Poems
From
A
Parallel
World (1)

A personal experience of meditation and Zen

JL Mommaerts

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.

Parallel

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.

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.

---

**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.

**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
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.

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.

---

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
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!

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

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.

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.

**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.

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.

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.

---

**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.
**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!

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**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.
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.

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.
**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.

**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 dysharmony
and therefore is dysharmonic.
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.

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.
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.

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

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.

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**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.