

Poems From A Parallel World (2)

A personal experience of meditation and Zen

JL Mommaerts



2

Your heart

Zen is
no morality
for people who 'want'.

Zen goes beyond
'morality'.
Being-good
goes beyond
doing-good.

...

Zen doesn't 'help' you.
It throws you into
an abyss.

Zen doesn't 'relax' you.
It is the arrow
that reaches the aim
always.

Zen doesn't wrap up
anything.

Zen
is your heart
also if it
empties itself.



Aurelis

Very deep

Not your 'I'
but your deeper self.

No relaxation
but deepest relaxation.

No pleasure
but very deep pleasure.

Not agreeably closed
but open
even if it hurts.

...

And it can hurt.

...

Friendliness
can be severe.

Love
can be hard
and gentle at the same time.

...

Things dissolve
into wider things.

Nothing
gets lost.



Aurelis

Planet zen

Planet zen:
not in a box
even not in 1000 boxes.

Zen
comes from the
middle
and not
from the surface.
Not what someone
has ever said
but always again
your challenge.

...

The zen
of a Japanese mummy
is not the zen
of an intellectual
West European
except
if that zen
comes from the middle
entirely!



Aurelis

Arising

Two-ness
arises from
one-ness.

...

One-ness
arises from
chaos.

...

Chaos
arises from
nothing.

...

Nothing
arises from
nothing.

...

Nothing
causes
nothing.



Aurelis

The zen of people

The little things
that are said
or precisely not.

The little contacts
that are made
or precisely not.

...

Zen doesn't belong
upon the moon
or inside the sun
but

where it's warm
and wet.

Zen belongs
where there is desire
if it's pure
and of a total person.

...

The zen of stones
is not
that of people.



Aurelis

Infinitely' waiting

Only sitting
and waiting
infinitely patient.
One moment
or 10 years
each time again
'infinitely'
waiting.
...

No feelings.
Feelings.
No thoughts.
Thoughts.
No time.
Time.
...

A leaf falls.
A tree grows.
Each time again
one moment
sitting
and waiting.

Beyond

A flower.
A candle.
A prayer.
A giving-oneself.
How beautiful...
...

Not knowing
and nevertheless doing.
Doing good
and
being good
without if
or then.
How beautiful...
...

Being there.
Not being there.
So 'unimportant'
and nevertheless important!
Beyond only-me.
Beyond everything.
Two eyes.
One soul.



Aurelis



Aurelis

Smile

Not pulling
or pushing
but letting come automatically
and
keeping the door open.

Always.
Friendly.
Patiently.
...

A smile
slides beyond
and never finishes
Waiting
and at the same time
waiting no more
A smile
slides beyond
and
remains with me.
Now is always
and everywhere.
Thinking something
is thinking everything.
Feeling something
is feeling everything.



Aurelis

Lonely

Nothing
in time.
Nothing
in space.
Endless feelings
that simply exist.
...

I search my soul
and no longer find it
deeper
and deeper.
I search my soul
and no longer find it.
Or I find it
but quickly lose it
each time again.
...

Being-lonely
and not-being-allowed-to
are more and more
the same.



Aurelis

No loss

It's there.
There!
And then it's gone.
No loss.
And even if it hurts
it doesn't hurt.
And even if it's nice
it's nice
on a velvet background.

...
Feelings are feelings
and more.
Everything has a place
an intention
a warmth.
And even if it's hard
it's hard
and soft at the same time.
And even if it's gone
it's gone
and nevertheless entirely here
Nevertheless
entirely gone.



Aurelis

Effortlessly

Focus on now
and on nothing.

Time
is gone
in a circle
of not-waiting.

...

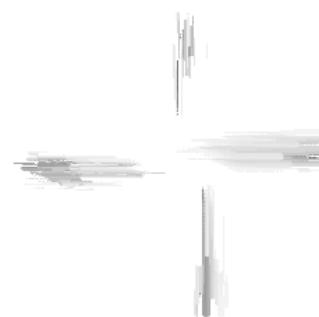
Now
is timeless.

All kinds of things appear
and are
and are not.
All kinds of things
are important
and also 'unimportant'.

...

Time
is gone.

The universe is gliding beyond
on a different track.
Effortlessly.



Aurelis

Sound of silence

Total silence.
 And then I nevertheless find
 inside that silence
 the sound of silence
 to drown into.
 It is
 so beautiful!

...

Nirvana
 and I immediately start searching,
 lose it
 and find it again.
 ‘Morbidly’
 and ‘painfully’
 and immediately ready
 for ‘too much’
 like a small, small person.

...

And then again
 and then
 again
 as if it’s never
 enough.



