

TS : Thomas Schmelzer, Mystica TV
MM : Mario Mantese, Master M

TS: Dear all, welcome to MYSTICA.TV. Today I once again have the pleasure and honor of welcoming a human being here: Master M, Mario Mantese, light of all lights. Mario Mantese, I greet you. You are very welcome.

MM: Thank you. Gladly, it's nice to be here again.

TS: Wonderful. I'm very happy! I wish you lots of fun.

TS: Yes, here we are, hello Mario Mantese. Nice to be here together. And you've written a new book "Being Still – On the Awakening of Man". Your 23rd child, you could say.

MM: 22nd, not yet 23rd.

TS: The books are like your children, you once said.

MM: Yes, always pregnant, always giving birth. And for me, that's simply my life. My life is writing, and writing is fulfilment for me. The fulfilment of a being that also gives me meaning. For me, the question of meaning lies in writing, in discovering what I really am *not*. Because I don't need to worry about what I am, only about what I am not. Take a close look.

TS: And you write about things that you're not, but you still write in words that hint at what you are.

MM: Of course. But we are all That. And that, eternity, cannot be explained, even the word "eternity" is just a word that is a reference to something that we cannot grasp, and yet we are. That is the beauty. A leap into nothingness. Without fear and without anxiety. People today worry a lot and have fears; you can understand that. But you always have to look at what we resonate with. We can only have fears because something inside us scares us. If I'm not afraid inside myself, how can I be afraid on the outside? You have to look closely at what it all actually is, how it works. And redemption for me is to let all these stories melt away inside me. You're lucky, your name is already Thomas Schmelzer, you're already there.

TS: Thomas Schmelzer melts away, ideally, exactly. Yes, funny, I had written down two words beforehand that I wanted to talk to you about, one is fear. And the question I have: Are you afraid? Sometimes?

MM: Not really. I wouldn't know exactly from what, so life and death are just a joke for me, a good joke. My life is no longer in the world and yet I am completely in the world, and that is simply a fact and not a theory. Since my big upheaval 48 years ago, I have been living timelessly in time. You can't explain it, but it's a fact. And it's a fact that I don't know exactly whether I've been living in this body for a thousand years or just a second, it's erased. So my life is full of abundance and I am very, very still. And this "being still" doesn't mean being still, it means "being still". You shouldn't confuse the two. I don't say "Be still", but "Be still." And this great statement of "Be still" is so deep, so comprehensive and wonderful. When a person discovers what they are not and dares to let go of their ego, then they discover true stillness. You can't say: "I want to let go of my ego", but there are things that we are still talking about now, how to go about it, because I don't want to give advice. I don't want to say to people: "Do this", "Don't do that", that's childish. There are enough people who tell others what to do, I'd rather not do that. People should be responsible for their own lives, words and thoughts, because thoughts are what create the world. We create the world with our thoughts, and through words, everything becomes material, because the material is only created from thoughts. When I discover what my creation is, my thoughts in the world – including my body, which I didn't make, but my parents did – why should I care whether I'm afraid? The space in which I live at home, the living space, is not me. I just live in it. Why should I believe that I am the room? I live in my body, but is it also the space in which I live? I am not the space. Space is empty. When it is empty, it is usable and also useful. When it is full, it is useless again. My space must always be empty, then I am happy. Being empty should not be misunderstood. Being empty is not nothing. It is a fullness that cannot be explained. *Being silence* is that.

TS: I can already feel it a little, that this emptiness is not really emptiness at all, but really fullness, and you can't say it with words. Many people are afraid now: of wars, of the future. What can people do to withdraw a little, to detach themselves, to become freer?

