Poems
From
A
Parallel
World (5)

A personal experience of meditation and Zen

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Human

To be human is to know joy and suffering and in both to see the beauty of being human.
And although suffering doesn’t exist in finality even so, it’s beautiful.
Beautiful!

Suffering ‘exists’ outside love.
Suffering doesn’t exist within love.
And nevertheless.
To want to avoid all suffering is the biggest mistake.
It even closes the door towards joy and puts a specter in its place.

Aurelis
To give yourself

To live
is
to give yourself
without
incorrectly understanding this!

... You give yourself
entirely
therefore
no part of you
gets loose from the rest.
You give nothing ‘away’.
You go
towards.
You come
close by.
You fall
to inside
and encounter ‘outside you’
only yourself;
‘inside you’
only
the whole universe.

The purpose

The purpose
of meditation?
To Change.
Not just to change
but to Change.
The whole world
Changes
together with you.

... The purpose
of meditation?
None.
Meditation has no purpose.
Meditation
is
the purpose.
Meaning.
Not just meaning
but Meaning.
The whole world
gets Meaning
together
with you.
You flower

Not-knowing is openness for new things that grow inside you. You grow inside new things. You do nothing. You do the not-doing. You are the lotus and the pond. Everything that happens happens spontaneously with you through you and inside you. Your meditation is your flower that opens.

Aurelis

Still

Fear of losing something means that you are not it means that you do not have it from start on. Never have had. Never will have. No eagerness means no excitement no life no soul. Don’t throw away the whole world because of one dark cave no matter how big that cave may be even if it’s ‘almost the whole world’. Still the sun is shining.

Aurelis
**Closed**

A flower
that is closed
and doesn’t open
and will never open...
can think
that the sun
is a monster
that will burn her
or make her whither
or even
make her attractive.
...
A flower
that never opens
will never whither
like a flower
and also will never be beautiful
like a flower
and until
she finishes her useless life
she will think
that the sun
is a monster.

Aurelis

**Doing**

If you look
at what you do
then you don’t look
at what you do
but at the looking itself.
Doing
you can only do.
Looking at doing
is OKAY
if you know
what you are doing.
Looking at doing
as if it’s looking at doing
is a veil.
Illusion.
...
Here and now
is doing
and not yesterday
or tomorrow.
Yesterday
was yesterday-doing.
Tomorrow
is tomorrow-doing.

Aurelis
**Awakening**

Whether you are being pushed or being pulled out of your ego, you don’t get out of it anyway unless you leave yourself behind. Take care! A ‘breakthrough’ in such a way is a breakdown of yourself.

... It's better to remain inside your ego and to throw open all doors to inside and to outside. Let the sun shine and you will notice that you are even this sun itself. Your ego doesn’t disappear but awakens.

**Emptiness**

Emptiness. The body is what it is. Sounds and thoughts are what they are. Until you unintentionally are there where no world is outside you because you are yourself this world.

... A bird whistles. You are yourself this bird. Feelings come and go. You are yourself this coming and going. Outside you is nothing and inside you is nothing but space and emptiness.
**Big lamp**

‘Enlightenment’ is a big lamp where many little flies are flying towards thinking to become enlightened by sitting on a lamp. Well then it’s good that the lamp for most of them is inaccessible. Otherwise there were no more little flies.

... ‘Enlightenment’ is a big lamp and the only way to ever reach that is to become a lamp oneself. Not simple. Not simple. Not simple for little flies!

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**Simple**

The continuation of zazen in your life is this: zazen. It is your life. 

... Nothing heavy but a fresh breeze on a warm summer’s evening. No dark-moody thoughts but free and light jumping around everywhere. No strict focus but attention for all kinds of things and more.

Enjoying simple things and everything is simple. Simple and namelessly deep.
**Deep within me**

Deep within me
is a silence
that calls for attention
and calls
and calls
and that is not heard
by this world
and that
is not heard
in this world
not
even
by me
not
heard
even by me
not
therefore I must
change worlds.
What
can I do?
Deep within me
a silence
that calls for attention
and calls!

