *Whole*.

- It seems that the Force that Wants to Know and Find out and asks questions about the Truth must be the Force of Truth Itself somehow. It is not. It is the Seducing Female Force That Wants to stay Separate and merely think and ponder and dream about the Truth, *not Live It*.

Truth Is Already. One can Surrender into It or, as usual, not. The part Returns into the Whole – or: the Male Force – or not.

- You don't choose a partner and you don't 'choose' out of Love. There are Deeper Forces ruling 'your' choice. Romanticism is one of the many faces with which 'your' choice seems good, justified.

24.11.09

- Satlova manifests people's unFelt, unlived cramp in her Body. It takes on form in her Body. You, by your nature, get repulsed then by what seems to be Satlova. You are repulsed by karma, cramp, pain of people – when this takes on a form more obviously. You are repulsed by your own stuckness. Your own pain. She, with her Open Heart doesn't, cannot hide it as you do or try.

Spirituality and craziness **A study to find the difference**

Choosing spirituality means, inherently, getting seriously fucked up. You might know the Law of physics: action is reaction. But you don't (want to) See how this functions in your own life. Every act of you, every choice, every egoic act has its reaction, consequence on the other side of life, for the moment discarded – or: *structurally* discarded, as is usually the case when you are busy with spiritual stuff. Can you believe it: *every* time you try to get or do something 'good', for yourself or for others, you create pain, an opposite? Or is the Law of Physics too abstract for you, just a *theoretical* fact? Of course, you like to keep theory and practice separate. You cannot live with this knowledge of action is reaction. What? *Who* cannot live with it? That's the Ego. Ego would actually die if you'd allow this shocking physics-truth in your life.

Can you believe it, or rather: See and experience it in your own Body: every positive word provokes a negative counterpart. If you talk about or tune into 'Light', to 'Peace', to 'Consciousness', 'Dark' is triggered, 'War', Unconsciousness, dirty words are – even when they are still stuck – floating already through you in the Dark waiting for a chance to come out. And that's not bad to let them out, it'll give you (some) relief from the tension that was built up by 'choosing', tuning into or even unconsciously, inattentively using a word or whatever form (or even the Formless) related to the easier, light(er) side of life. To Consciously, Freely, allow 'Dark' and 'Light' – or in general: two sides of *any* duality of life – means 'going' Deeper into life, *Becoming* (or: *Bodily* Realizing to Be) Life Deeper. Consciously *Becoming Duality* is Becoming and Realizing Deeper to Be One.

If finally, finally, you start to allow, consciously, judgeless, the not-wanted and usually judged Dark side of life, it might seem you're *becoming* crazy. In fact, it's exactly the other way round. The craziness you held on to and that in the first place came into existence by choosing the light side of life comes to Light only now, it finally wants to relieve itself from the tension, pain that it is. If you're too afraid of this craziness that unconsciously you 'chose' – by choosing against the whole Reality, picking some things out of it that you preferred, disregarding others (and there's one major way to become crazy: choosing, fighting against Reality) – then you'll hurry back into the 'safe' same craziness that was already there. Why don't you scream it all just out finally. How fucking relieving that is. Prick Cunt Fuck Dark Mud Danger Kill Bastard Dirty Scheiße-Shit and God Damn all and Filthy Holy Cunt-Whore. This is the new spirituality – the old one is dead. To Consciously Compensate for your 'Lie of the Light', for your arrogance to believe that you are better than the Dark, that 'you' *just* have to deal with it, when sometimes and if at all you meet it. Your spiri-arrogance Has to be Compensated sooner or later, that's the Law of Dual Nature. And you're intelligent enough to understand this – everybody 'has' or Is Intelligence, as it's not personal, it's available, just as Unintelligence apparently – but still, you don't want to live the Truth of this, as you're 'not crazy'. Well, then it will be underground that you pass on the craziness that you project somewhere else, outside yourself, to others, others who you *think* you want to help and even assume to actually help in getting rid of *their* 'craziness' or confusion or pain. If you

don't release your craziness, people can *become actually crazy from 'you' - from your craziness that is secretly transmitted (though often unintended)*. It's not a theory, it is not a joke, it actually happens. Unless, in turn, they are aware and *feel* they got fucked up after meeting or even thinking about you and actually do allow the craziness to be set free, don't tolerate it that their Body would stay like that, in that cramp where Breath, Space, is squeezed out.

