

Poems From A Parallel World (7)

A personal experience of meditation and Zen

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At the same time

Nor good
nor bad
but
entirely beyond
completely one.

No walls.
No
separation.
All large things
remain
themselves
and
all small things
remain
themselves.

...

A landscape
so open
and
so beautiful
that it is as if
you are everywhere
and always at the same time
entirely beyond.

Aurelis



Here and now

Simplicity
as
what doesn't stand in the way
for a
very deeply being present.
As little as possible
can be much
but always
as little as possible.

...

No *need*
for more.
No *need*
for less.
No *need*
for anything else.
What happens
always happens
spontaneously
in simplicity.
Nothing.
Everything.
Always
spontaneously
here and now.



Aurelis

Nowhere anymore

Hatred
is not good
because it tears away soul
from people.
Cupidity
is not good
because it tears away soul
from people.

The illusion of I-ness
is not good
because it tears away soul
from people.

...

If people
lose their soul
they lose
themselves
each other
the world
the universe.
The sun
still rises
each day
but its light
doesn't shine through anymore.



Aurelis

Cold

Cold
 and even
 colder than cold.
 Warmless.
 I lay my little rug
 in front of me
 and sit down.
 This is
 the end.
 It is
 done.
 The stones
 are the same.
 Little lights are shining
 in Buddha's robe
 everywhere around.
 No joy
 and also *no* sorrow.
 Love.
 ...
 Everywhere
 are cities.
 People are dancing.
 Children are playing.
 Life
 and death.

Aurelis



Pain

The cause of Suffering
 is Separation.
 Not -
 being the world
 the universe
 your soul.
 Entirely
 being abandoned.
 No more hope.
 No belief
 and even
 no love.
 As only background
 the immense Pain
 of being-Alone.
 ...
 Nailed.
 Waiting
 for the end.
 Waiting
 for the end
 and even the end
 has passed already long ago.

Aurelis



Beyond

In daily living
 no titbits
 nor thisbits nor thatbits
 nor dust
 nor dishes
 nor shop
 nor work
 but
beyond
 good and bad
beyond
 high and low
beyond
 God and world
 me and you
 mountains and sea.
 ...
Beyond
 you meet everything
 again
 but from the other side
 the inner side
 the living
 the real side.

Aurelis



Body, soul

Body
 and
 soul.
 ...
 Soul
 and
 body.
 ...
 Body
 is
 soul.
 ...
 Soul
 is
 body.
 ...
 Dying
 is a transition
 an initiation
 and only an 'end'
 in a body
 that is no soul
 and therefore even
 no body.

Aurelis



Transparency

Transparency.
Everything stays the same
and becomes entirely different.

Absolutely
not
easy!

A person
is a crystal
by nature
and remains a crystal
by nature.

And nevertheless.

...

Look at walls
through walls.
Look at people
through people.

Everything
is transparent.
And nevertheless.
People stuff walls
full of 'meaning'

and then they bang their heads
1 time
1000 times.



Aurelis

Real

It's not the opposites
that prevent
that they touch each other
but what lies between them
behind
underneath.

Look to the left.
Look to the right.

See
that it's you yourself.

Be
transparent
for opposites
and immediately
you see
real colours
real forms
real feelings
and ideas.

You exceed nothing.
You break through nothing.
You look.
You are quiet.



Aurelis

Shadow

A shadow
 of yourself
 within yourself
 but that you do not see
 within yourself
 lives
 within yourself
 but
 often
 very darkly:
 lack
 being-ill
 disintegration
 seeing
 your shadow
 your very dark shadow
 in others
 aggression
 war.

...

A world
 of happiness
 becomes a world
 of suffering
 and perdition.



Aurelis

Both

Two
 comes first
 because without two
 there is no first.
 One
 is everywhere
 because without one
 there is no everywhere.
 A person
 lives of both
 but
 if you look well
 then you see
 in both
 also the other
 even
 entirely.

...

Don't lock yourself up.
 You are what you see
 and you see what you are.
 You are a flower
 also if that flower
 is only
 itself.



