



GEDE PRAMA

Light of Peace
from Healing
to Ultimate Healing

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Gede Prama



Dedicated to the late
NELSON MANDELA



Front Gate
Light of Peace



*Focus the energy to move forward rather
than blame the past*

Light of Peace

When Nelson Mandela passed away in early December 2013, many beautiful souls were deeply sad. A famous spiritual teacher from London sent an e-mail, she felt there was a great light suddenly disappeared, a great light of peace.

Forgiveness

In the middle of dry and stuffy environment which is full of hate, anger and revenge, one of the rare spiritual treasure in this age is forgiveness. Violence, conflict, divorce are only part

of the evidence. But in the midst of this scarcity, Nelson Mandela could easily forgive the people who harmed him.

Imagine if you were put in prison for 27 years. While in the prison the treatments were terribly bad and sad. Many times Nelson Mandela even almost lost his life. It is unimaginable the soul wounds deep within, if we ourselves experience such painful experience. But as reported by a number of former guards while in prison, how many times guards were replaced, Nelson Mandela could soften their heart.

Most remarkably, when the white regime in South Africa ended, then Nelson Mandela led the new government, there were no signs of resentment and retaliation there. Only a beautiful soul could have such beautiful exemplary.

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Acceptance

Similar to large building that just collapsed, it took great effort and energy to rebuild it. That's what happened with the people of South Africa when beginning the new history of the post white government. Wounds were here and there. Angry were here and there. Hatred were here and there.

But as if the South African clearly understands the logic of psychological healing, after a period of heavy forgiveness, then

began the next step of curing through acceptance. Wound here and there were accepted as they are. In the language of leadership, focus the energy to move forward rather than blame the past.

And the results are obvious, not only the one who forgive and forgiven were saved, even a nation were also saved. That's why when the World Cup took place in South Africa in 2010, there was a journalist who concluded as follows: "Spain may bring home the World Cup trophy, but the real winner was Nelson Mandela". Especially because the world media's attention were more focused on Nelson Mandela rather than foot ball.

Treasure of Peace

There are many ways how the history share story. One of the way is through the birth of public figures. And the birth of Nelson Mandela clearly shared the story how the world deeply

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miss the spirit of peace. In this age, do not talk about political power, even religion is used as vehicle of violence.

For that reason, it is understandable that spiritual tourism increase rapidly, spiritual seekers increase significantly. There is

no other reason, simply a starving of peace. And the presence of light like Nelson Mandela is like finger pointing the journey. The seed of peace is forgiveness, the water that we pour to the seed is acceptance, then the blossoming flower is selfless service. That is the peace heritage which is left by the late Nelson Mandela.

Mother Teresa was also light of peace that ever pointing the journey. When she was asked about how can we contribute to the world peace, she simply whispered: "go back home, love your family". Death can take the body of Nelson Mandela, Mother Teresa, Mahatma Gandhi, but death can not take the light of peace. Through forgiveness, acceptance, selfless service we can preserve the light of peace here in this planet.



/ Healing



*Forgive the past is similar to
planting the seed of healing*

The Art of Healing

Encountering thousands of teenagers in meditation sessions open the secret, there are too many teenagers as well as elderly people who need the help of healing. Without enough preparation, the future can be very alarming.

The Seed of Forgiveness

The main sign of friends with severe mental burden then fall ill, they carry such weight burden of the past. Once that burden far exceeds the capacity, then illness come as guest of life.

And the most important factor that makes the past such burdening is the inability to forgive. In fact, at a different level

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everyone has dark past. While the ordinary carry the burden wherever they go and suffer mental illness, the master left it behind.

For that reason, there is no other choice, forgive the past is similar to planting the seed of healing. The approach is simple, we can not return back to the past and fix it, but we can change the way we look at it. As soon as we change the way we look at the past, life also change. In spiritual language, there is no coincidence, there is only guidance. By focusing on the guidance, the grip of bad memory loosening. Then we are no longer being dictated by the past, simply follow the lesson.

The Water of Acceptance

When the grip of bad memory loosening, we plant the seed of healing. And acceptance is a sort of water that we pour into the seed. In an age where it is hard to find someone who is trustworthy (trustless society), there remains one person who can understand ourselves holistically (completely) namely ourselves.

And the ability to understand ourselves blooms if we learn to accept ourselves as we are. Like mother nature who accept coconut trees to grow in hot places of beach, accept another

trees to grow in a cool places of mountain, in the same way it would be beautiful if we can accept all events of the past as it is.

Good events are energy that motivates. Troubling events are feedback to know ourselves deeper. Accept the good and the bad events as a pair of message that guide, that is the way to water the seeds of healing that has been planted inside.

The Flower of Healing

In the field of healing, it has long been noted that the word health is derived from the word whole. Healing might be

Accept, flow, smile. In the right time, all will return back to the same ocean of healing

occur, if we learn to see everything - include body, mind , spirit - completely and holistically.

Like a tree, physical pain is the dry leaf. Behind the dry leaf of physical pain there is the stem of emotional imbalance. And its root is spiritual disconnectedness. At the level of spiritual connectedness, everything is whole. Sickness-health, happy-sad are all couples who need each others. Destroying one is destroying both.

That's why, in meditation sessions it's been repeated very often, happy-sad, sickness-health like wave that go up and go down.

And healing is closer to the ocean. It should be noted mindfully, wave never disturb ocean. In the terminology of healing, meditation is very close to the psychology of flow. In actual steps of meditation: accept, flow, smile. In the right time, all will return back to the same ocean of healing.

Notes:

1. One of important energy that available in universe to help us to be healed and to be well-connected is the energy of joy. For that reason, learn to smile with lips of gratitude, always whisper the prayer of thank you, spend more time with children because they keep abundance energy of joy.

2. Rest mind in silence. Learn to be totally free from judgment, see the perfection behind everything. Be mindful to self conversation, it's a conversation with universe. Above all, always remember that all is the same dancing of the same perfection.

3. Spend at least three times in a week in open space like garden, river, beach, mountain. Learn to be well-connected through feeling and silence. A research concluded, the healing effect is equal to eating antidepressant medicine.



Healing is more likely to occur, if the mind can gently embrace any information that appears beyond positive and negative

Journey of Healing

For every heart that is equipped with sensitivity, it is very touching to see the tears of pain and suffering here and there. Do not talk about under developed countries, even the rich and well developed countries are marked by much suffering.

Embrace the Past

Borrowing Sigmund Freud, the beginning of our life as kids will determine whether or not a person is mentally healthy then. Unfortunately, the science of psychology is a relatively young

discipline. In a country as advanced as the U.S, awareness of the importance of taking good care of children's emotional life emerged in the 1980s. So it is easily understandable, many older people committed dangerous mistakes to their children, a lot of people who filled their childhood with deep wounds. In some meditation classes, many students opened the secret that they were physically, verbally, sexually abused.

This explains why more than half of meditation participants are painful persons. From those who are ready to divorce until ones who want to commit suicide. Having deeply explored the stories of some students, to some extent Freud was right, painful experience of childhood is important factor.

Borrowing Candace B. Pert, Ph.D in her book titled *Molecules of Emotion*, in our body there are chemical interaction, which then sends the information to the mind. However, this information can be positive or negative to mental health, is highly dependent on how the mind digest the information. Healing is more likely to occur, if the mind can gently embrace any information that appears beyond positive and negative. And regarding the past, there is no better choice than embrace, focus on the lesson, not the person who harm. In the journey of deep meditation, disciples are suggested to accept pain as if one meets a holy Guru. When we see with the eyes of clarity, there is holy secret hidden behind suffering.

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Being One with the Present

To be honest, no one of us who were born from perfect parent. Even U.S. President Barack Obama was born from a pair of parents who divorced. The difference with the

By embracing the past, the past ceased to be toxic. Meditation then transform it into fertilizer of growth. This is the gate of healing

ordinaries who are sick, a person who meet inner light transform suffering of the past into materials of growth.

In the old language of healing, it's not what happened that count, but how one responds to what happened. Suffering that comes from the past is like cow dung, as long as one able to put it under flower tree, as a matter of time, it will blossom into flowers. The past can send any bad information, meditation compassionately witness, till one day those bad information blossom into flower of peace,

Learning from this lessons, childhood which is full of sores do not always end up with grief. It can be transformed into flowers of serenity. This can happen when one learns to see and understand deeply that all of us (include our parents and those who created misery to us) suffer. When you see from the eyes of suffering, then energy of compassion arise. Under the light of compassion, it is easier to be at one with the present. This is one of important characteristics of an inner inquiry who has arrived home.

The Best Preparation of the Future

By embracing the past, the past ceased to be toxic. Meditation then transform it into fertilizer of growth. This is the gate of healing. Put it simply, the chemical interaction within the body and also the past can send any information, meditative mind transform it into fertilizer. Finally, all those information blossom into flower of harmony. This is the gate of healing. And the main sign is every present moment is a present.

As a result, every step of the present becomes the best preparation for the future. Through many research in neuroscience have been showed that when one becomes the good friend of life, brains produced fewer amygdala as the source of much tension. On the contrary, brain produces more dopamine which helps the process of healing. Meditation even deeper, to make the brain produce endorphin which can lead into spiritual attainment.

Heal yourself from the toxic of the past first, then being one with the present, among all preparations to the future this is the best preparation. As has been often heard in community of healing, by healing ourselves we heal the world. (***)

(***) To share richer healing experience, in the deeper level everyone is actually unique. The personal experience can not be compared. But to inspire as many people as possible, let me share a brief story of my long journey of healing.

I myself was also deeply wounded by my childhood. I was born as the youngest in a family with 13 children. I was physically and verbally abused. It all created many dark rooms here inside. At the beginning, some dark rooms inside were dispelled by deep practice of meditation that is mostly originated from Tibet. Some other rooms were illuminated by psychotherapy that I learned especially from Carl G. Jung. Inspired by Joseph Campbell book on The Power of Myth, some myths that I heard in my childhood mean a lot. Lightened by Freud's Interpretation of Dream, the dreams of some enlightened person like Jetsun Milarepa, some of my childhood dreams function as a good guide.

When I was in England, I learned psycholinguistic (the connection between studies of linguistic and psychology), later on I began to understand the deeper part of myself from my love letters that were kept by my wife at home for years. To make the story short, healing is a long and complicated journey. To the ordinaries, it is suggested to meet the appropriate Guru. To the potential Masters, it is suggested to follow J. Krishnamurti who explicitly declare that this healing journey should be mostly done alone.



We need a deeper knowledge than just leaves in the form of physical pain

Healing Power of Joy

No one prays for the sake of sickness. Nevertheless, in every corner of life we meet suffering. It is understandable if the World Health Organization predicted that by 2020 mental illness will be much more worrisome.

Dry Leaf of Pain

In the West where science and technology grow such rapidly, many health experts started to realize that the physical pain is

like dry leaves on the surface. When the body is sick, chemical imbalance happens that makes the doctor especially intervene with chemical medicine. Something worthy of respect.

*There is hidden
connection
behind everything*

Sadly, the chemical intervention alone is similar to dry leaves that is watered. The stems and roots are rarely touched by healing steps. This explains why even in countries such as the United States mental illness is such frightening. World happiness report in 2012 showed, the

U.S. was not even in the top ten of happy nations.

Even though pharmaceutical companies, pharmaceutical research, doctors are all abundant there, they can not stop the worrying tendency of mental illness. This material of contemplation presents a challenging home work, we need a deeper knowledge than just leaves in the form of physical pain.

The Dry Stem of Emotion

Once upon a time, biology and psychology were two disciplines that was difficult to reconcile. But lately, both have a close relationship. Borrowing the discovery of a psychotherapist named Kari Joys of Washington, the tension in body is closely related to one's emotional imbalance.

Tension in the abdomen for example is close to anger and fear. Tension in the chest associated with sadness. Tension in the

lower back in touch with a sense of frustration. To make it simple, there are seeds of emotion in physical pain.

Chemical intervention through medication does help. Like watering the dry leaves, splashed water certainly helps. But it is only on the surface, it never touch the stem and root. What the experienced psychotherapist as Kari Joys tried to do, she began to integrate knowledge and spirituality. Not only watering the physical pain of leaves, but also cooling the emotional imbalance of stems, healing the root which is spiritual connectedness.

