

*OH God*  
*I have all the*  
*zeroooooessssss*  
*Send me the*  
*ONE*

...Beloved reader

I don't know your name but I know you... you have no name... you are what you are and who you are and why you are... names are games of fames... They are only a utility but not a reality... so I want to talk to you not to your personality... not to your persona but to your sona... your soul... your being... you are the one who is ...beyond any boundary and any body... to you I say

Do I look crazy or hazy? I don't know either, but all what I feel right now that I am so called to writing some lines called words to tell you a story not from the known world... yes my friend... it needs courage for me to say what I see and what I feel and also a courage from your side, to read in between the words and touch base with my inner world and together we sail our boat in ...this book and let us see and look

Oh my friend... I don't know how to start a descent page, but I know how to pour my heart in this cup called a blank notebook and you sip one word at a time, until you reach the end page and you keep on seeing your world beyond my story... your stage is waiting for you too... I can see your words and I can feel your pulses and I can read your story... how can we forget that we ...are not two but one with the ONE

I know... you too have all the zeroos and you are waiting for the ...one

?But... Watch out what are you asking for

Do you really want to have a One beside your zerooos? Do you know on which side? Draw it here... yes I hear you... one on the

.left side of the circles 1,000,000,000,000 and on

All what you have to do... is to doodle more zeros and the one  
...keeps itself in the freezer... or in the incubator

Only one deal with God... this is what I said...it is a true story...  
on May 24th, 1986, I was fifty years young... so grown up, ready  
for my birth day in Lajolla CA... and I said to Allah... oh God... all  
what I need and I ask you for... only one thing... I have all the  
zerooooos... and I can't do what I want to do... I need the one...  
.only one and I will take care of the zerooooos

God! Give me only this favour... and I will never ask you again for  
anything else... only one question or one demand... "Whatever I  
ask you... you will give me..." I was not joking... I asked and I  
heard the answer... just like when you put your plastic cards in  
the money machine, you push the numbers and wait... and for  
sure you will be getting it... I did not wait that long... the next  
day my friend Martha called me and asked me to go to and give  
cooking classes and lectures on health and wealth... and here I  
am in Atlanta GA... I met many friends who are also interested  
in a healthy way of life and together we started more  
gatherings and it was fun and facts to see friends of similar  
ways... and one day I got a phone call from Lebanon... my  
hometown... asking me to come and start a healing home... "Do we  
have the money for this project?"... "No" was the answer, "but  
we have one person who is ready to plant the seed"... "I am  
...coming" I said

I hung up the phone, and called the travel agent and asked for  
...the ticket fee. And "11 hundred \$" he said

Few days later... Martha counted my share and it was all what I  
needed to land in Lebanon... and there I was... Peter offered the  
land, Katia surrendered her heart, a friend gave us the starter  
and the builder came and the map was ready, and back to the

...States looking for the one

??Where are Mr. ONES

Here I am in the EastWest centre in Houston cooking for many friends on a daily basis and waiting for the thunder storm of ...the one... ring... ring... ring

Yes this is me... this is Nelli... I am going to Washington D.C to"- meet a friend of mine from Lebanon who works for a Saudi "princess

" ...A Princess?? Wow"-

"...Yes... her father is the king"-

King of oil?? Why not!!! Oil and soil and soul and seed... I need"- "it all... Okay Nelli... can I come and meet your friend

"What for"-

"...I want to cook for the princess"-

Oh... not easy to meet such people... her husband is a prince"-

"...too and also the ambassador of the Saudi kingdom in America

Great... another reason... I want to meet this one... i want to"- "...cook for them

"...But they don't need cooks"-

Who knows... every one eats and needs a healing cook... I am a"- gourmet healer... don't worry... we need each other... I will see "...you there

But wait... we cannot meet Gracy at the palace... we have a"- "...common friend in Virginia... see you there

Next day I was there... we met-the three of us... all Lebanese... ....speaking our mother language and asking for help

No...no... I can't ask the princess for such a favour... I only"-  
.take care of her two daughters..." said Gracy

Just give her this book... a Macrobiotic book about healing"-  
.foods... and I do love to cook for her..." I said

But she has many cooks..." said Gracy"-

.One more cook to look at... I am ready..." I answered"-

But the big no was on her face... I went through the barrier and asked my heart to help me... Next day Gracy came with her friend Salha from Saudi Arabia, working for the princess too... but she looks very gentle and loving... and for sure I asked her ...if she can give her my book

.Yes and thank you... the princess loves to read..." said Salha"-

In the book I put the address of my teacher, who lives in the area... months went by... again I went to Martha and ready for a great workshop... and the phone rang... ring... ring... ring... I "...shouted "Martha... I got the gift

...Yes... the phone was to me... from the palace of the princess

"?Can you come and cook for her highness"-

"...My pleasure... but after ten days... see you then"-

Ten days... cooking, cleaning, teaching, learning and sharing our ...joy and sadness with many seekers for health and wealth

Yes my friends, no health no wealth... money is a great utility... !!?is a great gift just like any other power. But how to use it

Look at the water... can we live without it? No... so money is a power like water, but if the water is in the ship what happens??

??If the water is under the ship, what happens

So let us know how to use any mean and find it a mine and if we do not use it for its right purpose, we lose ourselves and the money... so the water under the ship, helps the ark to sail in the

ocean. But if the water is in the ship!! What happens? We all ...sink and no one sails... and we stink

So let us work for the rich ones and help the poor ones to be rich too. We are the giver and the receiver... giving is receiving ...in the love we give

Ten days later, after living our all commandments, I went to Virginia and started cooking in the great palace of the ...saudi royalty

This is not the first time I see a palace... almost all the palaces are great prisons and all the royalty are loyal to many lowlands ...and deadlaws

But why I am here? I started hearing my inner voice... Am I here to cook for a cancer patient? Am I here to cook myself in a new step on my upstairs? What am I here for

...Let me cook and then I look in this open book

I knew that the princess had few cooks before me and did not like the food... she read the book I gave her about Macrobiotics healing and its balance of life force... she is a good reader and ...this is a good quality in rich people and mainly in the Arabs

After few days, I was asked to meet the princess. She was on the phone and I heard her saying "We are here to serve you... me and my husband... don't worry." She turned around, saw me and welcomed me by saying "Thank you Maryam... your food is very tasty... tasty and healthy. I want you to cook for me and my friend here at home and how can I help you? Ask for anything ...you need and you want

Few days later, I had my own kitchen and all what I need to do my best love... I was not cooking for any person, but for the being in my heart... it was a great new step on my ladder of power... the power of love or the love of power

What is my choice and what a grace to see the result of your seed. The spring came, the grass grew, the fall came and the ...harvest was the best ever

The princess saw the sacred secret of food... what we eat and why we eat? How we chew and what is chewing? Who is eating and who is chewing? Who is cooking and who is blessing? Yes! We are what we ate? We are what we don't shit... shifts happen ...by good meals and this is the power of healing

I am not going to talk about cooooking... my only book is Look and Cook and Throw the Book

I don't read any recipes... I have never seen any... I just open the fridge and the cupboard and no cups and no board... hop in ...the kitchen and here is the cure and the hope

Yes, I do season the taste from my inner art without any reason just by the smell and with big love and smile to my lover no matter how many miles Heshu is away... but from heart to heart is my healmeal and it smells great and it looks greater and it tastes better... it is a humming food... not for the beckon but for the being... the whole body is eating, not only the outer layer ...of the tongue but in tuning with the inner song

Hunger is calling us to go in and meet our inner treasure... do you know what is hunger

When you feel hungry, what do you say? "I am hungry"... it is not I but the body is hungry. You eat and you feel satisfied and full... it is not me but my body... I am only a witness... my body is my car and it needs fuel and I ordered the best or worst... ...healthy or sick body... young and old

I am not a body, never born, never dies and never hungry... I don't eat... I am existence... so food is for the whole body not only the tongue or the smell or the senses... the body is the

cover of the being, just a blanket... so why not have the best  
?and the most exclusive buddybeing

We deserve the best cup and the best wine... drink the wine and  
...thank the cup

Yes my beloved readers... this is how I cooked for this royal  
family... not from the book but from my being. I did not cook  
illness or diseases but people... this is my vision in my heart... I  
got it from a friend like us... he told me

Tell-A-Vision

If your vision is for one year, plant wheat

If your vision is for ten years plant trees

If your vision is for life time plant people

...This is what I am doing now... I am planting myself

In few weeks, I met the royal family... all kids have a title...  
every little has a royal title... a prince... a princess and in  
ordinary life too, most people have degrees, titles and letters  
...before and after their names

I am no more my name anymore but 'What I do?'... 'Not how I  
do?' or 'Who is the doer?' just like welcoming by saying 'How do  
'?you do

Doing is the most important... is the extraordinary fact... is the  
most respectable ability... and this went on and on as I am a  
cook... I cook healthy food... healmeal and all of them were  
amazed... how can a food heal? Healmeal??? But no one dared to  
ask me what is my degree or my title... my friends or my soul  
friends know my degrees...S .S. Super stupid... and a year later,  
...I added another S. To my SS, so i became Super Stupid Shit

But once you taste my food and read about macrobiotics... just  
any book or any page, then you know more about your body and

...your being and your responsibility about your life

Yes I am a cook but my doing is growing with my being... it is my love and my art... the existence is cooking through me... right now who is writing? Who is reading? The same is with any ...doing... do what you love and money will follow

This is what I lived... I had all what I need to paint my love on the plate... and the princess is a loving soul who loves to read and feel and aware that in her religion, every work is a worship...  
...Islam is beyond any law

I stayed in a beautiful hotel, and came everyday to the palace where I had my place to cook, read, stay with the staff and be ...part of the family

In few weeks, she knew that I am not what I do but how I do... and she knew more than any word, any label, any title and any ...degree

Yes! I don't know who I am and what is the am-ness... am is our reality but I is our invention... amness means isness or existence but not I... I don't exist... no matter what I say or do is not the I... but I have to use this 'i' only as a utility but not as a reality... so she felt the energy of the food and knew that the universe ...has its secrets in what we do

I was so blessed to be with such a soul mate who felt the secret of our being and supported my play... I am so grateful to my master and teacher and friend Michio Kushi who said 'We are here to play'... yes to play prayfully just like children as Jesus said... unless we become a child, we don't live in the kingdom of ...God

And where is the Godliness? This loving life? This awareness and this witnessing energy? Yes in our heart... in the core of our

being... this compassion is our mission, our dream and our vision...  
...it is the only grace and the only bliss in our eternal life

So why are we here? So simple is the answer! Do what you love...  
live what you love... we are here to be who we are in the now-  
...here or nowhere else

Yes my friends... I am a maid, a servant, nothingness and  
nobody... her father was King Faisal... the only honest politician  
that I love... he said the truth out of experience... he said to  
...America and to the power of money

We have dates, camels, and the Quraan... We don't want your  
civilization... This is a dead power... We have the power of love...  
Not the love of power and this is what Islam is..." Sure they  
killed his body but truth is eternal and here I am cooking for his  
...daughter Princess Haifa

Haifa Bint Faisal is beyond name, power, title and jewel... it is  
not the money that united us, but the secret in every one of  
us... she saw the true truth in us and no law but the only love  
...there is... she saw and felt the inner power of every lover

I am a cook but in a different look and hook and cook... she read  
one book, it was enough to read any book and she saw Allah in  
...every hook and nook

She started sharing her experience by changing the food style...  
many will listen to her not because they believed her, but  
...because of who she is

Yes! She has the power, being the daughter of the King and the  
wife of the ambassador of Saudi Arabia in America... Prince  
Bandar was the real king power and the oil power all over the  
power of any war... the Bush family was at his side and the  
Arabs were on the other side... not easy to live in such a  
situation, where there is no trust and honesty only politics. And

we all know that priests and politicians are the mafias of the  
...soul

After few months, she asked me if I go to Saudi Arabia and cook for Sara... a nine-year-old little girl with cancer... sure I was ready to any step to plant health and joy... giving is receiving and in few days I was in the plane towards Saudi ...Arabia... it was my first time I am in Muslim airline

The host gave us dates and coffee and soon after this, a prayer in Arabic... it touched my heart... the words are such a loving power for such a long flight... asking Allah to help us and give us all what we need for security and make this trip safe and ...short

This prayer touched my fear and healed me from my mind and left a feeling beyond body. In no time, I asked the only woman in the plane..."Are we still in New York?"... "No, we are in the airport of Saudi Arabia... in Riyadh... but you slept all the way" she said... but I was still hearing the prayer of the departure... and I asked her again..."Do they say the prayer when we land?" ..."No, only when we fly" she answered

What is this sign? What is this good omen? How come thirteen hours of flight happened in few seconds of time... we were only three passengers on the first class trip... a man... a woman and myself... I slept all that time and no one dared or cared to wake ...me up