MM: The most important thing is to stop the war within you, because all our thoughts are thoughts of war. We think badly about other people, we criticize

people, that's war. When I discover this in the way I behave in my environment with other people, I realize aha, that's where the problem lies. I have lost my way in bad thoughts, in bad words, and then I realize: Aha, the warrior is inside me. War takes place on the outside. The only question is: is there a gap between the two? Is there a void or a gap between war and peace within me, between me, this world and the hereafter? Is there a gap somewhere? Are there even things that are different? When I realize that there is not, then I dive into a completely different depth, where I and that, life and death, good and evil, war and peace, actually no longer exist. Then *there* is a silence that is infinite, wonderful and deep. Then there is "the great silence" ... It is wonderful: my innermost being.

TS: I can feel it and maybe you can feel it too. You see, here, thousands of comments, I couldn't make up my mind because there are so many beautiful words and sentences, and I'll just intuitively read something here and there, then we can talk about it and take it as an approach. I'll just take the first one: "From one point of view, the world exists, from another point of view, the world does not exist. But there is a third possibility, namely that of no point of view, in which the observer has dissolved into nothingness like the smoke of a fire, where neither the one nor the other viewpoint exists. What remains permanently is pure awareness. Nothing turns outwards, nothing turns inwards within marvelous silence."

MM: That's what we were talking about. The points of view you take are always subjective. When I say: "This is good or bad, the world exists, the world doesn't exist, this one is good, that one is bad ..." The points of view that you grasp in this way create discord and war. You can't say: "The world doesn't exist", because we're sitting here.

TS: Exactly, even there.

MM: But then again: what world is there? I don't see you in front of me, I don't go out of myself to see you, I see you through my senses, I see you through the sensory sources, and my brain says: "Ah, Thomas, I already know him." And that is recognition in the brain. In the soul and in the light of the lights you discover: Aha, everything is actually inside me. Because the outside cannot exist without the inside and the inside cannot exist without the outside. At the end, you should let go of both, because both belong to the opposites.

Opposites create war or peace. Peace, I have said, is only one way of creating peace. You can't create peace; you have to be peace. You cannot be loving. You

have to be love. Love is also a word that is dangerous because people tend to misunderstand it.

TS: Only projected onto a person, onto certain things?

MM: That's right. Sometimes I listen to talk shows, and they talk about empathy, empathy here and empathy there. But I realize that these are just buzzwords that are used to clarify something that doesn't really exist in them. Because empathy doesn't mean: "Love your neighbor as yourself", but: "Be love without the neighbor."

TS: Just be love.

MM: I don't know who would be the neighbor I could love. When you love, you don't love something special, you love because love is what we are. And the word love simply means absolute respect and humility towards everything that lives, everything. From the ant to the elephant, to all people, to all living beings, to the air, to the trees, to plants, to be equally respectful to everyone is important. For me, that is love. You are unconditional love; you don't have it. You can make love, I've heard, but we know that these are things that are all difficult because they always sway us back and forth from top to bottom and never give us stillness. I love my wife Susanne more than anything, she is my light in my everyday life, but I don't just love her, I am love.

TS: So there's nothing you don't love?

MM: Yes, but you have to be careful, because if there is something, evil is the antithesis. If I only love someone, then the principle is: evil is also there. Evil is also there, good and evil sleep in the same bed. And that's what I meant, you can't misuse or misunderstand love with words like that. I can't say: "I love this, I don't love that." I met a yogi in India, but unfortunately, he is no longer there, Yogi Ramsuratkumar. He hid himself well. He always said: "I am a beggar", but he was a giant. And I was with him with Swami Hamsananda and he told him my whole life story and Yogi repeated every word and then he said, "Come, my friend, sit next to me, give me your hand, your hands." Then we sat next to each other and then he said: "This mountain, these stars, these suns, these waters, this earth, the wind, the trees, all this is you", over and over and over again. I was absorbed in light for a week, because his words were pure power. And they washed out so much in me and I realized that the world is not as I imagine and hope it should or should not be. I simply felt that I had to let go.

It's ignorance that makes me see things the way I think: such as, "I'm right, he's wrong."

TS: But does that mean, again, that can be misunderstood, it doesn't mean that I shouldn't make a decision, that I shouldn't take a stand, that I shouldn't name anything, that's not what it means either.

