

**We Are Here
To *Play***



Maryam Nour



To

Any body

This book is for you



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Introduction

To whom is this book?

To whom is this word?

To somebody? To nobody? To everybody?

I don't know... I am playing with words and nothing else... I see and be... to myself... from me to me... mewe is us... and we are the existence and the existence knows much more us... so why be serious?

Let us keep planting seeds of love... awareness... joy... painting... planting... cleaning and looking and enjoying a cup of wine and use our wings to fly high inout...

Keep playing playfully and gratefully...

Maryam Nour



To whom is this book???

Maybe to this story in our history or his-theory...

For people named:

Everybody, somebody, anybody and nobody...

There was an important job to be done... and everybody was sure that somebody would do it..

Anybody... could have done it... but nobody did it... somebody got angry about that, because it was everybody's job...

Everybody thought anybody could do it, but nobody realized that everybody would not do it...

It ended up that

Everybody blamed somebody when nobody did what anybody could have done!!!!

Let us have fun...

This booklet is full of great s... s...

spiritual seeds...

Next one will be full of greater... s... s... s...

super smiley shifts...

shifts happen too...

see you nous and forever



Silence & smile are two powerful tools...

smile is the way to
solve many problems...
and silence is the way to
avoid many problems..

so always have a **silent smile**
beyond any mile...

God is not the answer...
God is the state of being
where the question disappeared...
only existence... only
that which is...

Remain in the question...
Don't go any where... don't do any thing...
don't wait for any... any answer...
let the will be done...

Life is a mystery & it has no answer... it cannot be solved... but can be
lived...

Let your question be burned... you are the witness
without a question...

that is the answer... ask the question, but don't ask for the answer...



Theology gives you the answer...

Religion gives you awareness... witnessing & melting in existence...

I asked my wife "where do you want to go for our vacation?"

It warmed my heart to see her face melt in sweet appreciation...

"somewhere I haven't been in long time".. she said

so I suggested "how about the kitchen?"

and that's how the fight started...

Let us go to the kitchen of life... the food for the soul... spirit...

The food that heals us from any poison... from

any clouds in our mind... from any smoke in our flame...

No question & no answer... we are a question mark but no answer...

just a wonder...

To be whole is to be holy...

no good or bad... but a totality... using all the colours in harmony &
in beauty...

The black is needed... because only through the black does the white
come clear & loud...

To be whole is to be healthy and to be healthy is to be holy...

the ego is the wall that divides our being...

and this is why we are unconscious and we are in misery...

when a man steals your wife, there is no better choice than to let him
keep her...



After marriage, husband & wife become two sides of a coin... they just cannot face each other...

but still they stay together...

By all means marry... if you get a good wife... you will be happy... if you get a bad one... you will become a philosopher...

The great question... which I have not been able to answer... is...
what does a woman want?

I had some words with my wife... and she had some paragraphs with me...

Some people ask the secret of our long marriage ,we take time to go to a restaurant... two times a week... a little candle light... dinner... soft music and dancing...

she goes Tuesday to me... I go Friday...

There is way of transferring funds ... that is even faster than electronic banking ...

It is called **marriage**...

I have had bad luck with both my wives... the first one left me & the second did not...



Two secrets to keep your marriage on the edge...

1-whenever you are wrong, admit it...

2-whenever you are right, shut up...

The most effective way to remember your wife's birthday is to forget it
once...

You know what I did before I married?

Anything I want to...

My wife and I were happy for twenty years... then we met...

A good wife always forgive her husband when she is wrong...

A man put an ad "wife wanted"...

Next day he received husbands saying "you can have mine"...

First guy proudly... "my wife is an angel"

Second guy... "you're lucky, mines still alive"

Great truth can only be said in a story

But in reality u can only live it silently



Nobody has been able to kill time...

time kills everybody...

only love takes you beyond time... and luck beyond clock...

To be whole and holy is to be healthy... and nothing is missing...
health is wealth... all **animals** are living in deep harmony... in pain
and pleasure

The body is born & the body will die... but the being never born...
never dies...

only visiting this planet with awareness

Our evolution is from innocence to innocence

The first innocence is ignorance

The second innocence is luminous

Our life is insecure... true life is always moving from known to
unknown

We are part of the whole... yet we are not apart

Truth is not news... it is short... sharp & simple

lies are news... truth can be said on a post card...

but news are still **parrotting** us apart



you cannot live if you are trying to be richer

You will be richer if you live

Who I am?

Unless this question is answered... nothing is answered...

