

# Poems From A Parallel World (1)

A personal experience of meditation and Zen

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## *Parallel*

Listen!  
The silence.  
All lines are parallel.  
The universe is here.  
Mind bent on infinity.  
Somewhere a bird whistles. It is this  
bird here and now.  
And then there is this great love,  
great compassion.

...

I. am I. am I. am no longer I.  
Nothing is needed. Everything is  
allowed.  
Each time again I friendly put my ego  
aside  
like a child that continuously asks for  
attention  
and then is mainly curious  
and then sits down beside me  
and listens together.  
Nothing is needed.  
Everything is allowed.

*Aurelis*



## ***Silence***

Emptiness is  
 receptive.  
 Not 'being there'.  
 Entirely being here.  
 A thought is a fence  
 between me and myself.  
 A word is a word too many.  
 Emptiness is  
 like a crystal  
 like silence making music.  
 Silence between sounds  
 Silence between words.  
 Emptiness is  
 silence of dying.  
 A child dies through shortage of  
 water  
 in this world now.  
 ...  
 The gong calls.  
 Silence comes  
 immediately.



*Aurelis*

## ***Bow***

Each bow  
 lasts an infinity.  
 Time to touch the ground  
 and the ground is gone  
 and then nevertheless going up  
 again  
 in the same bow.  
 ...  
 I do not bow.  
 My body bows and I follow.  
 I do not bow.  
 The world bows.  
 I do not bow.  
 Buddha bows.  
 ...  
 Since I have started weeping  
 I cannot imagine  
 ever having stopped weeping.  
 My tears are an ocean  
 of joy.



*Aurelis*

## ***To live***

Emptiness is full.  
 Full of joy!  
 Joy is love.  
 Love  
 for-from the universe.  
 Love for-from these eyes.  
 Love for-from the way in which this  
 girl before me  
 holds her head and body.  
 Straight.  
 Joy because everything, yes  
 everything is as it is.  
 Also pain.  
 Also death.  
 Joy because of finitude.  
 Joy because of infinity.  
 ...  
 All this joy is too big for me  
 and for this reason I just have to  
 grow  
 in order to live this life.

*Aurelis*

## ***Learning***

Learning through sitting.  
 Learning through feeling.  
 Learning through  
 being  
 entirely present.  
 Learning through knowing that the  
 other is also present  
 and thus never being alone.  
 Learning through being the highest  
 and the lowest  
 at the same time.  
 Learning through practising  
 always again  
 for the very first time.  
 ...  
 Thinking without naming.  
 Words kill  
 the more they speak  
 and for this reason it is better to be  
 silent.

*Aurelis*

## ***Face of Buddha***

Zen is about  
 one rule:  
 being friendly.  
 In friendliness  
 compassion  
 respect  
 love  
 listening to little things.  
 Not 1001  
 but one rule:  
 being friendly.

...

If you want to see friendliness  
 then look at the face of Buddha.

The real Buddha  
 not a statue,  
 the real Buddha  
 in the mirror.



*Aurelis*

## ***All is good***

Deep pleasure.  
 Pain. No pain.  
 Pain.  
 No pain.  
 Friendly  
 for everything  
 for a soft skin  
 for blue eyes.

...

Meditation is  
 to swim  
 in an ocean  
 boundless  
 and need-less of boundaries.

...

All is good.  
 All is beautiful.  
 All is deep.



*Aurelis*

## ***Essence***

Love for-from God.  
 Love for-from me.  
 Whatever happens,  
 continue sitting.

\*\*\*

A dance  
 on a beach  
 at the other side.

\*\*\*

A kiss  
 on a cheek  
 at the other side.

\*\*\*

Whatever happens  
 or not,  
 continue  
 sitting.

Never too much.  
 Never too little.  
 Essence of love.

*Aurelis*



## ***Never gone***

Also dead  
 not to be gone.

\*\*\*

To live in one moment.

To die  
 and to be back.

To die  
 and to be back  
 and to always be back.

\*\*\*

I don't need anything outside the  
 world.

I don't need anything within the  
 world.

In this moment  
 everything.

To die  
 and to be back.  
 To never be gone.

*Aurelis*



## ***Clouds rain***

When  
only the Way is a 'home',  
always underway  
like a rolling stone  
like a scruffy wandering cat  
a Buddha without head  
a cloud in 'search' of  
what.

...

To squeeze  
and to be squeezed.

To give water.

To get nothing  
and nevertheless to get Everything.

...

Back to the sea.  
The beloved sea.  
The really-at-home sea.  
Until it's Time again.

Clouds.

Rain.