Aurelis

Entirely

Not
 'an' other side
 but
the other side.
 You can run away
 from yourself
 or run away
 from Yourself.
 In both cases
 you are gone
 even though the one who runs away
 generally sees it
 only at the other side.

...

You can go towards
 yourself
 or towards
 Yourself.
 In both cases
 the challenge is formidable
 but worth it.
 Ho!
 In both cases
 you find in the one side
 the other.

Aurelis



Lifelong

Highest freedom
 lies in
 not being able but
 being Yourself.
 No matter what
 you do
 or
 don't do.
 No matter what
 you think
 or
 don't think.
 No matter what
 you feel
 or
 don't feel.

...

Highest movement
 is without movement.
 Meditation.
 Deepest silence
 is without silence.
 Meditation.
 Lifelong.

Aurelis



Detached

Being-detached
doesn't mean
being-away.
On the contrary.
You are present more than ever.
Only
by being present more than ever
you can
really
be-detached.

Otherwise you have
only
lost a piece of yourself.
You are then not
'detached'
but broken.
Torn.
A shade.
A shadow
and
even the sun
is shining no more.



Aurelis

As a friend

Zen
is a
house- garden- and kitchen-
philosophy.
House
garden
and kitchen
and also
a very beautiful temple
of course
therefore
everywhere
where your soul is
is zen.

Buddha-nature
needs no 'Buddha'.
Absolutely.
If you nevertheless meet him
then greet him
as a friend
and invite him
to look
together.



Aurelis

To live

Meditation
is not necessary
to live
but
to Live
as a third dimension
in a world
of two.
Trees become trees.
Flowers become flowers.
People become people.
It is astonishing
if you look back.

...

A droplet is flying
through space
in search
of a source
of immense heat
and it finds that source
but not as droplet.
It cannot be
and there is no need.



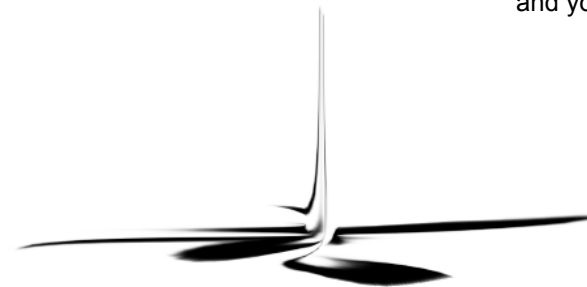
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Being ill

Being ill
and not-being ill.
Actually
you have
never felt so good.
In the depth
an immense ocean.
And *knowing*.
Knowing.
Not going out of the way.
Not
standing on a ladder
to go to the moon.
Not downstream
but towards the source
and *through* the source
towards the sea.

...

Being ill
and not-being ill
like an oasis
in a desert.
Your *are* the oasis
and your *are* the desert.



Aurelis

Separation

Fleeing
separation
by even more
separation.
Addiction
to separation
and then
superficiality
and then
dependence
and no
responsibility
and much
guilt
and no
love
and much
1000 little rules
and no
freedom
and much
the deep idea
of senselessness
with a very thin layer
to hide everything.

Aurelis

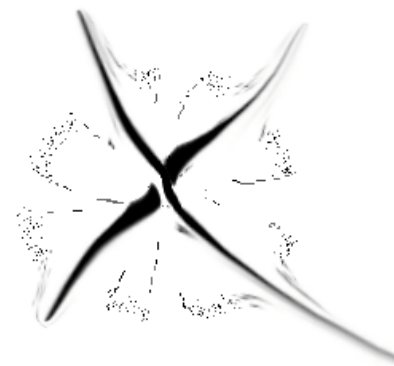


Away from you

One can cut away
a body-illness
but not
a soul-illness.
A soul is never ill
only
at an arm or a leg.
There is no
ill black spot.
There is no knife.

If you
'cut away'
an ill spot
with a knife
then maybe you get
'forward'
but it is only
with a little piece of yourself.
You think that you are flying
but it's your wings
that are flying
away
from you.