We landed in Riyadh, someone was waiting for me and went to a beautiful hotel... a cozy home suite, and ready to rest and ...sleep... it is night time

I had my shower and came to wear my nightshirt which was a gift from my friend, who is an assistant to the princess, but it was yellow and I don't like this colour, but I love the giver so I ...decided to wear it

I looked at my bed and saw a beautiful white cotton night shirt, so I picked it up, wear it, sat in bed, ready to relax and give ??thanks and be grateful and Oh... What is this touch

A palm... five fingers touched my foot.. I closed my eyes and asked God to help me and said a prayer and asked this ghost to leave the room and help me to cook for Sara and promised him that I will give all the money I will get from this trip to the poor people as a donation for his or her soul... the hand was off my body and I opened my eyes and the yellow shirt was out of ...the room...it disappeared

I knew that this soul has died in this room and asking for help... next day, I asked the manager..."Who died in this room?" he was ..."...amazed... I told him the story and he said "A drug addict

In the morning, I went to the hospital where the little princess was lying in her room beside her Mom... the hospital... as you all know... no need to talk about... I stayed few months cooking for her and being with them. But food alone does not heal... it is a balance of being and body... no one of her parents supported her... no one of the medical staff either... on the contrary... all ...are against the natural way of healing our life

But I asked the parents and the victims what I am sharing for only few days and sure enough they saw the difference. One German doctor whispered in my heart that he is a macrobiotic ...liver and lover but not in the hospital

Truth is not accepted amongst the deads and the victims of ignorance... and more than this, it is what we think and how we look at our pain... no pain no gain... cancer is the answer... let us see the light in the darkness... the positive side and the negative side... no good no bad... but it is the dance that ...complements and completes the message

The little girl was so happy that her Dad comes everyday to

visit her... and the Mom too was playing that he might leave his  
?second wife and come back to her... and who is paying the pain

Yes, the little princess and all of us too... it is our ignorance...  
what is the cause of any pain? Let us go to the roots and heal  
the fruits... let us look at the symptoms and face the original  
face of it... who is responsible for my body? For my children?  
?For my family? For my country? And for the world

Who am I? Why I am here? How can I hear my inner voice? I  
looked at the whole picture and saw its treasure and its lessons  
...and went on to the next step of my trip

I was invited to cook for the family of the prince... who is the  
brother of the princess, his wife is a reader, an artist and very  
open mind and heart. She saw the truth in the life of eating and  
the order of the universe. Truth is one in everyone, in every  
???religion and in every sign... but who is aware of it

In few weeks, princess Basma saw the result and the difference  
in the face... she started taking pictures before and after. She  
...saw, felt and lived the truth

She started sharing the law of health in Islam and I felt the  
same seed in the macrobiotics... the same water in different  
cups... I was not treated as a cook like any other cook... I was  
part of the hosts and the guests... I had no title and no label  
...and no degree but a secret gift of science and beyond

I stayed few months and went back to Virginia... to the house of  
the princess... she felt what I need and what I am here for...  
?she asked me 'Can we start a healing centre in Saudi Arabia  
No' was my answer... 'I don't have the freedom yet in such'  
country... there was a small store for healthy food and was  
'...closed by the power of ignorance and by force

The so-called imams or the priests or the sheiks, who represent

the real Islam are not there yet... not even now... I did not find anyone who knows the real Islam... only the words that come ...from fanatic minds

So I knew my dream and our vision are not in any Arab land because every hand is in the pocket looking for the profit and ...not for The Prophet

I touched many people there and no one said thank you and not even money wise and not from the inner wise either. They are interested in the outlooks and not in the in-looks... they are blocked and locked... most of them are looking for the outer ...power and the glowing treasures

It is good to go out but the whole world is in out... the more you ...go out, the more you know the in... in is our inn

?What is the world

It is what you see now-here... what you live now-here and nowhere else... this is the first step of our world... let us live this step with awareness and we live the sacred world... the ...greatest world ever

The world is a dream, live it and know it as it is... pass through it without making much fuss... enjoy the story, but don't think that it is something serious... by knowing yourself, you know much more than any world, any books and any skies... all the sacred secrets are in us... the godliness is in us... from in out is the only birth and the only path... every breath is birth and death and a ...new resurrection

...So what can we do here in America' said the princess'

We can open a centre here and many will come from all over the world... Truth attracts the Truth... the water attract the thirst... let us plant our seed and the tree will grow...' said our ...heart

Let us go for it... go look for the best place you see nearby...  
once you have the love and you do what you love, money will  
follow... so now we have the truth and the love for it, and the  
...money and let us live our trust to existence...' said the princess

This offer came out of her heart and the touch came from  
beyond all our beings... it is a sacred moment where the ONE  
...touches our centre... we are at-one-ment with the ONE

What else can I do? I went looking for the best we deserve and  
it was waiting for us... a great location and a beautiful home with  
gardens and trees and many rooms and bathrooms and vast  
spaces for meditations and all what we need to run a healing  
...home... a place where we face our bodymind and soul

Yes this is Sama Centre... 'Sa' for Saudi and 'ma' for  
macrobiotics... and here I am with few workers to fix the  
...kitchen as I want for the best cooking classes

I still feel the first night I slept there... from the palace to the  
centre... from the five stars hotel to the floor... no bed... no  
mattress... no blanket... but I had all the stars and the moon and  
the earth and the joy beyond any walls and any roofs and any  
...word

A great gratefulness to God and to his hand and her heart... God  
has no other hands than ours to use... has no hearts than ours to  
live in... and in no time... we planted a piece pole in the front  
yard where we wrote in Arabic, English, Japanese and a blank  
...side to put any other language

Arabic for us... all the Arabs... English for all who speak English  
and Japanese for our macrobiotics friends and teachers of  
macrobiotics... George Oshawa and Michio kushi... and the  
fourth side is blank for any language you speak or the silence  
...which is the mother of all languages

'May peace prevail on Earth'

...This is our mission and our dream and our vision

...One peaceful world... let peace be our choice

Oh my beloved heart... I do feel the days way back in Sama Centre and I still carry with me the first newsletter... yes! So many pictures and letters from the presidents and the beggars . They are all a great treasure in my heart... the heart is the best album... is the only book for the history and the now... I will do my best to share with you some of the words from our ...newsletter

*Sama Centre*

*...Clear Spring Road 807*

*...Great falls VA*

Clear Spring Road is our inner outer road to clean and clear our spring and all our seasons without any reason... even the address is a message in Virginia... this is the real virginity... the birth and death with every breath... it is a born again... yes my friends... there is no death and we don't grow old but we grow up... and this is our choice... how to grow up? How to wake up? How to be who we are?? And this is the mission and the vision of our Sama Centre... AH... I remember the gift of the little boy who told me .....this secret... I will share it again and again on the same page

Tell-A-Vision

...If your vision is for one year, plant wheat

...If your vision is for ten years, plant tress

...If your vision is for lifetime, plant people

What are we planting? Let us read few words from the ? newsletter... what is the Sama Centre

*Sama means heaven in Arabic and in other languages too... it*

*started as a thought and became a dream to have a place where we can come together and share our pain and pleasure, our ...wealth and health and our wisdom in depth*

*It is a healing home for body, mind and soul... I am located on a beautiful space and supported by the law and by the rules and regulations and all what we need to succeed... it is a non-profit centre, but needs to be clear so no need to face any problems... and to live our dream with the laws that protect our rights and ...lefts*

*But in spite of all the legal lines and laws that are written on papers and walls, I am still and centred on many acres of land surrounded with trees, flowers, vegetables, deer, birds, bunnies ...and all the mysteries of our mother earth*

*We have six bedrooms and seven baths... I don't know why but all are needed. Big rooms all furnished very simply and very modestly with natural futons and cotton and linen and all the basic needs that we need to succeed... such as books, tapes, gas stove, and open space kitchen, big living areas with a fire place, a big yoga room, lecture room and many programs to help us ...rediscover the power of the mind and the peace of the heart*

*Yes... we had many windows but no curtains... why? Why cover the best sky and the most beautiful nature? We sit in and we ...look out. This is the great prayer with our mother*

*We welcomed many friends from all over America and the planet too... we all shared with each other our pain and our pleasure and learned how to cook the best heal meal in a ...balanced way that meets the needs of the body*

*We learned many forms of body works based on the principle of acupuncture. We listened to many teachers that came to share ...their wisdom and goals*

*Before I wave goodbye, I would like to whisper loudly in our hearts... thank you all for your gifts that go on growing and glowing and you know what*

*One seed turns the whole earth green and your seed is touching many hearts such as the homeless, the lost souls on the streets who need someone to tell them... 'You are a living love and your love is needed*

*Your love touched many friends with terminal cases that were ready to change their food and their way of life... we also had the blessings to help the dear ones on their death beds and join the support group for our friends who have AIDS... It is a great gift to help our brothers and sisters who are looking for a peaceful way of leaving their bodies and celebrate with their life and death... from death to deathlessness is our path of life*

*Oh my friends, how can I thank you? Only God can thank you... your seed will keep growing forever and ever. You are welcome every spring to pick up the fruits of our seeds... thank you for sharing our life with all of you and together we grow better and we learn from the tastes of all the foods the bitter and the sweet are one power to heal our ignorance and live our innocence*

*... Together we learn how to grow better in love and laughter  
family of  
sama center*

*So much joy to share... I am reading the newsletter and go beyond the words, the lines and the letters... I can see the past and the history in this now-here... the sun is shining... let us read this ray*

*If you want happiness for an hour, take a nap*

If you want happiness for a day, go fishing

If you want happiness for a month, get married

If you want happiness for a year, inherit a fortune

...If you want happiness for a life time, help someone else

Yes my beloved mewe... I am asking what is happiness? What is pleasure? What is bliss, joy and grace? ... Oh... different levels of godliness in us... from one layer to another layer until we reach beyond the beach and we say

...OH THOU... OH WOW

AH... That which is... this state of being has no boundaries... but beyond any bounds... the only being in my life who saw our inner treasures and shared her power with me is Haifa Bint Faysal... the princess who is beyond titles, beyond bonds and bondage... she gave all what we need for the centre as money, respect and love and she knew that Maryam is beyond body... she saw signs and went for it... few others in Saudi Arabia and royalty saw a sign... an indication... a revelation... but no one got the message... most rich people are interested in the power of the money and the many not in the power of the one and in the money and the ...many

Haifa is the only one who was pushed by the ray of light that saw in her heart and her insight and helped with her heart and ...hands and planted the Sama Centre with MEWE

Until now-here, she is my daily bread not moneywise but in the ...seed of wisdom in my inner dome

When I feel the fear of poverty moneywise, I face my fear and I go beyond it... not one Arab... rich or poor... supports the awareness, the knowing and the wisdom that are in our ...birthrights of innocence

All the Arabic medias are based on the power of money and the power of sex and the power of wars... no knowing at all... but information, knowledge and degrees. This is what degraded us ...as Arabs and as Muslims

Islam is peace... Islam is love and compassion and it is our birthright in living one with the ONE... at-one-ment with the ...godliness in us

But very few of us who are aware of this treasure in us... this joy is not the pleasure and not the happiness... what is pleasure

It is physical and physiological superficial thing in life... it can be sexual, it can be of the senses... it can be an obsession with food, but all is rooted in the body... and the body is not my roots but my periphery... my circumference, it is not my centre... is not to live for my bodymind and not to be a beggar and live on the mercy of all kinds of toys and games... just like the waves in the ocean are living at the mercy of the winds... when strong winds come, waves are there... when the winds disappear, they disappear... they don't have an independent existence... they are dependent and anything that is dependent on the other which ... brings bondage

Pleasure is dependent on the other... you are in prison... in a cage... you are no longer in freedom... why depend on you? Or on her? Or his? Or money, power, sex, prestige, religion and god

Let us use our brain, live our being and be one with the godliness in us not a person in heaven... god is not a power in heaven... is not a sword to cut me off but a silent word in our stillness... in our joy... in our compassion... so no pleasure and no happiness ...either

What is this happiness? Pleasure is animal, happiness is human and bliss is divine... pleasure binds us, it is a bondage... it chains us... happiness gives us a little more rope, a little more freedom,

but only a little more... it is not so dependent on others, but still it is separate from us... it is not a relief... not a freedom but an enrichment... we are more full and overflowing... we listen to music... we walk in nature... we read spiritual books... we enjoy in creating something... in silence... a harmony will arise in us... we dance... we sing and we are in a different space... the ego is not so solid as in pleasure... but this is not the ultimate state of our ...being either

