Poems
From
A
Parallel
World (3)

A personal experience of meditation and Zen

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Zazen
Zazen
and it feels good.

Zazen
and it doesn't feel good.

It's the same

Zazen.

... 

Zazen
and you 'succeed'.

Zazen
and you 'don't succeed'.

It's the same

Zazen.

...

Enlightenment
in Zazen.

Enlightenment
outside Zazen.

It's the same
enlightenment.
Encounters

Zen isn’t about
the manipulation
or not
of objects
thoughts
feelings.
Zen
is about
intense
encounters
of this total person
with this total
and incredibly
wonderfully beautiful world.
***
I have never thought
before I started thinking.
I have never felt
before I started feeling.
I have never seen
before I started seeing.

Aurelis

Into the world

Zen is
to fall
and
to continue falling.
Not out of the world
or through the world
but
into the world.
To fall
in what you encounter.
Thoughts.
Feelings.
***
To fall
into meditation.
To fall
into Buddha
into
Yourself.
To fall
into the warmth
of the gentlest eyes
of this little girl
this boy
this woman or man.

Aurelis
**To be**

Zazen
is to learn
to slow down the time.
If the time slows down
everything slows down.
Here
and now.
...
Zazen
is to learn
to stop the time
in order to be.
Only if the time
stops
there is being.
Entirely being.
Entirely
yourself.
...
Zazen
is to learn
to be.
Only.
Entirely.

**God**

‘God’
is a concept
that as a concept
has nothing behind it.
God
on the other hand
is a feeling
a presence
a clarity.
God is what He does:
He loves people
the world
the universe
Himself.
God is personal
and impersonal.
...
You yourself can choose
for.
You cannot choose
against.

_Aurelis_
Giving yourself

Giving yourself
is having already given yourself.
You haven’t lost anything.
Nothing has changed
and everything.
Giving yourself
is being entirely open
and not knowing what
and not knowing towards what
purpose
and not knowing how.
Giving yourself
comes to you automatically
entirely from inside.

Giving yourself
is not knowing
how it has come to this.
Giving yourself
is dissolving
like Salt
in Water.

Attachment

‘Attachment’
stands between you and things.
It doesn’t bring you closer
but much further away.
‘Attachment’
is an incredible glutton.
It precludes
any other feeling
and calls itself
thus.
Hunger becomes ‘hunger’.
Thirst becomes ‘thirst’
and even love becomes ‘love’.
Desire
becomes frustration
and addiction
but nevertheless
keeps calling itself desire.

‘Attachment’
thus stands between you and
yourself.
It doesn’t bring you closer
but much further away.
Discipline

Self restraint is self fraud. Who is restraining who, you think? Nature knows no self restraint. The Way knows no self restraint. Discipline yes! From within in growth in openness in respect for yourself and others and the Other. ... Self restraint is self fraud because it knows no respect not for yourself nor for others nor for the Other.

No intermediary

There is no intermediary between you and Yourself or between you and God. There are only people who can and want to help. They are never between but always aside or under. But... ... Ha! If someone would do something that someone else 'cannot' then that means that someone else 'cannot'? Ridiculous! Away with it!
**Guanshiyin**

Guanshiyin: ‘she who hears the suffering of the world’ not only in yells or lamentation, in headache or joint ache in stomach or skin. She hears and understands from within very very deep. She Listens and makes through this also little people into big people into Buddhas.

***

Guanshiyin: compassion insight action effectively one-ness.

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**Another door**

Does a dog have Buddha-nature? Does a Buddha have dog-nature? Does grass grow upwards? Does the sun rise when it becomes day? Is there meditation outside meditation? Is there an answer without question?

***

Go ahead when you go ahead and go back when you go back. You can use many things to go towards your meditation. You cannot use anything to enter your meditation. Do something and you are standing before another door.
No merit

What matter is not
the sitting that you do.
What matter is
the sitting
that comes from elsewhere.
‘All of a sudden’ it’s there.
No merit.

What matter is not
enlightenment that you pursue.
What matter is
enlightenment that you
do not pursue.
‘All of a sudden’ it’s there.
No merit.