MM: Yes, why not?

TS: Okay. So just perceive, be, with everything that is.

MM: When a person is empty, there is no greater help for the world than that. There is no greater help than a person who is empty of the world and lives in the world. That is the greatest help. Yes, we live in everyday life and have to make choices, but that's not the point. It's about something much, much deeper. And that is simply marvelous. They say enlightenment. What is enlightenment? It's "he shines" and not me "shining". I don't gain anything from him shining, because I'm no longer there. But these are words that have been misused today, and people say: "I am enlightened." This "I am enlightened" has nothing to do with the actual truth of eternal existence. You have to be able to distinguish more precisely between what is and what is not.

TS: And that's where the right words are crucial. Now let's see how I find the words, something beautiful. I'd like to quote you again from your book.

MM: Yes, with pleasure.

TS: "Words are like colorful crayons with which you can audibly present wonderful and wondrous stories. They are unique instruments with which you can take people into fantastic worlds like flying carpets to discover them. Words are embodied thoughts that venture into the mysterious depths of the soul's existence, but the exit door remains hidden in the silence of the incomprehensible."

MM: Exactly. That's how it is.

TS: Words are something special. Would you like to describe how these words come to you when you write a book? What is this process like, how do you experience it?

MM: They don't come to me. I am them. If they came to me, then there would be two things, me and the words, and that would not be purposeful for being here. The power, the source of all being, is always the same for everyone:

permanent, imperishable and always there. I call it the "light of all lights". In other words, when you immerse yourself and abide enduringly, no longer turning outwards, then everything is one. Then the thought, the word and the action are one. And that is where the source is. I am inspired because my soul senses that it would like to express itself and make itself visible. I write down the words and it's incredible, I can visualize my words and write them down. I can see: Aha, my thoughts and my words have become visible, because they were invisible. So, I do have a great responsibility for my thoughts, my words, what I write. I am responsible for every word. If we humans could look a little more in this direction, we would have a different world. Unfortunately, it's not quite like that, but it's never been any different. If you study world history a bit, you realize it's never really been any different. Mankind hasn't really learnt anything in the thousands of years we've been here. Sad, but true. But today we have artificial intelligence and other things. I don't think much of these things. I'm the last dinosaur alive. I don't have a mobile phone. I'm not against it, but I want to know my own intelligence and not artificial intelligence. All the words, everything is stolen together and then something is made by someone who didn't make it. AI music, AI words, AI books – I don't think that has anything to do with me anymore. I'm just completely out of the picture, an old dinosaur that's gone. I don't want it. I don't want to get into it.

TS: But as I said, you don't judge, I don't judge either. I don't find it that exciting either, but let's see what else happens with these creations. We have also created people and the creations create themselves, partly automatically. Let's see what else happens.

MM: But you know, when someone makes a drug, they have to have it tested by a number of authorities and people say: "OK, that works," and AI, that was just suddenly here and was imposed on us. We have no idea who owns it or who is doing it, and that makes me a bit skeptical.

TS: It creates even more confusion, but maybe it's also an opportunity.

MM: I think it's certainly good for medicine or something. But my wife rang an insurance company a few weeks ago and they said "OK, a human will call you tomorrow." Then I think: What world am I living in? I don't belong here anymore, I suppose. I don't know what I'm still doing here, but I'm still here. It's an evolutionary step that I can't or don't want to take within myself.

TS: Keyword evolution. Some say that now is a turning point for us, for humanity. Do you think in these categories, how would you see it?

MM: Yes, but there are also moments when it's not a turning point. Every moment is a turning point. In India they say we are in the Kali Yuga, others say it is already over, and still others say this is the golden age. I prefer not to get involved in such statements, because I don't know.

TS: It's also nice to just say, "I don't know." Wonderful.

MM: Why should I restrict myself and say what's still to come? I have to make sure that my heart is pure, my soul not bent, my thoughts clear. That's all I can do for the world.