The ultimate happens only when we are fully awake... aware and witnessing... this is the bliss of compassion... a great and the greatest truth ever is when God said to His Beloved Mohammad... You are here to share compassion with the worlds... here no dependent but connection with the inner divinity... here no more sleep, no more dream... no more pleasure in sex, food and power... no more any happenings... no past and no future only now-here and nowhere else... this moment is all... is ...at-one ment with the only ONE there is

This is bliss... this is real compassion... to attain it is to attain to ...God... let us not miss any opportunity to be in bliss

We are unhappy just because of our habits... so let us face our thoughts and see our original face not the masks... once I got ...it... I forgot it... get it... forget it

Watch your thoughts, they become words

Watch your words, they become actions

Watch your actions, they become habits

Watch your habits, they become characters

....Watch your characters, they become your destiny

...Soooo

Our destiny is in our freedom of choice... let us live our choice and this is our grace... if we don't feel it, we don't hear it and we ...do not live it... let us live what we know not what we believe

No one has the right to believe, everyone has the right to know... let us know who we are... this is our birthright... this is what real hajj or pilgrimage is... this is what the mountain of Arafat is... the mountain views or the top of the knowing... you ...know the unknowable

Yes... you are able to know the jewel and the pebble and be who ...you are

...Yes my friends

We are all guests on this road... or pilgrims or tourists... so why not be who we are? Why not support each others... no depending and no independent, but interdependends... sharing our jewels, ...pebbles, plant peace and people... you are so right and light

It is not that easy... but together we do it better and let us remember that we are not a number but a member... and when we face many pain and many broken places... there are those ...who become stronger at the cracks... no pain... no gain

When one door of joy closes, another opens. But often we look so long at the closed door that we do not see the one which has opened for us... Ya Fattaah... Oh! Thou the Opener of our ...treasure

Just call and ask and our inner power, which is the godliness within each one of us, will respond to any bond and it pours on us all the showers that are hidden in our inner show... let us live ...our birthrights and share our total trust with every dust

Me too... back to the newsletter of our Sama Centre which is no more in America, but in many inner centres of human

becomings... we are the circle and the centre and from b to C is  
...our being and seeing

Oh... it has few pages of cooks and cookies... tea thyme and  
great time... sip and gossip... and all kinds of questions and  
answers. The questioner is the quest and the thirst and the  
question mark and you are the ARK and the captain and the  
great ship... but not a war-ship and not a work-ship, but a  
...worship for love, life, and laughter

Our hands are for hugging not for bugging... our harbours are  
for tourists, artists, guests and hosts not hostages and  
...hostiles

?Oh... yes... what is more in the newsletter of the Sama Centre  
The more is in our inner centre... inner circle... here is a seed on  
page 8... look, cook and throw the book... look what you have as  
left over foods and adjust it as the best right over meals that  
...heals by our mother lover touch

If you are sad or angry, do not cook... just relax and be grateful  
of who you are and what you have and why you are here and then  
add more light and more love to what you are doing... and enjoy  
...chewing

This is the best religion... chewish religion... chew, chew, chew  
your food... we all eat but very few know how to eat... if we eat  
wrongly, no doctor can cure us... if we eat rightly, no doctor is  
...needed

Buuut who is eating who? Am I eating the food or the food is  
eating me? Can I change the poison into potion? Why not eat  
the best food that is local and available... organic and according  
...to the climate and also to my bodymind and soul

Yes! body food... mind food and soul food... and then at the end  
of the body trip on this bridge of life... our body is food for our

...mother earth

Sooo... let us keep this secret in our hearts... let us love our  
...mother and give her the best heal meal we have

?Am I alone in the Sama Centre

At the first few days, yes I was alone but not lonely in my  
heaven... my sama was waiting for the more to come and soooon  
KU came in, Ku This is her name in Japanese language... I met  
her at a natural food store, she was the manager and she  
received me with great love and help to the centre... I asked her  
to spend time at our centre. Later on she moved in as a co-  
worker and together we are playing a team and waiting for more  
dreamers and drummers to come and play peace with us and  
sure enough many more came and the doors are always open for  
the beggar and the emperor... for the first and the last and  
together we share the sacred dinner with every lover... and  
...every runner

?Who is running the Sama centre

Our inner love for sure... But a bigger gift

came from the heart of haifa ,,love and money..without the  
outer lover there is no centre... the icon came from the head  
and the heart of Haifa... Yes I went to her... the big I in all of  
us... The We... I met rich Arabs and no one saw the cosmic sign  
in themselves as she did... God gave many signs to many Arabs...  
she is the only chosen one from the arab world and few non-  
Arabs too as a shadow to the truth but not like her..... more and  
more from west and east are into a peaceful world dream and  
vision. But we as Muslims and Arabs are still from sleep to  
asleep and our interest is in the love of power not the power of  
love... in the pleasure and emotions not yet in the treasure of  
compassion... all our medias are below any degree of decadence  
?and inferiority of humility... why

No why!!! This is where we are now and this is what we deserve and this is what we are planting for our future... from past to ...future is our only torture

Yes! Time to wake up! But make up comes to the majority and ...the wake up comes to the chosen few

Haifa supported mewe... our dream when I was with her or near by... the light nearby shows the darkness... But now she can change the whole darkness of Islam... she can open Islam T.V. and all of us will be proud and honoured to work as lovers and volunteers in such a media and share the real Islam for all the ...world

May be we do not deserve such love yet... or if we can support our web and our salaam center and keep sharing the best of the best as books and newsletters and so much knowledge and secrets and mysteries and veeeery few Arabs send do-a-...nation... yes we can change our nation

If many readers share a 'Sadaqa' or love donations as few dollars a year and you are getting soooo much gifts from my T.V. shows and many of our webs... I hate to say that I pay for the TV... no media... I mean Arabic media will not pay for someone ...who is not sexy, lusty and money hooker

So for a knower or a master to share our birthright treasure... we have to pay... this is why I am still alone on all the Arabic televisions... only the new lookers and the new hookers are the ...only power

So why not such a T.V in the Arab world? Where are you? So many rich royalty who are loyalty to what is a utility? Why not ?loyal to a reality

Prince Bandar, the husband of Haifa... was a great lover to Sama centre and a great lover to peace and to good people and to me

...personally

But why so much money go to war? To weapons? To armed forces?? To army? What are our arms for? Why not for hugs?? Why not for peace? Why not hand in hand we green our land? What are we doing with our mother money

The power is coming from the oil in the soil and we are raping our inner treasure to kill each other... let us be a mirror to each other... let us forgive and forget the pain of wars... why kill when we can heal

Let us remember the loving words of all The Prophets... the true life... and let us go from false to truth and from death to deathlessness... let us see the two faces of the moon and the ...two faces of the icon

Here I am reading page nine of the newsletter and I see a ...corner saying... for your ads... an adorable call says

A young farmer wishes to marry a beautiful girl with a tractor... '...Please send photo of the tractor

...Yes this is the true lover

...Yes... we share jokes and a story a day, keeps the worry away

Once upon a now, a tramp knocked at a cottage door and when it ...was opened, he said to the housewife

I beg your pardon ma'am... but I wonder if you would not sew a button on a coat for me

Sure, Why not? Come in... it is cold and you need the warm...home

...The beggar entered and handed the woman a button

'Very well', she said, 'Now where is the coat'

Ah... I got nothing but the button, ma'am. I was thinking maybe...you would sew the coat on

The lady laughed and realized that she has a coat with a missing  
...button waiting for someone

Are we ready to supply the button? At least a little effort and  
thirst of my own... Am I ready to risk and jump in the ocean?  
Risk and then think... When I am ready to dedicate and to  
...sacrifice... God is ready to give me the coat

When the drop goes to the wave and then towards the  
unknown... the known will come to us... the ocean will come to the  
drop... the mother will come to her child... but let us ask and  
...seek and the truth is in us

??Why go far when existence is so near

Take a step towards God and enjoy the rest of the trip... for it  
is not the movement that leads us somewhere but it is the  
direction... the Kabala... or the Qubla or the Truth... the path of  
...birth and death... or birth and birth

Oh my friends... so many news in the first newsletter and then  
much more letters in our inner lectures... many cookies, jokes,  
stories, teas, sayings and seeds for the soil and the soul... let us  
...plant this

Have the courage to be courageous. Many people are  
unreasonable, illogical and self centred... have the courage to  
...love them anyway

If you do good, people may accuse you of negative or selfish  
...motives... have the courage to do good anyway

If you are successful, you may win false friends and True  
...enemies... have the courage to succeed anyway

The good you do today may be forgotten tomorrow... have the  
...courage to do good any way

??Do you have the time to read more

Honesty and transparency make you vulnerable... have the  
...courage to be honest and transparent anyway

What you spend years building, may be will be destroyed  
...overnight... have the courage to build anyway

People who really want help, may attack you if you help them...  
...have the courage to help them anyway

Give the world the best you have and you may get hurt... have  
...the courage to give the world the best anyway

The world is full of conflict... have the courage to choose peace  
...anyway

?Just take a deep breath and see to whom are you giving

?Is it between you or the other

Or

??Is it always between me and me

...Me is we... the other is my mirror

Yes giving is receiving with all the things we give... seeing is  
...believing in things we see

Unless we plant the seed, it does not grow into a tree... but how  
to find good soil? I don't know yet... Trust is my only thirst and  
quest... and I still have the courage to plant and share and  
unless I give I do not receive... it is a great mystery... just like  
...the breath

Breathe in and out and be grateful that you are still alive... this  
stillness is my only illness, but I am still breathing and facing all  
??the ills and bills and pills and who knows what is next

One seed turns the whole earth green... if not you and me, who  
?else? If not now? When

Let us keep planting and trusting and the seasons are still

growing and glowing and the rain will come and the grass will  
...grow by itself

Life is only a play... a joke... let us be part of this game and be  
...grateful to this existence and this mystery

I just got a phone call that the virus of the pigs are spreading  
like any mad cows and dead birds and now an new virus... in the  
...old days, we were a verse but now a virus

You see who we are or what we became... who is planting this  
disease? Yes! The mafia of the wars... kill the people by drugs  
and bugs and war against war... war against cancer... fire against  
fire... we plant the cause and we kill... sorry we calm the  
symptoms... we sell vaccinations and we collect taxations and we  
...thanks the pollutions and the cause is this stupid population  
?AAAH... where is the solution

Truth is so simple and easy... it is in us... start reading about our  
body... this is my only book to look at... why only rich people are  
sick?? Why the poor natives and the aboriginal are not sick?? Is  
there any civilization on this planet? Who is going to start this  
?vision? What are the priests and the politicians doing

Jesus cured us from all the diseases, sins and death... and so  
many other prophets... but Mr. Profit is more stronger than any  
...Truth... the oil is more important than the soil and the soul

Ah... let us go back to our Sama centre... to our heart and home  
centre and share our inner treasure... yes the newsletter is  
...much more curable than all pebbles

Let us go where the cure is... it is in the kitchen... now it is Tea  
Thyme. Most herbal spices are stimulants and help digestion...  
they are used to relieve nervousness, spasms and coldness...  
thus the kitchen spice cabinet can be thought of as a safe and  
alternative to the synthetic drugs found in the medicine

cabinets or the commercial teas in the supermarkets or even to  
...all the pills and the so-called natural healers

Let us plant our teas in our garden and in our pots on our porch  
☐...or balcony... few seeds are enough to help many of us

Let us tease together

:Tea one-

cups of good water, filtered or spring 5

or 3 stick of cinnamon 2

or 3 slices of fresh ginger or a tea spoon of fresh ginger juice 2

cloves 3-5

table spoon of camomile 1

Bring them to boil, simmer for ten minutes, add fresh mint in  
...the cup and serve

Yes! Remember to use cast iron pots and pans or the best  
...stainless steel

...This tea is very good for lung and large intestine

:Tea two-

cups of water 5

table spoons of anise seeds 1

tea spoon of caraway seeds 1

seeds of cardamom 5

Boil them and simmer 10 minutes... very good for hard dry  
.cough

?What are the Thyme and the Rosemary

Thyme is important for every time... all the year around and for all the body... use it in intestinal worms... it is used as a tea for bronchial problems such as acute bronchitis, whooping cough and laryngitis... it is also of a benefit for the treatment of ...diarrhoea, chronic gastritis and lack of appetite

Externally, its antiseptic properties make in a useful mouth ...wash and cleansing wash for the skin

Herbs have lots of gifts to us, mother nature has all the ingredients for our needs... the more you read about the plants, ...the more you feel safe being nurtured by mother nature

...Let us keep connected with our roots... no roots no fruits

...Rosemary

It is a great benefit in treating headaches and may be used as a substitute for aspirin and many other pain killers... it does not ...kill but it heals the cause

It is useful for indigestion, colic, nausea, gas and fever... it is also good for the hair and the scalp. Use a cooled strong tea as ...a rinse shampoo

We can use it with salt water and rub the body from any skin disease... the more we read about the plants, the more we help others from taking drugs and poisons. This is the journey to one ...peaceful world... we are one family of friends

?Oh my God... I was a verse... I became a virus... why

I gave you a jewel and you made it a pebble... be a jeweller and enjoy the beauty of both faces of the same coin... front and ...back is one... day and night... Judas and Jesus... verse and virus

This is the grace that God gave it to us... are we worthy to this ??trust... this honest... this integrity

This is the value of our being... this is the knowing of myself...

the inner consciousness of my awareness, so I can see directly into reality... this is the sacred virtue that grows from our ...within to be in harmony with our being

Then my own virtue has my own signature and it is right for me... the ten commandments are good for Moses, but they are not good for anybody else... his experience to the ultimate Truth ...gave birth to those commandments

So each one of us has to find our own morality and our own virtue, then we are alive and we live our own self... and we respond to our own reality directly... and we meet and merge in ...the union of the oneness with the ONE

This is the great virtue... from the self comes the awareness... .the life beyond rules and laws but into love and compassion

Let us be who we are... I am here to be myself and then I see this self... as an ego, because I am not aware yet of the true self, so I create the ego... a false centre and I become part of any club or any crowd... so by knowing my true self, I accept it ...as it is and face it

I don't improve it but love it and live it. Once you accept it, things will start changing... Change is a constant law of love and ...a totally neutral concept

In improvement, there is greed and ego... in change, it is like the ...seasons... all are connected

The western mind is basically caught up with the concept of progress... and of evolution... but no progress in it... the east, they move in the concept of circular motion... it is the wheel... very meaningful yet you are in a wheel... in the circle... in a ...pattern and you want to get rid of it

Just accept yourself as you are... I am a rose... be a rose not a lily... and suddenly you are free... this is what I am... why be sad?

