MAN IS PART OF THE WHOLE

"The people of the world need the fragrance of love.
It is Giten's contribution to humanity."
- Swami Prem Pathik, Nepal

“Satsang with Giten is heaven. Satsang with Giten is a blessing.”
Padma, Giten’s beloved friend for many lives and participant in satsang with Giten

“The religious words the Giten formulates can make anyone mentally numb. These words create an inner stillness and a deep spiritual reverence for life. Giten has shaken me. I hope his readers discover his greatness."
Brage Norin, professor in theoretical physics

“Giten is a beautiful soul.”
Swami Anand Arun, Tapoban Meditation Center, Nepal

"As I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life."
Deva Emanuel, musician, teacher in music and participant in satsang with Giten

Giten is a Blessed One. Love you. ❤️
Swami Prem Pathik, Nepal

"Giten's books go straight to the heart. Giten's books is for everybody that wants to find a new dimension of awareness in their lives, which will make you endlessly enriched and blessed."
Padma, Giten’s beloved friend for many lives

"Giten writes in a poetic language. When I read Giten, I am reminded of Kahlil Gibran. Yes, I would like to compare Giten to Kahlil Gibran."
Gordon Banta, author of Magic of Meditation

"Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life."
Swami Prem Pathik, Nepal

"The Salt of the Earth"
Lage Wedin, chancellor, Faculty of Psychology, The University of Stockholm, about Giten during his academic years at the psychologist programme

"Giten's book "Meditationens Sång" is one of my favorite books. Giten's fine book has meant a lot to me. I found it when I needed it the most - or maybe it found me...?"
Claudia Parvati Berghaus, counsellor and psychotherapist, Sahlgrenska University Hospital, Gothenburg

"Giten's books are guide books for truth seekers."
- Swami Prem Pathik, Nepal

Love is the ultimate law of existence.
Discover the art of love, the way of the heart, and the path to true happiness in spiritual teacher and Amazon International Bestseller Author Swami Dhyan Giten bestseller book "The Call of the Heart".
- AllAuthor.com

"I love Giten's book, it will change lives."
- Deva Emanuel

"Swami Dhyan Giten's words are thought-provoking, memorable and inspiring. From views on society and politics to thoughts on love and life."
InspiringLizard.com

"Explore Swami Dhyan Giten's profound teachings. His books are worthy of five star ratings. His books are more than words, they are a spiritual journey. Swami Dhyan Giten's books are a beacon of light and compassion."
AllAuthor.com

A PROFOUND EXPLORATION OF SPIRITUALITY*:*
'God is Everywhere' is a must-read for anyone on a spiritual journey

Swami Dhyan Giten's book '"God is Everywhere: You are Divine, Everything is Divine" offers a profound exploration of spirituality and the concept of divinity. Written by an acclaimed author, this paperback serves as a guide for those seeking a deeper understanding of their own inner divinity and the presence of the divine in every aspect of life. The book delves into various spiritual practices and provides insightful teachings that inspire readers to embrace their inherent divinity. With a compelling narrative and thought-provoking insights, 'God is Everywhere' is a must-read for anyone on a spiritual journey.

"God is hidden in your own heart. Love is the bridge to God. Without love, life lacks meaning. It is love that opens the door to God."

Swami Dhyan Giten,
"God is Everywhere"

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"While I cannot express enough how grateful
I am to receive your paintings, please know I sincerely
appreciate your kindness and good thought. There are so many people in this world who are in keen need of your energies that, in keeping with The Kindness Chain, I ask you to consider sharing your goodwill
with them in the future."

- Oprah, The Oprah Winfrey Show, USA

OTHER BOOK BY
SWAMI DHYAN GITEN

Meditationens Sång: Om Meditation, Relationer Och Andlig Kreativitet

The Silent Whisperings of the Heart: An Introduction to Giten's Approach to Life

Presence - Working from Within: The Psychology of Being

The Language of Silence: From Darkness to Light

When the Drop becomes the Ocean: A Journey to the Divine, to the Ocean

Silence is the Way: The Teachings of Buddha - Golden Nuggets of Love, Truth and Wisdom

The Way, the Truth and the Life: On Jesus Christ, the Man, the Mystic and the Rebel

You are Already a Buddha: A New Way of Being, A New Way of Living

God is Everywhere: You are Divine, Everything is Divine

The Call of the Heart: Silence, Love, Joy, Truth, Compassion, Freedom, the Eternal and the immortal and a Heart in Touch with the Universal Heart

Meditation: A Love Affair with the Whole

SWAMI DHYAN GITEN

MAN IS PART OF THE WHOLE

Life, Love, Joy, Truth, Compassion, Freedom and Grace

Cover Art: PRAYER, Swami Dhyan Giten

ISBN: 978-1-326-81756-5

To

Padma,

My beloved and beautiful friend
for many lives.

Love Forever.

A human being is part of a whole, called by us the “Universe”

“A human being is part of a whole, called by us the “Universe” —a part limited in time and space. He experiences himself, his thoughts, and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.”

- Albert Einstein

THE SWEDISH PROFESSOR IN THEORETICAL PHYSICS BRAGE NORIN COMPARES GITEN TO THE LOVED SWEDISH POET DAN ANDERSSON

This is how the philosopher - Giten - formulates himself who for some strange reason understands the evil in today's world. This is very unique. He is also completely fearless and spreads his very controversial views to millions of readers around the world.

I quote him: "It means to find the whole Existence within myself; it means to discover that Existence is alive in my own heart and being.

The song of a bird echoes my own inner voice, the beauty of a flower reflects my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy, and I discover all the shining stars of the sky within my own heart.

It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God.” (End quote).

Translation is not required. Our Swedish poet Dan Andersson has in Swedish formulated almost identical thoughts - a hundred years ago: "It is something beyond the mountains, beyond the flowers and the song, there is something behind the stars, behind my hot heart.

Hear - something goes and whispers, goes and attracts me and prays: Come to us, for this earth is not your kingdom!"

The Swedish poet Dan Andersson was one of Giten's mother's favorite poets.

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FOREWORD

The people of the world need the fragrance of love.
It is Giten's contribution to humanity.

- Swami Prem Pathik, Nepal

Giten's words are like the 9th symphony of Beethoven. The Symphony No. 9, the final complete symphony by Ludwig van Beethoven, is regarded by many critics and musicologists as masterpiece of Western classical music and one of the supreme achievements in the history of music. The 9th symphony of Beethoven is dedicated to all mankind. I had to get up in the night and read the texts again.

This book is about The New Man, a New Being, A New Consciousness, which is a quantum leap in consciousness, The New Man is to say yes to life. The old man says to no to life. People are standing with their pants down in a crossroads between saying yes or no to the new. The old man suggested to Socrates that he choose between the lie or the poison. Today, the old man proposes to all of humanity to choose between climate chaos or a third world war. Evolution instead suggests that the individual learns to say yes to the New Man.

The new man paradoxically implies an inner development process. In Satsang with the Giten, evolution is proposed as the synthesis of both the inner and the outer. By systematically examining meditation in depth, an intuitive understanding of the qualities of the new person is developed. In the depths of the stillness beyond the "old self", anxiety, resistance and darkness are transformed. The new person is born into new possibilities of love, compassion and consciousness.

A moment of light has on the surface changed nothing, but in the mind everything has changed. Suddenly everything is real as music and "I" disappears in a birdsong by a green park bench in nature's waves of stillness. Without these magical moments, I would continue with my pants down waiting for the "new man" to be born outside of myself.

- Deva Emanuel, musician, music teacher, student of classical music at the University of Orebro and participant in satsang with Giten

PART ONE

LOVE AND THE ART OF LIVING



THE GODLINESS WITHIN: THE FLOWER AND FRAGRANCE OF MEDITATION

Meditation simply means becoming rooted in your own being. And that rootedness in your own being gives you for the first time a new quality. That new quality is godliness. Godliness is such a transcendental quality that it includes love, silence, truth, joy, compassion, creativity, the eternal and immortal and freedom.

But you won't find any God as a person. Instead you will find a godliness within you. That is found through meditation. That godliness is a thankfulness and gratefulness towards the whole existence for how much it has given us.

Then you bow down to the earth, to existence, to the sun, to the trees, to the animals, to the rivers and to the mountains. You do not bow down to particular person, but just towards the whole. This is a gratitude which is known by those who have

found godliness through meditation.

Once the flow of meditation opens, you feel godliness. You experience a gratitude towards the whole. This is the fragrance of meditation.



THE SPIRITUAL HEART

Few people know that they have a heart. The physiological organ that pumps blood is not the spiritual heart. It is just the physiological counterpart of the spiritual heart that is hidden behind it. Just as the brain is not the mind, so the physical heart is not the spiritual heart.

When I sent out information about a course, which mentioned the spiritual heart as the source of love, I received a response from male art teacher saying: "The heart is only a pump." The reason why so few people are aware of the spiritual heart is that the society and the education system do not allow the children to come in contact with their heart. Instead the education system is managed in such a way that it teaches the children not to be in contact with the heart and to by-pass and take a detour around the heart.

The children learns to not connect to himself and to other people through the heart, but to go directly to the head. This is for the reason that if you live in the heart you have integrity and freedom, which makes it difficult for others to oppress and exploit you. If you live in the head, it makes it easier for others to exploit you. But if you live in the heart, you are an individual and you have love, joy, trust, integrity, freedom and beauty.

It is first when a person comes into contact with his heart and lives in his heart that a person truly becomes a human being. If a person is not in touch with their heart, then the person is more like an animal. The education system never give you any idea of your heart, so you do not know how to live in the heart. Meditation is the way to come in contact with the heart.

But society and the education system will not educate people in meditation. Meditation means to go from the head to the heart. Once you have known your heart, you become an individual with integrity.

And once the spiritual heart starts pulsating, it will pulsate like the physical heart. Then the spiritual heart becomes like a joy, a dance and a harmony, which is in connection with life.



THE HEART IS GIVEN BY GOD

The spiritual journey means to learn to listen more and more to the heart. It means to learn to follow the heart. It means to gather the courage to follow the heart, instead of listening to the mind. The mind is not yours, it is given by the society.

The heart is yours, it is given by God, the divine. If you listen to the heart, it will not be difficult to go into meditation. Then you will know what to do and not to do. You immediately know what to do in the moment. You know from your being. The heart knows what to do, because the heart is already in contact with the whole. The heart lives in the mysteries of existence.



LOVE IS THE ESSENCE OF LIFE

Love is the greatest challenge of life. Love is the essence of life. Love is The soul of life. To be in love, to be loving and ultimately to become love is the greatest risk in life.

Love and remain cool, love and remain non-possessive, love and do not demand and you will become enriched, because a person who can love without asking anything in return becomes worthy of God.

Once you have learned the secret of giving love unconditionally, you have learned the arithmetic of God. Then each moment becomes a joy. But we have to learn the secret of love.

Many people have decided to avoid love, because we need to understand love. The ego is like a rock, while love is like a tender flower. But to avoid love is to avoid life, so one has to take the risk with love. Those who only want money, power, status, prestige and possessions cannot afford love, but they will live a miserable and meaningless life. You can't have both ego and love, ambition and love, aggressiveness and love and the desire to dominate and love.

Even a single moment of the grace and beauty of love are worth more than all these things. A single moment of love is a taste of eternity.

LOVE HAS DISAPPEARED FROM THE WORLD

Love has disappeared from the world. Society is deep down against love. Society has created substitutes for love for example marriage. These are substitutes for love, so that you do not begin to search for real love, which is not ordinarily available unless you raise your level of consciousness. Love is not an exclusive relationship, Love is the ultimate flowering of your consciousness.

God has also disappeared from the world, because love has disappeared from the world. One cannot connect with God through the head or through beliefs. You can only connect with God through the heart.

The society pretends to be religious, but it is only a facade. The religion that exists is just a formality, a belief. Real religion is something else, but the moment you re really religious the society will be against you, because it is a danger to society, to the politicians, to the church and to the vested interests, who are oppressing and exploiting people.

We have to change the milieu that exists on earth today. We have to create a milieu of love in the world. Love unconditionally, love for the sheer joy of loving, not for receiving anything back. Love and you will see that a door has opened and God has entered into your life.



HUMANITY IS SUFFERING FROM LACK OF LOVE

Humanity is suffering from a lack of love. All other problems arise out of this problem. War, poverty and conflicts can disappear with minutes, because they are not the real problem. They are symptoms that love is missing.

We have the science and technology to make earth a paradise, but nobody has the heart that can share. Instead science and technology are being used to destroy and to be destructive. Seventy percent of nation's income is being used on the army and development of new weapons.

Man can be immensely happy. The world is full of all that is needed for man to be happy: the trees, the flowers, the

eople, the rivers, the mountains and the stars. But somewhere

inside man something essential is missing. Man has forgotten the language of love. He lives through anger, power, violence, jealousy, conflicts and possessiveness. They are the enemies of love. These are the poisons, which destroy love.

A meditator has to drop all that is against love. He has to move the barriers against love, so that love can start can start flowing, because love is our nature. When these obstructions are removed, love becomes a golden light It is a light that not only lights up your path, but it can also light the path of other people.

It is a light by which one becomes aware of God's presence. Love is the only light, which can become the bridge to God. Love is the only light, which becomes the realisation of God.



THE SOUL NEEDS LOVE TO DANCE

Without love, life becomes meaningless. Without love, life becomes a burden. Without love, there is nothing worthwhile. Without love, how can you dance in life? Without love, there is nothing to feel joyous about. There is nothing to feel grateful for.

If you try to dance, it will be false, and it will not nourish you. It will not rejuvenate you. Just as the body needs food, the soul needs love.

One can dance without love, but it will it will only be mechanical - and the soul will be missing. It will only be the body doing empty gestures.

One can smile, but there will be no smile in the heart. It will be an empty smile with no depth, with no roots in our inner being.

When you learn the secret of love, you will know all the secrets of life. And the secret of love is simple: drop the ego, and love will start overflowing in you. Drop the ego, and you will become an ocean of love. And then life will become a spiritual dance.

then life becomes a dance, you have known God, because

it is God that dances. Love is the path to God, and the ego is the barrier. This is the key to unlock all the doors of the divine.



A SINGLE MOMENT OF LOVE IS ETERNITY

Love is the rock on which the temple of love can be built. Without love our house is built on shifting sand. Then you don't have a solid foundation for your life.

When you make your life rooted in love, it will never collapse. Love is the only experience that defies death. Love is the only experience that knows no death.

A man or woman of love are unafraid of death, because love knows something of immortal existence. A moment of love is a taste of the eternal. It is to know that there is something within, which is going to persist. No death can destroy it. There is no possibility of it being erased from existence. You simply know that it is so.

The people who make their houses without the foundation of love, live empty lives. Life go on slipping out of their hands, and sooner or later death knocks on their door. They will not know what to do, because they will not know that something in them is going to survive, so there is no need to fear.

Love makes one fearless. It means that you have known something of the deathless and immortal.



THE WAY OF THE HEART

Life can be lived either from the head or the heart. The spiritual journey is to move from the head to the heart, from logic to love. The way of the heart is to approach life in a totally new way. Love creates beauty. For love nothing is ugly.

As your love grows, the whole existence starts becoming beautiful. When your love is perfect, this is the most perfect existence.

When your love is absolute, then everything is divine. Then God is everywhere, because the eye of love can only see God and nothing else.



LOVE IS THE SECRET

Only love knows how to forgive. Love knows how to be compassionate. Love knows how to accept the limitations of a human being. Love knows That nobody is perfect.

True love knows how to accept a person with all his limitations, and with all his imperfections. Love know how to love a person as he is.

Learn to grow in love. The more you love, the more you can just be. And to just be is to be religious. Love is the secret to transform our being into a blessing to ourselves, to others and to existence itself.

REMEMBRANCE OF LOVE

Remember that you are love. The society wants you to forget that you are love. The society creates all kinds conditionings, so that you will not remember that you are love.

Jesus says that God is love. If God is love it means that all is love, because all comes from God. But the society lives on hate, anger, greed, ambition, power, violence and war. War is the way of society. Society is very animalistic. Even animals are not so ugly. Animals have a grace, which man has lost.

Meditation means to be initiated into love. Meditation and love are synonymous words. If you can love, then God is not far away. Then God is in the heartbeat of your being.

Wherever love is, God is. Love is the fragrance of God.

LOVE GROWS OUT OF SILENCE

It takes courage to be in love, because in love you disappear as an ego. To be in love is to disappear as an ego; to be in love is to be a nobody. To be in love is to be egoless. Love is egolessness. Unless one is ready to be egoless, love is not possible. Love grows out of your inner silence.

Love is not an ego trip, which is why everything that is going on in the name of love in the world is not love. It is the opposite of love, because the basic requirement of love has not been fulfilled. The basic requirement is to be egoless.

Once the ego disappears, you come to face with yourself, and that experience blooms into love. you start overflowing with grace, joy and compassion.

Become more and more loving, and the only way to be loving is to be silent. Become courageous to be loving. Love is the greatest gift of life.



LOVE YOURSELF

A man who cannot love himself is always in a conflict with himself. And to be in conflict with yourself is to be in misery. One who is in conflict with himself cannot be in harmony with existence either.

To learn to love yourself is the only way to be capable of loving others. To love yourself is not against altruistic love. In fact, it is the beginning of it.

To love oneself is the first step for a meditator. It goes against all the old religious teaching and conventions, but it is the truth even if it goes against the whole of the human past.

Love yourself, which creates the first harmony. Then love others, which creates the second harmony. If these two harmonies are there, there is no need for any religion. These two harmonies are rally two aspects of the one harmony.

And to be harmonious is to be religious. And the be harmonious is to be in joy.

BECOME A FRIEND TO YOURSELF

We are meant to be flowering of wisdom. We are means to be messages of God. That is our essential being, but we don't allow it to happen. We prevent it, because we are our own enemies.

To be a meditator is to become a friend to yourself. Don't be bothered about what others say that you should be or not should be. Listen to your own inner voice - and be it.

THE ART OF LOVE

The greatest tragedy for humanity is that we have been brought up with the idea that we already know what love is. The truth is that we do not know what love is. That is the fundamental problem for humanity, which is what causes all other problems.

We think that it is the presence of love that creates all problems, but it is really the absence of love that creates all problems. And because of the false idea that we already think that we know what love is, we live without love.

The potential for love is already there within us, but we have to know how to develop the potential for love. Life is the opportunity to grow the potential for love. But it is the idea that we already know what love is that prevents us to develop the potential for love.

In a better human society, we will say that our whole life is a tremendous opportunity to grow the seeds of love. Life is a tremendous opportunity to learn the art of growing the seeds of love. That is the art of love.



THE DIMENSION OF LOVE:

LIFE, LOVE, LIGHT AND GOD

Many people think that they are fully born and developed when they are born. They are deceiving themselves, and they will die without knowing anything About life. They will exist, they will only vegetate, without knowing what it really means to be. They will exist, but their existence will not have anything of real value. It will not be to live. It will be superficial, routine and mundane.

To really understand anything about life, and what it means to live, we need to pass through a second birth, which happens through love. Love means to drop the ego. With the first birth, the child cannot drop the ego, because the ego is needed to survive. It is only the grown-up person, who can decide whether to live in the ego or to drop the ego. And the only force that can help you to drop the ego is love.

Love is the process to a second birth, which is a jump into the dimension of love. Dropping the ego means to drop the idea that you are separate from existence. The ego creates separation, while love creates bridges to existence. The more bridges you create, the more rich you become. Your life becomes full of light.

Love, and you will know what light is. Love, and you will know what life is. Love, and you will know what truth is. Love, and you will know what God is.



LOVE AND CONSCIOUSNESS

Love can be the lowest thing in life. Love can also be the highest thing in life. Love can be prayer, the highest state of love. Love can also be the lowest: sex, lust, anger, jealousy, domination and possessiveness. Love can create hell or heaven.

Love is a ladder between hell and heaven. It depends on how conscious you are. If you are unconscious, then love will simply remain lust. It will remain a sexual and biological phenomenon. But if you become conscious, love will start rising higher, and you consciousness will become its wings. At the highest peak of consciousness, love transforms into prayer, the highest state of love.

The lowest has not to be denied or repressed. That is just creating more problems, and it is not a solution. The lowest has to be transformed into the highest by bridging love with consciousness. Love and consciousness is the way to transform the lowest into the highest form of love. When love and consciousness is total, the result is God.



BE A FRIEND TO EXISTENCE

We have been taught that life is a fight and a struggle. We have been taught that life is an enemy. We have been taught that we have to conquer life, we have to conquer existence, but the part cannot conquer the whole.

The part can only dissolve into the whole. One cannot win against the whole, one can only win with the whole. If the part is in conflict with the whole, the part will always fail.

Friendship means to be a friend to existence. Friendship means to not be in conflict with existence. Friendship means to be in a love affair with existence.

Friendship means to be in a deep love affair with the trees, the birds, the animals, the people, the rocks, the rivers and the mountains. Friendship is the highest state of love.

Let friendship become your path to friendship with all unconditionally.



LIFE IS DIVINE

Life is divine. Life is godly. Life is another name for God. But
We have been told to renounce life. We have been told that
Life is against God.

We have been told to condemn life. Anything that belongs
To life, we have been told to condemn as a sin. God is not
Against life. God is a metaphor for life.

A spiritual person is one who lives life with love, joy, truth,
Freedom, creativity and totality. A spiritual person is
Someone, who loves life.

Nothing is mundane in life. Everything is sacred in life. This
Whole existence is a temple. To live life is to be spiritual. To
Love life is true religion.

The way to come to God is not through renunciation,
but through rejoicement.



LIFE IS GOD'S GIFT

Very rarely we recognize that life is God's gift. Very rarely do we see that we have been given a great opportunity to grow, to be.

Even misery, pain and darkness is an opportunity, because it is only out of misery, pain and darkness that we begin to seek for the light. It is only because of misery and pain that we begin to seek for joy.

The world is an opportunity. The world is an opportunity, which contains both good and bad, both negative and positive experiences, both success and failure, both love and aloneness and both life and death. All is God's gracious gift.

Life means to recognize all that he has been given to us. It means to remember that there is nothing that is not a gift. Life means to be thankful to existence. It is a gratefulness of the heart. And your gratefulness will bring you closer to God.

THE MUNDANE AND THE SPIRITUAL LIFE

Man can choose either to live a mundane life or to live a spiritual life. When one chooses to live a mundane life, one can succeed in having money, power, status, positions and prestige in the world, but one will remain empty and miserable inside. There will be no joy in life. Millions of people live a mundane life, because others are living this way and it is easier to just be part of the collective.

To choose to live a spiritual life means to be an individual. It means to live your life in your own way according to your own light. It means to live dangerously and insecure. And for many reasons the masses will condemn it, because it will not bring power, money, and prestige. But it will give tremendous joy.

But those are things are not valued by the world. The world values power, money, positions and prestige. The world has condemnations for people, who Do not live in this way. So one has to accept these condemnations. if one wants to live a life of love, joy, truth, silence, freedom and creativity, one has to be ready to accept these condemnations.

A meditator has to live a life of non-ambition, egoless, non-political, non-worldly, and non-violent, which will be a life of joy.

THE INNER BEING: YOUR INNER TEACHER, YOUR INNER GUIDE

Meditation is the art of learning to listen to your inner teacher, your inner guide, your inner silent voice. Your inner being is always available, and it always wants to talk to you. It has many messages to give you, and in each situation it will immediately give you the right guidance. And it will always be right.

The inner being simply shows you what to do, where to move and in what direction. The inner being guides you with such clarity that you will always see the light. The clarity and light of your inner being is immense, but we live at the periphery where everything is noise and confusion.

The inner being is always available within us, but to hear it we have to move inwards, so the whole noisy world disappears. That is the whole process of meditation. Once you have got the knack of meditation even standing in the marketplace you can turn within. Right in the noise of the world, you can remain in contact with your inner being.

To be in contact with your being is to be on the right way. All the religions want to give you rules and detailed instructions about how to be, how to live and what to do. That is how the mind remains immature and childish and always needs an outward authority to say what is right and wrong. Alone they feel very scared and afraid, because there is nobody there to guide them and tell them what to do.

God is your inner voice. We do not need an outward authority, we don't need no priest and we don't need any instructions from anybody about our life. Only one thing has to be done: to move within so that you can hear the still, small voice.

Once you have learned to listen to the still, small voice your life is transformed. Meditation is the way to help you to listen to our own being, to our center. It is A help to listen to our own center and then to follow our own heart.

When one can hear our own innermost core, you can also hear the song of the birds and the whispering of the trees. Then you have learned a new language: hearing your own being, you also become capable of hearing the being of the whole existence. We begin with our own being, and ends with the being of the whole world.

And then we understand that these two centers are not two, they are one.

When we understand that our own center and the center of the world are not two separate centers is the day of enlightenment. That is the day when we are liberated.



LOVE HAS A HIGHER WAY OF KNOWING

Logic is useful to know about the outer and objective world. But logic is not valid to know anything about the inner world. Logic is not valid to know anything about love, truth, freedom, beauty, consciousness and God. Religion, music, poetry, beauty and creativity are based on love. Logic cannot understand beauty.

Love has a higher way of knowing, which logic does not understand. All that is really valuable is known through love, Unless one becomes capable of knowing the higher world of values, life becomes superficial and meaningless. Unless you understand the higher knowing of love, you will remain blind to the truth of your being and the truth of existence. Then you will know nothing about your eternity.

Only when you know something about your eternity, your life will have meaning - and that happens only through love.



LOVE NEVER JUDGES

Love accepts the way another person is. Love has no plans to change the other. The other is not a thing, the other is a spiritual being.

Love never judges. Love never compares. Nobody has the right to judge. Judgement means condemnation and evaluation.

We have been taught to fear God, because God judges us. But God is love, and love knows no judgement. The ultimate judgement is the invention of the church and the priests.

God is love, so there is no need to be afraid of any judgement. God is forgiveness. But the priests cannot say that God is forgiveness, because they want you to be afraid and scared. God is total acceptance, because love is total acceptance. So there is no need to be afraid of God.

There is no need to judge anybody. Judgement prevents love, judgement kills love. And as your love grows deeper, judgement disappears. When you love grows deeper, it becomes unconditional love.

When you can love without judgement, you have attained to a certain spiritual growth. A certain integrity has come to your being. For the first time you are close to God.



THE MIRACLE OF LIFE

Everybody wants to be loved. Love is the deepest longing of the heart. Unless you are loved life has no meaning. The moment you feel love, you start feeling that you are needed. You start feeling that you are an essential part of the universe. You start feeling a joy in the heart. You start feeling a poetry in the heart. You start feeling that you are valuable.

Everybody wants to be loved, but few people create the situation in their life in which they become a beloved of life. Only a joyful person can be loved, but the problem is that people are miserable. You have to learn how to be joyful. To be joyful is very simple. In fact, to be joyful is the most simple thing in existence.

Trees know how to be joyful, children know how to be joyful and animals know how to be joyful. It is our upbringing that destroys the joy. It is our education that destroys our joy, instead of bringing our essential core to the surface, which is the inner source of joy. The word "education" literally means to draw out that which is already in you.

It is our natural nature to be joyful. And when you start growing in joy, love starts coming towards you from all directions. A really joyful person becomes a beloved of the whole existence. And that is the greatest experience in life. That is the miracle of life.



THE JOY OF LIFE

The majority of people live in anguish, misery and depression. To live in anguish, misery and depression is not to live at all. Misery becomes a habit, a state of existing. To just vegetate and to be lethargic becomes synonymous with life. They sleep, eat and work, so they think that they are alive, but it is not life.

Life begins only when you enter your being. But for that you will have to open your windows and doors, and to be open to the rain, the wind, the flowers, the animals, the trees and the sun. To be closed to existence is comfortable and secure, but it is to miss the joy, adventure and beauty of life.

The first thing for a man of intelligence is to search for the joy of life. Once you are in contact with the joy of life, then the real life begins. Then you know what life is all about.



JOY IS THE FLOWERING OF MEDITATION

Meditation is like a flower and joy is the fragrance of the flower of meditation. Without meditation there is no fragrance of joy. Then one lives an empty, shallow and meaningless life. Then our life is just accidental and without meaning and direction.

One does not know why one is alive. And one do not ask because the questions makes one aware of one's ignorance and lack of joy in life.

One simply keeps oneself occupied with thousands of small things like power, money, prestige. relationships, competition, position and fame. You can have all these things, but you remain the same. One is simply moving in circles, and It is very easy to waste one's life, because life is very short. We are simply wasting time and suddenly life is over. Life simply flies fast between birth and death.

Meditation is only possible when it is done with awareness, sincerity and commitment. You have to find out where reality is hiding. if one works with patient effort, it pays tremendously.

Then a single moment of meditation is more valuable than your whole life.



**Giten and Padma, his beloved friend for many lives,
in perfect harmony without any barrier**

A LOVE AFFAIR WITH EXISTENCE

Love is the most precious thing in life. With love, life becomes meaningful. Without love, life becomes meaningless. Love as much as you can. Don't be miserly in life. Ordinarily people do not want to give love, they want to get love.

This is what creates the misery of the world. The basic problem of the world is That everybody wants to receive love, but nobody wants to give love. Just as food is nourishment for the body, love is nourishment for the soul. Your soul also needs nourishment.

This is what creates starvation in the world, because we have been conditioned against love. We have been conditioned against loving and accepting ourselves, which makes it difficult to love others. We need to love ourselves first before we can love others.

When we give love, you will receive love back, because love is an inexhaustible source. We have to learn to give love, we have to learn to share love. And do not only share it with human beings, share it with the whole existence. Share it with the trees, the flowers and the animals. Be in a constant state of love. Be in a love affair with existence, This is meditation, this is prayer.



THE MYSTERY OF LIFE

Love yourself, respect and accept yourself. Unless you love and respect yourself, you cannot turn within yourself. Turning in is meditation. Unless you love and respect yourself, you cannot go within yourself and find the mystery of life. The doors to the mystery of life opens only for those who are in deep love with themselves.

And you can move within yourself only when you are utterly frustrated and discontented with the outside life. You can only move within when you are utterly frustrated with the society, the church and the establishment, the established values of society.

When you are utterly hopeless with the outside life, then the energy starts turning within of its own accord. A silent revolution starts happening in your life. You are no longer interested in money, power and possessions. This turning in is meditation. And once you have tasted your own inner being, life becomes a joy, a beauty and a mystery.



JOY IS THE TASTE OF OUR BEING

Joy is our ultimate truth. Joy comes from the roots of our being. It comes from our deepest core. Everything else is on the periphery, on the circumference.

Joy is really the search for our own being. It is the search for knowing oneself. It is the search to discover one's true nature. The moment we know who we are, joy happens. And the moment we are joyful, we know who we are.

Joy is the taste of our being. If we do not find our joy, only we are responsible. We are not searching, we are not interested. We do not have the commitment to go into the depth of ourselves. When one is ready to go into the depth of ourselves, a new joy happens.

LOVE AND TRUTH: FROM THE HEAD TO THE HEART

Truth is not a philosophy. It is not through philosophy that you will come to know what truth is. Truth is an insight, an experience, which you will have to live.

Thinking about truth is not knowing truth. Thinking about God is not knowing God. Thinking about love is not knowing love. To know love, you will have to experience it. There is not any other way to know truth, God and love than to live it, to experience it. There is no other way than the existential way.

To experience truth you will have to move from the head to the heart. You will have to enter into the heart. It is through the heart that you experience.

The heart is our real life center. The heart is our spiritual center. The heart is our inner spiritual teacher, our inner source of love, truth and wisdom.



UNCONDITIONAL LOVE

Man's basic search is for love. He wants to love and he wants to be loved. He wants to be loved unconditionally, and he can be fulfilled only when that happens.

But it does not happen, because he never loves unconditionally. All lovers expect unconditional love from the other person, but nobody is ready to give it. There is something missing in both you and the other person. One has to begin with oneself. One has to work upon oneself to be able to love unconditionally. One has to love unconditionally not only people, but trees, birds, animals, stone and the wind. You have to spread your love to the whole.

The day you can love the whole, without expecting anything in return, you have known the fundamental secret of life. You have known prayer, the ultimate love. Then the whole will pour its love on you. And that is what we have been searching for many lives.



THE SECRET KEY OF LIFE IS LOVE

We all have the potential to love. Right now if you look within there will be only darkness. When you start becoming more and more loving, you will become surprised, because in moments of deep love if you look within there will be light.

When you are full of love, there will be no darkness. If there is darkness, it Just shows that you have not been able to grow your love.

Love more without any demand. Love for the sheer joy of loving. The moment you love, love has become a light within you. Your whole being has become full of light.

The last words of Buddha on earth were: "Be a light unto yourself." The secret of life, the secret of light, is love. To be a light unto yourself require love. Love is the key.

IT TAKES COURAGE TO LOVE

Love needs courage. Love is for those who dare to love. The world is full of people, who do not dare to love, and is asking: "Give me love." The problem is that unless you give love, you cannot get love. But nobody is ready to give love.

It takes courage to love. It needs courage to share your being. The existential law of life is that the more you give, the more you have. Then the whole existence goes on pouring on you.

You have to be constantly giving and sharing for the sheer joy of sharing. Once you know that the more you give, the more you get, the easier it becomes.

When the first step to give your love has been taken in trust, then the second step to get love is easy. And the richer you become inwardly, the more aware you become of the existence of God. Then you are divine. Then God is not something outside of you, it is something at the innermost core of your being.

LOVE AND ALONENESS

Meditation is the art of enjoying your own aloneness, and love is the art of relating with others. These two qualities are the most important in life. Meditation is far more important than love, because love is only possible if meditation becomes possible.

A person who cannot enjoy his own aloneness cannot enjoy relating with others. That is the basic reason why the two persons in a relationship are always in such a conflict. They basically meet out of need, because they cannot be alone. They feely empty and they are unable to be alone.

They have only a negative experience of aloneness, so it is like an inner wound that hurts. And one needs some support and somebody to cling to. So both people in a relationship desire the other for support. But sooner or later this will create conflict and frustration, because both are lonely and they want the other to fill their emptiness and loneliness. It is only two meditator that can relate out of joy, because both are capable of being alone. There is no need for the other. Now they can relate, because they have something to share. They do not relate out of need, but out of joy and abundance.

The meditator can love himself in his own aloneness. which means that he can enjoy everything. The ancient spiritual scriptures say that wherever a real meditator sits, the whole place becomes a sacred place.



WE ARE ALL ONE

Love is the highest thing in life. The only condition to become love is to drop the ego. The ego is a false entity, which only exists because we believe in it. When we withdraw our belief in the ego, the ego Disappears. When we withdraw our belief in the ego, we also withdraw our belief that we are separate from existence.

We are not separate. We are all one. We are not an isolated island. We are part of an infinite continent. And to feel that we are part of existence brings great joy.

Start feeling more and more in tune with the whole. And that will create an explosion of love. The moment the ego disappears, love explodes. It is the ego that hinders love like a rock in a river.

Meditation means to drop the ego, and to move more and more into the whole. And then our worries disappears, because when you are not separate from the whole, there is no question of worrying. You need not worry about death, because when you are not separate, you cannot die. Death is a result of the separate ego. Then life becomes a joy.

So from now on start to live, not as a separate entity, but as part of the whole.



THE WAY OF THE HEART

Society is against the heart, because the heart lives through love. And love cannot be controlled and conditioned. The heart is basically rebellious. The heart always lives in the moment. It never repeats the old. The heart always responds to the present moment. This is why society is against the heart. Society disciplines the head, because the head functions like a machine. Machines are never rebellious. They simply follow orders. They are obedient. Hence the state, the church and the establishment, the status quo, are interested in the head.

Our heart is the door to allow Existence to guide us – instead of being directed by our own ideas, attitudes and preconceived expectations of how life should be. The heart creates inconvenience for society and for the established order. The heart is spontaneous and never repeats the old. The head lives in the past, which is why the head is traditional and conventional.

The heart relates to unconditional love and acceptance both for ourselves and for other people. The heart relates to qualities such as empathy, joy, acceptance, trust, Intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a sense of oneness in love.

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

Love is perfect as it is. Love is enough unto itself. Love has to be understood. Love is the flight of your consciousness to higher realms beyond the body. Love is the fragrance of a rising consciousness. Love is like the fragrance of a flower. The moment you are overflowing with joy, a longing arises to share it. This sharing is love. Love is not something that you can get from somebody else, who has not attained to a state of joy.

Everybody is asking to be loved, and pretending to love. You cannot love, because you don't know what consciousness is. You don't know the truth; you don't know the experience of the divine. You don't know what love is, because you have not yet gone deeper in your consciousness. In this ignorance and blindness love does not grow. If you really want to know love, forget about love and remember meditation.

Love is the defeat of all imposed rules and conditions. Hence there is a struggle between the individual who follows his heart and the collective who follows the imposed order. The individual who follows his heart has to be aware of this struggle, because he is moving towards the freedom of being himself. Being himself means that he is not going to be ruled by the collective, by the crowd. It means that now he will live according to his own heart, according to his own light. When he becomes independent, he will start feeling that he is becoming one with the whole, one with the universal.

It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole. We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding. We begin to understand that life is about giving, rather than taking.

The three dimensions that the individual moves through are: 1. the collective and the crowd 2. traditions, the state and the church and 3. the individual and the universal. The individual is a bridge between the collective and the universal. This bridge frees you from the collective. Then there is no need for you to be an individual. Then you can dissolve into the whole. You have to pass through a process of individuation, where you first become and individual and not just a part of society and the collective. This process frees you to be an authentic and free individual. Then you can dissolve the individuality and become free from the self. And to be free from the self, to be in no-self, in no-mind, is to be in God, in the divine.

Then there is joy and eternity. Love is the fragrance of the eternal. It is the experience of conscious people. Only a few people have really known what love is. Love is a rose of your being. Love is a spiritual experience, which has to do with your own being. The first step is to know yourself, and love will come as a reward. Love is a shadow

of your consciousness.

You and love cannot exist together. If you are ready to disappear, to disappear as an ego, leaving only a pure being, a pure consciousness, love will blossom. Disappearing you will be able to give so much love, because it is not something exhaustible. And the more you give, the more you become capable of giving love.

The greatest experience in life is when you simply give without any conditions, without any expectations. Then you can give love with a deep sense of gratitude to all that accept it. You can go on giving to everybody, not only to human beings, but to birds, animals and trees. From all over existence love starts showering on you. The more you give the more you receive. Life becomes a dance of love.



LOVE IS FREEDOM

You can love out of joy or misery. When you love out of misery it is a need. You are not coming out of the joy of your being, you are coming from misery. You need the other to make you happy. You are dependent on the other to make you happy. And because you are dependent on the other for your happiness, love becomes a bondage. Love is not freedom. You cannot be separate and you cannot be together with the other person.

When love comes out of the joy of your being it is authentic love. Now you are not dependent on the other for your happiness. Now you are simply sharing your joy. Your life is a gift. You give out of your abundance.

Meditation makes you joyful in your aloneness. Meditation is the first step, and love is the second step. When you have the joy, then share it, because by sharing it, it grows. The more you give, the more you have. And the less you give, the less you will have. If you do not give, it will disappear from you. If you want infinite love and joy, then go on giving unconditionally.

The ultimate experience in giving infinitely is called God. That is pouring oneself into existence with love and joy. It is like the river pouring itself into the ocean. And then the river becomes the ocean.

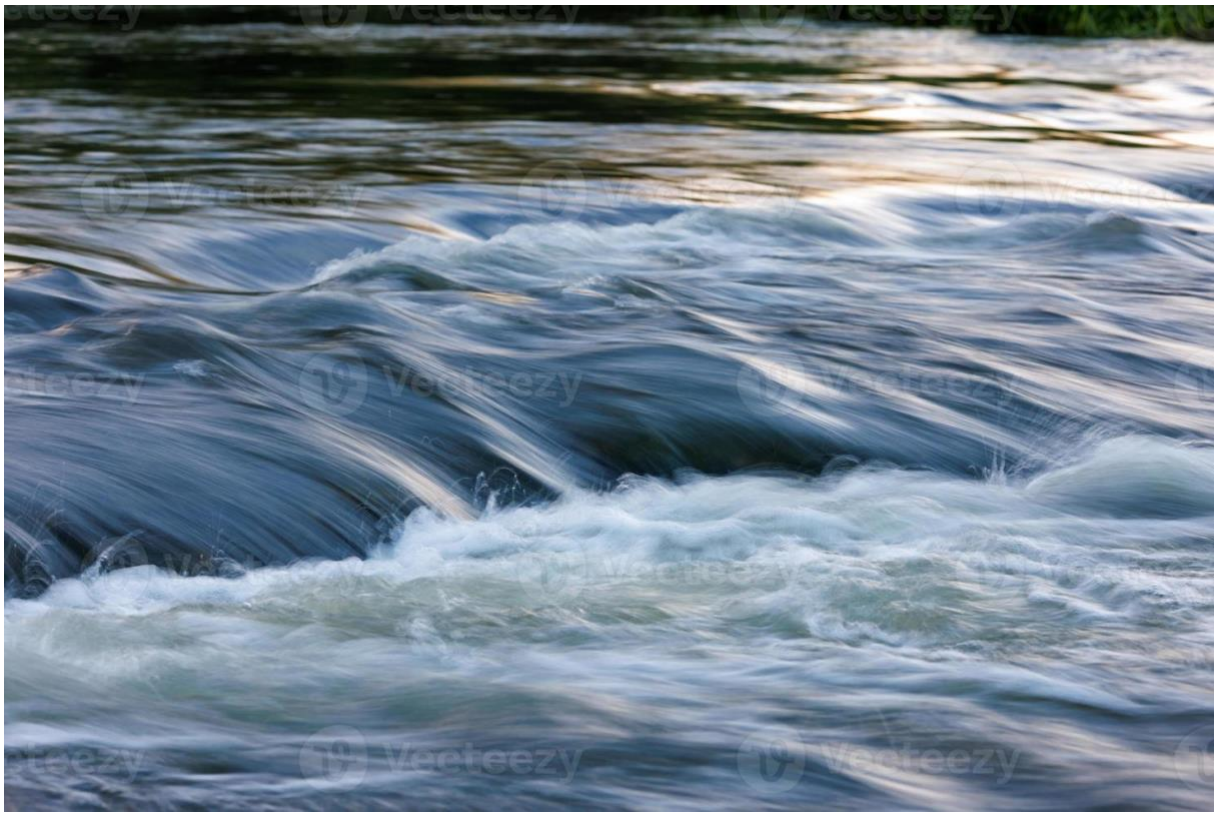


LOVE ALWAYS GIVES JOY AND HAPPINESS

If you can understand love, nothing else is needed. If you can understand the ways of love, you will understand everything else. If you go on purifying your love, at the peak you will find God. God is love in its purest form.

If you can go on purifying your love from all that which is not love, from all that which pretends to be love, we begin to understand what love is. Our love is polluted with the ego, which is like a poison of anger, jealousy, hatred, possessiveness, domination and destructivity, which pretends to be love.

We have the seed to become a flower of love. but we go on being deceived by the ego, which does not allow people to flower in love. The criteria for what is not love and for what is love are that the things which are not love creates misery and that which is love creates joy. Love always creates joy and happiness.



YES AND NO TO LIFE

The mind naturally resists life. The mind says no to life. The mind is afraid to say yes, because to say yes means the death of the mind.

The mind lives through saying no. And we have lived with the no for many lives, so that we have forgotten the possibility of saying yes. We have forgotten the possibility to say yes to existence. We have forgotten the possibility to say yes to ourselves. We have forgotten the possibility to say yes to all that is.

To say yes is to be spiritual. It has nothing to do with belief in God or in a church or in an ideology. To be spiritual is a wholehearted yes. Then you become a light, which starts guiding your path.

THE ART OF LIFE

Man can live in misery, but man can also live in joy. It all depends on how you live, on how you approach life. If one never learns the art of living, life will be a misery. Unless you learn the art of living, you can't have love, silence, joy, awareness, truth and freedom.

Everybody comes with an inner potential, but very few people develop that potential. The potential remains unused. One should be more like a flowing river, than a stagnant pond. We have to become flowing, moving into the unknown and always reaching for the ocean.