Aurelis

Almost-feelings

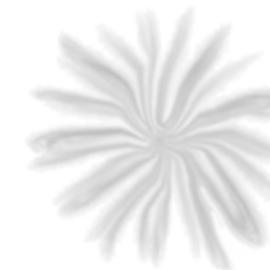
Almost-feelings:
 feelings
 that entirely fill
 an almost-emptiness.
 You go forward
 and at the same time not
 without here and now.

You go forward
 without always
 or everywhere.

Everything.
 Nothing.
 This tree.
 This bark.

...

‘God’
 is
 nowhere else but here
 under your nose
 and even inside your nose
 at the same time
 and entirely.



Aurelis

So-ness

In oneness
no place or time.
No leaf.

No tree.

And nevertheless
a leaf falls
from a tree.

...

In oneness
no two-ness.

No horses in the distance.

No yelling of children.

No I who is standing here.

No feelings.

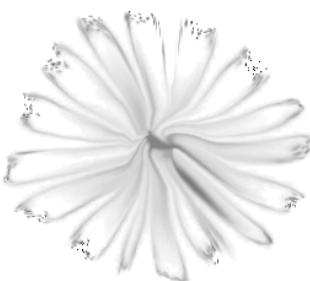
No
memory.

...

In oneness
no two-ness

and nevertheless
so-ness

and a wonderfully,
wonderfully beautiful world!



Aurelis

Always

Always
there is the dog
the child
the little dance.

...

Always there is that
what is standing 'in the middle of the
way'.

Always
there is the fantastic girl
to be carried.
She may and wants
and can
and will.

...

Always there is the warmth
in bed
and the soft cushion too
and the dream.
And even
the way itself
that is standing in the way.

...

Always.
And that is perfectly
OKAY.



Aurelis

Emptiness

Emptiness is
being
without being,
without friction.

No surrender
nor fear

nor
emptiness.

Being
without being.

...

No smile
underway.

Even
no compassion.

Time
without time.

Words
without words
and even
being
without being.

Only
being.



Aurelis

Deepest desire

Deepest
desire:
no desire
that is desired
or not.

...

No before
or after.
Timeless.
No before
or after.
Spaceless.

...

Deepest
desire:
one desire
that fills everything.

No place.
and no time
for anything else.

No frustration.

Only
this immense desire
for You.



Aurelis

Receptivity

Not doing
even
not letting happen
but simply
not
standing
in
the way.
...

Without desires
deeper
desires.

Without thoughts
deeper
thoughts.

Pure
invitation.

Receptivity.

Almost
emptiness.

Aurelis

Welcome

I invite
and who comes
am I myself.
I offer
and to whom I offer
am I myself.
I find myself
at my own table,
in my own
bed.
...

I lend to myself
my hands
my eyes
my mouth.
And if the work is done
I say to myself
'thank you very much'
and 'well done'.
...

You're welcome.



Aurelis

Landscape of ice

Landscape of ice
and in that landscape of ice
a landscape of ice
and in that landscape of ice
ice.

Looking
is freezing
is becoming one with the ice
from inside.

The ice
becomes one with you
...

Feeling
infinitely slowly
like ice.
Infinitely
warm
and
slowly.

Warmth of feeling
is warmth of
ice.

Aurelis

Just as clear

The depth of an emotion
cannot
be measured
with an intellectual
yardstick.
People weep
for big
and for little things
with tears that are as real.

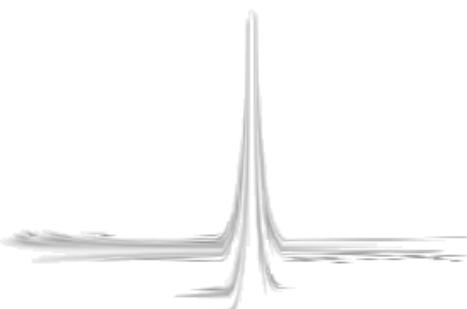
...

On a background of silence
soft sounds are
just as clear
as loud sounds.

...

People weep
for big things
because in these
little things are present.
A word
spoken too much.
A gesture
felt no longer.

Aurelis



Always OKAY

The mountain is the same.
 The way is not different.
 The sun still shines
 by day.
 Night brings bed.
 Day brings
 hunger
 and thirst.
 ...
 But
 the air doesn't fall down.
 Rabbits eat just as tasty
 as you and me.
 Computers do not crash
 in order to hurt me.
 If my car drives
 it drives
 and otherwise not.
 I don't
 need necessarily.
 ...
 If it's OKAY
 it's OKAY
 and it's always OKAY.



Aurelis

Room enough

Only I
 can push away I
 from its own place
 and then
 the right of the strongest:
 the strongest I
 gets the 'best place'.
 Therefore
 don't push.

There is room enough
 on the cushion.
 ...

Thinking without thinking.
 Feeling without feeling.
 You are there
 and also not.
 ...

Let your I freely
 jump around.
 Let it grow
 from itself
 and it grows from itself.
 The 'best place'
 is everywhere.



