

# ZEN of the CHILD: PATH and WISDOM



Primož Škoberne

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## 0. INTRODUCTION

The texts included in *Zen of the Child* were written for the participants in the Synchronicity Project between spring 2011 and spring 2012. *Zen of the Child* consists of 54 poems – one for each week in the year. Their aim is to help us return to our true nature, i.e., to the primary self and true heart.

The true heart is the authentic part of the mind that is still conveying the truth because it is in touch with the true experiences of the individual. The prime self is the part of the self that is independent of the mental images created in the years of growing up and in the later periods when we are affected by our environment.

The Synchronicity Project was introduced to encourage networking and group support to all the participants in developing their personal authenticity. The project is being carried out over the internet and has been internationally expanded through [synchronicity-project.com](http://synchronicity-project.com).

Individual support to developing personal authenticity is provided by the website [novepoti.si](http://novepoti.si).

## ACKNOWLEDGEMENTS

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The author

## 1. THE SECRET OF THE NEWBORN CHILD

Adults try too hard and worry a lot.  
The child just lives, observes and acts.

Adults use force,  
bringing violence to themselves and to others.  
The child uses no force, knows no violence.

Adults want to be strong and waste a lot of energy.  
The child is strong without knowing its own strength.  
Therefore, don't waste your energy.

Who is this child?  
What is its path?  
What is its wisdom?  
What does it tell us?  
What gift does it bring to us?



## 2. WHO IS THE CHILD?

The child is the one that has not been born yet,  
though its path is already open and its wisdom is already here.

The child is the one that has been reborn, though it hasn't died.  
The door was never closed and the wisdom was never forgotten.

The heart is the child's home, though not the one on the left-hand side.  
The right eye is the child's eye.

The child talks with the wisdom of the elderly and the freshness of the youth.  
It talks to the silence. It dances with the breath.

It's not difficult to find it, if that is what you really want to do.  
At first you should look for it persistently, later you should abandon your search.  
And just then you will find it.



---

Below the line:

The adult is the part of the human caught in images and norms. The child here isn't the inner child, but the newly born soul. In the Indian tradition young men go through a ceremony called *upanajana*, during which they are “reborn”. This is the second birth, symbolizing the birth of the soul in a personality. More about this subject can be found in the secret teachings of East and West. The right eye is the eye of the soul.

### 3. THE WISDOM OF THE CHILD

The wisdom of the child isn't in the knowledge, but in observing and awareness.  
The child doesn't learn from books, but from life.  
Life is its book of wisdom.

The child's eyes are like a mirror.  
The child doesn't add anything to, or take anything from, what it can see.  
Everything remains the way it is.  
As everything stays the way it is, it is all real.

Life is real and wisdom is real.

A simple mind is the key.  
A mind that can see things for what they really are.



---

Below the line:

The above topic is extensively described in Buddhism. Buddhism is not a religion of doctrine (if it is a religion at all), but a religion of careful observation of the world and the psyche, the external and the internal realms.

#### 4. INDEPENDENCY

Though a child, it belongs to no one.  
Its parents aren't its parents.

It doesn't need support to become dependent.  
It needs support to be what it is.  
It needs freedom so that it can convey its wisdom.

When adults listen to the child they are surprised.  
Though powerless, it is stronger than them.  
Though small, it is bigger than them.

Its path is the path of freedom.



## 5. SIMPLICITY

Life is simple.  
Adults complicate things.  
They conceal their thoughts and don't know what they feel.  
They get entangled in words.  
They are no longer in contact with themselves.  
For this reason they are no longer in contact with the others.  
And life becomes very complicated.

But it can be simple.  
What do you feel? What do you really think?  
What would you really like? What are you prepared to do?

If you ponder these questions, you come close to the path of the child.  
Its wisdom will become your wisdom.  
Its strength will become your strength.





## 6. THE BASICS

Go back to the basics.

No demanding physical exercises will help you  
if you aren't kind to your body.

Take your body for a walk.

Let physical training be fun for you.

Moderation in all things will do you good.

