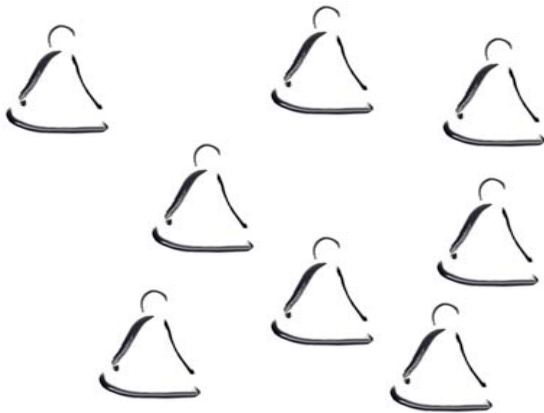


Poems From A Parallel World (5)

A personal experience of meditation and Zen

JL Mommaerts



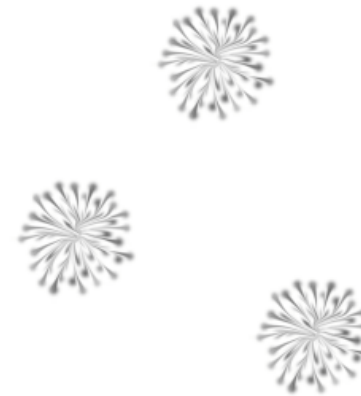
Human

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.



Aurelis

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.



Aurelis

You flower

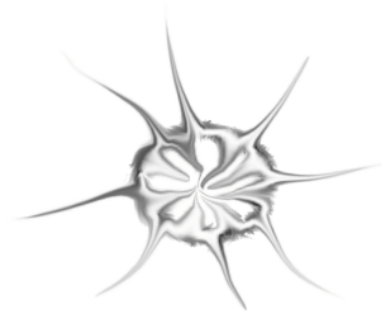
Not-knowing
 is openness
 for new things
 that grow
 inside you.
 You grow
 inside new things.
 You do nothing.
 You do
 the not-doing.
 You are the lotus
and the pond.
 Everything that happens
 happens spontaneously
 with you
 through you
 and inside you.
 ...
 Your meditation
 is your flower
 that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

A flower
that never opens
will never wither
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.



Aurelis

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.



Aurelis

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!



Aurelis

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.



Aurelis

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!

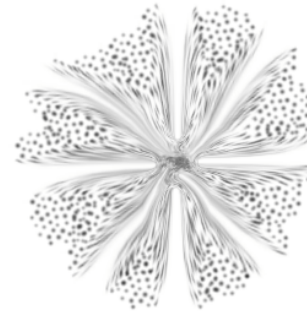
Aurelis



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.



Aurelis

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.



Aurelis

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!

Aurelis



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.

Aurelis



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.

Aurelis



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!

Aurelis



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?



Aurelis

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 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.



Aurelis

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

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'.



Aurelis

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.



Aurelis

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 withered 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.

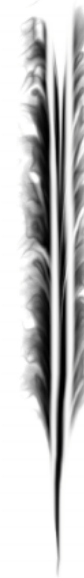


Aurelis

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*.

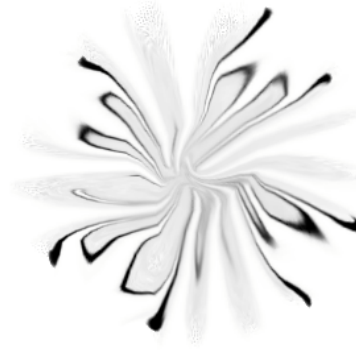
Aurelis



Thoughts

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



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.

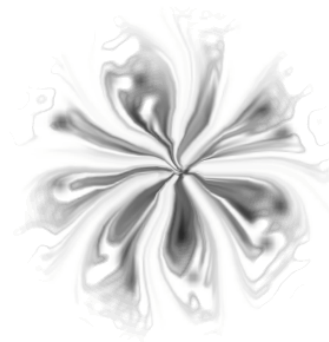
Aurelis



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!

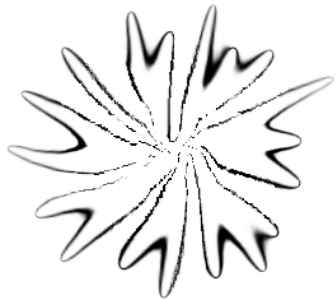
Aurelis



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.



Aurelis

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.

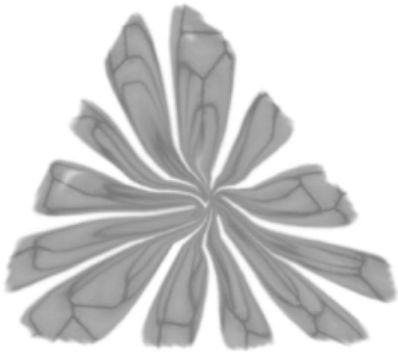


Aurelis

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!

Aurelis



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!

Aurelis



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.



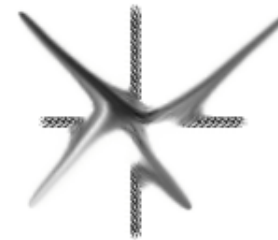
Aurelis

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 a 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

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.

Aurelis



Wu-wei

Wu-wei:
doing without doing
and not making it happen
and not
letting 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



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.

Grass.
Trees.
Animals.
People.
An ocean.
A universe.
Love lives
in these dimensions
and in many others.

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.

Aurelis



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

