Poems
From
A
Parallel
World (6)

A personal experience of meditation and Zen

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That
‘Believing that’ is a weather forecast but no spirituality.
Real belief knows no ‘that’ and is therefore satisfied with every that if it’s no ‘that’.
‘That’ is man’s work. Believing in ‘that’ is believing in what others say. Always. It stands too far from you.

... You can believe in people but never in ‘that’ without losing what it is essentially about.

Aurelis
Automatically

To give
asks nothing in return
and especially
not
the diminishing of
a need
to give.
***
It's better
to be a bucket
full of water
and more
and more
so that the bucket overflows
and automatically
entirely automatically
gives water
where necessary.
No frustration.
No merit.
No need
to give.
It happens so automatically
that it is
as if nothing happens.

Temple

When
you are in a temple
then look around.
Very slowly.
The real temple
is invisible.
The real walls
are invisible.
The real altar
is invisible.
It's all there
and not
and then nevertheless
it is
but totally
from inside.
***
Look
and feel.
Make a breach in the wall
and there is no breach.
There are only
less stones.

Aurelis

Aurelis
Adhesive

With attachment matter is matter. Without attachment matter is matter and no-matter at the same time. It no longer sticks. It no longer remains outside you but flies straight through you and touches you deeply within.

Look! It is not matter that causes calluses to people but the adhesive that makes that even matter cannot be itself.

Inside you

Don’t waste your life on waiting to be what you are always have been and always will be: so large that you encounter everything and everyone inside you.

The other side of the universe is as near as the tip of your nose, the heart in your body, the centre of all your ideas.

Don’t waste your life on things outside yourself!
Soul

Soul
is changeable
nor unchangeable
nor above
nor below
nor somewhere
nor nowhere
nor now
nor yesterday or tomorrow.
When soul
begins
the universe begins.
When soul
ends
the universe ends.
Without centre
is the centre.
Without borders
are borders.
***
Always.
Everywhere.
 Entirely.

You and I

I feel white
but I also feel
black
or red
or yellow
or even green if need be.
I am ‘rich’
but I am also very poor
as long as still
so much poverty exist.
As long as
children still die
for reasons
that are no reasons
they are my children
who die.
As long as people
are treated inhumanly
it is I
myself
who am treated inhumanly.
***
‘Own people first’.
My people
is everybody.
Ocean

On planet zen
it's frequently presumed
as if the wavelets of the sea
are only wavelets
and never waves.
And nevertheless
I encounter real waves
in the depth.
Waves tall as houses.
Towering waves.
Even
waves bigger than life
and bigger still.
...
Well.
Then you can no longer
only be the little boat
or some little waves.
Then you must
be the tall waves,
the waves bigger than life
and even
the whole ocean!

Soul

‘Being happy’
is often but a thin layer.
One fools oneself to believe
that the pond
is a lump of ice
and it just starts freezing...
Being deeply happy
is contact.
An abundance.
An Explosion!
An
almost-nothing.
Being deeply happy
is feeling
that everything lives.
Everything lives.
Everything
has a soul!
...
Yesterday.
Tomorrow.
Today.
Everything has a soul
and it is one big soul.
Window

If something is important
it’s pleasant.
If something is not pleasant
then ask yourself
why
it’s not important.
Is it not there
or
are you not there?
Can you
feel unity
or not?

Everything is a window
but sometimes the window is
really very black.
Look then
and decide
what is worth what
but don’t throw away
the world
because of some
black windows.

Aurelis

Do not touch

A little girl
floats
through the crowd
as if her feet
do not
touch
the ground.
Her head
appears
her and there

She floats
through
the crowd
as if her feet
do not touch
as if
she is on her way
always
further
on her way
as if
her feet
do not touch
the ground.

A little girl.
As if.

Aurelis
**Sun**

The ‘right attitude’
at meditation
is the attitude
of someone
who has no wings.
You can do ‘enormously your best’
and even more.
‘Enormously your best’
and even more
is never enough.