The Root is Spiritual Connectedness

Fritjof Capra in physics, Gregory Bateson in anthropology, Kari Joys in psychology are only small examples of scientists who have walked a long way in integrating science and spirituality. The thesis is similar to one of Fritjof Capra's book which is "The Hidden Connections". There is hidden connection behind everything.

Forgiveness is the seed, acceptance is the water we pour into the seed, connectedness through joy perfectly bring us energy of healing

In the context of healing, the hidden connection is joy. Look deeply to our friends who affected by chronic mental illness, they are not connected with healing networks that is available

in mother nature. Blaming, complaining, criticizing are the main signs of people who are disconnected. As a result, they are far from joy. That's why meditation and other spiritual healing approaches, mostly focused on the effort to "connect" people with the hidden connections. When we are well-connected, it is easier to access energy of healing that is available in nature. It is like a cycle, try to be well-connected, then joy arise. The latest joy strengthen our connection. As a result, snow balling effect of healing happened. Many research in neuroscience also support this finding.

In meditation particularly, we emphasize three important steps of healing: "accept, flow, smile". It does help people to be well-connected. People of Zen use gardening as a medium, it also for the reasons of connectedness. Tibetans and Balinese rituals in some parts feed the lower creatures, connectedness also the reason behind. At this level, it is meaningful to understand the simple phrase: "forgiveness is the seed, acceptance is the water we pour into the seed, connectedness through joy perfectly bring us energy of healing".

Notes:

As further inspiration to use joy as energy of healing, it is worthy to consider the following simple yet deep approach of healing:

1. Since we can not change the past, no matter what

happened learn to forgive. Forgiveness certainly does not change the past, but it loosens the grip of bad memories. Then water the seed of forgiveness with acceptance. The beauty of acceptance, it makes us beginning to connect with the healing energy that is available in the present.

2. Spend at least three times in a week walking in garden or open space. Shower yourself with sunshine, learn to see the "smile" of flower, touch mother earth with walking meditation. A certain research concluded, the effect is the same as consuming anti depressant.

3. Wherever you are, keep connecting by using the energy of gratitude. Always try to see the blessing side of life.



*Mental fatigue occurs
because people spend too
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of emotion*

Healing Self, Healing The World

Physicist David Bohm has long been written that the word health is derived from the word whole (completeness). It is hard to imagine that there is healing without attaining the whole.

Wall of Shadow

In the old knowledge called mythology, it has long been noted that we are all complete as we are. One of the very old myth that originated from Indonesia shared, in the old age the elder did know any gender. Duality like male-female, you-me, right-wrong, holy-mundane did not exist at that time. Everything is whole and neatly stored in a holy place called silence.

However, in the last few million years people love to talk which makes the brain needs a new way of understanding. And the way brain understands only through duality. It is as simple as understanding day by understanding night. Without duality, brain and human language are lame. This is the origin of the wall of shadows called duality. As if reality is divided into two opposing parts.

Start from this, all is fragmented into different parts. From natural science versus human science, biology versus psychology, the good versus the bad. Put it simply, people make wall of shadow to facilitate understanding, but then they assume that the wall is really exists. The holy is hostile to the dirty, the true strikes the wrong, the success under estimate the failure. This is the fountain of countless mental fatigue as well as spiritual downfall.

Duality is simply a boat, it is a vehicle not the driver who determines the direction of the journey

Compassionate Witness

Mental fatigue occurs because people spend too much energy on the waves of emotion. When others praise, the emotion goes up. When others blame, the emotion goes down.

Through years deep practice of meditation, people learn not to "eat" the fruit of duality, and at the same time return back to Garden of unity

Success creates attachment, failure is the source of rejection. More than just mental fatigue, some people even experience dangerous spiritual downfall like suicide, crime, drugs.

In order to heal this deficit energy, the ordinaries then scold, blame, criticize this and that. As a result, the energy struggle happened here and there, it makes mother earth full of fire like war, terrorism, conflict, divorce, crime, mental illness. The harder they fight, the higher and the thicker the wall of shadow appear to be real and finally separate them.

That's why, on the path of meditation disciples deeply learn to be compassionate witness. The steps are simple, anything can happen in this moment simply accept, flow, smile. After years of deep practice, disciples of meditation then directly experience - not understand intellectually - that everything is like snow flakes fall into the lake. They create ripples for a moment then disappear. Success-failure, happy-sad, good-bad are the same snow flakes fall into the lake.

Home of Wholeness

One who spends long time enough in meditative practice to be compassionate witness, then deeply understand through direct experience that the wall of duality is similar to boat. When you need boat of duality to cross the lake of life you may use it. But please bear in mind, duality is simply a boat, it is a vehicle not the driver who determines the direction of the journey. And after crossing the lake, remember to leave the boat behind, not to bring the boat everywhere you go.

After the boat of duality left behind, then the door of wholeness is possibly opened. And finally one deeply realize that from the beginningless beginning life flows like night and day. Happy-sad, health-sickness, flower-waste, they all flow. Lao Tzu called it Tao, the old Japanese called it Bushido, psychologist Carl G. Jung called it archetypes, Zen people call it beginner's mind, Balinese elder called it Embang.

As soon as arrived into home of wholeness, then baby of compassion was born. Too many people carrying boat of duality everywhere they go, assuming the wall of duality is real, then suffered mental illness and experience spiritual downfall. Please keep in the heart, they're not enemies to be attacked, but the crying babies who miss our gentle hug. This is what this humble and simple article called as "healing the self healing the world".

Notes:

In the old mythology of Bible, there was story of Adam and Eve who were expelled from Garden of Eden because of eating the fruit of knowledge. The Garden is the place of unity, of non duality of male-female, good-evil. And the knowledge is fruit of duality. Through years deep practice of meditation, people learn not to "eat" the fruit of duality, and at the same time return back to Garden of unity (non duality). In the language of Bible, Garden of unity (non duality) is a holy place where the Father and I are one.



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The Coolest Body

Alienated in the body, this is the important trait of suffering human being in this age. There is always the feeling of being incomplete both in the office and also at home. There is always restless feeling both in working time and also rest time. Consequently, body is like a dry and hot room for the soul. For that reason, it is understandable when WHO (world health organization) predicted, one of the world heavy weight in the year 2020 is the high rate of depression. This raise a curious question, is there any alternative body that can become a cool shelter for the soul?

Personal Body

When talking about body, people always refer to personal body. This physical body is full of blessing and suffering as well. It is the source of blessing when eating delicious food, seeing the panoramic panorama, till peaceful spiritual attainment. At the same time, it is also the source of suffering from pain, illness, stress to depression.

Gardening is a bridge of connection with the largest cosmic body

Suffering occurs when personal body is full of darkness. From the darkness of ignorance, attachment until aversion. The main characteristic of the body with many darkness, it is full of attachment to pleasure, and full of rejection to the pain.

As a result, life continuously swing from one extreme to the other extreme without having any rest. This is the root of many diseases such as stress and depression.

Meditation heals because it makes the pendulum motion of thoughts, feelings, perceptions more and more refined. Until one day the pendulum rest at the midpoint of the so-called concentration. Any one who rest deeply in concentration, one day will give birth to a larger body that is interpersonal body.

Interpersonal Body

Every mind that often rest at the midpoint, will smile sympathetically with the inner discovery of Shantideva:

"Happiness is the fruit of a deep concern for the others". This concern is not born out of fear of hell and greed of heaven, but it is the natural nature of mind who rest at the midpoint of the concentration then having a sense of connections.

Physicist Fritjof Capra in *The Hidden Connections*, social anthropologist Gregory Bateson in *Steps Into An Ecology of Mind*, or Thich Nhat Hanh with the concept of "interbeing", are inner inquiries who have been arrived here. Cool, calm, gentle are the signs of life at the interpersonal level.

When one arrives here, love, kindness, compassion are no longer become religious orders, but the nutrition that make soul well-nourished. It cools not only the inner garden of heart but also the outer garden of society as well.

Be in touch with all, that is the coolest body ever born. This is the enlightened body, the most beautiful body ever heard

Cosmic Body

Zen people like gardening. Through gardening one does not only take good care of personal body, but also caring the interpersonal body with beauty and freshness of oxygen. Above all, gardening is a bridge of connection with the largest cosmic body.

In the garden, there is the sun, moon, clouds, stars,

earthworms, insects, rocks, trees, grass, human fingerprints, flowers to waste. Garden brings insight, all flows perfectly following the same law of perfection. Flowers today will become rubbish few days later. Garbage in these days will become flowers later.

All of this softly whisper, flow with the flow of life, that is the perfect way to be well-connected with the cosmic body. That's why, two thousand and six hundred years ago when a perfectly enlightened Master attained perfect enlightenment, earth moved with small earthquake. At that point, this Master touched the earth with his right hand. The message is simple, be in touch with all, that is the coolest body ever born. This is the enlightened body, the most beautiful body ever heard.



*One who planted the seeds
of contentment, water it with
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Soul Mate

Searching, that's the theme of human life everywhere. Teens looking for girlfriend/boyfriend, the adult looking for life partner, even in spiritual life people are starving excessively of God. The touching thing then, all who keep searching outside will certainly be dissatisfied in the end.

The Seed of Contentment

In the old legend of Greek, there was an old story. Soul was

initially whole and complete. Then a group of demigods divide the human soul. Because of this, Plato later introduce the term soul mate. A series of contemplation material that telling there is something lacking and incomplete here inside. That is the most important reason, why people keep seeking soul mate outside.

Anima-animus, that's the original terminology of Greek. Men feel that women could be his soul mate. Women think that men might be her soul mate. The part of soul that is missing is outside.

*A smile is a soft
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And the rapid increase in divorce rates everywhere presenting a challenging question, is it true?

Without having any intention of saying that Plato's theory of soul mate is wrong, all inner inquiries who meet the light within, all have a similar characteristic that he/she is full of contentment. Either material possession or spiritual attainment, all are given the same title: "enough". After deeply feel enough then stop searching outside start digging inside.

The Light of Completeness

Most of the ordinaries think, if you stop searching outside then life will be tough. To be sincere, it is not always like that. One who planted the seeds of contentment, water it with prayer, yoga, meditation and the like, take care of the seeds with love, one day will meet the light of completeness (wholeness).

It's not coincidence that the sun and the full moon as the brightest light in the sky, the physical form is the same as perfect circle. It has no beginning no ending. As the water in

With love in the heart, all words are prayer

nature, the rainy season does not increase the amount of water in nature, the dry season does not decrease it. Success does not add anything to nature, failure does not reduce anything. The natural thing that appears after this is silence.

However, silence is not the friend of ignorance, silence is the twin sister of compassion. This is the reason why the sun gives energy without any discrimination. The full moon illuminates the night also without discrimination. This is the light of completeness (wholeness).

Transmitting the Light of Completeness

In the darkness of life that is characterized by a variety of things that touching the heart, the light come here only because of one reason, guide all to be back to home of completeness. The difference with physical home, this home does not require soul to go to somewhere else, but ask us learning the art to stop, then plant the seeds of contentment, water it with prayer, yoga and meditation.

One who is home understand, home is located very close to

the soul. Closer to any physical distance. The householders learn to find contentment by being householders, permanent employee learn to be in one with the profession of being employee, farmers learn to find the beauty of being a farmer. The difference is only one, all movement of life is guided by the light of completeness (wholeness). Contentment that is coupled with compassion.

In this home ever heard a touching message like this, a smile is a soft light that illuminates the outside as well as the inside. Service is the shortest bridge that connecting all beautiful souls. With love in the heart, all words are prayer.



Contentment is the greatest wealth. More than just providing deeper happiness, contentment is an important step towards enlightenment

Gates of Happiness

Among so many life gimmicks, the most searched is happiness. Whatever the everyday life, from schooling, farming, working, praying, until the spiritual activities are mostly put happiness as a goal. Most people find happiness very rarely, a very small portion of people “rest” in happiness. It all depends on how deep the person cultivate happiness.

Desire Fulfillment

Most lay person identify happiness with fulfillment of desires. Eat well, sleep well, beautiful place to recreation, spiritual tours to sacred places, all belong to this classification. And the main features of this kind of happiness, it is short-lived, make one to cling then create further suffering.

