

Poems From A Parallel World (4)

A personal experience of meditation and Zen

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Point

Nothing
is as playful
and changeable
as the point.
Nothing
is as fixed and central
and as all-including
and contaminating
and receptive
and non-existent
and without which nothing exists.

...

Where the point
appears into the world
symbols appear
controlled
uncontrolled
like a dancing
dancing
like a god
and a human
out of pure pleasure.



Aurelis

You can

You can certainly.
 You can
 look someone in the eyes
 and show that you are there.
 That *you* are there.
 That you are *entirely* there
 for the other person.
 Here and now
 and nowhere else.

You can leave
 all kinds of feelings and ideas
 that just blow and blow
 and are not important
 - Will I make money? -
 - Do they like my little-me? -
 friendly
 behind
 and
 be entirely present
 with this person
 in this world.

You can
 change the world.

Aurelis



Or precisely not

Organic
 is
 the game of organs
 the game of the deeper
 of the forms
 that determine our forms.
 Organic
 is
 attentive non-attention.
 Organic
 is
 to love
 to be friendly
 not to be tolerant
 but to go and drink a pint
 with your enemy
 and your friend
 or precisely not.
 To be chosen
 by a house
 a shirt
 or precisely not.
 To wear stockings
 when your feet are cold
 or precisely not.

Aurelis



The only thing

To choose
or to not-choose.
To choose
or to be chosen.
Creativity
lies in the real choosing
where
symbols live.
'Always'
doesn't exist
and of course exists more
than all the 'alwayeses'
of all times.

Each symbol
is *the* symbol
not a dead character
but what you feel
when you feel
and at that moment
for always the only thing.



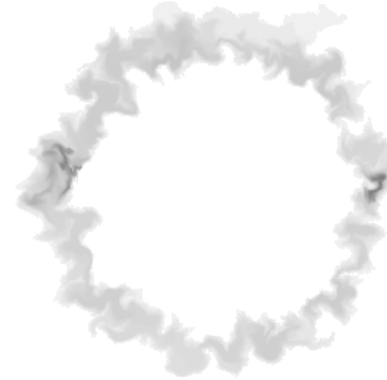
Aurelis

Sun

The most beautiful of all
is that ball of light
the sun
that circle
that tube
whose light
is only one glimpse
of the eternal bliss
behind it.

One beautiful morning
I will awaken
and be there
and then the sun
will be with me
and I will be sucked in
through the timeless tube
and I will burn
of ecstasy and bliss
and I will burn up entirely
to the core of my soul.

Nothing remains.
Everything returns
to its origin.



Aurelis

One moment

One mystery
is just as rich
as a lot of mysteries.
On many ways
one reaches just as far
as on one way.
The wise does not persuade
through arguments
or through a 'way of life'
but through simply
being
who he is.

Symbols live
not only far away
but also just around the corner
and even around the corner of the
corner.

One moment
is sufficient
to reach enlightenment
at that moment itself
or
a long time afterwards.



Aurelis

Each religion

Wisdom grows
in body and in mind.
One cannot learn
what one not always already knew.
People are made
from what has always been.
And God?

Each religion
is *the* religion.
Each symbol
is *the* symbol.
The one God
is each God
is each religion
is each symbol
is each objective morality
is each living word
is each immediacy.

Each religion
is *the* religion
and can only be *the* religion
by completely
being itself.



Aurelis

Underway

Travelling
to nowhere.
Coming
from nowhere.
The travel itself
is a place
the place of the travel
always in movement.
Each journey
physically
mentally
is eventually
the journey of yourself
to the other bank.
Always close.
An infinite journey.
The journey of the Wanderer.

The Way
is infinity
in all things.
Everything that you see
if you really stand still
underway.



Aurelis

To think

'I don't think it over.'
Not good.
'I do think it over.'
Not good.
What then?

'I don't think it over.'
Good!
'I do think it over.'
Good!
What now?

Let the birds whistle
when they whistle.
Let the grass grow
when it grows.
Let yourself think
when you think
just like the whistling of the birds
and the growing of the grass.
To think
is a good way to exist
if you don't lock it up
inside itself.