Aurelis



Somewhere

Somewhere
 in this universe
 a place
 where it's good
 a place
 where it's beautiful
 a place
 large enough
 for you and me.
 A very beautiful landscape.
 Mountains.
 Rivers.
 Seas.
 Each day
 the sun rises
 and warms your skin.
 ...
 A place
 where almost nothing
 is already enough
 to enjoy everything
 and everyone
 and for the sake of
 everyone.



Aurelis

Everything

Sick.
 Entirely sick.
 Entirely
 from inside
 sick.
 And nevertheless
 I don't want it to be different.
 Entirely sick
 is also
 entirely there
 here.
 Let understand who can
 and wants to.
 ...
 Sick.
 Entirely sick.
 Desire.
 Despair.
 Maybe even death.
 And nevertheless
 one goal.
 And for that goal:
 everything.



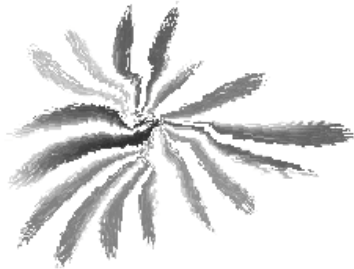
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Snowball

It's not
because you make
from snow
a snowball
that you can say
that snow is a snowball
or even
that as a result,
you better understand snow.

OKAY,
it is this and that
but
snow is also cold
without you
and round
is the snowball
because *you* make it so.

...
Go forward.
Don't go forward.
Snow is snow
and claiming something else
is a fraud
for little children.



Aurelis

Take care

Take care
for 'depth'
as an iron spike
that sticks into your soul.
An iron spike
is no cloud
that fades through you
and that you yourself
are.

...
Take care
for 'depth'
as a deep pond
in which your soul
gets drowned
instead of
being
the pond itself.

...
Take care
for 'depth'
that keeps you caught
as in a bad poem
far from everything
and as a result, also
far from you.



Aurelis

Emotion

Of course
everything turns around
and around.
Almost nothing changes
and nevertheless
one emotion
a small one
a large one
and I mean
every emotion
changes
a lot.
The world.
Our world.
Little planet
- but so special! -
Every emotion
is unique
like a boat
on a tremendously vast
ocean
on it's way towards
a new universe.

Aurelis



Flower

Susceptibility
to concrete things
can make sensitive
but can also
make insensitive
by throwing away
what is not 'appropriate'.
...
Simplicity is meagre
if it's not
entirely
coming from inside.
Look!
A flower
is eventually
only a flower
for he who finds her beautiful.
...
Desire
and joy
make the world exist
and not
the understanding of it.

Aurelis



Wizard

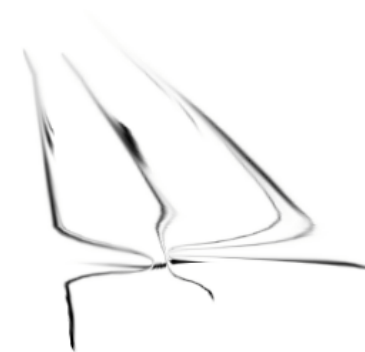
Blind people
 sometimes do open their eyes
 - even without knowing -
 look
 and then
 close their eyes
 as if there is nothing to be seen
 as if
 eyes
 were but a strange bulge
 of the brain
 and looking
 were a sickness.
 ...
 Well
 if you *really* look
 then of course you see
 more
 then only what is tangible
 but he who wants
 to cure of this
 either himself
 or others
 is
 a wizard black as tar.



Aurelis

Circle

Not
 away from this world
 but
 towards this world
 even
 more than ever
 because from within.
 The whole circle round
 you come again
 at the same
 home
 but from the other side.
 Everything the same
 but entirely different.
 ...
 Chopping wood
 getting water
 doing the dishes
 and even
 paying taxes.
 You are there
 and you are
 not there.



Aurelis

OK

OK.
 The sun rises
 and lightens
 the world
 and it is
 another world.
 A world
 of a very long time ago.
 A world
 of very far in the future.
 A world
 of the other side
 of the sun.
 A world
 of here and now.
 ...
 A dream
 is dreamed
 and it's a beautiful dream.
 All things
 animals
 people
 deeply from within.
 Everything is OK.