*Aurelis*



## ***Thanks***

Zazen on a cushion  
and  
zazen in the world  
are equal.

...

Zazen of a mirror  
of an ear ring  
of a glass.

...

Zazen of a landscape  
of the sun  
of clouds and rain.

...

Zazen of loving  
of praying  
of having the intention  
to 'do good'  
even while knowing  
and feeling.

...

Zazen of enjoying  
of happiness  
of thank you - it's pleasant -  
for all zazen  
in the world!

*Aurelis*



## ***Almost thinking***

When  
sorrow  
and joy  
are of the same beauty.  
Completely sorrow.  
Completely joy.

...

A tear.  
A smile.

A thinking without thought.  
A thought without thinking.  
An almost standing still  
of everything.

...

An almost being dead.  
An almost living.  
An almost thinking  
of you  
of me  
of us.



*Aurelis*

## ***Morning***

In the morning.  
In the evening.  
I search your voice  
your movements  
all the nice of you  
and all the less nice.  
I miss you  
and yes it hurts.  
It hurts.  
...  
Yesterday  
is not today  
but today  
is tomorrow  
and the day after tomorrow.

...

Pain.  
And the happiness  
of what has been.  
So much happiness.  
An ocean of happiness.  
In the morning.  
In the evening.



*Aurelis*

## ***Goddess***

Goddess  
 Girlfriend.  
 Mother, woman, daughter.  
 My door, my dance, my desire.  
 My Muse.  
 My heart.  
 My freedom.  
 You who  
 hears the calling of the world  
 and hears  
 and Hears.  
 ...  
 Enough.  
 Immensely much.  
 Overwhelmingly.  
 And then again  
 just enough.  
 ...  
 Each day  
 my love  
 my little girl  
 at the side  
 of the way.

*Aurelis*



## ***Simplicity***

Simplicity of sitting  
 is only sitting  
 in simplicity of thinking.

...

Simplicity of thinking  
 are thoughts that come automatically  
 not driven by other thoughts.

Cloud-thoughts.

Sky-thoughts.

Entirely automatically  
 in simplicity of being.

...

Simplicity of being  
 is just as simple  
 as complexity of being.  
 Just as related to the sun  
 and the moon  
 and the wind  
 and the rain.

...

Not necessarily little.  
 Never too much.



*Aurelis*



## ***Emptiness***

The real mountains  
are the mountains empty of  
mountains.

...

The real enjoying  
is the enjoying empty of enjoying.

...

Until even  
the real emptiness  
is the emptiness empty of emptiness.

...

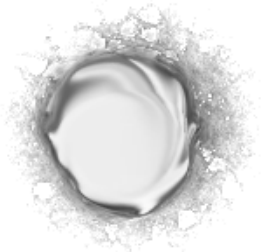
When I look at the mountains  
I become the mountains.

...

When I enjoy  
I myself become the enjoying.

...

Until even  
when I fall into emptiness  
I continue falling.  
Falling!



*Aurelis*

## ***Smile***

Sound at the outside  
and then  
sound at the inside  
and then  
only sound.

...

Sound of being called  
by merely being  
and then emptiness  
and then almost emptiness.

...

Like a baby sleeping  
right in front of me.  
At the slightest sound  
she awakens.  
I do not wake her.

...

Sound at the inside.  
Thinking at the inside.  
Even breathing at the inside.  
Look!  
A smile.



*Aurelis*

***One***

Here and now  
and then  
the Now of now.  
Now and after  
and then  
the After of after.  
Heaven and earth.

...

Everything at the same time  
is one.

Everywhere you look  
is one.

One point.  
One universe.  
One God.  
One love.

...

Everything you say  
or don't say.  
Everything you do  
or don't do.  
Everything you desire  
or don't desire.

*Aurelis****You***

You  
deep within me.  
At each step  
I step inside myself.  
When I eat  
I eat myself.  
Each night  
I sleep myself  
and I dream myself.

...

You  
deep within me.

In a church  
I pray to myself.  
When I listen to Silence  
I hear myself.

When I look someone in the eyes  
I see myself.

...

Very far from myself  
I am very close to myself.

You  
deep within me.

I  
deep within you.

*Aurelis*

## ***Silent movement***

Behind the world  
the World  
if behind is also before  
and right in the middle.

What is There  
is here  
and what is Here  
is there.

...

Behind  
is Behind  
and Behind Behind!

...

Ah!

The beauty of this girl.  
Her hair.  
Each little hair.  
Her neck.  
Her shoulder.  
Her beauty of  
a silent movement.

*Aurelis*



## ***Beautiful!***

The sun  
that makes all this Possible.

...