When you are tired, have some rest,  
then continue with your work.

At times do nothing.

Just look into the air.

When you work, do your best.

If something isn't clear, ask questions  
and don't think that everything is obvious.

Don't do anything out of habit.

You will get lost in your habits.

Act in tune with yourself.

Then you will find yourself.

Be fair to others as well as to yourself.

In this way you will become simpler.

Then something will begin to grow in you.

And you will become happy.



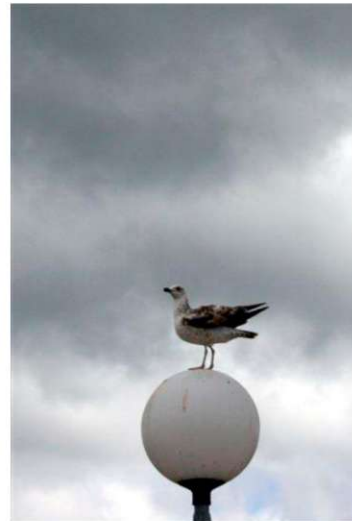
## 7. WHAT DO YOU REALLY THINK?

Adults often speak without much thought.  
They say that they aren't well, that they are having a bad day;  
they are a bit cynical, a bit sarcastic,  
a bit embarrassed,  
distracting attention a bit, trying to divert the conversation,  
and so on.

But the child doesn't feel this way, doesn't think this way.  
The child feels its own feelings and thinks its own thoughts.

What do you really think?  
Don't repeat the words spoken by your parents or by other people.  
What are your real thoughts?

And what do you really feel?  
Don't reproduce the feelings that you've adopted from other people,  
trying to match your feelings to those of others.  
What are your real feelings?



---

Below the line:

The basic question is about what you really want. It refers to the authentic needs, wishes and interests of each individual. Not to the wishes you have adopted by observing others, wanting then to have what others want: if a neighbour has a bicycle, I want it too; if the neighbours have a new car, I want it too.



## 8. THE SWITCH

From today onwards I will act differently.  
It's time to switch:  
"Switch now."

Now I respond calmly,  
focusing on my work,  
standing on my own two feet,  
being fully responsible for myself.

The switch is a small change in the mind.  
No big change is seen on the outside, there is just a small change inside of me.

This is a decision taken on the inside.  
From now on I act differently.

It doesn't matter if tomorrow I forget about this decision and slip back into the old behaviour.  
I will just make the switch again.

It's time to switch:  
"Switch now."



## 9. SYNCHRONICITY

Things happen,  
when you let go of the support.  
Two people walk  
each holding on to their crutch.  
How are they to meet?

When they let go of the crutches,  
an invisible force brings them together.

This is how synchronicity takes place.



## 10. WHAT IS REALLY IMPORTANT?

It's not important if they ignore you.

It's not important if they insult you.

It's not important if they shout at you.

It's not important if they talk badly of you.

It is important how you respond.

The child takes no notice of being ignored.

The child doesn't understand the insults and is therefore not offended.

As others shout, they make a lot of noise, but that is all there is.

And when they talk badly – that is only bad for those who speak like this.

The child does what it intended to do before this interruption.

So, where have we been? Let's go on now.



## 11. THE FORMULA FOR SUCCESS

Follow the wishes from the bottom of your heart.  
These wishes have the power of self-realisation.  
Don't dwell on the wishes that come and go.  
There is no strength in them.  
They aren't real.

Focus on the wishes  
that are always there.  
The clouds come and cover the sky.  
But the wind blows them away and the same sky is still there.

The wishes that are always there like the sky are real.  
Focus on them.  
These wishes will come true through their own power of realisation.

Search for an open door.  
If no door is open, knock on a closed door.  
If the wish is real, you will keep knocking until the door opens up.



## 12. SUPPORT OF NATURE

Nature supports those that support nature.

The forces of nature support those who live in tune with nature.

Those who live in tune with it, recognize it as their own nature.

Nature is active on the outside and calm inside,  
outside it flourishes, inside it rests.

This stillness, which isn't really resting,  
is the strength of nature.