...I am myself... I am amness

God wants me to be me and there is no division between us and  
...the creativity... we are the real divinity

Be yourself... don't ask for any values and any categories... and  
all the problems will disappear... we are the cause of our pains...  
...we weave and we spin them and they are homemade

Yes... I love myself... I am selfish... being selfish is the base of  
being altruistic... if I don't love myself, how am I going to love  
?you

Love yourself... know yourself... be yourself... out of this, you  
...radiate love, understanding, tenderness and care for others

This is the science of ablution and the tawaf around the  
Ka'aba... not in a circle way but an open doors until you face your  
true selflessness... your true self of light... of the oneness with  
...the ONE

Our inner movement does this great secret of our mystery... our  
breath and our energy moves with the movement of the  
cosmos... this is the greatest acceptance of ourselves... of our  
...aloneness... of our sharing... share yourself as you are

Know yourself from inside out... from the centre to the  
circumference... once you see a glimpse of your being and its  
grandeur and its splendour, then the whole outside world is a  
...dead shadow

When you reach your inner centre, you face God... you reach  
God... Allah is in us... in the core of our heart... why go out? Why  
??go far and this godliness is so near

God is our inner most centre. By knowing this truth, we live the  
luminous light... the self light... this is the wisdom which is  
...beyond any science and knowledge

Once you are here... you see and hear your self-nature... you are free from all imposed patterns... all laws... all books and all ...ideologies... you start living the now-here or nowhere else

Then there is no death... no sin... no guilt... no heaven and hell... no repentance... then whatsoever you do is right... not that you are following a certain pattern... you are yourself... your self-...nature... this is the only commandment

...Be a light unto yourself

This is what self-realization is... the moment you realize... there ...is no self... there is pure emptiness

...Fana'a in Allaah... melt in the ocean

...Just no I... no shadow... no drop and no wave, only the ocean

'This is 'La Ilaha Illa Llahu

...This is the seed of every religion

!To realize who you are, is to realize that you are not

If you want to be... a king... a personality... a very important persona... a president... any title... never try to realize... because by realization, the ego dies and disappears... when the sun rises, the stars disappears... so be a self... be an ego... you are free to be what you want and what you greed... or free to be who you ...are

We have the choice to be or not to be... let go and let God... or ...let go with the ego and forget God... life is a choice

Let us live our choices and let us be who we are... this is a clear simple way to be with live or with evil... it depends how I look at ...this word or this world

Is it easy or hard? I don't know, but let us listen to this story... it is in our newsletter... thank you Sama Centre... here is the ...centre of the story

Last summer, on an extremely hot day, there were two frogs out in the backyard... they were very thirsty... suddenly, they ...noticed a large bucket full of white liquid

It is milk', they said and frogs love milk... so they hopped into the bucket of milk and began to drink... they were happy and ...they drank down a whole lot of milk

After a while the bigger frog, the more anxious and pessimistic of the two said 'Hey, wait a, minute... we're in great rouble... how are we going to get out of here? There is no way to jump out... we are down low and the walls are sheer... we are going to 'drown

The little frog, always optimistic, said 'We will figure it out, just '...keeeeeeep swimming

So they continued to swim... soon the bigger frog said in a foggy mind and low voice... 'Look buddy, there is no way out of here... 'big walls... we are doomed... why even try

The little frog answered calmly, 'Come on, we will think of 'something... keep swimming

Finally the bigger frog said 'I can't stand it any longer, nothing is happening... I am giving up.' And he stopped swimming and sure enough, he went glub! gulp! gulp... right to the bottom of the ...bucket

The little frog kept swimming round and round in circle, sure that things would get better... and as he swam and swam, he noticed that it became more and more difficult to move his ...legs... he was getting more and more resistance

The milk got thicker until it turned into butter and he perched ...his little feet on the butter and hopped out of the bucket

?What is the morale of this story

Thank you for seeing the truth in between the words and the lines... yes it is in us and in our mother earth... she is supporting us... are we supporting it

Let us all hold hands and be one family for one peaceful world... why war? Why hunger? Why not live the life of Christ consciousness and the life of The Prophets and the khalifas and all the communes of the natives

Let us go back to our roots and take care of our earth and be who we are and live simple life so that everyone of us can simply live... we are good in making a living but are we good in living

Let us go in and listen to our story in our heart... the parable is the seed of our soul and it speaks to the subconscious and the mind loves the story and the body lives it according to the mind ...order

A story a day keeps the fear away... this is why all the masters use parables in order to say what is in our heart... a parable is a way of saying things which cannot be said in facts... like a finger pointing to the moon... look at the moon not chopping my finger... understand the story and forget it... listen attentively... you become all your senses and your suspense and it brings climax, then suddenly, the light... the conclusion... which sinks down into ...our heart

A story is a method... a device to enlighten us... a story and a parable are wings to our soul and it has a coded message in it and you will have to decode it and this will transform us from death to birth... from ignorance to innocence... from childish to ...childlike

We should not try to prove the parable to be something historical... that is where we are wrong and we lost its meaning and its beauty and it became ugly and nonsense... only stupid ...people believe that Jesus raised up Lazarus from the grave

The disciple lives in his grave, the master calls him forth, wakes him up... The Prophet said... 'unless you die, you are not alive... die before you die... die to the past and the future and live now-  
...here

Never take metaphors as factual... they have nothing to do with history or any other theory, but in the now beyond mind... the inner world cannot be said or shared or expressed without using parables, stories and metaphors... we need very loving ear and  
...heart to understand the beauty of the story

?Do we have more gifts to share

Sure we do! The Sama and the earth are showering many seeds  
...in our soul and soil

We have two pages for different kinds of seeds and on the last page, few goodbye jokes... so which one first? Okay... seeds... let  
...the joke be the last cooooky

Life is always full of so many broken places... but there are  
.those who become stronger at the cracks

The difference between capitalism and communism... in  
...capitalism man exploits man and in communism vice versa

To think in terms of time is politics. To think in terms of  
.eternity is religion

The world is to be treated as a stepping place, not as a stopping  
place... use it as a bridge to God

...An atomic war will not determine who is right but who is left

.A pessimist is someone who is afraid that the pessimist is right

To have the last word with a woman... apologize

Say it with flowers, say it with kisses, say it with sweets, say it  
with drinks, but always be careful not to say it with ink... unless  
...you want to sink

Take care to get what you like or you will be forced to like what  
...you get

Moving from the head towards the heart brings  
...transformation

What you are is God's gift to you... what you make of yourself is  
...your gift to God

Unless I have something in my life which cannot be supported by  
...reason at all, my life will not have any life

Learn to accept life as it comes... when something happens  
...accept it... when it disappears... accept it

No accident by accident... stop being accidental... become a little  
...more conscious and see what is happening

Learn to transform your poison into honey... when anger comes  
just sit silently and watch it, be patient... let it rise and let  
...yourself be wise

?The disease is not important, the patient is important..why  
...Because it is the patient who has created the disease

The best way to miss life is to have a certain attitude towards  
...it. Attitudes originate in the mind, and life is beyond mind

AUM is only a formula, just like H<sub>2</sub>O... it simply represents the  
whole reality... like ALM... ALR... in the Quraan... the divinity of  
...the trinity in us and beyond existence

The soundless sound is the only sound beyond any word and any  
...silence

...Do you think you are awake? I am not

Each morning I open my eyes that is one thing, but to be awake  
...is totally different

...Oooh! My beloved readers

You are not reading my words... nor your words... it is our feeling  
...in between the words

?Who are we

?Why we are here

??Who can hear us

Unless I heal myself, no one heals me... unless I love myself, no one loves me... unless I light my candle, no one lights my lamp... how can I thank you?? Because of you I am writing these words and feeling the source of all. These pages and being in the river with this Sama Centre, which is in me in all of us, and thank you existence who gave us Haifa to see our light and give us ...what we need to keep on the river rivering on these pages

What can we do all of us? How can we help plant more light in this darkness?? Why wars? Why so much ignorance?? Why sooo ??much deads in palaces and in powers

...Yes... we can only change our self

No one else but me is loving me... when I love me... it turns  
...upward up and becomes WE

...We are here to plant peace

...We are here to plant joy

.We are here to plant people

Not shows and not powers... let us share what is the last page on  
...our newsletter... yes goood bye jokes... let us laugh

...Laughter is a door to the inner treasure

The first day Ramzi came back from school... Mama asked him...

'What did you learn today?'... 'I learned that my name is not Don't...' As parents we say 'Don't do this, don't do that'... so much ...don't... he thought 'Don't' was his real name

?So what is my name

...Two men sitting around drinking a few beers

?How is your wife doing these days`-

She went to the beauty shop and got a mud pack and for two`-  
'...days she looked nice... then the mud fell off

John and Borris are sitting in a restaurant in Washington D.C.  
...discussing communism

In America, we have such freedom... for example, anyone who`-  
wants to, can walk right up to the steps of the White house and  
'...call president Bush an idiot pig

Ah!' says Borris, 'We in Russia have equal freedom... anyone who`-  
wants to, can walk right up to the steps of the Kremlin and call  
'...president Bush an idiot pig too

Mr. Fungus is sitting around the kitchen, reading the newspaper... his wife Olga, is getting very bored and  
...frustrated

'...Hey, Fungus... will you take me to the zoo`-

'...No sweetheart, anyone who wants to see you can come here`-

...The doctor comes out of Mr. Risotto bedroom and says

Frankly, Mrs. Risotto, I don't like the way your husband looks`-

'...at all

'...Nor do I, but he is nice with my kids'-

...Few more are at the last page of our newwws laughter letter

A man went on a safari with his wife and his mother-in-law... one day, he was lying in his tent when he heard a cry from his wife... he jumped up to see mama-in-law shaking her fist at a huge lion ...who was standing five feet away from her... ready to move

'...Do something!!' pleaded his wife in alarm'-

Why should I? That lion got himself into this mess... let him'-

'...get himself out of it

A travelling salesman was passing through a small town when he saw a little old man sitting in a rocking chair on the porch of his house... the little old man looked so contented that the salesman ...could not resist going over and talk to him

You look as if you don't have a case in the world... what is your'-  
'??formula for a long and happy life

Well, I smoke six packs of cigars a day, I drink, I enjoy a large'-  
bottle of whisky a day and six cases a beer a week... I play the  
'...guitar and I go out every night

My goodness... that is just great for your old age... how old are'-  
'..?you

The little old man took the cigarette out of his mouth and said,  
'...'twenty-five

...The wife came and asked her husband in a loud voice

'?Do you sleep with other women'-

No I don't sleep with them... I stay awake with them only with'-  
'...you I sleep and snore

,A visitor asked the doctor in the madhouse

?Why is this man crying'-

?Because he did not marry Loulou'-

?Why is this other man crying'-

!Because he married Loulou'-

Summer vacation was over and the teacher asked little Johnny  
...about his family trip

!We visited my grandmother in Minneapolis, Minnesota'-

,The teacher asked

!...God can you tell the class how you spell that'-

...Little Johnny said

!Actually, we went to Ohio'-

?Mom' asked little Johnny, 'Can you give me twenty dollars'-

Certainly not!!' said Mom'-

!If you do! I tell you what daddy said to the maid'-

?Take it... what did he say'-

!...He said... 'Hey Nadika, make sure you wash my socks today

?Do you wish your wife to die'-

'No'-

?Why'-

'!!Maybe I will die out of my joy'-

?Dad! How much does it cost for a marriage'-

'I don't know... I am still paying for it'-

?Husband and wife why divorce

In a divorce court, a woman requested the judge, 'Your honor, I want to divorce my husband'. 'But why?' asked the judge... She ...replied 'Because he is not faithful to me

How do you know?' asked the judge... She replied, 'My lord, not a single child resembles him

.Husband and wife... love your enemy

From his death bed, the husband called his wife and said...

