

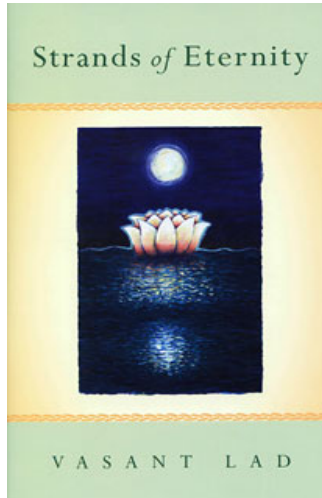
# Vasant Lad Strands of Eternity

Leseprobe

[Strands of Eternity](#)

von [Vasant Lad](#)

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# Strands of Eternity

A compilation  
of mystical poetry and  
discourses by

**Vasant Lad**



The  
**Ayurvedic**  
Press

**Albuquerque, New Mexico**

“The Sanskrit word *Sutra*  
means thread or suture.  
It is as if the lower self is one piece  
and the higher Self is another;  
The flow of eternity sews  
these two together.”





Within the dream of this world,  
there is always the possibility of awakening.  
In the drama of the dream, you are the actor,  
the director, the producer.

In the dream you are many characters,  
but when you wake up, the many  
merge back into one.

The same is true with  
your spiritual awakening.  
Each person creates his own drama.  
You create your own universe out of desire.

To identify yourself  
with the objects of your experience  
is the beginning of *unmad* – psychosis.  
Objects come and go. Experiences come and go.  
There is no permanence to them.

This world is a drama, a play.  
Therefore, identify with this world  
as an actor would identify with his role.

You play countless roles.  
But you are not a beggar. You are not a king.  
You talk and people laugh. You talk and people cry.  
In this mad world, it is okay to act like a madman.  
Act like a madman,  
but keep the fire of truth  
burning in your heart.

Do not forget.  
It is all a play.  
Die to the past. Die to this dream.  
Do not get too absorbed in the drama.  
Do not forget yourself.



# The Witness

Let your eyes see the objects of this world.  
Let your ears hear the sounds of this world.

While seeing and hearing,  
become aware of your body.

Even while talking, walking, sitting, seeing, hearing  
witness the movement of your body.

Witness what your mind is feeling.  
Notice your judgments about your feelings.  
Mind and thoughts rush like a thick storm.

But you are not that thought.  
You are not the fear.  
You are that vast space.  
Thought and fear live within you.  
You are that *sakshi*, the witnessing awareness.

Thoughts come and go, like passing clouds.  
Treat them as uninvited guests  
and continue to witness  
the movement of your mind.

Behind the movement of thought  
exists your pure Self – *Asmita* –  
you know it as the feeling, “I am.” or “I exist.”  
Become one with this witnessing awareness  
and jump into the inner abyss.

Look into the world  
but don't choose what to look at.  
Simply look. And as you look, listen.  
This is *samadrishiti* –  
to look at things with empty eyes...  
without judgment, without conclusion.

At the same time you are looking outside,  
look inside your own heart.  
The eyes are looking outside  
but you are looking inside.  
This is double-arrowed attention.

When you look at an object with empty eyes,  
with no mind to choose,  
suddenly the distance between you  
and the object disappears.

There is no need to go on seeking.  
Do not even leave your room.  
Do not leave the consciousness of the witness.  
In that looking, tears come to the eyes,  
and you become the object you behold.

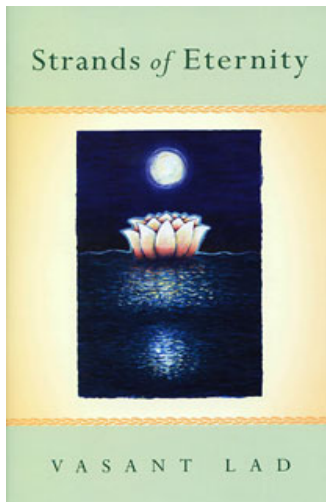
Oneness flowers and all of creation comes near.  
You receive the benediction.  
Though it is not the season,  
flowers bloom as you pass.  
Though it is not the season,  
birds sing as you pass.  
Though it is not their custom,  
people smile as you pass.

This is the meaning of the Sanskrit word, *pujya* –  
to become empty,  
to become anonymous.



When you remain with your silent  
witnessing awareness,  
your brain cells rejuvenate  
and become open to all possibilities.

Dive into this inner space  
and discover who you really are.  
What is your original face?



Vasant Lad

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