TS: This constricting thing, it's probably all these thought patterns and structures, beliefs about how the world should be, all of that is ultimately restrictive.

MM: Of course, of course, and I don't belong to any religion either. I'm not against any religion, but if I say I'm a Christian, then I'm marginalizing everyone else. I just want to be free. I want to love people for who they are. I only see people and not religions and races and all that rubbish. I see people. My heart is full of love for people and not for what they do or believe, because everyone wants the same thing: peace. Everyone wants peace, but true love has just been bent around because the prophets, all the great people like Jesus or Mohammed and many other great souls. They all brought forth a spiritual way to help people organize their lives, which is certainly good. I just find it disgusting when you criticize or judge people by their clothes, their skin color, their appearance. I love all people. I have been so well received in Muslim countries, in Hindu countries. Everywhere I go, I only find good people. The other is there too, I'm not naive. I'm not saying it doesn't exist, just not in me anymore. I'm not perfect, I'm a man, but men are never perfect. But I try to be free of these old stories.

TS: You've been there for people in such an incredible way for decades. You've now retired from the retreats, but as you once said so beautifully: "I've taken a step back, I'm even more there for people."

MM: I think you shouldn't take yourself so seriously and you should never lose your humility. I don't feel higher or further than other people, I'm human too. For me, humanity is paramount and not what I have experienced. I am simply

here, and I do what I can, ideally what I can. I can no longer do most things with my health, but I am here. I'm really here.

TS: And before I read the next chapter ... Health is the second word I wrote down. It's probably not that easy to live in this body.

MM: In yours?

TS: In yours.

MM: Ah, in mine!

TS: I don't even know, so I'm asking: when there's pain and when there's things, how do you deal with it? I'm asking for so many people who are also sick and who might be suffering. You're not suffering.

MM: I don't like to hear the word "suffering". I left out two things: Suffering and passion. Sure, when I cut myself, I'm in pain. My body hurts sometimes, but so what? NA AND! I am now 74 years old or young, and I never, never, never complain. I don't complain, I'm happy that I have this body and it is what it is. And I'm never ill. I'm not disabled, I'm not incapacitated, only my body is disabled. My house is defective, but the occupant is very healthy and clear. I never go to the doctor, rarely, because I just think: I know what I can do, with diet, with exercise. We know all these things. But many people moan and eat completely the wrong food and then moan because they're not healthy. I can't decide that for others, but I can decide for myself: If I were to moan, I would weaken myself with thoughts like, "Uh, now it's bad." Yes, I have moments that are physically very difficult. At many meetings I've given, my wife has said: "Don't do that, you're not well, it's impossible." I said: "Yes, I'll go." Even if I have to crawl on all fours, I do it and I did it. You shouldn't subordinate yourself to your body. My body is my donkey, and I ride through the world with it.

TS: Such a dear donkey, yes.

MM: Yes, and donkeys are also stubborn and don't always do what you want. My body is the way it is. There are a lot of people who really suffer and are in pain. I've dealt with many thousands of people. It's not easy. Being human, being in the body, is not easy. Not for any of us. You have to say that. But if a person comes and says I'm in pain and he's lying on the floor, should I lie down on the floor with him and say: "I'm moaning with you." I say: "Take my hand, I'll help you get up so you can keep walking." That's the principle of the whole thing.

There are words I've never used: "It's not possible", or "impossible". Never. As a teenager, I watched the Beatles on television and thought: I want that too! I was born in a small town, none of that existed back then, but I did it.

TS: The band was called Heatwave. A soul-funk band, you performed at Madison Square Garden.

MM: Yes, there were 21,000 people there and we had four Grammy Award nominations, so I made it. Then came the cut where I realized: "Enough is enough. Now you have to wake up and do your real work again."

TS: Very strong cut, yes.

MM: Yes, very strong, massive. So I woke up, I was dead for a long time. I made a huge journey through death.

TS: There was a knife attack and then you were in a coma for months. Four months?