This has been called God, truth, nirvana and enlightenment, but it is really nothing but life blossoming.

LOVE AND RESPECT YOURSELF

Everybody is unique. There has never been a person like you, and there will never be a person like you. God pays his respect to the unique, to the individual. But society does not give any respect to the individual. Society teaches you not to be yourself. Society teaches you to be somebody else.

The meditator has to learn to just be yourself. To accept yourself as you are is The first step in spiritual growth. To love yourself is the first step in loving God.

Love and respect yourself and you will be surprised how much growth starts happening on its own. It is like rocks have been removed and the river has started flowing.

LOVE HAS TO BE GIVEN WITHOUT ANY DESIRE FOR GETTING

The basic cause of misery is man's incapacity to give love. Man asks for love, but he is not willing to give love. He demands love, but he has forgotten that unless you give, you cannot get. Giving comes first, and then getting happens on its own accord. And when love comes without asking or demanding, it brings joy and happiness.

This is something fundamental to understand: give and forget about getting back. Then it comes back a thousand fold. It starts showering on you, because that is the nature of existence. Whatever we give comes back.

Love has to be given without any desire for getting - and then joy and happiness is yours.



LOVE CONTAINS THE WHOLE MYSTERY OF EXISTENCE

Love is a mystery, which is endless. Love is a mystery, which contains the whole mystery of existence. From the outside love is just a small dewdrop, but when you look at love from within it is the whole ocean.

This is something essential to understand about the real values of life. When you look at them from the outside they look very ordinary. But when you look at them from the inside they become infinite, eternal. The same is true about man; when you look at him from the outside, he looks very small. But if you look at man from the inside, he contains the whole universe.

Those who have looked within themselves say that the inner is infinite, eternal. This is what Buddha calls nirvana, enlightenment. It is light without end. Enlightenment means that you can search for the boundary, but you will never find it.

A flower is so small, but its beauty is immense. Love is a flowering of your being. Then you know that love is more valuable than life itself. One can sacrifice anything

for love, because it is an ultimate value. Love is a small gift, but it contains the greatest of all gifts.

Go on loving for the sheer joy giving with no desire to receive anything back. Give just for the joy of making others happy. Then you become a flower of love. Then you know that God is love.

LOVE AND ALONENESS

Joy and happiness can happen in two ways: love and aloneness. The joy that happens in love and relationships are momentary. It comes and it goes, because it depends on the other. It causes a bondage, because you are dependent on the other for your joy.

Then people start to cling to each other. And the other becomes afraid, because there is a deep need to be free. The desire for freedom is even deeper than the desire for love.

Hence the real joy and happiness can only happen in your aloneness. Aloneness is the art of meditation. Meditation is the art of becoming centered in your being, in your aloneness, without any need for the other. It is to be at home in your aloneness, so that you are enough to yourself, you are sufficient to yourself. Then your aloneness becomes an inner source of silence, love. joy, happiness and creativity. Then you can enjoy love and relationships, because you are not dependent on the other for joy.

So meditation and aloneness comes first, and love and relationships comes second. When you are rooted in your being and move into relationships it is a totally new dimension. Then you can love, you can share. So learn the art of how to be alone in joy.

UNLESS YOU LOVE YOURSELF AND LOSE YOURSELF, YOU CANNOT BE IN LOVE

Love requires courage. The greatest courage is to love yourself. And the greatest courage in life is to lose yourself. That is the primary requirements of love.

Unless you love yourself, and unless you lose yourself, you cannot be in love. Then you will not know the reality of love. You can pretend to live, but deep down it will only be an ego trip. For love to flow in you, the ego has to be dissolved.

That requires real courage, but love without courage is impossible.





THE DIVINE FRIEND

Friendliness comes out of true spirituality. Then you are friendly to everything, to the whole existence. You are friendly to flowers, to animals, to people, to trees, to rivers and to mountains. You are friendly to the whole. You are a friend to all. Ordinary friendliness is an exclusive relationship between two people.

When you know friendliness, life reveals its mysteries. The deeper you move into meditation, the more you becomes aware and silent, and the more the divine friend is born. Then you are a friend to the whole existence.



NATURE IS VAST, SOCIETY IS TINY

Rarely has an individual been able to escape from the conditioning of society. The individual who have been able to escape from society and the church are the spiritual rebels. They tried to live their life according to their own nature. They dropped the condition and the guilt from society. They became part of nature, rather than a part of society.

Nature is vast, society is tiny. Society is man-made, nature is God-made. These spiritual rebels choose God, instead of a man-made institutions. Whenever you find society in conflict with nature, choose nature. You will never lose, you will always win. If you choose society, you will always be the loser. And you will lose your soul.

The difference is like the difference between love and marriage. Love is God-made, marriage is a man-made institution. Love has nothing to do with man's institutions. Love is natural.

The basic thing for a man of awareness is to move into a new light, to move into a new consciousness, where you can drop all the conditioning of guilt of the society. And then many things will happen by themselves.



LOVE IS THE FIRST EXPERIENCE IN KNOWING GOD

Love is the only quality that has something of eternity. Love is the first experience of God. Love is the beginning of the experience of God. God is much more than that, but love opens the door to God.

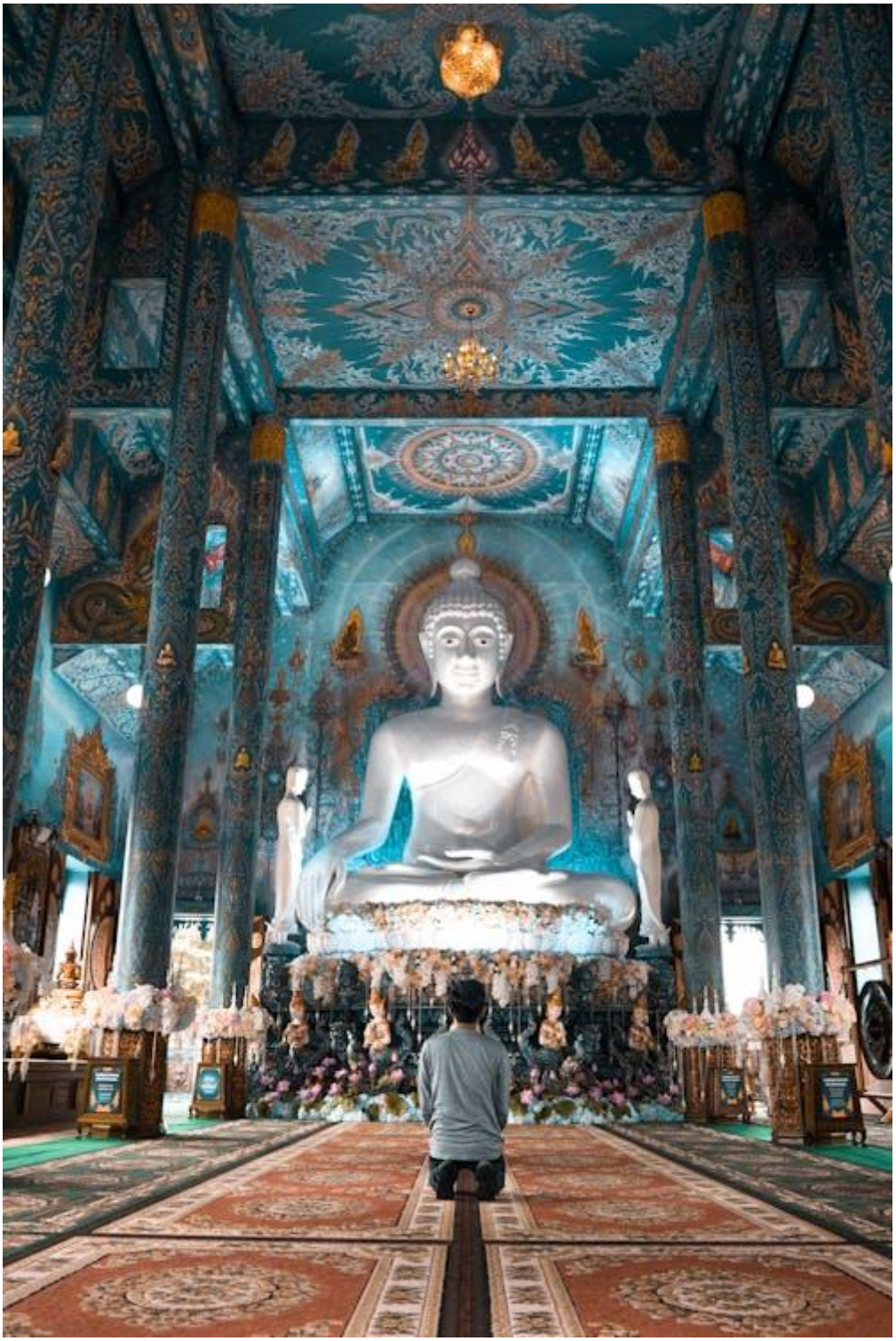
Love functions as a bridge between man and God. If the bridge is not there, man could not reach God. With love you start understanding God in a new way. Then God is not simply an empty word. Then it starts having a deep meaning.

Knowing love is the first lesson in knowing God. Begin with love and one day You will know God. The organized religions teach you to believe in God, but belief is not knowing.

The only way to begin is with love. Everybody is born with a loving quality.

You have to purify that natural quality. You have to refine it, so it loses all animality and lust, so that it slowly starts rising higher. Drop jealousy, violence, domination and possessiveness, so that love becomes pure.

Then you become weightless, you can fly. Now love can take you to the source of life, to God, to the divine.



THE HEART IS THE ONLY HOPE FOR MAN

The heart is always young. The heart lives in the moment. It never accumulates the past. It lives in the here and now. The mind is always old. The mind accumulates the past. It goes on accumulating experiences. It goes on becoming older the more experiences it accumulates. That is why the heart and the mind never are in agreement, because the heart lives spontaneously in the moment and the mind talks about the past.

The mind can never know reality, because the past is standing between like a wall. And the wall becomes bigger every day. That is why children are more alive, loving, spontaneous and beautiful than old people. Old people live in the past and everything spontaneous is impossible for an old man.

Love gives you a feeling of being alive, but marriage is an invention of the mind. Marriage is a poor substitute for love. Marriage is an institution, which is more safe, economic and worldly. The organized religions are also inventions of the mind, and it was mind that crucified Jesus.

Only the heart can move into meditation. Only the heart is the hope for man: if man moves from the head to the heart, and starts to listen to the heart and follow the heart. That is the only hope for man.



A SINGLE MOMENT OF LOVE IS ETERNITY

Love is the rock on which the temple of love can be built. Without love our House is built on shifting sand. Then you don't have a solid foundation for your life. When you make your life rooted in love, it will never collapse. Love is the only experience that defies death. Love is the only experience that knows no death.

A man or woman of love are unafraid of death, because love knows something of immortal existence. A moment of love is a taste of the eternal. It is to know that there is something within, which is going to persist. No death can destroy it. There is no possibility of it being erased from existence. You simply know that it is so.

The people who make their houses without the foundation of love, live empty lives. Life go on slipping out of their hands, and sooner or later death knocks on their door. They will not know what to do, because they will not know that something in them is going to survive, so there is no need to fear.

Love makes one fearless. It means that you have known something of the deathless and immortal.

THE WAY OF THE HEART

Life can be lived either from the head or the heart. The spiritual journey is to move from the head to the heart, from logic to love. The way of the heart is to approach life in a totally new way. Love creates beauty. For love nothing is ugly.

As your love grows, the whole existence starts becoming beautiful. When your love is perfect, this is the most perfect existence.

When your love is absolute, then everything is divine. Then God is everywhere, because the eye of love can only see God and nothing else.



THE OCEAN OF GOD'S LOVE

Let love become your meditation. Love more for no reason at all. Love for the joy of sharing.

Love, people, love trees, love animals, love rocks, love rivers and love mountains. The miracle of love is that the more you give, the more you receive back.

And if you go on giving love, without any desire to get love back, the more love will arise in you. You will realize that we are connected with the ocean of God's love. If we give love the ocean goes on filling us. Love is the greatest joy.



YOU HAVE TO BE LOVING TO ALL

Love is a state of being. Love is not a relationship. Love is an inner state. You have to be loving whether you are in a relationship or not. And you have to be loving to all: trees. flowers, animals, people and rivers. You have to be loving in general even if you are alone.

You have to radiate love. Just like a flower is releasing its fragrance. Your love has to be like a light. Then your state becomes spiritual. Spirituality has to do with an inner state of love. If you are loving, you are bound to meet God because God is the ultimate love.



FREEDOM IS MAN'S DEEPEST LONGING

The search for the divine is the search for the unlimited. The search for the divine is the search for an expansion of consciousness. The search for the divine is the search for a consciousness, which is free. It is a search for a consciousness, which is as open and wide as the sky.

God is not a person, god is an experience. God is the experience of an expanding consciousness. All boundaries are made of man. They do not exist in existence. Man's boundaries exist only in the mind. The meditator has to go beyond mind, so that he starts feeling that the boundaries have disappeared. Then his consciousness is no more confined.

Then he becomes aware how vast, joyful and boundless life is. That freedom is man's deepest longing. Meditation is an effort towards that freedom.

FREEDOM IS YOUR NATURE

Freedom is the deepest longing of man. It is out of freedom that everything great blooms. It is out of freedom that everything that is worth living for blooms.

You can only love if you are free. You can only seek truth if you are free. You can only be joyous if you are free.

Freedom does not mean to belong to a religion, a church or a cult. Freedom does not mean belonging to a nation or a race. One should only be human. One should be free of all these bondages. One should be free of all these prisons. These are prisons to keep your spirit encaged.

Freedom is your nature. When all slavery and bondages disappears, one is free. When the slavery is no more present, freedom wells up within your being. And only out of freedom everything is possible: love, joy, silence, truth, creativity and God.



REJOICEMENT OF THE HEART

Man can live either as an isolated island or in harmony with existence. Man can live isolated from existence with the attitude that he is separated from existence, but you cannot be joyful if you are going against existence. Going against existence is the way of the ego. It is like trying to swim upwards in opposition to the current of the river of life.

Going against existence is fighting a losing battle. It will make you tired and exhaustive. It is your idea of being separated from existence that has created the whole problem. Existence is not fighting you. Being in harmony with existence you would not have felt that existence has been against you.

Being in harmony with existence is the way of the spiritual person. The moment you merge with existence, God becomes your strength and a rejoicing happens in your heart.

DISSOLVE INTO JOY

Joy is possible when you dissolve into silence. It is like a drop which dissolves into the ocean. When you are ready to dissolve into the whole, joy happens. If you resist to dissolve, if you try to remain a separate entity, we protect ourselves. That is what everybody is doing. They try to be an ego, they try to protect themselves. They defend themselves against the whole. Everybody is afraid against the whole, because the whole is vast.

Many years ago, a spiritual teacher, who has counseled thousands of people, told me: "You will dissolve into the silence. All the earlier enlightened Masters and all the small Deva's are just here to help you to get enlightened."

The whole surrounds you from all sides. The whole surrounds you from the inside and from the outside. The whole is like the wind, which invisible and exists everywhere. We are not separate. We are part of the whole. Dissolve into the whole, drop the ego. Feel yourself as part of the whole. Slowly the experience of being part of the whole deepens.

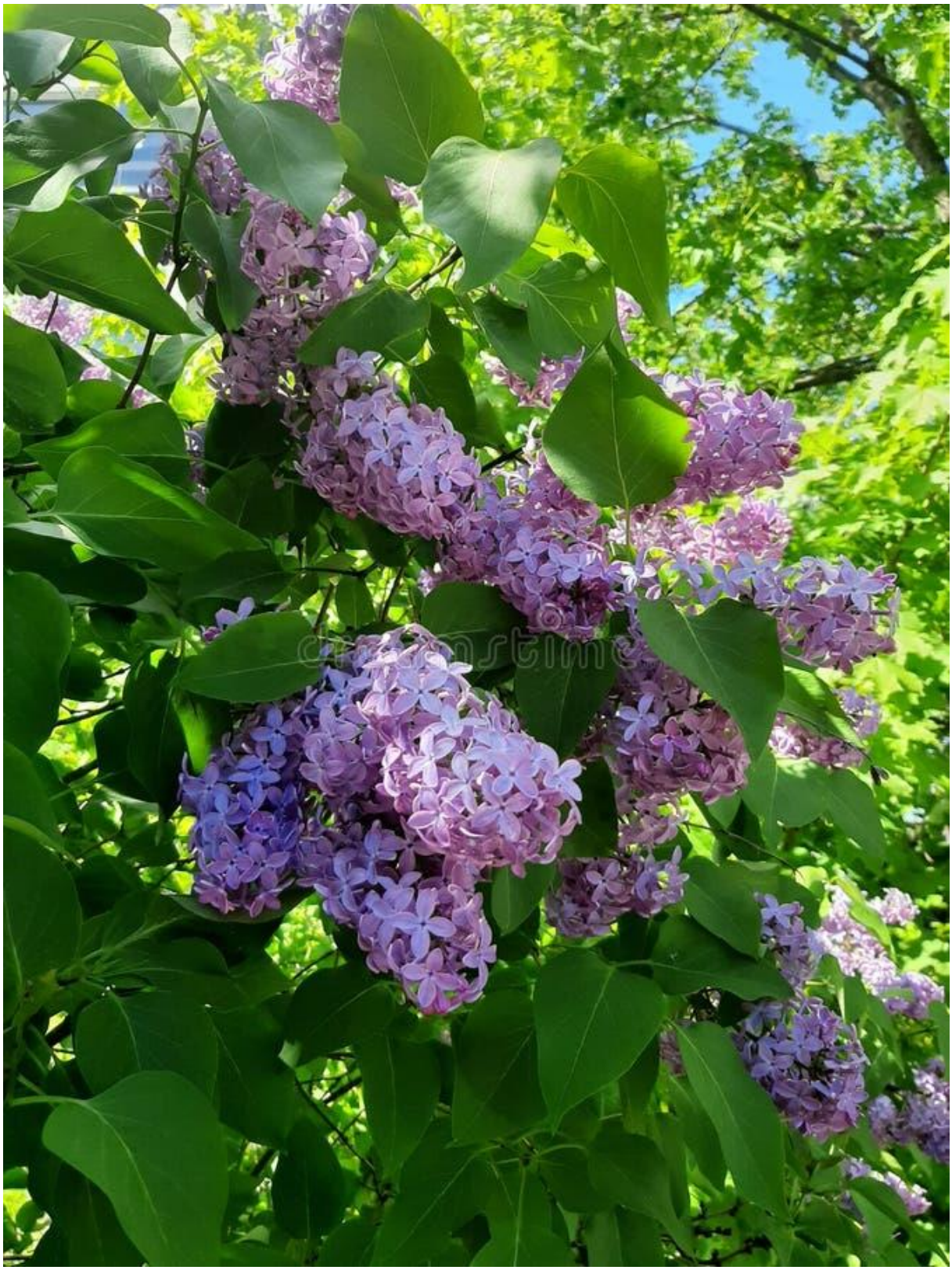
One day it becomes your truth, your being, your reality. Then you have arrived home. When you live the whole and forget yourself as a separate entity, each moment becomes a joy.

LIVE IN FREEDOM

Freedom is a spiritual phenomenon. Never sacrifice your freedom, not even for love, because freedom is the highest spiritual quality. Freedom cannot be sacrificed for anything.

Meditation helps you to become free from all traditions, orthodoxies, ideologies and conventions. Meditation helps you to become free from unconsciousness and darkness. To live in freedom is to live a spiritual life.

Meditation is the taste of joy and freedom. Meditation helps you to understand how to be free. It helps you to understand how to make your consciousness completely free. Then you will know for the first time who you really are in your silence, truth, joy, freedom and beauty.



THE ART OF LIVING

The Art of Living is to be yourself. It is to be true to yourself. The Art of Living is learning to live with love, awareness and truth. Meditation is the way to learn The Art of Living. Being is you. To discover your being is the beginning of life.

You can live in two ways:
1. Ego - effort and desire and 2. Being - no-effort, being in a let go with existence.

Religion is The Art of Living.

Five keys to The Art of Living:

1. Be life-affirmative. Life is synonymous with God.
Live with reverence, great respect and gratitude for life. Feel thankful and prayerful.

2. Make life a heartful, aesthetic experience.
Become more sensitive, sensuous and creative - and you will become more spiritual.
3. Experience life in all possible ways.

Experience all dualities and polarities of life: good/bad, bitter/sweet, summer/winter, happiness/sadness and life/death. Do not be afraid of experience, because the more experiences you have, the more spiritually mature you become.

4. Live in the present.
Forget the past and the future - this moment is the only reality. This moment has to become your whole love, life and death.

5. Live courageously.
Do not become too result-oriented, because result-oriented people miss life. Do not think of goals, because goals are in the future - and life is in the moment, in the here and now.

THE TWO PATHS TO ENLIGHTENMNENT: THE PATH OF LOVE AND THE PATH OF MEDITATION

What are the path of love and the path of meditation? There are basically two different paths to enlightenment. These two paths are The path of love and The path of meditation.

The path of love is the female path to enlightenment and The path of meditation is the male path to enlightenment. The path of love is the path of love, joy, relationships, devotion and surrender. The path of meditation is the path of meditation, silence, aloneness and freedom.

These two paths have different paths, but they have the same goal. Through love and surrender the person that walks The path of love discovers the inner silence. Through meditation and aloneness the person that walks The path of meditation discovers the inner source of love. These two paths are like climbing the mountain of enlightenment through different routes, but the two paths are meeting on the summit of the mountain - and discover an inner integration between love and meditation, between relating and aloneness.

Before I accept to work with a student now, I make an intuitive and clairvoyant evaluation about which spiritual paths that the student has walked before in previous lives. This intuitive assessment gives information about the spiritual level that the student has attained, and it also makes it easier to guide the person spiritually if he has followed a certain path in the past.

A female student of mine laughed recently when I told her that she had followed The path of love in several past lives. She commented: "You have told me three times now that I have walked the path of love and silence, but with my head I still do not understand it." But this overall assessment of her spiritual growth until now, and of the spiritual paths that she had walked, made all the pieces of her life puzzle fit together - and brought a new, creative light to all her life choices in her current life.

A male student of mine, who was a Tibetan monk in a previous life, walks The path of meditation, and I notice how I change my language and the methods that I recommend when I guide him along the path of meditation.

I now work with students who walk both The path of love and The path of meditation, which also allows me to discover a deeper integration of love and meditation on my path to enlightenment.



LOVE IS A FRIENDLINESS TOWARDS ALL

Only love can be just. Love cannot be unjust, because love means compassion. Love means consideration of the other. Love cannot use the other as a means. To use the other as a means is the only immoral thing in existence.

The moment you respect the other as an end unto himself love has arisen in you. Love cannot exploit, cannot oppress and cannot dominate. Without love one is bound to be unjust. Justice come like a shadow of love.

But everything begins with meditation. Meditation triggers many processes in you. Meditation opens many new dimensions in you. One of these dimensions is love. And love is followed by justice. Love is followed by a friendliness towards all.

Love is followed by prayerfulness, a gratitude towards existence. A man who know love becomes a blessing both towards himself and to others.

LOVE IS THE WAY: GOD WILL ALWAYS COME TO THE TRUE SEEKER

Love is the way to silence, joy, truth, freedom and God. If we can love unconditionally, there is no need for any religion. The way is to learn the ways of love.

For love to happen, we have to drop a few things. One has to drop any motivation, and love for love's own sake. If there is motivation, there is greed, and then it is not love.

One has to drop possessiveness. If there is possessiveness, you don't love, because to possess somebody means to reduce him or her to a thing.

One has to drop jealousy, because behind jealousy there is ego. Wherever there is ego, there is poison, which kills love.

One has to become aware of these things, and then one's life becomes a love affair with the whole. Then there is no need to search for love, God will come in search of you. God always comes seeking the true seeker. God will always come when the disciple is ready.



LOVE IS A BLESSING NOT ONLY TO YOU, BUT TO THE WHOLE WORLD

Love is the greatest blessing in life. There is no higher blessing than love. Love makes everything possible. Love is the strongest energy there is. With love, miracles become possible. With love, joy becomes yours. With love, incredible insights suddenly grow in your being. Love opens windows to the mysteries of life.

Love is not to be tethered to a specific person. Love is a state of being. When love becomes a state of being, you have attained to God. In that moment love and God are synonymous.

Then love is not only a blessing to you, it also becomes a blessing to the whole world.

PART TWO

THE ART OF CREATIVITY

CREATIVITY



MAKING LIFE A LITTLE MORE BEAUTIFUL

Creativity means to enrich life. It means that you are trying to make life a little more beautiful than it is. That is how one serves God. You serve God by making his world a little more beautiful, a little more joyful and a little more poetic.

In the past the religions have not been very creative. The religious people have been life-negative, they have been against joy, love and beauty, which is why they have not been creative. Love and joy are prerequisites for creativity.

Whatsoever you are doing, do it with the vision of helping the world to become

more rich. Make it with the vision to contribute to the world's joy, love and beauty. Then God is yours, and your creativity is proof of your remembrance of God.

CREATIVITY

When we begin to appreciate the beauty that surrounds us, we begin to understand that this beauty is all manifestations of God. When we begin to appreciate the trees, the people, the animals and the stars, we begin to become creative.

Then you start sharing your being. When we see the beauty of existence, you would like to make it a little more beautiful. Creativity is an effort to make life a little more beautiful. Creativity is an effort to bring a little smile, a little joy and a little love into existence.

Creativity is to contribute beauty to existence. The meditator lives the life of creativity.

MEDITATION OPENS THE DOOR OF CREATIVITY

Meditation releases creativity. For the first time you will see the creative potential that you are carrying within yourself. Ordinarily we are not aware of this creative potential.

Meditation opens all the windows and doors to our creativity. Suddenly you are aware of the open sky, the sun, the trees, the wind, the rain and the rivers. And the moment that you becomes aware of it, your heart starts singing and dancing with joy. Your whole life becomes poetry. Whatever you do bring the touch of creativity.

Meditation starts a creative explosion which is infinite. Meditation is the beginning and there is no end to it.

LOVE IS YOUR INNER LIGHT

Love is another name for your inner light. Life becomes dull without love. Life is dark without love. With love life becomes full of light. When your inner light burns bright, love, joy, truth, intelligence and creativity arises - and life becomes full of beauty and meaning.

Life is life only when love is burning bright inside you; life is life only when love is so bright that it starts radiating around you, and it starts reaching others. Then it is not only a blessing to you, it is also a blessing to everybody else.

A real man is an enrichment to the world, to existence. He contributes much. And unless you contribute something, you will never feel joyful.

It is through contributing something to existence that you become creative, and you participate in the work of the creator. To be creative is to be part of God.



THE HEART HAS A DIRECT CONNECTION WITH GOD

The mind is doubt. Doubt leaves you tired and exhausted. That is why so many people in the world look so sad and serious. Existence is not serious. Look at the trees, the birds, the flowers, the animals, the rivers and the stars. The whole existence is joy and celebration, except for man because only man has the freedom to choose between living in the mind and living in the heart.

And man has chosen to live in the mind, because the mind helps in the world to have money, power, position and possessions. But it destroys everything that is really worth having in life.

We have to choose the heart. Once we have chosen the heart, trust, silence, truth, friendship, trust, compassion, creativity and freedom starts flowering. And just as you bring light into a dark room and the darkness disappears, the same happens with the heart. Suddenly your life is full of life, light, joy and truth.

And then all doubts disappear. The heart never doubts, the heart simply knows. God is self-evident for the heart. The heart has its own approach towards reality. The heart has a direct, immediate connection with reality, with God.

Be in the heart, live through the heart. Nourish the dimension of the heart.

CREATIVITY

When we begin to appreciate the beauty that surrounds us, we begin to understand that this beauty is all manifestations of God. When we begin to appreciate the trees, the people, the animals and the stars, we begin to become creative.

Then you start sharing your being. When we see the beauty of existence, you would like to make it a little more beautiful. Creativity is an effort to make life a little more beautiful. Creativity is an effort to bring a little smile, a little joy and a little love into existence.

Creativity is to contribute beauty to existence. The meditator lives the life of creativity.

LIFE IS DIVINE

Life is divine. Life is godly. Life is another name for God. But we have been told to renounce life. We have been told that life is against God.

We have been told to condemn life. Anything that belongs to life, we have been told to condemn as a sin. God is not against life. God is a metaphor for life.

A spiritual person is one who lives life with love, joy, truth, freedom, creativity and totality. A spiritual person is someone, who loves life.

Nothing is mundane in life. Everything is sacred in life. This whole existence is a temple. To live life is to be spiritual. To love life is true religion.

The way to come to God is not through renunciation, but through rejoicement.

GOD IS LIFE

God is Life. God is not against life. God is not against love, joy, creativity and beauty. God is the heart of existence.

God is the creator. The only way to participate in life, in God, is to be creative. The creative person comes close to God.

And when you are lost in creativity, you are in God. Your being is in rhythm with his being. You become a creative heart. Those are the moments of eternity.



THE PATH OF LOVE

Love is the path and love is the goal. Love is the first step and the last step. Love is the beginning and the end. Love contains the whole of religion.

Love has to be understood. Love is not desire and lust. Love is not a desire to get something from another person. Love is overflowing joy. Love is sharing.

Love is an art. Love is creativity. When you love, you want to enrich the world. You want to make the world more beautiful. Only those who know how to love can be creative. Those who do not know how to love are bound to be destructive. It is the same energy that becomes creative. When the energy does not become creative, it becomes poisonous. It turns to its opposite, it becomes destructive.

Adolf Hitler wanted to become a painter, but he was not admitted to the art academy. Then his whole creative energy turned into anger, hate and destructivity.

Love means that you are grateful to existence, and out of that gratefulness you want to make existence more loving, joyful and beautiful. You move higher into the world of love, which opens new dimensions in you. Then love is no longer an exclusive relationship with another person. Then

love becomes a quality of your being. You are not loving, you become love.

SERVANT OF GOD

The word "seva" means selfless service. It means to be a servant of God. A servant of God is ready to serve existence. A servant of God is ready to worship God through service. Real worship is service. It is to pour your love where it is needed, on the trees, on the birds, on the stones, on the animals and on human beings.

Everybody has an inexhaustible inner source of love. Love is our true nature. Love is a healing force. Wherever you find suffering, pour and shower your love. Love heals. Love heals not only the person you shower love on, it heals you too. When you see somebody becoming whole, a great joy arises in you.

Service is creativity. And by serving existence, you come closer to God. Love, laugh, make people happy and share whatsoever you have. Share your being. That is the way of the healer.

Then God is bound to come to you. He always comes to people, who have fulfilled the basic requirement: unconditional love. That is true service.

LOVELESSNESS IS THE ONLY SIN

Love is virtue. Lovelessness is the only vice, the only sin. All other sins arise out of lovelessness. The root of all other sins is lovelessness. Julius Caesar, Napoleon Bonaparte, Djingis Khan, Alexander the Great, Henry Kissinger, Richard Nixon, Ronald Reagan, George W. Bush, Benjamin Netanyahu and Joe Biden - all these unconscious people are rooted in a state of lovelessness. They have become incapable of love.

The person who loves cannot harm. It is impossible to harm. Howe can you harm when you love? You cannot even imagine harming anybody. Love transforms your whole life. It gives you a new character, which is rooted in your innermost core, in your soul.

Religiousness comes from within. That is the authentic virtue. First the inner center becomes full of love, full of light, and then the love starts spreading outwards to others.

If love is there, morality is there automatically. And if one is not loving, then all morality is simply hypocrisy. It is only empty words, which creates hypocrites.

THE REAL TREASURE IN LIFE

Man can exist in two ways: the first way is to fight and struggle on the outside for money, power, prestige, position and possessions. The first way is to conquer the world, and to achieve world dominion. The first way is for the ignorant, stupid and mediocre. That is the way that the majority of humanity has chosen for the simple reason that everybody is running after it. And seeing that everybody is running after it, the majority of people also start rushing thinking that there must be something there as so many people are running for it.

Everybody is running, without really knowing why they are running. Nobody is really knows why everybody is running for money, power, prestige and possessions, but they are all running. It is a kind of madness and pathology, which feeds the ego. The ego feeds on fight and struggle.

And when they die, they have to leave everything that they have conquered. That is why everybody is crying and weeping. It is the insight that I have wasted my whole life, and now my hands are empty. My whole life has passed, and I am going empty-handed. My life has been a wastage,

But there is another way to live. One can be an inner warrior, and conquer one's own ignorance and unconsciousness. One can conquer one's ignorance, greed, anger, violence, desire and sexuality. Then one has known the secret of transforming one's own being, which creates great joy.

Then you inner being dances with joy, because you know something that death cannot take away from you. You have found the real treasure in life.



FOLLOW YOUR HEART, FOLLOW YOUR BEING

How do we come in contact with our heart and begin to see the truth? We need to follow our heart, we need to follow our own nature. We need to have the courage to listen to our heart. To follow our nature means to learn to trust yourself. Hidden deep within ourselves is the silent voice of truth. if you become silent, you will be guided from within from the silent voice. To follow our nature is the only possibility to attain freedom.

When all lies and conditions from society are removed, you will discover your essential nature. Your nature is to become God. To follow your nature is to follow your consciousness, but you have been told by the parent, the teachers, the priests and the politicians to follow ideologies, philosophies and religions - and not to follow your own nature.

When you know your own inner voice, you will be free. If you listen to your heart, no one can manipulate and control you again.

To become available to your inner nature is meditation. It is to become aware that there is a source within you, from where God speaks to you.

The work for ecological balance and the climate change in the world is important as it is the largest threat to humanity, but don't get so involved that you lose your own growth. The work for ecology and climate change is important, but not more important than ourselves.

We have to work for the outer ecology, but we also have to look for the inner ecology. The outer ecology in the world is being destroyed, because the inner ecology has been destroyed. The outer ecology is a symptom of the inner ecology.

When man is not balanced and whole inside, when man is divided and in conflict with himself, then man will create the same conflict and disturbance in the outer ecology. The inner ecology and the outer ecology are related. The basic problem is inside man himself.

If you are balanced, relaxed and in harmony with your inner nature, then you will also create harmony in the outer nature. You will not create any problem. You will understand that everything is interconnected in nature and in life. So the basic problem is inside man himself. It is important to work for ecological balance and the climate change, but one should also work for one's own inner work.

The world is run by stupid people, who are full of greed, possessiveness and violence. These are the people who have made the world ugly and violent. These are the mundane and mediocre people who become politicians, hoarders and exploiters. The situation with the climate crisis has now gone so far that it is only a major catastrophe that can change the situation with the climate change.

There is also not just a climate crisis, there is also a democratic crisis, where the large companies control the politicians, so that the politicians do nothing about the climate crisis. The politicians do not listen when they destroy the future for the children. So go on working for the ecological balance and the climate change, but do not hope too much. Hope for the best, but expect the worst. And at the same time, go on working on yourself.

One day, humanity is going to learn. One day, humanity may wake up and become conscious. But it is doubtful that that moment has come yet.

The work for the ecology and the climate change is good, it is beautiful and it is spiritual work. But don't forget yourself.

LOVE AND CREATIVITY

Love has a power, which is different from the power of violence, aggression and destruction. We know the power of violence and aggression. The human history is full of people like Adolf Hitler, Alexander the Great and Josef Stalin, who just had the power of violence and destruction.

This kind of power is against God, it is against existence. These people are narcissistic and psychopathic, who know only how to be destructive and destroy. No intelligence is needed to be destructive, while intelligence is needed to be creative. The basic problem with humanity is that people do not grow in awareness. It seems like humanity is just repeating the same behavior and do not learn from precious experiences.

There is another power, which creates. This power can only be done by people, who experience love, truth, awareness and beauty. To be creative needs intelligence. To be creative is to be part of God. It means to be part of the power of love. The man who knows the power of love is always creative. Then love, joy and creativity become our whole life.

THE FOOL AND THE WISE

The whole humanity can be divided into two categories: the fools and the wise. The first category the fools are those who live from ignorance, ego and unconsciousness. They live in a separation from life. The ego functions as a separation from life. They live in a separate world of their own, which is a false world.

The second category the wise live out of their inner being. They have become aware, and have dropped all ignorance and unconsciousness. Then life becomes a joy. Then each moment in life is precious and ecstatic. Then the whole existence starts overflowing with godliness.

Everybody is born a fool, but everybody has the capacity to wake up. But very few people use their capacity to wake up. The man of Awareness are taking a decision and commitment to wake up.

PERSONALITY AND BEING

The personality has two dimensions: the personality, the psychological self, and the being, the authentic self. The personality is the surface of our consciousness, which is taught by the society and imposed by the church. It has no roots in you. It is not growth. It is not an evolution of consciousness. It is imposed on you, which is why deep down you are against it.

The personality means that that you have learned to do certain things, and you have to follow certain rules, because society wants them to be followed. But your being, your authentic self, resist any attempt to reduce you to a slave.

That is why the whole humanity is split within. The whole credit goes to the politicians, the priests and the establishment, the status quo. They have made people split, so that they have lost the trust in themselves. Then they are easier to enslave and manipulate. This inner split also creates hypocrisy. You show one side on the outside and you hide who you really are. This split within also drains you of energy, it weakens you and makes you make you easier to manipulate and control.

The inner being, the authentic self, is growth. It is your life source. The inner being is who you really are. The inner being is a product of your inner consciousness.

The inner being is awakened and developed through meditation. That is why society is against meditation. Meditation develops a trust in yourself. Then nobody can impose on you what to do and what not to do. And when you find your inner being, you know for the first time in your life who you really are, and then life becomes a joy.

To find the joy of living from your inner being may not bring respectability from the society, because the society belongs to the hypocrites. They are the people in power. They dominate the society and they dominate religion, which is why a real and authentic man is bound to be punished by them. It is not an accident that both Jesus and Socrates was murdered by the society. Both Jesus and Socrates was a threat to society, because the whole structure of society was threatened if people would become infectious.

The way to awaken your inner being is awareness and meditation, while the society wants you to be ignorant, unconscious and easy to manipulate.

FREEDOM IS THE ULTIMATE VALUE

We have been brought up in such a way that we are reduced to slaves. The slavery is so subtle that we do not become aware of it. We live as slaves thinking that this is all there is to life.

Life begins only when you become free of all kinds of prisons, conditions and bondages: the bondage of nation, culture, race, church, ideology and politics. When we become free from all these prisons, when you drop all that you have been told to believe in, a great freedom arises in your being.

Only a free person can know what truth is. Only a free person can know what love is. Only a free person can know what God is. Freedom is the ultimate value in life. Freedom is the foundation of everything, which is great, good, true and beautiful.

SOCIETY DO NOT WANT YOU TO BE FREE

Meditation is the way, and freedom is the goal. Without meditation you cannot attain to freedom. Freedom does not mean political or economic freedom, it means spiritual freedom.

Man has tried for thousands of years to change the structure and economy of the society. All kinds of political ideologies and economies have been tried: capitalism, communism, socialism and fascism. All have failed, because if man has no inward awareness, freedom and remains a slave, you cannot make him free from the outside.

Man cannot live without chains, because he has become so accustomed to chains that the root cause is within him. Noam Chomsky, American professor of Linguistics and American political commentator says: USA is a democracy, but it is dysfunctional." He also says about media in a dictatorship and a democracy: "Propaganda is to a democracy what violence is to a dictatorship."

Meditation means to destroy the root cause of lack of freedom and slavery. Meditation means a state of silence, a state of no-mind. Mind means all that society has imposed on you. Mind is something planted in you by the society, the politicians, the church, the priests, the vested interest, the pedagogues and the mainstream media.

The education system exists to condition the child, to impose a certain structure in him and to not allow him to be himself. Nobody wants anybody to be himself. Parents have their ideas about how the child should be. They impose their ambitions and their ideology on the child. The society is very afraid of free people. The society wants to cripple everybody's consciousness. Slaves are obedient, and they cannot be rebels.

Meditation means to put the mind aside, so that the imposed conditioning of society is put aside. Then for the first time you are a human being with no labels. And the freedom, joy, truth and beauty of that is immense. Suddenly you become vast. Meditation opens the doors of infinity. The moment you drop the mind, you become part of God, the divine. God is not a person, but a presence, a godliness that surrounds the whole existence.

The moment that you put the mind aside, the barrier between you and the whole disappears. And that oneness brings freedom. It brings a freedom from fear. And when there is no fear, there is love. The person who is full of fear cannot inquire into truth. Truth is always yours, your authentic experience.

The moment that you have reached to your own center, your own inner being, you are free, and freedom brings love, silence, joy, truth and God. And then life becomes a blessing.

THE SOCIETY NEEDS YOU TO BE MISERABLE

The miserable person is bound to be mean. The miserable person cannot be loving, joyful and truthful. Misery is a created phenomenon.

The society creates misery in every way. It is not natural. The trees, the birds, the animals, the rivers, the mountains and the stars are naturally in joy. Society is for miserable people. Society needs miserable people, because they are easy to control, exploit and manipulate. They are destroyed by their misery, so they cannot rebel. The miserable person is tired, exhausted and willing to follow any order and commandment. He has no energy to fight any order however stupid it is.

Out of sheer survival he says yes to whatsoever the politicians, the church, the priests, the establishment, the status quo, the vested interests, the mainstream media and the rich say. These people in power need everybody to remain in misery and obedience.

The child is brought up in a way so that he gets caught up in misery and obedience. And then we except love, joy, truth, truth, intelligence and beauty from him. But we destroy the possibility for joy, love, truth, freedom and intelligence. Psychologists actually say that children are more intelligent when they begin school then when they finish school.

The way to come out of misery is meditation. Meditation is the way to get out of the mind, which is created and programmed by the society. The mind is the root cause of misery, despair, anguish and obedience. Meditation is the way to get out of the mind by becoming aware of the mechanism of the mind, and to watch the mind with no judgements or evaluation.

When you watch the mind - think, desiring and expecting - with no judgments, you will come out of the mind. First you will come out of the mind in short glimpses, but it will give you a joy and a freedom. And then slowly those moments will become bigger. And then slowly the knack of coming out of the mind is learned. Then if you want, you can put the mind in a non-functioning state for a longer period. And whenever you need to use the mind, you can use it.

Meditation means going beyond the mind, but it is not against the mind. And the moment you are out of the mind, there is love, silence, joy, truth, intelligence, freedom and beauty. Life starts having a new dimension, a new joy and new richness.

THE MEDITATOR AND THE SOLDIER

The meditator and the soldier are of opposite polarity in the world. The soldier is born when the soul of the person is destroyed. The soldier has been forced. controlled and manipulated to become a mechanical robot. He is reduced to an non-human entity, which has fallen below the human. He has forgotten his own freedom.

Throughout the history of man soldiers have been needed, because human history has consisted of trying to conquer the world and achieve world dominion. The stupidity of trying to conquer the world has been the basic cause of the soldier, because humanity has not become mature. The whole training of the soldier is to remain immature and prevent his spiritual growth.

The exact opposite polarity of the soldier is the meditator. The meditator is a growth of spiritual maturity. It means a spiritual maturity born out of love, not fear. It means a spiritual growth out of freedom, not out of slavery. This spiritual maturity of love and freedom is not imposed. It grows out his being, so that one day you will say yes to the whole existence, to life itself.

Ultimately it is saying yes to God, which is the ultimate peak of love, trust, joy, truth and freedom. That is the ultimate peak of consciousness. The soldier falls below humanity, while the meditator goes above humanity.

SLAVE MENTALITY - THE BASIC CAUSE OF THE PROBLEMS OF THE WORLD

Responsibility is the cornerstone for spiritual growth. The more we grow in consciousness, the more we also understand that we are responsible for the whole.

It is not the people that start wars, it is the narcissistic and psychopathic leaders and politicians, the mainstream media and the international war industry that start wars.

Sweden is now a member of NATO, which means that Sweden has sold out their young people, the daughters and sons of Sweden, to participate in the coming wars of the US.