A cloud  
that is at the same time powerful  
and always Different.

...

The perfect movements  
of a Horse.

...

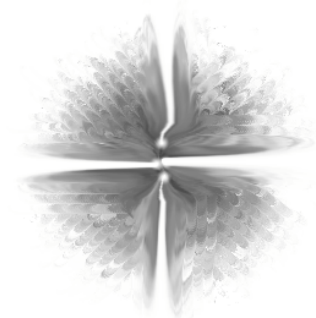
Trees  
that are Standing here  
already an eternity.

...

An invitation  
to a Tale  
and another one  
and another one.

...

This world is  
incomprehensibly beautiful!



*Aurelis*

**Love**

A love.  
 My love.  
 A body.  
 Your body.  
 Eyes.  
 Your eyes.

...

To wait  
 and then no longer wait.

To see.  
 To hear.  
 To feel.  
 To smell.  
 To taste.

...

Whatever we do,  
 really whatever we do,  
 we love each other  
 infinitely slowly.

*Aurelis***Love**

Day knows night.  
 Warm knows cold.  
 Love knows  
 only love  
 and therefore doesn't exist.  
 Love is only.  
 The universe.  
 A little spot on the wall.  
 Attention.

...

Words  
 are signposts.  
 They indicate the way  
 and are part of the way  
 and if they  
 love the way  
 then they are the way.

...

Love knows  
 only love  
 and therefore doesn't exist.

*Aurelis*

## *Transmission*

Transmission:  
 first becoming Buddha  
 then getting transmission  
 from Buddha.

Ha!

Why acting as if?

...

Become Sea.  
 Become Moon.  
 Become Book.  
 Become Yourself.  
 Become  
 Transmission.

...

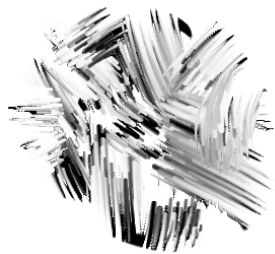
Ha!

Why acting as if?

Become a Flower.

Become  
 Buddha.

The right nipple of a girl  
 is infinitely much more important!



*Aurelis*

## *Without*

Hope-less is my hoping.  
 Fear-less is my fearing.  
 Expectation-less is my expecting.  
 Desire-less is my desiring.  
 Love-less is my loving.

...

Body-less is my body.  
 World-less is the world around me.  
 Human-less are all people.  
 Suffering-less is all suffering.  
 Joy-less is all joy.

...

Word-less are all words.  
 Without being silent, I am silent.  
 Without nothing  
 is everything.  
 Without anything  
 is everything.  
 Without truth  
 is the truth.



*Aurelis*

## *Almost*

Listen!  
 Almost  
 there is something to hear.  
 Look!  
 Almost  
 there is something to see.  
 ...  
 The way  
 is almost no longer the way  
 is the way.  
 Above  
 is below.  
 Inside  
 is outside.  
 ...  
 Listen!  
 Almost  
 you hear yourself.  
 Look!  
 Almost  
 you see yourself.



*Aurelis*

## *Each moment*

Each moment  
 attention.  
 Action!  
 One moment  
 of no attention  
 and you're gone.  
 ...  
 Each moment  
 breathing  
 and not-breathing  
 being  
 and not-being  
 thinking  
 and not-thinking.  
 Almost breathing.  
 Almost being.  
 Almost thinking.  
 Almost  
 standing on an immensely high rock  
 and seeing the whole world.  
 Almost taking the last step  
 and almost returning.



*Aurelis*

## ***Zen and sex***

Zen and sex  
without hypocrisy.  
Zen and sex  
is firework!

\*\*\*

Here and now.  
Here and now.  
Here and now.

Good sex  
is  
attention.

A warm body  
is worth infinitely much more  
than thousand Sutras.

\*\*\*

But don't be mistaken.  
Sex without attention  
doesn't exist.

Call it 'reproduction'.  
One can by a keyhole  
be dazzled  
while at the other side  
lies nirvana.

*Aurelis*



## ***Humility***

A leaf falls from a tree  
automatically perfect.

A flower withers  
automatically perfect.

Only seeing all this  
is not automatically perfect  
but it is seeing.

Seeing!

\*\*\*

Please strive to see as well as  
possible  
even if 'you know it to be hopeless.'  
It's not hopeless  
if it's hope-less.

\*\*\*

Hope humbly.  
Look humbly.  
Don't throw yourself  
between yourself and the world.  
Humility  
is openness.