Those who recognise the stillness,  
recognise the strength of nature as their own strength,  
which then gives the power of realisation to their words.



### 13. AN ORIGINAL THOUGHT

An original thought is the one that is still at its source.  
An original thought hasn't yet got caught in its own echoes.  
Adults usually get lost in the echoes of their thoughts,  
creating echoes of the echoes.  
Then their heads are full of echoing  
that people call thinking.  
But this isn't thinking.  
This is just the echoing of thoughts.

The child doesn't think, but listens to original thoughts.  
Original thoughts are unique; they are flashes of the mind.  
They come and tell us what they have to say – the truth.

When you state your truth,  
you move nature.



## 14. SUBTLE SPEECH

Subtle speech is quiet speech.

These are the words that don't rush.

The first word already includes the whole sentence.

Subtle speech is original speech.

It is the speech of an intention.

Where the intention is clear, there is no need for many words.

An abundance of words conceals the intention.

When there is an intention, the words just point at the direction of the intention.

If you know what your heart wants,

then the desire of your heart will find the right words to express itself.

This is subtle speech.

It is powerful.

It contains energy.

It is alive.

Life becomes real through subtle speech.

What is conveyed by subtle speech becomes real.





## 15. HOW TO USE THE WORDS OF FULFILMENT?

Before falling asleep,  
when waking up in the middle of the night,  
before getting up in the morning,  
say to yourself the words that you wish to come true.

During the day, when you rest for a moment being alone,  
when you look into the distance and see the infinity,  
when, for a moment, you close your eyes and see the darkness inside,  
say to yourself the words that you wish to come true.

For the first time say them out loud,  
for the second time whisper them,  
for the third time say them only in your mind,  
for the fourth time say them without bringing them to mind.

Then continue your day forgetting these words.





## 16. RESTLESS THOUGHTS

When thoughts are restless,  
when they are caught in their own traps,  
what should we do?

Thoughts are restless  
because they are upset by mental pictures.  
These pictures are the scenes  
we have seen or experienced,  
the stories we have heard ...  
All of these got impressed on the mind  
and stayed there as mental pictures.

Sometimes these pictures and stories reappear,  
by themselves, in our consciousness  
upsetting the thoughts.

What should we do?  
Look at these pictures and scenes as if they were transparent.  
Look through them into the distance.  
Look through them far into the distance.



## 17. YOU ARE WHAT YOU ARE

You are what you are.

By having  
your own thoughts about yourself,  
you neither add,  
nor take away, anything to yourself;  
you don't make yourself bigger  
or smaller.

You are what you are,  
you are  
where you are —  
on the path of your growth.

Here you can grow.



## 18. OWNERSHIP

What do I own?

Nothing.

Everything is lent to us.

And at the end we give it all back.

Even our bodies are lent to us  
and at the end we give them back.

We learn this from breathing.

Each breath is a gift to us.

When breathing out, we give it back.

The universal breath

flows through you, me, through all beings.

And everything goes back to it.



## 19. OPENING THE DOOR

When opening a door,  
any door,  
think to yourself:

"What is behind this door?  
Where does this door take me,  
what experience awaits me there?"

You are the one  
opening the door,  
stepping through it.  
When opening it,  
think to yourself:

"I'm opening the door to my life."



## 20. THE CODE OF KNOWLEDGE

Knowledge isn't in books, it is in a person.  
Knowledge is in bones, veins, nerves, in digestive organs...  
Every organ, every cell contain a code.  
When you decipher it, you find knowledge.

A code cannot be deciphered with a scalpel or a microscope.  
It can only be deciphered with your heart.

Rapidly spinning energy creating a pattern —  
that is a code.