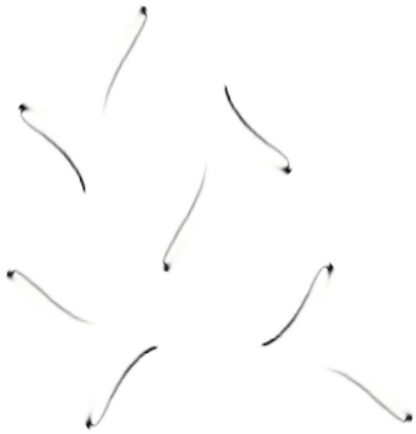


Aurelis

Immediacy

Immediacy
 is little and much.
 A smile.
 Solitary eyes.
 A tear.
 A hand.
 A tale.
 Loud laughter.
 A silence.
 An imperfect word.
 A desire.
 A meeting again.
 A depth.
 A song.
 A beginning.
 An end.
 A people.
 A world.
 A principle.
 A vision.
 Respect.
 Friendliness.
 The rain in a street
 in the city.

Aurelis



Goddess of the sea

Thoughts
 arise
 from thoughts
 without cause
 or consequence.
 The goddess of the sea
 truly has
 a mono-tonous song!

I'm standing
 again
 at the shore of the sea
 and I invite
 through inviting
 only
 inviting.
 I feel the sand.
 I hear the sounds.
 I feel the sea
 and it's the sea
 inside me.
 I spread out my wings
 and become myself
 who I Am.

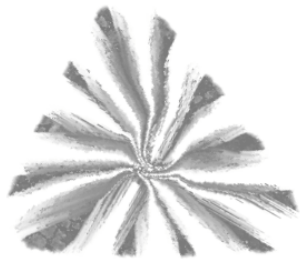
Aurelis



Cave

Eternal Change
has an infinite respect
for what is.
Nor the good
nor the bad
are taken away
but both are purified
in the same fire.

'Somewhere on earth'
there is a cave
where no daylight shines.
It's cold and harsh there
and densely populated.
The people who live there
- they don't see each other -
would like to escape
but they do not dare to.
In their cave they are dead
and nevertheless
they are insanely frightened
that in the world outside
they will die.



Aurelis

Reflection

Poor human
who is petrified through truth
and crumbled through lie.

Fear has many faces
many masks
one over the other
and it's difficult to determine
whether the deepest face
is the most serene one
or the most
horrible
because always
if you look very closely
there is still one behind.
Nevertheless
it's people themselves
who do all this hiding
because they do not want to see it
because they are not able to see it.
What they see
is the reflection of the reflection
of the reflection
of the reflection.



Aurelis

Wham!

It all *seems*
so simple
but Good God
when one encounters Life itself
who then keeps thinking
in feelings?

It's easy
to step over
1000 desires
but
it's already horribly difficult
to carry one
on the palm of your hand
and eye to eye
directly
to look at it.

It's easy
to know your soul
somewhere high up in the sky
until it
wham!
drops down upon you.



Aurelis

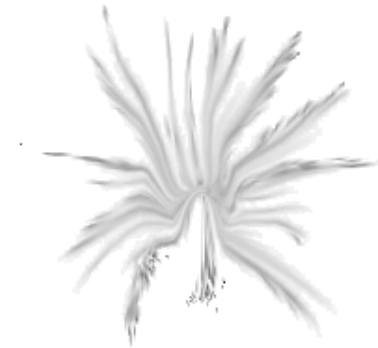
Scent of roses?

Don't just think
that everything
is scent of roses
and zafu cushion.
To bow 3 times
and Buddha is happy?

Ha!

Normal occupations
are rather the armor
than the broadsword.

Buddha himself
was also not sitting
on a flying carpet
on his way towards enlightenment
and when he
summoned the aid
of mother earth
then that was not
without a reason.



Aurelis

Quietly

Quietly
calmly
with a smile
towards inside
with attention
for everything
and everyone
Buddha
is walking
by.

All
and everything
reacts
in its own way.
The sun
rises.

The world
awakens.
Little birds
whistle
their most beautiful song.



Aurelis

More

When
boat and moon
become *more* boat and moon
and *more*
and *more*...
what does that mean?

One can be present
and then be more present
and then realise
where one firstly was:

almost
not present.
Almost
nowhere.

It's insufficient
to see
without seeing.
It's insufficient
to be
without being.
There is an urgent appeal
for infinitely much more.