In a simple logic, this happiness begins with the unmanageable desire. Once it is fulfilled, the desire getting higher and higher. When it is not fulfilled, then disappointment follows as a result. This explains why many rich and handsome people suffer a lot. Rich people suffer not because of lack of money, but having over expectation on money. Hoping that money can make people respect them all the time, expecting that money can make them happy forever. And certainly there is no life which is full of happiness and praise all the time. The same thing happen to people who want to be good looking all the time. Good looking makes a person has a high self-esteem. Not everyone can appreciate them as high as expected. When the desire to be appreciated not being met, then disappointed.

Holy land is in the here in the now. No need to be somebody, no need to go to some distance places. It all provided here in the now

Contentment

Anyone who had long discovered how volatile the

unmanageable desire is, how dangerous the desire that wanting more and more, then there is a longing for deeper happiness. Happiness at this level, no longer characterized by seeking and pursuing, it is characterized by “the art of stop”. It means stop searching and running. What is sought and pursued soon to be found when one is able to train oneself into contentment.

The situation is similar to a cat chasing its own tail. The harder the cat chase the more distant the tail. Once it is stopped the tail is stop as well. International celebrities like Bob Marley,

Life is like staying in a guesthouse. Guests keep changing everyday. And whoever the guest never tired to smile

Michael Jackson to Whitney Houston are meaningful teachers in this regard. All of them running, chasing, pursuing till experiencing fatigue life. All were tired, the only thing that could stop them from chasing was drugs that open the door of death.

It's all open mystery, contentment is the greatest wealth. More than just providing deeper happiness, contentment is an important step towards enlightenment. In simple language of a Master, enlightenment is closer to contentment rather than excitement. Enlightenment is closer to one ability to say enough than excessive pleasure. That is why people with deep meditation can have calm face, soft language, touching heart. The reason is simple, having the greatest wealth of

contentment. One of the friend who arrived here whispered: "Holy land is in the here in the now. No need to be somebody, no need to go to some distance places. It all provided here in the now".

Perfection

The beauty of happiness caused by contentment, one does not stop growing, life grows even further opening the gate of perfection. Series of areas that can not be explained by human words, it can only be felt. Due to the nature of perfection that can not be explained, then make holy people who arrived at this stage express the inner experience in beautiful poetic language.

Jalalludin Rumi is one of those who had reached here. Notice one of his poems: "Life is like staying in a guesthouse. Guests keep changing every day. And whoever the guest never tired to smile". Mother Teresa also had come here, noticed one of his legacy: "When you want to contribute to the world peace, go back home take good care of your family". His Holiness the Dalai Lama is similar, note the essence of his teaching: "The most important thing is to help, if you can not help do not to harm".

Heritage of the people who entered the gate of perfection just around this: "smile, loving-kindness and compassion, providing hands to help". Although a lot of help been provided, the people of this type do not allow the help to make them so

arrogant. Mainly because in the level of perfection secret is opened, no one to give, no one to receive, no process of giving too. Everything is the perfect dance of the same perfection. Once arrived here, then there is possibility to have "perfect rest" in happiness.



*At the beginning it was joy.
In the middle it is joy. At the
end there will be only joy*

Miracles of Compassion

Increasingly complicated world. This is the portrait of our age. Advances in science and technology has not managed to make the complexity of the problems in all areas. In contrast, in most areas life appear to be more complicated. As happened many times in history, in the mids of scarcity of solution people usually look for miracle. Most people think, the magic comes from the sky, forgetting the fact that the most touching miracle comes from the inner heart in the form of compassion.

Healing

The first miracle of compassion appears in the form of healing energy. Formerly, story that compassion heals can only be heard in spiritual world. Now, abundant research that support these findings. One of the most frequently cited research in this regard, the two groups of students were asked to watch two different movies. Both saliva were taken before and after watching the film to see the immune effect. The result is very touching, the immune system of students who watch movies of Mother Teresa much better than the one who watch the regular movie.

A number of Tibetan yogi put in an MRI machine, then asked to meditate on compassion. The results are so evident, the neural movement of the brain in the area of healing ascending drastically. There is a story of a close friend who can be trusted entirely. Using his own body he checks the truth that compassion heals. When practicing silent meditation, he lets a lot of mosquitoes – mostly black and white mosquitoes that are often referred to as a source of dengue fever – to drink his blood. Of course it was done in the spirit of compassion. As a result, the physical body naturally red here and there. But after many years, there was no sign that he was infected by dengue fever.

*Joy at the
perfection stage is
the mother of a
beautiful baby
named touching
compassion*

List of examples and research can be extended of course. But

amid the high price of drugs, hospital cost is unaffordable to many people, the poor is not yet touched by government aid, it is worth pondering for protecting the health of the body with compassion in action.

Peace

The second miracle of compassion is peace. One of the peaceful meditation teacher once named Ramana Maharshi. Many times his students found, near his place of meditation or teaching, not only human being who was peaceful, even wild animals like snakes were peaceful. Nelson Mandela is another example. He was not only felt peace by friends and family, the same thing also happened to his enemies. Jalalludin Rumi was one of the peaceful Sufi figures. Serenity vibration felt even far outside the Muslim community, beyond the time of his life in the fourteenth century. These three holy figures were born in different religion. But all the three have one thing in common, namely a heart filled with love, kindness and compassion.

The ability to influence is determined by how beautiful one decorate the heart with love, kindness and compassion

To put it simply, this can be explained by the logic of two people who meet dog. The first person has a compassionate heart and less fear to the dog as a consequence. The second one is an ordinary man and has more fear to the dog. After passing in front of the dog, the dog only barking to the

second. This could happen due to excessive fear makes human body produces adrenaline. And adrenaline were smelt by a dog then make it barking.

The beauty of deep compassion, not only make the human body does not produce adrenaline, is also a bridge to the experience of oneness. At the level of unity, small self (body, feeling, perception, mental formations, dualistic mind) melting then merges with the Supreme Self. At this level, nothing left but peace.

Perfection

Peace of mind coupled with compassionate heart then lead one to the third level of miracle which is perfection. At the level of healing and peace many logic and research are available as explanatory materials. At the level of perfection, the destiny of language and logic is like a ladder which is not high enough to touch perfection. That is why, the saint who arrived here all dressed up in poetic language.

One of the holy master ever whispered like this: "At the beginning it was joy. In the middle it is joy. At the end there will be only joy". At the level of perfection, all seen and treated with joy then finally life has no face other than joy. The difference, joy at the perfection stage is the mother of a beautiful baby named touching compassion. Hence, one of the meaning of holy book is a crying for compassion.

In other words, holy book was born out of a deep longing for compassion. It was like a mother's longing for her children, as well as come up here with hugging hands to cool and to save. That is why, in many tradition holy books to be honored like honoring a mother.

Owners of the Future

Back to the beginning to the story of the growing complexities everywhere, one of the dominant reason is leaderless world. It is difficult to deny, this age greatly admire Mahatma Gandhi, Nelson Mandela, Mother Teresa, His Holiness the Dalai Lama. And the similarities of these public figures is compassionate heart. In-depth study of leadership, have long found that the essence of leadership lies in the ability to "influence". And the ability to influence is determined by how beautiful one decorate the heart with love, kindness and compassion. These compassionate heart will be the owner of the future.



*One who follows the path
by using compassion as the
compass, one day he/she
will pass*

Island of Compassion

When Professor Karen Armstrong (one of the spiritual giants of our time) visited Indonesia in early June 2013, she looks obviously impressed with the story of Bali as an island of compassion. One day after the author of the book “Twelve Steps to Compassionate Life” heard this story, in front of so many participants in Jakarta she openly told that she could not sleep after hearing this story. Even after her return to England she was still taking the time to send an e-mail message that contains approximately like this: “I was so moved by your

speech ... let us keep in touch about making Bali an island of compassion”.

Loving Flower to Terrorists

The cosmic message of Bali bombing is clear. It happened exactly one digit after the terrorist attacks in the United States.

Balinese ceremony is love ceremony. A series of love rituals that is intended to make all sentient beings happy and free from suffering

To put it more precisely, in the U.S. it occurred in september 11th 2001 and in Bali it happened in october 12th 2002. From the date of eleven to the date of twelve, from month of september to month of october, from the year of 2001 to the year of 2002. And when the terrorist attacked New York City it was followed by a counterattack of countless bullets that costing a lot of lifes, in Bali

there was not even a single small stone was thrown into the holy place of non Balinese. The most touching thing, the person who received many international medals because of saving a lot of lifes after the bombing was a muslim leader Mr. Haji Bambang.

Elsewhere, all the terrorist bombings were followed by the fire of anger and revenge. But in Bali, as the story above, terrorists were even given “loving flower”. After learning from this event, in the depths of meditation ever heard: “samsara is at the head, nirvana is in the heart”. And the depth of compassion will determine where a person will go. It’s not coincidence that the

beginning part of the word compassion is “compass”, the middle part is “pass”. This is the compass of the path. One who follows the path by using compassion as the compass, one day he/she will pass.

Rituals of Love

One thing that unique in Bali, there are rituals everywhere. More surprisingly, the ceremony is not devoted to the upper realms such as gods, goddesses, God, Buddha only, but also to

Nice food was available in Italy, beautiful prayers were heard in India, and touching love is found in Bali

feed the lower realm like satan. In almost every house there is penunggun karang, the kind of home for the spirits that has lived there first. By feeding the lower creatures, this does not mean that the Balinese worship the devil, once again not!. It is the honest mirror of perfect compassion. When we can feed the devil, it is easier to provide offerings to God. If one can give space for the creatures of the dark, it is easy to provide room for the creatures of the light.

Cycle of time in Bali is divided into time of going up (worshiping the upper realm), and the time that goes down (feeding the lower realm). There are holy days to say thank you to the trees, animals, goods. And of course there are the holy days of worshiping the upper realm. In the contemporary language, Balinese ceremony is love ceremony. A series of

love rituals that is intended to make all sentient beings happy and free from suffering.

And this type of rituals is not only a monopoly of Bali. In southern France and northern Spain, archaeologists found the caves millions of years old. On the walls of the cave there are very long reliefs carved in the rock, telling the love of people to animals because animals were the main source of food at that time. The similar thing happen to Tibet, one part of Tibetan ceremony also feed the lower creatures. Merge into one, from long long time ago human heart is longing for compassion.

Compassionate Beings

Illuminated by the story of love ceremony, it is clear that human being is actually a compassionate being. People were born here on this planet to bless this planet with love, kindness, compassion. And this planet is blessed when human being reinventing the authentic and holistic Self. That's why, the Balinese elder called human being as "dewa ya kala ya". Inside human being there is God and the devil as well. However, the devil is not the enemy of God. Both are part of what the psychologist Carl G. Jung called as authentic Self.

In the early stage, religions called anger, revenge, envy as representative of darkness. Religions also called kindness, love, compassion as the representative of light. But without the darkness, the light loses its meaning. Health and whole were reinvented when human embrace all dualities (including the

duality of God-satan) with the same quality of smile. Meditation is very helpful in this regard as the most important task of meditation is to be a compassionate witness.

But this is far from easy. In the language of Carl G. Jung: “The most terrifying thing in life is accepting oneself completely”. Particularly it is really hard to the unauthentic beings to accept shortages, bad luck, imperfections. That’s why in another part of Jung’s work he wrote: “People will do everything to avoid the Soul”. Human being will do anything to get away from the Soul, because for people who do not complete and authentic yet the encounter with the Spirit is very scary.

To help people meeting the Soul peacefully, in Bali God was named Embang. In the absolute terms, Embang is very close to wisdom, emptiness, silence. That’s why Bali is the only island in the world that celebrate the new year with silence day. Since emptiness provides space to grow without any discrimination, the relative aspect of Embang (God) is perfect compassion. This is reflected in the sincerity to feed the lower realms, as well as providing shelter for them. And this finding is supported by the cosmic messages in the form of famous film/ book “Eat, Pray, Love”. According to the latest famous work, nice food was available in Italy, beautiful prayers were heard in India, and touching love is found in Bali. Great poet Rabin Dranath Tagore went to Bali once, and called Bali as “Morning of the World”.