MM: Five weeks. I woke up blind, mute and completely paralyzed. And I didn't realize that at first, because I only had this huge journey in my head, which was really difficult and strong. It took away my sense of time. And then the doctors said, impossible, he'll die in the next few hours, he's disabled and his head is no longer good. I heard all that at and I thought, I'm not going to accept it. I don't take these words in; I don't want to hear them because I'm convinced within myself that I can make a difference. So that's what I did. It's been almost 50 years now and I'm still here. And I'm doing very, very well for an old person with a disabled body. Yes, I'm doing well. Many people would rather I told them: "I'm doing badly, I'm disabled." No, I'm fine. Very well.

TS: Let's see what comes next. "A wise person is one who extinguishes the illusory reflections in consciousness without effort and whose heart is no longer attached to objects, not even to a physical body. Wise is he who lets the entire transient universe with all its contents fall away within him and rests happily for no reason in deep, wonderful, lasting stillness." Beautiful.

MM: That's it.

TS: And we can all do that?

MM: Why not? It's not about ability. It's not about us having to be able to do it. It's about inner awakening; the book is called "On the Awakening of Man".

That's what it's about. It's not about memorizing a mantra a thousand times or doing something. Everyone wants to achieve something through effort. We have been calibrated in such a way that we have to do something to achieve something. You absolutely cannot achieve THAT. The goal is not in front of us, it's away from us. There is a beautiful image: A person was at home and said to someone who called them: "Can you tell me the way home?" "I don't know." Then the next person: "Can you tell me how to get home?" "No. I don't know exactly where you live." The third one says: "But where are you now?" "Yes, I'm at home." We are at home, and we are always looking for help everywhere, for someone to tell us: "Do this, do that." It's okay, but I'm not one to tell people what they should or shouldn't do, because we're all clear. We all have the capacity to decide which direction we look in. Whether we find happiness on the outside or on the inside, those are two different stories.

TS: So it's not about doing or not doing, it's about deciding. Is that what it's about?

MM: Yes, the decision almost makes itself when you suddenly realize that everything I experience on the outside is subject to death. Everything passes away, everything is destroyed, everything. Even the body is destroyed. So, I start thinking about that: Is that really all there is? There is something much deeper inside me that seeks and never finds. Why not? I am looking for something other than what I am. I seek God, I seek Allah, and all that is far away from me. If they were far away from me, I wouldn't be able to find them, ever. So, I ask myself within myself: "Who is this seeker?" Who is searching for the other as the innermost being that is eternal? If there is eternity, we can never find it because we already are it and that is also the decision we have to make. It's not about: "I want this or that", you are mature or not. It usually takes some kind of impulse to lead us there. I have received thousands and thousands of people at my meetings. People have come from all over the world, from many languages and religions, from everywhere. And I have nothing new to say, but it is authentic.

TS: Yes, it's so fascinating to talk about things that are difficult to describe, to describe something that we all already are. And yet, people who are listening now are longing: "I want to achieve that too. What can I do?" Then the answer is: "Do nothing. Be."

MM: I'm not saying: "Don't do anything. Be awake and mindful." Nothing to learn, but a lot to do.

TS: Yeah, that's nice and be alert. Become more and more awake, right? With everything that is.

MM: Sure. If you look there, it becomes more and more subtle, more and more visible. You suddenly realize where it's happening inside me, and how – how something keeps igniting and saying, "Do this, do that." It's like petrol. If it's not lit, if there's a spark, then it ignites. That's how it is in the great silence. I watch what ignites inside me and goes out to achieve things, to have things, to want things – which is absolutely absurd, and ultimately it is absurd. And I love life and life loves me too, otherwise I wouldn't still be here. But it's not about my life, your life, it's about aliveness. And when I look around me, I see that everything, everything I look at is alive, alive. Everything. And that is the same aliveness that I have, that I am. Beetles, fish, plants, trees, everything is alive, is alive! Not a story of life, but aliveness. That is our home. And you can't understand it either. But if you discover it, really discover it, and realize that it is, then you will see the world with eyes of love. And then you will never kill or let kill again, you will also look at what I actually eat. Why doesn't every fish, every person, every animal, every tree, every plant have the right to live? The animals, the trees and all that are living beings. And if I see that in myself, then I will experience a shift, because there is nothing and no one left to hurt or kill. And so, I go home and realize: aha, this is not an ideology or an esoteric story, this is a fact. I go home because all the things I have hurt and broken are no longer relevant to me. I have stopped being like that.

