

Poems
From
A
Parallel
World (6)

A personal experience of meditation and Zen

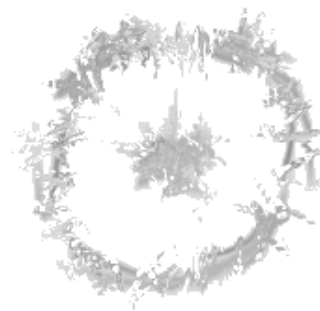
JL Mommaerts



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.



Aurelis

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.

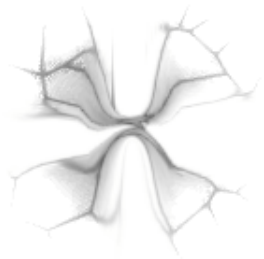


Aurelis

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.



Aurelis

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!

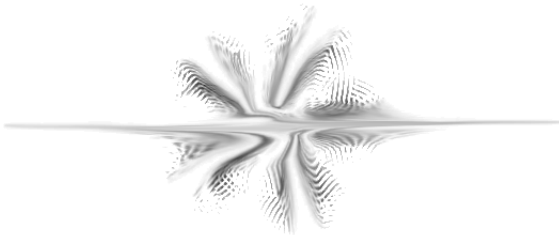


Aurelis

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.

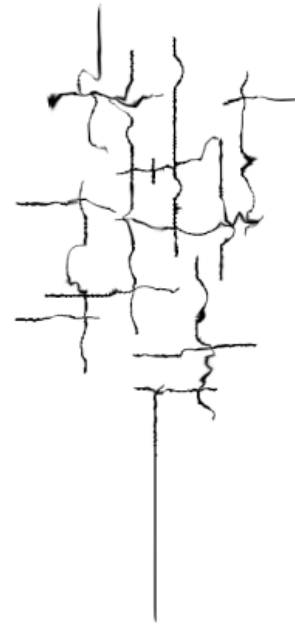
Aurelis



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.

Aurelis



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!



Aurelis

Soul

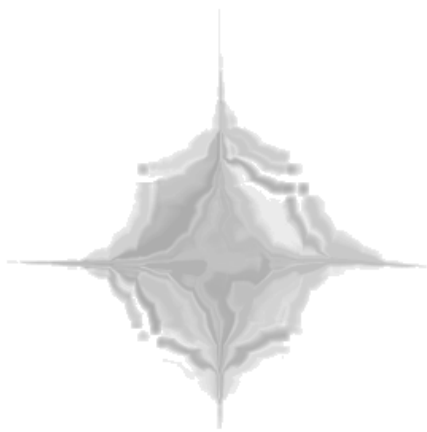
'Being happy'
 is often but a thin layer.
 One fools oneself to believe
 that the pond
 is a lump of ice
 and it just starts freezing...
 Being deeply happy
 is contact.
 An abundance.
 An Explosion!
 An
 almost-nothing.
 Being deeply happy
 is feeling
 that everything lives.
 Everything lives.
 Everything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



Aurelis

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.

Aurelis

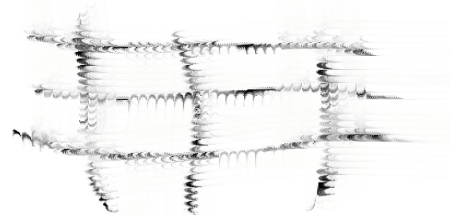


Grey

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.

Aurelis



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.



Aurelis

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.

Aurelis



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.

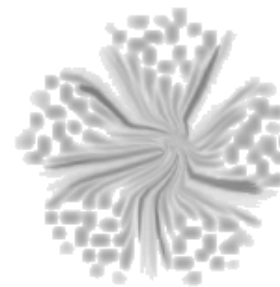
It's the best
that ever happened to you.

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*.

Aurelis



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.



Aurelis

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
incomprehensibly old
and
at the same time
so new
incomprehensibly new
hello
sun and moon and wind and rain
hello
Buddha inside me
hello
smile.



Aurelis

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!



Aurelis

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
 deeply within you.



Aurelis

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.

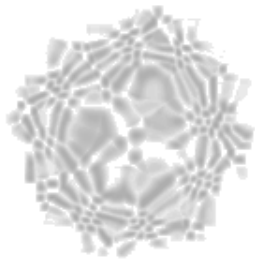
Windows serve to
be seen only very little.