Hearing a presentation like this, through facial expressions,

body language, the email that was sent – even promised to tell this story to the people of United States – it was obvious that Professor Karen Armstrong is very impressive when she heard this conclusion: “Not only Seattle worth mentioning the city of compassion, it is also worth mentioning Bali as an island of compassion”.



*Enlightenment is a state of mind
that keep flowing and uniting
as well*

Holy Water of Compassion

In the West, Buddhism has long been a garden of compassion. Sort of a cool shelter in the midst of burning civilization. That's why, at the end of 1960 Martin Luther King Jr. nominated Buddhist monk Thich Nhat Hanh as the winner of the Nobel Peace Prize, in 1989 His Holiness the Dalai Lama was actually awarded the Nobel Peace Prize. Sadly, in early July 2013 in Bodhgaya India - the place where Lord Buddha attained enlightenment - terrorist bomb exploded. The question then, will the civilization lose one of the cool shelters?

In Growing One Finds Balance

To be honest, life is like garden that keeps growing. Not like sprint where there is final line. This month flower of success blooming, next month weeds of failure emerge. Only by keep loving, then life becomes land of growth. The situation is similar to riding a bicycle, balance is found only when the bike keep moving.

In this understanding, enlightenment is not a life that is always peaceful and happy. Enlightenment is a state of mind that keep flowing and uniting as well. It is like the well experienced gardener. Flower bloom is a gift, but any flower will become waste in the next day.

Whether one like or not, weeds keep appearing, and gardener will clean it again and again without any complain. Primarily because the nature of the flowers droop, the nature of the weeds keep appearing. As a result, the beauty of flower does not create any attachment, the appearance of weed does not cause any anger.

That's why, in Zen many highly realized masters who use garden as a means of growth as well as a mirror of attainment. Garden is a means of growth because it facilitates gardener to grow along with the plants. Parks are mirror of attainment because it gives feed back to gardeners how perfect their compassion is. One who diligently practice meditation like this,

Ones who commit violence are just "victims" of a dry environment, not the true "actor" of violence

one day he/she will understand that balance (by which read: enlightenment) is found only in growth.

Violence Opens Door of Compassion

Lightened by the art of gardening, enlightened beings see violence differently. Similar to park, violence is like trees that dry. Trees withered not because of their willing, but because we failed to water them. There are long list of our failures in watering the dry trees of violence. From parents who are not ready to be a parent, schools that fail to soften the heart of students, religion that is translated for the interest of power, the poor role model of leaders, until the medias who like to preach violence.

*Violence can destroy holy sites, but violence can not
destroy a compassionate heart*

In the midst of this failure, ones who commit violence are just "victims" of a dry environment, not the true "actor" of violence. Sadly, these victims then chased, shot and killed.

In this light, violence is an energy that reminding people to keep watering the garden of life. Borrowing a number of studies on the fundamentalists, fundamentalists assumed that they are going to be attacked. In other words, there are fire of suspicion and anger in their mind. And this kind of fire can only be extinguished by the holy water of compassion.

Darkness Makes Light Even Brighter

In the path of compassion, violence is not seen like the soldiers who carry guns, violence is seen as fire that crying for water. In the other analogy, violence is the same as darkness. Darkness is not the enemy of light, darkness makes light shines even brighter.

In some traditions, this time is called dark age. There are a lot of signs. From war, conflict, corruption. However, in the hands of the enlightened beings, darkness is seen as an opportunity to turn on the light. That's why, being enlightened in the dark age is like being the alchemist who transform iron into gold, in the east the alchemist transform poison into medicine. Violence is like poison, but when it is appropriately blended, then it becomes a medicine that heals.

Hydrogen and oxygen are closer to fire, but when both are blended appropriately into H₂O, it becomes water which is cool and soft. This latest smart blending that can extinguish fires of violence as well as watering the garden of life. In the language of meditation, whatever happens just "rest" (read: see thing as it is). Not like the ordinary rest, but rest in compassion. Rest and compassion, that's how poison of dark age is transformed into medicine that cure. From a heart that has been sprinkled by holy water of compassion ever heard a touching message like this: "Violence can destroy holy sites, but violence can not destroy a compassionate heart".



*Inner inquiries who practice
deep meditation begin to
meet the whiter color of
contentment, calmness,
peace*

Bringers of The Dawn

*M*adeline Bunting in her book *Willing Slaves* unlock the secrets of how dark modern life is. People work with a longer time, retirement age is extended. It is understandable that the World Health Organization predicts, mental illness will be much more worrying than physical pain.

Preparing the Candle

One of the great teacher of meditation in our century is J.

Krishnamurti, who explicitly advised: "The age of Guru has passed". Age when we can find the light by learning from the external teacher is over. This is the time when human being should diligently digging within. Without this persistence, life journey will be spinning from darkness to darkness.

Similar to peeling onion, in the beginning not only the color of life is dirty but the smell also such disturbing. That's why, drug addicts, mental hospital patients, crime, divorce are all ascending. And no other choice, life should be peeled deeper and deeper, to see its color which is whiter and whiter.

The most touching way to lighten others candle in this age is attitude

This explains why a lot of inner inquiries who practice deep meditation begin to meet the whiter color of contentment, calmness, peace. Not only the body is healthier, the mind also clean and clear.

Lightening the Candle

The white color of life is indeed charming. But it is not the Light. In the language of Mester Eickhart, keep digging until encountering faceless face, nameless name, soundless sound.

One who is diligent and sincere digging, one day holy tears drop that showing where the light is. Poetically, the light is closer than breath, it is more beautiful than any full moon, it is more touching than all words expression ever written by the poets.

Some call it Vidya, a sort of knowledge of who you are. Some others call it Vipashana. Everything is clear as it is. The light is like full moon that symbolize mandala (perfect circle representing perfection). Friends in the West call it empty and luminosity. It is empty and from emptiness emits luminosity that dispel darkness.

Lightening Others Candle

As the nature of sky which is clear, the nature of inner inquiries who meet the light, they always have a deep longing to switch on the others candle. It does not only alleviate human suffering, also ease the task of illuminating the world.

Some of them become teachers, some others to be writers, some choose to be humble servants. But the most touching

*Whatever the pleasure, war is not the answer.
Whatever the pain, love is the answer*

way to lighten others candle in this age is attitude. Borrowing an old phrase: "Attitude, a little thing that makes a big difference". People have been very boring to watch dishonesty. Developed countries who keep preaching human rights, the economy grow by selling weapon.

That is why, not all inner inquiries who meet the light then preaching. Some even take humble tasks of servant. In the language of Kabir: "That light glimpses few seconds, it

transformed me into a servant". The light only appears a few seconds, but it changed many devotee into humble and simple servants. In the deep of the depth ever heard a message like this: "Whatever the pleasure, war is not the answer. Whatever the pain, love is the answer".



The beauty of meditation, it does not try to kick pain. Pain is treated like a crying baby

Success

One of the strong energy that drives people to do this and that is the energy to be called success. Going school in childhood, attending university course in adulthood, to pray in the old time, almost all aimed to get recognition from others. Some people even so extreme just to be called success.

Success Similar to Opium

As soon as one grows mature spiritually, very few of people

who are fully satisfied merely because of someone else recognition. Mainly because the conclusion of success that comes from others is very temporary. Without deep awareness, success can bring people into the valley of ego and selfishness which is very harmful. It easily makes people addicted and even addiction. Similar to drug addiction which makes people can not get out, then make life ended helplessly. This explains why many people who are sick because of post-power syndrome. Some people even died not long after retirement time. Some political rulers was so addicted then destroying people's lives just because of wanting to sit in the seat of power forever.

*Success is what is
going on inside
here when you
say thank you
after helping the
others*

Deeply learn from this troubling experiences, the inward seekers are not much interested in the recognition of others, then work hardly finding a deeper and holistic life as well. Deeply realized that all saints were called to enter the gate of spirituality by symbolical language of pain, many inner seekers started the journey by believing that there might be secrets hidden behind pain. And while most people run away from pain, these meditators using pain as a direction pointing the way. That's why many deep inner seekers choosed to be at home in the pain.

Once pain was excavated, on the surface pain appear to be caused by excessive expectations to others. Hoping husband to be patient, hoping wife to be well-devoted, hoping that

children study diligently, hoping that body is always healthy, expect the government without error. And the more the expectations the more painful the disappointment will be.

*As the nature of grass is soft, the nature of the soul
is connectedness that give birth to Love*

Anyone who cultivate deep enough will see, behind hope is fear. It can be fear of failure, sickness, old age, or fear of death.

Ocean of Smiles

Some inner inquiries dig even much deeper and find that fear is driven by pain. Either pain in childhood, trauma during adolescence, the wounds of adulthood. Companions in the field of hypno therapy even traced it in to previous lives. In the mids of these pains, almost all flee from pain. Some run to drugs, free sex, divorce. Even spirituality becomes a refuge despite relatively safer. And as already noted in the diary of many people, every human being who deny the pain will experience prolonged suffering. The situation is similar to someone who want to put out the fire using gasoline. The more gasoline of rejection they put, the more burning the pain will be.

The beauty of meditation, it does not try to kick pain. Pain is treated like a crying baby. Crying baby does not need a kick, but requires a gentle hug. For this reason, meditation spends a lot of energy to accept, embrace, love pain. And one of the

many meditation tools that help us to embrace pain is awareness that is combined with loving smile. Some disciples like these steps of meditation, no matter what happens in life and meditation never tire to accept, flow and smile.

Awareness is similar to ocean that embraces whatever that comes without any discrimination. Awareness will go much deeper when it is combined with inner loving smile. As experienced by many advanced meditators, loving smile does not only indicate that one accepts things as they are, it is also a mirror that one has become a "master" of his/her own life. Above all, loving smile that is combined with perfect awareness brings healing energies. It has been proven by many researchers and the direct experience of many meditators as well.

Connectedness that Give Birth to Love

When someone has been fully cured - especially at the level of ultimate healing - success has a different face. Success is no longer the fruit of collecting something for oneself, but the result of sincere giving to someone else. Success is no longer mattered how much care we receive, but how many hands that we provide to help others. In twitter, many friends were happy when reading at this message: "success is what is going on inside here when you say thank you after helping the others". Anyone who arrived here understands, as the nature of water which is flexible, as the nature of grass is soft, the nature of the soul is connectedness that give birth to Love. While most people love because of the fear of sin and hell, soul

who returned back home already, carrying out Love because Love is the nature of the soul. In this stage, Love is done without agenda and without effort. It is like trees that bring umbrella to all without any discrimination, It is similar to birds that keep singing to entertain all without discrimination.



*Suffering, sadness are only
messages of the inner,
pointing the way to go
much deeper*

Home of Angels

In many places on earth, deficit of joy happened sadly. The latest deficit makes life miserable, cloudy, touching. Hospitals, psychiatric hospitals, dysfunctional families, traffic jam, corruption in bureaucracy, the corporate world which is full of conflict, all make life deeply longing for joy.

You are Not Victim

The main characteristic of life with joy deficit, he/she always

refer to him/herself as victim. The victim of parent immaturity, the victim of egoistic spouse, the victim of unmanaged schools, the victim of unhappy childhood. Merged into one, others are put as source of suffering, and the self is the object of pain.

All of these emotional imbalances then are poured into others in the form of anger, hatred, discontentment. As we all see no one is willing to accept these wastes. As a consequence of it, life is like fire meets fire. This is the beginning of a lot of life accidents that make the earth poor of joy.

To be honest, no one of us who were born from perfect parent, have a perfect life partner, or perfect school. All of us have flaw of the past. While the ordinary people are harmed by the imperfect past, the Masters use it as lights pointing out the journey.

Womb of Angels

After passing the womb of suffering, eating the menu of helping, all of angels transform this earth as the home of angels

Learning from the story of holy people like Nelson Mandela, Mother Teresa, Martin Luther King Jr., to Mahatma Gandhi, all saints were born of the womb called suffering. Nelson Mandela was imprisoned for 27 years, Mother Teresa lived amid poverty that sting, Martin Luther King Jr., and Mahatma Gandhi were even shot.