'...--'One month after I die, I want you to marry Samy

'!Samy! But he is your enemy'-

Yes, I know that. I've suffered all these years, so let him'-

'suffer now

?Husband and wife- why

Dad, I was away for a week... yesterday, I sent a fax to my wife, I'd be home that night and when I got into my room, I found my ...wife in another man's arms

?Why Dad? Tell me why

:Dad kept silent for a few minutes, then coolly said

'Maybe, Son, she did not get the fax'

Husband and wife- problem father

You look troubled' I told my friend, 'what is your problem?' he'

'...said, 'I am going to be a father

...But that's great...' I said'

'...What's great? My wife does not know about it yet'

So much jokes in our life because a smile is beyond any mile...  
the secret of it is the unexpected ending... that is the whole  
secret... the unexpected turn... it moves us in a certain line and  
...then takes us to another illogical turn

Logic is not fun... it is a serious thing... life is a joy... life is a  
joke... we don't know why we are here and what are we doing...  
...but a joke will wake us from our sleep

Every child is born with a great joy... but we destroy it... let us  
share jokes to release that joy again... to live back our  
...childhood

...My beloved readers

Thank you all from A to Z... thank you and forgive me too... who  
knows what is going on in all of us... hate attack or heart attack  
or any attack... thank God we are still alive and keep attacking  
each other with love, emotions, laughter, wisdom and all kinds of  
...pebbles and jewels

?What else can we do

Go shopping? Travelling? Watching TV... visiting... reading  
newspapers and sex magazines... cooking and cleaning and  
washinh and fu...funning an d paying taxes and working and  
raising the kids and the fathers and the lovers and pampering

...everyone except myself

...I thank you all of you

The rich friends and the poor ones too... both sides of the icons are teaching us where the real richness is... to live in a palace and in a cottage... both are a cage or a paradise... it depends how ...you look at it

I learn from my mistakes and yours too and no false, no truth... front and back are supporting us... this is the paradox of life. We have bigger houses and smaller families, more facilities in life but less time... more degrees but less common sense... more knowledge but less justice... more experts and more problems... ...more medicine and less health

We spend too much, laugh too little, drive too fast, get too angry, stay up too late, get up too tired... read too little, watch ...TV too often and pray too seldom

We have multiplied our possessions... but reduced our values... we talk too much but most of it dead gossips... we love too little and more into emotions and no compassions... we are good in making a living but not a life... we have added years to life and ...not life to years

We have taller buildings but shorter tempers... wider free ways and who is free in anyway??... we rush and we don't wait... we ...have higher incomes but lower morals

We build more computers to hold more infos, to produce more ...copies are into copy paste personalities

...We are VIP, very important penny people

...We are long on quantity, short on quality

These are the times of fast foods and slow digestion... we spend ...more but have less... we buy more and enjoy less

We have been all the way to the moon, but we don't know our  
...next door neighbour

...We have conquered the outer space, but not the inner space

We have more marriages and more divorce... fancy houses but  
...broken homes

...The best bedrooms but no sleep

We take pills to sleep and pills to wake up and who is paying the  
?bills for more pills

?What to do? How to solve this problem

Do nothing... it is not a problem to solve but an experience to  
...live

Take a deep breath and enjoy the now-here... nowhere else...  
now is the only special occasion... look at your eyes who are  
reading this page... this word... this letter... you are much more  
...important than any book and any look

...You are not a number but a member to remember

?Who am I? Why am I here

?Let us read and listen to this story... does it touch your heart

...First, I was dying to finish my high school and start college

And then I was dying to finish college and start working... and  
then I was dying to marry and have children... and then I was  
dying for my children to grow old enough so I could go back to  
work... but then I was dying to retire and now I am dying... and  
...suddenly I realized I forgot to live

...Please don't let this happen to you

...Appreciate your current situation and enjoy each day

...Your old friend

Yes... to make money we lose our health... and then to restore

our health, we lose our money... we live as if we are never going  
...to die, and we die as if we never lived

You are so right and light... what about the rich royalty? Who  
are born with money and power? What about the children of the  
rich people who have the easy currency which is a curse for  
both of them... from Dad to son and to grandson... and at the  
...end of the road and they are beggars on the road

?How can we use the money

The money is a sword... but in the hands of a lover not a killer, it  
...is a grace... just like water in the ship or under the ship

It is up to us to know how to use the knife... to take off the  
?tumour or to add more turmoil

Yes... the only person who saw the light in my heart and  
supported this sign is Haifa Al faysal... many rich Arabs... men  
and woman... royalty and personality... saw a sign but ignored it  
and did not even acknowledge it... one of them I just touched a  
point at his shoulder and went into a great trance and said to  
me... 'I went so much to Mecca and did not happen to me'. He is a  
great Sufi man and oil man... but a sign from God... it is a call to  
...plant a seed in the soil and in the soul not in the oil

The first sign I saw, I was in my late thirties. It was a picture  
of Christ just in front of me... and this turned my life into  
wonder and wander forever... I gave up my life and my money to  
...the vision I saw and to the voice I hear in my now-here

?Who am I? Why am I here

And until now I am planting my life in the best way I can... to  
...share peace and be in the vision of one peaceful world

Thank you for all of you who are supporting in pain or pleasure...  
in good or bad... this is the dance of existence... but I am so  
...weak, I choose only what I can

A man came to a master... a murshid or a darwich and said to him... 'Oh! Beloved of Allah... how strong you are. You left this ...world and you are following what Allah told you

...But the fakir said

I am not that strong... you are stronger than me... you left Allah and you are attached to the world and the earth... but I am so weak, I left the weak power which has nothing and went to God... you are so strong to leave the Diamond... the jewel... and catch the pebble... how strong you are to leave the truth and ...live the false... to leave life and live death

And such stories touches my heart and I live alone but not lonely... I face my fear and my weakness and I hear my inner ...voice whispers in my heart

Why fear? I am so near? You have all what you need ya Maryam for more than a week, why are you so weak? Why are you losing ...your trust in me... I am your only lover and your only giver

All what God gives me go straight to my heart not to my pocket ...and this is the profit... 'If you don't use it, you'll lose it

Let us use all our treasures now and here and no other time than now-here or nowhere else... here is heaven and here is hell... it depends how you are building your life... we interdepend on each other and keep on planting our seeds... the spring comes and the ...grass grows by itself

...One seed turns the whole earth green

Yes my beloved rich friends... I thank you all for your poverty and for your richness and all what we see and do is part of our play... existence is using us for such play... our way is to say yes ...and no and keep on the show and choose our choice

Every now is a test, a vow and a wow... good and bad are a test ...to the mind... love and hate are a test to the heart

What is my test and my taste? How to accept this moment without any expectations...Can I do it? not easy... but having a master in my heart, it is available to be able and ...be responsible

Michio Kushi and Osho... are my wings who are helping me to walk this Hajj... this pilgrimage out of any cage... both of them are beyond any bond... any law... any religion... any sect... but the ...religiousness of the heart

Christ is not Christian and Mohammad is not Mohammadan... no temple and no knowledge and no dogmas... we are one family and ...the secret is in all of us

Know yourself is the first step to know the nothingness and to know only God exists... not in heaven but beyond any space and ...place

This godliness is the only isness and the only voiceless voice...  
...the only mystery forever

??Oh... what happened to Sama Centre? Is it still active

Yes... in many of us... we moved from the big house to a small  
?cottage... and how did it happen

I was in Riyadh... cooking in the palace of King Faisal and every night I go to my room... and stay in my heaven... and write what I ...feel on a paper and next day, I read it and throw it away

The royal family there accepted me as I am... I am so grateful to them... they gave me part of the palace... a kitchen...a sitting room and many bedrooms to chooose any one... but I am a rebel... I fixed the best of what I want... kitchen... sitting room... and a bedroom... the most beautiful but not money wise but simple wise... sooo poor and soo rich... a mattress on the floor... few books... and the few daily uses... nothing else... not out of poverty but because I am satisfied... I saw the richness

of the outer world and my greed is more into the inner  
...kingdom

So one night, I asked God for a beautiful cottage in America  
...and I drew it on a paper and put it in my book

A year later... I came to the same room and I saw the picture of  
the cottage that I was living in... what is this coincidence?? Let  
...us listen to it

I asked God for what I want... the Sama centre in VA was a very  
big one and I am coming three months a year to Saudi Arabia  
and one month to Lebanon... and I felt why have such a big  
...centre there

Yes the centre has its own history in helping many people from  
all over America and the world... it was on many medias... the  
house was helping on love donation... no one asks any guest to  
.pay or give or share unless you feel like it

You come, stay, eat, read, play, and heal your life and many will  
help you. Princess Haifa was the centre of support, but donation  
came too and the house was very simple and very rich and poor...  
...Zen life

Many rich people came and saw how poor they are, and many  
poor people came and saw how rich they are... the rich became  
richer and the poor became richer too... many were healed from  
cancers, aids and many died peacefully. And all knew that death  
is a great lie and also the sin and the guilt and the fake life that  
was imposed on us by the priests and the politicians since Adam  
.and Eve

Many slaves came to us and became free rebels and this is our  
...main vision

?Who am I? Why am I here

Once you know yourself and you love yourself, you go beyond the

...drop and the wave and you die, merge and melt in the ocean  
Nothing exists only the existence... only the godliness... this  
nothingness... this Fanaa... this emptiness... it is beyond words  
...and sounds

So I went to Salam... a friend of mine in Virginia and told her  
about my new thirst... a new place where I can read, write and  
be with Sufi friends... and sure enough I met an American  
...Muslim woman who told me

Ya Maryam... when I feel depressed, I go and watch and see a  
'...beautiful cottage... it touches my heart and heals me

We went and it touched me too... I left a note... 'Please call me  
'...if you want to sell this home

...Next day, she called and said yes... come and see it

Within few weeks... the house was on my name... it was a great  
sign... the Princess told her lawyer to put it for me... so I  
accepted it and moved in... from a palace to a cottage... and  
many more friends came in from all over America... I was on a  
TV every week and on radio... So Sama centre was all over and  
more healing power and more signs from beyond and met many  
masters such Dalai Lama and others. I already knew mother  
Theresa and patch Adams and many other powers but the seed  
in my heart and in my being will grow forever and ever... this is  
...how we learn and how we plant the gifts that we have

When I was a child... I knew that my life is not in a family... not  
in a marriage... I divorced two times and I left the social life  
and the crowds and all what you see out and went in when I was  
in my twenties... and I asked for the life that I am thirsty for  
and here I am... hearing the old days and the new now and  
sharing it with words and you live what is in between the  
...words

Oh my friends... how can I put the ocean in the cup? But one sip  
...will tell you the taste of the ocean

One breath is enough to tell you there is no death and no birth...  
?but who is ready to hear and listen and be what you hear

Truth comes to the chosen few... if you are ready... help me  
...too

The more I know, the more I know nothing... but this  
nothingness is very appealing to me and I love to be in it and  
feel it... I don't know how and why... anyway... I got the cottage  
and met many new friends in the area and many people came to  
...be with us and share in many workshops

?What is health and what is wealth

Health is wealth... health is a whole and holy and so many words  
to help us be more into our inner treasure... how to live simple so  
...that everybody can simply live

How to save the earth and recycle all our leftovers and watch  
out how you spend your money... check your check books and  
see... be aware of any debts... and watch your senses and your  
feelings and forgive yourself and your enemies and love the  
...devils too because it is a divine energy

Find the real energy of God... it is not what the priests told us...  
.ask your heart and be what you know..and who you are

...God is not a person

Stop asking Him all your needs and greeds... he cannot be  
...somebody like us because he is everybody and is everywhere

He or she cannot be defined... he is all and no need to  
communicate with him like a person... he is energy... a  
...consciousness... not a personality

...God is energy... is light

...God is absolute awareness

God is bliss... ecstasy... indefinable... no beginning and no end...  
...always and always... eternal, timeless, beyond space

...God means the total

He cannot be on any side... he is on every side and with our  
...enemy too... and in the saint and in the sinner... he is all

