

S.112 The Divine Melody – Kabir

When one nostril, the left nostril, is breathing you are feminine. When the right nostril is breathing you are male. And after nearabout **forty-eight minutes they change.**

Continuously -- day, night -- this change happens. When you are breathing by the left nostril your right-brain hemisphere functions: the **right is the feminine part.** When you are breathing from the right nostril your **left brain functions: that is the male part.**

And sometimes you can play games with it. If you are **very angry then do one thing:** close your right nostril and start breathing by the left, and within seconds you will see the anger has disappeared -- because to be angry you need to be in the male part of your being. Try it and you will be surprised. Just by changing the breath from one nostril to another, something of tremendous importance changes. If you are feeling very cold towards the world then breathe from the left nostril and let your imagination, fantasy, warmth, flow in -- and you will suddenly feel full of warmth.

In tantra they say: Never make love unless you have checked your nostril -- never make love. If the **man is breathing from the feminine nostril then the woman has to breathe from the male nostril. Then there will be real orgasm.** Otherwise, love will be just a wastage of energy -- not more than sneezing. You will feel relieved after a sneeze -- a good sneeze, one feels relieved -- but nothing much will happen out of it.

If the woman is in the feminine nostril, then the man has to be in the male nostril. And according to this, Vatsayana -- the first REAL sexologist -- worked hard into deeper mysteries. He says: When the woman is in the male climate she should be on top of the man, she should play the role of the man. Man need not be always in the missionary posture.... That is called "the missionary posture" in the East because in the East it was never known that the man has to be always on the top. Only when Christian missionaries came to the East people became aware that this foolishness exists in the West -- so it is known as the missionary posture.... Sometimes the **woman is in a male climate: she should be on the top and she should be active;** and the man, if he is in the feminine climate, should be passive. He should play wife and she should play husband. And then there will be a great meeting.

And this has to be remembered always, because there are acts which can be done more easily when you are in the male climate. When you are doing something hard -- carrying a rock, pushing a rock -- check your nostril. If it is not in the male climate it is not good. It may be dangerous for the body: you will be very soft. When you are playing with a child, or just sitting with your dog, feel that you are in the feminine -- more affinity will arise. When you are writing a poem or painting or **making music you should be in the feminine.**.. unless you are trying to create a war music! then it is okay, you should be in the male climate -- aggressive.

Watch it, and you will be **becoming more and more aware of these two polarities.**

And this is good that these two polarities exist: that's how nature arranges for rest. When the male part becomes tired you move to the female part; the male part rests. When the female part is tired you rest; you become male. And this is an inner economy -- one goes on changing. But your society has taught you wrong things: that a man is a man, and HAS to be a man twenty-four hours - - this is too much of a duty. And a woman has to be a woman twenty-four hours -- soft, loving, compassionate: this is too much of a duty. Sometimes she also wants to fight, be angry, throw things -- and this is good, if you understand the inner play.

The Divine Melody Chapter #9 Chapter title: : **The pause between two notes** S.123 ff

...And that **dark interval is love -- where death and life meet**, where death and life embrace each other, where life and death have a love affair, where life and death come to an orgasm. Hence, there is tremendous attraction in love, because it is life... and fear also, because it is death too. When you make love to a woman or a man, you never go totally into it. You go so far, because it is life -- then you start hesitating, then you don't go any further, because then death is also there. It is the pause between the two notes, and it is dark -- the dark interval between the two.

...

Unless you have known what love is, you have not known what melody is. It is the meeting, orgasmic meeting, of death and life. Unless love is known, you have missed. You were born, you lived, and you died -- but you missed. You missed tremendously, you missed utterly, you missed absolutely -- you missed the interval in between. That interval is the highest pinnacle, the peak experience. Kabir calls it the divine melody. **To attain it, there are four steps to be remembered.**

The **first** step: **be herenow -- because love is possible only in the herenow.**

...love is possible only in the present, because only in this moment death and life are meeting... in the dark interval that is within you. That dark interval is always present, always present, always present. It is never past and it is never future.

If you think too much -- and thinking is always of the past or of the future -- your energies will be distracted from feeling. Feeling is herenow. If your energies are moving into the pattern of thinking then you will not have enough energies to move into feelings - - and love will not be possible.

So the first step is: be herenow. Future and past bring thinking; thinking destroys feeling.

...There are millions of people in this state, who don't know what heart means. They think heart is just a pump. Their whole concentration is in the head. Head is an extremity; it is needed, it is a good instrument, but it has to be used as a slave. It should not be the master. Once the head becomes the master and the heart is left behind, you will live, you will die, but **you will not know what God is because you will not know what love is.**

... The same dark interval, first contacted looks like love... and when you are lost into it totally, it be-comes God. Love is the beginning of God -- or God, the ultimate peak of love.

The **second** step towards love, and towards the divine melody, is:

learn to **transform your poisons into honey**.