Aurelis

From within

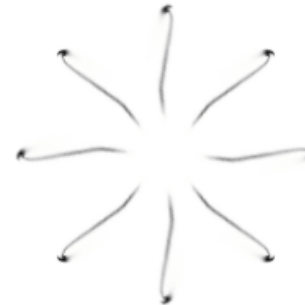
As
 the world-around-you
 becomes alive
 there is no holding back anymore.
 Everything vibrates.
 Everything is inviting.
 Everything is an open door
 that you fall into.
 There is no world of
 ordinary people.
 There are no
 ordinary people.
 The whole planet
 and the whole universe
 become alive.
 Love
 becomes alive.
 ...
 Nothing
 has meaning.
 Everything
 is meaning
 and seizes you
 from within.



Aurelis

Entirely back

The mind
 of the beginner
 is empty.
 There you find
 openness
 that is almost complete
 and a sucking
 that is sucking to nowhere.
 ...
 The mind
 of a beginner
 is the mind
 of a master
 with one difference:
 the bees
 the flowers
 and the sun
 and everything that has never
 been away
 is entirely back
 without making the emptiness
 even one little bit
 less empty.



Aurelis

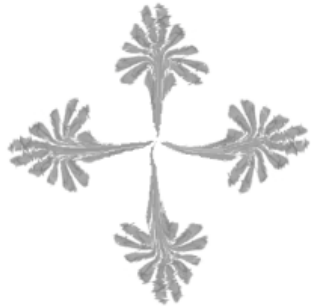
By way of

A good teacher
learns to listen
to those who listen
to him.

It's charming.
In all the listening
grow all kinds of things
and are present all kinds of things.

The many
who listen
are grateful
but it is to themselves
that they should be grateful first.
It is to themselves
that they listen
by way of.

A good teacher
enjoys this
and doesn't do much more.
He lets them listen
to themselves
and he lets them be grateful
with a marvellous smile.



Aurelis

Each hair

Here and now
with each hair on your head
with each bone in your body
with each thought
with all your feeling.

A sound
without sound
is the bow
without bow.
Your soul-less
soul

is the arrow-less
arrow.

The goal
entirely goal-less
must without detours
and with total certainty
be reached.

No holding back.
Everything
here
and now.



Aurelis

On the little bench

Nirvana
 is not Nirvana
 if it doesn't grow
 in Samsara.
 People
 need what's human
 in order to exceed what's human
 like a lotus
 the muddy pond.
 Without life
 - no matter how little -
 there is no life
 nor beauty
 or wisdom.
 ...
 Even Buddha
 is not
 the one on the throne
 but the one on the little bench
 right before you.
 His coat is somewhat wrinkled
 but that doesn't matter.

Aurelis

Even

Buddha is
 the one who simply does
 what he does
 and smiles while doing it.
 The one who gives advise
 also in little matters.
 The one who listens to suffering
 because of futilities.
 The one who lets himself be
 deceived
 for a dime.
 The one who likes to talk
 to children
 and thereby learns them
 to be very human
 and brave
 and wise adults later on.
 The one who
 buys a piece of soap
 in such a beautiful way
 that the vendor always
 remembers
 and even when she dies
 she has his smile
 on her lips.

Aurelis

At the same time

Here and now.
 Nothing was.
 Nothing will be.
 Past and future
 are here and now
 present
 as source and debouchment
 of this river.
 Water flows
 everywhere at the same time.

No years evaporate.
 No shadows pass beyond.
 In unity
 no place
 and also no time.
 No answers
 on all kinds of questions.
 In here and now
 no here and now
 beyond always
 and everywhere.



Aurelis

To awake

Zen is
 a way of thinking.
 It is not
 the thinking in itself
 or the not thinking in itself.
 Not-thinking
 you do through
 not-thinking.

The not-thinker inside you
 is Buddha.
 Release him.
 That is really everything.
 It is the simplest
 and at the same time the most
 difficult.
 Buddha is who you are.
 Freedom
 is your birthright
 but it is
 already before your birth
 taken away.
 To awake
 is to be born *again*.



Aurelis

On the way

People can only
 appreciate
 through it being 'something'
 but by being 'something'
 it immediately loses
 all its value.
 To say 'it' is already too much.
 Immeasurably much
 too much.

To search then
 and to know that your searching
 is a searching of nothing.