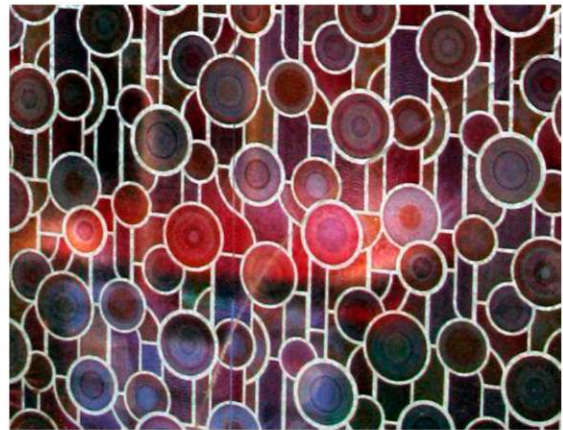
A code exists at several levels.  
At the level of cells there are letters.  
At the level of organs there are words.  
At the level of the body there is a sentence.

This sentence is a human.  
A child lives by this code.

Adults are unsure, not knowing why they live.

Close your eyes,  
focus your awareness on a single point in your body,  
and bring your focus to its extreme.

There you will find the beginning of the code.



## 21. COURAGE

Courage is in your heart.  
Courage is the energy of your heart.  
This is the energy of life.

Courage brings a child to life.  
The child that is entirely unprotected.  
Entirely naked.  
Exposed.  
It just is.

You don't find courage when clenching your teeth,  
being stubborn or rash.

Courage is to expose your heart.  
To just be.  
And to do what your heart tells you to.



## 22. THE SECRET OF THE HEART

The heart is the state of awareness.  
The heart is neither an emotion nor a thought.  
It is awareness.

When awareness rests in itself,  
it only knows of its sleep.  
Then the world stands still.

When awareness wakes up,  
it becomes intelligence  
and the womb of the world.  
Then the world is in action.

Everything is born from the heart and everything returns to the heart.  
This is the secret of the heart.





### 23. A DAY OF MIRACLES

A miracle will happen today.  
It might be a great miracle  
or a modest miracle  
or a tiny miracle.

Whatever form, the miracle will surely happen.

Today is a day for miracles.  
Expect it.





## 24. A DAY FOR SMILING

Do smile.

You don't have to smile a lot.

You can just smile a little.

Smile at the day,

at yourself,

at the people you meet.

Be cheerful for no special reason ...



## 25. MENTAL WORRIES

Why do people have so many worries?

Because of property.

Worries arise from owning property, a lot of property.

Even a poor man in a civilised world owns more than those who live without anything.

The problem lies not in your property,

but in your attachment to property.

A careful attitude to property isn't the same as an attachment to property.

An attachment to property causes mental worries.

For this reason the wealthy are also worried.



## 26. THE ART OF BREATHING

Breathe out fully to be able to fully breathe in.

If you don't breath out all the air,  
you don't create the emptiness  
needed for a new breath to fill in.

Breathe everything out.

How?

Breathe out once and then once again and again.

When breathing out you make space for a new breath.

The new breath will find the way for itself.

And for you.



## 27. BREATHE OUT FULLY

Breathe out fully.

Let the air out and then wait.

Rest without breathing, being empty.

Your head will become relaxed,  
your thoughts will become calm.

Only then breathe in again.

Take a rest after breathing out.



## 28. HEALING THE BODY

You can heal your body by talking to it.  
If you don't talk to it, your body feels lonely.  
When feeling lonely, your body begins to be bothered by various thoughts.  
A lot of them are dark.  
Your body becomes ill because of such thoughts.

So, do talk to your body.  
Let it know that it's not alone, that you are there for it, looking after it.  
Your body needs its guardian  
just as a child needs its parents  
and a wolf needs the leader of the pack.  
If a wolf has no leader,  
it will become a lonely, solitary wolf.  
And a solitary wolf becomes unpredictable.

So, talk to your body,  
especially when your body is unsure.  
That happens in new situations  
when, for example, you take it to the doctor  
or go for a job interview.

Explain to your body what's going on, that you are with it and that everything will be fine.  
Let your body feel that you are a good master,  
taking care of it.  
Your body will then serve you long and well.



## 29. SEVEN POINTS OF HEALING

The point above your head, at the fingertips of your lifted arms, is the source, the sky, the life.

From there energy flows like a current through your body.