*Aurelis*

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**Obvious**

Meditation
has nothing
but absolutely
nothing
to do
with how you should sit
or breathe
or count
or look
or think.
Absolutely nothing
with what you should experience
or when
or why
you should
do it.
Absolutely nothing
with anything
that is not obvious.
Ha!
Meditation
is a song
a drawing
an incredibly nice
being-present.

*Aurelis*
You yourself

Meditation.
How can you
rest
at all the misery
of this world?
How can you
rest
at even but one thousandth
of it?
How can you
rest
at even but one millionth
of it?

...Meditation
is not to rest
but to realise
and to not wait
for others.
It's never the others
that have to act
but always
you yourself.

Queremos paz

'We want peace'
for our people
and
our people
are all people,
living
and sentient beings.
'We want peace'
for friend
and enemy.

...Real peace
goes
through marrow and bone
through mother country
and other country
through here and now
and
through the other side
of the world
and of yourself.
Yourself
and the Other
are one.
**Gladly doing**

There is an enormous difference between gladly doing and Gladly Doing. The difference is between being upon the world and being in the world. Being alive.
The difference is between people as objects and people as people. To meet others and to meet yourself. To live!

**Already dead**

The ‘easiest’ way not to die is to already be dead.
Deadly dead. Nothing is more ‘dangerous’ than life itself, nobody is more ‘dangerous’ than someone who lives, for someone who ‘lives’ and nevertheless is dead.

... Everything is possible then to say that it’s ‘not possible’. Everything is allowed then to say that it’s ‘not allowed’. Everything is good then to say that it’s ‘not good’ if it’s not dead.
Landscape

By concentrating on one point you can also knock down your mind of course. You are then perhaps ‘closer’ to emptiness but you are actually entirely nowhere. Sky and earth seem to be from outside only one breadth away from each other but not from within!

Therefore at concentration on one point take care that you don’t knock everything down but let ‘automatically’ dissolve what dissolves. What remains is a wonderfully beautiful landscape.

Love

Love only knows total persons and that can be difficult very difficult in a world of only half persons. Love is not blind but sometimes doesn’t see the trees through the forest.

You give and it’s not received and you give even more and it’s not received. Through this already many have been crushed. Nevertheless this is not a plea for less love. On the contrary!
**Stress**

We live in the year 2006 and apparently stress is cause of everything and little pot for everything that has to do with a universe of meaning. Ha! A star in the night is also just a pinpoint small if one looks at it from far enough. Reality is different. Totally different. Inhumanly different. Or: how one word can never be enough to grasp a life. People are no pinpoints, are they?

**Never alone**

A zafu is in last instance also a cushion that you sit upon. Before that it’s a friend a fellow traveler a most patient teacher who supports you unconditionally and who nevertheless without pardon can learn you a firm lesson. Therefore get the real cushion from your head, put it on the real ground, greet it as if you are it yourself - and that is also the case - and then go and sit on it with attention and confidence. To meditate you never do alone.

Aurelis
**Lifelong**

Aim of meditation: lifelong meditation, lifelong feeling yourself ‘more real’ living more real living more living more living deeper feeling deeper and also thinking deeper. Not necessarily easier but ‘closer’. ... Enjoying becomes Enjoying. Working becomes Working and Enjoying. Inspiration: as if you encounter your soul everywhere within yourself and everywhere around.

**Nothing special**

Meditation is not having the idea that you are meditating. You simply are and you do nothing special but entirely. You are entirely. Not divided. You are your thoughts each thought again. You are your feelings each feeling again. You are what you see always again. Not just like that with a part of yourself but with your total self. Of each part of yourself your total self is a spectator.

* Aurelis

* Aurelis
Change

Who profits from meditation?
Not you
but
the meditative you,
the you that you become.

Meditation does not necessarily change you
but it Changes you certainly!
You can go towards meditation
with your ego
but you cannot enter it
and leave it again
with your same ego.

Each time,
each time that you really meditate
you Change remarkably!

Don’t let yourself be deceived in this
by people who
in ‘meditation’
only play a game of
do-not-touch-me.

Aurelis

‘Open’

Attention can open up
but it can also lock out of course.
Attention to one thing can lock out other things.
Attention to surface can lock out depth.

What is ‘open’?

Attention to a flower as so many elements
doesn’t reflect that this flower lives
and is present and that you can live it with your whole being.