If you have found your truth within yourself

there is nothing more in this whole existence to find...

Let us laugh...

a laughter is a door to the divine...

What is the difference between people who pray in church and those
who pray in casinos?

The ones in the casinos are serious

When I was young I used to pray for a bike... then I realized that god
does not work that way...

so I stole a bike & prayed for forgiveness

Several women appeared in court... each accusing the other of the
trouble in the flat where they lived.

The judge called for orderly testimony...



"I'll hear the oldest first."

the case was closed for lack of evidence

The little boy went up to his father & asked

"dad, where did all of my intelligence come from??"

His father replied "well, son, you must have gotten it from your
mother, because I still have mine.."

Jon's teacher sent a note home to his mother saying

"Jon seems to be a very bright boy, but spends too much of his time
thinking about girls!!"

The mother wrote back the next day

"If you find a solution, please advise me, because I have the same
problem with his father.."



Prison & Work

which is better? prison or work?

In prison... you spend the majority of your time in a big cell...

At work... you spend most of your time in small **cub circle**...

In prison... you get three meals a day for free...

At work... you get a break for one meal & you have to pay for it...

In prison... you get time off for good behavior...

At work... you get rewarded for good behavior with more work...

In prison... doors locks & unlocks for you...

At work... you must carry around a security card & open the doors...

In prison... you can watch TV and play games...

At work... you get fired for watching TV or playing games...

In prison... they allow your family or friends to visit...

At work... you cannot even speaking to your family or friends...

In prison... all expenses are paid by taxpayers

At work... you pay all the expenses of the **prisons**

So just see where is better, or bitter

Who is free? who is in prison?



Love & hate

The heart knows nothing of the past.. nothing of the future... only the present.

Love that comes from the mind is always love-hate.

We are using our mind to love and this is why we are miserable

can I use my ears to see??

can I use my eyes to listen??

Mind is a **business** machine... this is why our love is a chaos

let us change the instrument...

love is a music... the heart is the only harp.



Religion



Religion is regarded by the common people as time
by the wise as false... and by the rulers are useful..

What you think of yourself is much more important than what others
think of you.

Choose as a guide one whom you will admire more when you see him
act than when you hear him speak...

Let us walk our talk...

do not say it...

show me it...

show me your love...

The point is not how long you live... but how nobly you live...

If I do good to you... I am doing it to myself...

It is not because things are difficult that we do not done... it is because
we do not done that things are difficult.

The things that are essential are acquired with little bother... it is the
luxuries that call for toil and effort...

Live simple so that everybody else can simply live

***** *



The best things in life are free...

Rain... sun... moon... water... breath... seeing... hearing...
walking... loving... sleeping... and all the essentials and all the
mysteries.

Look at nature... it is our nature and our treasure

all else is only a luxury... lax is flux

Let us be aware of who we are...and why we are

and play our role gratefully in love and joy

We are beyond what we see and think...

you are already a master piece...

you cannot be improved...

you have only to come to it...

to know it...

to realize it...

God himself or godliness herself has created you...

you cannot be improved...

just be who you are...

to be or not to be...

this is the quest and the being...

Move aside... then the master piece will be revealed.



Intelligence



To be intellectual is to be phony... then this intelligence is not yours... it is borrowed ...

Intelligence is growth of consciousness... it has nothing to do with knowledge... it has something to do with **meditativeness** with living this moment... not in the past... nor in the future... but now-here...

now-here is the art of love... of listening... it is bridging body and soul... matter and spirit together

Noise is a melody... listen to it from your heart...

with sympathy and love...

just listen... do not hear... but be here and listen to the silence of the soundless sound...

Courage is never of the mind... it is always of the heart...

Minds are cowards... conformist... live in the time of past and future... but the heart can see the unknown... the roots and fragrance and the grace of the bliss...

Logic is poor... scholars are the poorest in the world... lovers are the richest in existence...

let love become our life... it is the source of all that is meaningful... significant...



Love gives dignity... glory... and opens the doors to the mysteries...

Love is the master key of our inner shrine and our greater divine...

Life is just a river... every river is destined to disappear one day into
the ocean ...

Go joyfully... and the ocean is waiting...

rejoice and dance your way to God

Whatever we are doing is being done by the truth... reading or
writing or sleeping or eating... it is truth that we are doing it...

Meditation is only a key to find the home... once you are in... leave
the key in the door...

A divided humanity... in religion, in nations... is going to destroy
itself... we need ONE humanity...

Any thing that divides has to be dropped... it is against our survivals...