... 
An idea of living
is never
a substitute.
You throw yourself
perhaps
one meter forward
but this way you never reach
the sun.
You are ‘safe’
like a bird
that dies
in its egg.

**Grey**

The ‘better’
you want to meditate
the better
you do something else
that has nothing
absolutely
nothing
to do with meditation.

... 
Alas!
If you pull
at a plant
to make it grow better
you keep
in your hand
a deracination
a shadow
an idea
a ‘soul’
without soul
a lost piece
of once-nature...
Colours disappear.
Everything becomes grey.
Effortless

Solace!
There is no failure on the Way.
If there is failure then it’s not the Way but a heap of stones dust all kinds of things that bring irritation.

You recognise the Way by its Absence its ultimate Friendliness its always is everything everywhere OKAY.
Take care. Not easy! But always effortless.

For always

Hard!
Very very hard!
So terribly hard!
And at the same time gentle.
A smile.
Eyes that are encouraging.
A gesture that comforts.
An ever someone who of everything carried the hardest out of love.
Love to which the whole world everything everything reaches with thousands of hands.
Infinite love for always here.

Aurelis
Answer

Praying
in order to get something
for the little self
is such unbelievable
earsplitting
nonsense.
There is
nobody
who listens
to this.
It’s a matter of
another language
another world
another universe.
...
Really praying
is each time again
laying your heart
on a little plate
and then furthermore
not thinking about it.
You ‘ask’
and gone is the question
long long
before the answer.

More

What you had never thought
is all of a sudden there.
What you had never sought
all of a sudden
it is you
yourself.
You fall
all of a sudden
without that you see it coming
into pieces.
Thousand of pieces.
And it doesn’t hurt.
It’s the best
that ever happened to you.
All of a sudden
the adhesive is gone
that made you hard
for 500 years.
All of a sudden
you are standing there
and it is you
yourself.
You fall into pieces
and what remains
is immensely much more.
**Nowhere**

An open door
that opens to a wall
is indeed
an open door
but there is no opening.
What is this worth?
Acting as if
is less than nothing.
It prevents
searching.
It prevents
going further.
Being here
_and there
at the same time.
...
Acting as if
is less than nothing.
You can't go forward.
You can't go backward.
You can only
be somewhere
and somewhere
is nowhere.

**Hello**

Hello
closet
hello
little rug
hello
air that I breathe in
and breathe out again
hello
world
my world
that is already so old
and
at the same time
so new
incomprehensibly new
hello
sun and moon and wind and rain
hello
Buddha inside me
hello
smile.
Day

May I point you to the fact
that life may be short.
It may be.
What does it matter?
A day is a day
whether you live a thousand years
or one day.
It is better
to live entirely
that day of your life
therefore
not just like that
with a piece of yourself.
You are it
and you are important
unscrupulously
immensely interesting
the first day
and the last.
***
Do not waste
one moment of it!

Koan

A koan
you do not solve.
You ‘hang it up’
on a very thin thread
somewhere
nowhere.
It’s a little seed.
It grows automatically
if you let it loose
and do not continuously turn it
around.
***
Take care that the little seed
gets food and water
and when it
hatches
then be quiet.
Don’t dance on it
with your uncouth feet.
Give it yourself
and comes a flower
only for you
depthly within you.
Things

Things
are important
and not the windows
through which
people look at
things.
Things
are important
because things are
who you are.
Windows
only stand everywhere
in between.
Windows serve to
be seen only very little.
...
And nevertheless
for people who
are short-sighted
the little stain on the window is
bigger
than the mountain far away.
Stain-people...
They often even do
their best
to not see the mountain!

Aurelis

More and more

Simplicity.
My eyes see
here and now
less and less
but
what they see
is more and more.
With my eyes
almost closed
I see the whole world
the universe!
With my eyes
totally closed
I see
myself.
...
One
sound.
One
very large space.
Some
sounds from outside.
The pressure
of the floor on my leg.
Older

Getting older.
The body is 'on the decline'
because it makes itself
ready
for a much bigger
beauty.
Not the beauty of
'death'
but the beauty of
a deeper life
death
deepest possible
life.
...
A landscape
a very little corner
nature
more beautiful than ever
for eyes
that look
just before they close.
There is no art
bigger
than that of inside.