The lesson is simple, pain, suffering, sadness are only messages of the inner, pointing the way to go much deeper. For that reason, it is understandable when a friend who recovered from a terrible emotional shock once ever told, at the top of the shock she suddenly remembered her dreams in childhood. Fly above the clouds, watching the suffering of this planet, then choosing to be born in a broken family, to deeply feel, understand the suffering of beings, to open the door of helping.

After the passing of the long shocks, new babies of angels were born from the womb of suffering. Then open the door to a new life, which keeps gently helping, serving all suffering beings of this planet. In short, to make this planet as home of angels.

The Daily Menu of Angels

For every soul who has been through the womb of suffering for a long time, then hunger and thirst for helping arise. While

After deeply feel suffering, heal yourself through forgiveness and acceptance, then visualize that you are an angel who come here to beautify this planet through touching attitudes

the ordinary people help out of obligation, to the angels helping is the daily menu.

Similar to the ordinary people who are hungry and thirsty, the

hungry and thirsty of angels is always want to help. This explains why Mother Teresa was so safe and comfortable amid the chaotic city of Calcutta, Nelson Mandela live in prison without holding a grudge, Mahatma Gandhi was still have time to call upon the name of God as the bullet penetrated his body.

Put it simply, after passing the womb of suffering, eating and drinking the menu of helping, all of angels transform this earth as the home of angels. The deficit energy of joy on this earth then be balanced by their sincerity and genuineness. These angels are not just heal others, also make their soul journey mature.

Notes:

1. For every friend who is being seduced by pain and suffering, it is advisable to awaken healing energy that comes from within. The steps are simple, forgive the past, accept the present. Above all, see everything with the eyes of joy. In spiritual language, all is the same dancing of the same perfection.

2. Once the seed of healing is planted, then water it with creative visualization. This is not only imagination, it has been recorded neatly in the story of the saints, that suffering energy awakens the inner compassion. After deeply feel long pain and suffering, heal yourself through forgiveness and acceptance,

then visualize that you are an angel who come here to beautify this planet through touching attitudes.

3. Generate strong intention to help in your field. If you are a writer then write with the intention to help, if you are a mother take good care of children like treating babies of angels, if you are rich person donate some of your wealth into scholarship for the poor. In this way, you do not only heal yourself, but also make the journey of your soul much mature. At the end, you are part of the effort to make this planet as home of angels.



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Ultimate Healing



Through rituals, men and women gathered with a better level of self-control than usual, thinking about noble life

Songs of Harmony

Mythology is a collection of old stories. It is even older than religions. Through honest selection called time, then stories that are left are not the ordinary ones. It is similar to rocks with millions of years old that has passed all kinds of weather. Only the highest quality of stones remain. However, like interpreting dream - one definition of mythology is collective dream - it requires sensitivity, connectivity and arts to interpret myths. When it is interpreted by sensitivity, connectedness, arts, then myths can transform life into songs of harmony.

Cosmic Order

Anyone who was born and grew up in the East still remember, parents prohibit children to sit on cushions. In the logic of today's people, it will invite unfriendly smile. In fact, the elders left a message on the social, cosmic and spiritual order. The pillow is the friend of head, when it puts under the ass, then cosmic disorder happens. It is similar to the position of mouth and eyes in the head. The message is simple, always talk and look under the guide of nobility. Once people talk and look in a dirty way (like footwear), then cosmic disorder occurs.

The effect of rituals to subjects of offering can be discussed further, but rituals also make people more well-connected more humble and peaceful as well

The United States is a good teacher. Again, a good teacher. There men/women love to raise foot to the top of table for hundreds of years. And look at the statistics, very scary cosmic chaos happened there. The sleeping pill consumption per capita is the highest in the world, high and rising divorce rate continues, the stories of children who were stress then shooting gun at the school was very threatening. World report on happiness in 2012 reported, the U.S. was not even in the top ten of happy nation. At a high school in Brooklyn, students were asked what do they want to be in the future? More than two-thirds of students answered, they wanted to be celebrities. Simply want to be famous, a form of life that is unstable and fragile.

Urban life with tall buildings is another example. In the old days, the highest place is always filled by holy place. Nowadays, in the tallest office buildings people who work there are the ones who only think about money and power. Notice, what a mess cosmic order in large cities with many tall buildings. Robbery, rape, murder are every day routine stories.

*Through years deep practice of meditation, people learn not to
"eat" the fruit of duality, and at the same time return back to
Garden of unity (non duality)*

Take Good Care of Life

The second old story, in the East people are often reminded to be careful to hurt the cat. In Bali in particular, elders advised when the vehicle crashed into a cat, grab the cat then buried in a place of honor. This is similar to many friends of the west who believe that cats are angels. In southern part of France and northern Spain, archaeologists discovered caves in length with tens of millions years of old. There sculpted many animal carvings in beautiful and sacred way. If in our time God is drawn in the form of human body - like the Hindus Avatar - in those days the Lord was visualized with animal body.

Long ago, in the days before agriculture, human saved their life by eating meat. In that period there was also circulated myth that knowledge and wisdom were given to animals, not to humans. Equipped with this profound knowledge and

wisdom, then animals sacrificed their bodies for the sake of human growth.

By sharing this old story, certainly it is not the intent of this article to persuade people to worship animals. But feel deeply within, it is not just human who want peace, animals and other creations also want peace. When we injure animals and trees, as a matter of time the same pain will return back to us. With touching feeling like this, it is more probable to make life as song of harmony if we learn to take good care of animals, trees and other creations.

Old Roots of Civilization

In all religions, the new generation is very distant to rituals. Some even perform excessive judgment. Anyone who take time to learn rituals, not only in the sense of logic but deep feeling as well, there are a number of important messages behind rituals. From the hidden holy books, the means of connectedness with a larger Self, until the intent that community gathered based on more noble social order.

Ceremony as hidden holy books have been replaced by paper, computer, internet. But as an effort to create a more noble social order, rituals have not been replaced yet. Through rituals, men and women gathered with a better level of self-control than usual, thinking about noble life. Likewise the ceremony as a means to connect with the unseen life, it has not fully replaced yet. The effect of rituals to subjects of offering can be

discussed further, but rituals also make people more well-connected more humble and peaceful as well.

With a full of apology to the anti ceremony friends, stopping ceremony is similar to burn one of the old roots of civilization. And when the roots are burnt, the tree is also burned. This explains, in places where humans rarely connected with the larger Self through ceremony, the air is very dry of peace. Europe in general are good teachers. The humans who visit church are very small percentage of people. European financial crisis uncovers, life is more than just collecting money. From all of these old stories, many hearts are intended to be touched. Logic, theology, philosophy are indeed partly explain life. And under the light of literature, arts, feeling, sensitivity, connectedness, these old stories are knitting life into songs of harmony. Songs that make life well-connected to the roots from a very distant past.

Notes:

In the old mythology of Bible, there was story of Adam and Eve who were expelled from Garden of Eden because of eating the fruit of knowledge. The Garden is the place of unity, of non duality of male-female, good-evil. And the knowledge is fruit of duality. Through years deep practice of meditation, people learn not to "eat" the fruit of duality, and at the same time return back to Garden of unity (non duality). In the language of Bible, Garden of unity (non duality) is a holy place where the Father and I are one.



*One who is light inside will
meet light everywhere*

Song of Joy

*B*orrowing a number of research findings, when we were still a baby we smile hundreds of times each day. Once we grow old we only smile few times a day. Few suffering old people even never smile. This rises a question, as we grow old where does the energy of joy disappear?

Outer Body

US President Barrack Obama is a good example. Before

becoming president his outer body was so bright. He is even received Peace Noble prize in the beginning years of his presidency. But in the last years of 2013, it's hard to deny the outer light is darkening.

The question then, what happen with political power and wealth, its impact to outer light is so dark. Medical science found some anti-aging techniques, nutrition experts have examined the human body deeply, but it is still unable to halt the darkening light of outer body. To be frank, this darkening light does not only happen to Obama, it happens to many politicians, rich and powerful people. The former US foreign minister Hillary Clinton even should quit her career as politician because of illness.

*Birds are peaceful
of being birds,
trees are peaceful
of being trees,
why so many
human being are
not peaceful of
being human
being?*

Spiritually speaking, the older we are the more we need the light. More specifically in the moment of death, without the provision of light then the next trip will be very scary. As it is often heard in the spiritual realm, one who is light inside will meet light everywhere, one who is darkness inside will meet darkness everywhere.

Inner Body

After learning from this experience, deep spiritual inquiries concentrate more on the inner body. The outer body is usually

wrapped as simple as possible. But the inner body of feeling, perception, mental formations, consciousness are all treated as careful as possible. And meditation is one of good way to take good care of the inner body.

In meditation, whatever the form of feelings (pleasure-pain), perception (right-wrong), mental formations (happy-sad) with all forms of duality in consciousness, are all seen in the same distance, all greeted with the same gentle smile. Before being touched by meditation, the inner body was grasped by duality, then experience a lot of chaos. After deeply touched by meditation, not only the grip of duality is loosening, the inner body begin to breathe the fresh air of peace .

With the fresh air of peace, it is easier for the inner body to give birth to light. In the story of the masters like J. Rumi, Mahatma Gandhi, J. Krishnamurti, Mother Teresa, the light is even still radiate long after the death of the outer body.

*At the level of innermost secret body, from the beginningless
beginning till the endless ending, life is song of joy*

Innermost Secret Body

The secret body is of course secret. Unveiling the secret to any person in any place, it is dangerous. For that reason, this innermost secret body is usually shared through soft poetic languages. It can only be understood by those who has a soft and cool heart.

Let's learn the lyrics of the following children song: "In the top of cempaka tree, finch bird singing. It keeps whistling all the day. It is never boring. Nodding and saying trilily lily lily lily". The message is simple, birds are peaceful of being birds that's why they keep singing, trees are peaceful of being trees that's why the trees are silent. When the birds are peaceful of being birds, the trees are peaceful of being trees, why so many human being are not peaceful of being human being?

In the poetic language of Mundaka Upanishad: "From joy springs all creation. By joy it is sustained. Toward joy it proceeds. And to joy it returns". At the level of innermost secret body (by which read: enlightenment), from the beginningless beginning till the endless ending, life is song of joy.



*Pain is inevitable but suffering
is optional*

Ocean of Compassion

Pain is inevitable but suffering is optional. Especially because the very nature of human body bring pain together. It is similar to water that brings wet together. However, suffering is a series of choice. People can choose not to suffer, including not to suffer in the midst of pain.

Frozen Ice of Suffering

Any pain is like an arrow that is shot to someone. But there is

the second arrow which is more painful, that is the very negative way one reacts. For example, terrorist bomb exploded, that is the first dart. But accusing without enough evidence that certain religion is responsible behind the bombing, that is the second dart which is more painful later.

*Life is like flowing
water in the river.
Peace
happens when
one perfectly flow*

That is why in meditation emotions are classified into happy, sad and neutral. And the task of meditation is to be the fourth that keeps witnessing with smile. While the ordinary people are dangerously gripped by emotions then can be easily upset, inner inquiries in the path of meditation can have an enough distance to emotions.

To be honest, life is like flowing water in the river. Peace happens when one perfectly flow. Suffering occurs because the mind is frozen like ice - life must be like this, life has to be like that - then fail to flow. Meditation similar to the sun that can make frozen ice melted then flow.

Flowing River of Peace

In every frozen mind that has not been touched by meditation, duality battle without any sign to be ended. I am right you are wrong, people who are similar are friend, those who are different are enemy. The inner inquiries who seriously sit in the fourth place as witness who keep smiling, can loosen the grip

of this dualistic mind. Enlightenment even makes the mind as wide as space.

*Violence was not born to burn, violence was born
to awaken our compassion*

As a result, the fire of emotions no longer cause explosion of suffering because the container is large and wide. Some of the characteristics, one becomes more tolerant, forgiving, open to anything that may happen in life. This is one of the important fruits of meditation which is boundless capacity to suffer.

With this meditative attainment, the frozen ice of suffering melted. Then life flows like water in a river of peace. At the right time life will return back to the home of ocean.

The Infinite Ocean

In the ocean, life becomes infinite. Mainly because anything that comes to the ocean would be embraced gently without any discrimination. This is often called the ocean of compassion.