Now we are facing a world crisis... if man doesn't prove conscious
enough, then he is going to disappear from the earth...



Our Ego



This is our shadow and our hell too...

ego takes us to our stupidity which is not our reality

there is no way to the heart and no way to the head every way takes us
away... away from the truth that we are...

truth is not some where... is not in the moon... it is us in us... why
challenge?

the ego wants challenges... the ego lives through challenges... it
doesn't need any way... you are already it...

I am the truth... the light... the path.. why go far and it is so near?

What is the way of the head?

What is the way of the heart?

Logic and love... just opposite directions...

Truth is so simple... needs no logic... no arguments... just like
children... it is a flow of life from the heart... a prayer... a trust... but
this is not emotion... it is love and compassion... truth is our
consciousness...

Head and heart can work together as logic and law

but the head is a servant for the heart

head and heart are the wings for the consciousness...

love is blind but consciousness is a live life light



Yes the head is a great servant for the master in the heart and the
consciousness is the witness on both

Watch your thoughts... watch your emotions... this is the destiny in
your hands ... in your thoughts a thoughts becomes actions and this is
why war all over...

Let the heart be innocent as a child... and the head is a genius and the
awareness is your wisdom and your witnessing is the balance...

This is the holy being...

The holy spirit... it is not male-female, but a new humanity...

In love the ego cannot exist... this is why you feel crazy... who is
going to control? but that chaos is for more beautiful than the ugly
ego... out of that chaos you are born new... each love affair is a new
birth...

Whenever we are in chaos, the brain stops working then we notice
that our consciousness has moved to the navel...

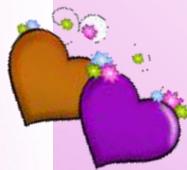
The mind is repetitive not creative...

creation comes from love... from compassion... the mind
composition...

Thank you for the pain... for the war... for the chaos... now is the
change and now we can attain to the inner **reality of our being**



How to change world?



How to change world ?



By changing myself...

who I am makes a difference...

if we can make more people lovable, **peaceful**, more spontaneous... the global crisis can be avoided...

be playful about it... we are here to play... let us be who we are and existence knows its timing

In a few words... how can we change war into peace?

War is a great challenge for the talented loving people... now we will be stronger and richer...

Revolution is a natural evolution... let us use this opportunity...

Love is the way...

Let us use danger as an opportunity for life... in the moment of crisis, we take a **quantum tump** into the unknown...

Life is an organic unity, a balance between giving and receiving... roots receive from the earth... fruits and flowers go on giving back to the earth...

In our ignorance, we are living outside this balance

We take from the earth but we give her poison...



so if we are killing our mother earth, we are killing ourselves...
because we are part of this truth...

when are we going to wake up? If not now... when? If not you and
me... then who?

now is the only time... here is the only place... change is the only
cure... let us change our values... we have to re-evaluate our values...
it is possible for individuals...

To slip out of the past... all that is needed is a little courage... a little
trust... a little love for life...

And it is in all of us... truth is in me... we just have to allow it to
come to the surface... let us wake up now... no make up... **wake up!!!**



Healing Sounds



I am hearing sounds and noises... what the difference?? can I hear my
now-here??

I am with the crowd but alone... I don't belong to any group only in
my aloneness...

I am alone but not lonely... I hear my inner soundless sound...
voiceless voice...

Natural sounds never create stress... they heal the mind... body and
soul...

Science is supporting the mystery of stillness... the sound of our silent
existence... the birds... the rivers... the natural music of the waves
and falling rain... this is the real music for natural meditation

let us live with our mother earth and breath its music...

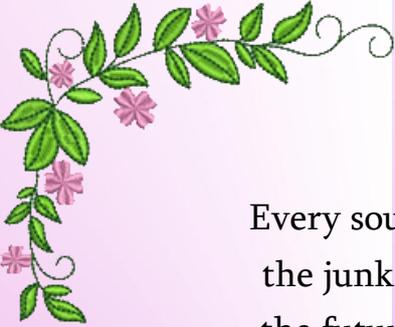
the sound of water is the sound of our essential self... we are 70%
water just like mother earth and we are in harmony with this music of
water power and it lifts our mood...

We are in harmony with the running water and the sounds of birds
and trees... unknowingly all the silence of nature resonates in our
bodies and heart... and heals our stress and relaxes our self... just be in
total silence and stillness...

What is the sounds of this age that helps me to relax?

The only one that I feel and live is Osho dynamic meditation music...
it releases the turmoil in our unconscious mind

Let us clean our mind to no-mind...