Even after 1000 years
of ‘merit’
you haven’t deserved anything
and if it comes
then it comes
entirely automatically.

No disappointment

I close my eyes
and think I’m in heaven.
I open my eyes
and am
not disappointed.

A body
is singing of love.
A love
new
fresh as the day
beautiful
like a rose that opens itself.

What is looked at from outside
becomes ‘ugly’ and ‘dry’.
What is looked at from within
always remains wet
beautiful
and warm
and new.
What is looked at from within
is timeless
and knows
no disappointment.
Real depth

People want new things because in the new they don't see the new. If in the new you don't see the new then it becomes old very quickly and then it has to be replaced not by something new but by something novel something else that is not yet torn to pieces.

***

Real love doesn't become old. Real beauty doesn't become ugly. Real depth is never 'deep' but fresh and light and warmly alive.

Dance

The music is dancing. The air around us is dancing. We are dancing closer and closer to each other till we dance through each other.

***

Doors open themselves. I in your dancing. You in my dancing. We don't even encounter each other anymore unless from within. Ah! Do you really like to be with me so much?
Open

Open
also if that means
that the bees
come and steal your nectar.
Let yourself then
be robbed.
It's the intention.
Comfortably rotting away
is not the intention.

***
'Comfort'
is an armor.
It's OKAY
as long as your head is still sticking
out.
Unbridled comfort
is a tombstone
on your grave.
Get out!
Stretch your legs
and your wings.
Be an open flower
or a stealing bee.

Master, geisha

A Zen master
surpasses himself.
A Zen geisha
surpasses herself.
Every student
who comes to a master or geisha
gets something
of enlightenment.

***
What's important
is not
the baldness of your head
or the hairiness of your chest.
What's important
is
how near you are
to smelling the incense
or the perfume of flowers,
the way in which you carry your
clothes
or precisely not,
the way in which you eat your rice
and do the dishes
and see a cricket
enjoy the sun.
To enjoy

To enjoy
until your cup
is totally empty
and then
with your empty cup:
meditation
entirely!
...
To enjoy and meditation
are no enemies.
On the contrary!
They are
very close friends!
...
Enemies are
meditation and frustration.
The frustration to have.
Therefore take care not to have.
The frustration not to have.
Therefore take care not to have not.
Without frustration
is
meditation.

One pause

One
little
pause.
Just enough
for the croaking of a crow.
One pause
between heaven and earth.
...
In that pause
no hypocrisy
no hidden agenda
but straight ahead
very
humanly
with everything and all
completely
and very simply
present.
...
A man
can love a women
in all aspects
and nevertheless
be a great Zen master.
Inside

‘Buddhism’
can look beautiful from outside.
It’s the inside that counts.
Nicely on a row
are also sitting the chickens
on their rod.
Everyone can
do the dishes
and what’s the sense of humility
if each one in that humility
wants to be admired
by others
or by himself?
***
It’s not the intention
to acquire status
and it’s also not the intention
to acquire ‘no status’
therefore
bury
all yourselves
except Yourself.

Wonders

Wonders
are not needed.
Even if you promise me
1000 golden palaces
and an eternal live
how can it help me
with the here and now
admiring
of the work
of this spider?
Look!
How perfectly
the wires
of this art work...
***
If a wizard
with a magical potion
wants to ‘save’ my soul
then I thank him for that.
I don’t need any soul catchers.
My soul rather wants
to be free.
Mountain

We are all climbing the mountain and go along many ways. We can stop at a little seat and enjoy the view. We talk with each other or sit in silence progressing. The sun is shining. Children are laughing. We climb together the mountain through very simple things. We eat and do the dishes. We study a sutra or another text and live further in and of friendliness and insight.

Every effort

You can imitate the Buddha by making a Buddha-face or by making a Buddha-mind or even by making a Buddha-enlightenment and nevertheless not go any step further. You cannot climb a mountain by getting on the roof of a house in the neighborhood. On the contrary. You are even further away. Therefore do no make any effort. It comes automatically. Make every effort. It doesn’t come automatically!
Buddhism

Buddhism is putting your life at the service of everyone including yourself.
Enjoying big things and little things. Buddhism is being present with your total person to each other to the universum to Yourself here and now.
***
When you eat, you eat. When you drink, you drink. Awaken!
Buddhism is nothing else but what is human but then entirely!