Mud, wood, stone, dirt, gold, food, whatever is welcomed by the ocean. This is the main reason why meditation at the level of perfection is to take a rest at this moment as it is. Consequently, not only the mind and heart are widened, but one also able to provide infinite space for anything and anyone to grow.

If some parents give space of growth to children because they are forced by social norms, at this stage there is no compulsion. Compassion is something that arise naturally. It is as natural as ocean which is unlimited. In this level, people can choose not to suffer, at the same time also radiate compassion to pain, illness and those who create much suffering. As a result, terrorist bomb can explode anywhere. And since the mind has been as wide as space, it is no longer create suffering. On the contrary, terrorist bombing is a fountain of compassion. Especially because violence was not born to burn, violence was born to awaken our compassion.



*Moment of death on this path, is like
the birth of baby eagle. As soon as
the eggshell is broken, eagle will fly.
The left wing is silence, the right
wing is compassion*

Home of Soul

One who does not know death does not know life, this is a message that is often heard in the spiritual realm. After reading book of Sushila Blackman titled Graceful Exit: How Great Beings Die, this message is really true. This book that contains the story of the death of 108 saints, can be condensed into three paths: the path of devotion, the path of knowledge, the pathless path.

The Path of Devotion

The unique thing of inner inquiries on the path of devotion, everything is done as a series of offerings. Thoughts, words, actions and complete with its blessings, are all dedicated to the Guru. As a result, on the one side the ego disappears, on the other side a sense of deep devotion to Guru is written clearly in the heart. Consequently, when the soul is called back home through death, the first thing that appear in the mind and heart is the name of Guru complete with deep devotion.

For that reason, it is easy to understand that Mother Teresa often calls herself like this: "I am a pen in the hand of God".

*One who
understands does
not talk. One
who talks does
not understand*

There is no self and I there, there is only sincerity to serve the Guru as perfect as possible.

Mahatma Gandhi was also on the path of devotion. His peacefulness, balance, serenity were all illuminated by the belief that Guru is present in every step. When the bullets penetrated his body to death, no spirit of anger there, the last voice that emerged from Gandhiji was like this: "Shri Ram, Shri Ram, Shri Ram". Series of sounds that call upon the name of God.

The Path of Knowledge

There is nothing more precious on the path of knowledge than silence. It is like digging well. Initially there is only rock, soil,

mud. If one digs with diligent, love and sincerity, then clear and clean water of knowledge will appear.

This explains why one of the poems of Rumi is like this: "Life journey is like peeling onion. Outside the color is brown and dirty. When it is peeled the colour is white. The more it is peeled the whiter the colour will be. When nothing is left there is only tears drop".

Such knowledge is sometimes called Vidya. Sort of the king of all knowledge that makes people do not get lost in the dark forest of life. With this knowledge, every step - include death - is peaceful and beautiful step. Sometimes it is also called

Inner inquiries on the path of devotion rest in service. Inner inquiries on the path of knowledge rest in silence. On the pathless path, even the word silence can not explain it

Vipashana. An insight which is similar to full moon. A perfect circle that represents silence. Out of silence appears light of compassion. Moment of death on this path, is like the birth of baby eagle. As soon as the eggshell is broken, eagle will fly. The left wing is silence, the right wing is compassion.

The Pathless Path

This way is the most difficult way to explain. It can only be understood by one who live it. It is as difficult as explaining the taste of banana to those who never eat banana. As soft as

butter but not butter. As sweet as sugar but not sugar. When butter mixed with sugar, it is not banana.

So the experience of this group is very rarely recorded. It is similar to bird flies in the sky, it is completely traceless. In the language of Tao: "One who understands does not talk. One who talks does not understand".

A Guru whose name want to be kept in secret write this poem: "I forgot myself. Suddenly, I rediscover it in prayer. In the depth of prayer, I am both exist and do not exist". That's why, in one part of Sushila Blackman's book she concludes: "To die is to rest". To the saints, to die is to take a sacred rest. Inner inquiries on the path of devotion rest in service. Inner inquiries on the path of knowledge rest in silence. On the pathless path, even the word silence can not explain it.



*Suffering is like a lantern
which indicates the direction
of the road*

Soul Garden

Gardens are the lungs of the city. A place where people can breathe fresh air in the middle of hectic and chaotic city. And not just the body need park, the soul also longing for garden. As a small mirror reflecting how unstable human soul at this time, a number of economists in the West find, even when economic conditions were to decline, the budget of many countries to buy weapons continues to rise. The question then, where is the soul garden?

Darkness Inside

One important element of human body is the brain. And it has been widely published in neuroscience studies, twenty to thirty million years ago the human brain was very hard. This explains why the behavior of human being in ancient times was far from civilized. Just revolving around eating, fighting and sex.

Consequently, such behavior is embedded deeply in human memory until now. Psychologist Sigmund Freud called it the unconscious. Everyone do not want to get angry, but many people are grumpy.

Legal and social institutions such as family and court trying to dispel this dark room of unconsciousness by punishment, and it is not entirely successful. The increasing rates of suicide, mental illness, victims of drugs, divorce, terrorist bombs everywhere telling that human civilization need a different candle.

The Candle of Caring

In different forms, everyone suffer. While the ordinaries put suffering as punishment, the enlightened beings use suffering as the path. Suffering is like a lantern which indicates the direction of the road.

There are similarity among these holy Guru, they are all diligent, sincere, consistent to take good care of suffering, then found a candle

And suffering can be transformed into the path, if one does

not run away from suffering. Instead, like meeting the Guru, then let suffering softens all inner qualities. As long as an inner inquiry is diligent, sincere, consistent, then suffering can be an opportunity to dispel the inner darkness.

This is the story why all the holy Guru experienced deep suffering. Rumi was deeply sad of losing his Teacher, Martin Luther King Jr. was shot, Nelson Mandela was imprisoned for 27 years, Mahatma Gandhi's body was penetrated by bullets, HH the Dalai Lama lost his country when he is still a teenager. There are similarity among these holy Guru, they are all diligent, sincere, consistent to take good care of suffering, then found a candle. This is in line with meditation. Like eagle, the left wing of meditation is awareness, the right wing is carefulness.

Everything is Beautiful

The main characteristic of human heart that has passed the mountains of sufferings, he/she could see the deep face of life

*In soul garden (by which read: enlightenment) every aspect of life
(the past, the present, the future) is beautiful*

that goes beyond logic. Which can not be explained in words. And then having direct experience, that feeling is the language of the soul. At the level of feeling, life is a series of song.

Let's explore the lyrics of the following children song: "Let's see

my garden is full of flowers. Some are white and some are red. Everyday it is watered. Rose and jasmine are all beautiful".

Life is like gardening, it takes persistence, patience to make it beautiful. Similar to parks, life inside and outside are rich of color. Sometimes happy sometimes sad. One time praised, in another time tested. Whatever the color, everything is watered with prayer, love, kindness, compassion, meditation. Similar to the last verse of the song above, in soul garden (by which read: enlightenment) every aspect of life (the past, the present, the future) is beautiful.



*All people who seek means
of satisfaction outside must
be disappointed at the end*

Flower Everywhere

The dominant feature of life in this age, people just prefer flower (perfection) and do not want any waste (imperfection). Not a few couples who had married less than a year, then broke up. The new business partnerships split within months. The same thing happens to political figures, they are just in line in a very short span of time. The fundamental thing behind this, people attach to flower and reject waste.

Crying for Completion

To be honest, every longing - longing for some lovers, parents, God, enlightenment - is the mirror of crying for completion. To all commoners, there is always a feeling of being incomplete

At the peak of meditation, one can see and experience, there is flower in the waste, there is waste in the flower

here inside that force the ordinaries to seek external tools of satisfaction. Hence, in ancient Greece there was a legend that the human soul was initially complete. But a group of demigod creature divides the human soul. From this myth then it was born the idea of human being keep searching the soul

mate. This explains why teens looking for boyfriend/girlfriend, the adults want to get married, the old miss the experience of unity. And it has been recorded clearly in history, all people who seek means of satisfaction outside must be disappointed at the end.

That is why the Saints with touching realization all found it inside. At the beginning, it was an external experience of separation, but separation is not punishment, it is only the key opening the gate. In the language of social anthropologist Gregory Bateson: "it takes two to know one". That's why, almost all spiritual seekers begin the inner journey with deep painful disintegration.

Some are divorced, dead parents, spouse passed away and all sorts of variations. The point is only one, there is something

inside which split into two. Desire and reality, expectation and realization are all split into two. People who are born with sufficient spiritual grace, then use this moment as a starting point of inner long journey of finding completion.

Psychology of Flowing

While most people feel there is something incomplete here, meditation - especially at the perfection stage, not at the development stage - began with the belief that human soul is complete from the beginning. Like a diamond, diamond of

*The main characteristic of awakened being, no flower to attach
no waste to reject. Both flower and waste are
parts of the same perfection*

completion is already inside. The old habit of looking for external tools of satisfaction, make the diamond of completion covered with mud. The more one search, the thicker the mud covered the diamond. That is why, the main features of external seekers, their life is full of confusion.

Through meditation, sludge is then cleared. The approach is very simple, whatever that is happening both in daily life and meditation just keep witnessing without judging. Initially, the sludge so gripping. Angry then slammed goods, offended then asked for a divorce. With diligent witnessing without judging, then the grip of emotions, perceptions, mind loosening. As a result, there is a distance between the witness with the

witnessed. At the peak of meditation, one can see and experience, there is flower in the waste, there is waste in the flower. Flower is in the process of being waste, waste is in the process of becoming flower. As a result, not only the muds are cleared, one also can have a direct experience of completion.

In contemporary language, this approach is called psychology of flow. Whatever the meditation experience is, whatever the daily life is, learn always to flow. In the language of zen master Thich Nhat Hanh, washing the dishes for the sake of washing the dishes. Most people wash the dishes as fast as possible. That's why they lose the beautiful experience of oneness with the moment. In psychology of flow, eating for the sake of eating, showering for the sake of showering. Every single experience of the moment is transformed into an experience of oneness. In one of meditation ever heard: "flowing then flying". Flowing then life is so light like cotton.

Empty with Luminosity

Illuminated by this kind of understanding, it does not mean life is passive and apathetic. In all cycle of time - including at the time of the prophet - flower and waste are cycling. In psychology of flow, rubbish is not the enemy of flower. Both are the same stream of the same perfection. There are three meditative steps that are available here, it starts with the number two (duality) that is transformed into the number one (unity). This unity which later dissolved into silence (zero). It is not the ordinary silence, silence (empty) with luminosity. Sometimes referred to silence that give birth to compassion.

Lama Surya Daas (an American origin who later become spiritual master) spent long time together with His Holiness the Dalai Lama (Nobel peace prize winner 1989), his conclusion is simple, the enlightened being is perfectly in one with the moment. A friend who ever lived in Plum Village France the residence of Thich Nhat Hanh (has been named to receive the Nobel Peace Prize by Martin Luther King Jr.), comes into similar conclusion. The main characteristic of awakened being, no flower to attach no waste to reject. Both flower and waste are parts of the same perfection.

In other words, perfection is not like the finish line of a race, but a stream that never stops flowing. It is similar to the clouds that pouring into rain, then flowing as water in the river, this latest water merges with the ocean, the sun makes it back as clouds again. With this framework, perfection is not a condition without imperfection, but an ability to always smile in every stream of life. Seen in this way, life is nothing but flowers. Flowers everywhere. In a poetic language, life is like tree. Similar to tree, the Enlightened is mostly silent, in silent then keep processing carbon dioxide of suffering into oxygen of the Way for all without any discrimination.



*No other option to get out of
suffering, people should
learn to dance*

Cosmic Dancing

A group of Western theologians explained theology in front of a zen master in Japan. After finished explaining, then they asked the theology of zen master. Surprisingly, he replied : “we do not have theology, we simply dance with each cosmic dancing of this moment”.

The Failure to Dance

Too much suffering in this world is caused by the failure to join

the cosmic dancing of this moment. The poor want to be rich, the rich want to be happy. The parents whose children are still young want their children to grow up, father whose son like to draw dreaming that the son should be good at math. The point is only one, suffering people are dissatisfied to their life then refuse to join the dancing of this moment.