‘Attention’ still is no poetry!

Aurelis
**Poor**

Attention can be incredibly poor and can precisely as a result of this, give to people an idea of, a conviction of and also an instrument to control as a prison.

People that suffer from loss of soul can ‘feel better’ by crushing the suffering itself in a dungeon. The soul is even further away than ever because one has lost suffering. That is to me the definition of ‘zombie’.

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**Not-thinking**

In order to reach not-thinking it’s important to not-think and not to think even more of all kinds of things in equally which form. Not-thinking is the highest form of attention and the only one whereby you effectively exist. You go in a parallel way - with your whole being - towards the things. Total non-aggression.

... Thinking-all-kinds-of in whatever form builds walls cannons and loopholes. Alas! The more walls, the more enemies and already quickly also yourself.
Perfect

Self acceptance:
you are
as you are
perfect
including
your will to change.

... A flower
is perfect
as a little seed
and then also
as a little plant
and then also
as a big plant
with flower
and then certainly also
as a whithered flower
and absolutely also
when it has entirely returned
to earth.
In the little seed the future is present
and it’s the intention
to live that future.
Entirely!

Aurelis

Lost

If you
clip all trees
at one meter altitude
then they are all
one meter high
and then they all look the same
and they are
not beautiful.
They stand in the way
and often get
entirely lost.

... If you
clip all trees
in your own deeper self,
those large, beautiful, powerful trees,
at one meter altitude
then they are all
one meter high
and then they all look the same
and they are
not beautiful.
They stand in the way
and often get
entirely lost.

Aurelis
**Love**

Love
is no pink marchpane
that changes the world
into a make-believe
puppet show.
Love goes through people
and knows the deepest feelings.
Love knows pain
and hate
but also
only-love.
***
It has never been claimed
that it's easy.
It often only starts
when it's not easy
like at the birth
of a human child.
***
Love
is no make-believe.
It doesn't stand further away.
On the contrary.
Nothing is closer.

**Beautiful**

The insight
of love
is incredibly large.
Still
I cannot grasp it
with my simple understanding.
The insight
of love
exceeds understanding.
It exceeds life
and death.
That is clear
and I still cannot grasp it
and it's beautiful
not to be able to grasp it.
It's beautiful
and it does one incredibly good.
***
The insight
of love
is incredibly beautiful.
As beautiful
as the door
to the Other World.

Aurelis
Other side

Thoughts
that you are standing before
and do not enter
are not you yourself.
Of course not.

... If
you observe
your own thoughts
as an observator,
you become observator
and not more yourself
but less.
Much less.
If you observe
your own thoughts
as an observator,
you create distance
as a result of which it becomes
even more difficult
to go through them
and at the other side
to feel
that your heart
is present there.

Thoughts
are never ‘evil doers’
if you do not
cling yourself to them.
Thoughts
are free by nature
even while they don’t come
out of ‘nothing’
and even while they don’t return
to ‘nothing’.
They are
by nature
entirely free
just like love.
They come truly
from the country of love
and they return
to the country of love
and in between
just for a little while
they show us
what is ‘life’.

Aurelis

Aurelis
Your body

When your body speaks to me of love
then I have nothing left.
If your body speaks to me of love
then I’m nothing outside you.
I grow from you.
I seize through you and am you.
... Everywhere you and I everywhere.
You are a leaf in my hand.
I open the leaf and gone is my hand.

People

Ha!
People. They talk and do not understand themselves and do not understand the talking itself.
They think and meanwhile think that thinking is a balloon in the sky.
They try as quickly as possible and each time again to reach nowhere.
They run away from themselves as if that would be possible and at the same time they do ‘everything’ to find themselves as if that would be possible. Ha!

Aurelis Aurelis
Illusion

Here or there
it’s never
but it’s always everywhere.
Always
everywhere.
Here or there
is an illusion,
an addiction.
Such or so.
This or that.
...
You can break up the universe
into little pieces
but then you no longer have
the universe,
only the little pieces.
You can break up yourself
into little pieces
but then you no longer have
yourself,
only the little pieces
and then you have
lost yourself
between all these little pieces
once and for all.