TS: I feel the truth from my heart.

MM: Why should that be so difficult? The greatest begins in the smallest and the smallest does not begin in the greatest. The smallest, a thought that we have, that we can pursue and not just say, "Fine, I'll carry on as usual." If that's how people see it, there's nothing wrong with that, but my life isn't like that. I don't know why, thousands of people have stopped smoking, stopped eating meat, stopped drinking alcohol. I've never said, "Do this." Never. I just explained how I experience it. That's enough.

TS: Yes, and you really inspire people to follow this path, which is not a path. But somehow something happens in people and I also can say that I have not remained unaffected by it, and I am very grateful.

MM: You've experienced it, of course. If there is a path, you have to create it first so that you can walk it. But which path is that? I always take the path of

other people who have already travelled it. You walk the path of other people. There's nothing wrong with that, please. It's all okay, but I think to myself, why should there even be a path that leads me somewhere if I don't even know where I'm going? When I discover that all these paths end in me, where all knowledge ends, all paths end, then I realize: "Wow, now I'm home."

TS: That was obvious. When I think I have to go down a path, then I have a goal, I'm no longer in the here and now and I make my structures, experiences ...

MM: Exactly. You always follow paths that have already been mapped out by other people. You never know exactly where they will lead. If we think that's where we'll meet Buddha or Christ, we always have a destination that we hope to arrive at. And that's not particularly healthy.

TS: Yes, and yet, as I said, people listen and think: "I want to achieve that too, what can I do?" OK, that's the mystery, the *doing in the not-doing*, a return to your own self, to being, being alert, and when, for example, thought patterns come up and you realize, ah, I already know these patterns ... Just notice, don't give any more energy?

MM: No more nourishing. Stop feeding thoughts. Because that's the thing: we feed the thoughts. We charge them up and think: "OK, now I have to do this or that." With the same energy, with the same way of thinking, we can also reach God or attain enlightenment, with the same energy as from "I and that". This is not very healthy for the soul, for the heart of human beings. We are already that. We have always been that. Bending is never healthy.

TS: Please?

MM: Bending over is never healthy.

TS: That fits well again. "Bearing the imposed burden of joy and sorrow, worry and carelessness, love and disappointment, health and illness and also searching for the meaning of life is, as we all know, no easy matter. But those who persistently point their inner compass eastwards will sink inwards and discover a glow that external eyes can never see. Nothing spectacular, no colorful fireworks, no enlightenment party, but simple, quiet humanity." How beautiful.

MM: That's it. That's exactly the issue. It's effortless. You can say it's simple. But it gets complicated because you think it's not easy. People say to me: "I can't do that, it's not easy." I say: "Why do you think things like that? You're trapped in

your own limitations." If I had said: "I can't do it," then I would no longer be here. We are limitless beings, truly limitless, and our capacity is greater than we think. And we know there are real miracles. Many things have happened to me that could be described as supernatural. There are many books in which all this is described by people, and yes, I'm not pulling rabbits out of a hat. They are things that are there. Elements – chemistry, atoms, molecules – are all energies. And when man transforms his entire being, then all the elements, all the energies are himself, his innermost being. And then there are no limits.

TS: I know you don't want to be exalted or admired right now, but there are stories where you were walking with people and it was raining and you just opened up the sky. Because you were and are the sky?