Depth

The other side
is always
the other side
looked at from this side.
It is
a strange goings on.
People 'look'
and 'want'
and do 'everything' for it
and nevertheless nothing
as soon as they see
that what matters is
displacing oneself.
People want
to buy
and even
to get for free
is already asked too much.
...
The depth
of a pond
is deep
to the pond
but not to itself.
Mindlessness

I do not want to be full of mind.
I want to be empty of mind
in order to be full of meaning.
He who crams everywhere everything with mind
does not recognise a cat from a dove
nor a raisin from the emptiness in which that raisin can be alive as anything else.

My world has meaning in more than 2 dimensions.
In 2 dimensions live dead letters on people of paper without soul.

Little flower

Meditation is rather this little flower then that ‘big philosophy’ but it is not for this reason certainly not less grand. Philosophy can map the world. Meditation is the world.

Come! Let us go to wherever and there love each other from inside as if we were the last 2 people on this world.
You!

One
with the universe.
Doing
each handling
in a way
that comes entirely
from you.
Everything is important.
Everything
is worth
to live.
And you!
***
You! -
are the one
who gives this life.
You
expand.
You
are everything.
You create
the universe
and the universe
is You.

Freedom

Freedom is freedom inside.
To do what you gladly do
but then
entirely
and not
always again
and again
to run after yourself
in a little circle.
***
Freedom
is to be yourself
to be able
to dare
to want
to do.
To drift along
with the clouds
everywhere
and nowhere.
The moon
and the sun
are your friends.
The same sea

Imperturbably going forward. You encounter all kinds of and you don’t encounter all kinds of and it’s always you. Things that you can find are not yourself and things that you can lose are not yourself.

Everything changes constantly and therefore nothing gets lost unless what has never been. New ships yes new ports yes but it is always the same sea.

Aurelis

Everything

Without words come words that are no words but bits of paint of the most beautiful painting the deepest the largest. And look it’s everywhere! - whether you have your eyes open or closed. It’s in you and you are it.

The first sound of a long piece of music is already sufficient. One word without word and everything is said.

Aurelis
**Abundance**

A morning after a black night is a morning on which the world awakens!

... The light is almost tangible. The air is full of expectation. Everything is different once and for all. Everything is present once and for all. Everything lives. Smells. Forms. Feelings. Ideas. A dance. An abundance.

**Present**


... Going towards. With others without others being yourself. Being present. The world is waiting for you and wants you to come so terribly much!
Already there

Never
to be alone.
What you see
and what you hear
and everything
that you touch
is warm
for you
and ‘only for you’
even if
the universe disappears.
Be yourself!
Be yourself!
Be yourself!
Have no fear.
Go forward!
There is waiting
for you.
There is waiting
and looking at you.
How long the way still is,
on the deeper way
you are
already there.

No fear

There is no fear
for death
for pain
for being elder
for nights
or days.
There is no fear
for the silence
of lifelong.
There is
emptiness
and the emptiness of the emptiness
and the fullness
of the emptiness
the fullness
and the grandness
and there-ness
here-ness.
There is
the feeling
and the feeling
is deeper than deep.

Aurelis

Aurelis
One question

One lifelong failure can open the door for the most valuable if you in this failure are open to this openness.  
...  
One question if you ask it without expectation and without throwing yourself in between and without seizing what you get and without having what you have and without asking what you ask... one question is enough for an Answer.