*Aurelis*



## *Everywhere*

The way  
is everywhere.  
In a cave.  
In daily life.  
In nine years.  
In one moment.  
Who will say  
what is important and what is not?  
Isms are schisms.  
Unnecessary  
walls between people.  
...  
The way is where you are  
here and now  
and always and everywhere.  
The way is where you are  
with all emphasis on 'being'.  
The way is where you are  
and nowhere else.



*Aurelis*

## *Rules*

1001 rules  
are only interesting  
if you see  
that they are not rules.  
They are ways.  
Invitations.  
It is your heart.  
...  
One rule  
that is not present from the heart  
is like a levee.  
It will end badly.  
...  
Rules do not exist  
in order to protect you.  
You could only protect yourself  
against yourself.  
Real rules  
make all your protection  
disappear.



*Aurelis*



## ***The way***

No walls.  
 No roof.  
 Only a little rug as floor.  
 No life  
 outside today.  
 No goal  
 only the way.  
 ...  
 To look  
 is to have  
 is to be  
 is to be happy.  
 The sun is shining.  
 The moon is shining.  
 The whole nature  
 lives  
 around you.  
 A word.  
 A remembrance.  
 A tear.  
 A smile.  
 A bird singing.

*Aurelis*

## ***The other side***

If there is something  
 between you and yourself  
 get rid of it!  
 ...  
 Are you 'rich'?  
 Poor devil!  
 How could you possess the world  
 or equally what  
 if you don't possess yourself  
 but are being possessed  
 even if it's by  
 not-possession?  
 ...  
 Throw away everything.  
 Throw away also your idea of  
 everything.  
 Throw away even the throwing away.  
 Only naked  
 and in coldness  
 can you encounter everything  
 at the other side.



*Aurelis*

## *Here-ness*

Entirely being here  
with a reason.  
One reason.  
And then being that reason.

...

Ceasing  
to exist.  
Entirely being.  
One song.  
One sound.  
One person.  
One desire.  
Being one  
is being away  
is entirely being here.  
Entirely being.  
Love.  
Openness.  
Directness.  
Away-ness.  
Entirely here-ness.



*Aurelis*

## *Always now*

One thing  
changes  
into another thing.  
Underlying oneness.  
Always different.  
Always the same.  
Forward.  
Backward  
and at the same time forward.

...

Always at the same time  
is always now.  
Slowly  
and quickly.  
Slowly and quickly at the same time.  
Forward.  
Backward  
Forward and backward at the same  
time.  
Always at the same time  
is always now.



*Aurelis*

***Not-pain***

Pain.  
 No pain.  
 Nor pain, nor no pain.  
 Not-pain.  
 Heaven and earth!  
 Body and mind!  
 ...  
 Pain as tube.  
 Pain as transformer.  
 Pain as friend.  
 Pain as lover even.  
 Pain as vertical gate.  
 ...  
 Pain as pain.  
 Pain.  
 No pain.  
 Nor pain, nor no pain.  
 Not-pain.  
 Entirely!

*Aurelis****Wordless***

Words  
 in order to put into words  
 the beyond-words.  
 No naming.  
 No explanation.  
 Words are a subterfuge  
 in order to talk.  
 The real talking  
 is wordless.  
 The real talking is done  
 by a tree  
 a bird  
 a cloud.  
 ...  
 Therefore listen well when a teacher  
 is talking:  
 he says nothing.  
 If you listen very attentively  
 you don't see his mouth moving  
 but his heart.  
 Listen  
 so well  
 that you hear his blood flow.

*Aurelis*

## ***Creation***

Twoness  
 knows twoness and oneness.  
 Oneness  
 knows only itself  
 but makes twoness exist.  
 Creation.

...

Oneness is never away.  
 Oneness is present in all things.

Look.

Listen.

Feel.

Be open to the things  
 and the things are open to you.

There are no keys.

There are no doors.

There are no door openings.

As long as you are not there  
 you will never be there.

As soon as you are there  
 you have always been there.

*Aurelis*

## ***Flower***

Very quiet.  
 Só quiet  
 that you can make a flower open  
 itself from a distance.  
 This flower is you.

...

Look  
 and simply let happen.

Weed your ideas.

Give water and sun.

Give silence

and zen.

...

A flower in a convent garden  
 or in a flower pot  
 in the middle of the city,  
 this flower is always equally beautiful  
 and fragrant  
 and loved by the little bees  
 the gardener  
 and the setting sun.

*Aurelis*

## ***Point***

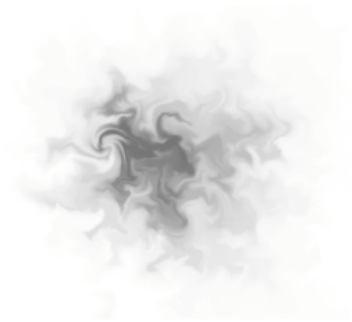
A point  
that eternally is  
that here and everywhere is  
centre and circumference.  
Outside the point there is nothing.  
Within the point there is nothing.

