

it is simply understanding

sadness comes as a cure for madness
silence in itself is mastery
teaching of zen and tao is life

pain is living life
pain is disappointment
there is almost no bigger pain for the mind than disappointment
the loss of a dream
giving up
not believing
no more hope
misery
it's simple but hard lesson

to develop power
is an illusion we create to
end up in a better situation
it's like we take control of the situation

no more helpless victims

but there's pain behind it
the memory of disappointment is there

it's like you say

i don't want disappointment

no I am gonna take care of things myself
but it's not true
you are not free
you need something to have power over to keep your image of power

it's a simple construction to to save yourself from the memory of pain

meditation is the answer

When you see that it is ridiculous you're on the right track

When you laugh at your own stupidity it's the answer to idiocy
to an illusive strategy

it's an escape from pain

You can't control the world

You can't even control your own body
it's living by its self
despite of you

the only thing you can control is the mind

When you control the mind your at mastery of living

It's simple step you can take

if you decide to master your mind instead of to master the outer space

it's the first step to enlightenment

The first step to leave the mind of confusion and illusion

It's like a don Qijotte

It's madness

And sadness is the cure for madness

The comprehension that there is no control over the outer world is the first step to sanity

mental and fysical

i leave you now

god bless

michael

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