...Allah is all... cannot be divided... He is undivided

!!!Dont ask me where is God..Show me where there is no God

Allah is not a person and we too... if we know ourselves, we are  
...no more a person

I don't know who I am but not a person... not a body... not a  
...mind

Sometimes I lose my identity... and I feel my reality and fear  
comes to me... but this is not madness... this is what it is... this  
...isness is beyond space , time, form, fame and foam

I don't know what it is... maybe this is our natural nature... we  
...move from somebody to nobody

Ah... I feel blurred... let us come back to the now and here and  
...use our mind and body and be normal

?Where are we now

Yes here... my body in my bedroom and my heart roaming all over  
...my past, present and future in this moment... this at-one-ment

Back to Sama Centre... in the beautiful wood cottage... every day  
is a new day... every work is worship... every workshop we did,  
...was a great evolution and revolution

One of them window shopping... let us go without money and  
spend twenty four hours in the best places and get all what we

...need without paying

...It was a three day workshop

Friday... let us write down all what we need, desire and greed...  
imagine we have all the money and let us think and be honest  
...with our senses and the mind and write the list

We all read and shared our emotions and our causes and  
...excuses... our pains and pleasures

Next day... Saturday is another day to check our feelings and  
our list... and more items and less items... and again we cried and  
we laughed... we judged and we forgave and a new list... we  
shared our wounds and our ignorance and our wisdom... we cried  
and we told stories and jokes. We sang songs, read poems and  
...ate simple vegetarian foods

...And on Sunday

Are we ready for our shopping... no money but we will have all  
what we need, greed and desire... now the list is sooo small...  
almost nothing... but we went to the best mall and we saw all the  
toys and the clothes and the foods and the books and nothing  
...attracted us

Then we saw a beautiful restaurant and here we are... we met  
the boss and we asked him if we can eat free, but we clean and  
wash the dishes and do some work... he looked at us all and said,  
'You are all my guests...' and I thanked him and told him about  
...the workshop

Next week, his wife came and washed out her wishes, her  
...desires and her past life stories

The mind has many tricks that can project from many corners  
of our eternal life... but we can see and erase... erase and raise  
up... clean and clear your mind and go from mind to no-mind...  
...just be aware of your games and be a witness

How can I live with or without the mind??? Who is using who?  
Who is the master of the money? Who is the rider? Me or the  
horse? Just now! Who is reading? Who is writing? Who is  
thinking? From where the words are coming? Who am I? Do I  
...exist? What happens now if I am not here anymore

It is good to ask... good to feel this thirst and this quest... we  
are a question mark... we are a mystery... ask and forget and let  
go and let God... do your best and let God do the rest... and the  
night came and where are we going to stay and sleep... we have  
nothing and this nothingness is all what we need and who we  
...are

So we have chosen the best shining stars hotel and many of our  
faces are shiny too... we asked the manager if we can stay free  
and we do what we can... we are seven women and we can clean  
many rooms... many bathrooms... we can cook many kinds of  
.foods...we said many but not money

...I laughed and told him the cause... he was amazed

'...Are you all from here \'

.Yes... not from the Amazon but from this zone...' and I smiled \'

?Are you a Zen group \'

'...Sort of... but we are asking for this test to taste \'

Oh... are you that woman who does such workshops... one of my \'  
friends told me about her mom... window shopping...are you

?Maryam from the Arabs

'...Yes... I am that woman \'

Oh... you are all welcome... we have a great sweet suite... and all \'

'...what we need is to share a story night at night

?What about tonight \'

'...Let us try... we ask the guests at dinner time \'

Great grace four of us play music and it was from night to dawn... Jokes and stories and games and told them our adventure and it was a great treasure to all of us... many guests gave us donations... what is money for

What is a desire? A greed? Attention? Hunger... and games such ...as this one

Woman without the man is nothing. How do we punctuate it

Man: woman without her man is nothing

Woman: woman: without her man is nothing

This seed opened up great doors in our minds and in our divine ...divinity

When women are depressed, they either eat or go shopping... shop until you drop... but men invade another country... or build high rise towers... they are penetrating the sky... why wars? Why poverty? Who is responsible? Who will take care of my body? Myself? My being

So many others quests and thirst... and many cups of wine didn't move... they were drinking our love... our words and our ...mystery

Life is the only mystery... why not enjoy every moment... every breath... every now... it was a great night of light and we all had ...breakfast together and we had the best bread too

Many of them are our friends and we support each other in ...planting peace not war... love not hate

When the power of love overcomes the love of power, the world ...will know peace

We all went home with many gifts to share and the river of life ...keeps rivering forever

Where is my home? Is it the palace? Is it the cottage? Is it my

?bedroom? Is it the grave

Once a month, I used to help cleaning the grave yard nearby, the church and some homes in the neighbourhood who are alone and lonely... we all became one commune... and the priest was an open mind and we had prayer nights together... we had all the religions and the truth is one in different cups and one of my nights was 'Let us wake up without any makeup!! Let us face our ...original face

Many came to our cottage and were very happy to join our games... one universal love... one family... one peaceful world... words are different but the silence is the mother of all ...languages

?Who was supporting the centre money wise

!!God

One day! The man who collects the garbage... came and gave me an envelope... it has a great gift... money and love... and many such stories until now is still coming to my life... and I still feel the fear of tomorrow which doesn't exist... what if nothing ?comes for tomorrow

In America I was supported by Haifa and then God... but since ten years I am only backed by God and it is a great risk of ...insecurity... a total trust on Allah

Where is the Sama centre? Who is supporting the Salam ?centre? Why I came to Lebanon

!!Oh... what a great story

Truth has no beginning and no end... let me clear it again and again... God is not a person... not a noun... not a name... but a power of love and life and compassion in each one of us... so Haifa saw the light in me because we are mirrors to each other and light is our birth right... and Allah gave her a sign to help

our vision and our mission... so she is the living Godliness not as a body but as a being and who is not

...So together we live this prayer and this everlasting power

How I came into the media? An old woman like me and no make up and no prestige and no money and no goal for the politics...

...just me

A young princess in Riyadh... Houssa Bint Salman whose father is the prince after the king... crown prince... she asked the Orbit TV to invite me and share what I shared with her as health and inner wealth... and here i am live on a great Saudi TV... but I could not say all what is in my heart because all the truth pays money to the false and no truth on any TV... only money, sex and ...power

While I was on TV, a great media man on Al Jazeera saw me and took my phone number which I said it live and after two years came to my home in Lebanon and invited me to be live on his show... this time I knew how to play the bomb of truth and said all what is my heart about the mafia of the junk food and dead doctors and politicians and priests and all what is causing wars ...and poverty and illness... and truth wins

Many medias invited me to work with them, but no one gave me the freedom to share the truth... only where I am now and never paid what they promised... we pay for the show... not Haifa... not any rich person but comes from poor pockets and rich hearts and we have our daily bread... I am never sure if I can be ...tomorrow but now is the only time and my voice is our voice

The voice of the truth wakes up without any make up... all the Arab medias are mafias and supporting the FDA and the wars to kill mainly the Arabs and the Muslims... ignorance is our only ...cause for such global madness and global war

Truth comes to the chosen few and one seed turns the whole  
...earth green

One Christ... one Mohammad... one Hallaj... one Zeinab and you  
?and me... if not us who else? If not now when

Wake up ya Arab... let us hold hands which are the hands of  
God... God or the godliness within as no other hands than ours to  
use... we are the servants of Allah... the Khalifas...the Christ  
consciousness and the light of heaven and the salt of the  
...earth

...Back in the Arab world

My body left America and since then no connection with Haifa  
only in my heart and this is forever and ever... I am so grateful  
to all what she did to support this seed to grow and glow until  
now and then... This seed is sacred and existence will take care  
...of it

...All the seasons are supporting every seed in the good soil

Let us keep planting seeds of peace and plant one peaceful  
world... share more books... more webs... more centres and more  
...love and forgiveness

Let us be who we are and this is the only being and the only  
...identity of our true divinity

...We may not have it all together, but together we have it all

...In the middle of difficulty, lies opportunity

Life can be understood only by looking behind... but can be lived  
...only by looking ahead and being in the now-here

Yesterday is a history, tomorrow is a mystery, now is the only  
...present

...The only gift to live... now-here or nowhere else

What did I do with the cottage in America? What did I do in

?Lebanon

Yes... I spent all the money to build a centre in a village called Maad in Lebanon... and a lawyer was responsible and you know ...what a lawyer or a liar is

Almost all the people that I worked with in Lebanon and the Arab world are into ignorance, fear and money minded and all of ...us are victims of victims... I am no more a victim but a victor

All what I got back from all these friends I donated it all to a commune 'Give joy'  $\text{Y\~{N}\~{I} \text{Ç}\text{Á}\text{Ú}\text{Ø}\text{Ç}\text{Á}}$  and Melhem is a better lover ..than all the bitter killers

Now... I live alone but not lonely... I have my book and few soul friends who are not into any religion or any mafias but the ...religiousness of the heart

We have our Salam centre... and few webs in the Arab world ...who are connected with the inner treasure

My inner book, few soul friends, the TV show, the webs and now ...we have our own book company

...Truth Prints

A soul friend is ready to print our books in Arabic and in ...English

My heart which is our heart... which is the core of existence... is writing books or flowing books in Arabic and English. This will be ...a great treasure to share with our beloveds who love to read

My first book in Arabic made twenty million dollars of seeds and profit but gave me nothing... so I stopped printing our words and our love in such places... soon we will have our own printing ...freedom

...A story a day, keeps the worry away

This book, Haifa has it... I wrote 366 stories and gave it you ya

...Haifa... at least to share with you a seed from our heart

?What else can I share

When I came back to Lebanon... I lived with many fake friends and true enemies and I gave all my heart... opened wells of ...waters

Supported many farmers... went to many medias... but no one... no one at all welcomed the truth... and I am so grateful to all of them... no pain, no gain... now I am no more in the society... not with the crowd... no family... no people... only the few of us and ?what else do I need

Sooooon we will have our few cottages in a village where one of us is there... it is called Khenshara <sup>كهنشارة</sup> and I live in one of them... where there is no electricity... only a natural way of life with the earth and the sky and the books and all of us who are ...connected with existence

...Life is only a dream and let us live it with love and awareness

...Let me remind myself, the gift that you gave me

...Work like you do not need the money

...Love like you have never been hurt

...Dance like nobody is watching you

...Sing like nobody is listening

...Live like it is heaven on earth

??Every child is living this birthright of light... why not me

Help me ya Allah to face my fear and live your trust beyond any ...fear and any judgement

Where there is God, there is nobody... no me no we only Allaaah... and this godliness knows the unknowable... so why ???worry

...Let us keep breathing and enjoy this breath and this moment

...I share with you my weakness... I am infallibly fallible

I only trust myself... I only face my ignorance and my wisdom  
.and my fear and my courage

But I need a worldly support... and I have you... and who knows,  
one day we will have our own voice... our own screen screaming  
loudly and proudly that Islaam is Salaam and not war... it is  
...compassion and not emotion

It is innocence and not ignorance... it is not warship but  
worship... not in a temple or a mosque... but in the core of the  
...heart beyond any law and any dogma and any dome

...It is the wisdom in us

It is one peaceful world and one family of brotherhoods and  
sisterhoods beyond any words and any hoods... look at the sky  
and the trees... the animals and the birds and the whole  
existence, needs no programming... but living our own  
...experience... and our own grace

This is the highest love of existence... which is the compassion  
of Allah... the accepting people's weaknesses, not expecting them  
...to behave like Gods... such expectation is cruelty

When passion becomes alert and aware, the whole energy of  
...love comes to a refinement, it becomes compassion

Compassion cannot be practiced... it is not a discipline... it is  
beyond us... it is the fragrance of meditation... it is the flowing  
,towards the whole existence

.æ ãÇ ÃÑÓáäÇß ÅÁÇ ÑíãÉ ááÚÇáãíä

The flower will die, but its fragrance will remain forever and  
...ever

Compassion is the mission of every human becoming... this is why

we are here... but it is the result of meditation... not any practice or any service but an overflow of love and faith and not the concentration but the meditation... not the science but the ...love of the subject

Yes my friends, if we relax we accept... acceptance of existence is the only way to relax... sit silently and listen to all that is happening around us... and suddenly you will feel immense energy arising in you and in us... you might go mad... but this is the madness of love... of compassion... of being with one with the ...creativity... with our inner divinity and unity

Oh my beloved us... how can the drop dare to share the ocean?  
How can I speak about such a great glow that is glowing and ??growing since my eternal birth and death

Yes it is my dream and our vision and our revelation to plant ...such an evolution and not a revolution

