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
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.
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.

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.

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.
Shadow

A shadow
of yourself
within yourself
but that you do not see
within yourself
lives
within yourself
but
often
very darkly:

disintegration
seeing
your shadow
your very dark shadow
in others
agression
war.

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

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.
**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.

**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.

Aurelis

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.

**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 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.

**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.
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.

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.
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.

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.
**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.

---

**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.
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.

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.

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.

You
everywhere We.
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!

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.
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.

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.

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

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
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.

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  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.

**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