

# 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.



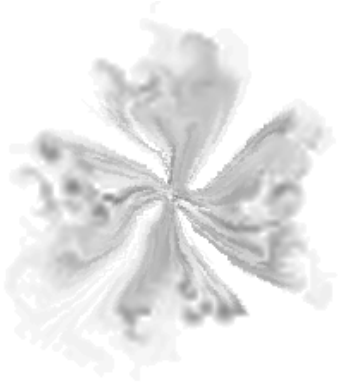
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## ***Encounters***

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.



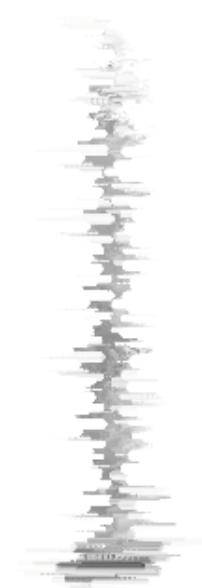
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## ***Into the world***

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.



*Aurelis*

## ***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.



*Aurelis*

## ***'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.



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## ***Discipline***

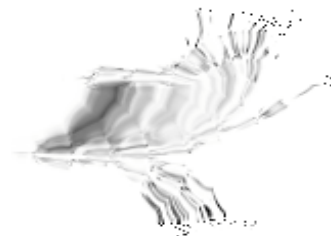
Self restraint  
is self fraud.  
Who is restraining who,  
you think?  
Nature  
knows no self restraint.  
The Way  
knows no self restraint.  
Discipline yes!  
From within  
in growth  
in openness  
in respect for yourself  
and others  
and the Other.  
\*\*\*  
Self restraint  
is self fraud 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



*Aurelis*

## ***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!



*Aurelis*

## ***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.

*Aurelis*



## ***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.

*Aurelis*

## ***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.

*Aurelis*



## ***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.

*Aurelis*



## ***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?

*Aurelis*





## *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.

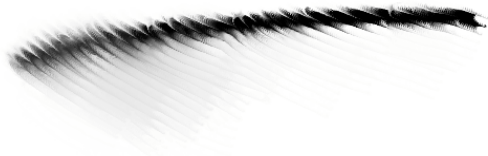
\*\*\*

'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.

*Aurelis*



## *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.

*Aurelis*



## ***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.



*Aurelis*

## ***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.

\*\*\*

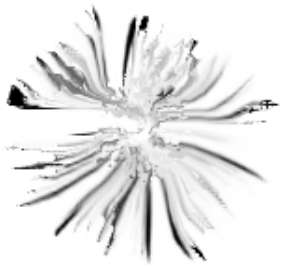
A man  
can love a woman  
in all aspects  
and nevertheless  
be a great Zen master.



*Aurelis*

## *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.



*Aurelis*

## *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.



*Aurelis*

## ***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.



*Aurelis*

## ***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 not make any effort.  
It comes automatically.  
Make every effort.  
It doesn't come automatically!



*Aurelis*

## ***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!

*Aurelis*



## ***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.



*Aurelis*

## ***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.



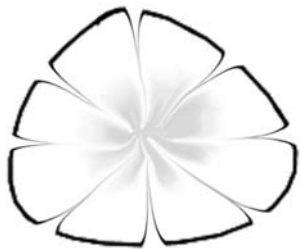
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## ***Important***

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.



*Aurelis*

## ***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.



*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.

*Aurelis*

## ***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.

*Aurelis*





## ***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.

*Aurelis*



## ***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!

*Aurelis*



## ***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.



*Aurelis*

## ***Counting***

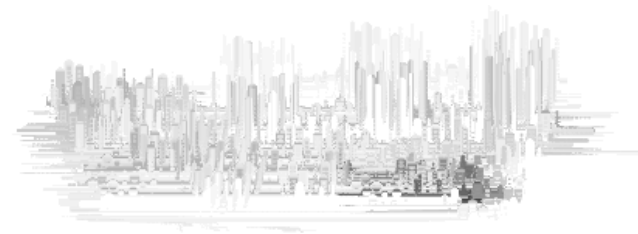
Counting from 1 to 10  
evolves into  
counting from 1 to 1  
evolves into  
counting  
evolves into  
not-counting.

\*\*\*

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

\*\*\*

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



*Aurelis*

## ***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.

*Aurelis*



## ***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!

*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.

*Aurelis*



## ***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.

*Aurelis*



## ***Body and mind***

Body and mind  
are one  
here  
and now.

\*\*\*

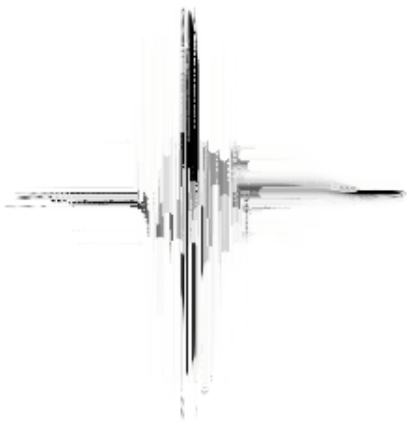
Body  
is present  
in mind.

Mind  
is present  
in body.

Body  
loves  
mind.

Mind  
loves  
body.

So much  
that they do  
everything together  
'till death does them part'.



*Aurelis*

## ***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.  
Here and now.  
Only  
this small raisin.



*Aurelis*

## ***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.



*Aurelis*

## ***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.

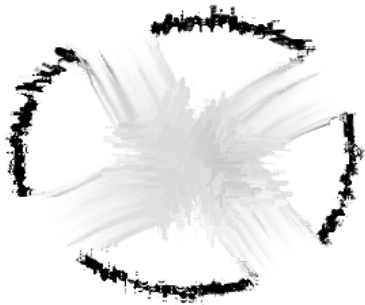


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## ***Simplicity***

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.

*Aurelis*



## ***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.

*Aurelis*





## ***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'.



*Aurelis*

## ***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.



*Aurelis*