Tension, stress, and even pain can be the fruit of life then. Small percentage of people even did dangerous mistakes by means of drugs, free sex and suicide. The hallmark of the friends who went through this dangerous path is simple, life is dancing (by which read: flowing) but they refused to dance. The situation is similar to the frozen snow in the river. Water of river keep flowing, but the snow is frozen in stiff.

Insisting that life should be in line with the criteria of the mind (fixation), attaching that life must be exactly the same as what they desire (addiction), these are the two main characteristics of humans who fail to dance.

Education, experience, success are part of the reasons behind all of this. And whatever the reason, there is no other option to get out of suffering, people should learn to dance.

On the path of meditation, whatever the blessings of this moment, it is only recommended turning in the same circle: "accept, flow, smile"

Learn to Dance

Deeper than just education, experience, success, the thing

which is responsible behind the failure to dance is unconscious mind. All do not want be angry, but more than a half of people are grumpy. All do not like any bad mood, but boredom, worry, fear come again and again. This is how the unconscious mind reminds that it is there.

Ordinary people usually run away from the signs of unconsciousness. That's why the unconscious come again and again. Sigmund Freud said that the unconscious is the accumulation of the unexpressed feelings, especially the unexpressed feeling in the ages of zero till ten years. Carl G. Jung was deeper, through the concept of archetypes, Jung shared that life is like a perfect circle (mandala).

While Freud suggested that these unexpressed emotions should be expressed in a healthy way through writing a diary, dialogue with friendly friends, deepen understanding of one's life, Jung is closer to the approach of flowing or dancing

*One who has danced with the cosmic dancing of this moment, he/she is like white bird in the snow.
Provides hands to help in the crowd, but very little of the ordinary people who recognize him/her*

together with today's cosmic dancing. In the language of mythological expert Joseph Campbell, Freud's approach was more autobiographical, Jung's suggestion was more biological.

The Dancing of Smile

To be honest, Freud and Jung were complementing each others. And on the path of meditation – especially at the perfection stage, not at the developmental stage – whatever the blessings of this moment, it is only recommended turning in the same circle: “accept, flow, smile”. Especially because all movement of life are the dancing of the same perfection.

People in Melanesian islands called it mana, the Hindus called it sakti, in the more universal language it is called energy. And as noted neatly in physics, energy does not increase or decrease. Success, praise do not increase energy. Failure, blame do not decrease energy. What remains then only the dancing of smile. Smile which indicating that everything just flow and dance in accordance with their natural law.

Once a master arrives here, life is not flat and boring. As mountain which is naturally green, ocean that is naturally blue, masters who arrived here are naturally full of compassion. In the language of Nelson Mandela: “they may take anything from me, but I will not let them to take my kind heart”. In the terminology of a zen master, one who has danced with the cosmic dancing of this moment, he/she is like white bird in the snow. Provides hands to help in the crowd, but very little of the ordinary people who recognize him/her.



*In group of inner inquiries
who found a very close God,
God is understood as
compassionate energy that
make all well-maintained
and well-fed*

Meeting God In Prison

Violence that want to be cured by violence, that's one of the characteristics of prison in many places. In the West, where the prison institution is thousands of years old, this way is not totally curing. Some members of society called prison as garbage can. And only in the hands of a patient and peaceful spiritual gardener then this waste could be processed into flowers.

Far Distance God

Lord in heaven satan on earth, God is good evil is bad, that is the approach of religion in educating children. And it's hard to deny, dualistic thinking like this that is responsible for curing violence with violence. The thing that is in line with mind is called true, the thing that is not in line is called wrong. And the task of "truth" is to eliminate the wrong. If this is the approach, not only nuclear, even religion can be a source of destruction.

*Be kind to the
power of
darkness, they are
in the process of
being Light*

In fact, in-depth studies of people with heroic gene - group of human who possessed such energetic energy that make them potential to commit violence - indicate that violence that tried to be cured by force will only strengthen violence.

In the light of this invention, it is wise to reconsider the ideas of far distance God. In various religion, God is understood differently. And some inward inquiries found a very close God.

A Very Close God

In group of inner inquiries who found a very close God, God is understood as compassionate energy that make all well-maintained and well-fed. This compassionate energy that makes rude tiger breastfeed the children, stupid dogs keep protecting children from others attack, the silence trees continue to process the toxins of carbon dioxide into the needed oxygen.

In other words, in all creation there is energy of compassion. Similar to wastes that are in the process of being flowers, violence is a material in the process of being cool flower. In a wise language of a Guru: "Be kind to the power of darkness, they are in the process of being Light".

The situation is similar to a small child who met the neighbor's dog. When she is full of fear, her body produces adrenaline. And adrenaline makes dog then barking because of scared. When the child is not afraid and full of compassion, not only the body does not produce adrenaline, even make dog close and respectful. This is a simple explanation of a very close God. Compassion that meets compassion.

Namaste

A close friend who has taught tens of times in prison shared a story, not all of the human eyes in prison are full of violence. Some of them also cry when they were touched by the energy

There is our happiness in the others happiness

of compassion. In this inspiration, even in prison the energy of compassion is presence.

That's why, the enlightened beings have three levels of body that is the personal body (who often suffer), interpersonal body (which is always long for serving) and the cosmic body (all is

one). Seen in this way, there is our happiness in the others happiness. As a result, everywhere (including in prisons) enlightened beings meet God.

For that reason, in ancient India when enlightened beings were abundant, each time people meet each other, they will greet respectfully by saying "Namaste". Simply means, I deeply bow to God within you. Inspired by this story, it is wise to plant the garden of compassion in the heart of people in prisons.



*It becomes an invitation to all leaders
in this age, coolness, gentleness,
goodness, that is the energy where
the light is hiding*

Messages of Light

It is difficult to refute the allegations that this age is dark age. Do not talk about money and power, even religion is used as a tool of violence. In places where the prophets ever born, life is burning. India-Pakistan border is full of weapons, the border of Israel-Palestinian also the same. However, darkness is not the enemy of light. As long as equip oneself with diligent and sincerity, darkness makes light shining even brighter. In this context, this age need much more light.

Leader as the Light

Human history partly is the history of the leader. It is understandable, because the leader is on stage, his/her speeches become news, the behavior is the role model of the crowd, the decisions affect lives of the many. And the time has passed, when leaders were influential because people are full of fear.

In this age, the world admire the cool and soft leaders as Mahatma Gandhi, His Holiness the Dalai Lama, Nelson Mandela. Princess Diana even very unique. Died with a man who was not her husband. But this stain could not hold the tears drops of billions of people on earth when the Princess of Wales died. Nothing else is hidden behind this except the deep longing of mankind to the cool and gentle leaders.

*Charisma is the
light that arises
from one's heart
who carrying out
what he/she
speaks*

For that reason, it becomes an invitation to all leaders in this age, coolness, gentleness, goodness, that is the energy where the light is hiding.

Guru as the Light

One meaning of Guru is the dispeller of darkness. Among so much energy that is stored in a Guru, the most luminous is his/her exemplary. In a simple language, charisma is the light

that emits from one's heart who carrying out what he/she speaks.

Another meaning of Guru is a person who has stopped committing crimes both outside and inside. Not only absent from bad speech and actions, even the mind and heart were absent from any stain.

The most beautiful meaning of Guru is someone who has passed a variety of trials. Because of passing the very difficult trials, the Guru then is purified and perfected as well. Purified because he/she has entered the perfect silence. He/she is perfected because of having seen directly that perfect silence gives birth to perfect compassion.

Awareness as the Light

On earth there are more than five billion people. And among the five billion, there is only one person who can take good

The best way to take good care of ourselves is awareness

care of ourselves completely, namely ourselves. However, this self can take good care of us if we are also full of carefulness.

Human body is very friendly indeed. Before a person to be hospitalized, the body gives signal through urine color, nail color, eye color, etc.. The similar thing happens to mind. Before

being touched by meditation, mind is gripped by duality. Meditation then make the grip of duality loosening. The world of spirit is also the same. Borrowing the opinion of psychologist Sigmund Freud, when the world of spirit is not explored, the spirit will come in the form of neurosis (mental illness). Suffering as an example, it is only an inner call that one lives too far from home.

The message is simple, one who treats his/her self well would be treated well. That's why, a few moments before Lord Buddha pass away, he whispered: "Be a light upon yourselves". In meditation, this light is called awareness. It means, the best way to take good care of ourselves is awareness.



*Only when the inner
darkness is fully illuminated
then there is possibility of
true holiday*

The True Holiday

Fatigue and restless, that is the characteristic of human civilization nowadays. Not only in working time, even in the moment of holiday people experience fatigue and restless. This explains why stress, depression, divorce, suicide, terrorist bombs continue to appear to indicate that there are dark spaces within that needs to be illuminated. Only when the inner darkness is fully illuminated then there is possibility of true holiday.

Dry Deserts of Greed

One of the previous century important discovery is fast-flying jet aircraft, which is similar to modern people who keep running, chasing and get lost. The situation is similar to a cat chasing its own tail. The faster a cat chasing its tail the farther the tail will run away.

*Fear, sadness,
suffering are only
ropes that are
mistakenly
assumed as snake*

The richest country in the world in terms of GNP (gross national product) is United States. Sadly, the World Happiness Report in 2012 reported that this nation does not even get the top ten among happy nations. Sheila McLeod in *The Art of Starvation* open great irony. While people

in developing countries can not eat because of poor, in well-developed countries people can not eat because of the complicated combination of self hatred, fear, sense of failure and helplessness.

Taken all together, greed is like a dry desert. In the language of Mahatma Gandhi, the world is enough for everyone's need, but not enough even for one's greed.

Dewdrops of Happiness

That's why human being everywhere are hungry of happiness. This starving of happiness that makes people of Bhutan use Gross Happiness Product as measurement of success.

A number of studies in the field of neuroscience indicate, when people experience positive emotions such as happiness, the production of dopamine increase in the brain. As a result, the

As soon as darkness inside is illuminated, all desire to chase outside stop. It is replaced by a deep sense of well-being. This is the true holiday (by which read: enlightenment)

door of attention to the outside world is closed, then there is more energy available to cultivate within.

Unfortunately, happiness is like dew drops. It is certainly soothing, but it does not completely quench the thirst. This is also the reason why some psychologists shift the focus of research into well-being.

Fountain of Well-Being

"Let's start from where you are", that is the message of Masters in this path. Whatever you have now, use it as a starting line to begin the journey. In this way, human being are not only stop running, but also begin to cultivate inside.

Unlike the way of chasing, the approach of inner inquiries open the self layer by layer. Suffering usually open the gates to enters the darkness inside. Because of dark, fear firstly appear. But when the inner journey is equipped with sincerity, honesty, surrender, then the secret is opened. Fear, sadness, suffering are only ropes that are mistakenly assumed as snake. This is As

soon as darkness inside is illuminated, all desire to chase outside stop. It is replaced by a deep sense of well-being. Life in this stage begins to be like a beautiful fountain. This is the true holiday (by which read: enlightenment) what psychologist Carl G. Jung called as "to make the unconscious conscious".

As soon as darkness inside is illuminated, all desire to chase outside stop. It is replaced by a deep sense of well-being. Life in this stage begins to be like a beautiful fountain. This is the true holiday (by which read: enlightenment).



*Suffering, sorrow, pain only
voices that guide the soul to
return back home*

Poetry of Peace

A foreign friend asked about the religion of the Balinese, when it was answered by religion of peace, the eyes smiled with full of adoration, the soul bow with respect.

Hungry of Peace

To be honest too many seekers who are hungry of peace. Many people are such hungry of peace, some even want to leave the tradition of his/her birthplace. In fact, abandoning

the birthplace tradition is similar to the trees that abandoning the roots. In time, trees will be dry.

Another characteristic of people who are hungry of peace, they are very eager to find solutions outside. Somebody tried to find it in the food, beverage, entertainment. And all who try to find peace outside, all is lost somewhere.