Real richness

Mental poverty leads to the biggest insight by not standing in the way, Think of the reed that entirely understands the wind. Nirvana is always very nearby.
***
Mental richness rests entirely on mental poverty. Otherwise it’s mental emptiness and avarice: the richness of someone who never has anything.
***
Real richness starts and finishes with poverty.

Aurelis
Theories

Five of this.
Eight of that.
Ten of yet something else.
Who needs beautiful theories?

... 
Buddha taught
according to the comprehension
of those who wanted to listen.
The highest level
of his instructions
was the chirping
of a sparrow
the croaking
of a crow
the awakening
of a beautiful, new
day.
A glance.
A smile.
A thinking of
how it was yesterday.

Back door

To be free
is to be able to
be 'hungry'.
To equanimously
enter nirvana
and
to sneak out
through a back door
so that Buddha doesn't notice.

... 
To be free
is to be emotion-less
on all waves of emotions.
To not care for anything
while you are being deeply touched
by suffering
and joy
here and everywhere.
To be able to share
your little bowl of rice
without giving
also if it's the last
that you possess.

Aurelis
**Important**

Buddha knows also without knowing.  
Not-knowing.
Buddha feels also without feeling.  
Not-feeling.
Buddha doesn’t mind ‘anything’.  
And it's also completely unimportant.  
Nevertheless important!
***
If you try to ‘conquer’ your own knowing and feeling then they entrench themselves inside the walls.  
If you give them the chance to grow then they become one and as wide as the universe.

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**To trust**

To trust that it happens even if you know that it doesn’t happen and even if you know unto infinity not what could happen.  
It happens if you are open and let happen and even not let happen  
You’re not there.
***
A thought that comes is you until it goes.  
A feeling that comes is you until it goes.  
You're not there.  
It happens and it doesn’t happen.

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Aurelis

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Aurelis
Free

‘Open’ attention
is not thinking
but being.
Being aware.
Being present.
Where thoughts are
in place of yourself
you are not.
Where thoughts are
as who you really are
you are.
***
If I
tenaciously
think of my breath
I breathe
but it’s not my breath
that I breathe.
It’s my thinking of.
Only if my thinking is ‘free’
I breathe
myself.

To help

How do you help people?
***
You do
not help people.
You can also
not
make them help themselves
and you cannot
even
let them help themselves
except by entirely
being away.
***
Therefore be entirely away
but
also be entirely there
like a perfect mirror
that only reflects
what is beautiful
and good.
Mirror pain
and you create pain.
Mirror joy
and you create joy.
Only sitting

Patience does not get rewarded. ‘Patience’ that gets rewarded is not patience. It’s merely impatience in another coat.

Therefore don’t be ‘patient’ but immensely patient.
No reward.
No expectancy.
No merit.
Only sitting for the sake of sitting.
On your shoulders rests the world and the world is feathery light. In your heart rests Buddha with immense patience.

Effort!

Don’t run away and if you nevertheless run away, don’t run further and if you nevertheless run further, return and if you nevertheless do not return, then look very deeply inside your heart. Perhaps you are right?

Or not?
The way is everywhere. You can always start and restart. Make effort!

Make effort!
**Everything moves**

A thought evolves into another thought.
The universe looks on and lets happen Nothing is independent of anything else.

Everything moves. The wider, the slower and the faster at the same time.

Thoughts don’t push each other. Thoughts don’t pull each other. Thoughts dance with each other. The universe looks on with a smile.

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**Counting**

Counting from 1 to 10 evolves into counting from 1 to 1 evolves into counting evolves into not-counting.

You are important and nothing or no one else but You.

Counting is a tool and a prison. It is worth the risk?
**Enlightenment**

The enlightened meditation of a baby
at the mother’s breast
is a perfect meditation of a baby
at the mother’s breast.

The enlightened meditation of the most responsible person of the world
is a perfect meditation of the most responsible person of the world.

The enlightened meditation of a vendor of croquettes at the marketplace
is a perfect meditation of a vendor of croquettes at the marketplace.