MM: No, I'm not heaven. There were six of us out for a walk, all well dressed and in the middle of the field, and a really heavy thunderstorm came up. Really heavy. And I thought I had to do something. I raised my right hand and thought: "Please don't do that now". And the thunderstorm stopped. We walked through the rain, it was bucketing down left and right, and we walked along a dry path. And a lot of people experienced that. It's not a game and you shouldn't interfere too much with nature. But there are moments that are very important for people who experience this. A lot has been released in them because they have realized: Something is happening that you can't even understand and yet it is so. The book "Light of a Great Soul" contains many different things. It simply shows that human beings are unlimited. In India, the siddhas are very highly regarded. In the West, when people talk about siddhas, they say: "Yes, that's not possible, it's not true."

TS: Either that or it's admired and made into a big story.

MM: Not like that, it's criticized. People think it's not possible, it doesn't exist. I live well with it. I thought about publishing this book for a long time and I thought there were 6 people who had all experienced things that were supernatural. But the essential thing was this one moment when something tight inside them finally broke open. A constriction simply broke away and the unlimited awoke within them. This is a lesson, not a game. And so there are many examples that are just like that. And I am a normal person. Really normal.

TS: And this narrowness that suddenly expands at some point, you can't control that, it's like grace or it happens when it's supposed to happen?

MM: There is no narrowness. Thoughts and narrowness are my difficulty because I don't understand who I really am. I strengthen my ignorance and don't see my real being. Through everything I believe, I am embedded in something that is not free. We are the elements, we are nature. Not: We *are* nature. We are nature! If we are nature, why shouldn't it come to our aid? For me it is important that these things are not gimmicks. People have come to the gatherings and have experienced great and deep things within themselves, thousands of people from all over the world. But again, that doesn't make me special, I'm just a normal person. Humility, respect and benevolence are the most important things, but without a neighbor. Benevolence, but without a neighbor.

TS: Yes, that's nice.

MM: Then you get into it and you just realize: we live in a great world! Even if things don't always go the way we'd like them to, you can't even imagine what it's like. 670 million people go hungry and we eat every day and throw things away. It's not quite understandable. We fly to Mars and the moon and there is artificial intelligence, but people suffer and starve and we do nothing about it.

TS: It shouldn't be, yes, that's the case.

MM: No, if things were a bit better organized, everyone could live better, but we can't change the world, but we can change ourselves. But if we change, that's just the beginning, because in the end it has to be liberation and not change, liberation from the changeable.

TS: Liberation from the changeable. Let's see what else wants to be read. "When you look intensively at your inner self, at some point, without wanting to, you look beyond this inner self. You shouldn't be shocked if you don't see anything there. You shouldn't be frightened if you don't hear anything there. Be aware that this silence, this emptiness, is the essence of super-personal being and at the same time emptiness and fullness. Being human is much more than anything a person can think of, but less than what he imagines and fancies himself to be."

MM: That's exactly how it is. We narrow ourselves down. We imagine that my name is this or that and that I do this and that, and these are our ideas that we have realized. I am this and there and we believe that. But we also realize that we are never really happy in these systems, in this way of living. We are happy, but we can't maintain it. Something happens and then it's all gone again. I

would like it to last, but it is not permanent and yet there is something permanent in us. That's what I actually want and what I'm looking for. And it is closer to us than hands and feet, Jesus said. And that's how it is. We search everywhere, but not where there is nothing to search for. We want to seek and find something concrete, but we can never find ourselves because we already are what we think we are seeking. Yes, it's not easy, okay, but it's not twofold either. You can always say: "Yes, I want it too", but it's not something you can have. You can experience it and feel it. I have met so many people all over the world, they have achieved so much. I've met and spoken to thousands and thousands of people on every continent, and I realize I've only met people, only people – no Africans, no Chinese, no whites, no blacks, nothing, I've only met people. With the same worries, their fears, their hopes and all looking for peace. The most important thing is humanity. Humanity is our greatest asset. And we shouldn't gamble it away or throw it away. It's easy to destroy it, and that's a shame.