1. The point slightly above your head – alignment with the source.
2. The point on the roof of your mouth – inner sweetness.
3. The point at the bottom of your throat – the creative power.
4. The point behind your breastbone – a calm heart.
5. The point behind your solar plexus – the power of self-control.
6. The point in the pelvis – relaxed liveliness.
7. The point in the perineum – here I am, grounded.

The point between your feet – the ground, the Earth.



### 30. THE PLEASURE OF MOVEMENT

Movement is pleasure.

A child enjoys moving around.

Movement is life.

A child is alive moving around.

Nobody teaches it how to move.

Adults restrict their movements.

They set rules on how they should move,

on what is a correct and a wrong movement.

They impose rules on freedom of movement,

taking them into account whenever they move.

So they change pleasure into exercise.

Let's practice how to move.

Let's practice lifting up an arm, to lower the body.

Why do we practice movement?

To be better at it.

Movement becomes a competition, a struggle to win.

It's no longer a pleasure, but a torment.



### 31. GROUNDING

Sometimes it's good to sit on the floor.

If you always sit on a chair,  
you are neither up nor down,  
but always somewhere in between.

When you sit on the floor,  
your visual angle is different  
and so is your view of the world.

You yourself become different as well  
while sitting on the floor.  
You are more stable and closer to the earth,  
you are sure-footed and well grounded.





### 32. SWEET SLEEP

Sleep is sweet.

Sleep is pleasure.

You sink into yourself, into your inner peace.

You don't have to watch the television  
as the best programme is in you –  
your dreams.

You cover yourself with peace  
and rest your head on your easy conscience.



### 33. FOOD

Your body needs food.  
This need is reflected in your cravings.  
Your body may crave for food that is  
fresh and seasonal,  
warm and liquid,  
calorific and rich,  
spicy and stimulating,  
full of protein to build up your body.

Listen to your body  
and fulfil its needs.

Don't blame yourself for consuming the food  
or craving for it.  
Eating is no sin.  
Food is a blessing.

Be grateful for it and eat it.  
What you consume becomes part of you.  
For this reason there is something very meaningful  
in food and its consumption.  
Eating is also a way towards unity.



### 34. WORK

Adults work too much.  
As work preoccupies their minds,  
there is no room for free thoughts.  
And their thoughts then become confused,  
which is a sign  
that they want to avoid being trapped.

You should always take time for free thoughts.  
In the morning when waking up,  
don't get up immediately.  
Give some time and space to your thoughts.  
After a meal, don't get up immediately.  
Give some time and space to your thoughts.

Thoughts should always precede your work.

Thoughts are alive.  
They look for the way.  
When they have found it,  
your work will follow naturally.



### 35. HOW TO ACTIVATE ENERGY?

Energy is in feelings.

Where in the body do you experience them?

Intensify a feeling.

Then hold it at a standstill.

When holding it at a standstill,  
you transform it into power.

Now you can move this power around your body.

Imagine a small propeller.

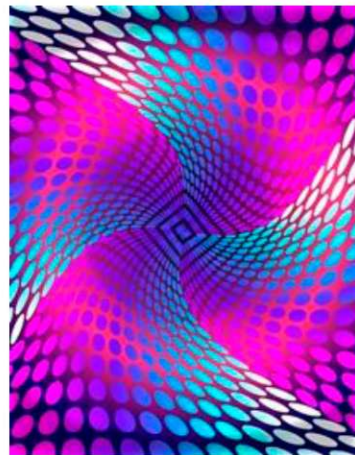
Rotate it intensely in your mind,  
so that you begin to feel its energy.

Move the propeller anywhere in your body:  
in the liver, the stomach, the kidneys, in the lungs or the throat.

Keep rotating it so intensely,  
that you no longer feel the rotating propeller,  
but the energy itself.

Then you can use this energy.

You can vitalize an organ,  
you can purify it,  
you can activate it.



### 36. DON'T BE AFRAID OF YOUR POWERS

Emotions are the feelings that become independent  
acting on their own.  
But there is force in them, there is power.  
This force plays games with you.  
But you can also play with it.

