



Strands of Eternity

A compilation
of mystical poetry and
discourses by

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“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.”





The World

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?