To enjoy then
 and totally
 really totally
 to be misunderstood.

On the way.

"Why?"

is a question
 of people
 who suffer.



Aurelis

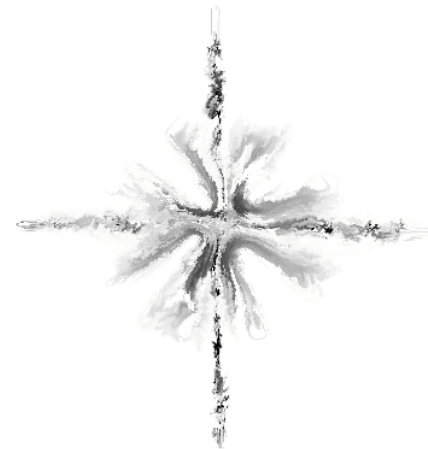
Compassion

The core
 of the core
 of Buddhism
 is no Buddhism
 but
 Compassion:
 to become so large
 that everything gets a place
 inside you.

Only one intention therefore:

to grow
 to open up
 to continue growing
 to continue opening up.

In this:
 knowledge
 friendliness
 action
 and 'melting
 of happiness'.



Aurelis

To be friendly

To be friendly
is to no longer
do the things.
It happens
but there is nobody
who makes it happen
or who lets it happen.
To be friendly
is to open a door
and even the opening
goes automatically.

Remains only
the observing
of what happens around you
of what happens inside you.
To observe
and to be surprised
like a child
that looks at the clouds
with attention
for the very first
time.

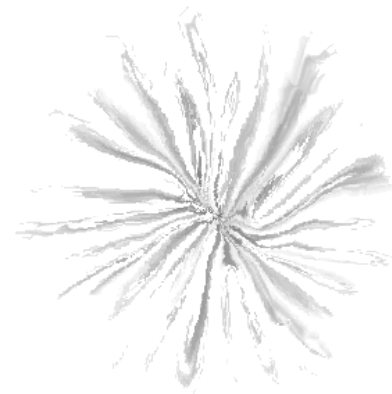


Aurelis

Total

Opulence and abundance
don't make happy.
Nothing
makes happy.
Happiness grows
and it grows
not
at the outside
but from within.

For real happiness
is needed
a total person.
Only
as a total person
you are
the key that fits.
The key to happiness
are you yourself.
The box of happiness
are you yourself.
It's as simple
as that.



Aurelis

Possession

People
possess nothing.
They appropriate
all kinds of things
and meanwhile think
all kinds of things
but they possess
nothing.

Who would have given them?

The own life

yes

The own thinking
and feeling

yes.

...

But that about what is being thought
and being felt

is only the possession
of itself.

Earth.

Sky.

Animals.

All kinds of objects.

Your food

for tomorrow.



Aurelis

Action

Zazen
is
to be entirely there
here and now
and nevertheless
to see
and to live
the whole tapestry.
Intensity.
No compromise.
No this or that.
Your heart.
Your well-being.
Your life.
Your being-present.
No 'yes but'.
No 'what'?
or 'why'?
No thinking
after the immediate thinking.
No feeling
after the immediate feeling.
Action.



Aurelis

Frustration

As soon as is given to you
to be glad.
As soon as is taken away from you
already
to have forgotten.
Desire
doesn't arise from
frustration.
Desire
is the opposite of
frustration.

Spite
can be large
but it doesn't stand
in the way
of desire.
Frustration, yes.
Frustration
is a little devil
that looks in a mirror
and is deadly scared
of itself.

Aurelis



Look!

To look within
is not to look within
in order to see
what can be seen there.
Who is looking?
To look within
is to fall within
and to become looker
from within.
Outside
remains
outside
as long as it does not
change from within.

Look!
This tree
remains this tree
- no matter what you do -
as long as you do not change
into tree,
as long as the tree does not change
into you.

Aurelis



Enormously firm

To sit on your cushion
like a mountain
enormously firm.

A little whiff
and you're gone
and nevertheless
enormously firm.

Enormously
flexible
and nevertheless
enormously firm.

A reed
knows the wind.

An ant
knows the bit of earth
on which it is sauntering back and
forth.

You are a tree.
Your roots reach
immensely deep.
At the same time
you are a cloud
and you fly.
You fly!

Aurelis



Distance

Compassion
starts from suffering.

