

## Meet Me Here

Join me here Now  
where there are no points of view.  
Slip under good and bad  
right and wrong  
worthy and unworthy  
sinner and saint.

Meet me here  
where everything is unframed  
before understanding  
and not understanding.

Meet me here  
where silence roars  
where stillness is dancing  
where the eternal is living and dying.

Meet me here  
where you are not you  
where you are It  
and It is unspeakable.

Meet me here  
where all points of view  
merge into a single point  
that then disappears.

Meet me here  
before there ever was something  
before there ever was nothing.

Meet me here  
where everything speaks of this  
where everything has  
always spoken this  
where nothing is ever lost or found.

Meet me here.

~ Adyashanti

from: **"my Secret is Silence ~  
Poetry and Sayings of ADYASHANTI"**

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~ May the contemplation of this poem help you  
be an embodiment of love...

~ May you be peaceful in your daily rhythm and  
interactions with others...

~ May you remain safe and healthy as you  
navigate troubling times.



## Gate Gate, Paragate Parasamgate, Bodhi Svaha

is a Buddhist prayer that is found at the end of  
the Heart Sutra, a teaching by Chenrezig, who is  
also known as Bodhisattva Avalokitesvara,  
the Buddha of Compassion.

**Also known as the "Heart Calming Mantra".**

This mantra can be meditated upon, chanted or  
sung and is meant to come from deep within your  
heart. It is beautiful and contains its own rhythms,  
powerful and poetic—guiding us to an experience  
of enlightenment and encouragement to let it all  
go. Its repetitive nature is meditative and calming  
and helps connect to the divine in oneself.

### **Mantra Meaning:**

It can be translated as:

"Gone, gone, gone to the other shore beyond. O  
what an awakening, all hail!"

Or a shorter, more concise translation is:

"gone beyond the beyond to enlightenment".

- **Gate, Gate (Gone)** - realization and transcending the illusion of self
- **Paragate (Gone Beyond)** - to the "further shore" of enlightenment
- **Parasamgate (Gone utterly Beyond)** - gone beyond all limitations, reaching the highest realization
- **Bodhi (Awakening/Enlightenment)** - state of awakening, ultimate knowledge and the clear light inside
- **Svaha (Hail/Blessings)** - a concluding exclamation of joy, affirmation, and well-being / "Amen"