Anger is power,  
fear is power,  
sadness is power.

Anger dwells at the centre of your body.  
Anger wants to scream.  
Intensify this force by screaming only in your mind.  
Then stop it.

There is power in fear.  
Where is the source of fear?  
In the tail, that is, in the coccyx.  
So, intensify the force of fear in the rump and then stop it.  
When you stop it,  
you gain control over it, changing it into power.  
When you stop it,  
you can move this force around your body.



---

Below the line:

Sadness is in the lungs. In some places there are be professional mourners that are thumping their chests, waving their arms around and wailing during funerals.

The first change we need to make to the energy of emotions, in order to use, it is to strengthen it. We strengthen it by expressing it in a more picturesque, a bit exaggerated and dramatic way. As the environment often doesn't allow us to do that, we do it in our thoughts, in our imagination – in our minds we stamp our feet, bang against the floor, shout or put our feelings into words (I'm so angry I could go crazy, I'm so angry I could rip you up) – though we don't really do any of it. While doing it like this, we may tense our bodies, contract muscles or raise our blood pressure.

If we can do the above, we can do even more (in our minds or in a private room where nobody disturbs us); we can start to shape and change our anger by saying: "I'm angry, I'm angry, I'm not angry, I'm angry, oh, to hell with it, I'm angry, I'm not angry, it should all go to hell, it's driving me crazy, what can I do with it, I'll go twist a towel, twist it fiercely, I am strong, I could twist him/her so much; this is my body, these are my energies, I feel them, I'm alive, I'm strong, I want to fiercely show my strength by tightly twisting the towel, tighter and tighter; this is my anger, this is my strength, I can twist the towel tightly."



### 37. HEALING YOUR EMOTIONS

Emotions don't have their own foundations.  
They are mental reactions  
to the basic impulses of your body.  
For this reason emotions are neither thoughts  
nor physical sensations.  
They are somewhere in between,  
though always related to the body.

When feeling sad,  
massage your breastbone with your hand  
and breathe out through your mouth.  
Then make your fingers into the shape of a rake  
and move the energy away from your breastbone.

When feeling angry,  
put your hands on your stomach and liver  
and exhale the anger.  
Then gently pat the places  
where you hold your hands.

When feeling afraid,  
place both hands on your solar plexus  
massaging it gently  
until your breathing becomes relaxed.  
Then place your hands on your loins.  
Move them, on the back side, towards your knees  
and, on the front side, to the hips and back to the loins.



### 38. DECIDE TO BE HAPPY

Decide to be happy.

Today I am happy.

Not tomorrow if this or that comes true.

Today I am happy.

Now I am happy unconditionally.

I'm happy because I'm happy.

At least for a short moment.

And this moment can go on and on and on.

Decide to be happy now.



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Below the line:

Question:

"In our neighbourhood somebody aged 28 years committed suicide yesterday – apparently because he couldn't get a job. How can I deal with such an event within the framework of my intention to be happy in this moment?"

Answer:

"Then this is the moment for compassion, not happiness.

Have compassion for this person and those this person has left behind – have a moment of compassionate silence.

Feel understanding and compassion for the aching hearts. "



### 39. THE ART OF LETTING GO

Let go  
and the vast stream of life will take you on.

Let go of your mental cramps  
that hold you in the outdated images.

The vast stream of life  
wants to take you to new shores.

The art of letting go  
is the art of being here and now.



#### 40. THE ART OF WAITING

Sunday morning.

An old man walking with a limp and holding on to his stick  
is slowly staggering across a road.

Just in time he reaches the middle of the road  
to avoid the cars passing by.

There he waits for the other lane to clear  
and then he slowly staggers to the other side.

A traffic-light crossing is just 20 metres away.

Soon after that

an old woman clad in black is hurrying  
across the road in the same place.

The cars are slowing down for her.

Where do these people,  
having been retired for a long time,  
rush to on a Sunday morning?

And what is the rush of those  
who jump the line in a shop saying:  
"I'm in a hurry!"

When queuing in a shop, a lot of people are in a hurry.