Enlightenment doesn’t mind anything. Absolutely anything.

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**Sun**

Always it’s the sun, the sun behind.
You look and you see but what do you see but the reflected light of the sun?
You think to see objects but it’s the sun the sun behind you and that shines through you.

Objects exist but at the same time they do not exist. What you see is a veil and at the same time also the strength where it all is coming from. O!

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*Aurelis*
Watch out

From twoness
and without letting go of twoness
you can never grasp oneness.
Watch out for this.
Watch out.
It tears you completely
apart.
...
Awaken
before you think
to be awake.
We people still think
too much
and too little.
A sparrow
has already awoken.
A cat
has already awoken.
We people
sleep much deeper
and that is OKAY
but
not always easy.

Clarity

Where is the clarity
of water
in turbid water?
Is it gone?
Is it non-existent?
Is it underlying?
Can you see it
through the turbid particles?
Is water
in turbid water
eventually less clear
than other water?
Are the turbid particles
part of the water
in turbid water?
...
Look!
The clarity of water
becomes the clarity of you.
Fish appear
and an immensely beautiful pond.
**Body and mind**

Body and mind
are one
here
and now.

... Body
is present
in mind.
Mind
is present
in body.
Body
loves
mind.
Mind
loves
body.
So much
that they do
everything together
'til death does them part'.

**Intensity**

Intensity
has nothing to do
with sealing the windows
so that you no longer see
that there's a world.

Intensity
has nothing to do
with looking outside
and thinking that you
can experience the world
by merely looking
outside.

... Look
at this small raisin.
Here and now
there's only
this small raisin.
Taste-less.
Colour-less.
Yesterday-less.
Now-immediately-less.
Only
this small raisin.
Real world

In the real world
there is no striving
to be ‘the best’.
You are already.
No reason for war
within nor outside
No reason
for exploitation.
The thinking
of a smile
is already sufficient
to fully
understand each other.
***
In the real world
there is room
for you
and for me
and also for someone
with these dinky
little antennae.

Humility

Striving
destroys
generosity
morality
patience
vitality
meditation
wisdom
skillful means
conviction
strength
and knowledge.
***
Try your best enormously hard
before the striving
and after the striving
but destroy
the striving itself.
That is
real poverty
and humility.
Simplicity

Does simplicity lie in what do you do? or how you do it? or what are you? or how you are what you are? 

●●●

What happens around me happens with me. No distinction. No 'I' in the way.

Simplicity is openness.

●●●

Profundity is rather light than heavy rather a fresh pond than a turbid draw well.

Profundity is openness towards deeply within.

Aurelis

Simplicity

Basis of simplicity and than what comes beside that without doing harm to that simplicity.

What makes naked more naked. What makes sex sexier. What makes humanly more humanly.

●●●

Meditation makes of complex matters simple matters or better: lets complex matters and simple matters all be simple.

What is needed is a total person real culture and a complete surrender.

Aurelis
Surrender

A surrender isn’t worried.
Simplicity is being friendly for the tension between consciousness and symbols.

***
Borders have to stay. Life and death speak less in words than in choices. Words cause dying. To live is an obsession. Borders are characteristics. The real dialogue is the inner dialogue, the only source of life.

Inner-wind

Freedom as a deeper feeling of unhindered free flowing of ‘energy’.
Inner-wind over deeper plains and discipline as a tent to precisely not obstruct this wind.

***
A wanderer knows this wind that sings around the rocks. A real wanderer through ‘desolate’ plains finds precisely in this his soul.
**Form of water**

The form of water in a jug is the form of the jug without jug. But without jug the water flows away immediately spontaneously.

***

The form of content in form is the form of form without form. But without form content flows away immediately spontaneously.

***

Without content form has no aim. Without form content has no form and therefore doesn’t exist but ‘is’.

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**Buddha of the future**

One can focus oneself on a Buddha of the past but cannot one better focus oneself on a Buddha of the future? It’s easier to pull a wheelbarrow then to push it and especially if one is sitting in it oneself.

***

At the shore of the sea the waves are coming and going. The sea itself is infinitely large. Nevertheless I look from here to the other side as if the sea doesn’t even exist.