The Swedish government has also signed a secret contract with the US, which means that the US wants to start a war with Russia and the war will happen on the soil of Sweden. No democracy, freedom of speech, discussion or debate has happened in either case, and the Swedish mainstream media is totally silent. This also means that Sweden has been invaded by the US, without even a discussion. And the Swedish safety box of fear and safety in Sweden makes the whole Swedish people silent.

The largest fear of the forces that want to control and manipulate people is that people will grow in consciousness, and begin to realize that this is their world.

A friend of mine coming home after being in India for almost 2 years, asked me recently if the new age people in Stockholm was so egoistic as she experienced them. The Swedish safety box of fear and safety creates a country which lacks joy and courage. When people become slaves they become easy to control and manipulate.

When Yahoo closed my Yahoo account when I criticized the current US war, my precious friend since many years, Eric Rolf, international lecturer, course leader and former consultant to John Lennon, commented: "Actions like this taken by Yahoo stimulate a sadness regarding the state of humankind that is felt at a truly deep level. At least I feel it so."

Eric also commented what I said about people's egoism and denial by saying that his feeling was that the attitudes of slave mentality and poverty consciousness are the basic causes of the problems that face the world today.

We need to grow up and see that we are responsible for the whole.

MAN IS AN ANIMAL

Man is part of evolution. Man is an animal, even if man is the highest evolved animal. Over million years the mind has been conditioned so that man only knows the way of violence. Man knows only how to fight.

Unless man learns to go beyond the mind, man will never become human. Then man are moving beyond the animal, and for the first time are reaching to be truly human. The human is the beginning of the divine. But first man has to go beyond the animal heritage.

It is first when man comes in contact with the heart that he can be considered truly human. When man is below the heart, he is an animal.

When man comes from the animal heritage, man hankers for war. Man hankers for any excuse for war, for fight and to destroy. Man cannot live without war. In modern times, several thousand wars have been fought. And what has been achieved through all these wars, nonsense, bloodshed and destructivity? Unless man learns to go beyond the mind, which only knows how to fight and become truly human, he remains an animal.

When man becomes truly human, he stop hankering for war, and begins to focus on love, joy, creativity and God.

WAR

Happy people don't start wars.

WHAT HAS MAN ACHIEVED THROUGH ENDLESS WARS?

The natural tendency of man is war. The world is dominated by patriarchy, capitalism and war. Man hankers for any excuse to fight, to destroy and to be destructive. If he cannot find a real excuse, he will invent an excuse, because he cannot live without war. In modern times, there has been a war every 5-10 years.

And what has man achieved? What has man achieved through all this violence, bloodshed and destructivity? The whole past of man has been pathological, and the reason is that we go on listening to the mind. The mind has grown out of man's animal heritage. Man is part of evolution. Man may be the highest animal, but he is still an animal. And through the evolution, the mind has become conditioned to function in a particular way. The mind knows only how to fight. The mind knows only the way of violence.

Unless man learns how to go beyond the mind, he will never become truly human. Then he will remain an animal. To be truly human, man has to stop the way of fight, violence, destructivity and war. He has to move beyond the animal in him, and for the first time reach for the human.

The human has tremendous potential for love, joy, silence, intelligence and beauty, The human is also the beginning of the divine. But the first step is to get rid of the animal heritage.



THE MEDITATOR IS AT PEACE WITH EXISTENCE

Politics is a game of power. The politician and the soldier is interested in conquering the world and achieve world dominion and the meditator is interested in conquering himself.

To conquer somebody else is to destroy, to reduce the other to a thing. The effort to conquer somebody else is inhuman. The real victory is always inner. It is a victory over yourself.

The politician and the soldier fight with others, the meditator has no fight with anybody in the world. He has dropped all conflicts, all struggle. He does not think in terms of war. He is at peace with existence. He has surrendered to existence, hence there is no question of war.

But in that surrender, he becomes a conqueror, because he becomes a vehicle of the whole. He is no more apart, he is no more separate from the whole. He is no more small and confined. He has become one with the whole.

THE INNER AND OUTER REVOLUTION

There are two kinds of revolutions: the first kind of revolution is the political revolution, which is a revolution of society. The political revolution has always failed. We can change the political and economic situation of society, but unless we change people's consciousness people will create the same structure of society again.

The structure of society arises out of the inner structure of consciousness, because people's consciousness remains the same. And if people's consciousness remains the same, they will create the same society again. That is what has been happening in all political revolutions, which have failed.

The second kind of revolution is the inner revolution, where you start to rebel against the very source of slavery. Our consciousness is only conscious to one tenth, while nine tenth is unconsciousness. That unconsciousness has to be made conscious. We have to create more consciousness and light within ourselves.

The function of the meditator is to create more consciousness and light within. When your consciousness is full of consciousness and light, the inner revolution has happened. Meditation is the art to achieve this goal.

THE REBELLION OF THE HEART

Revolution is political, rebellion is spiritual. Revolution wants to change the outside world, rebellion changes your consciousness. Become a joyful rebel.

The society, the church, the establishment, the status quo, the mainstream media and the rich do not want people to grow up to mature individuals. They want to enslave people, to keep people afraid, dependent and obedient.

The spiritual journey means to first become a mature adult, and then to transform your consciousness so that you can attain to love, silence, joy, truth, freedom and to be one with the whole. That is to attain to the rebellion of the heart.



THE NEW MAN, A NEW CONSCIOUSNESS, A NEW BEING

The most important thing that is happening in the world right now is the emergence of the new man.

Since the monkeys, man has remained the same, but a great revolution is on its way. When monkeys became man, it created the mind. With the new man, a great revolution will bring the soul in. Man will not just be a mind, a psychological being, he will be a spiritual being.

This new consciousness, this new being, is the most important thing, which is happening in the world today. But the old man will be against the emerging of the new man, the old man will be against this new consciousness.

The new man is a matter of life and death, it is a question of the survival of the whole earth. It is a matter of survival of consciousness, of survival of life itself.

The old man has become utterly destructive. The old man is preparing for a global suicide right now. Rather than allowing the new man, the old man would rather destroy the whole earth, destroying life itself. The old destructive man is preparing right now for a third world war.

President Eisenhower warned against the war industrial complex, which he considered the largest threat to democracy. President John F. Kennedy also warned against a "secret conspiracy" against democracy. The war industrial complex consists of the international banks, oil companies, war industry, democratically elected politicians, conservative think tanks, international elite mainstream media and global companies, who make profits from human suffering and wars.
The European governments and the mainstream media also cooperate with the war industrial complex to bring the world into disaster.

But this time it will not work as the time for wars is over, and peace loving people and people who represent the new man are working against this kind of aggression.

The new man will have to find new forms of communication, working together and sharing, because the old man and the old society will not disappear immediately. The old man will also put up a fight.

The new man is a new humanity. Up to now, man has lived a pathological life, a neurotic life, a destructive life. During modern times, during the last 3000 years, there have been 6000 wars. You cannot call this humanity healthy.

Once in a while a Buddha, a Jesus, a Socrates, appears, but each person is born to be a Buddha.

How can I become the new man? The new man means a new consciousness, a new being. Humanity cannot be saved if the new man does not arrive. Before it was not a necessity, but now it is absolutely necessary because now war technology can destroy the whole earth. If not the new man arrives, if not people become more aware, awake and conscious, then this earth will not survive.

The New Man means to develop all the three dimensions of being, all the three doors to God: the head, the dimension of thinking, logic and reason, the heart, the dimension of joy, trust, intuition, relationships, beauty, creativity and a sense of unity in love and the being, the dimension of meditation, silence, emptiness and oneness with life.

The first level of the head is the dimension of ideas, intellect, hypothesis, theories, logic, analysis, rationality and dualistic thinking. The first level is the level of the mind, which means a continuous oscillation like a pendulum between the mind's memories of the past and the ideas, dreams and expectations of the future.

The second level of the heart is the dimension of joy, acceptance, trust, understanding, trust, friendship, relationships, intuition, empathy, creativity, compassion, humor, playfulness and a sense of unity in love.

The third level of being is the dimension of presence, awareness, meditation, silence, emptiness and wholeness. The third level is our connection with our inner life source.

The new man means awareness, consciousness, love and creativity.

The new man means meditation, to be in contact with our own inner source of silence. And if more people become meditative, the earth becomes filled with the fragrance of the new man.

THE NEW MAN, A NEW BEING, A NEW CONSCIOUSNESS

- VISION FOR A NEW HUMANITY

An Introduction by Spiritual teacher and Amazon international Bestseller Author Swami Dhyan to the new Pilot Education The New Man, A New Being, a New Consciousness.

Giten made an introduction to the New Man, A New Being, A New Consciousness, on the satsang evening, 21 August in Stockholm

A copy was sent to António Guterres, Secretary-General of the United Nations.

Now or Never

The New Man, A New Being, A New Consciousness

- Vision for a New Humanity

The New Man, A New Being, A New Consciousness - Vision for a New Humanity is an invitation to the intelligent and creative people of this threatened world.

It is a response to the report of the United nations from the World Commission of Environment and Development "Our Common Future", which identifies the major issues threatening the future of the world.

The New Man presents a proposal for a viable humanity. It presents a diagnosis of the psychological and spiritual causes, which divides human beings into warring factions. It outlines the critical steps required if is to be any future for humanity and the earth.

That our survival today is threatened is doubted by no one - yet nothing changes. The we are sacrificing the existence of the most beautiful flowering of this universe and the future of our children in immature conflicts is widely understood - yet nothing changes. That action is needed is widely accepted and understood by global experts worldwide - yet nothing changes. And the clock is ticking.

All over the world there are intelligent people: scientists, psychologists, psychiatrists, teachers, artists, authors, poets, journalists, politicians, business people, lawyers and students, who all wonder what the earth is going on? Parents look at their children, and wonder what the future holds for them. And in the background international elite media continues to report on wars, murder, rape, famine, pandemic, overpopulation, violence, criminality and drugs.

The tragedy is that if all these intelligent people don't try to change this, then who will? The politicians, the large companies, or the people in power? The establishment, the status quo, or the vested interests, who benefit from this insane world? It is high time for the intelligent and creative people everywhere to start raising their voices against this stupidity.

The New Man: Vision for a New Humanity presents the most radical document you have ever read, which describes the practical steps in this direction. Time is running out for the world and for the children of the world, and it is high time for the intelligent people to find the courage to say so.

It is high time, because all that we love is at stake. This world is the inheritance of all of us. This world is one earth and one family. Either we all benefit or we all lose. It is now or never.

LOVE & MEDITATION

A Satsang Weekend and a Pilot Training for a New Education on The New Man, A New Being, A New Consciousness with spiritual teacher and Amazon International Bestseller Author Swami Dhyan Giten

"The most important thing happening in the world right now is the emergence of a new man, a new consciousness, a new being."

- Swami Dhyan Giten

"This new consciousness, this new being, is the most important thing happening in the world today. But the old man will be against the emergence of the new man, the old man will be against this new consciousness."

- Swami Dhyan Giten

"The situation in the world lies in the hands of the intelligent and creative people"
- Swami Dhyan Giten

"SATSANG WITH GITEN IS A BLESSING."
- Padma, participant in satsang weekend with Giten,

"Giten is a loving man, who knows the

science of life, love and truth."
- Swami Prem Pathik, Nepal

"The Salt of the Earth"
- Lage Wedin, chancellor, Faculty of Psychology, The University of Stockholm, Appointed as the best teacher at the University of Stockholm, about Giten during his academic years at the psychologist programme

“The religious words the Giten formulates can make anyone mentally numb. These words create an inner stillness and a deep spiritual reverence for life. Giten has shaken me. I hope his readers discover his greatness."

-Brage Norin, professor of theoretical physics

"I love Giten's mix of political and spiritual knowledge. I sometimes call it conspirituality."

- Mikael Cromsjö, founder of Vaken, the largest alternative news media in Sweden

"The new man is a matter of life and death, it is a matter of the survival of the whole world. It is a matter of survival of life itself. The old man has become totally destructive. The old man is preparing a global suicide. Rather than allow the development of the new man, the old man chooses rather to destroy the whole earth, to enlarge life itself."

- Swami Dhyan Giten

The two underlying two dimensions in this satsang weekend and pilot education for the birth of the new man is love and meditation and life and death. Giten says that

these two dimensions should be part of the education system in the world to give birth to the new man.

Love and meditation are the two paths to become one with life. One can either follow the path of love or the way of meditation and both paths lead to the same goal. To follow the path of love is to learn to love as deep as possible and to follow the way of meditation is to learn to meditate as deep as possible. The person who follows the path of love learns the joy, love and beauty of togetherness, and the person who follows the way of meditation learns the beauty of being alone and to love himself in his own aloneness.

In a letter to the US President and the Israeli Government, Giten says that the past of humanity has been ugly. He says that earth needs the birth of a new man, who represents peace and brotherhood. It is the birth of a new man that can live at peace with existence. It means a new man, who can live in deep love, joy and creativity. Giten says that man in the past has loved in an aggressive, violent and inhuman way, which is disgusting and nauseating. It seems almost impossible that man can do such things to other human beings. And because of war, we have been taught to hate, to be ready to kill and to murder in beautiful names and behind beautiful slogans. The capacity for love and empathy have been destroyed, because msn has been reduced to a destructive warrior.

The earth has to be transformed into one humanity, into one brotherhood and into one family. This is the task before us, and for the first time it is possible to make it a reality. In the past it was impossible. Dreamers, poets, visionaries and mystics have talked about it, but now the vision can become a reality.

Giten also presents his new book "Meditation: A Love Affair with the Whole" to the US President and the Israeli Government.

REMEMBRANCE OF LOVE

Giten also says in the letter to the US President and the Israeli Government: Remember that you are love. Society wants you to forget that you are love. Society creates all kinds conditionings, so that you will not remember that you are love. Jesus says that God is love. If God is love it means that all is love, because all comes from God. But the society lives on hate, anger, greed, ambition, power, violence and war. War is the way of society. Society is very animalistic. Even animals are not so ugly. Animals have a grace, which man has lost.

Meditation means to be initiated into love. Meditation and love are synonymous words. If you can love, then God is not far away. Then God is in the heartbeat of your being. Wherever love is, God is. Love is the fragrance of God.

WHAT HAS MAN ACHIEVED THROUGH ENDLESS WARS?

Giten continues in his letter to the US President and the Israeli Government: The natural tendency of man is war. The world is dominated by patriarchy, capitalism and war. Man hankers for any excuse to fight, to destroy and to be destructive. If he cannot find a real excuse, he will invent an excuse, because he cannot live without war. In modern times, there has been a war every 5-10 years.

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Man may be the highest animal, but he is still an animal. And through evolution, the mind has become conditioned to function in a particular way. The mind knows only how to fight. The mind knows only the way of violence.

Unless man learns how to go beyond the mind, he will never become truly human. Then he will remain an animal. To be truly human, man has to stop the way of fight, violence, destructivity and war. He has to move beyond the animal in him, and for the first time reach for the human.

The human has tremendous potential for love, joy, silence, intelligence and beauty. The human is also the beginning of the divine. But the first step is to get rid of the animal heritage.

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The new man means awareness, consciousness, love and creativity.

The new man means meditation, to be in contact with our own inner source of silence. And if more people become meditative, the earth becomes filled with the fragrance of the new man.

Love has disappeared from the world. Society is deep down against love. Society has created substitutes for love, for example marriage. These are substitutes for love, so that you do not begin to search for real love, which is not ordinarily available unless you raise your level of consciousness. Love is not an exclusive relationship, Love is the ultimate flowering of our consciousness.

God has also disappeared from the world, because love has disappeared from the world. One cannot connect with God through the head or through beliefs. You can only connect with God through the heart.

Society pretends to be religious, but it is only a facade. The religion that exists is just a formality, a belief. Real religion is something else, but the moment you are really religious the society will be against you, because it is a danger to society, to the politicians, to the church and to the vested interests, who are oppressing and exploiting people.

We have to change the milieu that exists on earth today. We have to create a milieu of love in the world. Love unconditionally, love for the sheer joy of loving, not for receiving anything back. Love and you will see that a door has opened and God has entered into your life.

Only love knows how to forgive. Love knows how to be compassionate. Love knows how to accept the limitations of a human being. Love knows that nobody is perfect.

True love knows how to accept a person with all his limitations, and with all his imperfections. Love know how to love a person as he is.

Learn to grow in love. The more you love, the more you can just be. And to just be is to be religious. Love is the secret to transform our being into a blessing to ourselves, to others and to existence itself.

Love is the only way to succeed. Everything else is bound to fail except love. Money fails, power fails, prestige fails, and possessions fail. In the end only love succeeds.

Love succeeds because it does not want to succeed. Love is not interested in succeeding, because love is ready to surrender, not fight. Love means dropping your negativity and quarrelsome attitudes.

Love means total acceptance of existence as it is. Love does not want to succeed, because it wants to be defeated by God. Existence is perfect as it is. The beauty, joy, silence and harmony of existence is unsurpassable. One can only feel grateful that one is alive. And out of that thankfulness prayer grows.

Prayer is the highest state of love. Prayer is surrender to existence. It is surrender to eternity. But in that surrender, one succeeds.

This is the paradox of life: those who want to succeed fails, and those who are willing to surrender succeed. I have spoken on a wide range of spiritual themes and topics affecting modern man such as love, joy, relationships, acceptance, intuition, healing, trust, creativity, friendship, spiritual development, awareness, life, meditation, stillness, spirituality, mysticism, truth, wisdom, death, oneness with life, God and enlightenment. He has also spoken on a number of spiritual teachers and spiritual traditions such as Vedanta, the Upanishads, Yoga, Tantra, Tao, the Chakra system, Lao Tzu, Patanjali, Buddha, and Jesus Christ. These lectures were recorded live during satsang and are available for free download on YouTube in Swedish.

Satsang is supported by silent satsang, which is a direct insight and experience of being. This experience transforms our entire life and **c**onsciousness. Satsang consists of both lectures, silent satsang and practical exercises. Previous experience of meditation is recommended for participation.

Topics in the education for the New Man:

The difference between saying Yes and No to Life

The difference between the New and the Old Man,

Love and the Art of Living, The Art of Creativity and Meditation and the Art of Being

Man's Consciousness: A New Understanding of Life

The Three Levels of the Human Consciousness: The head, the Heart and The Being,

Intuition: Developing a trust in Yourself

Do we have a Future?

Letting go of the Past

The Intelligentsia

Happiness is the Goal of Life

Democracy: Freedom is the Essence of

Democracy
Human Freedom and Wealth,

Political ideologies: Democracy, Capitalism, Socialism and Communism

Education - A New Education for the New Man,

The Political Leader,
The essence of Religion is love,

To be in Power with Awareness,

Science and Consciousness

The Four Types of Man:
Workers, Power: Politicians and Warriors,
Business man and Knowledge: Wisdom and Spirituality

Love Unites and Hate Divides

Meditation - The Way to Change

Nations are the greatest problem,
The Future: One world, one Earth and One Humanity,

Creativity: To Make the World more beautiful, Making Humanity Happy

Below the major topics of the education for The New Man will be discussed

DO WE HAVE A FUTURE?

I asked my satsang participants if they would prefer to die in a climate crisis or in a third world war? As the world is right now there is every possibility that there will be no future. We are coming closer and closer to a dead-end street, which is a sad fact to recognize.

If I were young now with my whole future before me, I would be quite upset that the so-called grown-ups are destroying my future without taking any responsibility for it. And it is also the young people, who try to make the so-called grown-ups take responsibility for the world they have created, which now threatens to destroy the whole future for the young people.

But it is good to recognize this fact, because only then there is a possibility to do something about it. But as the situation is in the world, the logical conclusion is that we have to choose between a climate crisis or a third world war between the USA and China and Russia.

And the alarming fact is that the intelligentsia of the world, the scientists, the intellectuals, the philosophers and the people who have the power, is aware of this situation, but they chose to ignore it. It should be a choice in every intelligent being to not allow the vested interests to destroy the world.

To save man is to save the greatest creation of the universe. It has taken four million years for the earth to create man, the crown of creation, which makes it so precious. This is the time to do something for the future, because otherwise the greatest evolution of consciousness will simply disappear. This will not only be a loss to the earth, but to the whole universe.

The report of the United Nations from The World Commission on Environment and Development, "Our Common Future", has called for "sustainable development" to save the planet, and has defined this as "meeting the basic needs of the present without consuming the resources of the future."

The report also recognizes that if something has to be done, it should be done *now*. Otherwise, there will be no future for humanity and the earth. But the report does not talk about *who* is responsible for creating the present problems. To be able to solve the problems of the future, we have to look for the roots of the problems in the past, which have created this dangerous and threatening situation.

Nobody seems to want to talk about this, but that is no longer possible to solve this situation. Only then the future can be saved for humanity and the earth.

LETTING GO OF THE PAST

The basic problems dealt with by the report "our Common Future" are: food security, human population and resources, species and ecosystems, industry, pollution and urban problems. These problems are really only a small part of the overall problem. The report says that nations must work together, but it ignores the real problem. It does not go to the roots of the problem: who is dividing the earth?

The report says that economy and ecology are connected, but what about the vested interests of the past, religion and politics, which are the causes of the national divisions? The report says that we have to work now to save the future, otherwise we will not have a future. It also implies that the present situation is created by the past. But we are still clinging to the past in every way.

We are created by the past, and we are living in misery. We have not created these problems, they have been created by the humanity of the past. If we really want to find the solutions for the future, we have to discover the roots of these problems in the past.

By pruning the leaves of a tree nothing is really changing - you have to cut the roots. And the moment you start cutting the roots, you will be in difficulty because the politicians are in the roots, the organized religions are in the roots, the vested interests are in the roots and all the nations are in the roots - and the basic unit of the society is marriage from which all the problems basically stem.

If we can dissolve marriage, the society dissolves, and as a by-product nations, races, politicians and priests disappear. That is why they have always insisted on marriage because they know that it is the root, and it keeps man miserable and easy to control, exploit and manipulate. It makes man easy to enslave. To have a different future, we will have to disconnect ourselves from the past.

It seems man exists for all kinds of things: democracy, capitalism, socialism, communism, fascism, Christianity, Hinduism, Buddhism and Mohammedanism. The reality should be that everything should exist for man - and if it goes against man, it should not exist at all.

The whole past of humanity has been full of ideologies for which people have been murdered, killed, tortured and burnt alive. In the last three thousand years there have been five thousand wars, as if life is about murder, violence, brutality, torture and destructivity - instead of life being about creativity and enjoying the gift of life.

To have another future, we have to drop this insanity. Unless we cut these roots, we cannot change the world.

LIFE IS INTERDEPENDENCE

Life does not exist as separate islands. Not a single man is a separate island. Life is interwoven. Life is interdependent. We talk about being dependent or independent, but the reality is that we are interdependent.

Man is interdependent on other man, nations are interdependent on other nations, trees are interdependent on man, animals are interdependent on trees, birds are interdependent with the sum and the moon is interdependent on the oceans.

Everything in life is interdependent. The past humanity has never thought about life as a cosmos. They thought that everything was separate. They could not understand that man and trees are connected, and that they are interdependent. Man cannot live without trees, and trees cannot live without man.

The world's tropical forests are now disappearing. Within the next centuries all the tropical forest will be gone and the implications are tremendous, because these forest supply man with life and oxygen. And whatever carbon dioxide you exhale, these forest inhale, so because these forests are not there, the temperature of the atmosphere is rising.

The Society, the politicians and the vested interests have completely failed to solve the climate crisis, the largest crisis for the survival of humanity, because of greed for profit. Tens of thousands of people have already died because of the climate crisis.

The earth has never been so sick. It has never been in such danger. But the society, the politicians and the vested interests are not ready to solve the climate crisis.

The nation's current war budget is 70 % of the nation's income, while at the same time people die from starvation, disease and malnutrition. There is a relation between capitalism, economy and profit, foreign policy and war.

Every minute 30 children die of starvation, and every minute 1, 3 million dollars of public funds are spent on the military budget. Half a million scientists are employed to create new and effective weapons for war.

Men do not seem to be interested in life. Man is more interested in violence, murder, destruction, death and war.

DEMOCRACY - FREEDOM IS THE SOUL OF DEMOCRACY

The foundational principle of democracy is that it gives every individual person the freedom to love, to work, to earn, to produce and to own and use his production and his property. It is one of the basic rights of democracy.

Another basic principle of democracy ordains that there should be no injustice to anyone. And another basic principle of democracy says that the majority cannot subject the minority to any injustice. If the majority is in support of killing the minority, then it violates democracy.

Every person is unique. And every person is born with different talents and potentialities, which they can develop. They will create what they are made to create. And as such they own their own creation. If they chose to share it with others, they can do so out of their own joy and freedom.

Freedom is the greatest value in man's life. There is no greater value than freedom, because freedom is foundational to the whole growth and development of man. That is why bondage, exploitation and slavery is the worst state of human existence, and freedom is the best and most beautiful state of human existence. The denial and destruction of freedom can never be democratic. Freedom of thought and freedom of speech is the very life of democracy. Freedom of thought is the very soul of democracy.

The individual has the ultimate value in a democracy. But individuality can be easily destroyed. The individual has always been sacrificed in the name of the society, for the sake of religion and for some high-sounding principles. The individual has also been sacrificed for the collective, for the crowd. The individual has been sacrificed to adapt to the crowd. If man has to learn something from his history it is that the individual cannot be sacrificed, because the individual is a unique and living consciousness.

It is dangerous to sacrifice this unique and living consciousness at the altar of a system or an organization. It is to sacrifice a living man for a dead system. But we have an unconscious habit to sacrifice the individual, which means that the talents, gifts and potentialities of the individual is also sacrificed. This has created the situation that the majority of mankind is not creative. Only a small minority of humanity has been creative. In any field of creativity, for example poetry, literature, painting, production of wealth, finance, science or religion, there is only a small minority of people who have attained peaks of creativity.

At the same time, talent, merit and creativity, is valued in every walk of life, except in politics. In politics no merit is valued. The person who cannot be employed anywhere

else can become the education minister of a country. This is because a minister of education do not need any educational qualifications. So a person who has no qualifications, is qualified for politics, Politics does not ask for any qualifications.

It is time that the politicians can be prevented from ruining the human societies of the world. The majority party should find highly qualified and experienced experts in different fields of government like education, health and finance. What we have at the moment is not democracy.

NATIONS ARE THE GREATEST PROBLEM

In the beginning of time, there was one humanity, one world. Now there are many nations, which have become the greatest problem. Looking at the world with a bird's eye view, it seems that we need one humanity.

For example, one thousand people per day were dying in Africa, and in Europe they were throwing billions of dollars of food in the ocean. Somebody looking from the outside would think that humanity is insane.

But Africa is not the concern of the Western world. The concern of the Western world is to save the economies and the status quo. They want to protect their economic structures, so they are willing to destroy food, which could have saved the lives of thousands of people.

The problem of humanity is worldwide, so the solutions should also be worldwide. There are things somewhere in the world where they are not needed, and somewhere else in the world life depends on them.

A world government means looking at the whole situation of the world, and shifting things to where they are needed. It is basically one humanity, and once we think of one world, there is only one economy.

The last time the U.S. throw food in the ocean, the U.S. had thirty million people who could not afford enough food to eat. This is not a question of giving the food to somebody else, it is a question of giving it to their own people.

The basic economic trouble is that if you start giving free food to thirty million people, then others will starts asking why they would pay for food. So because they are afraid of disturbing the economy, they let thirty million people starve on the streets, and continued to throw the food in the ocean.

The problems of humanity and the earth has come to a situation, where we have to transform man, his old traditions, his conditioning, his educational system and his religions, because those have contributed to the crisis of humanity.

The climate crisis and the third world war is the ultimate outcome of all old traditions, ideologies and religions. They have all contributed, because nobody has ever thought of the whole. Everybody was looking at a small piece of the whole puzzle, and not bothering about the whole.

The tragedy is that the preparation by all the nations for a third world war in the name of freedom, democracy, saving our way of life and victory is all stupid and childish. The simple fact is that humanity and the earth is one whole, one whole humanity.

What is the need of so many nations excerpt to fulfill many people's narcissistic and egoistic dreams for greatness. If there is one government, no division of nations, and there would be free movement without passports and visas, then problems could be easily solved.

ONE WORLD GOVERNMENT

The United Nations was created after the Second World War, because there was a necessity for a one world government. But the U.N. is a failure, because it is a debate club without any power to implement anything. To make the U.N. a success it has to be made into a world government. All nations should surrender their armies and arms to the world government.

Right now each large country has so much nuclear weapons that we can destroy the earth seventy times. Each person can be destroyed seven times. But the politicians don't want to take any changes. They say one thing, but they do something else.

Politicians basically suffer from narcissism and an inferiority complex, which is the reason for their urge for power. But if they can convince the mediocre mob that they will be fulfilling their needs the masses will give them the power. The politician is nothing but an egoist. Inside he feels inferior, but he wants to be somebody. He wants power over other people. Then he can misuse power, and then he never wants to be out of power. He knows that when he is out of power, he has to face his inner emptiness. The power over the world is in the hands of such people, who can push a button and finish off the whole humanity and all life on earth.

The world government that I am talking about here should not be confused with the world government that the founder of the Bilderberg group, David Rockefeller, is talking about, which is a form of global fascism where the world is controlled by the global elite, the large companies, the banks and the rich.

Invitees to Bilderberg's annual meeting usually are from business, politics, intelligence and defense, with a smattering of newspaper editors who are sworn not to reveal who said what at the conference. Democratically elected politicians from all over the world attend the meeting without the people having any information about what they have talked about with the global elite.

At the Bilderberg meeting in 1991 in Baden Baden, Germany, David Rockefeller made the following statement: "We are grateful to the Washington Post, The New York Times, Time Magazine and other great publications whose directors have attended our meetings and respected their promises of discretion for almost forty years. It would have been impossible for us to develop our plan for the world if we had been subjected to the lights of publicity during those years. But, the world is now more sophisticated and prepared to march towards a world government. The supranational sovereignty of an intellectual elite and world bankers is surely preferable to the national auto-determination practiced in past centuries."

Whether or not he actually said this publicly, it does seem to capture the thinking of someone who makes the kind of decisions Rockefeller does. In his memoir on page 405, he actually does say this, "Some even believe we (the Rockefeller family) are part

of a secret cabal working against the best interests of the United States, characterizing my family and me as 'internationalists' and of conspiring with others around the world to build a more integrated global political and economic structure - one world, if you will. If that's the charge, I stand guilty, and I am proud of it."

The United Nations should be converted into a world government. Each prime minister of the countries will become a member of the world government. Then the question of anyone invading anyone else does not arise.

The members of the world government will choose the world president. And he will not be a politician. He can be a poet, an author, an artist, or a mystic, but he will not be a politician. So in this way the political power will be destroyed, which has led us to the current threatening problems for humanity and the earth.

The system with a few countries having veto power should also be dissolved. Instead each president from different countries will have voting power. This will change the power structure of the world.

RELIGION

After nations, religion is the second greatest problem in the world. As Karl Marx said: Religion is opium for the people." When I was 15 years old, I called the Christian church to leave the church and end the forced affiliation with the church. I did not want to support an organization that had done so much violence, murder and war. The answer I got was that then I could not be buried in consecrated ground. I answered: Then you can burn me and throw me into the sea.

Christians have introduced the idea that a war can be religious. Christianity introduced the idea that war can be to the glory to God. And Mohammedanism and other religions have followed, murdering, violence, slaughter, torture and wars in the name of God. But war can never be religious. There cannot be a holy war in the name of God.

The religions have also destroyed man's integrity. They have divided man by condemning the body, sex, love, joy and creativity, and turning man against his own nature. Religions has kept man miserable and obedient by destroying the possibility to find peace, joy, love and fulfillment. They have made man guilty by teaching that man is sinful.

No religion accepts the natural fact that man is a unity of body and consciousness. This earth is our mother, and we are all part of one life force. We are all part of this existence. And because we are all one in our being, the possibility for love exists.

The basic fact is that truth cannot be organized. The moment you organize truth, truth dies. The basic fact is that you cannot organize love. The organized religions take away your truth, intelligence, love and freedom, instead you become part of a crowd. In its place the religions have given you beliefs, which means nothing. Truth is an inquiry, not a belief. You have to find the truth within yourself. Truth has to be your own experience, not a belief.

Religions should not be an organization, but a living spirituality, a friendliness towards the whole. Spirituality is an individual search for love, truth, freedom and a connection with the whole.

The moment religion becomes organized, there is going to be wars and violence, because there will be organizations in conflict.

When nations and religions are changed, there is the possibility that the whole of humanity and the earth can be saved from being destroyed by its own political, economic and religious leaders.

THE POLITICIANS AND THE PRIESTS

The U.N report, "Our Common Future", also fails to deal with the real roots of the problems of humanity and the world, because that would be against the state and the religion. The report says that economy and ecology are connected, but do not mention the connection between politics and religion.

We have to become aware of the real roots of the problems to be able to solve them. It is easier to understand that the politicians are the causes of many of the problems: wars, murder, torture, massacres, torture, lies, corruption, propaganda and destructivity. But it is more difficult when it comes to religious leader, because they are symbols of holiness and respectability. But these respectful people have created the world.

The politicians and the priests have been working together. The politicians have the political power, and the priests have the religious power. They have worked together to exploit, and manipulate the masses.

Religions have created beliefs and ideologies out of fictions, and the politician have destroyed man by creating as undignified a life as possible. The priests have made people obedient, and the politicians have enslaved people – and made them easy to easy to manipulate and exploit.

We are in the current threatening situation today in the world, because the politicians and the priests together with the vested interests are destroying the whole humanity and the earth. And the elite mainstream media of the world are lying about this fact.

All the religions are teaching to serve the poor, but no religion are teaching to change the economic system that produce poor people. The religions serve the status quo of the establishment, of the people in power, of the rich.

LOVE UNITES AND HATRED DIVIDES

Society may talk about love, but it prepares for hate. Society only talks about love, but it is very cunning and hypocritical. Society is full of hatred.

Love is a rebellion against these stupid, cunning and unconscious structures. This whole structure of the state, the establishment, the status quo, the politicians, the church, the priests, the vested interests and the media is simply stupid, but because it has existed for thousands of years we take it for granted. We think it is the only possibility.

This structure has made humanity live on a survival level. It has made humanity live on a very low level of consciousness. Even if we have become accustomed to it, it is not the only possibility. Man can live in a totally new way, without wars, hatred, conflicts, violence, without killing each other and without murder. There is no need for all this.

Love is overflowing. Love needs a new level of consciousness. Love needs a new climate and atmosphere. One can exist without love, but one only exists, one does not live with joy. Mere existence and survival is not life. People are only existing and vegetating. But there is no joy and grandeur in life.

One has to rebel against the stupid structures that is being taught by the universities, by the society, by the politicians, by the churches, by the vested interests and the media. Rebellion means to drop the whole past, and to live in the present without the stupid system. Then we will have a beautiful life full of joy, happiness, truth, freedom and beauty.

Everybody is born with the potential to grow, but the potential to grow can only happen in a climate and atmosphere of love. The society, the state, the education system, the church, the vested interests and the media, don't provide you with the right climate for growth.

They teach you hate in such subtle ways that you never become aware that hatred is being taught. You are being poisoned, and your source of love is destroyed. Nationality, religion, class, gender and race mean hatred. If you are loving humanity is one. Then there are no countries, boundaries and divisions. Love unites and hatred divides.

The whole society is rooted in hatred. The society is continuously preparing for hatred and war. The history of humanity can be divided into two periods: peace and war. But the so-called peace is just a preparation for war. Every war is so destructive that it takes almost ten years to have another war.

Humanity is just insane. And when people continuously prepare for war, they become like animals. They even become worse than animals, because animals

have a certain nobility and they don't kill for cruelty, but man falls below that.

Man can grow only through love. It is only in the climate of love that man can grow. It is love that makes you a human being for the first time.

In this insane world, there is such a hate for life, there is such a death orientation and destruction. As a meditator, you have to be aware that you can drop all hate for life, you can drop all death-orientation.

The only way to drop the hate for life and the death-orientation is to learn to love life, to love yourself, to love people. Before death finally destroys you, you have to find the eternal in you. That eternal can only be found by loving life, by loving yourself and by loving and to be compassionate with other people and to be silent with people.

People who are against life and who are obsessed with death and destruction can never find the eternal. They cannot find the inner source of life. If you are against life, which all religions and all militaries are, you cannot go deeper into life to find the inner roots in life. The religions and the military are the two institutions in the world that stand for hate for life and for death-orientation and destruction.

Be life affirmative, be against destruction. Be creative in all ways. Create poetry, music or enjoy nature and find the buddha within. The more people find the inner buddha in their innermost being, the more secure this beautiful world. This is the only security, otherwise the religions, the politicians, the armies and the media will destroy the only place in this solar system, where life has developed, where consciousness has grown and where a few people have achieved the inner buddha and found the highest state of consciousness.

Your meditation and spiritual growth is not only for you. It is to grow spiritually to help people to become more conscious, to become life affirmative, to become more creative instead of destructive and to be more in tune with life and existence.

HAPPINESS IS THE GOAL OF LIFE

- Happiness from Within

Everybody is searching for happiness. The goal of life is happiness, but we do not really know how to find the happiness.

Happiness really consists of three different levels. The first level is pleasure, which relates to pleasure through the body. The second level is joy, which relates to joy through the mind. The third level is happiness, which relates to happiness through the being. It is the spiritual level of happiness, which comes through meditation.

The first level of pleasure relates to all kind of pleasure that comes through the body, for example sex and food.

The second level of joy is a little higher than pleasure. The second level of oy relates to joy that comes through the mind, for example the joy of poetry, painting and music.

The third level of happiness is a qualitatively different, because it does not depend on the outside world. It is happiness that is not dependent on outer causes. It is not dependent on people and things. It is the happiness of sheer existence. You are simply happy for no reason at all. It is uncaused and unmotivated by outer causes. It is authentically your own happiness, which comes from within your own being. This happiness comes through meditation, which develops your inner being.

A meditator loving a man or woman has a different quality to his love. His or her love is a sharing, not a demand. A meditator can also transform the quality of music, painting and poetry, because he can being something of the beyond into them. And that is the difference the quality between ordinary creativity, when it is of the mind, and the real creativity, which comes out of being.

THE INTELLIGENTSIA

The power hungry politicians are very ambitious to have all the power in his hands. The politicians have done their job of being violent and destructive. The politicians have at their disposal enormous means to suppress the people, to control the people. They have improved the weapons, which can bring death to the whole world.

Either there will be a final world war, which means the death of the whole humanity and the earth - or a total change of the whole structure and consciousness of human society. We have to change the very foundation of the human society. We have to place the power of the human society in the hands of the intelligentsia of the society.

The situation in the world right now is that the politicians, the vested interests, the international banks, the establishment, the status quo, the rich and the media wants all the political and economic power, which creates what is called totalitarianism. It creates dictators. The politicians and governments in socialist and communist countries also want to have the political and economic power by nationalizing the companies.

In democratic countries this means that the vested interest invite the worldwide democratically elected politicians, the international companies and banks, the generals and the worldwide media to annual Bilderberg meeting to present their agenda to achieve power. This is done without the people knowing anything about it and they don't know what is being discussed, because the media are silent.

The society is based on the idea that what is important is the society, the state. It teaches the idea that the individual has no value, when in reality it is only the individual that has value. The individual has the highest value.

Behind capitalism, socialism and communism stand the power-hungry politicians, who want to have all the power for themselves. And never before has he governments and the politicians had so much power as now, because of the development of technology. In Sweden the politicians have voted for a surveillance law of all social media, which, according to a technological expert, is worse than the surveillance of Stasi in East Germany. This law has been passed with no information, discussion or debate. The individual is then left with no power as real democracy is based on transparency and freedom of speech, which is only possible where there is political and economic freedom. When the economic and political power are in the hands of an elite, then the individual is deprived of democracy and freedom of thought.

We have to place the power of human society back in the hands of the intelligentsia. Once we move the power from the power people into the hands of the intelligent people, we can create a beautiful world. Then the intelligentsia will be exactly what has been said about democracy and freedom of speech: for the people, by the people and of the people. The intelligentsia will be for the people, of the people. It will serve the people.

Right now much power is given to power hungry people, which is not democracy. These people are exploiting power and the people in the name of democracy. The politicians and the priests have to be removed out of their long-standing power establishment, and a totally new management of the human society has to be established.

This will be a shift from power of the politicians to the intelligentsia, and then everything become simple and possible. This will transform the structure and consciousness of the human society, which will change the structure of government and education.

The intelligentsia are not politicians. They can be in politics, but they are not politicians. The intelligentsia are not politicians and they are interested in having peace in the world. They are for friendship in the world, and they are not for war.

The politician's mind is always concerned with war. If a politician wants to remain in politics he has to continue creating conflicts and enemies. If there is no enemies, then the politician has to create lies and fictions that somebody is going to attack you.

The politician have to create the lies and the fear that you are surrounded by enemies. Only then the politician will remain in power, peace will not keep the politician in power. Human history is full of narcissistic and psychopathic warmongers, who murdered and massacred millions of people. They are the nightmare of humanity.

The intelligentsia are working for world peace. That is not the way of the politician that is the way of the intelligent people. It is the way of the humanitarian. That is the way of intelligent people who love humanity and who love this beautiful world.

WAR IS A MUST FOR THE POLITICAL LEADERS

All revolutions in the past have failed. All revolutions have not only failed, they have also done immense harm to the human society. They have obstructed the growth of man, and they have impeded the evolution of life. We need a new and totally different revolution.

The good of the poor depends upon the productivity of wealth: food, clothes, housing, water, work and medical care. The well-being of the poor also demands that class conflicts and increasing socioeconomic rifts are eradicated.

But political ideologies thrives on class conflicts and increased socioeconomic rifts, because Karl Marx talked about conflicts, strife, the struggle between the classes and the fight inciting the poor against the rich. This also means to slow down the production of wealth and strikes. And the poor are unaware that this is only adding to their poverty.

It is time for classes to come together and work united to increase production, and not impede production and setting one class against another. But we have been taught that the only way is conflict and strife.

The politician will lose his business if he promotes for friendly friendly relations and understanding among the classes. The political leader live by inciting conflict and strife between different groups and classes. Without these conflicts, he will cease to be.

And as long as the political leaders is alive, the wars will go on. If you say good-by to the political leaders, wars will say good-by to you. The political leaders are the architects of conflicts, strife and wars. It is not the people who start wars, it is the political leaders and the vested interest that start wars. And they depend on the wars for their existence. Adolf Hitler says in his autobiography that if you intend to be a great political leader, then you need a great war. War is a must to keep people in fear. If the people are in fear, they will cling to the leader. But when they are free of fear, then they don't need the politician. So when the politician keep war alive, create new conflicts and wars, the masses ask the politician to lead them.

HUMANITY: LOOK FOR THE LIGHT AND THE POSSIBILITIES

The idea that people in the past were good is nothing but a myth. The human society in the past was not even as good as it is today. Every day we are progressing towards goodness, but we are victims of the false idea that we are declining. We are victims of the false idea that we are going downhill, that we are getting worse.

We say that the age of truth is in the past. We say that we have left the golden age behind us, and that we are now living in the dark age, where there is downhill all the way. We believe that our golden age, the best times, have already happened and that we have left behind all that was good, and now there is only darkness and evil In store for us. The decline of the world is certain if the thought takes hold of us that our future is only downhill. When something dark, violent and cruel happens, we cry that the Dark Age is now here.

The truth is that man is becoming better each day. And to make our future better, then we have to leave the Dark Age behind, and have our golden age as our future. This should be our future. Leave the darkness in the past, and make the light our future.

Hope is necessary to create a bright future. Without looking for the light and the possibilities, you cannot build a beautiful future. Lack of hope is the reason why modern man feeds his thoughts that his future is dark.

Never before has man been so good as today. When there is a major crisis, the whole world comes to the rescue. The whole world rushes to save the people in crisis. This has never happened before. The whole world feels hurt for a wrong happening or a war in any corner of the earth.

Humanity has attained to empathy, awareness and sensitivity for the first time. Man has grown and his understanding and happiness have grown.