Aurelis

Solitary

Buddha
the solitary
the one who fights
with armies
if need be.
Entirely alone
if need be.
...

Where then is
Jahweh?
Krishna?
Allah?
...

Buddha
the solitary.
How strong is a person
an enlightened one
an anointed one
a solitary one
a
very ordinary one?



Aurelis

No death

Here and now
is no death.
Look at a flower
in a vase.
Is it dead
before it opens?
Here and now
is no death
nor yesterday
nor tomorrow.
...

Everywhere
where's life
there is no death.
Listen to a cricket
in nature.
It lives
without death
and it also doesn't 'die'.
Here and now
is no death.



Aurelis

1000 eyes

Love
 has eyes.
 1000 eyes.
 Your eyes.
 Love
 has a body
 far away or nearby
 every day
 again.
 Love
 has sounds
 and smells
 and fingers
 that are caressing
 over my caressing.
 Your caressing
 far away or nearby.
 Love
 has patience.
 Infinitely much patience.
 Infinitely much caressing.
 ...
 I still
 taste
 you.

Aurelis



One

Concentration.
 ...
 On what?
 On this or on that?
 This or that
 are concrete walls.
 Concentration
 on one
 doesn't make one in one
 but all in one.
 ...
 Concentration
 is not
 not seeing.
 On the contrary.
 You concentrate
 in oneness
 with everything.
 One body.
 One mind.
 One
 universe.



Aurelis

Farmer

Fragrance of straw.
 Growth of grain.
 Beauty of life
 that begins
 and ends.
 Plants.
 Animals.
 People.
 ...
 Working hard
 and
 working even harder
 with intention
 and
 without intention.
 ...
 A farmer
 who is open
 and who can entirely enjoy
 all of this
 knows
 what is meditation.



Aurelis

Just as pure

Purity
 on top of the ladder
 is not purer
 than below.
 Pure
 is everywhere pure.
 But
 half-way the ladder
being able
 and nevertheless not going up
 is not pure.
 ...

Strive
 also if you don't know
 whether you will get there.
 Always
 is everything
 OKAY.
 Enlightenment
 can be a sun
 and equally well
 a very little flame
 of a candle.
 Just as beautiful.
 Just as pure.



Aurelis

Abyss

A 'master of own ideas'
jumps into the air
and thinks he's flying.

Ah!

The longer he 'flies'
the deeper the abyss.

...

No difference
between thinker
and thought.

Make your thoughts 'fall'
and you are lying on the ground.

Release them
and you are free.

Is there something
clearer than this?

In a cage made of glass
there is no more freedom
than behind bars.

Start then
with seeing
and feeling
where you are.



Aurelis

Suffering

If Love is,
then from where comes
suffering?

Hm.

...

Don't blind yourself
on 'suffering'.

The most difficult step:
suffering doesn't exist
in this world
nor in another.

...

Deepest insight.
Beauty exists.
Love exists.

Goodness exists.
Suffering exists
not.

People 'suffer'
but they do not suffer
and
if they look very closely
then they also do not 'suffer'.



Aurelis

Happiness

Happiness
you recognise
by
the fact
that
one
moment
is enough.

One
is everything
eternally
now.

Here and now
everything.
Nothing
outside of this.

...

Nowhere
a border
or
an end.



Aurelis

Yoshidhara

Yoshidhara
with your beautiful long hair
that more than one lifetime
is no longer caressed,
dearest Yoshidhara,
let's be honest:
it was especially *your* suffering
versus that of
all people.

...

Dearest Yoshidhara,
it was already difficult enough
to be a woman
therefore
because of all living
and sentient beings
1000 x thanks
because
let's be honest
in that when he left
you didn't sleep
but also 'weren't awake'
out of pure love.

...

[Yoshidhara: wife of Siddharta, who
'was sleeping' when he left in search
of a solution for all suffering.]



Aurelis

Desire

Has Buddha ever wanted
that a flower
would smell less
would be less beautiful
or would speak less
to the hearts of people?

...

Has Buddha ever wanted
that lovers would
desire each other less?

Has Buddha ever wanted
to reduce suffering
by reducing *everything*?

...

Has Buddha ever wanted to reduce
anything
but illusion?
'Pain' is illusion.
'Frustration' is illusion.
But desire... ah!
Desire is
what really is!



Aurelis

Transition

Transition.
Initiation.
Falling away.
Nothing remains.
Everything falls
away.

...

No I.
No world.
No universe.
No soul.
No
desire.

...

No compassion.
No love.
No emptiness.
No life.
No
death.

-

Initiation.
Transition.



Aurelis

Without effort

A drop falls
from a leaf
and floats
through the air.
Way towards enlightenment
without effort
perfectly
whatever further happens
underway

...

I dreamed
yesterday
of a better world.
A world
without hatred.