TS: Yes, and being human sounds so simple, is it ultimately that simple? Is it really that simple?

MM: It's not twofold, because you think it's not easy and then we're back and we're already building everything up again. That alone is enough. You think: "Can I do this, can't I do that." And then we're back on the hamster wheel again, and we have to prevent that. We have to let such thoughts go. "It's difficult, can I do this or only the other person?" These are nonsensical thoughts that we have to leave out completely. Then we will see: It's much easier than you think, because it's completely different to what you thought. And I only ever see what I am not, what I never was and never will be, and I also think about birth and rebirth. All of that is certainly there, but here it is completely erased. This is my last life on earth. It most definitely is, and the path is sealed and that's the way it is. And I have no idea what's to come. Why should I know what's to come when everything is already here?

TS: But the life remains, the light remains.

MM: Aliveness is there, not life, the aliveness. Why should I think now: "If I go to heaven, what comes after that?" There is no such thing as after. What has been set free is eternally free, and I don't think about this world or the hereafter, all these stories, that's absurd. Completely absurd. "I am dead, I have returned". In the end, these are unnecessary stories that lead you astray, because they certainly don't exist. Only in our narrow life and our thoughts

does all this exist. What is reborn is nothing romantic, only ignorance. The hereafter and the here and now are inside me, but why? Is there a gap somewhere between this world and the hereafter, where does it start? Now or then? Am I only there later or am I already in the now? This world and the hereafter are there now, my knowledge sticks to these stories and causes me to be born again and again because I am never clear, not liberated from all these stories. And why should I go to the afterlife if I am already there now, in this ignorance? I can't talk to the dead, they all have to be alive. The dead can't speak, so how can I be in contact with the dead? Because they are alive too. They too are trapped in space and time, in this system. That is reincarnation. Not particularly romantic, but that's the way it is. I let go of that. This world and the hereafter are just my own false understanding of real life. And there are these two forces Yin – Yang, Shiva – Shakti, Isis and Osiris, Horus. There are always two forces that are different, man – woman. We experience them in the body.

TS: Ideally, they dance with each other.

MM: Yes, and stumble, if they don't become clear, they fall down. You discover them within yourself. Both are there and at some point they find each other and merge. Shiva – Shakti, the power of Yin – Yang becomes one. Then there is no one left to think about life after death, or about this world or the hereafter. All that is gone, erased forever. Then we are at home. Because it's not romantic in the hereafter. What should be better about it? If I'm not good here, can it be good or beautiful there? Do you have to make an effort to be better off there? These are things that are certainly there, I'm not interested in any of that anymore.

TS: Beautiful. I realize something is opening up.

MM: That's important.

TS: Let's look for another quote and then you promised that we could be in silence for a bit and experience the light of all lights. Let's see what else would like to be read now: "The immensity of infinity is the silence that fills the heart of the wise. It would be wise to let go of everything that you have collected and stored in your consciousness over many years and clung to mentally and emotionally. It is not impossible to open and empty this store. It requires no conscious effort, nothing to control or push away meditatively, no mantra, no

special skills, just a mindful, alert, uncompromising gaze." What a beautiful quote at the end. How beautiful.

MM: Exactly, that's the synthesis. Thank you.

TS: Thank you very much. What a wonderful encounter. And now I'm still a little happy to be with you, with you in being.

MM: I would like to say a few more words: "A soul full of light, a heart full of love and goodness, a consciousness full of wisdom in eternal being, that is who we are, that is our existence. The Great Silence, the infinity is all of us, we are all human beings, everything lives in us and with us, let us not allow ourselves to turn away, let us be awake and clear. Thank you for watching, thank you for listening, thank you for listening. I wish you all the best from the bottom of my heart. Thank you. Stay awake and healthy. Thank you."

MM: Thank you

TS: Thank you.

MM: Thank you.

TS: Wonderful. Thank you. All the best to you. See you soon.