MAN'S CONSCIOUSNESS:
A NEW UNDERSTANDING OF LIFE

The emergence of a new consciousness is at hand. Man is at a crossroads between saying yes to the new or saying no and trying to stay in the past. Man's intelligence has developed in a great way. The more the mind develops, the more your love, compassion and consciousness develops.

As your mind grows, your vision and understanding of life grows. You begin to see things around you with a new clarity. As your mind expands, your being expands in the same measure.

And with the development of intelligence, the search for the meaning of life begins. The young people are getting rebellious and searching for meaning, which is a sign of the fact that consciousness is touching new heights. It is a sign that the young people see things that are not yet seen by us. It is also a sign that there is a conflict between the new and the old.

The more man's intelligence develops, the more there occurs a restlessness. The more intelligence, the more restlessness. As man's consciousness expands, the more anxieties will equally expand, because now the anxieties of others and the world will enter his awareness.

Man is much more intelligent today than before, which is also why he is more anxious and unhappy. This is also the explanation why the young people experience more anxiety and unhappiness. It is a positive sign of development of intelligence. And because of mounting anxiety and unhappiness, we need not despair and retrace our steps and turn back to the past.

Our new difficulties and problems are only a challenge, and we have to accept the challenge and go forward. We have to find new paths of peace. The old paths will not do, we have to find new paths.

Man today is at a crossroad, and his consciousness is nearing a quantum leap in consciousness. The emergence of a new consciousness is at hand. The people who hold on to the past will not be able to participate in this quantum leap of consciousness. Only they are going to be partners in the birth of a new man, who are prepared to walk through the fire of challenge and discomfort. Only the people who have the courage to take part of this challenge are ready to become the new man.

The U.S. today stands as a vanguard on a forward line from where a leap is possible. Countries like the UK and Sweden do not seem to be ready to take the challenge of the new man. The UK lives in the past with an arrogant, repressive and conservative class society and Sweden lives in the past in a security box of fear, safety, security and lack of courage. Both these countries lack a joy in living. They are both the result of the old man.

The society, the politicians, the establishment, the status quo, the vested Interests, the church, the rich and the media represent the old man, and

does not provide the climate of freedom to grow and to become the new man.

Human consciousness takes a leap when a problem and a challenge arise. It is a leap forward, which calls for man's intelligence and courage. At the moment, humanity is facing two great problems, which is a threat to the survival of humanity: a major climate crisis and a third world war. And there are two kinds of people: those who respond to the challenge with intelligence and courage, and those who simply regress into denial and apathy.

It is a critical situation, where many times one may feel to escape and retreat. The backward-going mind wants to say no and go back to the past. But nothing is gained by going back to the past.

We have to think about how much creativity we need to bring into the future. We also have to consider how much wealth, knowledge and education for the new man we need in the future to make mankind happy.

From this happiness man can live in joy, he can go on a search for his soul, and ultimately he can reach his love, the temple of God.

TO BE TRULY HUMAN COMES THROUGH RICHNESS OF BEING

A man who becomes rich, powerful and wealthy begins to think that he belongs to a different world. He begins to think that he is different from the rest of the society. But the truth is that no man becomes great by becoming rich, powerful and wealthy.

By becoming rich and wealthy no one gets to the top of the world. An author who writes a national bestseller book does not think that he belongs to a different world. A painter who paints a painting do not think that he is different from the rest of the society.

And as long as the rich man goes on feeding his ego with money, power and riches thinking that he is superior to anyone, he will arose the anger and jealousy of the poor. Fifty percent of the responsibility of the poor man's jealousy belongs to poverty. The other fifty percent of the poor man's anger and jealousy depends on the ego of the poor man's rich employer.

The rich, powerful and wealthy man has to give up his arrogance and egoism. If he inflates his ego with money, power and wealth and thinks that he is superior to everyone, then it is inevitable that the masses will do everything to pull him down.

Riches, power and wealth should not become a means to gratify the ego. On the contrary, the more wealth and power a man has, the more humble and egoless he should be. He should be egoless, because he has gone through the abundance of power and wealth, and found that nothing is gained by accumulating wealth.

It is difficult for a poor man to drop his ego, because he does not know that even after having riches and power one has nothing. Only he is really rich, who have come to

realize that he has everything - money, power, riches, respectability, wealth, mansions, cars and boats - and still there is something inside him which is empty. If you fill that emptiness with money, power and wealth, you just become more arrogant and egoistic.

If the rich gives up his ego, it will also be easier for the poor to shed his anger and jealousy. If the rich remains arrogant and egoistic, then the poor are left with nothing but anger and jealousy to nurse.

The arrogance of the rich also provides the power-hungry politician with the opportunity to fan the anger and jealousy of the poor to flame the class conflicts and the socioeconomic rifts in society. And then the rich man will become even more arrogant in defense. For a country to become truly rich, the class conflicts have to be eliminated. The responsibility for this is in the hands of the rich, because it is unnatural on the part of the rich to be egoistic and arrogant.

The man who have climbed to the top of the ladder of money, power and wealth should gather the courage to be honest about that his wealth has not helped him to discover his soul. He has not known the truth. He has not become happy. He has not experienced love.

Man does not become great because of money, power and wealth. To be truly human comes through the richness of being, which has nothing to do with outer richness. The rich man should know that if he has no respect for inner richness it will ultimately harm the society.

LIFE IS AN ECHO

We have been taught that it is wrong to live for yourself. We have been taught to live for others, to live for the society, to live for the church, to live for God and to live for democracy. This means that the individual has to sacrifice himself for the society, for the country, for Christianity, for Islam and for peace and democracy.

We have been taught to love others, but not to love ourselves, because that is selfishness. But how can we love others if we do not love ourselves? The truth is that a person has to live for himself, and if living for oneself means that living for other happens, it happens as a consequence of living for oneself.

But you can live for yourself in two ways. The first way is to live for yourself in a way that harms others. You can live by injuring and killing others. The second way is to live for yourself in a way that helps others and make them grow.

The talk of altruism and serving others are dangerous, because when somebody serves others he always does so with a motive. Service is a bait with which he dominates others. He begins with service, and ends with domination.

If you find your own happiness, which is the meaning of life. Then the world will be grateful to you, because a man who finds his happiness ceases to hurt others. He ceases to cause unhappiness to others.

The man who finds his happiness knows that it is impossible to be happy if you hurt others. The man who finds his happiness knows that if he hurts others he will lose his own happiness. He also knows that if he makes others happy his own happiness will increase.

And the day a man sees the truth of this, a silent revolution happens in his heart and in his life. Then he understands that what is good for you cannot go against what is good for others, because deep down at the level of our inner being, we are all united and one. Then we also understand that what is harmful for others are also harmful for me.

What we say and do returns to us. If we hurt others, the hurt will return to us. If we treat the world with anger, hate and violence the same hate and anger will come back to us. And if we share our love, joy and creativity with others, it will return to us. We understand that life is an echo.

TO BE IN POWER WITH AWARENESS

To become a doctor, you have to train for five years. To become a musician, you to study for many years. But for people who are going to be in power and have power over millions of people, there is no training. Nobody has even thought about that people who are going to hold so much power need qualities so that they don't misuse the power.

The new education for the new man propose a program of meditation and deprograming parallel to the university studies. This program means that you are left without political and religious ideologies, so that you can be yourself. You can be a human being. It means that you learn to live joyfully, which is the whole art of meditation.

The art of meditation means to learn a relaxed state of awareness, a witnessing of whatsoever is going on inside and a quality of acceptance, without judgement and evaluation. Once you have taste this state of meditation, you will experience meditation as a quality of silence, joy and peace. To live meditative means to be present, aware, alert, loving and creative.

Meditation will make you a new being, a new consciousness, with no fear, greed and hate. This program of meditation can go on parallel with the university studies during one hour a day. So when you come out of the university, you are not only an intelligent person, you are also a meditator who is joyful, clear, relaxed, aware and intuitive.

That is the way to train politicians to handle power with intelligence and awareness. The situation now is that politicians are in the grip of power politics.

In politics right now, might is right. The world of politics basically means will-to-power. The world of politics is a power game. Politics is simply power, might is right. The politician is just an animal. He does not believe in anything except being victorious. The world of politics belongs to the law of the jungle.

Politics is not only what is commonly known as politics. Whenever somebody is trying to manipulate and control through power, it is politics.

If we want a real humanity in the world, we have to get rid of politics, where might is right, so that politics is about intelligence and right is might. Intelligence believes in finding what is right. And right has to be decided by intelligence, logic, reason and argument. The basic question should be if anybody can prove right, however powerful, rich and influential you are does not matter. There is no need to wrestle with swords and kill each other.

Intelligent people are not interested in political power, where might is right. Intelligent people are interested in deciding what is true and what is meaningful in

life, where politics is not of the ego, it is not a fight. Then for the first time you will have some real democracy in the world.

One of the highest spiritual teachers in the world that I have met three times told me: for the most part you will mostly meet conscious people. But these are not the people that I have met during the time that I have written this book. When I've sent out the chapters from the emerging book, the silence has been total. I have sent the chapters to the media, politicians and the international establishment. Even the leftist- and alternative media have been silent. Many of the leftist politicians want to change the world, but they do not want to change themselves, which has not resulted in successful reforms and revolutions previously. However, there have been positive responses from people whom I respect and who I regard as conscious people.

The new education for the new man propose a program of meditation and reprograming parallel to the university studies, which is the way to prepare politicians to be in power in such a way that power cannot corrupt them and that power cannot be misused.

THE NEW EDUCATION FOR THE NEW MAN

The education of the past has been incomplete and superficial. It creates people who can earn their livelihood, but it does not give insight into living itself. The education of the past is not only incomplete, it is also harmful because it is based on ambition and competition. An education which is based on competition is basically violent, and creates unloving people. It destroys their joy, trust and friendliness. It creates people who are in a fight against the whole world, which describes the current situation in the world.

Education up to now has been focused on the future. It makes the future more important than the present. It sacrifices the present for the future. If that becomes your style of life it is a sure way to miss life, because you are always sacrificing the moment for the future. Education up to now has also included a hidden agenda, which is to create obedient people. This creates an emptiness in life.

Education for the new man is divided into five dimensions.

1. **Information and school subjects, for example language, history, mathematics, geography, P.E (Physical education), biology, chemistry, physics and technology.**
2. **Scientific subjects**
3. **Love and the Art of Living**
4. **Art and Creativity**
5. **Meditation and the Art of Dying**

In the first dimension of education for the new man there is a radical standpoint. Right now in history, students are forced to read about Adolf Hitler, Napoleon Bonaparte, Genghis Khan, George W. Bush, Mussolini and and Julius Caesar. These people are the nightmare of human history, Even the idea that human beings can be so cruel to other human beings is nauseating. Our children should not be forced to read about these people and be fed with such ideas.

In the future history should consist only of the great geniuses of humanity, who have contributed to the love, joy, truth, compassion and beauty of the world: Gautama Buddha, Jesus Christ, Socrates, Lao Tzu, Osho, Rumi, Krishnamurti, great poets like Walt Whitman, Omar Khayyam and great literary authors like Leo Tolstoy, Maxim Gorki, Fjodor Dostoyevsky, Bashi and Rabindranath Tagore. We should teach the students about the grandeur of our inheritance.

In the first dimension of education, the students should learn at least two languages. One is his mother tongue and the other is English as the international vehicle for communication. We can create in the world an atmosphere of brotherhood, where language can connect people.

The second dimension of education is scientific subjects, which represents half of the reality, the outside reality.

The third dimension of education is missing in present-day education, which is Love and The Art of Living. Normally people have taken it for granted that they know what love is, but they don't know. Every child should be helped to transform his anger, hatred and jealousy into love.

The Art of Living also includes an acquaintance with life and its wonders. It includes getting a sense of the wonders of life, where the trees, the animals and the flowers should have a connection with your heart. A reverence of life should be the foundation of the third dimension of education.

The fourth dimension of education is the Art of Creativity. It includes painting, music, pottery, masonry, and everything which is creative. All areas of creativity should be allowed, and the students should be allowed to choose. The students should be allowed to choose from the whole rainbow of creative arts, because unless one learns to create, one never becomes a part of existence. Existence is constantly creative. By being creative, one becomes divine.

A certain capacity to earn your livelihood should also be included.

The fifth dimension of education is Meditation and The Art of Dying. It includes all the meditations so that you can know that there is no death, so that you can become aware of an eternal life inside you.

In The fifth dimension of education you can be introduced to all meditation methods like Zen, Tao, yoga, Hasidism and to all possibilities that exist, but which education up to now has not taken care of.

The new education for the new man will be all full and whole equation. The education of the past prevails all over the world in the U.S., UK, Russia and China. Nobody has looked for a full and whole education.

MEDITATION
- THE KEY TO CHANGE

To change the structure of society looks utopian. How is it going to happen? It is utopian, but the situation is such that within a short time period the politicians and the vested interests will bring humanity and the earth to destruction.

We have to choose between death and meditation. Meditation is the key to change for humanity and the earth. Meditation is also a part of the new education for the New Man.

This crisis is good, because it is also forcing people to choose. Either we choose to die or we choose a new life, a new humanity, a new earth.

The damage can be repaired if we let go of the past, which has brought us to this point. We have to start working with nature not as an enemy, but as a friend - and the ecology will soon be functioning again as an organic unity.

It is not difficult to make the earth green again. If many trees have been cut, many more trees can be planted. And with the help of science, we can grow faster.

These are simple things, because problems are simple. Politicians and the vested interests make the problems complicated, because of power and greed. Politicians and the vested interests have brought this challenge to the whole of humanity.

The intelligentsia of the world has to become more courageous, because all over the world there are intelligence and creative people, who are against the destructive politicians.

Meditation and deconditioning of the past is one of the most significant things to do otherwise the world cannot be saved. This means a preparation of meditation and deconditioning parallel to your studies. Then the whole government can be clear, meditative and bureaucracy and hierarchies will disappear.

The basic problem is that nations and organized religions will try in every way to stay in control. They will not surrender their arms and armies to a world government. But if the world are not ready to be one world, one humanity and one earth, we will not be able to solve the problems for humanity and the earth.

The New man, A New Being, A New Consciousness, is a revolution of spirituality. It is to add something more to the world, which brings love, silence, joy, truth, compassion and freedom to the world: meditation.

Just economic equality is not enough, spiritual equality is needed. Just to be a mind and a body is poor. This is how modern psychology defines man. The

world needs to become richer. Not richer in outer wealth, but richer in being, richer in consciousness.

The New man means to introduce a new being, a new consciousness to the world. It is to open the door of the world for science, for art and for meditation. It is to bring meditation into the lives of people. This does not mean to introduce an organized religion or a church to the world. Meditation can bring peace, silence, joy, truth and freedom. It can bring a freedom, which nobody can take away from you.

SCIENCE AND CONSCIOUSNESS

Religion has failed, because the old idea of religion was life-denying. The old idea of religion was basically anti-life. It was diametrically opposed to life, which is the reason that it failed. It could not succeed and was bound to fail, because something that goes against life can never succeed. It is like trying to swim upstream in a river. For a few months you can fight and struggle, and you may even win a few battles, but you cannot with the war. Ultimately you will become tired, and you will become tired, and the current of the river will take you away.

But there is a great attraction to go upstream. There is an attraction in going against life. The attraction is that it creates ego. The more you fight, the more you create ego. Ego is an unnatural phenomenon, which no animal knows anything about. The ego is a human invention. No animal knows about it, because no animal ever tries to go against nature.

The animals, the trees, the rocks, the rivers and the mountains, they all live in harmony with nature. When you live in harmony with nature, you do not think of yourself as separate from nature. The harmony with nature is so deep that you dance with the rhythm of the whole. You sing the song of the whole. You pulsate in tune with the whole. You cannot feel separate from the whole.

It is only man that has the capacity to fight against nature, which creates a dangerous thing: the ego. And once you have creates the ego, you have to keep fighting more and more to strengthen the ego. Fight is necessary for the existence of the ego.

The old idea of religious people was egoistic. The ego of the religious people was subtle. They were not as gross as the politicians, who have the grossest human ego.

The old idea of religion has failed. If one idea has failed, we need a new concept of religion, which is life-affirmative. It is a religion that says yes to life, yes to existence. It is a religion that says yes to existence and all its beauty.

Politics has also failed, because it has worked together to manipulate and exploit the masses. Politics are also opposed to life, which is the reason that it has failed. We are in the situation today, because the religions, the politicians and the vested interests are destroying the whole humanity and the earth.

Science has made more progress than man has made in the whole history of mankind. But the scientist need financial support from the politicians and the vested interests for their research and projects, so they have fallen a victim in the hands of the politicians.

The scientist works as a servant to capitalism, communism and fascism. He is part of a political ideology. He works, but he has no control over his work, over his discoveries.

The control is in the hands of the politicians and the vested interests.

The way to change this is that science should not only be an objective search. science should not only work with the outer reality. It should also be open to the inner reality, to the subjective dimension of consciousness. The scientist also has to work on himself, not only on outer objects.

Up to now the scientist has been denying his own consciousness. Science will be important if it adds the inner dimension of consciousness. Science requires a mind, which has the capacity to concentrate. It also requires the capacity for meditation, to go into silence and to go beyond the mind. Until science accepts meditation as a method of inquiry and knowledge, it will only remain partial. This can be dangerous, because then science can easily serve the purposes of death and destruction, because it does not believe in consciousness.

The second thing that the scientist also needs to be aware of is that he is providing the politicians and the vested interests with destructive weapons. He is behaving against humanity against the new man, he is behaving against humanity and the earth. He is behaving against his own children.

Albert Einstein said before he died: "If I had known that the atomic bomb was going to be the result of my creativity, of my whole life's work, then I would ever have been a physicist. And if there is going to be another life for me. I pray to God, please make me a plumber, rather than a physicist."

Science needs to have two dimensions: the outer reality, which is the lower dimension working with matter and objects, and the inner reality, the higher dimension working on consciousness.

Then science will be of immense importance to create a new man with more health, joy, love and consciousness for humanity and the earth.

THE FUTURE: ONE WORLD, ONE HUMANITY

The problems facing humanity and the earth are basically very simple. The problems that the World Commission's report, "Our Common Future", talk about are just by-products. The basic problem is that humanity is suffering from a lack of love. All other problems are by-products of this basic problem. All violence, destructivity and continuous wars are by-products of this problem.

Humanity is living in a very transformative period right now, where humanity either face a major climate crisis, a third world war or humanity is transformed. This is a great moment, because now we can have one world, one humanity. It is a creative crisis, because people only change under great challenges.

The first thing that humanity needs is a world government. And we need a new education for the new man with a focus on love and the art of living, the art of creativity and meditation and the art of being, which is missing in the old school all over the world.

The solutions to the problems of humanity are basically simple. We have to understand what has created the current problems that humanity and the earth is facing.

This has to be understood by the whole of humanity together with the understanding that the problems is our own creation - and that we are still creating them. Man has never faced a greater responsibility before. It is a responsibility to let go of the past and to erase it from our being.

This earth can be a paradise. The new man is the greatest revolution that has happened in the world. We know the old man and the old world, so we can avoid this misery and destructive tendencies. The new man is going to be the salt of the earth, who is concerned with how to increase the joy, silence, truth, compassion, freedom and creativity of life. We can create people, who can help each other to be intelligent, free and creative.

The new man is the birthright of a new humanity, one humanity. This is the greatest opportunity for humanity, because if humanity becomes aware of the problems, the solutions are very simple.

MAKING HUMANITY HAPPY

Miserable people do not care whether humanity and the earth survives or not. Miserable people with power do not care whether the humanity and the earth survives as long as their greed for power and money are satisfied. Miserable people are deep down so miserable, so they may think that it would be better if everything were finished.

Happy people would like humanity and the earth to survive forever. Humanity has to learn how to be more happy, to learn to be more silent and meditative and to learn how to be more loving. That is the only protection against the climate crisis and a third world war.

People who are happy are not people, who can be forced to kill and murder other people. When you are happy and joyful, you do want to be destructive. You want to create something to make this world more joyful and beautiful. When you are miserable, you want to be destructive and destroy something.

Creative people, poets, artists, authors, painters and musicians, are the people who have made humanity and the world more beautiful. They have contributed flowers of love, silence, joy, truth, compassion and creativity to the world.

The crisis for humanity and the earth is a chance for the intelligent and creative people to disconnect themselves from the past, and start living in a new and creative way. And this has to be done now, because the time is short. We will have to create a new humanity, or there will be no one left in a short time.

Appreciate everything that is beautiful, and condemn everything that is ugly and inhuman. To change the world into a new human consciousness, we want to take the world away from the hands of the destructive politicians and priests. We have to teach people love, silence, joy, truth, compassion, consciousness, understanding and awareness all over the world. If we can make humanity happy, there will be no third world war.



GITEN'S LETTER TO THE U.S. PRESIDENT

In a letter to the U.S. President and the Israeli Government, Giten says that the past of humanity has been ugly. He says that earth needs the birth of a new man, who represents peace and brotherhood. It is the birth of a new man that can live at peace with existence. It means a new man, who can live in deep love, joy and creativity.

Giten says that man in the past has loved in an aggressive, violent and inhuman way, which is disgusting and nauseating. It seems almost impossible that man can do such things to other human beings. And because of war, we have been taught to hate, to be ready to kill and to murder in beautiful names and behind beautiful slogans. The capacity for love and empathy have been destroyed, because msn has been reduced to a destructive warrior.

The earth has to be transformed into one humanity, into one brotherhood and into one family. This is the task before us, and for the first time it is possible to make it a reality. In the past it was impossible. Dreamers, poets, visionaries and mystics have talked about it, but now the vision can become a reality.

Giten also says in the letter to the US President and the Israeli Government: Remember that you are love. Society wants you to forget that you are love. Society creates all kinds conditionings, so that you will not remember that you are love. Jesus says that God is love. If God is love it means that all is love, because all comes from God. But the society lives on hate, anger, greed, ambition, power, violence and war. War is the way of society. Society is very animalistic. Even animals are not so ugly. Animals have a grace, which man has lost.

Meditation means to be initiated into love. Meditation and love are synonymous words. If you can love, then God is not far away. Then God is in the heartbeat of your being. Wherever love is, God is. Love is the fragrance of God.

Giten also presents his new book "Meditation: A Love Affair with the Whole" to the US President and the Israeli Government.



LADY GAGA, THE AMERICAN SINGER-SONGWRITER AND ACTRESS, HAS RECEIVED INFORMATION ABOUT GITEN'S NEW AND UPCOMING BOOK "MAN IS PART OF THE WHOLE" AND THE NEW MAN, A NEW BEING, A NEW CONSCIOUSNESS

Spiritual teacher and Amazon international bestseller author Swami Dhyan Giten's new and upcoming book "Man is part of the Whole" is embarking on the greatest adventure in life, which is our real destiny in life. We are to disappear as we are to become that which is our real destiny: the whole. Giten says that man lives in a disharmonious way, because his effort is to live as an entity separate from the whole. He is trying the impossible, because he is part of the whole and can only be part of the whole. Giten says that when you know how to be harmonious with yourself, you can be harmonious with existence.

The book presents a great synthesis between love and meditation, between the inner and the outer, which will create a new man, a new being, and a new consciousness. The book is divided in three parts: Love and The Art of Living, The Art of Creativity and Meditation and The Art of Being.

Swami Dhyan Giten says that humanity is living in a very transformative period right now, which will end either in a major climate crisis, a third world war or the transformation of humanity. He wrote this book as a way to help humanity in this difficult period, and to help seekers of truth and meditators to live through this period.

In this book Giten presents The New Man, A New Being, A New Consciousness - Vision for a New Humanity, which is an invitation to the intelligent and creative people of this threatened world. The new man is going to be the salt of the earth, who is concerned with how to increase silence, joy, love, truth, compassion and creativity of life.

Lady Gaga is an American singer-songwriter and actress. She is known for reinventing her image and showcasing versatility in entertainment. Lady Gaga says on Instagram: Thank you for meditating/sitting in silence/praying with me. Meditation really improves my mental health and reminds me it's important to stay calm so I can feel safe in my body. We are all one body, and the calmer we are, and the more we find inner peace, the more the world will too. You know the saying. "We are the World."



HOPKINTON MIDDLE SCHOOL IN MASSACHUSETTS, USA, QUOTES GITEN ON ACCEPTANCE IN A CURRICULUM DESIGNED TO EDUCATE STUDENTS ABOUT THE ACCEPTANCE OF AND RESPECT FOR OTHERS IN THE COMMUNITY AND IN THE WORLD

“When we stop judging others, and ourselves, our hearts begin to open.”

- Swami Dhyan Giten

Hopkinton Middle School in Massachusetts, USA, quotes Giten on Acceptance in The Power of WE, which is a curriculum designed and implemented by the Middle School Counseling Department.

New in 2015-16, its goal is to introduce students to a new theme each year which will challenge them to think about themselves and the world around them. This year’s theme, ACCEPTANCE, strives to educate HMS students about the acceptance of and respect for others in our community and our world.

The Power of WE: Make a positive (+) difference today! The Power of WE is a curriculum designed and implemented by the Middle School Counseling Department. New in 2015-16, its goal is to introduce students to a new theme each year which will challenge them to think about themselves and the world around them. This year’s theme, ACCEPTANCE, strives to educate HMS students about the acceptance of and respect for others in our community and our world. HMS students were introduced to this new theme by their grade level Counselor in September.

The Power of WE curriculum consists of three elements: weekly Google Slide presentations that include a 2-5 minute media clip followed by a take away lesson and weekly challenge; classroom lessons delivered by the School Counselors on a trimester basis; and school-wide events and activities. Following the theme of acceptance, this year’s curriculum is broken into three sub-themes that look at acceptance from a community level, a peer level and a self-level. First semester focused on diversity (community level) – the acceptance and respect for people from other races, religions, abilities, etc. Now, currently in the second trimester, our focus has moved towards peer acceptance as we discuss bullying and healthy friendships. Finally, during the third trimester, the curriculum will turn to the importance of self-acceptance.



GITEN TELLS ANTONIO GUTERRES, SECRETARY-GENERAL OF THE UNITED NATION, THAT HUMANITY IS SUFFERING FROM LACK OF LOVE

Giten says in a letter to António Guterres, Secretary-General of the United Nations, that humanity is suffering from a lack of love.

Giten continues to say that all other problems arise out of this problem. War, poverty and conflicts can disappear within minutes, because they are not the real problem. They are symptoms that love is missing.

We have the science and technology to make earth a paradise, but nobody has the heart that can share. Instead science and technology is being used to destroy and to

be destructive. Seventy percent of nation's income is being used on the army and development of new weapons.

Man can be immensely happy. The world is full of all that is needed for man to be happy: the trees, the flowers, the people, the rivers, the mountains and the stars. But somewhere inside man something essential is missing. Man has forgotten the language of love. He lives through anger, power, violence, jealousy, conflicts and possessiveness. They are the enemies of love.

These are the poisons, which destroy love. A meditator has to drop all that is against love. He has to move the barriers against love, so that love can start can start flowing, because love is our nature.

When these obstructions are removed, love becomes a golden light. It is a light that not only lights up your path, but it can also light the path of other people. It is a light by which one becomes aware of God's presence. Love is the only light, which can become the bridge to God. Love is the only light, which becomes the realization of God."



ROBERT F. KENNEDY JR., INDEPENDENT PRESIDENTIAL CANDIDATE IN THE 2024 UNITED STATES PRESIDENTIAL ELECTION AND MEMBER OF THE KENNEDY FAMILY, HAS RECEIVED INFORMATION ABOUT GITEN'S NEW AND UPCOMING BOOK "MAN IS PART OF THE WHOLE" AND THE NEW MAN, A NEW BEING, A NEW CONSCIOUSNESS

Spiritual teacher and Amazon international bestseller author Swami Dhyan Giten's new and upcoming book "Man is part of the Whole" is embarking on the greatest adventure in life, which is our real destiny in life. We are to disappear as we are to become that which is our real destiny: the whole. Giten says that man lives in a disharmonious way, because his effort is to live as an entity separate from the whole. He is trying the impossible, because he is part of the whole and can only be part of the

whole. Giten says that when you know how to be harmonious with yourself, you can be harmonious with existence.

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Robert Francis Kennedy Jr., Independent presidential candidate in the 2024 United States presidential election. He is the chairman and founder of Children's Health Defense, an anti-vaccine advocacy group that is a leading proponent of COVID-19 vaccine misinformation. He is a member of the Kennedy family, he is a son of the U.S. attorney general and Senator Robert F. Kennedy, and a nephew of the U.S. president John F. Kennedy and senator Ted Kennedy.



"THE NEW COLD WAR"

GITEN PRESENTS HIS BOOK "THE CALL OF THE HEART - ON THE PSYCHOLOGICAL AND SPIRITUAL CAUSES OF WAR" AND HIS NEW PILOT PROJECT THE NEW MAN, A NEW BEING; A NEW CONSCIOUSNESS, TO THE AMERICAN PROFESSOR NOAM CHOMSKY, ONE OF THE SHARPEST INTELLECTUALS AND CRITICS OF AMERICAN POLITICS

USA is convinced that we are now in the in era of the new cold war, where USA is in war with China and Russia. Capitalism always leads to war, because USA: s whole economy is based on war and there are huge profits for the war industrial complex

Giten has also presented his book to the American think tank Institute for the Study of War (ISW), which is a neo-conservative think tank sponsored by the war industrial complex. The Swedish State Television and the Swedish media outlet Tidningarnas telegrambyrå (TT) quotes this think tank on Ukraine information. Critics say that this is a case study in American war propaganda. The question is why the America's and Swedish elite media outlets trust this conservative think tank for all of their on-the-ground Ukraine information?

Spiritual teacher Swami Dhyan Dhyan Giten's Amazon international bestseller ranked book "The Call of the Heart" is bestseller ranked in three categories: Love, General Psychology and Psychology & Counselling

WE HAVE TO LEARN TO BE PART OF LIFE

Man builds his life on sand. That is why everything he tries to do fail. His life does not have a foundation in the eternal. His life is built on the momentary. And when one house built on sand collapses; he starts to build another house. We never seem to learn anything. When one desire is frustrated, we immediately jump to another desire.

To desire means to go against the whole. Not to desire means to relax with the whole. it means to have no desire of one's own and to go with the whole. It means that whatsoever the whole wills is my will. I am not trying to achieve any individual goal.

The moment you try to achieve an individual goal, you are in trouble, because we are not separate from the whole. We have to learn to be part of life, existence.

It is because of our individual goals that every day becomes a frustration. The seeker of truth has to build his house on a rock, which is only found in meditation. Meditation is a state of no-thought, no desire and no dreams. Then each moment will be a joy, because you are no more. Meditation means to know that we are not separate from life.

We are part of an infinite continent, which we can call God, truth, the ultimate, the absolute or the whole.

PART THREE

MEDITATION AND THE ART OF BEING



MEDITATION IS THE BRIDGE BETWEEN YOU AND GOD

Meditation means the meeting of the individual with the universal, the meeting of the part with the whole. That is what we are seeking and searching for. Meditation is a bridge between the part and the whole. It is a bridge between you and God.

There is one thing to be fulfilled: you have to slowly disappear. In the same proportion as you disappear, God starts appearing. At the ultimate meeting point, you are not found at all, only God is found.

Meditation is a subtle death and resurrection. It is the death of the small ego, And a rebirth of the ultimate.

LIFE BEGINS WITH MEDITATION

A man without meditation is not part of existence. He exists, but he is not part of existence. He is separate from existence. There is no bridge between him and the whole. Life begins with meditation, because meditation creates the bridge between you and the whole. Without meditation you're like a separate island. With meditation you become part of the whole continent.

The ego tries to live like a separate island. The ego is afraid of being part of something which is larger than itself. The ego tries to live a confined life. The ego is afraid of love, because love is larger than the ego. The ego is afraid of meditation, because meditation is far larger than the ego. The ego is afraid of joy, because joy happens when you are connected with something larger than yourself.

The whole is interconnected. It is only the stupidity of man that tries to live separate from the whole. This is why man lives in misery, because man lives in separation from the whole.

Meditation gives you a taste of joy, because meditation give you a taste of something that is larger than yourself. It gives you a taste of the infinite, of the oceanic. Then you understand that existence loves you and cares for you.



MAN IS BORN AS AN OPPORTUNITY

Man comes with a potential hidden in our being, but it remains hidden. We never work to make it manifest. We remain like seeds and we die like seeds. We never bloom, we never come to flower and we never become trees. We take life for granted as if this is all there is.

Ordinarily we live just to keep busy and occupied. Between birth and death nothing really happens. Neither love, truth nor God happens in our life. For anything real to happen, we need some inner work, and meditation is the most important work. Meditation is that art of manifesting our inner potential. Meditation is the art of self-actualization.

Man is born as an opportunity, but we can miss the opportunity. The majority of people go on missing. Don't miss the opportunity of life. Everything great is difficult, everything great is like climbing a mountain.

Meditation takes time and patience, but the joy is great when meditation matures us.

MEDITATION IS THE ONLY WAY

Meditation is a gift of God. You will never understand the gift of life without meditation. Love is there, silence is there, joy is there, truth is there, compassion is there and freedom is there, but they will not be understood without meditation.

Meditation is the only way for growth. Ordinarily we are focused on the outside, while in meditation we change the focus on the inside. And once you have tasted even a single drop of the nectar of meditation, then the fear, misery and anguish of our whole problematic life dissolves.

Then we see our whole life in a new and creative light.

LOVE IS TO GIVE FREEDOM

Meditation means to go beyond attachment. We become easily attached to everything. Life is change and nothing remains static, but we hope and desire that it will remain the same.

There is so much frustration in the world, because our expectations remain unfulfilled. Attachments means to cling to something with the hope that it will stay the same forever.

The young person wants to remain young forever. But sooner or later he will become old. And then old age, rather than bringing joy brings suffering. Otherwise old age should be the crescendo of life. It should be the highest peak of life, but instead it becomes suffering. It becomes suffering, because we have been clinging to youth.

We cling to the body, but the body has to go one day. Love the body, live the body and respect the body, but don't become attached to the body. The body has to go one day. And so is the case with everything.

You fall in love with a person, you become attached, and then misery starts. You become jealous and possessive, because you become afraid that the other person will fall in love with somebody else.

You start hindering and obstructing the other person's freedom. You start reducing the other into a thing. All love and respect starts disappearing. The love becomes only a continuous fight between two egos. You want to possess the other person, and the other person wants to possess you. How can love exist in this continuous war? Attachment destroys love. Attachment is poison to love.

Love deeply, but don't bring in jealousy and possessiveness. The greatest art to learn in life is to float unattached. Pass through life, but be unattached by anything. That is what meditation is.

The whole universe belongs to people, who are non-possessive. Love belongs to those who can give freedom.



THE JOY OF SURRENDER: NO MAN IS AN ISLAND

We have been taught that life is a fight and a struggle. We have been taught to fight, because of the idea that man has to continuously fight for his survival. We have been taught to fight, because of the idea that man and nature are enemies.

Nature is not our enemy. Nature is our home. The universe is not antagonistic to us. The universe means the earth, which the universe fills with flowers, trees, animals, people, rivers and mountains. The universe is supporting them. Why would the flowers, the trees and the rivers otherwise grow?

Man is part of this existence. But the idea that we have to fight creates a separation between us and the whole. Man becomes an isolated island. Then we live in fear, anxiety and worry. So how can we be happy? Instead we feel alienated, alone and meaningless, because the whole seems to be a constant fight and struggle.

For the person who have been fighting with existence, death seems to be the ultimate thing. But for the person who have surrendered to existence, who is in tune with existence, death is not the ultimate thing. Surrender means to let go of your ego, so for him there is no death. It is only the ego hat dies, because the ego is a separation from the whole. It is the ego that fights with the whole. Surrender means to drop all that is superficial and shallow. Surrender means to become egoless.

Surrender means that our heart starts to beat in tune with the universal heart. Instead of being an isolated island, we become part of the whole continent. And then we live in love, joy, silence, trust, truth, freedom and the eternal. Suddenly we know the joy and beauty of surrender. Surrender means to yes to the whole.

THE EXPERIENCE OF GOD

The experience of God is a quantum leap from darkness to light, from fear to love and from separation to wholeness. The whole preparation of the meditator is for the jump.

The whole inner journey is to prepare yourself so that you can take the jump, but the jump happens suddenly and totally. The person who is meditating is waiting for the ultimate surprise. One never knows when it is going to happen.

If you are ready, if you are empty without no thought, no desire, no imagination, no memory and no mind as such, when you have put the whole mind aside, then it is going to happen.

Whenever your emptiness is total, immediately the whole sky descends in you, and you are blessed by the whole. Then life really begins. This is the moment when we for the first time see what existence really is - and that experience is the experience of God.

THE THIRST FOR THE UNION WITH GOD, WITH THE WHOLE

We are all separated from God, from the whole. We are all searching in every possible way to reach to the union with the whole, where we will not be separated. Religion is the search for the union with existence.

The word "yoga" means union. So there are basically only two states of yoga, two states of consciousness. The first state is to be one with existence, one with God. The second state is to be separate from the whole. Very few people have attained to union with the whole, but that is everybody's innate potential. That is everybody's deepest thirst and longing in life. And it can happen with a little commitment and effort.

All our love relationships in life are an unconscious longing for God, a longing for the union with the whole. This is why all relationships seems to fall short. They cannot fulfill our innermost longing. What we are really searching for is God, and less than that cannot give us real satisfaction.

Meditation is a conscious step towards our innermost longing for the union with the whole. We take a step and make a little effort, but the gain out of it is immense.

SEVEN LEVELS OF CONSCIOUSNESS

The rainbow represents all the seven planes of being, all the seven possibilities. Man consists of seven levels of consciousness. The lowest level of consciousness is sex and the highest level of consciousness is samadhi. And between these two levels of consciousness there exists five levels of consciousness. From the lowest level of consciousness you have to move the energy upwards towards the highest level of consciousness.

The energy of the seven levels of consciousness are not different. They only manifest on different levels and planes of consciousness. When the energy comes to the heart, the fourth level of consciousness, it manifests as love. When the same energy comes to the fifth level of consciousness, it manifests as silence and prayer. When the energy moves to the third eye, the sixth level of consciousness, it manifests as vision, clarity and awareness. One becomes a seer, who can see everything as it is without the interference of the mind. And when the energy moves to the highest level of consciousness, the thousand petalled lotus of consciousness opens up. One is ready To move into God, the divine. Now there is no need to return back into the body. There is no need to be born again. One has learned the lesson of life. One has become spiritually mature. One has grown up.

These seven levels of consciousness is the whole rainbow of human consciousness. It is the ladder that joins heaven and earth. It joins this shore with the other shore. And as you move higher and higher, you feel more silence, joy, truth, freedom, compassion and your heart moves in harmony with the universal heart. Then joy becomes your very being, your very climate. Then your heart is always dancing.



MEETING WITH GOD

Meditation means meeting with God. It means the ultimate meeting. Meditation is the science of the ultimate meeting. Meditation is the science of the inner world.

Meditation is the effort to raise your consciousness to its ultimate potential. When your consciousness has risen to its highest peak, joy descends on you, silence descends on you. God starts dancing around you. For the first time you know that you are eternal, immortal.

You know that there is no need to be afraid. And when all fear disappears, you start living. Only then you can live, because fear paralyzed people. All religions have tried to exploit fear, so that people cannot live.

Meditation is not rooted in fear, meditation is rooted in love, silence and fearlessness. Meditation is the science of waking up your soul.

Meditation is the way to disappears as an ego, and then you are really born. That is the ultimate meeting with God.



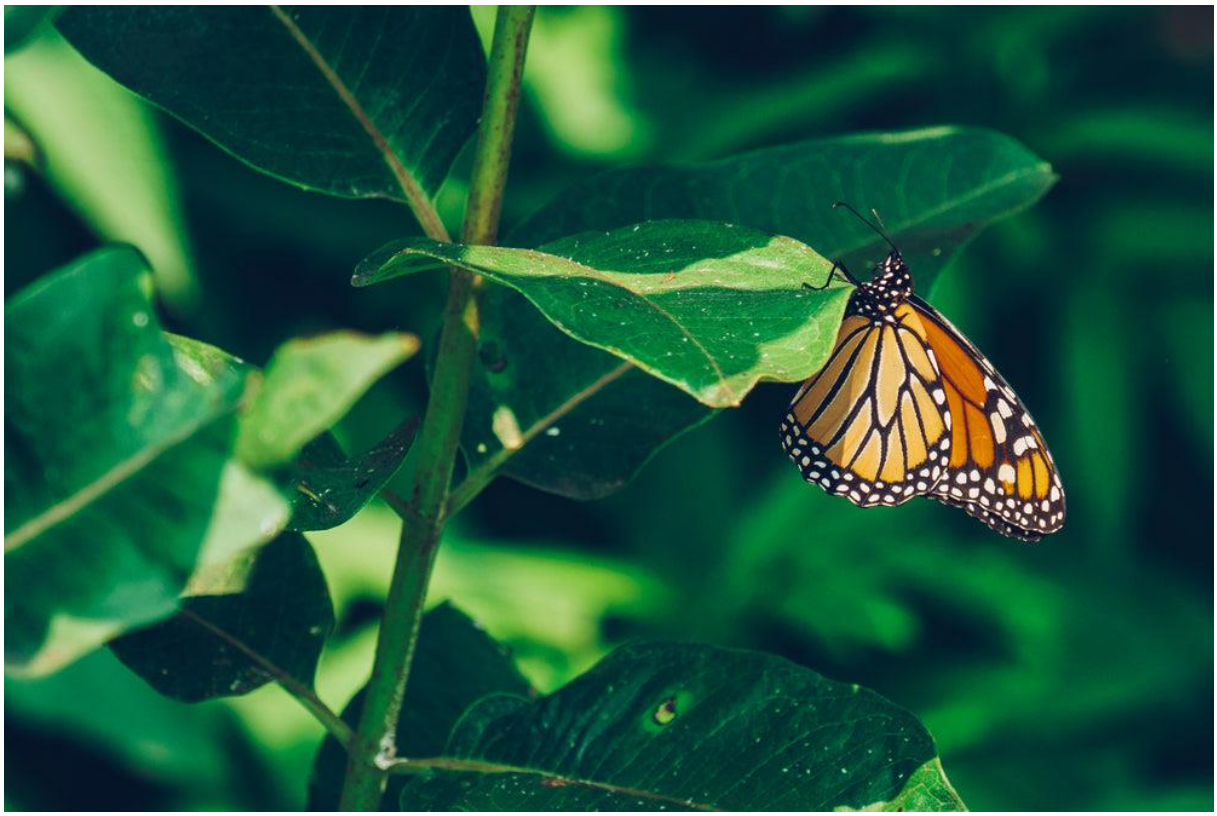
SEEING GOD IN A TREE

The proof for God lies in the beautiful and spiritual experiences of life. You can see God in a tree. You can experience the divine in a flower. A forest can overwhelm you so much that for a moment you are no more. You are no more, only the silence and beauty of the forest is. Suddenly your heart is beating in harmony with the beauty of the forest. Or suddenly a bird sings and you are on with it.

The beautiful experiences of life happen in many ways. In nature, in relationships, listening to music, in creativity or just sitting silently doing nothing. But this moment of silence and beauty are the proofs of God. Then you understand that the world is full of love, joy, silence, beauty and meaning.

The more you experience these moments, the more your life becomes full of love, silence, joy, truth, beauty and meaning. Let yourself becomes one with these experiences. Let yourself disappear in the silence of these experiences, and you will find love, joy, silence and nourishment. You will experience God, love, truth, freedom and the very heartbeat of the universe. You will experience the connection with your own heartbeat with the heartbeat of the universe.

The more people that experience this explosion of joy, light and love, the more it will affect the consciousness of humanity. We will experience that we are all one. This creates hope for humanity.



SEEING GOD IN NATURE

God is closest when you are in communion with nature. Talk with the trees, the animals, the flowers, the stones and the rivers. In the beginning it will feel embarrassing, but after a while you start feeling responses.

It is not as if you are talking alone to the tree, the tree responds in its own way. Of course, the tree cannot speak human languages, it knows only one language: the language of silence.