Because many people love, but then their love is very much contaminated by poisons -- with hate, with jealousy, with anger, with possessiveness... a thousand and one poisons surround your love. Love is a delicate thing. Just think of anger, hatred, possession, jealousy: **how can love survive? learn to transform your poisons into honey**. How are they transformed? There is a very simple process. In fact, to call it transformation is not right, because you don't do anything; **you only need patience**. This is **one of the greatest secrets I am telling you**. Try it: **when anger comes** you are **not to do anything; just sit silently and watch it**. Don't be against it, don't be for it. Don't cooperate with it, don't repress it. Just watch it, be patient, just see what happens... let it rise. Remember one thing: **never do anything in the mood when the poison is possessing you**; just wait. When the poison has started changing into its other... This is one of the basic laws of life: that everything continuously changes into its other. Just as I told you that man changes into woman, woman changes into man, there are periodical changes in you - - the good man becomes the bad, the bad man becomes the good; the saint has sinner's moments and the sinner has saintly moments... one has just to wait. Act when the saint is uppermost -- that's all. Don't act when the sinner is uppermost, don't act when anger is uppermost, otherwise you will repent and you will create a chain of reactions and you will get into karma. That's **the whole meaning of getting into karma**.

Wait. When you are angry, this is the moment to meditate. Don't waste this moment anger is creating such great energy in you -- it can destroy. But energy is neutral – the same energy that can destroy, can be creative. Wait. The same energy that can shatter, can shower life -- just wait. Waiting and not doing anything in a hurry, one day you will be surprised, seeing the inner change. You were full of anger, and then anger goes on and on and comes to a climax... and then the wheel turns. And you can see the wheel is turning, and the anger is relaxing, and energy is released, and now you are in a positive mood -- the creative mood. Now you can do something. Now do.

Always wait for the positive.

And what I am saying is not repression. I am not saying to repress the negative, I am saying **watch the negative**. Remember the difference, tremendous difference is there. I am not saying sit on top of the negative, forget the negative, do something against it -- no. I am not saying that. I am not saying when you are angry, smile -- no; that smile is false, ugly, phoney. **Don't smile when you are angry.** Then close the room, **keep a mirror in front of you, see your angry face yourself**. There is no need to show it to anybody else. It is your business, it is your energy, it is your life, and you have to wait for the right moment. Go on looking in the mirror: see the red face, the red eyes, the murderer there. Have you ever thought that everybody carries a murderer inside? You also carry a murderer inside. Don't think that the murderer exists somewhere else -- somebody else is a murderer who commits a murder --no:everybody has the possibility to commit a murder.You carry the suicidal instinct in you. **Just look in the mirror: these are your climates** -- you have to be acquainted with them. This is **part of the growth towards self-knowledge**. You have heard so much, from Socrates to today: **"Know thyself"** -- but this is the way to know thyself. "Know thyself" does not mean sit silently and repeat, "I am Brahma, I am Soul., I am God, I am This" – all nonsense. "Know thyself" means know all thy climates, all possibilities – the murderer, the sinner, the criminal, the saint, the holy man inside you, the virtue, the God, the Devil -- know all the climates, the whole range of it, and by knowing it you will be **discovering secrets, keys**.

Nothing hangs there forever. Happiness comes and goes, unhappiness comes and goes. Can't you see a simple law? -- that **everything changes, nothing remains permanent**. So why be in a hurry? Anger has come -- it will be going. You just wait, have a little patience. Just look in the mirror and wait. Let anger be there, let your face go ugly and murderous -- but wait, watch. Don't repress and don't act according to the anger, and soon you will see that the face is becoming softer, eyes are becoming calmer, the energy is changing -- **the male turning into female..** and soon you will be full of radiance. The same redness that was anger, now is a certain radiance -- a beauty on your face, in your eyes. **Now go out: the time has come to act.**

Act when you are positive. Don't force positivity, wait for the positivity to come on its own. This is the secret -- when I say "learn to transform your poisons into honey" this is what I mean.

And **third: share**. Whenever **it is negative, keep it to yourself**. Whenever it is positive, share. Ordinarily, people share their negativities; they don't share their positivities. Humanity is simply stupid. When they are happy they don't share, they are very miserly. The **third step is to share the positivity**. That will bring your love flowing riverlike, arising from your heart. Your dilemma of the heart will start moving when you share. Jorge Luis Borges: GIVE THAT WHICH IS HOLY UNTO THE DOGS - CAST THY PEARLS BEFORE SWINE FOR THE THING THAT MATTERETH IS GIVING. The real thing is not what you are giving -- pearls and holiness and love -- and TO WHOM you are giving; that is not the point. **The point is that you are giving. When you have, give it.**

Gurdjieff used to say, **"All that I hoarded was lost, and all that I gave is mine.** All that I gave is still with me, and all that I hoarded is lost, gone." True: **you have only that which you have shared.** **You have only as much love as you have shared.** Love is not a property to be hoarded, it is a radiance, a fragrance to be shared. The more you share, the more you have; the less you share,

the less you have. The more you share, the more will be arising from your innermost core -- it is infinite: more will be welling up. Draw water from a well, and more water comes running fresh into the well. The flowing water is fresh... the flowing love is fresh.