Where to?

Mostly they go home to watch the television.

Or they are like that lady who  
bought a packet of cigarettes  
in a rush

and then had a smoke outside while walking slowly  
with her colleague along the street.

All these people are just impatient.

The child is in no rush  
because it has no wish  
to be somewhere else.

The child already occupies its place.



#### 41. UNDERSTANDING

Sometimes you show your greatness  
by taking no notice of other people's shortcomings.  
You ignore them and go on  
as if nothing had happened.

Sharpness of the mind is good,  
but the broadness of your understanding is better.  
Criticism cannot do  
what a smile from your heart can.



## 42. OTHERS

How can you understand other people?  
Who are they and what are they?

Sometimes you can just sit down  
on another person's chair.  
His or her energy footprint is there.  
Move the chair a bit, turn it around  
and then put it back to its original position.  
In this way you soften the energy pattern a bit.

Then just sit there.  
Don't do anything  
and don't think about anything.  
Just be there  
and pay attention to your feelings.  
What's the atmosphere like?



### 43. ASKING FOR HELP

If somebody asks for help,  
respond willingly, unless you could harm  
someone else by your response.

If you need help  
ask for it.  
Don't be embarrassed.  
Simply ask for help.  
Not your god, the heaven or  
some other higher force.  
Ask people to help you.

Higher force acts through people.  
So, if you need help  
ask the people around you.



## 44. CHARACTER

What are you like?

What is the character of your heart?

Is it strong and decisive?

Is it all-embracing and warm?

Is it reflective and complex?

Is it picturesque and expressive?

Is it composed and enlightening?

Is it quiet and introverted?

Is it realistic and neat?

Follow your inner character.

Be what you are.

You don't always have to be the same.

Life is changing.

Respond to different situations.

But then go back to your foundations,  
to who you are and what you are.

Go back to your inner character.



## 45. PROBLEMS AND TASKS

In life there are always tasks  
that we have to carry out  
and problems that we have to face.  
They are part of life.

If you think  
that you will find peace  
when you've done all your duties  
and solved your problems,  
you will never find it.

When you solve one problem,  
three new problems appear.  
When you complete one task,  
three new tasks are there to be done.

Life is a stream of events.  
Something is always going on,  
there are always tasks and problems.  
This is the river of karma.

For this reason you should sometimes  
step out of the river,  
to its bank and just observe it.  
While observing, you learn.





## 46. SOLITUDE

Solitude is good as it allows you  
to talk to your past.

Sometimes you need a lot of solitude  
because a lot of problems, burdening your heart,  
have piled up in your life.

In solitude all these problems come to light,  
so you talk and talk to yourself.

When you've discussed them all,  
when the past becomes clear,  
a space for what is  
in front of you is created.



## 47. QUIET IMPACT OF KARMA

You can avoid the consequences of karma,  
you can avoid the people you have hurt,  
but you cannot avoid the psychological consequences.

Sooner or later unpleasant psychological states will occupy your mind  
because the psychological field has no borders.

The unpleasant states  
that overwhelmed others as a result of your actions  
will expand across the vast psychological field  
reaching you, the creator of these states,  
and sliding into your mind as a key slides into its lock.

The energy of these states will be released into your psychological field  
and strange moods will overwhelm you.

They will also be projected onto your physical body  
affecting your health.

In this way karma returns as a quiet echo, not as a noisy retribution.



## 48. CONSIDER KARMA

People usually don't consider the consequences of their actions.  
They only see what they wish to achieve.  
They don't foresee how their actions will echo and  
what the consequences will be in the internal psychological space.

But the child can see the consequences.  
Without thinking about them, the child sees them immediately.  
It immediately knows and feels  
how any action will echo in the hearts of other beings.

For this reason the child always creates harmony with its actions.



## 49. FATE

Adults resist their fate  
and run away from it.  
If at all possible,  
they don't want to know about it.

The child smiles at its fate  
and gives it a hand.  
The child walks together with fate  
and fate follows the child.

The child creates its own fate  
being one with it.