So to be with nature, you have to be silent. Being present with nature is enough, nature starts responding to you. The trees love that humans meet them in nature. And between these two silences, your silence and the silence of nature, something mysterious transpires. That mysterious phenomenon is God.

Come closer and closer to nature, and you will be coming closer to yourself. You will be seeing God in the trees and in in the flowers. You will be seeing God in the animals and in the rivers.



GOD IS LIFE

God is Life. God is not against life. God is not against love, joy, creativity and beauty. God is the heart of existence.

God is the creator. The only way to participate in life, in God, is to be creative. The creative person comes close to God.

And when you are lost in creativity, you are in God. Your being is in rhythm with his being. You become a creative heart. Those are the moments of eternity.



LIFE IS A GIFT FROM GOD

The heart is our very being. The heart is our life. When our heart is open, It is full of love, joy, compassion, grace and creativity. When our heart is open, there is poetry in our life.

Joy is the ultimate experience that happens in the heart. When our life is changed through the heart, we will know what joy is, because that is the moment when we are in tune with existence.

We start having contact with existence. We begin to come in contact with the flowers, the birds, the animals, the rivers and the stars. Then one begins to function as part of the whole. Joy is another name for being in harmony with existence, which is only possible through the heart.

Then one understands that life is a gift. Life is a gift from God. And the more you disappear and the more you allow life to happen to you. the closer you come to God. Life is nothing but God manifest. Life is God visible.



THE ART OF LOVE: LOVE, GRACE AND PRAYER

THE GOOD, THE BEAUTIFUL AND THE TRUE

On the tree of love the flowers of grace and prayer will bloom. Prayer needs the support of the heart. Unless love is there prayer will not come of its own accord. Grace and prayer are consequences of love. When you are loving you will become silent and prayerful.

Love opens the door to the divine. Learn the art of love. Love for no reason, and do not miss any opportunity for love. There are many opportunities every day for love. Be positive, and look for the good, the beautiful and the true.

And when you start looking your love will grow. Love is not something that you learn during a day. Love is an eternal journey.



EXISTENCE LOVES YOU

We are not aware that existence pours its love on us in every possible way. Therefore the negative and complaining mind remains grateful and separated from existence. Hence prayer, the ultimate love, cannot arise in our heart, because prayer is gratefulness to existence.

It is impossible for the complaining and separate mind to be religious, because the complaining mind has not become aware of the basic reality that existence loves you. It has not become aware of that existence takes care of you in more creative ways that you could ever imagine. It has not become aware of that the wind, the rain, the sun and the moon are friends.

Then whatsoever happens will be a blessing in disguise. Maybe in the Beginning it will appear like a curse, but it is never a curse. It is always a blessing. It may appear in the beginning like a curse, because our vision is very limited. We cannot see the whole perspective. We cannot see all the implications. We cannot see the whole series of events that will be followed by it.

Otherwise we will always be grateful. We will always feel blessed.
Then everything will be a blessing.

DIVINE LOVE

Everything is divine, but love is more divine than anything. Love is the highest quality that pulsates around man. More people have found God through love than any other path.

Let love become your center. Love brings its own understanding. When you understand something through the heart, then you really understand.

God is the poetry of existence. Love is the poetry of your inner being. When you are full of love and in a poetic mood, the windows of existence are open. Then you are open to the sun, to the wind and to the rain.

When you are full of love, you see that the whole is full of love. When you are full of love, existence responds. Existence responds and comes close to you. And to pulsate with nature is to be close to life. It is to know what life is. It is to know what God is. It is to know what truth is. It is to know what beauty is.

Meditation is a help to be in harmony, and not in conflict with the world. The world is beautiful as it is. It cannot be improved upon. But we are not in tune with the world.

To be a meditator means to decide that now you will not try to conquer the world, but that now you will be conquered by it. It is a desire to be conquered by existence. Then for the first time you know that you are not separate from the world.



A DISCIPLE OF GOD

A true disciple of meditation wants to *be* more, he does not want to know more. Knowledge is only to be intellectually interested, being is to be existentially interested.

To be a true disciple is one of the greatest experiences in life. To be a true disciple requires courage, because it requires the courage to be become egoless.

When I pursued an advanced training in spiritual healing in USA 1984, I was told that I had the capacity to become a seventh chakra healer, a spiritual healer, to act as a catalyst and channel for spiritual energy from the seventh chakra through the heart. The last 30 years has meant to develop and deepen this capacity to an Instrument of subtle catalytic effect, which I use in satsang.

The spiritual teacher helps you to find your inner being, the state of not-knowing, which will make you wise. To become a true disciple, does not mean to be a disciple to a specific spiritual teacher, it means to be a disciple of existence. It means to be a disciple of the trees, to the sun, to the moon, to the stars, to the rivers and to the mountains. It means to be a disciple to the whole beautiful existence that surrounds you. It means to be a disciple to God himself.



GRACE IS DIVINE

Grace is divine, beauty is human. Beauty is of the body, grace is of the spirit. Grace is unearthly, it can appear on earth, but it does not belong to earth.

Grace happens only when somebody is ready to receive God in one's heart. When you become empty of yourself, God descend on you and fills you like a silence.

That feels like grace to others. Something starts radiating from the person whose heart is full of God. It creates a proof that God exists for those who have the hearts to feel and the eyes to see.

One has to be available to feel the grace of the person. That will change your life radically. You will become a new person. One has to be conscious to die to the past, so that the new can be born in you.



THE INNER VOICE

God does not speak to us from the outside. God speaks from your innermost core. But we do not hear, because that still, small voice is lost in the turmoil of the mind.

Meditation is the science of stilling the mind, so that the inner voice can be heard. When you started hearing the inner voice, no other guide is needed. Then God is your guide.

Then we do not have to choose between different alternatives, because then he directs you from within towards that which is right.

Meditation is learning the art of making the mind silent. And the art can be reduced to a simple maxim: to watch the mind. Watch the mind and what Goes on in the mind without evaluation, without condemnation and without appreciation. Just be a watcher of the mind with awareness and acceptance. When you can watch the mind by and by it becomes silent.

And the day the mind is silent, one hears the inner voice. And for the first time you have found the inner guide, the true spiritual teacher.

The outer spiritual teacher helps you to find the inner spiritual teacher.



PRAYER: THE ULTIMATE STATE OF LOVE

Prayer is the ultimate state of love. People cannot love, so they cannot love existence. People are afraid of love. It is difficult to love a person, a tree or an animal.

And to love godliness, you will have to love. You will have to love all manifestations of godliness: the flowers, the trees, the animals, the people, the rivers and the mountains. This love is called prayer.

Love this beautiful existence. And it is through this love that you will become aware of the presence of godliness everywhere. Then you will never feel alone, God, the divine, is always with you. In each heartbeat God is with you.

The whole existence supports you. So never feel alone. Even in moments of anguish and anxiety, remember that you are loved and protected.



OCEAN OF GOD

We are very confined and limited like a small pond. Unless we drop ourselves into the ocean of God, unless we become oceanic, we will not know God. We cannot know God unless we drop ourselves.

That is what meditation is: allowing God to pass through us. It means not to prevent him and removing all barriers of thoughts, desires, tradition, ideologies, orthodoxies and memories.

So you can become a pure channel, instrument and passage, so God can flow through you. Then your life will be of joy, bliss and beauty.



WHEN YOU HAVE LARNED MEDITATION, YOU HAVE LEARNED ALL

The most fundamental thing is to know the nature of existence, so that we can be in tune with it. To be in harmony with existence is to be in joy. To be in discord with existence is to be in misery.

The majority of people are out of step with existence, and that being out of step is what misery is. The only thing which can bring a total transformation in your life is to become aware of the truth and the nature of existence.

And the way does not go on the outside, the way goes through you. It is an inner journey. The inner journey is to find your own center, to find your inner being. The moment you have found your inner Center, you have found the center of existence, because they are really one.

We are different on the surface, but at the center we are all one: the threes, the animals, the flowers, the people, the rivers, the mountains and the sky. The moment you penetrate your own center, you come to know the nature of existence. You come to know the truth of all that is.

And once you know the nature of existence, you cannot go against it. When you do not know the nature of existence, you are bound to go astray.

Meditation is the only way to know your inner center, your inner being. When you have learned meditation, you have learned all.

THE INDIVIDUAL AND THE COLLECTIVE

The heart is small, but it has the capacity to love infinite. Man is born with the potential to become an ocean of love. But few people attain to this innate potential. The society, the culture, the civilization, the politicians, the organized church, the priests and the vested interests are all against the individual. They sacrifice the individual for the sake of the collective, the unconscious masses.

The collective does not need love, on the contrary the collective needs hate. The Christians have to hate the Mohammedans, because the collective can only remain together in hate. One country has to hate another country, otherwise it will fall apart. In times of war countries become united against a common enemy. When they do not have a common enemy they start fighting amongst themselves.

The individual can grow only through love and the collective needs hate, so there is a conflict between the interests of the individual and the interests of the collective crowd, the collective mob.

The individual has to be very aware not to be exploited by the unconscious crowd. Unless the individual is aware, you can lose the opportunity to grow, to become mature and to attain your innate potential in life.



LIFE IS GOD'S GRACIOUS GIFT

The most fundamental thing to understand is that life is God's gracious gift. Deep in our heart we have to understand that life is a tremendous gift, which has not to be wasted. Life is an opportunity to grow. We have to understand that each moment in life is precious.

One has to look inwards. One should not remain concerned just with outside things, because that is how people waste their lives. One should start searching within and ask who we really are. One should go deeper into one's consciousness to find our authentic inner being.

The moment you find your inner being all questions are answered. Then there is no confusion anymore, and a clarity arises. This is the moment when you understand how much the universe has given to you. And when you move into silence, you are moving into God.

THE HEART HAS A DIRECT CONNECTION WITH GOD

The mind is doubt. Doubt leaves you tired and exhausted. That is why so many people in the world look so sad and serious. Existence is not serious. Look at the trees, the birds, the flowers, the animals, the rivers and the stars. The whole existence is joy and celebration, except for man because only man has the freedom to choose between living in the mind or living in the heart.

And man has chosen to live in the mind, because the mind helps in the world to have money, power, position and possessions. But it destroys everything that is really worth having in life.

We have to choose the heart. Once we have chosen the heart, trust, silence, truth, friendship, trust, compassion, creativity and freedom starts flowering. And just as you bring light into a dark room and the darkness disappears, the same happens with the heart. Suddenly your life is full of life, light, joy and truth.

And then all doubts disappear. The heart never doubts, the heart simply knows. God is self-evident for the heart. The heart has its own approach towards reality. The heart has a direct, immediate connection with reality, with God.

Be in the heart, live through the heart. Nourish the dimension of the heart.

THE DIMENSION OF LOVE: LIFE, LOVE, LIGHT AND GOD

Many people think that they are fully born and developed when they are born. They are deceiving themselves, and they will die without knowing anything About life. They will exist; they will only vegetate, without knowing what it really Means to be. They will exist, but their existence will not have anything of real value. It will not be to live. It will be superficial, routine and mundane.

To really understand anything about life, and what it means to live, we need to pass through a second birth, which happens through love. Love means to drop the ego. With the first birth, the child cannot drop the ego, because the ego is needed to survive. It is only the grown-up person, who can decide whether to live in the ego or to drop the ego. And the only force that can help you to drop the ego is love.

Love is the process to a second birth, which is a jump into the dimension of love. Dropping the ego means to drop the idea that you are separate from existence. The ego creates separation, while love creates bridges to existence. The more bridges you create, the more rich you become. Your life becomes full of light.

Love, and you will know what light is. Love, and you will know what life is. Love, and you will know what truth is. Love, and you will know what God is.



LIFE IS GOD'S GRACIOUS GIFT

Life is an opportunity. Rarely do we see that life is a gift and an opportunity to grow, to be. Even misery is an opportunity, because it is out of misery that the desire for joy arises. It is only out of darkness that the desire for light arises.

Life means all that it contains: joy and sadness, love and aloneness, good and bad, positive and negative experience and success and failure. All is God's gracious gifts.

Meditation means to recognize that all has been given to you as a gift and an opportunity to grow. We have not earned it, and we are not grateful for the beauty of existence.

Meditation is to learn to be thankful to existence. Gratefulness will make you come closer to God.

THE SECRET KEY OF LIFE IS LOVE

We all have the potential to love. Right now if you look within there will be only darkness. When you start becoming more and more loving, you will become surprised, because in moments of deep love if you look within there will be light.

When you are full of love, there will be no darkness. If there is darkness, it just shows that you have not been able to grow your love.

Love more without any demand. Love for the sheer joy of loving. The moment you love, love has become a light within you. Your whole being has become full of light.

The last words of Buddha on earth were: "Be a light unto yourself." The secret of life, the secret of light, is love. To be a light unto yourself require love. Love is the key.

YOU CAN ONLY BE YOURSELF

In 1982, I was directed by the Divine presence in a trance session with the American trance medium Lin David Martin: "You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can."

We are not aware of who we are. We are not aware of the inner being, the authentic self, the source from which we come. We are not aware why we have come here.

We are not aware of what our purpose is. There must be come purpose, some meaning and there must be some message to be delivered. There must be some work to be done, and something has to happen through us. Nobody is here accidental and everybody Is on a mission, which we are unaware of.

We are not aware of who we are, and we are not aware of why we are here, but that does not make any difference to the truth. Whether the truth is known or not, it still remains the truth. Not knowing it makes no difference.

Everybody is here to fulfill a certain purpose, a certain meaning. Unless you have not done that for which you have come here, you will not feel a deep sense of joy and meaning.

That is the basic cause why there is so much misery. The basic cause of misery is that we are doing something for which we are not meant. Everybody is trying to be somebody else. You can never be somebody else, you can only be your own self.

Without meditation you will never know who you really are, and what your purpose here is. With meditation you will become more silent, joyful and a clarity will arise. You can see clearly what your purpose here is. You can see clearly what will create a deep sense of joy and meaning in you. Then your whole life goes through a radical change. Then you start doing that for which you are meant.

Meditation is the method of discovery of who you really are, your purpose, your goal, your meaning, and once you start doing it, your life will become a joy.



RELIGION IS LOVE: A MAN WITHOUT LOVE IS DISCONNECTED FROM THE WHOLE

Love is holy, because it makes you whole, Love is a bridge. A man without love lives disconnected from the whole. And one needs many bridges to life, because life has many levels and dimensions. The more bridges to life that you have, the more rich you become. When all the planes and dimensions of life are connected to you, you have immense richness.

Religion is love. Love in as many ways as possible, Love trees, animals, flowers, rocks, people, rivers and mountains. Find out as many doors for love as you can. And the more you love, the more you are.

Love creates a temple out of you. And only when the temple is ready, God can be invited. We need to make the places ready to welcome and receive him.

We need a certain inner space for God to come in, for truth to come in. That Space is created by love.

THE ROOTS OF LIFE: CONNECTING WITH EXISTENCE

These times are the most difficult times for humanity. Never before have people felt like such strangers in life. They feel like they are accidental in life. Like they are not needed. This feeling arise because we have lost contact with the roots of life.

We are the most uprooted people in the whole history of humanity. The situation can only be changed by one thing: We have to start learning how to connect ourselves with existence. The thing that stands between ourselves and existence is the ego, which is a separation from life. We look at ourselves as separate islands, but no man is an island. We are part of a vast continent. We are not accidental in life.

Love and meditation is the way to start learning how to connect ourselves with existence. As you go deeper into love and meditation, you become aware that existence loves you. That creates a grounding in yourself. You become aware that existence is showering you with blessings every moment. You feel that love is flowering towards you from every direction. That is the birth of the soul. The soul is born when you feel that God loves you.

God is another name for the whole. Meditation is a help to feel that existence cares about you. It is a help to feel that existence loves you. And when existence pours its love into you, you start sharing your love with others.

It is the heart that joins you with the world. It is the heart that has the courage to become one with the whole.



THE MYSTERY OF LIFE

Love is the most mysterious experience in life. Love is something that you never fully learn: love is something that you continuously go deeper and deeper into. The mystery of love deepens more and more.

Love cannot be explained. Love cannot be defined. Love can only be lived, but it can never be understood. Love is so vast, so infinite. If you allow love to happen to, you are allowing the mystery of life to happen to you.

And it is through the mysterious that one comes close to God. Love is the beginning of God. God is so far away, so we need something more human and concrete to approach him. That is what love is.

Love is the possibility of reaching God. God is love in its manifest state. So never try to make a philosophy of love. There is not any other way to know love except existential experience. Unless you experience love you don't know it. Existence needs experience. You have the capacity to know, to see, to feel and to be love.

Become a friend to all that is. Become a friend to human beings, to animals, to trees, to birds and to rocks. Create the quality of friendliness. Let inflow towards everyone irrespective of nation, race, caste and creed.

And then slowly your consciousness will start becoming universal. Friendship is a way to drop the ego and become egoless. The ego exists by creating enemies, because the ego exists through fight and conflict. The moment the ego disappears, all your boundaries disappear, and you become one with the universe.

THE FLOWER OF LOVE

True love grows out of silence. True love grows out the experience of agelessness. Otherwise love remains superficial. Unless you know that you are not the ego, you cannot really love, because the ego will disturb love.

The ego will poison love into jealousy, domination, anger and possessiveness. They are all symptoms of the ego. They are not part of love. The only way to drop jealousy, possessiveness and domination is to drop the ego. Dropping the ego means to become egoless, to become nobody, to become a nothingness.

When there is no ego when you are not, there is silence. In that silence, the flower of love starts growing. The flower of love has the fragrance of the divine. Then love does not create any bondage for you. Then love brings joy, truth and freedom.

Then love delivers you from misery, anguish, anxiety and loneliness. Then love makes you what life intended you to be. Then one has come home.

LOVE IS OUR TRUE NATURE

We do not have to learn love. We do not need any education to learn to love. Love is our true nature. We are born with it. Love is something that we already have, but it is hindered by many things. We need to remove the hindrances for love to start flowering.

Love is the most precious gift, but we need to give it the right soil to grow. We need to give the right climate for love to expand. And as your love expands in your life, you become larger.

There are two ways to reach God: love and meditation. Some people reach God through love, joy and relationships. Other people reach God through meditation, silence and aloneness.

When the meditator reaches the ultimate peak, he finds love arising in his being. When the lover reaches the ultimate peak, he finds meditation and silence happening in his being. Then life becomes a love affair with the whole.

LOVE IS THE REAL TREASURE

Love is what makes you really rich. You can possess the whole world, but you will be poor if you don't have love. Love is the real treasure. Seek love and you will find your true being. Seek love and you will find God.

Love is not something that can be taken from you even by death. If a person is afraid of death, it shows that he has not known love.

Seek and search for love. And you do not have to go anywhere, Love is already within you. One day you will find your inner source of love, which is your true nature. In that moment, you will start overflowing with love.

In that moment not only are you blessed, then through you the whole existence is blessed.



MAN'S RELATIONSHIP TO EXISTENCE

We always feel like there is something missing. We are loved by existence. but its way of expressing that love is not understood by us. We are not open, which is why we go on missing the love from existence. That is why we always feel like something is missing.

Existence goes on pouring love over us, but we remain closed. The love from existence is our essential nourishment, so our soul is starving. Our soul is starving, which is what is missing. Our soul misses love, joy, nourishment and meaning. That is why we have the feeling that existence is indifferent to us.

Intelligent people feel that to exist is simply futile and meaningless. And the reason is not that it is futile to exist, but that we have forgotten the language to relate to existence.

Meditation is learning this forgotten language, so that one can gain feel the joy of being. We need to learn to feel that we are loved by existence, and that we are one with the whole.



A BLESSING TO HUMANITY

It is only through meditation that one can become a help to others, because meditation gives you love, consciousness and compassion. In the world the blind are leading the blind. Mankind is always in a crisis. Mankind really needs help. And today the crisis has reached a peak.

Humanity is on the verge of killing themselves through the climate crisis and constant and endless wars. The politicians, the governments and the vested interests are unconsciously preparing for a third world war, which will be the last war for humanity. Life will continue on earth, but humanity will disappear.

Mankind has always needed help, but today it is needed even more. But only a few people can be of help, who have entered deep into meditation. They have become aware of themselves, and they have come to know who they are. Through this they have become aware of the presence of God. Then whatsoever they do is going to be a blessing to humanity. Otherwise whatsoever you are going to do will create more chaos and confusion.

First, you have to help yourself. First you have to wake up, and then whatsoever you do will be a help, a blessing. If you can meditate you are bound to be a helper. You will be of service to humanity.

This is a natural consequence of meditation, because meditation brings love, consciousness and compassion.

ONLY A MEDITATOR CAN KNOW GOD

Meditation is a state of absolute silence. Meditation means no-thought, no-desire And no-mind. It happens through watching your thought process. In this silence, one comes to one's very source of being. And from there arises a new quality to your life, which is divine.

God is not something outside, it is a quality, a fragrance. It is surrounding the meditator. The meditation is like a flower, which has opened and the godliness Is the fragrance that surrounds the meditator.

Only a meditator can know God, but he does not know him as a person. He knows him only as his own being, as his own godliness. He knows him only as his own poetry, music and godliness.

LOVE IS THE BRIDGE BETWEEN MAN AND GOD

Love is the message of God. We all bring this message when we come from the heavenly abode to the earth, but we forget it on the way. We forget why we have come to earth at all, from where we have come, where we are going and what is the purpose of life.

The purpose of meditation is to remind you that you have a purpose to fulfill in life. Everybody comes to attain some meaning and to contribute some beauty to the world.

Love is the essential message that everybody brings in their own unique way. It will be delivered in different ways. Some will deliver it through music, through dancing and through teaching. But the essential message is love, because love is the bridge between man and God.

When one has become love, one has arrived home.

TRUTH IS ALREADY WITHIN US

Truth is not something, which has to be attained. Truth is already within us. Truth is already inside us. Truth doesn't mean a conclusion attained by thinking or analysis. Truth means experience arrived at through living.

Meditation is an exploration of truth. Then truth is not a belief, a philosophy or an ideology, truth is a discovery. Normally we go on rushing here and there searching for truth. But we will not find truth anywhere outside of ourselves. The only way to find truth is to stop seeking for it outside of ourselves. The only way to find it is to sit silently and look within. When we are in a state of non-doing, utterly relaxed, it happens by itself.

Truth has always been there, but you have not been there. Truth is waiting in your very heart. There is no need to go to any church or temple for truth. The real temple of truth is in your own heart.

It is such a joy to realize that which you have been searching for many lives were always present within yourself.

TRUTH IS ETERNAL

Truth is not something that you arrive at by thinking. Truth is not a conclusion arrived at by thinking. Truth is the experience of the heart. The meaning of truth is something that you arrive at through living. To arrive at truth needs a courageous heart.

Mind can only give you hypotheses. And what seem true today may not see true tomorrow. But what was truth to Buddha was also truth to Jesus.

Truth is eternal. Truth is not arbitrary. But the eternal truth can only be arrived at the heart. It can only be arrived through living. Your life has to be a commitment to arrive at the truth.



THE SEARCH FOR LOVE, TRUTH AND GOD

The search for love, truth, freedom, joy or God is really a search for a union with the whole. We are brought up in a society, religion and civilization in such a way that we are given a false identity. We have been manipulated and deceived by people who are very powerful. The politicians, the priests, the establishment, the status quo, the media and the rich do not want to lose their power and they are afraid of allowing anybody to know the truth. Their business depends on people, who are naive, gullible and ready to be deceived.

From our very childhood they create a situation, so that the child becomes aware that if he wants to survive in the world he has to compromise. This is the situation of every child. Every child comes to a point when he has to decide if he wants to survive, he has to lie and he has to compromise. If he says the truth he will get into trouble, and he will not be loved and accepted. By the time he is old enough to be truthful, he has lost all sense of truth.

The seeker of truth has to undo what the society has done to him. He has to become aware that the ego is a false identity imposed on him. He has to become aware that he is not a separate unity, and that he is part of the whole. That brings great joy. Then there is freedom without any fear.

LIFE IS GOD

Up to now the whole past of humanity has been to condemn life and The joy of life. It has been a life-negative approach to life. It is to be Against God, the divine, the whole, because life is God.

All the organized religions, Christianity, Hinduism, Islam and Buddhism, have been life-negative. They destroy the capacity to love life, and make you feel shameful and guilty about your joy in life.

Meditation and awareness helps you to become free of all shame and guilt, and find the joy in life. Meditation is to rejoice in life, and also to help others to be happy in life, because life is divine.



THE INNER LIGHT

It is only through meditation that life becomes meaningful. Without meditation life is meaningless. One only vegetates, but one does not really live. One hopes to live, but one goes on postponing life for tomorrow. But tomorrow never comes.

You can see the meaninglessness in the face of people. People are trying to create some meaning in their life. You know that this meaning is your own creation, and deep down you remain empty and hollow.

That is why people keep themselves busy and occupied with every kind of activity. They are afraid that if they are not constantly occupied, they have to face their own emptiness and meaninglessness. And that is frightening, so they never look within themselves. The whole day they are occupied.

Meditation means facing your own inner emptiness. It hurts in the beginning, but you will realize that it is just a curtain. The darkness is only the surface, and at the center of it is light. And once you have experienced your own inner light, your own being, your own eternity, the meaninglessness disappears.



IN HARMONY WITH THE WHOLE

Meditation is an initiation into the space where one starts belonging to God, the divine. Meditation is an initiation into the space where one no more thinks of oneself in egoistic terms, but where one starts thinking in terms of the whole.

When you start feeling yourself in harmony with the whole great joy arises in your heart. Harmony with the whole is joy and disharmony with the whole is misery and separation.

Whenever we a attuned to the whole suddenly the clouds on the sky disappear, and all is sunshine. Suddenly the flowers start blooming in your heart, and you are full of the fragrance of the unknown, of the beyond. But it happens only in the moment when you are in harmony with the whole.

And everybody knows these moments once in a while. It happens accidentally: watching a sunrise. listening to beautiful music, in love, out in nature or for no reason at all. - and you fall into a subtle harmony. Something inside you becomes silent and quiet. The beauty of the sunset or the music may overwhelm you, so that you for a moment forget that you are separate from life. And then you feel great joy, beauty and silence.

Meditation means to learn the art of creating situations, where it starts happening more and more consciously. It is to learn the art of creating the right conscious space for it happens, so that one day it happens but never leaves you again. This is the day of enlightenment, and one becomes a Buddha or a Christ.

That is the day of harmony, when it has become so ingrained in you, so that now there is no possibility of separation from life.

THE ART OF HAPPINESS

Man tries in every possible way to achieve joy and happiness. Man tries to achieve joy and happiness through accumulating money, by becoming powerful and by becoming knowledgeable. But these ways are doomed to fail, because they will not bring joy and happiness to you.

Joy and happiness comes only in one way and that is by becoming conscious. The more you are conscious, the more you become happy. The less conscious you are, the more miserable you are.

The more conscious you are, the more you feel at home and you are happy and joyous. You can feel the beauty of life. You are more open, loving and the world seems to be your home.

The way of awareness means the effort to become more and more conscious. Slowly, your consciousness becomes larger and larger. You become more and more joyful and happy. We are like small buds, but effort is needed to become conscious and become a flower.

Unconsciousness have been our habit for so many lives that it has almost become our nature. From this moment take the decision to become more and more conscious in everything you do, in everything you think and in everything you feel. In these three dimensions you have to become conscious and aware. Then the fourth dimension arises, which is our inner being, our true nature, our consciousness.

Once you have learned to come in contact with your inner being, you know the art of happiness.

INTUITION, THE INNER GUIDE, THE MASTER WITHIN

Wisdom comes from the heart. Wisdom comes from the innermost depth of your being, not the intellect. Our intuition is the inner teacher, the inner guide, the inner master. The old Indian scriptures say that the outer spiritual teacher is helpful to find your own intuition, your own inner teacher, your truth.

Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you.

You have to be silent, quiet, so you can listen to the still small voice within you, and then follow it. Wherever it leads, it is good. Go in deep trust, following your own voice.

The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition. If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path.

Do not compare yourself with others when it comes to take a decision about what you should do, follow the love, joy and silence of your heart and inner being. When you are in contact with your inner silence, you just know what you should do – you do not have to think about it, and you do not need not compare the pros and cons – you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead your right.

In 1982, I was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: “You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can.”

Intuition means something that arises from within inner being. Intuition is the voice of being and consciousness. It is your potential, which is why it is called intuition. Unless you have your intuition, unless you have your own wisdom, your own vision, your own clarity, your own eyes to see, you will not be able to understand the mystery of existence. To give meaning to your life, to your heart, existence has given intuition to your heart. Out of intuition arises the possibilities of art, of love, of friendship –

intuition will lead you to wisdom, to enlightenment. Then your life is a life of immense light, joy and serenity.

Intuition makes a man wise – call it enlightenment or awakening, those are simply different names from wisdom.

Intuition brings meaning to life, joy, blessings. Intuition gives you the secrets of existence, brings a tremendous silence, which cannot be disturbed and which cannot be taken away.

THE DIVINE VOICE: LISTEN TO YOUR OWN HEART

God is constantly trying to communicate with us. It is not only man that seeks God, God is also seeking man. At the core of our being, there is a still, small voice, which is the divine voice.

We have to be more silent to hear it. We have forgotten the art of listening. Our head is so noisy, so full of thoughts, desires, memories and ambitions.

God is calling us through the heart. Meditation means to make our noisy mind a little more silent and quiet, so that you can listen to your own heart and its message.



YES MEANS SURRENDER TO LIFE

A man can live life either out of an attitude of yes to life or out of an attitude of no to life. If you live life out of an attitude of no, you become a warrior. You are constantly fighting with life. Then life is just a struggle, a fight and a war, and you are constantly fighting with everybody else.

You are fighting a losing war, because you are bound to lose. One cannot win against the whole. The whole idea is stupid, because the whole is larger than you. But the struggle, the fighting and the constant war appeals to the ego, because saying no is nourishment for the ego. Struggle and fighting strengthens the ego. The ego always wants to say no.
A meditator is not a warrior. He is not fighting with anybody. A meditator becomes a meditator by dropping all fights. He is in love with the whole existence. There is no need to fight.

Love wants to say yes. Yes is nourishment for life. Love and ego are polar opposite. If you say no to strengthen the ego, the less is the possibility for love. And without love,

there is no joy in life. Without love, there is no music in life. Without love, life is an empty desert. One can fight as much as you want, but it becomes self-destructive.

Yes is creativity. Yes means surrender to life. If no means struggle and war, love means surrender to the whole. Love means trusting the whole. Love means trusting that the whole takes care. All that is needed is a trusting heart.

Learn to say yes, learn to be yes, and you will be surprised: life starts growing with such beauty that one cannot imagine it. Life becomes a joy. All that is needed on your part is to open your heart in a yes to life. Say yes to the sun, to the wind, to animals, to people, to the rain and to the whole.

THE ART OF JUST BEING:
THE KEY THAT OPEN ALL DOORS OF ALL THE MYSTERIES

God comes to you when you are absolutely silent and calm. He comes to you when there is no desire, no thought and you are not asking for anything. When you can just be, God arrives. God comes to you in the moments when there is no activity and occupation.

Take as a meditation to find as many moments as possible when you can just be. Find as many moments when there is no doer and no doing.

And then you have found the key, you have found the key that opens all the doors of all the mysteries.

OCEAN OF GOD

Meditation means to learn to surrender to existence. Ordinarily we are fighting and struggling with existence, because that is how we have been brought up. We have been brought up with the idea of fighting and being aggressive, because it is the way to compete and succeed in the world. Meditation means that we are not concerned with success. We are concerned with silence, joy, peace, truth, compassion, freedom and God.

Even if you succeed, death is going to destroy everything, so it has just been a wastage of our life. You may have power, status, money, position and prestige, but it will all be taken away by death. But if you have known love, it will go with you. If you have known joy, it will go with you. If you have known the truth, it will go with you. If you have known freedom, death cannot take it away.

These are the real treasures of life. But they can only be attained if one surrender to the whole. You have to love so totally, so that you can trust the whole. You have to love so deeply, so that you can surrender to the whole.

You have to disappear as a separate entity. You have to become part of Infinity and become a wave in the ocean of God.



THE MYSTERY OF EXISTENCE

Man can only come in contact with God through meditation. Meditation is the only way to come in contact with God. God symbolizes the whole, the universe. God symbolizes the totality of all: the sky, the stars, the moon, the sun, the people, the trees, the animals, the flowers and the earth. God is a loving symbol of all that is.

God is not a person, God is a presence. God is consciousness. When you are silent in deep meditation, you start feeling a presence surrounding you, and surrounding the stars, the people, the trees and the mountains. It is a subtle aura of light. The whole existence is radiating life, light and joy.

The whole existence is a dance, which never begins and never ends. The moment you start feeling this infinity of existence, there is nothing that you can do than bow down in gratefulness to the mystery of existence.

There is nothing else to do, but to bow down in thankfulness for the precious gift that has been given to you. There is nothing else to do, but to bow down to the precious gift that you are alive and that you can love and be loved.

Thankfulness for this gift arises when we say yes to this great opportunity. thankfulness arises when we put the mind aside, and start functioning from

the heart. That is meditation.

Meditation means to move from the head to the heart. Then God is felt, and the presence becomes tangible. Then one has to surrender to the presence. One has to become one with God.



THE EXPERIENCE OF BEAUTY

The experience of joy will for the first time give you the experience of a beauty that is eternal. It will also give you an insight into the phenomenon of beauty. This insight will not only make you beautiful, it also transforms your whole world.

Then the whole world becomes beautiful, because the world reflects you. The world is a mirror of you. The trees, the flowers, the animals, the people, the rivers and the mountains will reflect you. You cannot get more than you give.

Many people have not any beautiful to put into life, which is why they live such miserable, joyless, and bored lives. There may be a beautiful sunset, but they do not have the eyes to see it. There may be a bird singing, but they are deaf to hear it. They have no insight into beauty.

When you have an insight into beauty, you will find beauty everywhere. Then you have the eyes to see, and the ears to hear. You will find beauty in a tree, in a stone, in a flower, in an animal or in the sky. You will find awe and wonder,

and you will be thrilled and moved.

To know real beauty, one has to go into deep silence. One has to become More aware, alert and silent. Then your heart becomes purified, and you Become transformed. You start feeling yourself as a consciousness, rather than As a mind. Then there is beauty all around you. You have a silence and a grace, and suddenly the world is full of beauty.

This is the essence of religious experience. It is only a deep silence that will give beauty, which gives a deep desire to share the experience with others.



THE LIGHT WITHIN

"DID YOU FEEL THE TIMELESS, THE ETERNAL?"

The first time that Padma, Giten's beloved friend for many lives, attended satsang with Giten, she did not really know how deep the satsang was going. After the satsang she exclaimed astonished: "Did you feel the timelessness, the eternal?" She had gone so deep that it is possible in the inner being, which is the dimension of the timeless, of the eternal.

Padma described her experience of satsang with Giten: “I love satsang with Giten. Satsang with Giten is heaven. Satsang with Giten is like coming home. I went into samadhi three times during a satsang weekend with Giten - and I also got a map and an understanding for how to go into samadhi again. I was so scared that I would lose the stillness that I found in satsang in India, but I found the stillness again in satsang with Giten. Previously, I did not think that enlightenment was possible, but now I think it is possible.”

The essence of satsang is meditation. Meditation is the art of discovering the light within. Meditation is the art of discovering your own soul. It is only through

meditation that we can discover the light within. Otherwise man lives in darkness. Meditation enkindles something that is already latent in all of us, but which needs to be discovered.

Normally we are only looking outwards. We never look within ourselves, so our back is turned at our inner source of light. It is being ignored and neglected, and the only ignorance is to ignore our inner being, our source of light within.

To know the inner being is the only knowledge. All other knowledge is worthless. It may help you in the world, but it can't help you in eternity. Life is such a small and fast disappearing phenomenon. The real life is something totally different. Seventy or eighty years are nothing compared to eternity. To pay too much attention to this life, and ignoring the inner life is just stupid. But that is what the majority of people are doing, which is why the world is full of stupidity, darkness, ignorance, violence, unconsciousness, misery and suffering.

The moment we turn our attention within ourselves, it enkindles a light within. Turning our attention within enkindles a light inside, which knows no end. Once it is enkindled, it starts to spread. First it fills you, then it starts spreading outside you, and ultimately it fills the whole universe.

Those who attains to that state, where the inner light becomes as vast as the universe has become an enlightened one, an awakened one, a Buddha, a Christ.

THE JOURNEY OF MEDITATION

Meditation is the beginning of a long journey. If you allow the journey much can happen, but it depends on you and how much you allow. It is difficult to allow, because it needs trust. It needs trust, because the journey includes challenges and taking risks.

It is a journey from the known into the unknown. They journey moves into unknown territory, where you have to leave the ego aside. You have to leave your strategies of self-defense, resistance and security. You have to leave the shore on which you have lived and move towards the vast ocean.

If one takes the risk of dropping the ego, the other shore is reached immediately, so be ready for the ultimate journey, and be fearless in absolute trust.

THE WORLD OF LOVE

Love happens only when you can put aside your ego. To move into the world of love, a prerequisite is to drop the ego. The beginning of love is when one says: "I am not - You are." The highest point of love is when the "you" also disappears, and the "I" and the "you" both disappear.

Love between two people is like learning to love in shallow water. You don't begin to learn in deep waters. But one you know how to love one person, you can go into deeper sweaters.

Love between two people is a lesson for the higher love: love between you and the whole existence. A person who have not loved individuals cannot love God. God means the whole, existence. There are people, who think that they love God, but they do not love other people, but that is not possible.

Start loving people, and then slowly move to higher love. If you can love people, if you can love trees, animals, rivers and rocks, then you are capable of loving God. And then God will be the whole, the whole existence.

And then love needs only one thing: that you die as an ego. Then you are born as a soul.

THE GREATEST MIRACLE

LOVE TRANSFORMS THE SOUL INTO A REALITY

The essence of religion is love. It is very simple. No rituals, ideologies and dogmas are needed. It is a very simple approach towards life. The seeker of truth has to be in a love affair with existence.

The question is not whom you love, the thing that matters is that you should love twenty four hours a day. Your love should be like your breathing. Love has the same relationship to the soul as breathing has to the body. Sometimes you are loving with a friend, sometimes you are loving to a tree and sometimes you are loving to a river.

The soul exists through love, but many people don't have any soul, because they have never started to love. Many people assume that they have a soul, but it is only a potential. If they start loving, their soul will become a reality. Love transforms our potential soul into actuality. It is the greatest miracle of life. It is the greatest mystery of life.

There is nothing higher than love. Love is a relationship with the whole. Love is a friendship with everything. Society has not prepared us for it. On the contrary, society has prepared us for hatred, power, ambition, violence, jealousy, possessiveness and domination. Society has prepared you for all kinds of ego trips, but it has not prepared us for love. Love goes against all these things. A loving person cannot be an egoist. That is poison for love. It will kill the spirit of love.

One need not be a Christian, a Hindu or a Mohammedan to be religious. All that one needs to be religious is to be loving. And through love the soul is born. Suddenly you start feeling a new quality inside your being. A new door has opened to the shrine, where your center of life exists. And it slowly fills your whole being with life, love and light.



LOVE IS ETERNAL

The love that we know is momentary. One day it is there, the next day it is gone. The momentariness shows that it is not real love. It can be many things, but it is not real love. It can be sex, a psychological need, the fear of being alone, an effort to remain occupied with another person or the need to fill one's loneliness and emptiness.

If it is real love, the most essential quality would be that it is everlasting. Once you have tasted eternal love, timeless love, it will transform you. Then you are no more part of the mundane world. You have entered into the sacred world. You go on living in the same ordinary world, but you become more ordinary than before. You lose all pretensions. You forget about being somebody.

You become utterly ordinary. In that ordinariness, there is a silence, a grace and a beauty. You become full of light, because you are full of love. You are always ready to share with others, because you have found an inexhaustible inner source.

This love has nothing to do with relationships. The love that is eternal relates, but it never creates relationships. It relates with the trees, with the wind, with the animals, with the people, with the earth and with the sun. Relating is like a flowing river, while relationships are something stagnant, which has stopped growing. And when something has stopped growing, you start feeling bored, because you start losing contact with life.

Life is always like a river, but you are tethered to something: a wife, a husband, a relationship. Man's greatest joy is to be free. And a relationship is creating a situation in which that freedom is lost. A being is alive when it is becoming. Being is becoming. If you stop becoming, your being becomes like a rock.

You have to know the difference between relating and relationships. This is true about both life and love. Never lose your freedom. And never destroy anybody else's freedom.

A real religious person remains free, and he helps people who come to him, to be free. He never possesses anybody, and he never allows anybody else to posses him. Then life becomes a constant growth, which goes higher and higher.

THE HEART IS THE VOICE OF GOD

Happiness only happens in the heart. It is only in the heart that anything of real value, of eternal value, grows. It is only in the heart that love, joy, silence, truth, compassion, freedom and God grow.

The functioning of the heart and the head are totally opposed to each other. Happiness never happens in the head. The head is like a desert. Nothing grows in the head. And we are trained for the head, which becomes a problem in our life.

The head is based on doubt, and the heart is based on trust. Our whole training in the education system is doubt, thinking, logic, reasoning and questioning. That is not the way of the heart. There is very few people, who actually know that the heart exists. For many people the heart is just a metaphor, and at the most the heart is a mechanism for the blood.

But that is not the heart that the mystics have talked about. There is a center deep inside you, and that center can only be known through trust. Meditation is a jump into trust. It is a love affair with God, the divine. The head will condemn it. But don't listen to the head. Listen to the heart. The heart is the voice of God.

WISDOM OF THE HEART

Wisdom happens through the heart. Wisdom is of the heart, not through logic. When the heart is open with love, when the heart is surrendered to life, then a new insight arises in you, which is a deep understanding of what life is really all about. It is a deep understanding of who you really are. It is a deep understanding of why this existence really exists.

All the secrets of life are revealed through the heart, but not through logic. God, the divine, existence, has a direct connection with the heart, but has no connection with the head.

If one wants to approach God, the divine, the way goes through the heart. Once you have known the wisdom of the heart, then you can use the mind In service of wisdom.

Move your energy from the head to the heart, and as your love grows, wisdom will descend on you.

IN CONTACT WITH GOD: ACCEPTING THE INVITATION OF THE INFINITE

Science believes only in matter, because it believes only in the measurable. Matter can be measured. That which cannot be measured, science simply denies. It does not exist. So love, truth, freedom, beauty and spirituality do not exist. That denying is a self-defense, because to recognize the immeasurable means to allow the mysteries of life, which is what really makes life worth living. And science is very afraid of the mysterious, which is very disturbing.

Religion is not afraid of the immeasurable. Religion takes the challenge of the immeasurable. When you are ready to take the challenge of the invisible, for that which is beyond logic, beyond words, for that which can never be measured, is to take a quantum leap. It is only because a few people, who took the quantum leap that humanity has not lost contact with God.

Meditation means taking the quantum leap into the unknown. It needs courage because you are going into a journey into the infinite, you are going on a journey to the ocean.

And those who cling to the shore, who are afraid of the ocean, may live in comfort and security, but they lose the great challenge and opportunity of life, of becoming mature, of entering into God.

Meditation is a challenge. It is accepting the invitation of the infinite.

THE BIRTH OF THE SOUL: LOVE AND MEDITATION

A man without love has no soul. He lives a soulless existence. A man without love is not really a human being. A man becomes a man only when he comes in contact with the heart, and his heart starts pulsating with love.

With love man is no more an animal. Without love man is just an animal. Love is what brings a new quality, a new consciousness in our life. Out of hundred men, eighty do not know what love is. It is rare individuals that come to know what love is.

The real man requires two things: love and meditation. Love gives you a glimpse of the silence of meditation. Love makes you silent. When two people in love meet, they may sit and hold hands in silence. Love is a natural kind of meditation.

Love as deeply as possible, because the deeper you love becomes, the richer becomes your inner being. Do not only love people, but birds, trees, animals and rivers, because they have different planes of existence.