So the **third step towards love** is: **share your positivities**, share your life, share all that you have.

Whatever beautiful is with you, never hoard it. Your wisdom, share; your prayer, share; your love, your happiness, your delight, share. Yes, if you cannot find anybody, share it with dogs -- but share. Share it with rocks -- but share.

When you have pearls, throw them -- don't bother whether they are swine or saints, just throw them.

THE THING THAT MATTERETH IS GIVING.

Hoarding poisons the heart. All hoarding is poisonous. If you share, your system will be free of poisons. And when you give, don't bother whether it is responded to or not. Don't even wait for a thank-you. Feel grateful to the person who allowed you to share something with him. Not otherwise -- don't wait, saying deep in your heart that he should be thankful because you shared something with him. No -- feel thankful yourself that he was ready to listen to you, to share some energy with you... that he was ready to listen to your song... that he was ready to see your dance... that when you had come to give to him he didn't reject -- he could have rejected.

Sharing is one of the most spiritual virtues, one of the greatest spiritual virtues.

fourth: be nothing. Once you start thinking that you are somebody, you stop; then love does not flow. Love flows only out of somebody who is a nobody. Love abides only in nothingness.

When you are empty, there is love. When you are full of the ego, love disappears. Love and ego cannot exist together. Love can exist with God but cannot exist with the ego, because **love and God are synonymous.** Love and ego are impossible to be together. **So be nothing.** That is the meaning of being humble, meek. Says Jesus: **Blessed are the meek, for theirs is the Kingdom of God.**

S.128 ff

KABIR SAYS: **"AS YOU NEVER MAY FIND THE FOREST IF YOU IGNORE THE TREE..."**

The forest exists not -- 'forest' is just a word. That which exists is the tree. Trees and trees and trees -- they exist; and if you start looking for the forest and ignoring the trees, you will never find the forest. Maybe that's why so many people look for God and never find him -- they look for an abstraction. God is like the forest: you will find a tree, a rock, a man, a woman, a dog, a snake, a star -- these things you will find; you will not find God anywhere. God is the name of the totality. He exists in these particulars; he has nowhere any other existence. He exists in the snake as the snake, and he exists in the tree as the tree, and he exists in the rock as the rock, and he exists in the man as the man.

Kabir is indicating something of great importance. People ask; **Where is God?** Standing in the forest, they are asking, **"Where is the forest?"** If you say, "You are surrounded by forest," they will say, "This is an oak tree, this is a pine tree -- but where is the forest? I know there are trees, this is a pine tree -- but where is the forest? I know there are trees, but where is the forest? I want to know the forest." But this man will go mad and he will never come across the forest. Denying the tree, there is no forest. The forest exists in the oak, in the pine, in the cedar. The forest manifests into a thousand and one forms. The forest in itself cannot be found -- that is just an abstraction, a universal.

Find the particular and forget the universal. That is the difference between real religion and false religion. **False religion is dedicated to abstractions, real religion is dedicated to particulars.** Love the man, love the woman, love the child, love the animal, love the tree, love the stars.... **Don't ask for God, and you will find God.**

...Kabir says: This is no way -- so I am not going to ask anybody, "Where is my Beloved?" **I am going to love, and find my Beloved in loving.** I am not going to ask, "Where is God?"

What is God?" and the definition of it. No, I am going to start loving -- and through love the definition is going to come into me. The comprehension will come through love – not through ideation, not through thinking. This is **the way of the heart** -- to **start loving**. And the way of the mind is to go on thinking.

AVADHU BEGAM DES HAMARA

And Kabir says: **By loving, I have come to a point where no misery exists.**

...Only in love, burdens disappear. Because what in fact is the basic burden? The basic burden is that of the ego: I am -- that is the basic burden. All other burdens are accumulated on this center. This is the very hub -- I am; then you accumulate many burdens. The center has to be destroyed. Love makes you a nobody, love takes you off your ground, love destroys your ego utterly. It annihilates, it kills you completely, and it gives you a new life -- a life without any ego: a humble life, a simple life, a life which God can live through. You become a hollow bamboo... and his music starts flowing through you. You don't hinder, because you are not there to hinder him. **If you are, you are the hindrance.**

What is the **difference between success and failure?**

All distinctions are created by the ego. Wherever ego feels fulfilled, it is success, victory. When ego feels unfulfilled, it is failure, defeat. All defeats and victories are because of the ego. **When there is no ego, you simply live without victory, without failure.** You simply live without success, without failure. You simply live... and that simple life is the religious life.



LoveBirth
www.lovebirth.de
Seitai
Enjoy life