For you

To accept is to be away to be entirely away. Only to be form deeper form for content and deeper content  
...  
Only to be entirely away and as a result, to entirely be-there be-here. Only to be yourself entirely deep, deeper and deeper still. To be open. To be empty. To be present and to be ready for You.
**Vehicle**

With the suffering of only yourself in your vehicle you progress more easily.
With the suffering of many in your vehicle you progress with more difficulty firstly but once you are on the move you break more rapidly through walls.
Walls of stone.
Walls of ego.
What is important in this?

There is no absolute ground in the world of people.
There are trees shrubs a park and a very beautiful pond.

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**Respect**

I offer respect to everything I see and in everything that I see I see myself.

Slowly it goes downwards.
Taken off are all garments that wrap veil my soul. Entirely open.
I offer respect to everything and feel myself received by everything.
This world itself is my soul.
Bow

Each bow
is a renewal.
The old I
keeps standing respectfully.
The new I
respectfully goes
downwards
lays down its forms
as a beautiful little rug
and arises
again
as content,
lighter than air.

Each bow
is a growth,
a meditation,
a smile,
a speech,
a handling
in this world
and this world
is at the same time also
the other.

Religion

Religion is
what lives in people
and not in books or concepts
or in ‘heads that know’
of ‘they who know’.
Religion is
what lives in people
deeply deeply
in hearts of people
and all the rest is
superstition.

God is a feeling
a presence
and for this reason also
a certainty
or doubt
but certainly no
knowing.
Catch Him in a box
and you have nothing
but a box
how large that box may be.
Here

Everything is the same and at the same time everything has untildly changed. After 1000 years of underworld all of a sudden this world is entirely here. And look! This world is the Other World, the Living World, the Kingdom of Yonder.

***

Trees rustle. Clouds are floating by. Animals live. People die. A little girl writes in her diary her amorousness.

Almost

Emptiness. You look at something and while you look you already are it. You listen to something and while you listen you already are it. There is no you standing in the way.

***

Things feelings ideas desires fall entirely to your centre without obstacles. Almost they meet inside you entirely themselves as if they have always been there.
**Upwards!**

Aurelis

Upwards!
Everything upwards!
No doubt.
No looking back.
No
ideas
of what could have been.
No
contacts
outside
upwards!
Eyes
so beautiful
a mouth
a body...

***

Upwards!
Everything upwards!
Only
upwards!
And never again
never again
never again
never again.

---

**Emptiness for**

Aurelis

Open attention
is emptiness for.
The canvas
on which
the painting takes place.
The game
played
if the player is the game.
The moon
to which the finger is pointing
and the finger
is the moon.

***

Open attention
is open
from within
for everything
or for one thing -
it doesn't matter
if you
are not the keyhole
but an open door
in a wall
that exists purely
of yourself.
No effort

Being ready
being entirely ready
means
not making any effort
and also
not needing any effort.
Everything happens
automatically.
You are it
more than ever
much more than ever
and at the same time
you are not it
not at all.
You are a reed
in the wind
the moon
around the earth
the sea
under the sun.
You come and go
and nothing changes
and nothing
is ever again
the same.

Aurelis

Pure wisdom

Only
nothing.
Only
not-thinking
not-doing
you become lighter
and lighter
and entirely
transparent
pure wisdom
open
to everything
and more
and more.

... The world
exists
as the same world
and at the same time
also entirely differently.
You are
and you are not
and you are
and you are not.

Aurelis
**Without**

A striving  
without result.  
A being focussed  
without aim  
and when it comes  
then it is  
something entirely different  
entirely separate  
a pure gift  
for which  
the biggest openness  
and thanks.  
***  
The giving  
is total  
and the receiving  
is total  
and the being  
being present  
is entirely  
without the least  
obstacle  
or merit.

---

**Never again**

I lay myself down  
and never again stand up.  
I lay myself down  
and never again stand up.  
All is well.  
This Large Book  
still has  
very beautiful pages  
lines  
characters...  
A farewell  
to Beauty  
is never  
a farewell.  
My soul shouts with joy!  
***  
I lay myself down  
and never again stand up.  
All is well.  
Each moment  
is the last one  
and the first one.  
No-space.  
No-time.