Love
starts from joy
and pleasure.
Nevertheless
they are not different
from each other.

The Buddha
of yesterday
and the Buddha
of tomorrow
are one and the same Buddha.

For people
this insight is
not easy.

People ask
white or black
and see already with difficulty
that even in this world
it's a question of perspective
and distance.

Aurelis



Real perfection

People
are often in search of
perfection
and look insufficiently at
imperfection
and this way they see
not
that real perfection
lives
in imperfection.

Beauty of music.
Beauty of dancing.
Beauty
of everything that is poetic
and valuable.
People.
Nature.
Even the most 'perfect' diamond
is beautiful
because it is *not* perfect.
Everything
has reason and goal.



Aurelis

Diamonds

We people are
diamonds.
Divine light
radiates
from within
from outside
from all sides
at the same time.

We people are
diamonds
and we transform
the Divine light.
We give it colour.
We make what is
also exist.
Joy is beautiful
and suffering is beautiful.
Everything is the intention.
All colours
are Divine
and human
at the same time.



Aurelis

Meditation lives

Meditation
 is no fleeing.
 Fleeing runs away from.
 Meditation goes toward.
 Fleeing builds walls.
 Meditation destroys them.
 Fleeing doesn't want to see.
 Meditation sees
 without looking back
 straight ahead!

 Fleeing firmly secures itself.
 Meditation
 flies.
 Fleeing closes itself.
 Meditation
 opens itself.
 Fleeing doesn't want to suffer
 and knows no real joy.
 Meditation
 lives.

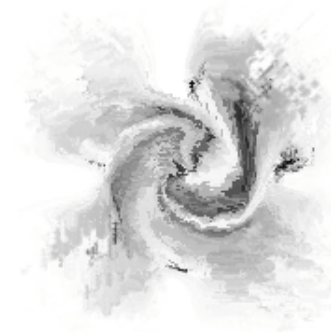


Aurelis

In connection

Meditation
 that only reinforces the ego
 is no meditation
 and also doesn't reinforce
 but encloses
 violates
 and crushes
 people.
 It destroys your soul
 and lets you live further on
 like a zombie.
 Take care!
 Attention!

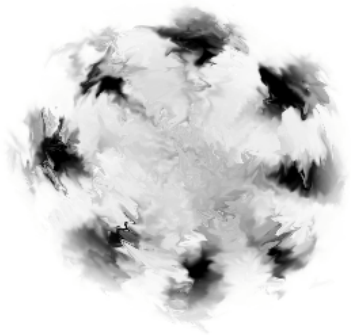
 Meditation
 that reinforces the total person
 brings you closer to
 'God'
 if you wish so.
 Re-ligare:
 getting in connection again
through your deeper self
 with the whole universe.



Aurelis

Lifelong

The only *real* form
of meditation
is 'lifelong'
meditation.
You open doors
inside yourself
and those doors
close never more.
You look at inside
and inside
is outside.
Once you do that
to look at inside
is also to look at outside
for always.
Once you have a head
it is standing upon your neck.
Once you start to live
you are living
lifelong
and even longer.
...



Aurelis

Respect

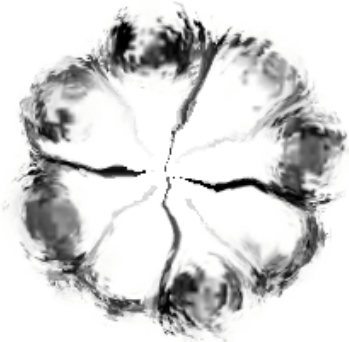
Respect
makes you live.
Nobody
stands in the way.
The respected person
lives inside you
entirely
and lets you live yourself
entirely
for always
and makes you strong
from within
entirely
through you.
...
Nothing
is a better support
for who you are
than the respect
that you carry
for someone else.
Try therefore also you yourself
to be worthy
for others to respect *you*.



Aurelis

The silence

Meditation
 is the silence
 within which everything that happens
 happens.
 Within meditation
 birth
 life
 death.
 To live here and now.
 Memories.
 Future plans.
 This tabby.
 This chair.
 This pen.
 This paper.
 These clouds.
 This poem.
 Someone dies
 at this moment
 and almost uncountably many
 suffer.
 ...