?Why war? Why killing? Why hate? Why all these vicious circles

We are a sacred verse and not a stained virus... how can I be who I am? We are here to be us... a vital divinity... a vital and ?visual royalty... who is not God? Or godliness

Let us go beyond the rules and the laws and listen to our hearts and our love... we are His or Her Khalifas... his servants... any name or noun or verb or adjectives... let us go beyond minds and ...be our beings beyond all the walls of all the rules

Each individual is a unique universe... no two hairs are the same... no two breath and no two nows... we are a verb and not a noun. ...We are rivering and change is a constant law of love and life

Once I became a victim of rules, I will never know myself... only ...in total freedom, I know who I am and why I am here

Rules are dead prisons... no one else can make rules for you... the ?rules of Christ are for him... why follow him? Why be a follower

Nature differs but it will not help me... it will block my life... let understanding be the only rule. Laws and rules are dead... understanding is alive and it will give us the infinity sky to fly... ??why be a carbon copy or copy paste

...Be yourself

I learn from others... I understand... just to find my own rule... I own my own path and I don't impose it on others... this is violence... we are innocence... not ignorance... so let us be who we are... let us find the master who will not enforce any rules on us because this will kill us indirectly and we cannot defend ...ourselves

A real master or a real Christ will give us understanding and courage to work on ourselves... I am my own light and my own ...ability... I listen to my body and to my self

All the rules gives us good look but inside we remain old fool and only fools follow rules... a wise man understands and forgets the rules... every now is new step and the rule is old and you remain ...stuck and stink with the dead old rules

...Be a flow not a fool... be a rivering not a river

Let us remember that life goes on renewing itself and only understanding can respond and we become a knowing... we know the unknowable... we do not believe in the sun but open your window and see it... seeing is living in what we see... this is how we change our being and not our behaviour... not on the ...periphery but deep down in my being

When I change myself, then the change of the whole will be ...holy

Rules can only change my actions and actions are not my being... we are deeper than our actions... rules will change our behaviour which is our relationship with others... but they cannot change

...you

Only in our total aloneness, we are our being not in the  
...relationship but in relating with the self

,My beloved Sama centre

You are my centre... heaven and hell are here... sky and earth  
are here and what I am hearing

There is a unique silence in us... a divine stillness... I don't know  
where I am... I don't know who I am... but I listen to the noise  
and I am with our silence and the dawn is at the window calling  
...me to join the sun which does not rise up or set down

We are the sun and the moon and all the mystery beyond any  
...seen and any known

No, I am not all the time in such silence... the outer and inner  
noise drives me crazy and hazy... but some few moments the  
inner voice stops... it is in our control but not the outer noise  
...and no need to stop it

And we can enjoy our inner noise... it is not a problem... just  
watch it... it is a monkey dance... you can dance with it and you  
can stop it too... the experience of the inner silence is the  
existence by itself... so unique... because out of this experience,  
all experiences grow... we become a witness... we become our own  
...master

This is the foundation of the only religion there is... be still and  
know that I am God... I am the amness of this divinity... without  
the silence, there is no truth, no freedom, no consciousness, no  
...God... with silence we see all the unseen

Beloved Haifa, you are beyond any title and any jewel...  
existence knows how to deal with us... here I am with so much  
fear and so much joy and don't know my next step... but I am  
sure and certain that our vision will keep on by its own accord...

...we are only a tool

In my heart there is a thirst or a desire or a greed to have a TV only for peace... to share the real Salam... to plant people not for power and porno but for peace place and the power of Prayer... if not you and me... other you and me... we are one soul ...from one spirit

But my greed is pushing such a need to have the best media in the sky like our Sama centre and now Salam centre... we are still together on earth and in one TV who is accepting us but as all in the Arab medias ,no respect for any science... or any wisdom or ...any truth

No one appreciates such gifts of grace not even money wise... I will pay or we pay for our show on TV... Truth has to pay in order ...to plant its value in the chosen few

All the media are for sex, money and politics. Truth is beyond such laws and such levels... but the sun will keep on shining inspite of all the darkness. The light wins not the fight... just an insight into our misery, brings a freedom from misery... and what remains is the light... the joy and the compassion... and this is what contentment is... what enlightenment is... yes it is our birthright... all what we see, is meant to be... it is God's gift to us.. just watch and accept and existence know how to play the play... just let us do our work as our worship and this is our ...prayer

Anything that comes and goes is a dream... anything that comes ...and never goes is reality

I want the peace of the garden... the peace of life not the peace ...of the graveyard... but the life yard

I want you to understand my misery... my pain and face my fear and my greed and my desire and go to the very depth of it and

find the cause and why it is there... heal the roots and then  
...smell the fruits and the fragrance

?Let understanding be our meditation... yes...Why

And the answer is in the question... the cure is in the pain... in  
...the cause... in the roots

Once I see the light, the darkness is no more there... we are the  
divine light... and no more fight... and no more grave but bliss  
...and grace

Ya Haifa... today, I spoke with you and to you and from you on  
...TV... our show is from us and to us

When are we going to wake up?? Why don't we have One Arab  
soul who acknowledges the knowing of the Truth? The real  
?Islam... the birthright of our being and our right

Why we met? Yes both of us? Why we shared such secrets in  
?America but not in the Arab world and in your country mainly

What is your role ya Haifa? What is the difference between  
you and your body ??they are sharing who they are and how  
!!!they are and why they are

Why don't you dare to share your being? A being is needed not  
only a body... a being is a beam of light and the body is a beam  
...of fight

What do we need is to plant people of light? You have all what  
...we need to plant the seed that we carry in our greed

Yes! our greed is God... our desire is our inner treasure... and our  
food is the oil of the soul and you have it all from your Mom and  
??Dad and what are we waiting for

Death is in every breath and so the birth is in every gap  
??between our breath... how can we plant our seed

Let us use the tools of the fools... one Islam TV is our vision...

start buying few hours a day... or an hour on any Sat TV... an hour in Arabic and an hour in English and this is how we hug and bug our ignorance and our innocence and share the truth of the creator...Or we can have our own ISLAAMTV

..the real islaam which is not what we see

Our creativity is part of this divinity... when are we going to share this unity? If not now when? If not you and me? Who else

You have the love and the money and I have the love and the mine in my heart and together we share this God's given ...treasure

By sharing ourselves, we grow in the selflessness... we glow in the light and keep supporting the only path... the path of peace and the path of power... which power

The power of love... this is the only power that erase the love of power and raise the life of treasure... let us plant our seed of ...life in our soil not in our oil and use all what we have to be alive

This is why we met and this is why we are here... I will keep walking our talk and have nothing else to share my self, my soul and we are all one soul from the only spirit and one light from ...the only light there is

Thank you for the first step we hopped and to me this is my only trip and my only hope... this is my Haj and this is my only ...way

What else can I do to keep my flight high in my inner sky? What else can I be? It is only our being which will be... to be or not to ...be is our only being

I read and wright and share the beam of right light... this is who we are ya Haifa... this is what Allah told us and who loves us ??more

Let us keep sharing our foot prints and our finger prints in  
...books and in seeing signs through any media and any centres  
From Sama centre to earth centres, we apply for more joys to  
uplift us from ignorance to innocence, from make up to wake up,  
from death to birth and from false to truth and from bondage  
...to freedom

Thank you for living in my inner dome and not doomed yet... this  
is my domain and this is my main me... me is we... upside is our  
...awareness and our wake up

Let us toss up our cup of life and shake our wings and keep  
...flying higher and higher in our inner treasure

Let us trust our wings... the only One who gave us this isness,  
...knows more than any illness and any business

Be healthy and whole and holy and live our totality with the only  
...unity... the unity of our divinity

We are one with the one beyond any one and any number and any  
...letter and any zero and any zest or best

Yes! Do I have the million? Yes! It is very easy to get the  
?...zillions and more... but who is the one beside all the zeros  
...Yes! I gave it all back to the real ONE

From God to God is all what I got... and what He gave me back, I  
...can't share it with any one unless we are with the one

I gave you paper power but He gave me inner power... life  
power... love power and mystic power and this is the treasure...  
we are the emperor and the beggar... I got millions and gave it  
back to myself... I see it here... in and on the earth and in the  
...heaven too

We walk on this bridge but we are not on it... we only cross it...  
why build towers on bridges? Why not in our inner outer space...

this is our place and our palace... many centred for healing and many webs and many books and media... many wells and many ...homeless people who are not so called legals or normals

Until now I am living the one and the zero... and the ONE is supporting the secrets of the Ten... one and zero... ten fingers and ten toes and one commandment... what it is? Be a light unto ...yourself... be aware of who you are... every finger is a treasure

The master is a finger pointing towards the moon... he shows it... but the world is so full of fools that they start worshipping the finger and they don't look at the moon... or we chop the finger ...and we fight about it

See the moon and don't look at the finger... the finger points the way... walk your way... so be the one and the zero and the finger and the way... you are all and you are one and you are ...none... I am the body and the being and the nobody

Yes... we are the one and the finger and the master and the ...zero and all is one... let us listen to this Truth

The only ONE is in every one of us... in our heart... in our inner most core of your heart and being... so the mystery is in us... it is so near... why fear and why go far

The one in everyone is the oneness in us... this oneness is the ...witness... the awareness... the search... the Haj

The pilgrimage from age to sage... we have two eyes... the male and the female in us... also in the brain male and female... everything is this two powers... two energy... when this two ...meets, in us, this is heaven

When your two eyes become one, there will be light'... Jesus is 'unity in us... we disappear in each other and in God... this is the great scared secret in the world... we are one with the ONE... the male and the female... the positive and the negative... and

this meeting is the explosion of light and fire... if you become  
...one, you have become a living Christ... not a Christian

Christ is not a Christian but a super consciousness... the unity of  
the divine purity... the unity of the divine trinity...  
...bodymindsoul

Yes my beloved us... yes and no , are our only words and they are  
one word... one coin... one icon... I can... it is the voice of our  
silence... our grace... our soundless sound... and what about the  
?zero

...It is a circle

So much flow from the rivering of the zero... of this circle... in  
the western mind, zero means nothing... in the eastern mind  
zero means all, because of nothing is born all and to nothingness  
...it goes back again

...Let us say and share this story

An old father asked his son... the son has just come back from  
the university... 'Have they taught you the one which by learning  
?one learns all? Have they taught you that one

The young boy was puzzled, he said... 'What are you talking  
about? Whatsoever was available there, at the university, I  
have learned all, but what one are you talking about? They never  
talked about that one which by learning, one learns all... I have  
?...never heard about it

So the father said... 'Go out, look at the tree and bring a fruit  
'from there... it is a fig tree

The boy went out and brought some fruits. The father said,  
'?Open the fig fruit... and what do you see there

I see thousands of seeds and each seed can become one big fig-  
?...tree

The father said, 'Take one seed and cut it.' the son did it and found nothing in it... a very small seed but out of this nothingness comes, comes the trees... and also the seed of olive and every seed... this nothingness is that one which the father ...was talking about... by learning this one learns all

So the father said to his son, 'Go back and study the one which is your inner one... all what you have learned is rubbish and superficial... you have not learned the substantial... all that you have learned is knowledge... but you have not learned the real... you have not known the real... you have not experienced it... Go ...back before it is too late

The son went back to the master and said, 'My father is very angry! Teach me the one which by learning and knowing the one... :one learns all

The master said, 'Then you will have to go deep into the forest and meditate for years until you become nothing and you dissolve into a deep inner void... the you will know that ONE... I cannot teach it but you can catch it... it is inexpressible... indefinable... go into your silence and you will grace it and face it... come back only when all thoughts have disappeared, when all the whole arithmetic has disappeared and only the zero ...remains

So in the beginning is zero, the infinite, and in the end is zero the infinite... and in the middle is the whole world of categories, ...concepts, words, classifications, this and that

We all come out of a zero... of the vast emptiness and nothingness... this existence... and one day we will be back into it... but before that happens... let us die now-here... die to the ...past and the future and live at-one-ment with the ONE

This is our spiritual mystery of divinity... we will live in the world and yet we will not be of the world because we live in our own

...void

Yes my beloveds... we will be in the world but untouched by it,  
...unspoiled by it

We will do everything that is needed and yet we will not be the doer... we will talk when needed but deep inside we remain silent... we will carry a zero inside us and we are always and always the zero... the circle... the nothingness... the emptiness... the void... this is the real virginity... the birth and death with every breath... only then we lived... die now and born again now... a new birth not out of the body... not out of the mind... but of our innermost consciousness and that innermost consciousness is of the nature of the void... of emptiness... of purity... this the birth of Christ consciousness and Fatimatu Al Batul... the ...daughter of the mother of the prophet Mohammad

One can live a new being... a new life, but one has to be ready to get rid of all that is old... to be utterly empty of the old... to ...just a zero... nobody... a nothingness