Love as many people as possible, because each person is unique and each experience is unique. This will make you multi-dimensional and your life will become more enriched. This enrichment is the birth of the soul.

DIVINE LOVE

Love is the most divine quality. When you grow in love, you are growing towards God, the divine. When you stop growing in love, you stop growing.

Some people go on accumulating money, power, status, position and knowledge. It is wasting life to collect trivia. It is only through love that something starts happening to your being. A new joy fills you from within, a new light dawns on you and a new awe and wonder about life starts moving through you.

You begin to look into existence through the heart, which is the true Window to life.

LOVE IS TRUE WISDOM

The heart is the source of love, truth and wisdom. The whole education system is based on one strategy, which is to teach people how to ignore the heart. It condemns the heart, it condemns feelings and it appreciates thinking and logic.

Love is true wisdom. Logic is empty compared to the heart. It has no soul in it. It is only love that can fulfill one. It is only love that can give real meaning to your life. It is only love that can give you authentic growth.

To move from the head to the heart is wisdom. That is the journey of a meditator.

LOVE IS YOUR INNER LIGHT

Love is another name for your inner light. Life becomes dull without love. Life is dark without love. With love life becomes full of light. When your inner light burns bright, love, joy, truth, intelligence and creativity arises - and life becomes full of beauty and meaning.

Life is life only when love is burning bright inside you; life is life only when love is so bright that it starts radiating around you, and it starts reaching others. Then it is not only a blessing to you, it is also a blessing to everybody else.

A real man is enrichment to the world, to existence. He contributes much. And unless you contribute something, you will never feel joyful.

It is through contributing something to existence that you become creative, And you participate in the work of the creator. To be creative is to be part of God.



MEDITATION IS THE ONLY DOOR TO THE DIVINE

Meditation is the only experience that gives you proof of the existence of God. Logic, philosophy and theology cannot prove God. Even a man like Buddha said that all metaphysics is nonsense. He said: Don't argue about God, because there is no way to prove or disapprove. Instead put your energy into meditation - and then see what is there. When we can experience, there is no need to believe.

Meditation is the way to know existence as divine, as godly. You will see the whole existence as godliness. In that godliness you are also Included, because everything becomes part of the divine organic unity.

The only way to know is meditation, because meditation takes you beyond thought. If you remain in thought, your remain within the boundaries of logic, philosophy and theology. When you move beyond thought, you go beyond philosophy - and that is where religion begins. Meditation is the only door towards godliness, the divine.

THE REAL TREASURE IS WITHIN OURSELVES

Meditation is not something new. It is not something added to you, it is not an achievement. You already have it. Meditation is your inner being.

But we have never explored our inner being. Man explores everything. He will go to Mount Everest and he will go to the moon, but he will never think of going within himself. That is the basic problem for man, which creates all misery.

The real treasure is within ourselves. Unless one explores the inner treasure and unless one enters the treasure of one's own being, one's life becomes a wastage. We are losing the challenge and opportunity of life, and we are not even aware that we are losing the golden opportunity of life.

Man is searching for his own inner treasure, but he is seeking in the wrong direction. By going to Mount Everest, he is really trying to find the highest peak of consciousness, but the real treasure is within yourself. The only treasure worth searching for is your own authentic nature, your inner consciousness.

Once this search becomes a conscious commitment, then your inner search will not fail. Those who have allowed this commitment to become their greatest decision of life, have always reached to their inner authentic being. And then, an inner light explodes. One suddenly comes to know what life is and what the meaning of life is.

THE MUSIC OF SILENCE

Joy is the fragrance of meditation. Meditation means becoming more silent. Joy is possible only if we become silent. All that is needed to become silent is awareness.

When we become aware and can watch, we find the music of silence. We can watch whatever is happening inside, and the moment it evaporates we are left with a deep silence. Then we have gone beyond, and we have reached beyond time. Then we realize our immortality.

Religions have not been able to create a synthesis between silence and joy. They have failed in creating the whole man, because a man can be silent, but if he is not joyful his silence becomes cold.

Society prefers cold silence, because then you are not a trouble to anyone. Society does not want you to be alive. Society wants you to be an efficient machine. Society is more interested in mechanical efficiency than in human growth.

Therefore society goes on preaching to people to be silent and obedient. Then people lose their freedom, intelligence, joy, truth, love and courage. He loses his whole being to become a convenient cog in the wheel of society. The more powerful the society, the establishment, the media, the vested interests and the rich becomes, the more they become a threat to humanity and the more people will become enslaved.

The seeker of truth has to create a synthesis, where inner silence and outer joy is developed. Then your being is rooted in wholeness. To know it is to know God. To know it is to know all.

THE DIVINE HEART: THE SILENT REVOLUTION OF THE HEART

There is only one revolution in the world that has not failed, which is the silent revolution of the heart. But that happens very rarely. It happens in the individual heart. Awareness is what brings the silent revolution of the heart.

The heart can either exist in light or darkness, in love or fear and in consciousness or unconsciousness. When we start changing the heart from darkness to light, from fear to love and from unconsciousness to consciousness, the heart goes through a radical change. It is no more a human heart, it becomes a divine heart. Then God beats in the heart. Then God worlds through the heart. God flows through the heart.

Then you live in a totally different way. Your life become love and compassion. And whomsoever you come in contact with will be affected by it. Then you will create ripples around you, which will affect the social and economic structure of the world.

If many people are changed, it will affect the world. But first we have to change our heart from darkness to light and make it full of light.

YOU ARE DIVINE

From this moment start thinking about yourself in terms of being divine. For three hundred years science has been telling people that human beings are nothing but animals, which have penetrated deep into our blood and bones.

But we are not animals, we are divine. Real religion is the vision of man being divine and of the universe as being divine.

The world needs again a real religious vision. Religion looks from the highest point and makes the highest point the decisive factor, while science looks at the lowest denominator and makes it the decisive factor.

From this moment make this your vision: you are divine and so are the universe. With this vision it is easy to grow and move upwards towards the divine.

BECOMING PART OF GOD

Learn to love and worship nature. Learn to go into the nature and the forest, go to the river and go to the ocean. Going into nature, you are going to something made by God.

God is closest when you are close to his creation. When you go to a church or a temple, you go to something man-made. To love and worship God's creation is the only way to worship him.

God is invisible, but his creation is visible. His creation is a bridge. Worshipping his creation, you become aware of his presence. He is present in a tree, in an animal, in a rock, in a man and in a woman. And the moment you are able to feel it, it deeply transforms you. You become part of God.



GOD IS ALL

God is truth. God is Love. God is joy and God is beauty. God is all the ultimate values. God is all.

When you focus on one aspect of God, it becomes a door to God. Some enter From the door of truth to God. The seeking and search for truth. Some enter from the door of love to God. And some people enter through the door of beauty to God.

So truth, love and beauty has become the meditation for people to find the door to God. The more they contemplate the truth, love or beauty, the closer they come to God.

So when you see the beauty of a flower, the beauty belongs to God. When you are lost in the beauty of existence, you are lost in infinity.

GOD IS ALWAYS HERE AND NOW

Meditation is the art of learning to live in the present moment. Meditation is to live in the here and now. Meditation means the new and the fresh.

Meditation is the art of not living in the past, which is already gone. Meditation is the art of not living in the dreams and fantasies of the future, which has not happened yet.

Meditation means to live moment to moment, neither bothering About the past nor about the future. It is to live in the present moment. It means to live in the here and now.

When you let your past and future disappear, your whole presence and energy pours into the present. This is the only way to meet God, because God is always here and now.

This will make you aware and alert. This will keep you young and fresh. And the more aware you are, the more you will know the beauty of existence, the joy of existence and the mystery of it all.

YES AND NO TO LIFE

One cannot grow when one is in sadness, misery and says "no" to life. One can only grow when one is in joy and says "yes" to life. When one is miserable, the being shrinks and says "no" to life. When you're sad, you become closed and you close all windows and doors to life. You cut off from everybody and everything,

Growth becomes impossible, because growth openness. In joy, you open up and all your windows and doors open to life. You are open and available to the wind, the rain, the sun, the people and to existence. In that meeting with existence growth happens.

Joy is the first step to growth. Only then there is a possibility of prayer. Prayer is a yes to life. Prayer is the highest state of love, which is a trust to existence.

Prayer is a thankfulness to existence. Prayer is a love affair with the whole. Prayer is a love affair with the trees, the stars, the rivers and the mountains. Prayer is a love affair with all that is. Prayer is the peak of life.

A TOTAL YES TO LIFE

The ego only know how to say no, but when the ego disappears there arises a total yes. It arises a total yes to life, a total yes to all that is.

The seeker of truth develops the capacity to trust. It is the capacity to love so much that he disappears in his trust and love. The capacity to trust is being in a love affair with existence. It is the capacity of not feeling separate from the whole, but feeling one with the whole.

The moment that one can feel one with the whole, the ego dies and one is born anew as a soul. The birth of the soul comes from a total yes to life.

MEDITATION IS THE ONLY WAY TO TRUTH

Man can only come to truth through meditation. Mind has not the capacity to know truth. Mind can theorize about truth, but it cannot reach to truth. Mind is needed to relate and communicate to others, but truth is your being. Mind can never reach to your being.

Truth happens only when you fall into a deep silence, and you forget the whole world. In those moments of deep silence, truth is revealed. Truth is not a conclusion of the mind, but an insight of the no-mind.

Meditation means to turn within. The mind is always turning out. Meditation is turning within to your being, your consciousness. In your consciousness, there is no thoughts, no desires. In the center of your consciousness, the mind stop functioning. You are simply silent, aware and watchful - you simply *are*. In this state, you are truth. And once you have experienced truth, it starts changing your whole life. When you know truth, you cannot be untrue. And truth is very simple.

A seeker of truth has to take the decision to find one's truth. It is a commitment to devote your life to finding my truth. Nobody can give you the truth, but meditation can open the door to truth.

Once the decision to find one's truth is taken, it becomes a conscious, decision, and it becomes your focus in life. Then you have to put the unessential aside, and you have to put the energy into the essential. Then truth is not far away.

JOY IS THE CONSEQUENCE OF CONSCIOUSNESS

Man ordinarily lives in a state of unconsciousness. He is aware in a very minimal way. He is not conscious. The common man, the unconscious masses, the collective mob, as he has existed for centuries is mechanical.

It is only through consciousness that you can go beyond the mechanicalness. That is our spiritual birth. Through our parents we are only given the biological birth, but not the spiritual birth.

The spiritual birth comes only through the spiritual teacher. With the spiritual teacher a totally different journey begins. You are given a new birth, a new dimension, the spiritual dimension.

The work of the spiritual teacher is to bring consciousness of his being to the student. Very few people have attended to their spiritual selves. Everybody has the potential, but people never work on it, so it remains a lost potential.

The potential can become actual, so take a conscious commitment that Your life from now on will become more and more conscious. When glimpses of consciousness start arising in you, joy will follow each moment of consciousness. As consciousness deepens, joy deepens. Joy is the consequence of being conscious.

COMMITMENT TOWARDS TRUTH

When a man has taken a commitment towards his truth, society immediately becomes inimical towards him. Society starts taking revenge. It cannot forgive, because society lives on lies, and the man committed to truth becomes a danger to all the vested interests. So many men who have devoted their life to discover truth has been killed.

Man has not changed much. Much progress has happened technologically and scientifically, but psychologically and spiritually man is as primitive as ever.

A man devoted to truth will be harassed, but one thing is beautiful: the more you are harassed for truth, the deeper becomes your love for It, the more you start becoming a soul. The more you are harassed. the more you become committed to truth.

YOUR BEING IS ROOTED IN GOD

Meditation is the door to the divine in man. There is nothing more godly than meditation. In meditation you slip out of the mind, and you exist in your being, in your innermost core. Your being is rooted in God, the divine.

Every consciousness is rooted in God, because God means the ultimate consciousness. Meditation is the bridge that takes you to the very source of your being.

Once you have tasted the joy of being, then everything in life becomes divine.

SILENCE IS THE DOOR TO GOD

Silence is the door to God. Mind is the door to the world. Silence is God, mind is the world. Mind means a constant traffic of thoughts, desires, ambitions and memories.

Beyond the mind there is a silent point in your being, where no thought ever arises. It is a silent point, where you are utterly alone. That silent point of your being is the whole search of religion.

The day that you have discovered it within yourself, you have discovered God. Discovering the silent point within yourself, you have discovered joy, love and truth. You have discovered all that is worth searching for. Discovering the silent point within yourself, you have discovered that which is deathless, timeless and eternal within yourself.

GOD IS ALWAYS HERE

Meditation means the cessation of the self, of the ego. The ego is what separates us from existence. The moment that the idea of one's separation from existence disappears, God appears immediately. God is always here. It is just that the ego is functioning like barrier, so that you cannot see God.

Once the ego disappears all the values of life go through a radical change. What was important in life before is no longer important, because all that was important before was nothing but nourishment for the ego.

Now something else is important, which is that which nourishes the being. You are now not the same person as before. Something at the inner being, at the core of ourselves, has become full of light, of joy. It starts radiating in your life, it starts reaching to people. It triggers the same process in other people's lives also.

Meditation is the way to enlightenment, where the ego is dissolved into the whole. It is the way to where the small drop disappears into the ocean.

MEDITATION IS THE WAY TO BECOME A BLESSING TO YOURSELF AND A BLESSING TO OTHERS

The only real help for yourself and for others is meditation. Meditation helps you to become rooted in your inner being. You can only become a blessing to yourself and for others through meditation. If you are not rooted in your being, you are bound to do harm to others even if you want to do good. All the do-gooders who want to help others have done much harm, because what they want to bring to others they themselves don't have.

They want to share love, but they have not love in their own hearts. They want to share compassion, but compassion comes only through meditation. They want to serve others, but service is only possible when the ego has disappeared. Otherwise service to others just becomes an ego-trip.

Once you are settled in your being, service will come by itself like the fragrance of a flower. Meditation has to become the center of your life, and then everything will become possible.

LOVE IS YOUR NATURE

Jesus says: God is love. And if God is love, then all is love, because all comes from God. If the source is all, then everything is love.

But society lives on hate, anger, greed, ambition, violence, anger greed, violence and war. Up to now that has been the way of society. It is very animalistic. Animals are very innocent, so even animals are not so ugly.

Remember that you are love. Society tries to make everybody forget that you are love. Meditation means to be initiated in love. The fragrance of meditation is love. If you can love, God is not far away. Then God becomes the heartbeat of your being. Wherever love is, God is. Love is the fragrance of God's presence.

Remember that you are love, and destroy the conditioning has created to make you forget that love is your reality, that love is your nature.

THE BIRTH OF THE SOUL: LOVE AND MEDITATION

A man without love has no soul. He lives a soulless existence. A man without love is not really a human being. A man becomes a man only when he comes in contact with the heart, and his heart starts pulsating with love.

With love man is no more an animal. Without love man is just an animal. Love is what brings a new quality, a new consciousness in our life. Out of hundred men, eighty do not know what love is. It is rare individuals that come to know what love is.

The real man requires two things: love and meditation. Love gives you a glimpse of the silence of meditation. Love makes you silent. When two people in love meet, they may sit and hold hands in silence. Love is a natural kind of meditation.

Love as deeply as possible, because the deeper you love becomes, the richer becomes your inner being. Do not only love people, but birds, trees, animals and rivers, because they have different planes of existence.

Love as many people as possible, because each person is unique and each experience is unique. This will make you multi-dimensional and your life will become more enriched. This enrichment is the birth of the soul.

THE STILL INNER VOICE

God speaks from your innermost core. God speaks through the still, small voice from within ourselves. But we are in such an inner turmoil that we don't hear the still, small voice from within ourselves.

Meditation means to learn to still the mind, so that we can hear the inner voice. Once we can hear the inner voice, no other guide or outward authority is needed. Then God, the divine, is our guide.

He will continuously direct you to what is right. Then you have for the first time found the guide, the true spiritual teacher.

LIVING IN FREEDOM: THE HEART KNOWS FREEDOM

The definition of meditation is to learn to live in freedom. Meditation means to break all chains and destroy all walls that surround you. Meditation is to come out of the prison of the mind into the open sky of the heart.

The heart is capable of knowing freedom. To be free one has to move from the mind to the heart. Living in the heart you learn the ABC of freedom. You go beyond the boundaries step by step, and you taste the beauty of freedom.

THE LANGUAGE OF FREEDOM: ENTERING INTO UNIVERSALITY

Meditation is the beginning of freedom, freedom from politics, freedom from religion and freedom from bondage. It is to enter into universality.

A meditator is not identified with a certain country He is not Swedish, Indian or American, he is simply human. He is not white or black, because he is not the body. He is not Christian, Hindu or Mohammedan, because ideology belongs to the mind and meditation is to transcend the mind.

All social forces are against individual freedom. Society destroys individuals, so one has to know the strategy to escape from the prison of society and the church.

Meditation is the way to come out of the prison, and learn the language of freedom. It changes your consciousness, it changes how you see things. And the freedom that has always been within you become released, which changes you at your very roots.



ONE WITH THE OCEAN

When you become one with God, when you exist in harmony with the whole, your life becomes a joy. The moment one becomes harmonious with God, one has found the divine within oneself. Jesus says: "I and my father In heaven is one."

He is crucified because of this great statement, because the small minds cannot tolerate it. Truth have suffered much, because people are so mediocre. They cannot rise a little higher to see the truth. Before one can understand the truth, one need to go through a radical change. One needs eyes to see and ears to hear. One needs a new vision.

Without God we are small and tiny, and we are struggling against a vast universe. The spiritual journey means to decide: from now on I will get more and more in tune with the whole. I will not try to remain separate from the whole. I will not try to be an isolated island. I will become one with the ocean.

HELPER OF MANKIND

One can become a helper for two reasons: joy or misery. One can be interested in becoming a helper to avoid one's own misery. 99 % of public servants are public servants only to avoid one's own misery. But a person who becomes a helper out of misery is never really a helper, instead he harms people. You can only give people that which you have got. If you are miserable you will create misery in other people in subtle ways, which you are not even aware of.

Politicians and missionaries of all religions go to help people, but they simply create misery for others. In the name of service they destroy people's confidence, joy, self-respect and integrity. In the name of service, they create guilt in people, so that they lose all joy and confidence. They start feeling that they are sinners, and their lives become joyless and a burden. And this is all because of the people who wanted to help them. Political and religious people have been harming and poisoning people, because their own ego and misery is the basic cause of their help and service.

Only a joyful person can be a helper of mankind, because a joyful person can accept people with all their limitations. He can understand out of compassion. But people have been condemned for small things, because the ego and the misery of the helper want to create more problems for people. He destroys the integrity, joy, dignity and beauty of human beings.

God means compassion. Real service always arises out of joy and compassion. Meditation is the way to find a joy within yourself without outer reasons. When you are joyful, you are bound to share it. And when service comes out of joy and compassion, it has a grace and beauty of its own. It has something of the divine. It has the touch of healing.

SERVANT OF GOD

It is through the grace of God that one is saved. The spiritual journey to God consists of three steps: let-go, grace and to become a servant of God. Unless God saves us there is no way to be saved. To understand that man is helpless is of great significance. The deliverance is through grace, not by our efforts. Our efforts will come out of ignorance. It is through the grace of God that one is saved.

All that is required on our part is to let-go and allow him to save us. But very few people allow God to save them. They resist, the fight and the struggle. Once you let-go and allow God to save you, you become a servant of God. Once you are saved you have to serve.

TO BE IN TUNE WITH THE WHOLE IS JOY

Man lives in a disharmonious way, because his effort is to live as an entity separate from the whole. He is trying the impossible, because he is part of the whole and can only be part of the whole.

The idea that "I am separate" creates a disharmony between you and the whole. This is the fundamental source of misery, because you are never in tune with the whole. Something always seems to be missing, and there is always something between you and the whole. That which stands between you and the whole is the ego, the idea of being separate. Let go of the ego and you will be in harmony with the whole.

To be in tune with the whole is to say yes to the whole. To not be in tune with the whole is to say no to the whole. To live in tune with the whole is joy. And not to be in tune with the whole is misery.

The seeker of truth has to do one thing, which is to die as a person and to be reborn as part of the whole. Then the sky with all the stars is yours. You are no more confined, you become unbounded, and you become infinite.

And that is the goal of life, to become unbounded, infinite, because only then there is silence, love, joy, truth, compassion, freedom and grace.

GOD LOVES YOU

Joy and happiness immediately happens when you remember that God loves you, that you are fulfilling a purpose in existence and that in your own small ways you are working for God. The moment we realize this joy arises in our heart.

Then life is no more meaningless. We are messengers of God, and we are doing something greater than ourselves.

Remember this more and more, so that it becomes a constant undercurrent in your consciousness. You will start flowering, and just to know that God loves you kindles a light in you, which cannot be extinguished by external forces.

MEETING WITH GOD: THE ULTIMATE MEETING

Meditation is the science of the inner world. It is an effort to raise your consciousness to its potential. When your consciousness has risen to its highest potential, silence, love, joy and truth starts descending on you and God starts hovering around you.

For the first time you know that you are eternal, immortal and that nothing can destroy you. You know that there is no need to be afraid. When fear disappears, only then you can start living. Fear and guilt paralyses people, and that is what all the religions have been doing to control and exploit people.

Meditation gives you a totally new vision of religion, which is not based on fear, but fearlessness. It is a vision of religion, which is not based on dogmas or beliefs. Meditation is basically the science of going in and waking up your soul.

The first step is the most difficult, but once the first step is taken, your consciousness goes on growing on its own. Soon your consciousness becomes like a huge oak tree with many branches.



GOD IS LOVE

Love knows how to forgive, Love does not judge. Only love can forgive, because the essential core of love is understanding and compassion.

All ideas of sin, hell and eternal punishment are inventions of pathological and sadist religious people. God is love, so there cannot be any hell and punishment.

God is love, so don't live out of fear and guilt. Fear closes you, and does not allow you to live. All religions have made you afraid. They have made you afraid and guilty. They have made you afraid of joy in life.

If you are afraid to commit sins and mistakes, you cannot live. Then the whole joy and the adventure of life is destroyed. That is what the so-called religions have done: they have made you afraid to live.

When you can live with joy, you have the courage to live fearlessly, you have the courage to adventure and to explore all possibilities that life makes available. God is love, so there is no need to be afraid.

LOVE IS THE SECRET

Love accepts you as you are. Love knows how to be compassionate. Love knows how to accept the limitations of human beings. Love knows that nobody is perfect. It is only unloving people, who demand the impossible. They demand perfection. Real love knows how to accept a person with all his limitations and with all his imperfections.

The more you love, the more you can just be. And to just be is to be religious. Love is the secret, which transforms your being into a blessing to yourself, to others and to existence.

IN CONTACT WITH GOD: ACCEPTING THE INVITATION OF THE INFINITE

Science believes only in matter, because it believes only in the measurable. Matter can be measured. That which cannot be measured, science simply denies. It does not exist. So love, truth, freedom, beauty and spirituality do not exist. That denying is a self-defense, because to recognize the immeasurable means to allow the mysteries of life, which is what really makes life worth living. And science is very afraid of the mysterious, which is very disturbing.

Religion is not afraid of the immeasurable. Religion takes the challenge of the immeasurable. When you are ready to take the challenge of the invisible, for that which is beyond logic, beyond words, for that which can never be measured, is to take a quantum leap. It is only because a few people, who took the quantum leap, that humanity has not lost contact with God.

Meditation means taking the quantum leap into the unknown. It needs courage because you are going into a journey into the infinite, you are going on a journey to the ocean.

And those who cling to the shore, who are afraid of the ocean, may live in comfort and security, but they lose the great challenge and opportunity of life, of becoming mature, of entering into God.

Meditation is a challenge. It is accepting the invitation of the infinite.

GOD'S POWER IS LOVE

Man's power is ugly and violent. Man's power is ego, which is a separation from life. God's power is love. For man's power to be love and creativity means egolessness. It means to be egoless, so that God can flow through you. It is to allow God to pass through you like the wind passing through the trees.

It is to allow and not hinder God's ways. It is to give him total acceptance. It is to become an instrument, a medium and a vehicle, so that you become a flute through which God can sing. And when God can sing through you, there is love, power and creativity, but it is not yours, it is God's.

But you have to disappear as an ego for it to happen. The spiritual journey is the commitment to allow the ego to evaporate. Then all power is God's power.

LOVE ARISES AS A FRAGRANCE OF FREEDOM

Man lives in a bondage, which is self-created. It is not created by others, it is created because we are afraid of the insecure. We create a security box around us, which gives a feeling of safety, warmth and cosiness.

We never explore and go beyond the boundaries of the safe and secure. We go on moving in a circle of the familiar. Our lives knows no growth, because growth happens when we move out of the security box.

Freedom is not possible, because we have created our own prison. We can get out of the prison any moment, but it needs courage. Nothing is more important than freedom, because out of it comes everything that is valuable in life. Love arises as a fragrance of freedom. Joy arises out of freedom. Meaning arises out of freedom. For the first time life becomes a joy. And one is constantly moving beyond the known into the unknown. Life becomes a challenge and an adventure.

But we have made life a dragging affair. Life is insecure. There is no safety in life. We are so obsessed with safety and security that all our windows and doors are closed to life.

Freedom means love, joy, risk and adventure. In the beginning one feels afraid, but once you become attuned to the joy of insecurity, you will never look back.

IN FREEDOM IS JOY

Joy needs both strength and courage. Cowards cannot become joyful, because they remain part of the unconscious crowd. The unconscious crowd cannot be alone, and always wants to follow the crowd. He feels safe and secure when he is surrounded with people.

The crowd is miserable and expects you to be miserable. If you are joyful and happy, the crowd thinks that something is wrong with you.

One needs courage to get out of the conditioning and the structure that the society and the unconscious crowd impose on you. A slave knows nothing of joy. One needs to have the strength to resist slavery, because it is only when you are free of slavery and social conditioning, that your heart starts to dance and life becomes a joy. In freedom is joy, and in freedom is God, the divine.

THE HEART HAS A DIRECT CONNECTION WITH GOD

The mind is doubt. Doubt leaves you tired and exhausted. That is why so many people in the world look so sad and serious. Existence is not serious. Look at the trees, the birds, the flowers, the animals, the rivers and the stars. The whole existence is joy and celebration, except for man because only man has the freedom to choose between living in the mind and living in the heart.

And man has chosen to live in the mind, because the mind helps in the world to have money, power, position and possessions. But it destroys everything that is really worth having in life.

We have to choose the heart. Once we have chosen the heart, trust, silence, truth, friendship, trust, compassion, creativity and freedom starts flowering. And just as you bring light into a dark room and the darkness disappears, the same happens with the heart. Suddenly your life is full of life, light, joy and truth.

And then all doubts disappear. The heart never doubts, the heart simply knows. God is self-evident for the heart. The heart has its own approach towards reality. The heart has a direct, immediate connection with reality, with God.

Be in the heart, live through the heart. Nourish the dimension of the heart.

SPIRITUAL GROWTH

If you want to grow spiritually, work upon yourself is needed. Spiritual growth is not a hectic kind of work, but a consistent work. One never knows at what point the breakthrough in spiritual work will happen. One has just to go on. It happens differently for different people.

A few people need a little effort, it depends on how much you have done in past lives. If you have worked on yourself and your inner being in your past lives that work is never lost. It will remain with you and whenever you start working again on your spiritual growth, you can start on a higher level.

A few people who have worked on their spiritual growth in past lives may just have a little crust of ego left to be broken, and others may be carrying hard walls of ego. There are people who are just beginning to work on their spiritual growth in this life, and who have not worked on themselves at all.

Some people need to be patient and focused in their spiritual growth, and a few people have put their energies together and worked hard and patiently without hankering for quick results. Spiritual growth is not like a seasonal flower, it takes time and patience to flower.

ONE WITH THE OCEAN

When you become one with God, when you exist in harmony with the whole, your life becomes a joy. The moment one becomes harmonious with God, one has found the divine within oneself. Jesus says: "I and my father in heaven is one."

He is crucified because of this great statement, because the small minds cannot tolerate it. Truth have suffered much, because people are so mediocre. They cannot rise a little higher to see the truth. Before one can understand the truth, one needs to go through a radical change. One needs eyes to see and ears to hear. One needs a new vision.

Without God we are small and tiny, and we are struggling against a vast universe. The spiritual journey means to decide: from now on I will get more and more in tune with the whole. I will not try to remain separate from the whole. I will not try to be an isolated island. I will become one with the ocean.

YOU ARE PART OF THE WHOLE

Man has to disappear for God, the divine, to be. One has to be ready to drop the ego, as a separate entity, only then one can feel the whole. And to feel the whole is to be religious.

We are all small rivers on our way to the whole, to the ocean. Meditation is the only way to allow the whole to descend on you and take possession of you. Meditation is like river disappearing into the ocean. Meditation means a river ready to dissolve into the ocean.

Meditation means to drop the ego. One no more thinks of oneself as separate, one becomes part of the whole. Then there is no fear anymore. Not even far of death, because fear of death is part of the ego. Now there is no more death for you. You have moved into infinity, into the eternal, into the immortal.

This means to embark on the greatest adventure in life, which is our real destiny in life: we are to disappear as we are to become that which is our real destiny: the whole.

And with that become all benedictions: silence, love, joy, truth, compassion, freedom and grace. Infinite joys start showering on you and they go on showering.

THE DIVINE ROCK

A rock seems to be the most material and undivine thing in existence. But even the rock has its heart, even the rock has its soul. Even the rock is divine. Even the rock can be transformed into God.

And to see God in a rock means that you can see God everywhere. One who is capable of seeing the divine in a rock cannot condemn anybody.

God is all that is. God is in all forms.

A BLESSING TO ALL

A person becomes a blessing to others, when he is full of bliss. Then his bliss starts overflowing. He becomes like a fountain. He becomes connected with the inexhaustible source of life. That source is called God.

God is not a person. God is the ultimate source of all. We come from the source. The trees grow from it, nature come from it and the whole world come from it. God is like an ocean, and we are all waves in the ocean. Not belonging rooted in the whole is the cause of man's misery. Being rooted in the whole, life becomes blissful.

We are not separate entities, but we believe that we are separate entities. This belief is an illusion, but it had been reinforced by the society, by the state and by education. The state and the vested interests want you to remain miserable, because miserable people can be controlled and enslaved. They are so tired and exhausted that they are not in the state to rebel or fight.

The politicians, the church and the vested interests want everybody to be reduced to a commodity. Everybody should be reduced to a thing, a machine. The educational system serves the people in power and their interests. It is not in the service of people. The society is afraid of intelligence, because an intelligent person will not accept all kinds of imprisonment. He will not sell his soul.

Meditation means to negate all conditioning that has been imposed on you from the society. And when these layers of conditioning are removed, your ego starts disappearing. The ego keeps you separate from the whole and keeps you miserable. When you are again bridged with the whole, bliss arises in your heart and your life becomes a light. Not only for yourself, but for others too.

That is how you become a blessing to the whole existence. Then you is not only a blessing to yourself, but a blessing to all.

START LOOKING AT EVERYTHING AS A BLESSING

We have taken life for granted. We do not take life as a blessing. We are not thankful for life. Life is God's gift to us. Once we understand this, we start thinking about life in a different way.

When life is a blessing, joy is born. From this moment start looking at everything as a blessing. Even if you sometimes feel pain, see it as a blessing. Take ups and downs in life for granted. You may not understand, but this is a blessing. One day you will understand that it was a blessing. You will understand that it was needed, and that it helped your growth.

Even suffering is a blessing. It helps you to become integrated. It takes childishness away from you, and it helps you to mature. A person who has never suffered remains childish, superficial. He can't understand life's deeper things. The man who has suffered becomes mature. He can understand the depth of life, and he can see other people's life with more love, understanding and compassion. That makes him more human.

Try to find a blessing everywhere. Sometimes it is a blessing in disguise. But if you can watch, you will find it. It is always there: in success, failure, love, aloneness, pain, suffering, life and in death, too. It is there in summer and winter, in childhood and old age and in health and sickness.

A person is really religious, who can see blessings everywhere.

THE MEETING OF MAN AND GOD

The only way to know God is meditation. Meditation means a state of silence, when the thoughts have been dropped. Meditation is not against thoughts, it is for transcendence.

These are the great moments of life: when love starts showering from the beyond, and one becomes in tune with God. But one has to earn it, one has to be worthy of it. That earning comes through meditation. Meditation prepares you to receive love.

God is always ready to give, but we are not ready to receive it. We are not silent and empty enough to receive it. We are so full of thoughts, desires, memories and dreams, that there is no space within us. The space has to be created. That is the art of meditation.

Meditation makes us aware of a music that is both within and without. This Music is always there, but we are not aware, so we go on missing. The whole existence is nothing but music. That music is called "God" by the mystics.

God is not a person, but the ultimate harmony of existence. Everything is in tune with everything else. The trees are in tune with the earth, the earth is in tune with the wind, the wind is in tune with the sky and the sky is in tune with the stars. There is no hierarchy. The smallest blade of grass is as worthy and significant as the largest star. They both contribute to the harmony of existence. They both enrich existence. Everything is in a deep harmony, but man remains unaware of it. That unawareness is the man's fundamental cause of misery.

We have to become more silent to hear the music of existence. When we are absolutely silent, not only silent but when we are silence, then we disappear in the silence. Then we are part of the cosmic harmony. That is the meeting of man and God, of the part with the whole. We disappear as a separate ego, but we become the whole. We lose our boundaries and we lose death. We become eternal, immortal,

Meditation is successful when we become more and more aware of the music of existence.

LOVE IS THE MESSAGE

Love is the message of all spiritual teachers. Love is the alchemy to transform the lower to the higher. Love is the alchemy to transform unconsciousness to consciousness. Love is the alchemy to transform fear into love.

Love all, for no reason at all. Love all unconditionally just for the sheer joy of loving. Love all, not just human being, but animals, birds, trees and rocks, because existence is overflowing with God's presence.

Whatsoever we love, we are offering to God.

EXISTENCE LOVES US

The whole existence loves us. The whole existence shower all kinds of love on us, but we are not open and available for the love. We are seeking and searching for somebody to love us, while existence showers us with love.

Meditation is to learn to be open and available, so that existence can flow through you as the wind, the rain and the sun. When you can allow existence to flow through you, joy and happiness arises.

The meeting between you and existence, the meeting between the individual And the universe is joy and happiness.

That is the search of all beings.



Padma in samadhi during satsang with Giten

ALLOW GOD TO FUNCTION THROUGH YOU

Surrender to existence means to let the whole guide you. It means to be utterly surrendered to existence without any conflict and private goals of your own. Wherever the whole takes you is good and whatsoever it makes out of you is good.

Man cannot do right alone, because he is separated from existence. Right happens only when man allows God, the divine, to function through him. Allow God to function through you. Trust existence.

The reason that man worries is because he thinks that he is separate from the whole. When you are separate from the whole you worry; if you are not separate from the whole then the whole will take care.

ONE WITH THE UNIVERSE: LOVE AND MEDITATION

Surrender is the state of total immersion with the whole. When the ego is lost, when you don't feel separate from the whole, you are becoming one with the universe.

That state can only come through love and meditation. One has to become more silent and more loving. When both silence and love come together, it creates the disappearance of the individual and the appearance of the universal. We can allow it or not allow it. If we are ready to surrender, it happens. If we resist, it can't happen.

Meditation means a readiness to surrender to the whole.

THE EGO IS AGAINST GOD

Religion means essentially the cessation of the ego. Religion means to go beyond the ego. The irreligious person lives in the ego. He thinks that he is separate from the whole. The religious person lives egolessly. He knows that he is part of the whole. He knows that he is not separate from the whole. To know that you are not separate from the whole brings joy and freedom. Then the whole sky is yours.

Then you are not identified with the small and confined ego. When we are identified with the ego, we become so small and confined, which creates all problems in our life.

Meditation means to become aware that we are not the ego, which creates all misery. Mediation is the only way to slowly get out of the ego. The ego is against reality, it is against God.

SOCIETY DOES NOT ALLOW MAN'S TRUE NATURE

Man is born enlightened, but the process of upbringing and education does not allow him to stay in contact with his authentic inner nature. Everybody is born a buddha, but society does not allow man's true inner nature.

Society is afraid of the true nature of man, because it is such an intelligence that you cannot destroy the person and destroy the person and his joy and freedom. He will not be part of the state and the church, because he will be able to see through it. He cannot be deceived and he cannot be manipulated, exploited and enslaved.

Therefore society creates a false pseudo personality around the true nature. Society rewards the false personality and punishes the true nature, which is classic behaviorist conditioning.

Meditation means to recondition and destroy the false personality created by the society, so the true inner nature can be free again.


Healing

BE YOURSELF

Whenever you are yourself, you live in a fantastic world. Then everything is magic, miraculous and beautiful. Then wherever you are, fantastic and beautiful moments will happen. These moment don't happen because of something outside you; they happen because of something within you.

It is not a question of geography: it is a question of acceptance. The only thing to remember is to be yourself. Then these moments will happen everywhere. Whenever you are yourself, you live in a beautiful world.

Remember one thing: don't forget the new. Don't remain in the past, the known. Remain in the new, the fresh, the authentic and the alive. Don't continue to be in the past.

And resist the temptation to fulfill others expectations of how you are and how you should be.

The only thing to remember is to be yourself.

THE ART OF LOVE: LOVE AND EGO

Our so-called love is not really love. It is too small, confined and demanding. Real love is always free. Love is like the open sky. It is vast, unbounded and infinite. If love exists, it is free. Love gives freedom.

The basic problem is that we want love, and we also want to protect the ego. The ego is small and confined, love is free and unbounded. The ego and love cannot exist together. The ego and love cannot exists together, because it is against the law of nature, against dhamma. Either you choose the ego or you choose love, but you cannot have both. In the conflict between the ego and love, 99 % of people chose the ego, because it is small, controllable and safe.

The vast sky of love is beautiful, but one feels afraid and scared. It is like going into unknown territory which will possess you, but which cannot be possessed. The ego can be possessed, but love cannot be possessed. You have to understand one thing about love: love is larger than you, love is vaster than you. So love will take possession of you.

Unless you are ready to surrender to love, one cannot know what love is - and you will never know what life is. And if you do not know what life and love is, how can you know what God is? God is the crescendo of life and love.

Meditation means to be ready to go into the unknown, the vast. Meditation is an adventure, which creates the soul. A soul has to be earned. Businesslike people have no soul. They live a soulless existence.

Learn the art of love, which is the essence of religion. Those who have know love, have known all. Those who have missed love have missed all.

GOD BEATS IN OUR HEARTS

Meditation is the beginning of becoming part of existence. The ego creates a separation from existence. The moment we drop the ego, then we find our roots in existence. Then there is no separation anywhere. Then God beats in our heart. The same God that flows in the rivers and rises in the sun, circulates in our blood. It is all one.

But the contemporary man feels separated and alienated. Never before has it happened on such a vast scale. Almost everybody who is intelligent feels uprooted and alienated. And of one feels alienated, life cannot be a joy.

Life is a joy only when we start feeling a home in existence. Meditation is a help to feel at home with existence, with the trees, the earth, the people and with the animals. Only this experience makes one religious.

MEDITATION, DEATH & IMMORTALITY

Meditation is jumping out of the mind. It means learning to remain absolutely inactive, doing nothing for a few moments.

Zen has a saying: sitting silently, doing nothing, spring comes and the grass Grows by itself. Meditation means to sit silently, doing nothing, and everything goes on happening on its own accord.

Meditation is not something that you need to do, it is something that has only to be understood. If you understand meditation, you can sit silently anywhere and fall into meditativeness. Meditativeness is not action, but a state of silence, a state of inaction, where everything stops. Time stops, all movement disappears and you are in a total rest.

And those are the moments when you know that you are immortal. You know that only the body will die, but you are not going to die. Then all fears disappears, because all fear is rooted in death.

And to be fearless is fundamental for living joyously. The fearful person cannot live joyously. He cannot love, because he is afraid. A person can live joyously only when he knows that there is no death.

Living joyously depend on one thing: that one should have some experience of one's immortality. That is possible only through meditation. A meditator has to learn how to relax, how to rest. And slowly one settles in one's own inner being, in one's own center. And the moment you touch your own center, you have touched timelessness.

The whole of religion exists for this experience of the immortal, of the eternal. It is an exploration into eternity.

THE ULTIMATE LAW KEEPS THE UNIVERSE TOGETHER

The ultimate law is the law that keeps the whole universe together. It is the invisible thread running through the whole of existence. Without it the existence will fall apart. But nothing falls apart. Existence runs with such joy and harmony. It is no connected and interlinked that it fills one with great awe and mystery. The work of the meditator is to be in tune with this ultimate law, with the Tao, with the whole.

Ordinarily man is separate from existence. He tries to live a separate existence from the whole, which creates all kinds of problems. That is the ego, which is the effort to live a separate existence. That is bound to fail sooner or later, which creates misery.

The work of the meditator is to drop the whole project of the ego. It is to drop the whole project of living separately from existence. It is to move with existence, with the whole, in absolute surrender. Then there is no anguish, conflict and anxiety with existence. The all is good. Then all is God.

LIFE IS PRECIOUS ONLY WHEN IT IS LIVED IN TUNE WITH GOD

When God touches you, you become divine. Without that magic touch, you remain meaningless. You remain dark.

With the touch of God, you become overflowing with joy, overflowing With love and overflowing with grace.

Life is precious only when it is lived in tune with God.



GOD IS EVERYWHERE

God is indefinable, formless and inexpressible. God has no name and form. Whatsoever has been said about God is wrong. One can only know God if one remains silent. Nothing can be said about God, God can only be experienced. There is not proof of God, there is only existential experience. You have to find a new way of looking at life. It is a new lifestyle. It is a new vision of the world, where everything immediately changes.

Meditation is a new way of looking at life. It is a way of looking at life so that slowly God emerges from anywhere. Although God has no form, he emerges in all forms. You start to feel him in all forms. You start to feel that all forms are divine.

To know the formless, you have to go beyond the mind. You have to drop the mind at least for a few moments every day, so that God can descend on you and bath you in the divine.

Those moments are the real moments in life. These are the only moments when you have really lived. All other moments in life will just disappear. Only those moments that you have lived with God, are the moments when you have really lived."



LOVE IS A FLOWER OF MEDITATION

INTERVIEW WITH SPIRITUAL TEACHER AND AMAZON INTERNATIONAL BESTSELLER AUTHOR SWAMI DHYAN GITEN ON THE INTERNATIONAL BOOK SITE ALLAUTHOR.COM:

"The people of the world need the fragrance of love.
It is Giten's contribution to humanity."

- Swami Prem Pathik, Nepal

Giten is cooperating with the international book site AllAuthor.com, and Giten received a mail from Mady Joshi at AllAuthor saying that they would like to publish an interview with Giten on AllAuthors's website, as it is will help the readers learn more about Giten, his books and his work. He also said that it is great to work with Giten, and AllAuthor enjoy promoting Giten's book as they truly appreciate the honesty and the effort that Giten put into his writing.

Mady Joshi at AllAuthor commented the interview: "Thank you for taking the time to answer these interview questions. I loved reading through them and I'm sure your readers and subscribers will as well!"

SWAMI DHYAN GITEN, spiritual teacher and best-selling author, has more than 30 years of experience in individual counseling and in teaching awareness and meditation. He is trained in both modern psychology and in classic Eastern methods for awareness and meditation in the USA, Italy, Sweden and India.

Swami Dhyan Giten's quotes, articles and books have touched the hearts of thousands of people and are appearing with increased frequency in magazines, blogs and homepages. The influence from his teaching and books continues to grow and are reaching intelligent people and seekers of truth in virtually all countries in the world.

He was a spiritual counselor in the Dalai Lama's palace Potala in Lhasa in Tibet in a former life, so his spiritual awakening to the spiritual path happened early in this life. You never lose the spiritual growth that you have done in former lives.

He experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

Since he began to meditate when he was 15 years old, he has dedicated his life to the study and exploration of the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life.