Openness

Not-thinking:
emptiness for
equally what
and then equally what
comes along
and it’s
incredibly beautiful.
The sun rises
over the sea
and the sea
is you
and the sun
is you
and the rising of the sun
is you
and the enjoying
of this all
is you.
...
An openness
boundless.
The sun rises
and enlightens
the whole world.

Aurelis
When

When do you know that you are ‘meditating’?
You know when you know of course and you also know when you not-know.
He who searches it finds it not as long as he keeps searching.
He who loses himself is fortunate.

... When do you know that you are ‘not meditating’?
Ha! As long as you do not know then you also do not meditate.
As soon as you meditate you know and you not-know.
Be confident!

Perfectly OKAY

As it is it’s good.
Perfectly OKAY.

... And all kinds of things are boring and they sting here and there with virulent stings.
You want it different.
You get it different or not.
All kinds of things are not that easy.
Or: you can throw everything overboard and start entirely anew or not anew.
It’s always good. Here.
Today. Now.
It’s always good.
Perfectly OKAY.
Also not OKAY is perfectly OKAY.
At the same time!
Un-hastening

Un-hastening is OKAY but if you remove the speed without the haste then the haste remains just as hasty.

Also doing nothing you can be hasty. Hasty to not be empty and to also shove some ‘relaxation’ into a ‘filled’ life a hasty life in which there is no room for life. Nevertheless even very speedily you can be calm and have all the time to enjoy the now.

Do not wait

Never never never wait for someone else to make you be happy. Nobody fills your little holes. Nobody fulfils your responsibility. To wait for someone else is only an evasion of your ‘little I’ to not do it yourself.

Meanwhile it doesn’t happen. You ignore yourself and you punish for this yourself. Therefore do not wait but act!

Aurelis

Aurelis
To help

You cannot help people.
The only thing that happens is that you see that someone gets ‘better’.
Hey, how nice!

You cannot help people. as long as you think: ‘I’ do this.
Look: people are getting helped but it’s not by you nor by anybody else.
Someone gets ‘better’ and if it’s good then it’s you yourself who gets ‘better’.
You help people by being Yourself.

Wu-wei

Wu-wei: doing without doing and not making it happen but full speed ahead!
With everything that you have! Everything seems ‘nothing’ because it’s everything without separation.

With your total self the effort of your little-me is minimal. Parallel.
Everything at the same time. A very small distance already creates a tsunami!

Aurelis Aurelis
With everything

A smile
says:
look
I’m here for you
please sit down
tell me
your tale
and permit me
to listen
to what you tell me
about yourself
and perhaps also
to what you do not tell me
about yourself
or
permit me
to let you be yourself
and
to let me be myself
and let us
together
be humans
here and now
with everything included.

Aurelis

Double

Compassion
means
to be the other
in sexuality
therefore
double pleasure
at least!
Or did you
not yet think of this?
Compassion knows ‘suffering’
from within
but also pleasure.

Compassion
is no dry stick
on which nothing grows.
On the contrary.
It’s the highest tree
of all
and if there is even a little
breeze
it hears and sees
- from within! -
the whole world
making love.

Aurelis
Discovery

A Discovery is not the discovering of a new shelter. A Discovery touches you from deep within. It's something totally new! Incredible: a new continent, a new civilisation! 

You open a door and he who is standing there is you. You walk through the streets of a city at the edge of the sea and you discover that this city and this sea tell you much more than you ever held possible.

Aurelis

Love

Love sympathises. Love knows no ego because it flies right through it without distinction for things feelings or thoughts. Love flies right through you and leaves you behind as a landscape without equally what standing in the way of the landscape itself.


Aurelis
To fall

Each time
that you see it
it’s new enough
to lose yourself in it.
A man
male.
A woman
female.
Not even
what you have ever learned of it
but what you
now
feel of it.

A body.
A soul.
To fall
and keep falling
and in that falling
to enjoy
who you
are
with
and perhaps even through
the other.

The deepest

Only motionless
you rightly see
and feel
and live
the movement
from within.
A movement
that was
long before you
and that will be
long after you.

Content
that in your form
form
and without your form
is only
content
and that is not your content
and nevertheless
is the deepest
of the deepest
of the deepest
that you are.

Aurelis

Aurelis