Aurelis

Forgiveness

Forgiveness
 is
 granting its place
 to what-is-bad
 so that it can
 grow
 into what-is-good
 and
 granting its place
 to what-is-good
 so that it can
 grow
 into *more* what-is-good.
 ...
 Forgiveness
 is not a
 moving-away-from
 but a
 moving-towards.
 A
 moving-away-from
 is only
 the closing of your heart.



Aurelis

Living through

'Letting go'
means
that there is nobody
who 'lets go'
and also nobody
to 'let go'
and even no
'letting go'.
'Letting go'
forgets itself.

...

Nobody
speaks
outside of the speaking.
Nobody
listens
outside of the listening.
No judges.
No guilt.
Only
people
and a heartfelt
living through.



Aurelis

Compassion

Compassion
knows the world
and all suffering
and badness
from inside
within itself.
It is no
fluff in the air
but
a large dung hill
that lies at the basis
of many gardens
with fragrant flowers.

...

Compassion
is the bottom of the pond
where things
aren't yet things
but
the basis
of everything.
Oneness.
Openness.
Friendliness.



Aurelis

Three-oneness

One with this world
 with this bird
 in this garden
 these plants
 flowers
 clouds
 in more than one dimension.
 Oneness
 twoness
 and then an underlying
 threeness
 and within threeness
 oneness again
 that makes it all good.
 ...

So much more
 than for a little-me
 the experiences of a little-me.
 In threeness
 no experiences
 and nevertheless
 everything
 my soul can wish.

Aurelis

Not little-I

Not little-I
 not little-I
 and also not we
 as little-I and you.
 Not little-I
 not little-I
 and also not we
 but You
 and Me
 and I in You
 and You
 in Me.

...
 I
 much wider than little-I
 much deeper
 larger
 and much more
 You
 from start on.
 I
 You
 everywhere We.

Aurelis

Door

The sea
is a door.
I open the door
and am
within myself
and am
lost
and am
extremely rich!

...

The sea
is a door
and opens itself
and is
all possible
shades,
all possible
life.

The sea
asks no admission
or invitation.

Ah!

The sea
has no door bell!



Aurelis

Book

The 'men of the book'
are often
the men of themselves
but then
hidden
in a book
between the pages.

The louder they shout
the more they

reecho

with the emptiness of a bell
that doesn't know itself.

...

Hmm.

They are sometimes large bells
and they are heard

from afar

but not from nearby

not

from within.

Within

is only a clapper
that smashes everything
to pieces.



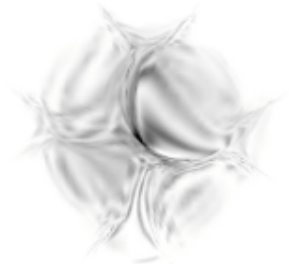
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Truth

Truth is
like a cloud.
Then it's there
and then it's gone.

Truth is
like the sun.
Then it's there
and then it's gone
but no:
it's the
cloud!

Truth is
like rain.
Everything
wet
and warm.
Everything grows.
Truth is
like everything that lives
and enjoys
itself.
Then it's there
and then it's
gone.



Aurelis

Complete

I think
with feelings
and I feel
with thoughts
and he who of himself
claims something else
I scold
for not knowing
and therefore
not feeling.

Everything is OKAY
as long as total persons
in a total way
are themselves
and reinforce
each other.
Colours differ.
The contents
are equal.
The sun is shining.
I think
of today
and of yesterday.



Aurelis

Transition

A transition
of forms
into subtler forms
and back again
is OKAY.
Of course!

You don't have to wait
for a miracle
in order to see a miracle
in front of your nose.
You don't have to wait
for a mermaid
nor
for wavelets
here and now
at your feet
nor
for an experience.
An experience comes
when you are gone.
An experience comes
when nothing anymore
stands between.

Aurelis



Untouched

Inseparable
till the end
and after the end
still
inseparable.

Sorrow
without sorrow.

The world
stands still
in a perfect way.