During satsang Giten has spoken about a large number of spiritual themes and topics that touch modern man, e.g. love, joy, relationships, acceptance, intuition, healing, trust, creativity, friendship, spiritual development, awareness, life, meditation, stillness, spirituality, mysticism, truth, wisdom, death, unity with life, God and enlightenment. He has also spoken on a number of spiritual teachers and spiritual traditions such as Vedanta, the Upanishads, Yoga, Tantra, Tao, the Chakra system, Lao Tzu, Patanjali, Buddha and Jesus Christ.

During the 80s, he wrote a much-appreciated regular column on spirituality in the spiritual Magazine Astrologen, which went out all over Scandinavia.

In 1982, when Giten was 23 years old, he was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: "You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can".

A spiritual teacher, who has counseled thousands of people, told Giten in 1984: “You will dissolve into the silence. All the earlier enlightened Masters and all the small Deva’s are just here to help you to get enlightened.

Swami Prem Pathik in Nepal says about: Giten is a blessed One. Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life." Padma**,** Giten's beloved friend for many lives, says: **"**Satsang with Giten is heaven. Satsang with Giten is a blessing." Deva Emanuel says: "As I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life."

Brage Norin, professor in theoretical physics says: “The religious words the Giten formulates can make anyone mentally numb. These words create an inner stillness and a deep spiritual reverence for life. Giten has shaken me. I hope his readers discover his greatness."

"The Salt of the Earth" Lage Wedin, chancellor, Faculty of Psychology, The University of Stockholm, about Giten during his academic years at the psychologist programme

In the Spanish spiritual website Expande Tu Mente Giten as also quoted on the topic Reflections from Spiritual Teachers together with Sadhguru, Eckhart Tolle, Ramakrishna, Jesus, Buddha, Vivekananda, Lao Tzu, Tomas de Aquino, Deepak Chopra, Yogi Bhajan, Rumi and Dalai Lama.

He is Amazon International bestseller author of the books Meditationens Sång: Om Meditation, Relationer Och Andlig Kreativitet, The Silent Whisperings of the Heart: An Introduction to Giten's Approach to Life, Presence - Working from Within: The Psychology of Being, The Language of Silence: From Darkness to Light, When the Drop becomes the Ocean: A Journey to the Divine, to the Ocean, Silence is the Way: The Teachings of Buddha - Golden Nuggets of Love, Truth and Wisdom, The Way, the Truth and the Life: On Jesus Christ, the Man, the Mystic and the Rebel, You are Already a Buddha: A New Way of Being, A New Way of Living, God is Everywhere: You are Divine, Everything is Divine, The Call of the Heart: Silence, Love, Joy, Truth, Compassion, Freedom, the Eternal and the immortal and a Heart in Touch with the Universal Heart and Meditation: A Love Affair with the Whole

Can you share with us the key moments in your life that led you to become a spiritual teacher and author?

Life is like playing hide the key with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. The heart is the door to allow life to guide us. The heart is the door to say "yes" to life. The heart is the door to surrender to life.

Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle’s, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps. Meditation and love are the basic nourishment to develop our intuition.

I have always had the capacity to go within myself and to discover the silence within, the

inner meditative quality, the inner source of love and truth – the inner language of silence. Now I also notice that this silence is going deeper, and that I go beyond the ego and disappear into the silence. First this brought up fear, but now I am enjoying this meditation of disappearing into the silence and to be nobody. I have started experimenting with this phenomenon to understand how to consciously go beyond the ego: yesterday when I took a coffee at a restaurant, I consciously turned my attention within and disappeared into the silence, which was like finding an inner source of bliss. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not. When I am walking, I consciously experiment with being with Existence without having the mind constantly commenting. I try to just be wordless with the people and situations that I meet on my walk. When I can just be with Existence, it opens the door to be one with the Whole.

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pajamas in the living room and looked out of the large windows. Outside the white snowflakes silently singled down toward a snow clad landscape. Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape. I did not understand then that this was my first taste of meditation, but it created a deep thirst and a longing in my heart to return to this natural and effortless experience of being one with the Whole.

The spiritual journey means to learn to listen more and more to the heart. It means to learn to follow the heart. It means to gather the courage to follow the heart, instead of listening to the mind. The mind is not yours, it is given by the society. The heart is yours, it is given by God, the divine. If you listen to the heart, it will not be difficult to go into meditation. Then you will know what to do and not to do. You immediately know what to do in the moment. You know from your being. The heart knows what to do, because the heart is already in contact with the whole. The heart lives in the mysteries of existence.

The most valuable insight I have got through my own inner journey is how Existence continuously has guided me towards a greater awareness that life is fundamentally one. Existence has continuously guided me with a greater lovingness and caring than I ever could imagine. Long before I was even aware of it, life has continuously guided me through periods of love and aloneness, joy and sadness, light and darkness, success and failure and negative and positive experiences. My own inner journey towards awareness and meditation has step by step developed the trust, sensitivity and subtle listening, which is necessary to surrender to life and to allow life to be my teacher.

Life is continuously communicating with us and it is a valuable experience to look back and see how life — despite my sleep, unconsciousness, lack of trust and resistance — continuously has guided me towards a greater awareness that life is one. Life has continuously led me to the people I need to meet, to the situations I need to experience and to the places where I need to be. There has never been any real reason to worry since we are all small rivers already leading to the ocean, to the whole. Awareness is not about swimming faster or fighting with life, it is about relaxing and floating with life in a basic trust that life is already leading towards the ocean of consciousness, towards the whole.

My path in life in life has always been to trust myself; my path in life has always been to trust my intuition, to trust my heart, to trust the inner true voice, to trust my inner source of love, truth and wisdom, which is already in contact with the Whole. I have always listened to other people, and to what situations in life can teach me, but then I have always listened to the silent whisperings of my heart.

Our intuition is the inner teacher, the inner guide, the inner master. The old Indian scriptures say that the outer spiritual teacher is helpful to find your own intuition, your own inner teacher, your truth. Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you.

In 1982, I was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: “You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can.”

Intuition is a “yes” to life. Intuition means to develop a trust in life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises. Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

Intuition is the language of silence, the Existential language. The word “in-tuition” means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God.

Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you. You have to be silent, quiet, so you can listen to the still small voice within you, and then follow it. Wherever it leads, it is good. Go in deep trust, following your own voice.

To give meaning to your life, to your heart, existence has given intuition to your heart. Out of intuition arises the possibilities of art, of love, of friendship – intuition will lead you to wisdom, to enlightenment. Then your life is a life of immense light, joy and serenity. Intuition makes a man wise – call it enlightenment or awakening, those are simply different names from wisdom.

When Buddha was lying on his deathbed, and the disciples asked him if he had any last words for them, he said: Be a light to yourself. You are born with a light within you. You are enough to yourself. You are sufficient to yourself. Listen to the still small voice within, and that will guide you. Buddha defines wisdom as living in the light of your own consciousness. Buddha's message to be a light to yourself is a message to all

seekers of truth and all meditators on the path of enlightenment. You have to be silent, so that you can listen to the still small voice within you. Follow your own voice in silence, love and deep trust. You have to follow the still, small voice within you and you have to follow your being.

How would you summarize your teachings for someone who is unfamiliar with your work?

My teachings are essentially love and meditation. Padma, my beloved friend for many lives and a participant in satsang for several years, said that satsang is a mystery school, which she felt blessed to participate in. What is a mystery school? The Mystery school teaches you how to live. The whole work of The Mystery School is to help you to find yourself, to find your authentic inner being. The work of the mystery school is to wake the student up and to allow him to be himself. The Mystery School was born in the autumn, 2019, in Stockholm.

Padma also said that her experience of spiritual organizations is that people try to impose themselves on others and aggressively tries to make each other somebody else, but with me she found a freedom to be herself. The satsang participant Samarpan also commented that my quality of allowing people to be themselves is a rare quality. The satsang participant Deva Emanuel commented that he would not have stayed in satsang if it was not for the atmosphere and climate of love. He also says that satsang with me is a mystery school. The mystery school is a place where love is taught. It is a place where love is nourished. It is to make your love pure – without ego, power and domination – just a sheer gift of joy and delight in the being of the other person.

The mystery school is the way of the Upanishads, which I have been teaching for the last 4 years. The word Upanishad means "to be near, to be close", which is the heart of satsang. The word Upanishad means to be in the presence of the spiritual teacher and to take in his silence. That is the essence of the work of a mystery school. The mystery school manages to create a certain field of energy and if you are receptive, if you are available, if you are ready to go on the journey of the unknown. The spiritual teacher simply provides a system to enter slowly into the deep waters and ultimately to enter a stage, where you disappear into the ocean; you become the ocean itself.

To become a part of a mystery school is a great blessing. It is very difficult to find a mystery school to find people who are searching and not imposing themselves on each other, but only helping each other if the need is there.

The whole work of the mystery school to let your ego dissolve and to help you into a deep let-go with existence. To be initiated into mystery school simply means that now you are taking the first step towards actualizing your potential for freedom. He is Buddha, he is a Christ; then he lives in freedom. The Mystery School is the science of meditation: how to observe the mind and its processes in a relaxed, non-judgmental way and find the perception and clarity of self-realization. Meditation is a way of settling in oneself, at the innermost core of your being. Once you have found the center of your existence, you will have found both your roots and wings. The roots are in your inner being and existence and the wings are in the fragrance that is released in contact with existence. The fragrance consists of love, freedom, compassion, authenticity, sincerity, humor and a tremendous

feeling of blissfulness. The roots make you an individual, and the wings give the freedom to love, to be creative, to share unconditionally the joy that you have found.

The mystery school is supported by silent satsang, which is a direct insight and realization of being.

Which spiritual leaders or philosophies have influenced your teachings the most, and how have they shaped your approach?

I do not belong to any spiritual tradition or organized religion, because the moment truth is organized it becomes a lie. Jesus and Buddha never created any organized religion. An organized religion becomes politics. It becomes a manipulation, control and exploitation by the priests.

The essence of religion is love. It is very simple. No rituals, ideologies and dogmas are needed. It is a very simple approach towards life. The seeker of truth has to be in a love affair with existence. The question is not whom you love, the thing that matters is that you should love twenty four hours a day. Your love should be like your breathing. Love has the same relationship to the soul as breathing has to the body. Sometimes you are loving with a friend, sometimes you are loving to a tree and sometimes you are loving to a river.

The soul exists through love, but many people don't have any soul, because they have never started to love. Many people assume that they have a soul, but it is only a potential. If they start loving, their soul will become a reality. Love transforms our potential soul into actuality. It is the greatest miracle of life. It is the greatest mystery of life. There is nothing higher than love. Love is a relationship with the whole. Love is a friendship with everything. Society has not prepared us for it. On the contrary, society has prepared us for hatred, power, ambition, violence, jealousy, possessiveness and domination. Society has prepared you for kinds of ego trips, but it has not prepared us for love. Love goes against all these things. A loving person cannot be an egoist. That is poison for love. It will kill the spirit of love.

I am just interested in exploring what it means to live with open eyes. People in spiritual organizations also tend to get caught in ideas of how it should be, and in the need of the ego to create hierarchies of power, status, roles, ambition and obedience. Spiritual Masters teach on many different levels at the same time. Some people take what they can, and some take something deeper.

How did you approach the process of writing your book, “Presence – Working from Within”?

"Presence - Working from Within: The Psychology of Being" is a documentation of 30 years of experience of working with people from love and awareness. The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, through which we can meet another person. It is to meet that which is already perfect within a person. In the therapeutic process

based on awareness, there exists no” I" – it just exists a presence, a light, a love and a silence.

Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person.

Working with people is basically not a question of formal education; working with people is a question of energy and awareness. Everyone can basically work with people. It is a question of developing a presence and a quality to work from. It is also about discovering our own unique way to be and work with people from our authentic inner being.

The most important healing- and therapeutic ability is the capacity to be present. To be present means to develop a presence and a quality to work from. It means to be present with an open and relaxed heart, and to be grounded in our inner being, in the meditative quality within. Presence means to work from a meditative quality, from an inner "yes"-quality, from a state of non-doing. It is to be present for another person as a supporting light, as a supporting presence.

Meditation is the way to deepen our capacity to be present, and explore how to bring the meditative presence into the healing- and therapeutic process. It is about developing a meditative presence and quality, to develop the inner "yes"-quality, the silence and emptiness within ourselves, the inner source of healing and wholeness, the capacity to surrender to life.

Spiritual therapy works basically because we are all one. In the depth of our heart and being, we are in contact with each other. We are in contact with each other in the ocean of consciousness. This book is an invitation to open our hearts. This book is basically about love. It is designed to help us understand how healing happens. Healing is pure love. Healing and wholeness happens when we meet the love within ourselves.
Working with people from love, truth and wholeness is the psychology of being, the science of inner transformation. The psychology of being begins where Western psychology ends. It goes beyond Skinner, Freud, Jung, Rogers and Humanistic psychology. The psychology of being is the psychology of consciousness, a psychology for inner transformation. It is basically not a question of psychology; it is a question of being. The psychology of being begins where we are and takes us to that which we can be.
This book is designed to help us develop our presence, so that our presence and intuition becomes a source of love, joy, acceptance, understanding, truth, silence, wisdom and creativity in contact with another person.

This book presents a new dimension of healing with a base in meditation. Meditation is the way to deepen our capacity to be present and to explore how to bring the meditative presence and quality into the healing and therapeutic process. The underlying theme of the book is meditation, but not meditation as a static technique - but as the capacity to BE with ourselves and with another person in a quality of watchful awareness, acceptance and relaxation.

This book is written both for people who want to discover their own inner being and for those who work with other people and want to discover a new love, clarity, depth and inspiration in their professional work.

The book has been ranked as an international bestseller and I also saw that it is the most popular of all my books on Amazon India, which is an honor in a country devoted to awareness and meditation for thousands of years.

What role does meditation play in your daily life, and how do you recommend beginners start their own meditation practice?

Silence is an inner treasure. Silence is the goal. When you have learn to be in silence, your life is transformed. You have learnt a new language: you become capable of being with the whole existence. What is meditation? Meditation is to learn to be with yourself, meditation is to delight in your own being. Meditation is a totally relaxed state of consciousness, where you are not doing anything. Meditation is just to be, not doing anything, no action, no thought and no emotion. You just are, and it is a sheer joy and delight. This joy and delight when you are not doing anything comes from nowhere or everywhere. The essence of existence is joy. Joy and happiness is your very being, your innermost core. When you look at the birds, the trees and the stars, you will see that the whole existence is joyful. Birds are happy for no reason, trees are happy for no reason and flowers are happy for no reason. The whole existence is made of joy. If you can just be with yourself, not doing anything, just enjoying yourself, just being with yourself, not doing anything, then you are in meditation.

Meditation is the art of learning to listen to our own heart. Meditation is the art of learning to listen to the intuition, the inner guide. Meditation is the art of learning to not listen to the voice of the outer spiritual teacher, but one's own inner spiritual teacher.

The inner being is already in contact with the whole. But mostly we live on the periphery, because our mind is the periphery. So slowly we forget that there is something inside ourselves, which has significant messages to us. Meditation is the process of moving within to the inner being. Rather than listen outside we have to listen inside. To be in contact with the inner being is going the right way. God is your inner voice. You have to move within to hear the still, silent voice of God. When you have learnt to hear it, your whole life is transformed. Then you have learnt to listen to your being and to follow your own heart.

One who can listen to your inner being has learnt a new language. One who can listen to his being has become capable of listening to the being of the whole existence. He can hear the song of the birds, he can hear the wind passing through the trees and he can hear the silent whisperings of the trees. The meditator has to begin with himself. The meditator begins to listen to his own being, and ends with listening to the being of the world. The day that you realize that your being and the being of the world are not separate, but one is the day of

enlightenment. This is the ultimate fulfillment of life. The meditator has to make a commitment to put his energy into realizing the phenomenon called God, Tao, dhamma and truth.

We are all searching for happiness consciously or unconsciously. Happiness is the goal of life. Not only are human beings searching for happiness, but trees, flowers, animals, birds and rocks. The whole existence is searching for happiness. Only man is conscious enough to penetrate into the ultimate mystery of life. But not all men, because few people are really conscious. The majority of people live in unconsciousness.

Meditation is the beginning of a long journey. If you allow the journey much can happen, but it depends on you and how much you allow. It is difficult to allow, because it needs trust. It needs trust, because the journey includes challenges and taking risks. It is a journey from the known into the unknown. The journey moves into unknown territory, where you have to leave the ego aside. You have to leave your strategies of self-defense, resistance and security. You have to leave the shore on which you have lived and move towards the vast ocean. If one takes the risk of dropping the ego, the other shore is reached immediately, So be ready for the ultimate journey, and be fearless in absolute trust.

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The first thing about being authentic and to create loving relationships to yourself, to others and to life is to remain true to your own being and to listen to your inner voice. Be truthful to yourself. You are not needed to change others or try to teach others according to your ideas, expectations or ideology. If you change, that is enough. How to remain true? The first thing is to remain true to your own being and to listen to your inner voice; otherwise your whole life will be wasted. The first thing is your being. Don't allow others to manipulate and control you. There are many people that try to control you, that want to change you, according to their ideas, ideals and ideologies. Remember to be true to your inner voice. To

be authentic is to be true to oneself. Always listen to the inner voice and don't listen to people that want to control and manipulate you. Just close your eyes and listen to the inner voice. That is what meditation is all about, to learn to listen to your inner voice.

Meditation is an inner journey. It is a journey from your periphery to your inner being, your center. Normally we have lived on the periphery for many lives, so we have become totally oblivious of the fact that we have a center. A man living on the periphery is without a soul. It is a man living without roots. He knows not where he is coming from, he knows not where he is and he knows not where he is going.

Meditation means an effort to become conscious. It means to create the fire of awareness in you. It is to find the inner being, the center, in us, because it is there. Once we have found the inner center, we find our roots. Then we have a soul. We know who we are. And that is the greatest moment in a man's life. It opens up the mystery of life. Suddenly God becomes available in all its joy, beauty and mystery. Then life becomes eternal. Then there is no death. Then our life becomes a joy.

It is unfortunate that very few people have ever tried to know meditation, because meditation is the way to joy and happiness. Meditation means to participate in the celebration of existence. Without it life remains a misery, a sadness and a frustration. Meditation is the only way to be the blessed one and to participate in the mystery of life. Meditation is the door to God.

Meditation is a freedom from all these conditionings that parents, the society and the religions have forced on you. Unless you are free you will never be able to hear your own authentic inner voice. Your parents will tell you "do this and don't do this." The priests will go on creating guilt and shame in you. They will not allow you to be yourself. Nobody in the world is really interested in anybody else being given the freedom to be himself or herself. Everybody is trying to impose their ideas and ideologies on others. That is why humanity is in such misery and chaos.

A man without meditation is not part of existence. He exists, but he is not part of existence. He is separate from existence. There is no bridge between him and the whole. Life begins with meditation, because meditation creates the bridge between you and the whole. Without meditation you're like a separate island. With meditation you become part of the whole continent.

Meditation gives you a taste of joy, because meditation gives you a taste of something that is larger than yourself. It gives you a taste of the infinite, of the oceanic. Then you understand that existence loves you and cares for you.

Satsang helps you to discover the profound silence that prevails at the center of your being. Only then one knows what life is all about. Only then one knows the meaning, the beauty, the joy and the truth of truth. Only then one knows all that is worth knowing. Meditation is the process from the periphery of our consciousness to the inner being, the center of our consciousness. Meditation is another name for awareness. Meditation is to learn to be aware. As your awareness grows, you will be coming close to an inner place, where immense silence has prevailed for eternity. This is the real temple of God.

God does not speak to us from the outside. God speaks from your innermost core. But we do not hear, because that still, small voice is lost in the turmoil of the mind. Meditation is the science of stilling the mind, so that the inner voice can be heard. When you start hearing the inner voice, no other guide is needed. Then God is your guide. Then we do not have to choose between different alternatives, because then he directs you from within towards that which is right Meditation is learning the art of making the mind silent. And the art can be reduced to a simple maxim: to watch the mind. Watch the mind and what goes on in the mind without evaluation, without condemnation and without appreciation. Just be a watcher of the mind with awareness and acceptance. When you can watch the mind by and by it becomes silent. And the day the mind is silent, one hears the inner voice. And for the first time you have found the inner guide, the true spiritual teacher. The outer spiritual teacher helps you to find the inner spiritual teacher

God always comes to you as a deep joy in the heart. God always descends as a deep silence in the inner being. God does not come as something separate from you, God comes with a deep silence and joy of being one with the whole, one with God. God always comes as an inspiration in the being, because God is creativity.

This is why the climate of a spiritual person is creativity. That should be the criteria of a spiritual person. If the spiritual person is not creative, he is not a spiritual person. The taste of religion is creativity. God is the creator of the whole universe.

God will express himself in a thousand and one ways, he will manifest himself in thousands of different forms. He will flow from within you, and he will flow to you from the without. He will give a new joy, thrill and creativity to your life. Your life will grow wings. That is the meaning of being inspired by the divine, to be moved by God.

Your encounter with the Divine presence in a trance session in 1982 was a turning point. Can you describe that experience and its impact on your book, “God is Everywhere”?

In 1982, I was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: "You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many

times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can."

In the introduction to the book "God is Everywhere", Swami Prem Pathik in Nepal says: "I found Swami Dhyan Giten's book "God is Everywhere" to be a guide book for truth seekers.

The book says: "God is Everywhere: You are Divine, Everything is Divine" gives a sense that God, the divine, is present in the world. It gives a glimpse of silence, love, joy, truth, meditation, freedom, creativity, the timeless and eternal and the mysterious.

The thirst for the divine is in everyone. The thirst for the divine is an innate quality. It is our inner potential. We may be aware of it or we may not be aware of it, but there is not a single individual who has not the thirst for God. The most fundamental question in life is to learn that existence cares for you. Existence is not indifferent. Existence is full of love.

We are taken care of in infinite ways, but all those ways are invisible. They are not tangible, you cannot see them, you can only feel them. These hands are God's hands. God is not separate from existence. God and Existence needs you the way we are. You are fulfilling something immensely valuable in the life of existence.

We have lost the capacity to trust, to love. We have lost the sensitivity to feel the infinite around us. We have forgotten how to relate with the totality. We have forgotten how to relate to trees, birds, animals, rivers and people. We have even forgotten how to relate with our own self, with our own body and with our own mind. We are living unrelated and meaningless, which is why a sadness is surrounding the whole humanity.

Meditation is an initiation into a wider context of existence. You are a small drop, but behind you is the great ocean of God. You are God's river. Even if you are a drop, without you the ocean will be less.

Religion is to be in tune with the whole. Religion is to be in love with the whole. Religion is to be together with the whole. Religion is a rebellion. Religion is a rebellion against politics, power, greed and society. Religion is not a tradition and religion is not in the scriptures. Religion is always alive. When religion becomes traditional it only serves the politicians, the priests, the churches and the society, but it does not serve the soul of man.

Religion means to listen to our own authentic being. Religion means to listen to the silent voice within ourselves, which will always lead us right. Religion means to realize that God is already available to you, both from the inside and from the outside. Religion means to realize that we are already one with God. Religion means the understanding and awareness that makes your doors open and allow God to enter in.

Religion is the understanding that this world is a manifestation of God. It is the understanding that the world is full of God. Every stone, bird, animal, river and person are full of God. Go deep into everything and you will find God. Look deep into the eyes of the woman you love, and you will find God.

Love is the bridge to God. Unless you love, there is no bridge to God. Let your love become an invitation to God, a welcome to God. Let your love become a prayer to God. In deep love, God is close. When you become silent and empty, the doors to God opens. In deep silence and emptiness, you become one with God.

This book challenges our view of God by saying that God is God is not a theory, God is not a religious ideology or theology, God is an experience. God is not a person. God is the underlying consciousness in existence. God is the soul of the Universe.

This book offers a unique and intelligent perspective and says that God is within. God is hidden in your own heart. God is within yourself. God is your innermost being. Silence is the key to God. The inner emptiness is the door to God. Love is the proof of the existence of God. Love is what creates meaning in life. Without love, life lacks meaning. It is love that opens the door to God.

We need to follow our heart, we need to follow our being, We need to have the courage to listen to our heart. To follow our heart and being means to learn to trust yourself. Hidden deep within ourselves is the silent voice of truth. If you become silent, you will be guided from within from the silent inner voice. Then you will discover that your nature is to become God. Only by going through the experience of love, one becomes a heart. It is the fire of love that creates the soul. Not having a heart is what makes life meaningless, but millions of people live without a heart. The heart is the spiritual center of our being. It is only love that can bring joy to our life. And it is the heart that can open the doors to God. God can enter only through the heart. God is hidden in our own heart. God is within ourselves, but we seek him outside of ourselves. We seek him in the churches, the temples and the mosques, and we go on missing him. God is not in the scriptures either. God emerges out of your heart. Love people, love trees and love animals. Never miss an opportunity to love. The more you love, the closer you come to God.

Ubuy.com's review of "God is Everywhere" described the book like a profound exploration of spirituality and a must-read for anyone on a spiritual journey. Ubuy.com says in their review of the book: Swami Dhyan Giten's book '"God is Everywhere: You are Divine, Everything is Divine" offers a profound exploration of spirituality and the concept of divinity. Written by an acclaimed author, this paperback serves as a guide for those seeking a deeper understanding of their own inner divinity and the presence of the divine in every aspect of life. The book delves into various spiritual practices and provides insightful teachings that inspire readers to embrace their inherent divinity. With a compelling narrative and thought-provoking insights, 'God is Everywhere' is a must-read for anyone on a spiritual journey.

"God is hidden in your own heart. Love is the bridge to God. Without love, life lacks meaning. It is love that opens the door to God."
Swami Dhyan Giten, "God is Everywhere"

Your teachings have reached a global audience. What do you believe resonates most with people from different cultures and backgrounds?

This is a good and complex question, so let me answer it in three steps. My teachings and my books have touched the hearts of thousands of people and are appearing with increased frequency in magazines, blogs and homepages. The influence from the teachings and the books continues to grow and are reaching intelligent people and seekers of truth in virtually all countries in the world.

The first way to answer your question is that individuals from different cultures and backgrounds basically walk one the two paths to enlightenment. They either walk the The path of love, which is the female path to enlightenment or they walk The path of meditation, which is the male path to enlightenment. This does not mean that both man and woman can walk one of these paths. The path of love is the path of love, joy, relationships, devotion and surrender. The path of meditation is the path of meditation, silence, aloneness and freedom. These two paths have different paths, but they have the same goal. Through love and surrender the person that walks The path of love discovers the inner silence. Through meditation and aloneness the person that walks The path of meditation discovers the inner source of love. These two paths are like climbing the mountain of enlightenment through different routes, but the two paths are meeting on the summit of the mountain - and discover an inner integration between love and meditation, between relating and aloneness.

The second way to answer your question about how people from different countries, cultures and backgrounds resonate is that man's search for silence, love, joy, compassion, meditation, truth, spirituality, freedom and God need a climate of freedom. The political ideologies capitalism, socialism and communism don't accept that man has a soul. These political ideologies are basically a material way of life. One of its fundamental tenets says that man is nothing than matter. The modern Western psychology was first defined as "the science of the soul", but now it is defined as "the science of mind and behavior", which means that modern Western Psychology do not think that man has a soul. This means that these ideologies will suppress and deny man's soul. These ideologies are in opposition to man's soul, spirituality and God. So these ideologies will not supply the climate for freedom, which is needed for meditation and spiritual growth.

The danger of the belief that man has no soul, no spirit, is also that it leads to war. It results in killing people without any conscience, because man's soul has been denied. And this destroys the opportunity for man's spirituality and growth. The greatest danger facing man right in his quest for the soul and spiritual growth is that the politicians and the vested interests all over the world will concentrate all political and economic power in the hands of the elite, which will control man's mind and soul.

The third way to answer your question is that my work and my books focus on making humanity happy. This is especially important right now, because humanity is living in a very transformative period right now, which will end either in a climate crisis, a third world war or the transformation of humanity. My new book "Man is part of the whole", which I am

currently writing, is a way to help humanity in this difficult period, and to help seekers of truth and meditators to live through this period.

Miserable people do not care whether humanity and the earth survives or not. Miserable people with power do not care whether humanity and the earth survives as long as their greed for power and money are satisfied. Miserable people are deep down so miserable, so they may think that it would be better if everything were finished. Happy people would like humanity and the earth to survive forever. Humanity has to learn how to be more happy, to learn to be more silent and meditative and to learn how to be more loving. That is the only protection against the climate crisis and a third world war.

People who are happy are not people, who cannot be forced to kill and murder other people. When you are happy and joyful, you do want to be destructive. You want to create something to make this world more joyful and beautiful. When you are miserable, you want to be destructive and destroy something. Creative people, poets, artists, authors, painters and musicians, are the people who have made humanity and the world more beautiful. They have contributed flowers of love, silence, joy, truth, compassion and creativity to the world. The crisis for humanity and the earth is a chance for the intelligent and creative people to disconnect themselves from the past, and start living in a new and creative way. And this has to be done now, because the time is short. We will have to create a new humanity, or there will be no one left in a short time.

Appreciate everything that is beautiful, and condemn everything that is ugly and inhuman. To change the world into a new human consciousness, we want to take the world away from the hands of the destructive politicians. We have to teach people love, silence, joy, truth, compassion, consciousness, understanding and awareness all over the world. If we can make humanity happy, it is the way to transform humanity.

My book “The Call of the Heart” says that love is the ultimate law of existence. The book is about discovering the art of love, the way of the heart and the path to true happiness. It is an exploration of how to make humanity happy.

In this book I say that love is not an exclusive relationship with another person, but a state of being. Love is our intrinsic quality. I also challenge our view of love by saying that love is our very being, but love has become almost impossible, because society and religions do not allow it. Society and the religions condition us in such a way that love becomes impossible and hate becomes the only possible way. Society and religions do not allow freedom. Society and the religions have reduced humanity to a mere state of survival, a low state of consciousness.

Can you explain what samadhi is and how one can achieve it? How does it relate to the concept of enlightenment in your teachings?

Samadhi, enlightenment, truth and nirvana are different words to describe the same experience. The fragrance of meditation is enlightenment. To attain to enlightenment is to attain to all. When you are not, you become the whole. Man can live in two ways: the natural way and the unnatural way. The natural person is the enlightened person. To be natural is to be enlightened. Enlightenment is a state of being natural. People become enlightened only when they have discovered their original source; when they have become

natural they are enlightened. Enlightenment is to be ordinary, to be nobody, to be natural. Enlightenment is a simple process: it is just becoming your authentic self, your authentic being. And it is so luminous that in its light all darkness and all doubt disappears. Enlightenment is simply a process of discovering yourself. Enlightenment is nothing but the discovery of our original face - the essential reality you brought with you, and the essential reality you will have to take with you when you die. And this original face is luminous, because it is part of eternal life. And a tremendous insight arises that you are not separate from existence. These are the three stages of enlightenment, the three glimpses of satori.

1. The first stage enlightenment: A Glimpse of the Whole

The first stage of enlightenment is a short glimpse from faraway of the whole. It is a short glimpse of being. The first stage of enlightenment is when, for the first time, for a single moment the mind is not functioning. The ordinary ego is still present at the first stage of enlightenment, but you experience for a short while that there is something beyond the ego. There is a gap, a silence and emptiness, where there is no thought between you and existence. You and existence meet and merge for a moment. And for the first time the seed, the thirst and longing, for enlightenment, the meeting between you and existence, will grow in your heart.

2. The second stage of enlightenment: Silence, Relaxation, Togetherness, Inner Being

The second stage of enlightenment is a new order, a harmony, from within, which comes from the inner being. It is the quality of freedom. The inner chaos has disappeared and a new silence, relaxation and togetherness has arisen. Your own wisdom from within has arisen. A subtle ego is still present in the second stage of enlightenment.

The Hindus has three names for the ego:
1. Ahamkar, which is the ordinary ego.
2. Asmita, which is the quality of Am-ness, of no ego. It is a very silent ego, not aggressive, but it is still a subtle ego.
3. Atma, the third word is Atma, when the Am-ness is also lost. This is what Buddha calls no-self, pure being.

In the second stage of enlightenment you become capable of being in the inner being, in the gap, in the meditative quality within, in the silence and emptiness. For hours, for days, you can remain in the gap, in utter aloneness, in God. Still you need effort to remain in the gap, and if you drop the effort, the gap will disappear. Love, meditation and prayer becomes the way to increase the effort in the search for God. Then the second stage becomes a more conscious effort. Now you know the way, you know the direction.

3. The third stage of enlightenment: Ocean, Wholeness, No-self, Pure being

At the third stage of enlightenment, at the third step of Satori, our individual river flowing silently, suddenly reaches to the Ocean and becomes one with the Ocean. At the third Satori, the ego is lost, and there is Atma, pure being. You are, but without any boundaries. The river

has become the Ocean, the Whole. It has become a vast emptiness, just like the pure sky. The third stage of enlightenment happens when you have become capable of finding the inner being, the meditative quality within, the gap, the inner silence and emptiness, so that it becomes a natural quality. You can find the gap whenever you want. This is what tantra calls Mahamudra, the great orgasm, what Buddha calls Nirvana, what Lao Tzu calls Tao and what Jesus calls the kingdom of God. You have found the door to God. You have come home.

You have been described as a "spiritual master of love and silence." How do you integrate these two aspects into your teachings and daily life?

Man's basic search is for love. He wants to love and he wants to be loved. He wants to be loved unconditionally, and he can be fulfilled only when that happens. But it does not happen, because he never loves unconditionally. All lovers expect unconditional love from the other person, but nobody is ready to give it. There is something missing in both you and the other person. One has to begin with oneself. One has to work upon oneself to be able to love unconditionally. One has to love unconditionally not only people, but trees, birds, animals, stone and the wind. You have to spread your love to the whole. The day you can love the whole, without expecting anything in return, you have known the fundamental secret of life. You have known prayer, the ultimate love. Then the whole will pour its love on you. And that is what we have been searching for many lives.

My beloved friend Swami Prem Pathik in Nepal has described me: "Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life." Love is the flower of meditation. Without meditation the flower of love will not blossom. Without meditation what we call love is not really love. Without meditation love will only bring misery. What we call love will be possessiveness, jealousy, hate, domination and destructiveness.

Without meditation love will not be possible at all. When you go deeper in meditation, silence and awareness, the false and artificial will disappear and the real and authentic will start growing. Romantic love will grow into real love, anger changes into compassion, sadness will grow into and greed changes into sharing. When you come closer to the center of your being your ego will disappear. And the moment the ego disappears, love arises. Love is the flower of agelessness. Love is the crescendo of life. One who has attained to love has attained to God.

The most important spiritual teaching is to love yourself and watch. Love yourself and watch are the two steps of meditation. Just as food is nourishment for the body, love is nourishment for the soul. Without nourishment for the soul, the body becomes weak. Without the nourishment of love, the soul becomes weak.

To make you spiritually weak, all the religious traditions have taught you to love others, but don’t love yourself. All the cultures and civilizations have taught you not to love yourself because if a man cannot love himself, he cannot love anybody else either. That nobody can

exploit, manipulate, and control you. You have been made afraid of being in love with yourself, which is the first step of love.

A man who loves himself respects himself. And a man who loves and respects himself loves and respects others. He becomes aware that we are not different: we are one. In the foundation, we are part of one nature. A man who loves himself starts overflowing so that his love starts reaching others. You love other people. You love animals, flowers and trees. Love makes you a spiritual force. Love yourself, because it can transform the whole world. Love begins with yourself, and then it can spread. Love yourself, and watch. The first step is to love yourself, and the second step is to watch. Love is the first step to knowing yourself. If you do not love yourself, you will never know yourself. Love your body, love your mind, and love your soul. Watching is meditation. Watching is another name for meditation. Be aware, be alert, and be conscious. The first step in meditation is to love yourself, respect and accept yourself as you are. The second step in meditation is to watch – watch when you take a walk, watch when you eat, and watch when you spend time with friends.

Love is the most precious thing in life. With love, life becomes meaningful. Without love, life becomes meaningless. Love as much as you can. Don't be miserly in life. Ordinarily people do not want to give love, they want to get love. This is what creates the misery of the world. The basic problem of the world is that everybody wants to receive love, but nobody wants to give love. Just as food is nourishment for the body, love is nourishment for the soul. Your soul also needs nourishment.

This is what creates starvation in the world, because we have been conditioned against love. We have been conditioned against loving and accepting ourselves, which makes it difficult to love others. We need to love ourselves first before we can love others. When we give love, you will receive love back, because love is an inexhaustible source. We have to learn to give love, we have to learn to share love. And do not only share it with human beings, share it with the whole existence. Share it with the trees, the flowers and the animals. Be in a constant state of love. Be in a love affair with existence. This is meditation, this is prayer.

Humanity is suffering from a lack of love. All other problems arise out of this problem. War, poverty and conflicts can disappear within minutes, because they are not the real problem. They are symptoms that love is missing. We have the science and technology to make earth a paradise, but nobody has the heart that can share. Instead science and technology are being used to destroy and to be destructive.

Seventy percent of the nation's income is being used on the army and development of new weapons. Man can be immensely happy. The world is full of all that is needed for man to be happy: the trees, the flowers, the people, the rivers, the mountains and the stars. But somewhere inside man something essential is missing. Man has forgotten the language of love. He lives through anger, power, violence, jealousy, conflicts and possessiveness. They are the enemies of love. These are the poisons, which destroy love. A meditator has to drop all that is against love. He has to move the barriers against love, so that love can start flowing, because love is our nature. When these obstructions are removed, love becomes a

golden light It is a light that not only lights up your path, but it can also light the path of other people.

It is a light by which one becomes aware of God's presence. Love is the only light, which can become the bridge to God. Love is the only light, which becomes the realization of God.

Love starts with loving and accepting yourself as you are. Loving yourself and selfishness are two different things. To love and accept yourself does not mean to be narcissistic and obsessive with yourself. A basic love and acceptance for yourself are a basic phenomenon to learn to love other people. It is only then that you can really love somebody else.

Accept yourself, love yourself, because you are God's creation. There has never been anybody like you, and there will never be anybody like you. You are a unique creation of God, and without you God's symphony would be less. Acceptance creates the climate and atmosphere out of which love grows. Love is only possible when there is a deep acceptance of yourself, a deep acceptance of others and a deep acceptance of existence. Then for the first time, life is happening in your life and God is happening in your life. That is what life is all about.

The moment you love and accept yourself as you are, you begin to trust yourself, you begin to trust others and you begin to trust existence. When you accept yourself, you begin to accept life. When you reject and condemn yourself, you also reject life. If you reject yourself, you are also rejecting God. If you accept yourself, you also accept God. Then whatsoever happens is God. Then life is good and death is good, then love is good and aloneness is good.

Love is the fragrance of the eternal. It is the experience of conscious people, not of the unconscious people that the world is full of. Only a few people have really known what love is. Love is a rose of your own inner being Love is a spiritual experience, which has to do with your own being.

The first step is to know yourself, and love will come as a reward. Love is a shadow of your consciousness. Be more conscious and love will be there. You and love cannot exist together. If you are ready to disappear, to disappear as an ego, leaving only a pure being, a pure consciousness, love will blossom. Disappearing you will be able to give so much love, because it is not something exhaustible. And the more you give, the more you become capable of giving love. The greatest experience in life is when you simply give without any conditions, without any expectations. Then you can give love with a deep sense of gratitude to all that accept it. You can go on giving to everybody, not only to human beings, but to birds, animals and trees. From all over existence love starts showering on you. The more you give the more you receive. Life becomes a dance of love.

I would say to begin to start trusting yourself is the first lesson and the fundamental lesson on the spiritual journey. Trust is only possible if you first trust yourself. The most fundamental lesson has to happen within yourself first. In India, where they have developed the inner science of spirituality for thousands of years, they made a basic condition that one should begin to develop trust in oneself. If you do not trust in yourself, then no other trust is

possible. If you trust you are open, receptive, if you are doubting yourself, you are closed. Intuition is basically to develop a trust in yourself. When you trust yourself, you can trust others, you can trust existence. Love and silence are the two ways to develop intuition, to develop trust in yourself. Trust is a prerequisite for love. Start loving yourself, if you do not love yourself, who is then going to love you? To love yourself is the first step to love others.

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The spiritual journey means to learn to listen more and more to the heart. It means to learn to follow the heart. It means to gather the courage to follow the heart, instead of listening to the mind. The heart is yours, it is given by God, the divine. If you listen to the heart, it will not be difficult to go into meditation. Then you will know what to do and not to do. You

immediately know what to do in the moment. You know from your being. The heart knows what to do, because the heart is already in contact with the whole. The heart lives in the mysteries of existence.

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

What are some of the biggest challenges you have faced on your spiritual journey, and how have you overcome them?

Meditation is the beginning of a long journey. If you allow the journey much can happen, but it depends on you and how much you allow. It is difficult to allow, because it needs trust. It needs trust, because the journey includes challenges and taking risks. It is a journey from the known into the unknown. They journey moves into unknown territory, where you have to leave the ego aside. You have to leave your strategies of self-defense, resistance and security. You have to leave the shore on which you have lived and move towards the vast ocean. If one takes the risk of dropping the ego, the other shore is reached immediately, So be ready for the ultimate journey, and be fearless in absolute trust.

The deepest pain in my heart has always been to be separated from life, to be separated from the inner song of meditation, to be separated from the Universal song. The most important thing in my life has been to discover the inner song of meditation in my own heart and being.

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friend that I trusted and I had money to do what I wanted. But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole and that no outer things or relationships could ease this pain.

Aloneness has been my constant companion in life. I lost early the people that I loved: first when my young and unmarried biological mother had to leave me because of outer circumstances. I was adopted by a very loving couple, who could not conceive a child. I have always felt naturally loved by them, and I have never really felt that I was adopted. Instead, I have always felt that I did a little detour to be able to be adopted by my real parents.
Then my mother died when I was 15 years old after a long sickness. On her funeral I took the decision to never depend on anybody again. Her death created such a deep pain in me that it was also the death of relationships for me. Then my father died when I was 21 years old – and I was completely alone in the world. This created a basic feeling of being alone and unloved in me, it created early a feeling of independence and self-suffiency in me. It also

created a basic feeling of not trusting that I am alright as I am, and of not trusting that life takes care of me.

This created such a pain in me that I simply repressed the pain for many years in order to survive. These early meetings with death also created a thirst in me to discover a quality, an inner awareness that death could not take away. Now I can see that these early painful experiences are a blessing in disguise. It liberated me from relationships. I relate with people, but there is always an aloneness within me. I realize that a seeker of truth needs to accept that he is totally alone. It is not possible to lean on other people like crutches. When we totally accept our aloneness, it becomes a source of love, joy, truth, silence, meditation and wholeness. Aloneness is to be at home in ourselves, to be in contact with our inner source of love, while loneliness is to hanker for other people, to hanker for a source of love outside of ourselves. Aloneness is to come home.

Being and working with people in courses has also been a meditation in itself for me. It has been a valuable experience in learning to trust and listen to my intuition, to the inner source of love, truth and wisdom, to the Existential voice within. It has been a lesson in how we through our intuition, through the silent whisperings of our heart, are in continuous contact with Existence.

When I did a therapist education in USA 1984, one of the course leaders – who had given personal and spiritual guidance to thousands of seekers of truth from all over the world, and who I consider to be one of the best spiritual therapists in the world – said that I was going to get enlightened, that I would ”disappear into the silence”.
I did not really understand what he meant then, and it was totally absurd for me when other course participants congratulated me afterwards. The thought that I was going to be enlightened was totally absurd for me. For me enlightenment was something that happened to special and chosen persons like Osho, Buddha, Jesus, Lao-Tzu and Krishnamurti. I did not feel either special or chosen. I did not feel worthy of being enlightened.

Enlightenment is a paradoxical phenomenon. You need to be committed to become enlightenment, and to do whatever is necessary to make it happen. But at the same time you cannot force enlightenment to happen by sheer will. It is like the situation with happiness: you cannot force happiness to happen, but you can create the right circumstances for happiness to happen. You need to be willing to die, to let go of your limited sense of “I”, to achieve enlightenment. I can feel a deepening thirst to die, to dissolve into the silence, in my heart and being.