Only out of that nothingness does the new begin... a new man... a ...new humanity... a new being

We do no renovate the old... the old dies without leaving any trace behind... we are all one commune... one family... one soul... ...the grave of the old is the womb for the new

Let us have a new beginning... a fresh beginning... only then can misery disappear... only then is bliss possible... this is the symbol ...of crucifixion and resurrection... in three days

Mindbodysoul are dead and a new spirit from God born again in anew being... getting rid of the old and a new birth out of ...compassion... the highest level of love and consciousness

...This is who we are

A drop melts and merges in the ocean and only the ocean

exists... the existence... the nothingness and the mystery  
beyond time and space... beyond sound and voice... beyond words  
...and worlds

La ilaha illa llahu... no God but God... only God is the living  
godliness... we are here to witness this divinity... to live this  
awareness and be grateful and thankful to this unity... and this  
...purity

Yes! I still remember the secrets of our purity... altahara... so  
beautiful word in all languages... but who is pure? What is  
?purity

The real purity is not something to be cultivated... the real  
...purity is not something practiced

?Then what it is

It is to live without mind... without planning... it is to live not out  
of memory but out of the now-here... this present moment with  
...the one-ment

...If we live out of the past, it is a reaction... not an action

Acts are pure... reactions are impure... the act is a response to  
the present moment... you don't bring your mind in... you simply  
respond spontaneously... then there is purity and that purity  
...liberates

And in living moment to moment alert, conscious, responsible,  
life becomes pure and that purity is innocence and divine and  
...holy

The so called saints are only business minds... the real purity has  
no goal... no motive... a sheer response to the moment... not for  
any reward from God... you only respond and help... you jump and  
...help... only pure act

And the reward is not in heaven or in the future... it is in the

act itself... we are what we think and what we do and what we live... now-here out of this moment, spontaneously, there is a great joy... no later on... now I am thinking and feeling and writing and reading all in one feeling... giving and getting is one ...coin

One icon... from me to me, from we to we... here is heaven and hell and both are in us and we have the choice... let us live our ...choice

The one... the zero... the number... the power... the member... let us remember that we are a member and not a consumer... we are a commune of one peaceful world... and one seed turns the whole ...earth green

?What is my seed

?Where is my soil

?How can I plant it

?Am I a farmer

?Do I need tools? Do I have what I need

Oooh... not easy!! Stop asking... just see the seed... see the seed ...and plant it

??How to see and seek

Very few are capable of seeing that which is... before it reaches their being, it is dead... the mind plays all kinds of tricks... it prevents the major part of it... it allows only two percent to enter it... only that which fits with the mind is allowed in... so the ego plays the game and prevents the revelation for the ?soul... why we are not available to reality

...Because we are busy with the poverty

We are running out not inn... collecting more pebbles and not ...looking at the jewels

Let us have clear and clean eyes and look for what we not what we greed... let us find the best love affair... by loving myself and ...loving my master

This is the work that we seek and see... to go in and face and face our inner treasure... we are a spirit and all what we see out is a matter... so let us see in and find the seed and plant it in our ...soul

Let us plant awareness... awakening... and the seed is in us and for us... seeds of bliss... of courage... of love... of life and so ...much more

?What is the love of my master

Between a teacher and a student there is a communication... information and no transformation, only repeating words from ...books by head persons... a borrowed words

The master cannot lit your candle... cannot cause your enlightenment... but he can trigger the process and that too only ...if you allow, not against your will

Jesus said to us... give me your heart... this is the love affair ...between mother and a child... master or murshid and mureed

Being with a master is not a questioning... it is a quest of the ...soul... the thirst for the water of life

It is a question of life and death... once you have tasted the joy of being open, you cannot be closed again... you may open the window or the door... than all the doooooors and no more walls... no more ego... no more you... only Allah... the dew drop became ...the lake and the lake became the ocean... the light is one

Whoever loved The Prophet, is great but now the prophet is ...dead. But who loves Allah... Allah is alive

This is a great grace with every master and every Prophet...

they guide us to God... to this godliness in us... this eternal  
...divinity and our eternal unity

But to find the real master is not that easy... it is our honesty  
and our thirst will lead us to the source... to the dance of the  
grace in both lovers of light... we do not follow the master... he  
will guide you to your inner treasure not to guide you to be a  
...follower

Listen only to your heart... meditation is the only key to your  
inner treasure... you are alone but not lonely... the master is only  
.a window to the sky... do not worship the window

The real master will not hold you but he will open the cage and  
set you free... first be in his presence and then be in his  
absence... I love my masters and every seen and sign is my  
masters', but I do not worship anyone... the only one is in us... we  
...are one with the ONE

...My beloved MEWE

We are facing the end pages of this blank books... and the end  
has a new beginning... a new book to read and we are the living to  
look at... no more page and no cage and we are free to play our  
play on our stage... the pray of silence... the pray of existence...  
...the pray of myself

?Who am I and why I am here

What if I die now, where do I go? What will happen if I a no  
?more here? What is here? What is there

...By knowing this now-here, I know the now-there

So let us see the seed in us... the soil is us and the thirst in us  
??and what else do we need

Alone I can do a little but together we can grow in the wander  
and wonder

And we face our treasure... we interdepend on each other and  
...we dance the dance of our grace and our choice

...This is our plans and let us keep on planning and planting

Yes! every plan has its energy... it is a centre of energy in every  
one of us... the lowest is sex and the highest is Samadh... and  
the five other centres are in between... when the same energy  
comes to the heart, it becomes love... this is the fourth centre...  
the fifth is the throat... it is prayer.. then the sixth is the third  
...eye... between the two eyebrows... this is clarity, vision

One is a seer... we can see everything as it is... all mists  
disappears,,, and when the same energy moves to the highest  
...plane, the seventh is the door of Allah

Now no need to go back, no need to be in the body again, no  
...need to be born

The drop died in the ocean... the lesson of life has been  
learned... if we see the opening of these doors are the seven  
...words in Islam... La ilaha illa llahu Mohammad rasul allahu

Every word is a door of divinity and then back to unity... when  
the drop goes towards the ocean... the wave comes and then the  
...ocean comes and then the ocean exists

My beloved readers... you are not a bodymind.. you are a heart  
and a soul and a spirit... so let the heart ask us... why don't we  
?have this science of awareness in any Arabic media

Who is blocking this door? It is us... we are a cause of pain and  
peace... we are what we are planting... peace or war... good or  
...bad... it is our choice

Each now has both faces and it is up to me to choose and this  
me touches the we... the choice is in my heart or my mind... Let  
?me ask myself... what will make me happy or sad

Now a friend of mine is so ungrateful... a friend of mine gave him a great donation and did not thank him... I asked why you don't thank him... because of me he helped you?? The answer was why should I? He is giving himself by giving me so he has to thank me because I got his money

Who told you this

Jesus said this, if you give anyone be grateful to the receiver because he took your money...do not expect any thank you or ...gratitude

But this is not the soul meaning... it is from our mind understanding... be grateful to mother earth and every breath and path and birth and death and share your thankfulness in actions and response and saying... share your feelings and your ...life... bliss is born out of thankfulness

I got the lesson and the choice of being choicelessness... the total acceptance of both sides of the coin... this is surrender... this is purity

The sinner knows what is good or bad but follows the bad

The saint knows what is good and what is bad but chooses the good

The sage is the one who has gone beyond choice... beyond both... he lives in a choiceless awareness 'Let thy will be done

God lives through you... when you stop choosing and you simply surrender to the whole... you become a medium to God... then God lives through you and whatsoever happens is divine

This is the stage of witnessing with awareness

Why many of us choose to hold on to what we think is good and we resist the new change... is this a living death

With awareness we see and live every now... is a death to the

past and a new birth and breath... in the gap of breathing we can fight or flow... it is up to us to choose fight or light... change is ...happening anyway... let us live the space of our inner peace

No my friends, I don't watch the outer news... nothing new in it... history is repeating the same wheel... But... I watch my inner ...news... my own inner being

Why go and be with the outer worlds and other planets? Why asking if there is life there or not? Why go so far? Am I alive now? I look inside my house before going to the moon or Mars... ...and if I go in for sure, I have something in my inner treasures

Why spending so much power and energy and money for some far away mystery or history? All these vested interests are ...going to destroy the most beautiful planet in the universe

What are we doing? And why? Just let us ask ourselves this question... why war? Who am I? am I against life? Am I old and ??can't help for peace?? What can I do to plant peace

If you are for life and not against age, you will remain young... in your inner world to the very last breath, and there will be no age and no middle age and no old age either... we are not our age... what is an age? Few numbers of years in a cage... in a prison or in a palace... let us live our role in our stage... let us be ?who we are... why waste time

Now is the only time... so let us plant peace not war... it is so easy... it is so simple... just be yourself... a peace pace and keep walking your being... yes we can do it... now we are reading who ...we are and how we become who we are

We have all what we need to succeed... let us remember few steps... we have a book that we love... a book that guides us to ourselves... then we have all the money that we need... then the ...laws of love and science and the technology

So our income comes from the books that we share... we read and we get money... then we will have the wisdom in using the ...media

...Transforming television

The impact of TV is immense... but it is being misused to spread hate and violence... so it is the great danger to humanity... it could have been a great blessing... it could have been great tools ...for education

All TV stations should belong to the schools and universities to educate people not mis-educate... not for advertisements... this is violence not peace. TV touches our eyes and the impact is for greater wars... the eyes absorb eighty percent of our life situation... almost ninety eight percent of education can be given through television and computers... the teacher will be only a ...guide not impose knowledge but helps us to see

Words will very soon be changed into pictures... this is the future book... we see the book on its best new look... and this is ...how we read by our eyes

?It is a great idea... but who is going to do it

We are doing it now... we are planting the seed in many souls... in many hearts and existence will help us... God will help us... we ask ...for it but we do our duty and the rights will come

Now... I am alone on the Arabic media... an old woman... no make up but wake up... let us have more grown up friends who are flowing with knowing not with knowledge... no laws and logos, but ...loves and laughters

...There is no peace on the planet, unless we know ourselves

Truth came with all of us and in all of us but the choice of the ...grace is for the chosen few

?What do I want to chose

It needs power to be a killer... I am a weak being and this why I have chosen to be alone and in this aloneness,i live the gift that ...we have... I share what I live

Who am I makes a difference... let us be who we are... who is not light? Who is not Christ consciousness? Who is not peace maker? Who is not the beloved of Allah?? Who is not a wise sage? Who is not the seed of innocence and the tree of wisdom?  
?Who is not a divine divinity

Just let us search for a place where there is no God? Let us see God in every seen and every sight and insight... is God in the war and in the disasters? Yes... but what is the lesson? What is the why? Why war? Why not peace? Why do we have to live in the ?darkness in order to see the light

...One sip from the ocean is the ocean

!!My Beloved Haifa and Bandar

Your love is not in the words but in walking and living our words... together we can glow better... let us join in joy and keep ...planting people... planting beings not buildings

I always speak with all of you in my silence and see a great seed of vision... it is in my heart and waiting for your heart... one hand does not clap... let us share the real peace... the real Islam... our birthrights... let peace be the pole in the whole earth... only one ...TV. One honest media will be the medium to share

علم أبدان و أديان ...The real science of Allah and all His prophets

All what we see is only mind power... now is the time... if not you ?and me, who else? If not now when

Let this question be the quest and the thirst for every lover of peace... even the killers kill for peace but let us love for peace...

...let us forgive and share the science of the self and the soul  
Let us remember who we are... we are not a consumer and not a  
...number... but a member of one peaceful planet  
Truth is very simple but who wants to be simple? Live simply so  
...that everyone can simply live  
No words to thank you... I can never say the truth because it is  
...beyond words  
My last word is my first word... but the wordless word is the  
...endless world that we are here for  
...All what it dies is a great illusion  
...Let us keep living our vision  
...One peaceful world

السلام عليكم  
و  
عليكم السلام

Eleven 11 is a door to heaven and the wow is a three letter of  
...the divinity of the trinity... and again another door of paradox  
Let us go in and find out who we are and by living our divinity we  
...share the divine lover and creator in us  
I will keep writing in my inner book and on the face of our  
mother earth... and in the sky we plant signs with our eyes and  
...share God's grace with every face

Ya Haifa... read the emptiness in between the words... in this  
...gap is all who we are

Listen to the silence of my heart and feel the light and the hurt  
and you are one of the very few souls who saw a sign of who we  
..are and why we are here

Let us keep planting the seed of light and have a tv which  
shares the real truth..the real islaam....Let us feel this vision  
..and listen to our inner voice and share our choice

Thank you all

*Maryam Nour*

مریم نور

Love to  
Your Mom and Dad  
And all your  
...Brothers and Sisters  
And to all  
Mother nature  
We are the zero and we are the  
ONE