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 ‘alwayses’  
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.

**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.
**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.

**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.

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.
**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.

---

**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.

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.

---

**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.
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.

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.
**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.

**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.
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.

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

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.


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.

**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.
**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.

**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

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!

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.
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.

Everyting 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.

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

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.

---

**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

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.

---

**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.

---

**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.
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.

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.