Every sound is a vibration of light to create an inner fire that burns all the junks... all the causes of our bandage... the whole past as well as the future... this is the constant hammering on the hara center... the point two inches below the navel...

When our sex center is hit from without, our energy begins to flow out...

that causes reproduction... the voice hooooo is hitting the same center of energy from within so the energy starts to flow within... and this energy will transform us a new birth... born again Christ consciousness not Christian...

Why do we chant a mantra?

Choose any sound... any word... the energy is in any sound and any word... when you start chanting a word, a moment comes when the body and the mind are both together in one direction for the first time...

You are not **orn apart**... the body-mind are so much engrossed in chanting that the soul can slip out of them very easily and can become a witness...

Once you became a witness you are no more body-mind and soul... but a spirit... holy whole spirit...

this is the oneness with the one... this is how the salt dies in the ocean...

the meditator's guide to crisis... the world is in crisis... this is the ultimate out come of all our culture... all our politics... all our religions...



there is no time to anymore unconscious solution...

if man doesn't become more conscious, he will not survive...

meditation is the key to realize your truth... it is vital to create a new way of living together on this planet... this planet is our home... let us be who we are and let us plant our being...

War and peace is one icon...

crisis is like breathing in and out... birth and death every breath is a path to our pathless road... keep walking your life... your compassion... not passion... and not mission...

We are all alone but together walking our life in wonder and wander...

Let us face our crisis... it is the very air in which our being thrives...

We are the crises ... the disease and the ease... the cause and the cure... be sure of your being.



Truth is a constant change

Life is means only when you are moving... you are rivering... we can't be alive in one place... only dead thing is static... we move, jump and leap from known to the unknown... this is the crisis.

Man is the most alive war-peace... change is a constant law... die to the past and to the future and live the now... here or now-here else...

Now is the only wow and vow...

True life is now-here... true religion looks into this life and finds the beyond... the real reality is in us.

So let us dive deeply in our divinity and die to the past and love the now... the only present... the only truth as it is... this **isness** is the only existence.

Meditation is the key to face our crisis of life.. to face our own growth and the growing pains...



How can I live aware?

Solve the real problem in your life... the real problem is how to go on
dying towards the past and being in the now for the future... how to
remain fresh, young like dewdrops... we don't grow old...

we grow up...

no dust in our eyes...

no lust in our love...

no death in our path...

we are never born...

we are never die...

we are only a guest... visiting this planet earth.



*I am so desperate , how can I help mother earth
and peace?*



Desperate?? but you are not alone and not desperate... the power of
love is greater than the love of power...

Destruction is a low power, creation is a high power... destruction is
out of hate, creation is out of love... a single individual can prevent
this great crisis...

What to say of millions of people full of love, joy and silence?

Do not remain silent... add some beauty to our mother earth... war
doesn't stay by war... fire with fire... but water on fire... and so is the
love and the forgiveness... meditation is the way for peace and
awareness.

Every human being can become an explosion of consciousness...
which is far superior energy than any atomic bomber, nuclear
weapons...

Let us be who we are and spread love, life and laughter... we are not
belong to any land... any religion or any law... only to love...

This is the only seed to plant in our heart and our land... then no wars
any more... why war?... let us love and live... this is the only peace...
that is possible...



The great collapse

Now is the opportunity to create a new humanity...

A new science... a new religiousness... a new me, you and us....

Now is a time of great war or great peace... what is my choice?

Religion has destroyed half of the world... the inner world and science is destroying the other half... the other world... we need a totally different kind of religion and science... a freedom not slavery... science is raping nature and religion is raping **us**... our inner consciousness... both are destructive...

We are sitting on a volcano made by us... let us use our wisdom and we will have a new world... more natural in every way... more harmonious... more poetic...

Let us use science and spirituality together... a new religion... and a new science will be one truth...

man is one...

truth is one...

the outer and the inner is one coin and needs a great change... both have suffered a lot but can be revived...

Let us drop out the poison from the system... still there is hope and the rope is in us not with any pope or any dope...

There is nothing to say...



there is nothing to see...

just be silent and be still and know that you are a **godliness being**... a living light... a living joke... a living laughter...

Witness and be aware that this time is a very sacred secret... a great change... a great birth and death..

a new world... a new society... the new is to be born... it is a birth pain...

Don't miss this moment... go in be **at-on-ment** with the inner outer ONE...

Be a rebel... be free from any poison... freedom is the highest value to us...

Use this crisis... this chaotic moment to die and born again... you can attain to the inner most cone of your being...