...

I dreamed
yesterday
and at least in my dream
it felt so good.

...

A drop falls
perfectly.



Aurelis

Pfwah!

One religion
in one universe.
Is that then
asked too much?
One 'God'
with one name
or a lot of names
or without a name.
What difference does it make?
Do perhaps people exist
with three arms
and five legs?
Are there flowers
that grow into the ground?

...

Is there perhaps a
'God'
who in any little way
cares
about his own 'quantity'?
Pfwah!



Aurelis

Night

The night falls
with my strivings
thoughts
desires
everything
becomes night
and entirely quiet
far away
a background
of little sounds
and nothing else remains
but
a thanks
everything
together in the night.

...

Dark one,
let's together
look at the stars for a while.
Together
as if we once and for all
take farewell.

Aurelis



Attention

Attention
not for 1001 things
but for one thing
and even for no thing.

...

Not attention
is important
but depth
in attention.

Not just like that 'this little girl' here
before me
is important
but the way
in which she rearranges her hair a
bit.

How she looks
at me
or precisely not.
How the sun
makes a shade
on her cheek.
A movement
of her shoulder.
Attention
each time again
entirely.



Aurelis

Beautiful enough

I want to be strong
by being gentle.
Infinitely strong
if need be
by being infinitely gentle.
This world
doesn't need even more masks
made of stone.

...

I want to be good
in my way.
Infinitely good
if need be
in entirely my way.
This world
doesn't need even more iron
hands.

...

I want to love
by going deeply.
Infinitely deeply
if need be
to infinitely love.
This world
is beautiful enough.



Aurelis

Dark world

In being conscious
the emphasis lies on being
and that makes the whole difference
between heaven and earth.

Consciousness
is a little lamp
in a dark world.

More consciousness
is a somewhat bigger lamp
in an even darker world.

Who calls that
enlightenment?

...

Just give me
the stars
the moon
and the sun
and sell your 'bigger lamps'
to yourself.



Aurelis

Smile

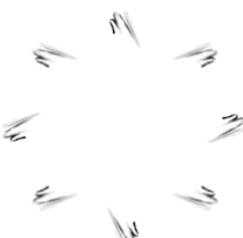
A smile
is more than a smile
if it's a smile
of someone who sees.

Look therefore:
what you see
is a mirror
and your own smile
...

It doesn't matter:
a smile of a little girl
a decrepit monk
or Buddha
himself.

A real smile
is an open door
always beautiful
friendly
and infinitely deep.

Who knows
what you will encounter?



Aurelis

Entirely

It's not a question of
a little bit.

It's not a question of
much.

Don't make any effort.
It's a question of
deeply within yourself
and therefore always
entirely.

...

Being
happens automatically.
Breathing

happens automatically.

God

is automatically
near you.

Personally.

Impersonally.

Equally how
or what.



Aurelis

Always

Without ears
there is nothing to hear.

Without eyes
there is nothing to see.

Without heart
there is nothing to understand.

With ears
what you hear
is also what hears.

With eyes
what you see
is also what sees.

With heart
what you really understand
is the deepest of yourself.

Not one time
but each time again.

Always new.
Always fresh
and refreshing.



Aurelis

Illusion

There is no
sin.

There is no
guilt.

There is no
 $1 + 1 = 3$

unless in your imagination
as an illusion.

Look in a pure way
and you are pure.

Be pure
and the whole world is pure.

Only in illusion
you can lose the
world
to suffering
and death
and destruction
of everything.



Aurelis

Always now

As from Now
for always
each time again.

Now
is the Now
of always
each time again.

Not just now
but Always now.

One and two
are always here
everywhere.

...

This tree,
this line
that starts from my head
and finishes in infinity:
now and here
and Here and Now
are each time again
themselves.
Each time again themselves
and each time again entirely
different.



Aurelis

Rules

Real rules
are instruments
for souls
of people.
False rules
are instruments
for the de-soulification
of people.

...

False rules
create fear and addiction.

Fear and addiction
create
false rules.

...

Real rules
create love and compassion.

Love and compassion
create
real rules:
good instruments
for you
and for me.



Aurelis

Emptiness for

Fullness
is fullness of.
Emptiness
is emptiness for.
Receptivity.
A
conception
that is immaculate.
For this reason
God is
in emptiness
immediately.
Complete mercy.
No excuses
and also no time
and also no space.

...

Where emptiness is
is Everything.
Where many things are
there is no room
for Whatever.



Aurelis

Open

Where everything
is full of 'mind'
there is no room
for emptiness.

Where open attention
piles everything up
and up
there is no room
for open attention.

...

Always again
and again
and again
the empty cup of tea
provides a tea
the doesn't only quench the mouth
but also the soul.

For this reason
at open attention
that is really open attention
the emphasis lies upon
'open'.



Aurelis

