

March

2024

S	M	T	W	F	S	S	M	T	W	F	S
1	2	3	4	5	6	7	8	9			
10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31		

(Difficult)

Monday

19

WK 08 / 050-316

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observed. Suddenly boundaries are lost. Suddenly you have penetrated into the flower and the flower has penetrated into you. Suddenly you are not two — one exists.

- When you are in the present without thinking, you are for the first time spiritual. A new dimension opens — that dimension is awareness. Because you have not known that dimension, Heraclitus will say you are asleep, you are not awake. Awareness means to be in the moment so totally that there is no movement toward the past, no movement toward the future — all movement stops.
- That doesn't mean that you become static. A new movement starts, a movement in depth. There are two types of movement, and that is the meaning of Jesus' cross : it shows two movements, a cross-movement. One movement is linear : you move in a line, from one thing to another, from one thought to another. From one dream to another dream — from A you move to B, from B you move to C, from C you move to D. This way you move, in a line, horizontal. This is the movement of time ; this is the movement of one who is fast asleep. You can go like a shuttle, back and forth — the line is there. You can move from B to A, or you can go from A to B — the line is there.
- There is another movement, which is in a totally different dimension. That movement is not horizontal, it is vertical. You don't go from A to B, from B to C ; you go from A to a deeper A : from A₁ to A₂, A₃, A₄, in depth — or in height.

- When thinking stops, the new movement starts. Now you fall into depth, in an abysslike phenomenon. People who are meditating deeply, they come to that point sooner or later ; then they become afraid because they feel as if an abyss has opened — bottomless, you feel dizzy, you