Aurelis

The falling

Meditation
 that is standing outside life
 is standing outside life
 and with difficulty gets within.
 And the other way round.
 It is not even a question
 of choice.
 ...
 Important
 is not
 how you go towards the sitting
 but how the sitting
 comes towards you.
 Ha!
 In the sitting
 the only thing that counts
 is the falling.
 Your cushion
 is not a cushion
 but an opening
 to the deepest of yourself.
 You are not away
 but even
more there than ever.



Aurelis

Magic wand

Simplicity
is also realising that
everything
is fantastic!
In the first place you yourself:
each thought
that passes through your head,
each little bit
of your body.

Simplicity
simply means
all doors open.
No detours.
No packings
in order to wrap up all kinds of things
in order to *not* see them.
Simplicity is
an open soul,
a magic wand.
Everything that touches you
and everything that you touch
Changes.

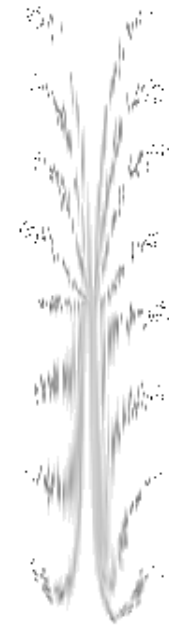


Aurelis

Snowflakes

Your thoughts are
like snowflakes.
If you continuously
press them
into a framework
then you get
a harsh clog of ice
that stands between you and the
world.

If you spontaneously
let them
whirl downwards
then you get a very natural
snowy landscape.
So beautiful.
So fresh.
So open.
Here and there
a snowman
with a smile.
Children
have lots of fun in the snow.



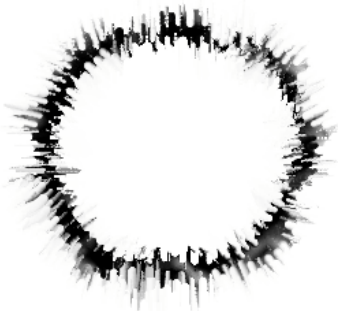
Aurelis

Exuberant world

Each experience
 becomes a real experience
 if it's not disturbed
 by an experience-beforehand
 in your conscious I.
 Each movement of dance
 than becomes a real movement.
 Each fragrance
 becomes a real fragrance.
 Each love
 becomes a real love.
 Each here and now
 becomes a real here and now.
 Each memory
 becomes a real memory.

...

An experience-beforehand
 is a projection
 on a screen
 in a dark room.
 Behind the screen
 there's a door
 to the real
 exuberant world.



Aurelis

The only thing

Enlightenment
 is not reserved
 to only one attitude
 one teaching
 one part of the world
 one question
 one always-again.
 Enlightenment
 can come
 without that you notice it
 coming.
 Enlightenment
 can be
 without that you notice it
 being.

...

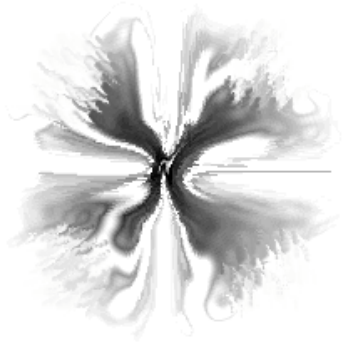
In a 2-dimensional world
 live 2-dimensional beings.
 For them
 a 3rd dimension is
 a projection
 and therefore 'nothing'
 or no projection
 and therefore nothing at all.
 They do not see
 the only thing that is to be seen.



Aurelis

Freedom

Meditation is
 freedom
 not of
 but for.
 A song.
 A relation.
 Silence of movement.
 Meditation is
 YES.
 No ad-gression.
 In-gression.
 No resistance.
 ...
 Meditation is
 to love.
 To love is
 meditation.
 Everywhere
 is everything.
 Meditation is
 being human and God
 at the same time.
 One meaning.
 One
 freedom.



Aurelis

Crystal

The universe
 is a crystal.
 Each detail
 each form
 and deeper form
 each content
 and deeper content
 is in itself
 a crystallisation of
 an underlying
 unity.
 ...
 One being.
 One movement.
 An incredibly slowly
 being-on-your-way
 towards proximity.
 No emptiness is what it is.
 Everything is
 crystallisation.
 Mind.
 Reality.
 To live.
 To not-live.



Aurelis