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Below the line:

InSPIRation changes adults into small gods  
as it comes from the SPIRIT,  
building bridges across impassable abysses.  
*Svit Valovnik*

## 50. STOP RESISTING

A stream has no friction.  
When you say “no”  
you create friction.  
When you say “yes, but”  
you open up new possibilities.

When you stop resisting it’s like  
you are sitting gently in a saddle.  
You learn how the streams of life flow  
when you stop being tense.

When you learn about the streams of life,  
you can focus them.



## 51. DIVINE PEACE

You can reach the peace that  
transcends intellect every day.  
There are short moments,  
fragments of peace.  
A moment so short  
that you aren't  
even aware of it.

When you jump from one thought to another —  
in between there is peace.  
When falling asleep, one moment still awake, next already asleep —  
in between there is peace.  
A wink of your eyes —  
is a moment of peace.

In the old times the world was full of peace.  
Then peace was broken into fragments  
that were scattered all around.  
As they are tiny  
we fail to notice them.

Collect these fragments  
and you will achieve divine peace.



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Below the line:

In the golden era, the Sat Yuga, the inner peace was the natural state of all beings. In the Kali Yuga the inner peace has been lost, while unrest and ignorance are the natural states of consciousness. But even in this period fragments of peace still exist in our minds, occupying the times between individual thoughts and actions. During each such time our mind touches the underlying qualities: the awareness and the peace. These times are very short; they are like the winks of our eyes and for this reason it's hard to notice them.

## 52. DIVINE HIDE AND SEEK

What is God?

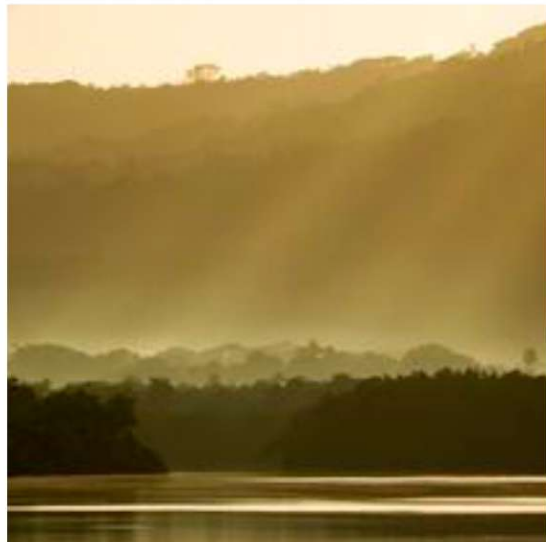
God is the big one,  
the vast River of Life,  
in which every being, big or small,  
is one streak, one flow.

The River of Life has its stream  
and within its vast riverbed  
individual flows swirl in different ways.

The River of Life  
is taking them all towards the same destination,  
towards the Ocean of Life.

God is everything,  
it is the spring of the River of Life,  
it is its stream and its destination,  
the Ocean of Life.

It is a snake swallowing its own tail.



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Below the line:

God has as many names as there are people,  
even more, he has as many names as there are stars in the sky, which are uncountable.

*Svit Valovnik*



### 53. SOMETHING IS STILL MISSING

Something is still missing.  
I don't know what.

I ask the child  
what's missing.

The child says: "I am."

I didn't understand it  
or maybe I didn't want to understand.

I asked again,  
but the child replied no more.

(I have to think this through.)



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Below the line:

Those who, when reading Jesus' statement "I am the way, the truth and the life", think to themselves: "Oh, yes, that's Him or Buddha or Muhammad or Maitreya", will understand the child's reply, while the "ordinary" minds won't as they lack AWARENESS. Those who try to be aware of their breathing are slowly building up their awareness, prana; this is the power of Word – Logos. I EXIST .

*Svit Valovnik*

## 54. FATHERS

The time will come  
when fathers will come again.  
They will bring peace and  
streams will return to their riverbeds.  
Children will grow up in line with the laws  
that nobody taught them.  
They will spread all over the Earth.

Fathers will recognise their wives.  
The time of prosperity will come.

