

And from this No-thing

All colours emerge

To be taken up in the circle of living

And by means of the circle of living

Through the vortex brought back

To the state it never left

Cosmic imagination

Just a toy

To tell you something else

What is generally known as Ego

Is the amalgamation of the colours

This is living

That what is beyond

That towards the vortex leads

And that from which the colours emerge

I call Heart

It is in the dimension of spirit

That there is direction

Giving direction is intent

Intent is not just will

Will is something you want; you desire

In intent there is no 'something'

That by means of Will

A change in orientation can take place

With will you can shape the experience

Not the will of liking and disliking

Consider:

*I*t is not important that you get what you want

But that you want what you get

This is the will I mean

This is the will that directs

In intent there is no purpose

Intent is opening

Intent emerges in letting go

It is such intent that can effectuate

the
Turn of Spirit

About the Turn of spirit

Ordinarily spirit gives direction to experience

It follows thereby the interests and desires of ego

In attempting to continue a stability of ego

Which is doubtful and an illusion

Such direction is wasteful and profoundly energy consuming

It may consume all the energy of living

In a way there is nothing left for anything else

In the turn of spirit

Intent directs itself at the unknown centre

At the void, at Heart

*H*earth is the essence in its total otherness

Heart is not the beginning and the end

Heart is beyond beginning and ending

The spiritual endeavour and the purpose of the quest

And the reason for going on a retreat

Is to discover

The Turn of Spirit

Ego is amalgamating colours this is the reason for its existence

A meaning to life?

Look at what ego is doing?

By experiencing ego is transforming impulses from one level

It is mixing the colours

And through mixing it leads them to some-no-thing else

This is a success story:

Everything of the world we participate in

Is transforming each creature at its own frequency

Energy from one 'level' to another 'level'

This is a story of dismal failure:

Everything in the world is involved

In creating well-being and happiness

For everything else in the world

Which of the two appeals to you?

Inner well-being and beauty depends

On how you manage the flow of the dimensions

You have a genetic disposition

And you have life experiences

These are unique

To manage the flow in the conditions that you find yourself in

Is your task of living

Everybody has a task of living

In that everybody is unique

‘Everybody is the centre of his or her universe of experience ‘

This could be total nonsense

Because you cannot know

What you can know is

That you are the centre of your universe of experience

In the dimensions there is an observable regularity

When you hit yourself very hard there are observable consequences

When you orient yourself in a particular manner

There are also observable consequences

It can be called Karma

It is cause and consequence

There is a relationship between cause and consequences

This is not linear and not logical according to the workings of mind

Yet there are consequences

All things that you had better not do

Are so because of the consequences

When you kill somebody

It leaves an imprint in soul

Which might bother you

When you deal with people and things

In a way that is counter to their interest or wellbeing

This too leaves an imprint

In fact every hash attitude leaves an imprint

The severity of the imprint is determined

By the intent behind the act or attitude

I propose a way of beauty

This is when you consciously avoid harming, hurting
Or causing unnecessary damage to people, animals
Plants and everything that constitutes the environment
You can transform your life into a way of beauty

Of course there are situations in which causing harm is unavoidable
When you have to eat you have to cut a plant
When you have to make a road you have to cut trees
When there is a plague you have to kill animals or insects
Therefore you have to determine about the intent and
About the consequence you are willing to take

Living a way of beauty is good for your well-being

B_{ut}

When you live a way of beauty only because it is good for you

You may become an egocentric fool

A way of beauty is only good for you

When it is not

for

you

Ego lurks behind the bushes with its interest

When that is so well-being

And let's call it: realization, enlightenment, freedom, peace etcetera

Will not be the consequence

There was a question in the beginning

And there was an answer

There is a God when you want it to be there

Now

It appears

The God is not there when you want it

Nevertheless the God is very useful

Because you need it

How else can the orientation of not-I
Really muster the soul content of emotion
In order to become strong and stable?

Everybody may choose a God and live for that God

That is very healthy

What the God is like is your affair

As long as you can love it because

It needs emotion to become established

You cannot impose your God on others

Because everybody's God is different

Because of human history
And the religions and churches
That carry all the roots of intolerance

I use none of the names of the Gods or God

For me God is Abbah

No form

No man

No woman

No human

No nature

No cosmos

No-thing

And therefore

All that is

Ab the origin

Ba the first movement in the origin

H an 'I' that can refer to it

Mind can make all different connections about this name

These mind connections are irrelevant

What matters is that

Abbah is your Beloved

Heart as a concept

Is not able to help you

A cosmos however benevolent

Is not able to help you

Knowledge in whatever way

Is not able to help you

Only a Beloved

Deeply rooted in Soul and Spirit

That is your main orientation

And the reason for living

And of whom you expect nothing in return

Is able to create the alchemy

That transforms you from

A slave into a master

Of the life that you are living

This is a suggestion

For the rest you need a lifetime

Here the book ends
More words would be more veils

Now it is up to you to digest

And shape your life into

A way of beauty

Only that without beginning and without end remains

You too will remain

But not as you

About the author

Yoginâm was born in 1946 and finished his studies at Leiden University. He lived and worked as a sociologist in various countries in North Africa and the Middle East. The writings of Yoginâm (also known as Frédéric Antonious) cannot be categorised within a specific genre, since his articles and books are of a highly mystical quality. Indeed, Yoginâm is not a typical author; rather he is a master in describing an indefinable subject in an almost tangible language. Over the course of many years, Yoginâm developed a stand-alone terminology.

A way of thinking (Nâm Thinking) is linked to a way of living (Nâm Practise) and provides an invitation for living in correspondence with the essence of being, without distraction. The new terminology of Nâm is free of words and concepts that have taken on a life of their own in different cultures of the past. Its pure message directs back to the very source. The Nâm message, wrapped in a contemporary language, was already there 5.000 years ago. Being unobstructed and translated in an accessible language, the Way of Nâm is very, very precious.

Orienting the self in Nâm has a liberating effect on the programmes with which one moves through the world. These programmes are created automatically by way of living and the experiences we have.

Nâm is a way both of liberation and of wisdom, and is fully directed at the aim of profound well-being. Aside from his writings, Yoginâm communicates in a particular way with sound resonance for which he uses a small harp.