It is astonishing to realize that growing up actually means to become one with Existence. It means to find the whole Existence within myself, it means to discover that Existence is alive in my own heart and being. The song of a bird echoes my own inner voice, the beauty of a flower reflects my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy, and I discover all the shining stars of the sky within my own heart. It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God.

Life is really very simple. In each moment, we have the opportunity to choose between

saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

How do satsangs contribute to spiritual growth, and what can participants expect from attending a satsang with you?

Satsang is a direct insight and experience of being, our inner source of love, truth and freedom. This experience transforms our entire life and consciousness. Padma, my beloved friend for many lives and a participant in satsang described her experience of satsang:
"Satsang with Giten is heaven. Satsang with Giten is heaven. Satsang with Giten about the Upanishads is so exciting.
Satsang with Giten is like a scent, a flowering of This is it! Satsang with Giten has the same taste as satsang in India. Suddenly meditation is not dry and sterile, but an experience of love, silence and prayer, of being one with life .I was so afraid that I would lose the silence that I had found during satsang in India, but I found the silence again in satsang with Giten. Samadhi is like dying. The fear that I experienced in the beginning in satsang when I went into samadhi, when I disappeared into the silence, has now disappeared totally. Satsang with Giten is like coming home. I went into samadhi three times during a satsang weekend with Giten - and I got a map and an understanding for how to go into samadhi again. Before I started to attend satsang, I did not think that enlightenment was possible, but now I feel that it is possible. Satsang with Giten confirms what I have really always known. I never thought that samadhi was possible, but in satsang with Giten, samadhi is knocking on the door.”

My beloved friend Swami Prem Pathik in Nepal read this description and said: "That is 100 % true."

How can people integrate the divine into their daily lives, especially in a fast-paced, modern world?

Meditation is an inner journey. It is a journey from your periphery to your inner being, your center. Normally we have lived on the periphery for many lives, so we have become totally oblivious of the fact that we have a center. A man living on the periphery is without a soul. It is a man living without roots. He knows not where he is coming from, he knows not where he is and he knows not where he is going.
Meditation means an effort to become conscious. It means to create the fire of awareness in you. It is to find the inner being, the center, in us, because it is there. Once we have found the inner center, we find our roots. Then we have a soul. We know who we are. And that is the greatest moment in a man's life. It opens up the mystery of life. Suddenly God becomes available in all its joy, beauty and mystery. Then life becomes eternal. Then there is no death. Then our life becomes a joy.

Are there any new projects or books that you are currently working on? What can your readers look forward to next?

I am currently writing the book "Man is part of the Whole", which is embarking on the greatest adventure in life, which is our real destiny in life. We are to disappear as we are to become that which is our real destiny: the whole. Man lives in a disharmonious way, because his effort is to live as an entity separate from the whole. He is trying the impossible, because he is part of the whole and can only be part of the whole. When you know how to be harmonious with yourself, you can be harmonious with existence.

The book presents a great synthesis between love and meditation, between the inner and the outer, which will create a new man, a new being, a new consciousness. The book is divided in three parts: Love and The Art of Living, The Art of Creativity and Meditation and The Art of Being.

Humanity is living in a very transformative period right now, which will end either in a climate crisis, a third world war or the transformation of humanity. This book is a way to help humanity in this difficult period, and to help seekers of truth and meditators to live through this period.

The book presents The New Man, A New Being, A New Consciousness - Vision for a New Humanity, which is an invitation to the intelligent and creative people of this threatened world. The new man is going to be the salt of the earth, who is concerned with how to increase silence, joy, love, truth, compassion and creativity of life.

It is a response to the report of the United Nations from the World Commission of Environment and Development "Our Common Future", which identifies the major issues threatening the future of the world. The New Man presents a proposal for a viable humanity. It presents a diagnosis of the psychological and spiritual causes, which divides human beings into warring factions. It outlines the critical steps required if there is to be any future for humanity and the earth.

Humanity and the earth is one whole, one humanity. Looking at the world with a bird's eye view, it seems that we need one humanity. We need to begin to think of the whole.

Swami Prem Pathik in Nepal says about the new book: "The people of the world need the fragrance of love. It is Giten's contribution to humanity."

In a letter to the U.S. President about the new book, I say that the past of humanity has been ugly. He says that earth needs the birth of a new man, who represents peace and brotherhood. It is the birth of a new man that can live at peace with existence. It means a new man, who can live in deep love, joy and creativity."

In a letter to António Gutierrez, Secretary-General of the United Nations, about the book I say that humanity is suffering from a lack of love. All other problems arise out of this problem. War, poverty and conflicts can disappear within minutes, because they are not the real problem. They are symptoms that love is missing. We have the science and technology

to make earth a paradise, but nobody has the heart that can share. Instead science and technology is being used to destroy and to be destructive.

The book includes the following topics: - The difference between saying Yes and No to Life, The difference between the new and the old man, Love and the Art of Living, The Art of Creativity and Meditation and the Art of Being, Man's Consciousness: A New Understanding of Life The, The Three Levels of the Human Consciousness: The head, the Heart and The Being, Do we have a Future?, Democracy: Freedom is the Essence of Democracy - Human Freedom and Wealth, Political ideologies: Democracy, Capitalism, Socialism and Communism, - Education - A New Education for the New Man, The Political Leader; War is a must for the Political Leader, Love unites and hatred Divides, The essence of Religion is love, To be in Power with Awareness, - Science and Consciousness, The Four Types of Man: Workers, Power: Politicians and Warriors, Business man and Knowledge: Wisdom and Spirituality, The Four Life Areas: Student and education, Family man, work and desires, meditation and enlightenment, Meditation - The Way to Change, Nations are the greatest problem, The Future: One world, one Earth and One Humanity, Creativity: To Make the World more Beautiful and Making Humanity Happy.

Information about the new and upcoming has been sent out to world media, and a distinguished New York based literary agency answered that the book "has sparked significant interest."

How did you get to know about AllAuthor? What made you decide to join our membership?

I found a collection of Giten quotes on AllAuthor, where I was quoted together with the contemporary intelligentsia, for example Albert Einstein, William Shakespeare, Plato, William Wordsworth, Abdul Kalam, Socrates, Rumi, Gautama Buddha, Swami Vivekananda, Mahatma Gandhi, Ralph Waldo Emerson, H.L. Menken, Benjamin Franklin and Ralph Waldo Emerson,, so it felt like you had already invited me. When I later on read the custom tweets for my first promoted book, I got the feeling that you also understood the book. This confirmed that my choice with AllAuthor was the right choice. My satsang participant Deva Emanuel also read the custom tweets, and commented; "Wow, how professional. They sounds like real meditators."

GITEN’S BOOKS
- BOOKS FOR LIFE, LOVE. TRUTH AND BEAUTY

Spiritual teacher and Amazon best seller author swami Dhyan Giten’s quotes, articles and books has touched thousands of people and is appearing with increased frequency in magazines, blogs and homepages. The influence from his teaching and books continues to grow and are reaching intelligent people and seekers of truth in virtually all countries in the world.

He has been described by Swami Prem Pathik in Nepal: Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life. Whenever I read his words of spirituality, I always find myself in deep silence and in the belly of the divine, where anyone can feel himself as a buddha.”

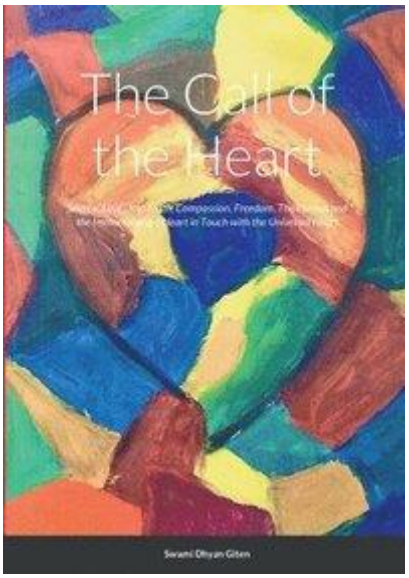
GITEN'S BOOKS BEST SELLERS ON AMAZON

Many of Giten's books have been rated best sellers on the world's largest internet bookstore Amazon's best seller list.

GITEN’S BOOKS ARE AVAILABLE GLOBALLY ON AMAZON, UBUY.COM AND EBAY.COM.

- FROM USA, UK, SWEDEN, DENMARK,GERMANY, ITALY,SPAIN, FRANCE,AUSTRALIA, CANADA, NEW ZEALAND,INDONESIA, JAPAN, SINGAPORE,TURKEY, MEXICO,SOUTHAMERICA,AFRICA, UNITED ARAB EMIRATESAND RUSSIA TO INDIA

The books are also available in Sweden, Norway and Finland and Denmark on dlibris.com, Bokus.com, Amazon.se and Saxo.com.



THE CALL OF THE HEART

- Silence, love, joy, truth, compassion, freedom, the eternal and the immortal and a heart in touch with the universal Heart

*****

Five stars, Goodreads, the world's largest book site for book readers and book recommendations with 45 million users worldwide

A TALK FROM HEART TO HEART

"Giten's book The Call of the Heart is an excellent expression. Super touching. The book is like a talk from heart to heart."

- Swami Prem Pathik, Nepal

In this new and beautiful book spiritual teacher Swami Dhyan Giten explores the art of love, the way of the heart, the art of happiness. Giten says that love is as easy as drinking a glass of water. Love is not an exclusive relationship with another person, but a state of being. Love is a natural state of being, a natural state of consciousness.

He explains that love is the ultimate law of existence. Love is eternal. Love is our intrinsic quality. We are born with it. Everything becomes possible with love. Giten challenges our view of love by saying that love is our very being, but love has become almost impossible, because

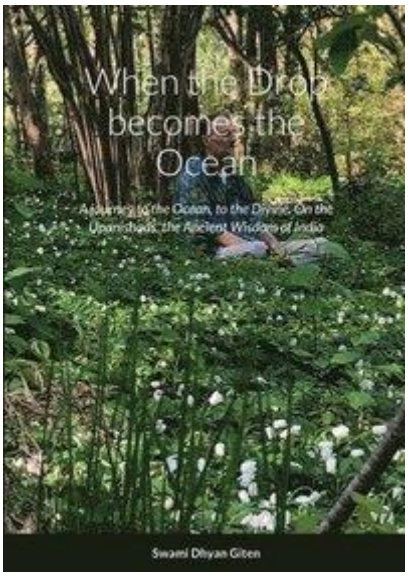
society and religions do not allow it. Society and the religions condition us in such a way that love becomes impossible and hate becomes the only possible way. Society and religions do not allow freedom. Society and the religions have reduced humanity to a mere state of survival, a low state of consciousness.

In this book Giten offers a new dimension of what real love is and understanding that love is our nature. In this book he explores how we can realize that love is not an exclusive relationship, but a state of being, how we can learn to love, accept and respect ourselves as we are, how we can learn to trust ourselves and our intuition, our inner source of love, truth and wisdom, how we can create loving relationships to ourselves, to others and to life, how we can achieve real happiness and understand that real happiness is to be yourself, how we can discover that joy comes from within, to understand the difference between conditional love and unconditional love, to understand the relationship between love, freedom and aloneness, how love creates healing, how love and meditation relate to each other, how to surrender your ego so you can surrender to love, how love is the door to enlightenment and to be a light to yourself.

This book is a compilation of lectures from satsang with spiritual teacher and author Swami Dhyan Giten between March 2016 and July 2022 in Stockholm.

Like life, this book is a gift of love to yourself or a beloved friend.

Cover painting: THE EXISTENTIAL HEARTBEAT by Swami Dhyan Giten



WHEN THE DROP BECOMES THE OCEAN: A JOURNEY TO THE OCEAN, A JOURNEY TO THE DIVINE

* * * * *

Five stars, Goodreads, the world's largest book site for book readers and book recommendations

"Divine words of wisdom by Swami Dhyan Giten.
- Boundless Blessings Blog

Man is like a river on his way towards the ocean towards the divine. The drop has a thirst, a longing. The drop knows nothing of the ocean, but the drop longs to become one with the ocean. The drop cannot find fulfillment until it becomes one with the ocean, the divine. This book is a journey to the ocean, to the divine."
- Swami Dhyan Giten

Giten's new beautiful coffee table book When the Drop becomes the ocean is in A4-size with color photos and is a beautiful gift to yourself or a friend. The book can be displayed both on your coffee table and in your spiritual center, so that people can open a page in the book and receive a light on the path, to receive a guiding quote for the day.

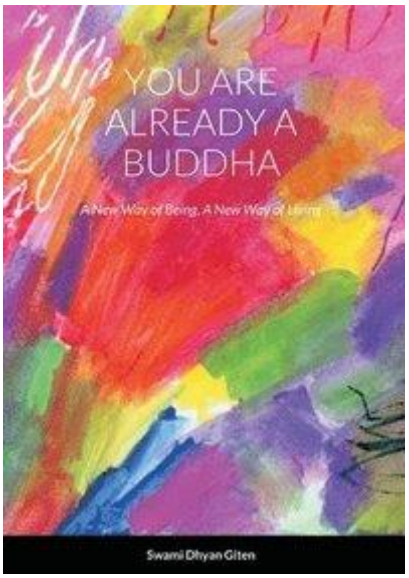
The book is dedicated to Padma, Giten's beloved friend from many lives, who also participated in satsang with him.

This book is a compilation of lectures from satsang with spiritual teacher and best-selling author Swami Dhyan Giten on the Upanishads, the ancient wisdom of India, between March 2016 and July 2018 in Stockholm.

In this book Giten talks about The Upanishadic vision of life, which is a universe in an organic whole. We are all existing in togetherness. The trees, the flowers, the stones, the birds, the mountains and the stars are all interlinked. The part represents the whole.

Nothing is lower, nothing is higher - all is one. The smallest blade of grass is connected with the farthest stars. The Upanishadic vision of life has never become part of human consciousness. It has remained the vision of a few mystics, which is the basic reason for the misery of the world.

The word Upanishadic means to sit in deep communion in truth. It means to sit in satsang in a deep communion of the heart. The Upanishads is a silent communion from heart to heart. That is the meaning of Upanishad. Sitting in silent communion of the heart, and something transpires. This transmission beyond words is the meaning of the word Upanishad. The Upanishadic approach is individual. Organized religion, tradition, dogma and ideology are bound to be against individuality.



THE BOOK FOR THE 21ST CENTURY
YOU ARE ALREADY A BUDDHA: A NEW WAY OF BEING, A NEW WAY OF LIVING

In this book Giten talks about: that humanity is waiting to become conscious. He also talks about The Silent Revolution of the Heart: The Challenge for the21stCentury, Two Ways to Live: Yes and No to Life and that the world is Coming to an End. He also talks about that everybody is destined to become a Buddha, Enlightenment is Our Nature, Enlightenment in Everyday Life, and that Existence has always Taken Care of You.

"EXCELLENT"

Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life. Whenever I read his words of spirituality, I always find myself indeed silence and in the belly of the divine, where anyone can feel himself as Buddha."

From the foreword by Swami Prem Pathik, Nepal

GITEN'S NEW BOOK IS HIS MOST ACCOMPLISHED BOOK:
THIS BOOK IS LIKE LISTENING TO BIRDSONG. I AM IN LOVE WITH THIS BOOK.

“This book is so beautiful; it is like listening to birdsong. I am in love with this book. It is very clear and direct. Giten’s new book is his most accomplished book. It is the capacity and the clear intensity of walking like an arrow directly towards the center of thinner being inmeditation that really surrounds this book. I am speechless. I have never heard anyone ever been able to describe this as educational and up to date as it must be and just is - like the simplicity of drinking a glass of water.”
- Deva Emanuel, musician and participant in satsang with Giten

Everybody has the birthright to become Buddha. The Buddha is inherent in every human being, and not only in every human being, but it is the intrinsic quality of every living being. What is preventing you from becoming a Buddha? The reason is simple, because to become a buddha is also a desire. It is not a question of becoming a buddha. It is a question of entering your being. The buddha is already in your being.

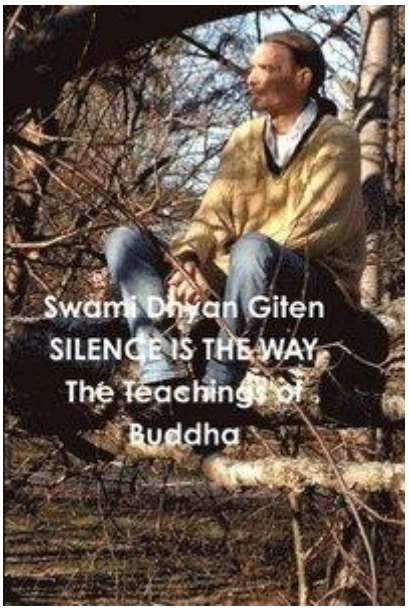
There is great difference between being and becoming. Becoming is in the future. Being is just here and now. You are already a buddha. It means that we are a Buddha, but we are unnecessarily running after being a Buddha.

When you go inside, where a silence descends on you, you return to the source. At the source, you are the Buddha. At the source, you are one with life and existence. The buddha is your own being.

Make a deep commitment to yourself that you are going to become a Buddha in this life. Without being a buddha, you do not have any meaning in your life. When you do not make a commitment to become buddha in this life it may take lives and lives, because you do not want to become enlightened. Otherwise, this very moment you are the Buddha, because you are already a buddha. Just a straight insight into your inner being, and enlightenment can happen suddenly. Within you wait alight that has-been within you since eternity, a light that is your immortality. Just enter into yourself and you have entered the temple of existence.

This book is a compilation of spiritual teacher and author Swami Dhyan Giten’s lectures on enlightenment during satsang between 2020 – 2021 in Stockholm.

This book is an opportunity to find the inner buddha, to find the silence, joy, truth, freedom, compassion, to find the roots in eternity, immortality and deathlessness, and to be one with life and existence.



SILENCE IS THE WAY
The Teachings of Buddha:
Golden Nuggets of Love, Truth and Wisdom

*****

Five stars, Goodreads, the world's largest book site for book readers and book recommendations with 45 million users worldwide

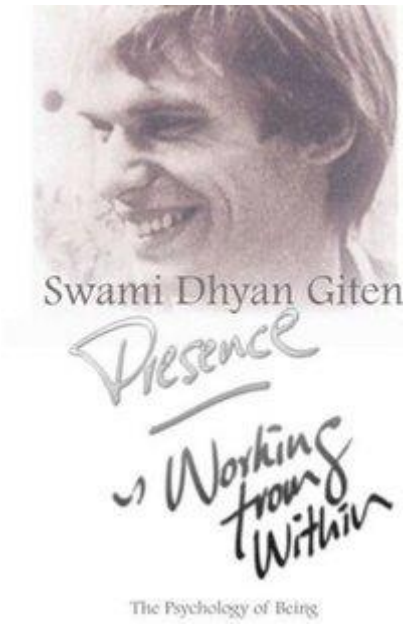
This book is an artwork, and a pleasure to read. It is both exciting, simple to read and it is filled with love and light. Many words and sentences in Giten's book Silence is the Way go right into the heart.

Giten is a master in transmitting the light and joy, without too many words. Giten is a master in transmitting the light and joy, without too many words. This book is for everybody that wants to find a new dimension of awareness in their lives, which will make you endlessly enriched and blessed. Delight in the call of the ocean. Capture the silence and allow yourself the fragrance of truth, joy and light." Padma says in the foreword to the book. This book is about the teachings of Buddha, which Includes Giten's own insights into this exciting journey and meditation of life. This book is a compilation of lectures during satsang with Giten on the teachings of Buddha. Satsang with Giten on Buddha is not about Buddhism, it is about creating a bridge. Buddha is one of the most unique and important spiritual masters that have existed on Earth. Through using Buddha's wisdom as a jumping board, Giten gives life to words that have the power to change how we see the world.

Buddha's greatest message, his gift to humanity is the message of no-self, anatta, silence and emptiness, spiritual teacher Swami Dhyan Giten says in this book.Giten's book Silence is the Way is a beautiful pocket-sized book with golden nuggets of love, light, insight, truth and

wisdom, which go straight to the heart. You can keep the book with you during the day and open it for moments of inspiration, truth and wisdom.

Silence is the Way consists of short sentences and paragraphs to meditate upon to understand that silence is the way to meditation and enlightenment.



PRESENCE - WORKING FROM WITHIN: THE PSYCHOLOGY OF BEING

"Presence - Working from Within is more than a book about presence, but a manual in the art of unlocking the Souls Presence within the Personality."

- Eric Rolf, International lecturer, seminary leader, author and former consultant to John Lennon

This book is an invitation to open our hearts. This book is basically about love. It is designed to help us understand how healing happens. Healing is pure love. Healing and wholeness happens when we meet the love within ourselves. Spiritual therapy is about love– what love is, here to find it and how to develop the capacity to share love, to give caring. This book is an invitation to people, who are interested in spiritual therapy and healing and want to work with people from love, truth and wholeness.

Spiritual therapy works basically because we are all one. In the depth of our heart and being, we are in contact with each other. We are in contact with each other in the ocean of consciousness.

Working with people from love, truth and wholeness is the psychology of being, the science of inner transformation. The psychology of being begins where Western psychology ends. It goes beyond Skinner, Freud, Jung, Rogers and Humanistic psychology.

The psychology of being is the psychology of consciousness, a psychology for inner transformation. It is basically not a question of psychology; it is a question of being. The psychology of being begins where we are and takes us to that which we can be.

The psychology of being takes us through the layers of personality of thoughts, feelings and learnt attitudes to our inner being, which is hidden deep within us. The inner being is a deep acceptance of ourselves as we are.

The inner being is to be available to life. The inner being is to be one with life. This book is an invitation to discover the inner being, our inner source of love, joy, acceptance, humor, truth, freedom, wisdom, silence, creativity and oneness with life.

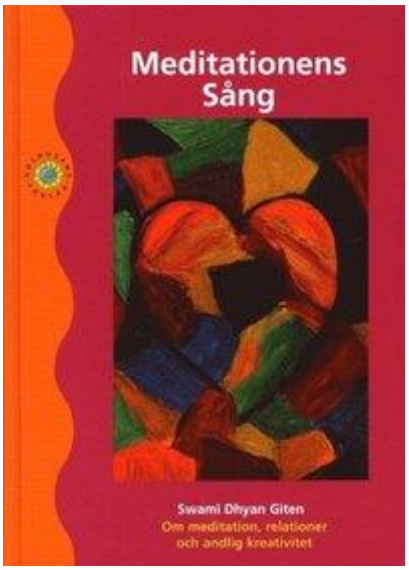
This book is designed to help us develop our presence, so that our presence and intuition becomes a source of love, joy, acceptance, understanding, truth, silence, wisdom and creativity in the contact with another person.

This book presents a new dimension of Healing with a base in meditation. Meditation is the way to deepen our capacity to be present and to explore how to bring the meditative presence and quality into the healing and therapeutic process.

The underlying theme of the book is meditation – but not meditation as a static technique - but as the capacity to BE with ourselves and with another person in a quality of watchful awareness, acceptance and relaxation.

This book aims at developing a meditative presence and quality, to develop the inner “yes”-quality, the silence and emptiness within, the inner source n of healing and wholeness, the capacity to surrender to life.

This book is written both for people who want to discover their own inner being and for those who work with other people and wants to discover a new love, clarity, depth and inspiration in their professional work. The different topics of the book are combined with practical exercises.



Giten’s first loved and best-selling book in Swedish!

MEDITATIONENS SÅNG - OM MEDITATION, RELATIONER OCH ANDLIG KREATIVITET

”Giten’s book Meditationens Sång is one of my favorite books. Giten fine Book has meant a lot to me. I found it when I needed it the most - or maybe it found me...?
- Claudia Parvati Berghaus, counsellor and psychotherapist, Sahlgrenska University Hospital, Gothenburg

”Att läsa Meditationens sång har varit en stor upplevelseför mig.”
Lisbet Gemzell, lektor vid Lärarhögskolan och Teaterhögskolan
”Den här boken förändrade hela min världsbild!”
Ann-Sofie Segerstedt

”En alldeles underbar bok. Jag har läst den långsamt och noggrant och njutit av varje ord och mening. Det är en bok för livet, som jag kommer att läsa många gånger.”
Monica Samuelsson, Linköping

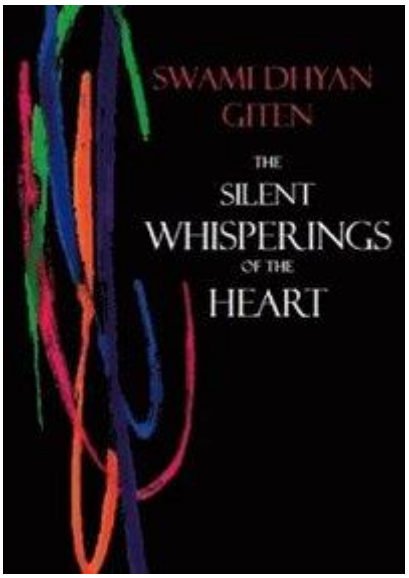
”Den här boken erbjuder en ovanligt nyanserad vägledning i levnadskonst.”
Bibliotekstjänst

Denna bok handlar om medvetenhetens konst. Det genomgående temat är hur det inre varandet, den meditativa kvaliteten inom oss, den inre källan till kärlek och sanning, relaterar till personlig och andlig utveckling, till relationer med andra människor, till andlig kreativitet och till livet självt.

Denna bok erbjuder nycklar till andligmognad. Dess olika teman varvas också medkonkreta praktiska övningar.

Ur innehållet:
Inledning: Den inre resan
Personligheten och det inre varandet, det autentiska
självet
Huvud, hjärta och varande – de tre medvetandenivåerna i det mänskliga medvetandet
Reaktion och respons – skillnaden mellan egogratifikation och varandeexpansion
Ja och nej till Livet – de tre positionerna att relatera till livet
De tre livsområdena: meditation, relationer och kreativitet
Meditation – vår inre natur
Meditationens essens
Meditationsprocessen
Meditationens två aspekter: kärlek och ensamhet
Meditationens två poler: den stilla, betraktandekvinnliga polen och den aktiva, kreativa
manliga polen
Tillfredsställelsenivå
Intuition – det existentiella språket
Healing är ren kärlek
Relationer – balansen mellan kärlek och frihet
Kommunikation – nyckeln till liv, kärlek och skratt
Känslor
Den Inre mannen och den inre kvinnan
Sju steg mot det gudomliga: chakrasystemet
Relationen mellan personligheten och det inre varandet i chakrasystemet
Närvaro - att arbeta inifrån: att arbeta med människor
utifrån kärlek och medvetenhet Respons och reaktion: kamel, lejon och barn
Vision – att se klientens situation i ett helhetsperspektiv
4 Fallbeskrivningar
Att dansa med Existensen: Att arbeta med grupper av människor utifrån kärlek och
medvetenhet
Ensamhet – den inre källan till glädje och kreativitet
Döden – grinden till Evigheten
Tidigare liv – det tredje ögats hemligheter
Meditationens hjärta: tomhet – frihet från jaget
Upplysning – den inre Buddhan
Meditationens konst – meditationsövningar för att transformera livskvaliteten

Meditationens Sång valdes till månadens bok av bokklubben Livsenergi, som är en av Sveriges största kvalitetsbokklubbar.



THE SILENT WHISPERINGS OF THE HEART - An Introduction to Giten's Approach to Life

A Beautiful Gift for Yourself or a Beloved Friend

"Giten writes in a poetic language. When I read Giten, I am reminded of Kahlil Gibran. Yes, I would like to compare Giten to Kahlil Gibran.
Gordon Banta, author of Magic of Meditation, USA

"In keeping our hearts with all diligence, Giten helps us address the issues of our lives, fluently and eloquently speaking the language of the heart."
Larry Chang, author of Wisdom for the Soul, Washington, USA

"Giten is a really beautiful soul."
Swami Anand Arun, Tapoban Meditation Center, Nepal

How can we learn to listen to the silent whisperings of our heart? How does love relate to aloneness? What is intuition? How can we develop our presence, so that our presence and intuition becomes a source of love, joy, healing and wisdom in the contact with another person? What is the difference between the personality and the inner being, the authentic self? How can we develop the inner being through meditation? How do the inner man and woman express themselves on the outside in the form of relationships? How do the three life areas, meditation, relationships and creativity, relate to each other in creating a loving, fulfilling and creative life? What is spiritual maturity?

The Silent Whisperings of the Heart consists of a collection of quotes from Swami Dhyan Giten about awareness, meditation, intuition, relationships, the inner man and woman, healing, working with people from love and awareness, truth, creativity, silence, wisdom and spiritual maturity.

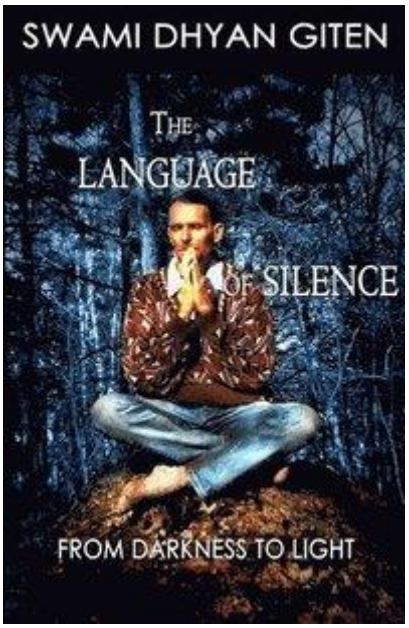
Each page inspires you to see yourself and life in a new way, from a new dimension. This collection of quotes is an introduction to Giten's perspective on life. It is a beautiful gift for yourself or a friend.

Giten has been compared with the poetry of Kahlil Gibran, author of the famous book The Prophet, and he has been quoted together with Albert Einstein, Carl Jung, Ramana Maharishi, Plato, Albert Schweitzer, Jean-Paul Sartre, Bertrand Russel, Anais Nin, Walt Whitman, William Blake, Herman Hesse, Heraclitus, Johann Wolfgang von Goethe and the Indian book of wisdom The Upanishads.

"In The Whisperings of the Heart, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also provides insights in various areas, including of course, those of healing and intuition, meditation, art and creativity, communications, loving relationships with friends and family, working with people from love and awareness and spiritual maturity.

His comments are useful as well as joyful and inspirational. More than anything, they motivate us to taste where we may not have fully tasted before, to taste the beyond.

Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine."
From the foreword by Eric Rolf, International lecturer, seminary leader, author of the book Soul Medicine and consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana.



THE LANGUAGE OF SILENCE: FROM DARKNESS TO LIGHT

* * * * *

Five stars, Goodreads, the world's largest book site for readers
and book recommendations with 45 million users worldwide

"I was 9 years old when I had my first spiritual awakening, my first glimpse of wholeness with existence, my first taste of the language of silence", says spiritual teacher and best-selling author Swami Dhyan Giten in this book. "This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole."

"I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth the inner language of silence" Giten explains in this book. "Now I also notice that this silence is going deeper and that I go beyond the ego and disappear into the silence."

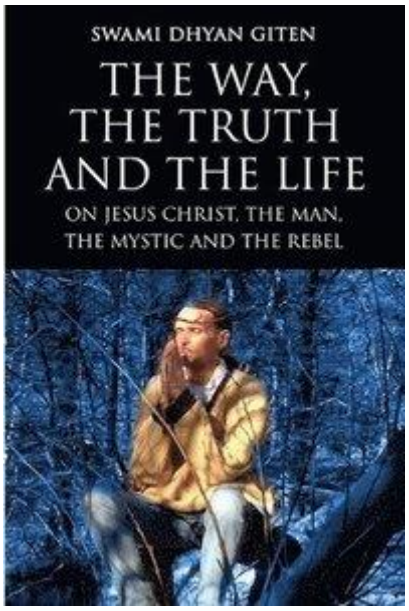
This book consists of a collection of quotes from Swami Dhyan Giten on silence. It also explains how silence is the flower and love and wholeness is the fragrance.

"When I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life. Thank you so much Giten your wonderful being and support in life.
- From the foreword by Deva Emanuel, musician and student of Giten for 9 years.

Swami Dhyan Giten's The Language of Silence — From Darkness to Light reminds me of those moments when we drift back from sleep to wakefulness and the precious insights that quite often occur in those instances of "awakening." It is my own experience that all spiritual paths have a common thread which most simply stated is: unconditional self-acceptance. It is this process or journey toward self-acceptance that leads to our connection with our individual aloneness and silence about which Giten so beautifully often comments.

Here Giten tells us we find our true heart, that love that becomes our healer and a healing presence that projects beyond ourselves and heals and nourishes the lives of all others with whom we have contact, be they friends, strangers or even our pets. Giten's The Language of Silence; is a beautifully expressed and highly intimate picture of his own spiritual history. While reading this book, which is, formatted in short segments and insightful phrases and a true delight to read and sure to later re-visit, I had the sense of listening to his open heart as it gave words to his personal silence. Giten offers us a quite intimate connection with his inner being and thus a glimpse of the beauty within ourselves.

- Eric Rolf, international lecturer, author of Soul Medicine and former consultant to John Lennon.



THE WAY, THE TRUTH AND THE LIFE: ON JESUS CHRIST, THE MAN, THE MYSTIC AND THE REBEL

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Five stars, Goodreads, the world's largest book site for readers and book recommendations with 45 million users worldwide

"With Giten's book on Jesus, it is like Jesus is coming back. It is the true Jesus."
- Prem Mukta, Artist and Music management, participant in satsang with Giten, Stockholm

"No one has been able to deliver the message of Jesus so fantastic beautiful that Giten has managed in the book The way, the truth and the life. Finally, we have his message in original. I am shaken and stunned. The religious words that Giten formulate can make anyone mentally stunned. These words create an inner silence and a deep spiritual wonder for life. Giten has shaken me. I hope the readers also discover his greatness."
-Brage Norin, professor in theoretical physics

"When I participated in Satsang with Giten for the first time, I felt that I had come to the right place. I felt that I had come home. I never thought that a 2-hour Satsang could go so deep. The love that I found within myself during Satsang with Giten just continued to flow a week after the Satsang."

– Iiris, special education teacher for autistic children and participant in Satsang with Moji and Eckhart Tolle

This book is a compilation of Swami Dhyan Giten's lectures on Jesus Christ during satsang between May -July, 2015, in Stockholm.

Giten was a disciple of Jesus in a former life.

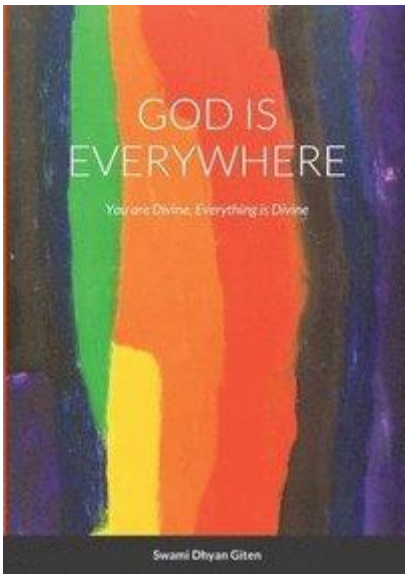
In this book, Giten talks about the beauty and wisdom of the words of Jesus. Giten talks about Jesus, the Man, Jesus, the Mystic and Jesus, the Rebel. He makes a clear distinction between Jesus Christ and the religion that has been built around him - Christianity.

Through talking about the gospels of Matthew, Luke and John, Giten reintroduces Jesus as the man, the mystic and the compromise less rebel, who are filled with love and compassion. Jesus becomes alive in a new and dynamic way and not in the way that Jesus has been presented to us by the theologians and the priests.

Giten talks about love, joy, trust, acceptance, healing, truth, the need to serve, the difference between being and ego, wisdom, silence and God. For the first time, we really feel the laughter, passion, silence and celebration of life in Jesus, which shows us the deeper meaning, the timeless relevance.

This book is a joy and a delight for those in love with the words of Jesus. In-between the lectures on Jesus Christ, Giten answers questions on spiritual growth from seekers of truth.

Giten has also complemented the lectures on Jesus with The Art of Living, which includes practical meditation exercises.



GOD IS EVERYWHERE: YOU ARE DIVINE, EVERYTHING IS DIVINE

* * * * *

Five stars, Goodreads, the world's largest book site for book readers and book recommendations with 45 million users worldwide

"A Guide Book for Truth Seekers."

"I found Swami Dhyan Giten's book "God is Everywhere You are Divine, Everything is Divine" to be a guide book for truth seekers. Yes my dear. Nothing can exist without the divine. Silence is the door to the divine. The fragrance of the divine is love.

- Swami Prem Pathik, Nepal

The global internet book site Ubuy.com reviews Swami Dhyan Giten's book "God is Everywhere: You are Divine, Everything is Divine"

A PROFOUND EXPLORATION OF SPIRITUALITY: 'God is Everywhere' is a must-read for anyone on a spiritual journey

The book 'God is Everywhere: You are Divine, Everything is Divine' offers a profound exploration of spirituality and the concept of divinity. Written by an acclaimed author, this paperback serves as a guide for those seeking a deeper understanding of their own inner divinity and the presence of the divine in every aspect of life. The book delves into various spiritual practices and provides insightful teachings that inspire readers to embrace their inherent divinity. With a compelling narrative and thought-provoking insights, 'God is Everywhere' is a must-read for anyone on a spiritual journey.

"God is hidden in your own heart. Love is the bridge to God. Without love, life lacks meaning. It is love that opens the door to God."

Swami Dhyan Giten, God is Everywhere

"This book is a blessed light. This book is the greatest of gifts. Giten talks about heavy topics like God, religion, love and truth with such clarity and simplicity. The greatness of satsang with Giten is so deep, and I am thankful for this beautiful spiritual flower with Giten."

- Deva Emanuel, musician, student at Örebro University in classical music and participant in satsang with Giten

In the book Giten describes God as life, love, joy, silence, truth, compassion, beauty, light, creativity, freedom, consciousness, the eternal and the divine.

Spiritual teacher and best-selling author Swami Dhyan Giten's new and beautiful book is a gift of love, silence, joy, truth, compassion, freedom and the divine. In the introduction to the book, Swami Prem Pathik in Nepal says: "I found Swami Dhyan Giten's book "God is Everywhere "to be a guide book for truth seekers. Nothing can exist without the divine. Silence is the door to the divine. The fragrance of the divine is love."

In this book, Giten says that the thirst for the divine is in everyone. The thirst for the divine is an innate quality. The most fundamental question in life is to learn that existence cares for you. Existence is full of love.

Giten challenges our view of God by saying that God is within yourself. He says that God is hidden in your own heart. God is your innermost being.

Giten says that love is the bridge to God. Love is what creates meaning in life. Without love, life lacks meaning. It is love that opens the door to God. Love people, love trees and love animals. The more you love, the closer you come to God. Let your love become an invitation to God. In deep silence and emptiness, you become one with God.

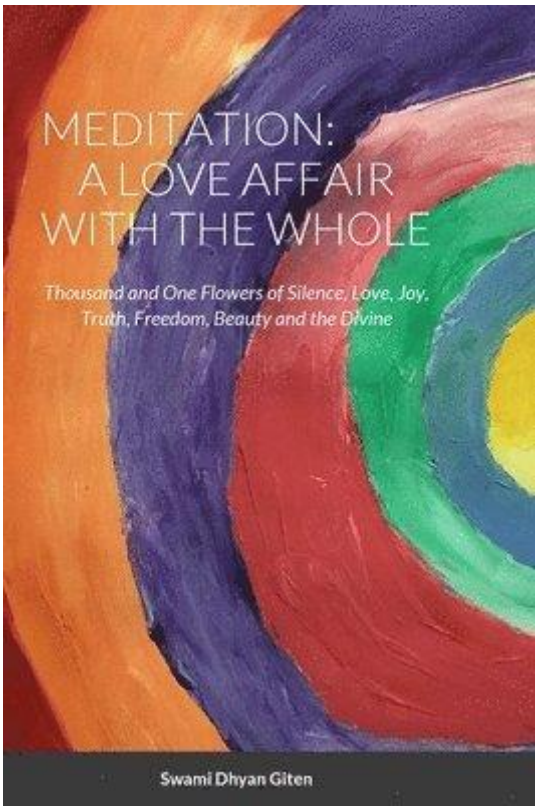
Religion is to be in tune with the whole, says Giten. Religion is to be in love with the whole. Giten says that religion means to listen to our own authentic being. Religion means to listen to the silent voice within ourselves, which will always lead us right. Giten posits that religion means to realize that God is already available to you. Religion is always alive. When religion

becomes traditional it only serves the politicians, the priests, the churches and the society, but it does not serve the soul of man. In the book Giten describes God as life, love, joy, silence, truth, compassion, beauty, light, creativity, freedom, consciousness, the eternal and the divine.

We need to follow our heart, we need to follow our being, we need to have the courage to listen to our heart. Hidden deep within ourselves is the silent voice of truth. Then you will discover that your nature is to become God.

Spiritual teacher and author Swami Dhyan Gitens quotes, articles and books have touched the hearts of thousands of people. The influence from his teaching and books continues to reach intelligent people and seekers of truth in virtually all countries in the world.

This book is a compilation of lectures from satsang with Swami Dhyan Giten between January 2021 and November 2022 in Stockholm.



Meditation: A Love Affair with the Whole: Thousand and One Flowers of Silence, Love, Joy, Truth, Freedom, Beauty and the Divine

“SWAMI DHYAN GITEN'S PROFOUND TEACHINGS IN THIS COLLECTION OF SATSANG LECTURES. THIS BOOK IS ONE THAT'S WORTHY OF A FIVE STAR RATING. THIS BOOK IS MORE THAN WORDS, IT IS A SPIRITUAL JOURNEY. DIVE INTO SWAMI DHYAN GITEN’S TEACHINGS ON MEDITATION, LOVE AND PRAYER."

AllAuthor.com

A BOOK THAT WILL CHANGE YOUR LIFE

"I love this book, it will change lives."

- Deva Emanuel

"Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life."

- Swami Prem Pathik, Nepal

"Swami Dhyan Giten's words are thought-provoking, memorable and inspiring. From views on society and politics to thoughts on love and life."

- InspiringLizard.com

Spiritual teacher and Amazon international best-seller author Swami Dhyan Giten's book "Meditation: A Love Affair with the Whole" is a gift of love, silence, joy, truth, compassion, freedom and the divine, which can change your life. The book is divided into three parts: meditation, love and prayer, the highest love, which describes the entire spiritual journey. In the book Giten also challenges our views on political and spiritual organizations.

The book is available globally on Amazon, Ubuy.com and Ebay as a beautiful coffee table book in 310 pages, hardcover and with color photos is a beautiful gift of love and light to a beloved friend. The book can be displayed both on your coffee table or in your spiritual center, so that people can open a page in the book and receive a guiding quote for the day.

Swami Prem Pathik in Nepal says about Giten: "Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life." Deva Emanuel, musician and participant in satsang with Giten says: "I love this book, it will change lives. Giten talks about deep subjects like God, love and truth with such simplicity. Satsang with Giten is a beautiful spiritual flower." InspiringLizard.com says: "Swami Dhyan Giten's words are thought-provoking, memorable and inspiring. From views on society and politics to thoughts on love and life."

In this book Giten says that meditation is a state of silence, emptiness, and no-mind, no-thought and no-desire. He says that meditation is experienced when it becomes a love affair with the whole.

Giten says that love is the criteria for how our meditation grows. Giten says that love starts with loving and accepting yourself as you are. The moment love becomes a flower of our

being, our life becomes meaningful. Giten says also that love demands the ultimate sacrifice: the sacrifice of the ego. Unless you surrender the ego, love is not possible. Live according

to your heart, living according to your love, live according to your truth, and you will never go wrong.

Giten says that when our love grows, a new experience happens, which is prayer. Giten says that prayer is the highest form of love, where we become one with the whole. The greatest joy in life is to become part of the whole. To discover it is the whole purpose of life.

This book is a compilation of lectures from satsang with Swami Dhyan Giten between March 2022 and September 2023 in Stockholm.