

What you see is nothing but yourself.
Through the film of destiny
a light depicts pictures on the screen.
It's self-selected, self-imposed.
All happens in consciousness.
When you look at anything
it's the ultimate you see.
- the ultimate -
you think you see a stone, a cloud or a tree.

Hungry, thirsty, longing,
searching and seizing,
holding, losing and suffering.
All your going and coming,
seeking pleasure, loving and hating “
all this shows: you don't know the source.

You were not born, they told you a lie.
It's just an idea that was born and shall die.
The cognition hurts me, they told me a lie.
It's just an idea that was born and shall die.

On realization, you feel complete,
free from the pleasure-pain complex.
Pain and pleasure go together.
Freedom from one is freedom from both.