

*TO BE OR TO BE NOT*

*(Idle Autumn Thoughts)*

*J. YEBRA*

# I

*The day will come when you'll open the door of your heart and the encounter with yourself will happen.*

*This will be the most enjoyable moment ever.*

*The chance of being your host will have arrived.*

*We all need to become our self friends, and our best friends, too.*

*You won't be free until you become conscious of being yourself.*

*Look around and you'll see there's nothing you can identify yourself with.*

*Don't give it a second thought: You are unique, and so are all the creatures around you.*

*There's no reason for you to compete with others.*

*You are no better or no worse than any other.*

*You are just yourself.*

*Stop struggling and be yourself.*

*The best way to prepare for the future is paying attention to the present.*

*Grasp the day!*

\*\*\*\*\*

## II

*Enjoy all the moments, both internally and externally.*

*There's no technique leading to enjoyment.*

*Enjoyment is a way of being.*

*But there are lots of switches to be turned off before enjoyment can occur.*

*Consciousness is an impossible dream in the midst of noise.*

*And there's so much noise all around us.*

*Wherever we may go, noise is an ever-present consciousness killer.*

*Seekers go dumb in the midst of noise.*

*Every missed moment is a moment unlived.*

*Our consciousness is the immense space that is given to us free of charge.*

*Our consciousness is the healing of our deepest ailment.*

*But we have been brought up to eat without tasting, to look without seeing, to exist without living, to despise the fragrance of life.*

*Mindfulness lies within our hearts, but now it has become another product for consumption.*

*Millions of books on mindfulness are sold to avoid feeling suffering and dissatisfaction.*

*But books will never produce what you can generate by yourself.*

*You need to be in silence in your own company.*

\*\*\*\*\*

### III

*Stop doing and start just being.*

*Conscience is an empty vessel that can contain it all.*

*Who do we believe we are?*

*What do we believe we are?*

*Whether we believe we are someone or whether we believe we are not anyone, we'll be wrong in both instances.*

*The problem is with our relationship with the personal pronouns.*

*Are we aware of the fact that “I” is my “eye”?*

*Do we eye what we see?*

*That’s what really matters.*

*When our future arrives, it will just be another “now”.*

*The future is now and it’s already here with us.*

*It has been with us all the time.*

*Each and every moment is a critical instance.*

*Recognizing each moment is the only way to prepare for the future.*

*That’s why consciousness is the essential function of our being.*

*Wherever you can be, you'll always be able to stay with yourself.*

\*\*\*\*\*

## IV

*Feeling you breath is like surfing the waves of the ocean.*

*Breath and faith are one and the same word in the Sanskrit language, root of many tongues.*

*We are afraid of being less than we actually are, when in fact we are always more than we believe we are.*

*Ambition and aversion are our greatest enemies.*

*We need to open ourselves to the space between sounds and to the blank space between words and lines.*

*We also need to open ourselves to the silence that lies within them.*

*Being compassionate to ourselves is the best school towards being compassionate to our neighbours.*

*Kindness will always help us establish contact with our own senses.*

*Being attentive to all instants will definitely enrich our lives.*

*All persons and things in your life can be your teachers and tutors.*

*Expanding our hearts enables us to live wisely, compassionately and humbly.*

*This is the inherent joy of being alive.*

*In peace and quiet we can discover our inner thoughts.*

*Consciousness awakens our thoughts.*

*Getting to the threshold of our life is the real moment of truth.*

\*\*\*\*\*

v

*Be who you are.*

*Don't hide behind your camouflage.*

*There's no better place and moment than now.*

*Remember your mind can expand.*

*You and I are just star sand that came from outer space.*

*We are just light in a very low frequency.*

*We are just children of this Universe.*

*Today is the day that the Lord has made.*

*We will rejoice and be glad in it.*

*But we need to awaken if we want to enjoy it.*

*The essence of our minds can only be found if we are prepared to die to the slavery of "me" and "mine".*

*The day will come; this is the core of all poetry, of all prophecy, and of all faith.*

*How can we become what we already are?*

*Look yourself in the mirror.*

*It's time to return home.*

*It's time to love ourselves.*

*The last frontier lies within our minds.*

*“Now” is the most important moment in our life.*

*Being really conscious can change everything.*

\*\*\*\*\*

## VI

*The world may not change in the direction of our heartfelt desires, but it will certainly never be the same.*

*The journey of our life does not consist of finding new sceneries, but looking through renewed eyes.*

*We 'll never be totally free until all others are free as well.*

*The time has come for us to open our eyes and see.*

*The time has come for us to see ourselves as we really are.*

*Be a friend of yourself.*

*Be as close as you can be.*

*Fear not, just be!*

\*\*\*\*