By supporting people in their choice of whichever of all the forms and qualities that spirituality indeed has to offer, you support them in becoming crazy, fucked up, lost in one side of life, in self-obsession therefore (even when this self can present itself as (selfless) 'Self'). This holds true for supporting people in any choice. Cunt Prick Fuck... Just start practicing. Growling can surely also play a part in this or even replace words. It's not about 'words', it's about (allowing) the Dark. Hopefully needless to say that all of this respectfully raging, venting the Dark, whatever (other) form it takes, only makes 'sense' – 'sense' being always related to the Whole – when you give yourself fully, Whole-Heartedly and Whole-Bodily in it. To use 'dark words' as a new soporific mantra to compensate for the one-sidedness of the Light side of Life, doesn't work – just like *any* (inherently egoic) practice doesn't work by the way. The Dark by nature Wants to be Lived, energetically, consciously. You don't have to add anything to Life. Both sides together make up Life.

No, it doesn't help if you try to ridicule this essay as blunt banal nonsense. Understand the Balance of Life. That civilized society, 'our' political leaders, our spiritual heroes or teachers, school teachers, 'funny' colleagues and friends and 'even' parents, present you and urge you to go into and hold on to just one side of life doesn't mean at all that it's true. They, as a group, Lie. The group always Lies, inherently, See that finally. They 'have to' Lie, that's what they're paid for. Nobody listens any more if the ego is not pleased, seduced, incited. The whole system wouldn't function any more like it does now if they, people submitting to and functioning as 'the group', would be Honest. But why are you attracted to hear or read (and maybe talk) about scandals, sex, adultery, crime, abuse, murder, aggression, vulgarity, power, gossip? To have compensation. Or balance.

You never noticed people laugh from dirty jokes, dark insinuations? This is relaxing. The tension of holding on to 'the good side' wants – even constantly – to be released. By tuning into the Dark this is possible. Your 'problem' is only that you, secretly, 'do' this attuning – even, if you don't seem to want it, by having 'Dark' dreams – while maintaining the huge judgement about the 'wrong' side of life. This split keeps you crazy. And again and again you have to be 'naughty' to be able to release the cramp (of your supposed goodness). If you don't allow that naughtiness you become dead(ened). And most people prefer to stay let's say *energetically present*, which is only possible if to whatever extent 'Darkness' is being lived in whatever form (and usually unconsciously).

To Freely move in the Light and the Dark, that's something different. You've Seen-Felt on the Deepest Level, that is: Body-Level (but *as* Heart), that there's no Escape from the Dark, from the Duality of Existence. The Dark always starts laughing already as soon as you're successfully Seduced again to choose, choose whatever, to get something, for yourself, for others, to get rid of something, of someone, whatever, whoever.

(Consciously) Allowing the Craziess (or seeming Paradox) of the Duality of Existence, of '*your*' life, is, paradoxically, the Only 'Way' (Beyond Way) to be Sane, not crazy. To *Be the Whole* of Life is the Only 'Remedy' against the craziness of life. You are sick, that's not the problem. You by Nature Want to be Taken Back into Life, to Be Undone, Relieved from the sickness, craziness that you are *as* yourself trying to be better than Life, trying to rule, control life. How sick can you get? I can Know, for as long as you are sick I am sick. I Live you, all of your unFelt sickness, unWholeness, anti-Life-ness, in and as my Body. It's hell. The only way to Survive is to be aware of the craziness, to Consciously live your forgotten anger, cursing, pain, sadness, confusion, unconsciousness, being split, your head being separated from the trunk. You choose life and you are dead even when you seem to be energetically streaming.¹⁷ I live 'craziness' but I'm Alive.

No, you don't want to See that by your refusal to Feel the Dark, to Allow the craziness, the mad illogical dirty dangerous forms, you delegate this to others. This 'delegation' doesn't fit the picture of yourself that you seem to have to live with. So you define things in such a way that you would pass your 'goodness' on, your insights, your love, your consciousness, your good intentions, dedication, your healing qualities, whatever. The other side hurts. Always. Constantly. If you don't Feel it, another one must – that's a law. Maybe the other doesn't feel it consciously (yet), but anyway. And anyway, sooner or later it's *your* turn, you cannot escape from the Dark. No one can. The more you try to escape into spirituality, the more Dark is being created. What to do, where to go, if you have the humbleness to See that this is True? Nothing to do, nowhere to go. Just Surrendering into Reality, into both sides of life, that's all that's left. The spiri-show stops – not spirituality itself, of course; one cannot kill anything that is true, part of the Whole, of Life.

¹⁷ As for me, I was never impressed by streaming with the Lie.