Stars
are glowing.

A foreigner
hastens beyond
with his own message
to a totally different
place.

Everything
is OKAY
and remains OKAY.

My soul
is untouched
in a Knowing for Certain.

Aurelis



Without

If
this or that
then
never whatever.
There has to be
given
and there has to be
received
without
this or that.

The Big Being-Certain
is certain of nothing
and doubts nothing
and asks for itself
nothing
and nevertheless everything.

What is
has always been
as art
in an artist
as the beginning
in the end of everything
now
and always.



Aurelis

Meaning

Upwards
and then
undulating
waving lines
and what attracts
and what
enjoys this...
To enjoy
what is outside
and to enjoy
what is inside.

A glance
to behind
and nevertheless
to what takes place
in front.

Searching God
in 'God'
is like searching meaning
in the paper
and the ink
of words.



Aurelis

No striving

To strive
always comes from outside.

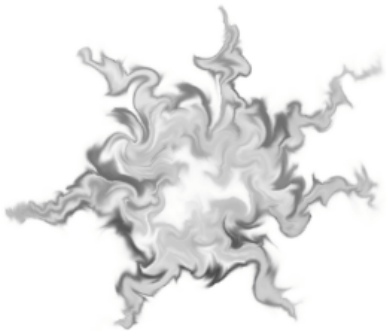
Here
wanting to be there.

...

From inside
there is no striving
but being.

Here
being already there
and the other way round.

Simple wisdom
exceeds all knowing
all knowledge
and words
of people who are full
of themselves
in what they do,
have
and even
are.
Simple wisdom
knows no striving
upwards
nor downwards.



Aurelis

Eyes of soul

With eyes of soul
you see the same things
as with eyes
of purely-body.

You see the same things
but in another world

as if
in all things
everything always is

as if
all things are open
to you

and you in the core
of the core
of all separate things

always
see yourself.

...

You go towards things
and you see
in the centre
yourself

coming towards you
as if
you have always been there.



Aurelis

Your side

Big words
without warm feelings
may possibly
seem important
but they are worth nothing.

Little words
without warm feelings
may possibly
seem unimportant
and they also are.

...

Important is
what has to do with much
and these are never
words
or even
underlying
meanings
but
what lies so far behind
that it returns
from the other side.
Your side.



Aurelis

With

You can
invite
meditation
by entirely
giving yourself to it.
Not easy!

...

Chopping wood.
Getting water...
Don't be mistaken!
Without invitation:
nothing.

With invitation:
everything.

The deepest truth
lies
in the most ordinary things
therefore:
give yourself
with the most ordinary things
and not beside them.



Aurelis

Outside God?

Searching God
only within yourself
is madness
and even
personal hubris.

Ha!

As if God would let himself be caught
in something like that?

As if you
could exist
outside yourself?

Searching God
only outside yourself
is madness
and even
personal hubris.

Ha!

As if God would let himself be caught
in something like that?

As if you
could exist
outside Yourself?

Aurelis



Not-doing

There is
going forward
with legs
and there is also
going forward
without legs.
There is hearing
with ears
and there is also
hearing
without ears.

Seeing
smelling
feeling
thinking
entirely
being.

Not in what you do
lies life
but in the living itself:
in what you do
the not-doing.

Aurelis



Highest wisdom

Highest wisdom
 is an experience
 to which partakes
 a total person.
 and not
 an idea
 about how something is
 or is not.
 It is
 a painting
 and not the 'explanation' of it.
 An 'explanation'
 is less than nothing,
 a mountain
 of stones and dust.

 Highest wisdom
 is warm
 and is standing in the kitchen
 and preparing dinner
 for this evening
 with a mind
 that is wider
 than a lot of expensive books.

Aurelis



Emptiness

Emptiness.
 Susceptibility.
 Conception.
 Contents.
 Meaning.
 Deeper
 and deeper
 meaning.
 Always fuller
 always more vague
 and
 always
 more important.
 Always closer
 to what?
 Always more beautiful
 and
 always more alive.
 Always more
 love.

 Morning Star!

Aurelis