To be honest, hunger for peace is a soul longing for home. When the hungry stomach can be fed by food and beverage, soul who is homesick can be cured by digging within. It is like peeling young coconuts. It is hard outside. The outside skin is hard, the inner skin even harder. People need tools to be able to open it. But when the young coconut is opened, there is a soft coconut, cool and sweet water available inside.

*When I forget
myself, I serve you.
In serving I
rediscover that I
am you*

Vitamin of Peace

Borrowing from psychologist Carl G. Jung, people will do anything to avoid an encounter with the Soul. Mainly because it is similar to peel the young coconut, at the beginning it is very painful and frightening. This explains why Nelson Mandela was imprisoned for 27 years, Mahatma Gandhi and Martin Luther King Jr. were shot, HH Dalai Lama lost his beloved country in his teenagers age. Put it simply, the encounter with the soul is so painful.

But if one is sincere, diligent, honest in front of suffering, sorrow is similar to sandpaper that smoothening hard stone, in time the life will be smooth, soft, radiant. Borrowing St. Augustine, when Jesus approached the cross, he was like bridegroom who met bride. In order to meet the soul, no need to go far away. Person who work, learn to be sincere and diligent in the workplace. Ones who are at home, serve children, spouse sincerely and lovingly. And prepare mentally, kindness, sincerity, love will invite more violent shocks.

And on top of these shocks, the soul will encounter light. In simple language, what the ordinaries called as suffering, it is actually a vitamin of peace. It is like the story of prince Siddarta, when he was firstly went out from the palace, the first symbolical lesson was dukkha (life is suffering). One friend in the West shared an experience, at the peak of the shock she often dreamed of flying, light in the air. Looking down to the crying creatures who need help. Especially the persons who injured and harmed, they keep crying and asking for help.

In service, then I disappear, the new door is opened: "I am you"

Full Moon of Peace

After passing these heavy shocks, the new ears were born to hear the soft voice of soul, the new eyes appear to see the beautiful insight of soul. In short, it all turn out life into a

beautiful poetry of peace. Suffering, sorrow, pain only voices that guide the soul to return back home. The people who injured, harmed, abused only ones who need help.

With excavation like this, life inside is like ocean. Waves of thoughts, emotions are still there. But we are no longer waves, we are the ocean. Life outside turned into a dark night that miss our full moon of peace. Smile, serve, help, sincerity, honesty, loyalty, that are the forms of lights that emit from within. Notice one of the beautiful poetry of Upanishad: "When I forget myself, I serve you. In serving I rediscover that I am you".

This Upanishad poem shared, life is a poetry of peace. Initially many souls were get lost. These souls then found him/herself back in service. And in the depth of service ones able to see, feel, experience that we are one. In eastern philosophy, this attainment is called Satchittananda. When being (sat) meets consciousness (chitt), then bliss (ananda) was born. The peak of bliss – as the previous poem of Upanishad – is service. In service, then I disappear, the new door is opened: "I am you".



The difference with Western-style approach of healing, meditation does not have any enemy that need to be discarded

Eagle of Freedom

Many people paid very expensive price to find freedom. In the colonial era, there were countless number of lives lost to gain freedom. At this age also the same, countless souls are hungry of freedom. Some pursue financial freedom, some others are thirsty of spiritual freedom. Sadly, very few of them who find the true freedom.

The More We Chase, the Farther Freedom Goes Away

The unique sign of freedom seekers in this age, nearly all seek outside. Many people are target addicted, some others running here and there to find holy places. With a full apology should be honestly share here, the more one pursue outside, the farther one will be away from freedom.

Many international celebrities who attained awesome financial achievement - from Bob Marley, Whitney Houston to Michael Jackson - have become lanterns in this regard. Sadly, even though there are so many lanterns, people are still very hungry of chasing outside.

*Beautiful soul is
not the wave, it is
the infinite ocean.
In the ocean all is
hugged, all is
processed into
materials of
growth*

As a result, mental illness increase rapidly everywhere. Just as a simple example, in you tube, the sites that share the lessons of kindness just being watched by hundreds of people. But pornography sites, they are watched at least by tens of millions people. We all know, that is not the path of freedom.

The Lights of Hugging

Alienation, fear, doubt haunted people in every corner of the world. Stress, depression, mental illness threaten many lives. All of these give the signs, there is dark space inside. Psychologist Sigmund Freud called it the unconscious, Carl G. Jung called it

the shadow. It is an accumulation of unexpressed emotions, discontentment that are buried there in a long time.

That's why, meditation focus all energy to light all darkness inside. The difference with Western-style approach of healing, meditation does not have any enemy that need to be discarded. All - happy-sad, praise-blame, etc. - is witnessed from the same distance, all is hugged by the same gentle smile. The key word is gentle hugging.

One who is diligent, sincere, consistent heal his/her self like this, one day will understand, darkness is only waves. Sometimes up

Freedom does not leave anything. A deep feeling of contentment arise from within. At the same time, compassionate feeling to bring all beings back home appear naturally

with joy, other times down with sorrow. And it is the nature of waves to be up and down. The most important thing, waves can never disturb the ocean (by which read: the true self). One who deeply cultivated inside know, beautiful soul is not the wave, it is the infinite ocean. In the ocean all is hugged, all is processed into materials of growth.

Traceless Eagle

Unfortunately, the light of self-discovery like this can only be found in the completeness of solitude. J. Rumi, Joseph Campbell, J. Krishnamurti all find it in the completeness of solitude. Prince Siddhartha before attaining enlightenment and

became a Buddha, once learned from two external teachers in a very short time. Both were abandoned, then he found the bright light of insight in the completeness of solitude.

Put it simply, spiritual paths can be condensed into three paths. From social, ethical, and mystical. Social path is usually taken by the type of pigeons that fly together. But the one who follows the mystical path, rest in the completeness of solitude, always fly alone. He/she is as charismatic as eagle, which fly freely alone. Seeing life from a certain height, and then find the completeness of solitude. Sometimes this is called pathless path (traceless path).

After arriving here, freedom does not leave anything. A deep feeling of contentment arise from within. At the same time, compassionate feeling to bring all beings back home appear naturally.



*Suffering is a bell ringing
inside, warning people
that they are playing too
far from home*

Home of Peace

One of the regular sights ahead of major holidays, a lot of people who miss home then travelling far away just to fulfill the inner crying of home. With the risks of long traffic jam, long queuing in the airport, even the possibility of accident, a lot of people still go far away. Nothing hidden behind this but home of peace.

Suffering as Bell

The greatest force that drives people keep missing home is suffering. The rich suffer for fear of losing, the poor suffer because they can not eat. Young children suffer because many desire are not fulfilled, the elder suffer from illness. All suffer. But as it is often heard by many spiritual ears, suffering is not punishment. Suffering is a bell ringing inside, warning people that they are playing too far from home. The same bell also remind all to go back home.

This explains why more than half of meditation students are sick. Some have serious physical illness such as advanced cancer, psychological illness such as stress and depression, until spiritual pain in the form of dry life that can lead one to suicide.

*Life is like staying
in a guesthouse.
Everyday the
guests change.
Whoever the
guests always
remember to
smile*

With sufficient spiritual blessings (persistence meditation, deep respect to the Guru and sacred teachings), meditation then open up the layers of misery step by step. On the surface, suffering is scary and ugly. When it is cultivated deeply, the ugly face disappeared. It is replaced by the soft hands of Guru that guide all to go back home.

Suffering, Purifying, Softening

One of the beautiful face of suffering, it purifies as well as softens. Suffering purifies like sandpaper that smoothes the wood which is being made into a statue. Indeed it is painful,

but when the pain is over it left nothing but soft and cool heart.

Kahlil Gibran, Lebanese-born great writer who wrote a beautiful and touching book of the Prophet, he was heartbroken at the beginning. In the language of the youth, his love was refused. But this grief did not guide him to the direction of suicide. On the contrary, it was the opening door of beautiful and touching works. Only a pure mind and a touching heart could write like this: "when people are in touch with happiness in the living room, sadness is waiting in the bedroom". Put it simply, people are at home with both happiness and sadness. As a consequence of it, we have no other choice but learn to listen, understand, serve. Peace is hidden here.

Sufi mystic Jalalludin Rumi also suffered mental anguish from the disappearance of his master. More than just the teacher disappeared, his books have gone on fire. No other option then except to dig deeper into the Self. At the peak of the journey Rumi wrote: "Life is like staying in a guesthouse. Everyday the guests change. Whoever the guests always

For the ordinary, peace is the fruit of meditation. For those who returned back to home of peace, the fruit and the Path are one

remember to smile". Praised, blamed, success, failure all are guests of life who come and go. As the waitress in guesthouse, the best option is always smiling. Smile is a bridge that connecting two hearts.

Every Step is Peace

Equip with clean mind and clear heart - after being smoothed by suffering - every step is peace. This may happen, if someone is not only smoothed and purified by suffering, but also entered the realm of silence. At the level of silence, there is nothing left except a perfect flow. It is similar to the round of moon at night. There are times when night is dark without moon, then followed by the crescent moon and full moon. The latest full moon shrink into crescent and then disappeared into the dark night. Everything just flow perfectly.

There are traditions that use full moon night as time of worship, some pray in the time of crescent moon, some others pray when the night is dark. All is perfect as it is. It is totally free from the judgment of high-low, good-bad. Anyone who blends perfectly with the flow, then understand in the depth why the most beautiful book of zen master Thich Nhat Hanh titled: "Peace Is A Step". In every step there is peace.

For the ordinary, peace is the fruit of meditation, prayer, other spiritual practices. For those who returned back to home of peace (read: being one with every flow of life), the fruit and the Path are one. The Path is the fruit, the fruit is the Path. As soon as one arrives here, service is as simple as water that is flexible, as natural as sugar which is sweet. As water is soft, as sugar is sweet, the natural nature of existence is service. Service at this level is natural and effortless.



Back Gate
Ultimate Healing



Pain as an example, when it is seen as the calling of body to take a rest, then pain can bring message of peace

Ultimate Healing

A friend from France wrote a message, that there is a disciple of meditation in France who is considered as the most peaceful man. Having closely monitored him in depth, he treats life as lover.

Enemy of Life

The dominant characteristic of human suffering at this age, people become enemy of life. The past, the present, the future

are all seen as threatening enemies. As a result, every cycle of time is similar to a burning chair.

If a burning chair does not give other choice except to burn, fire of life gives another option. It depends on the way of viewing and treating experience. Pain as an example, when it is seen as the calling of body to take a rest, the feedback of the limit of body, then pain can bring message of peace.

Failure as another example, it is a way of life to tell, life does not always go up. And failure is a teacher of being humble. With this perspective, it is understandable if the elder in spiritual life ever left a message like this : "there is no enemy of life, only messages that are not yet understood".

Companion of Life

*When I love
myself enough,
then life
blossoms in a
beautiful way*

Deep meditation starts from deep understanding like this, events are just messages that keep guiding. That's why, in meditation all is gently embraced in a perfect circle like this: "accept, flow, smile". This is what this simple article called as companion of life.

The direct result of deep friendship with life, nothing other than peace. Not the ordinary peace, but peace that open the door to loving and kind service.

Notice a genuine message of peace from a friend from Philippines : "I do not have pretty face to brag, but I have loving hands to serve". In the language of the author of the book *When I Love Myself Enough*: "when I love myself enough, then life blossoms in a beautiful way".

Kissing Life

The result of deep friendship with life makes the saints rest in silence, kiss this moment like a teenager kissing her boyfriend. In the depth of excavation like this, time is no longer linear and move in three spaces (past, present, future), but rotates in a complete circle. That is why, in many old traditions perfection is symbolized by perfect circle.

Darkness can hide tree, but darkness can not hide love

In perfect circle like this, human being return to the original nature. Like lake which is naturally blue, hill which is naturally green, people who arrived here are naturally full of compassion. Feel deeply the poetic message of Kahlil Gibran: "darkness can hide tree, but darkness can not hide love". Even darkness can not change the natural nature of human being to love.

In the world of the Sufi, once there was a saint who put life as lover. Deepen the lyrics of message that was left: "my love, if I love you for the fear of hell, let me enter hell. When I miss you

because the greedy of heaven, keep me away from heaven". This is the hallmark of life as lover, always kiss life unconditionally. At the same time, this is ultimate healing.