

Seriousness is a disorder that often plagues orthodox religious people. God creates the universe and

S E R I O U S N E S S

the human drama as a divine play. He also acted seriously with His messenger, Jesus, King of the

Jews. Jesus was a beautiful man who gave his life for the meek, the poor in spirit. His sacrifice was

necessary to create Christianity. Now, times have changed. The new and only religion has only one

commandment: Follow your feeling, without harming any creature. Naturally, this cannot work

when there are violent, uncaring people alive. Nor can it work when there is unequal distribution of

wealth. Private property is the root cause of most non-violent crime. Joy and celebration are the

cornerstones of the new religion. Playfulness is divine. Everyone already follows their feeling,

unconsciously. When it becomes conscious and with the understanding that God manages

everyone's intuition, then we have the basis for respectful, harmonious civilisation.

The following letters are intended to awaken your thirst for truth. The first topic is meditation. Meditation means silent awareness. Meditation is the way of the warrior. Prayer means sharing with God. It is the path of love. Love is more natural for women. In Christianity meditation is not understood. Jesus was not a meditator, he was possessed by God and filled with divine love. Hence, he says God is love. God is also awareness. Awareness is the male principle of God. Love is the female aspect of God. The child of love and awareness is playfulness. These three aspects of God are fully manifested in humans very rarely. It is essential for Christian men to learn meditation, for men prayer is not enough. Silent awareness is the ultimate flowering of meditation, but in the beginning the mind is busy. Gradually by just watching the flow of traffic, thoughts start to slow down and gaps of silence appear. The key to watching is equanimity. One is not concerned with the content. One does not favour good thoughts over bad, one simply observes the flow of thoughts with indifference. This allows the mind to think what it wants and creates the climate of relaxation. Relaxation is half of meditation, the other half is awareness. Awareness is not concentration. Awareness is open and all inclusive, concentration is single pointed and focused. Awareness is developed by diligently practising concentration. Dear friends, start today. Sit silently with a straight spine twice a day for as long as you feel. Be aware of the breath in the belly. When you notice the mind wandering, gently return to the breath in the belly. This is the best meditation technique for the first stage of developing awareness.

S I L E N T A W A R E N E S S