...

A point  
that is centre of itself  
that is itself nothing  
and from which everything is.  
Invariable.  
Eternally different.

...

A point  
that even in the nothing  
is nothing  
and itself is not something  
and even is not nothing.



*Aurelis*

## ***Itself***

Balance  
and unbalance  
in balance.  
One tone.  
One harmony.  
One universe.

...

Justice  
knows injustice  
and therefore is unjust.

Real justice  
is inner justice  
is love.

Harmony  
knows disharmony  
and therefore is disharmonic.

Real harmony  
is inner harmony  
is love.

...

The universe  
knows only itself.  
Itself.



*Aurelis*

## ***Doubt***

Doubt  
 has many faces  
 but one face is divine.  
 Support  
 of everything that is important  
 and significant.  
 In doubt  
 happiness.  
 In happiness  
 doubt.  
 ...  
 Not knowing.  
 Not not-knowing.  
 Even  
 while knowing not knowing  
 and not-knowing.  
 At the same time  
 wanting to know  
 and not wanting to know.



*Aurelis*

## ***Happiness***

Happiness  
 because of the sun.  
 Happiness  
 because of sex.  
 Happiness  
 because of food and drink.  
 Happiness  
 because of being allowed to be here  
 on this earth  
 on this spot  
 in this presence.  
 ...  
 Happiness  
 because of everything that is white  
 and is black  
 and is high  
 and is low.  
 Happiness  
 and gratitude  
 because of all this happiness.



*Aurelis*

## ***To give***

To give  
and to continue giving.  
To give everything  
because you have nothing anyway.  
To give  
without giving.  
To give entirely.  
To give yourself.  
...  
Between giver  
and receiver  
no difference.  
Therefore to give the receiver  
to himself  
and this way to give yourself to  
yourself  
and to get.  
To get everything.  
Never to have anything.  
Never to give anything.  
Never to get anything.



*Aurelis*

## ***Simplicity***

In most simple  
simplicity  
lies a happiness  
that is boundless.  
Simpler than words.  
Simpler than possession.  
Simpler than status.  
A happiness  
that touches the bottom  
of my soul.  
...  
Everything becomes enormously  
beautiful.  
Rice in a bowl.  
Water.  
People.  
A feeling.  
An insight.  
Ah, the beauty of an insight!  
And then  
because of all this beauty  
tears in abundance.



*Aurelis*

## ***Detached***

Detached of feelings  
and thoughts  
come deeper feelings  
and thoughts.  
Deeper  
and always deeper  
like a slow  
slow falling.  
It 'doesn't matter anymore.'

\*\*\*

Detached of feelings  
and thoughts  
come feelings and thoughts  
outside me.  
Not they in me  
but me in them.  
Tell me 'beauty'  
and I drown.  
Tell me 'melancholy'  
and I drown.  
Tell me 'compassion'  
and I drown  
in an ocean.

*Aurelis*



## ***For nothing***

Look once at the face  
of a great zen master.  
Perhaps he appears quite serious  
but if you look very closely  
then you see  
the inverse.

\*\*\*

Buddha is a child.  
Buddha is the clown  
at a birthday party,  
the monkey  
in the circus,  
the stumbler  
at the official parade.

\*\*\*

Buddha is the last  
in the row,  
the one who talks  
with little birds,  
the one who loses his heart  
when it's not appropriate,  
the one who behind a door  
is weeping a little  
for nothing.

*Aurelis*





## ***Monastery***

In a monastery  
you can flee the world.  
In the inner monastery  
you flee nothing.  
On the contrary.  
The walls can reach the sky,  
nothing stops anything.  
On the contrary.

\*\*\*

The inner monastery  
is as large  
as the universe.  
Things happen there without a why  
because the why  
is itself the reason.  
An asking for water  
is itself the water.  
An asking for Water  
is the Water itself.  
Nothing is lacking.  
There is room  
for everything.

*Aurelis*



## ***Strength***

Mental strength  
that forgets the mind  
(and the heart!)  
is the strength  
of a stone,  
not that of me.  
'Doing good'  
happens through yourself  
and not beside.

\*\*\*

Mental strength  
that doesn't forget the mind  
(and the heart!)  
is the strength  
of a Buddha.  
It is the strength  
of the smallest  
and therefore the largest.  
It is the strength  
of the poorest  
and therefore the richest.

*Aurelis*