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
entirely closed
I see
myself.

One
sound.
One
very large space.
Some
sounds from outside.
The pressure
of the floor on my leg.

Aurelis



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.

Aurelis



Depth

The other side
is always
the other side
looked at from this side.
It is
a strange going 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.

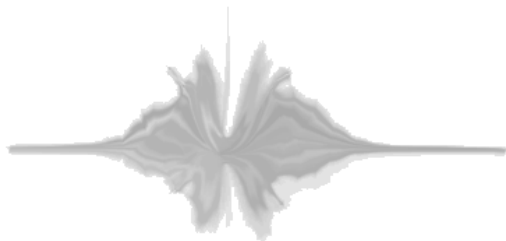
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Mindlessness

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.

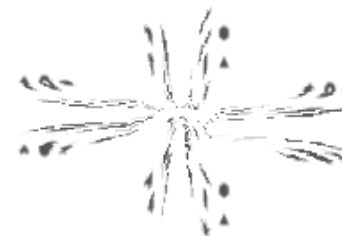
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Little flower

Meditation is rather
 this little flower
 than 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.

Aurelis



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.

Aurelis

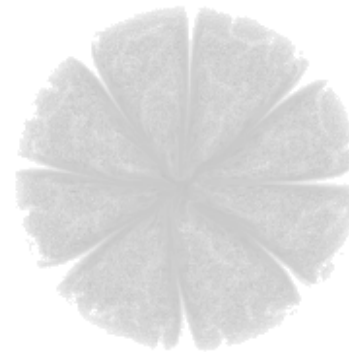


Freedom

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.

Aurelis



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

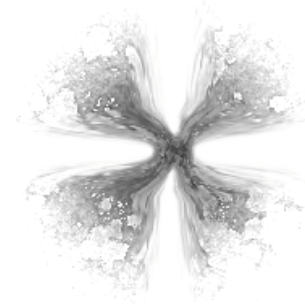


Everything

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.



Aurelis

Present

Standing within.
Being present.

With others
without others
being yourself.
Going towards.

Being present.
Standing within.

and not
going aside.

Not
going back.

Trust!

...

Going towards.

With others
without others
being yourself.
Being present.

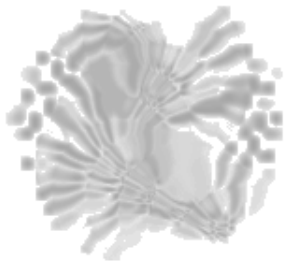
The world
is waiting for you
and wants
you to come
so terribly much!



Aurelis

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.



Aurelis

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

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.



Aurelis

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.



Aurelis

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.

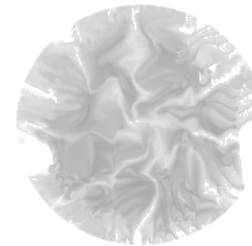


Aurelis

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.



Aurelis

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.

Aurelis



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.

Aurelis



Here

Everything is the same
and at the same time
everything has
untoldly 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.

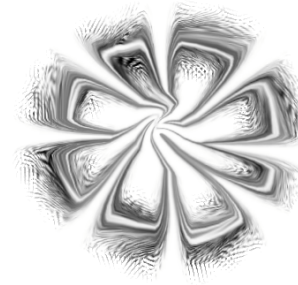


Aurelis

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.



Aurelis

Upwards!

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.

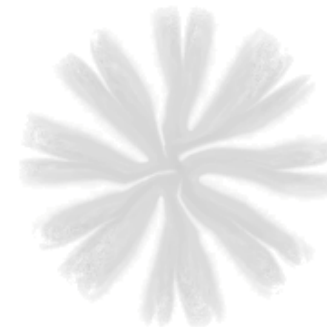
Aurelis



Emptiness for

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.

Aurelis



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

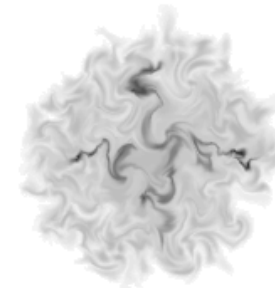
Only
nothing.

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.



Aurelis

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.



Aurelis

