

The Religion of  Love

The Tao Of Now

The Teachings of Mother Rytasha

*A Child's
Story Book*

For

Adults

The Tao

Of

Now

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The Tao Of Now
A Child's Storybook for Adults

Written and Illustrated by Mother Rytasha

The Teachings of Mother Rytasha
The Angel of Bengal

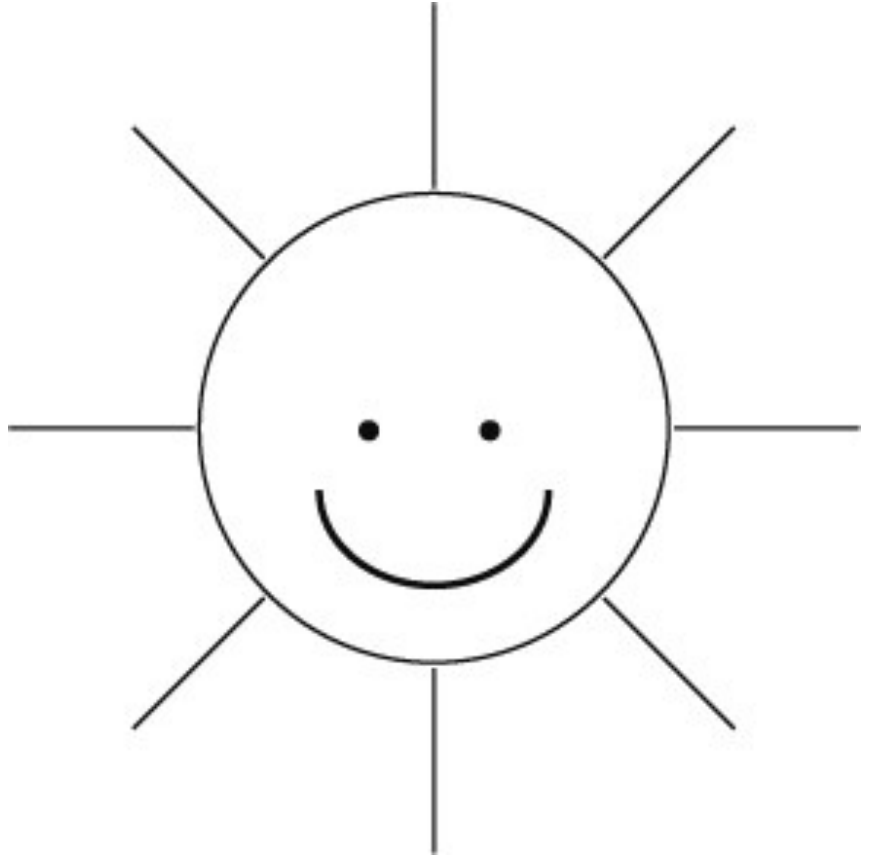
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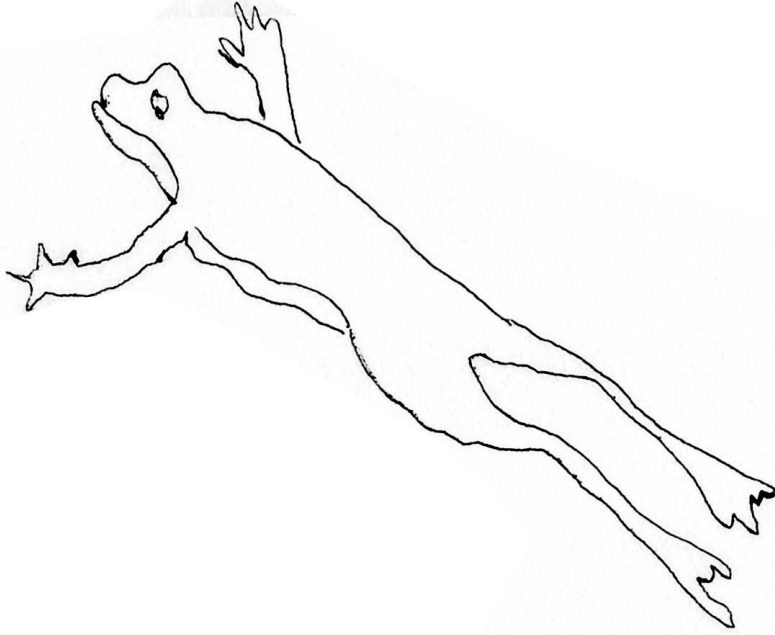
2013

The Mother Rytasha Trust

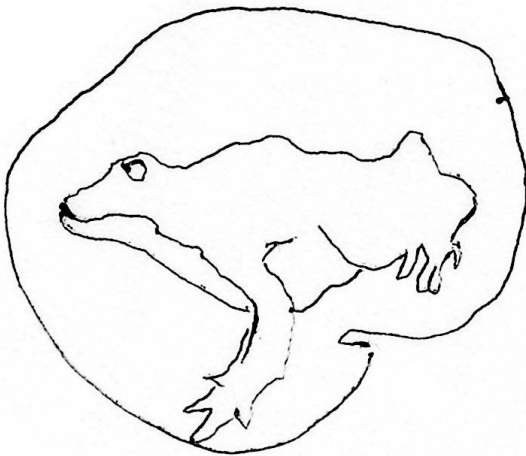
The Tao Of Now



IT WAS A BEAUTIFUL
SUMMERS DAY AT THE
POND. THE TOAD
TWINNS WERE PLAYING



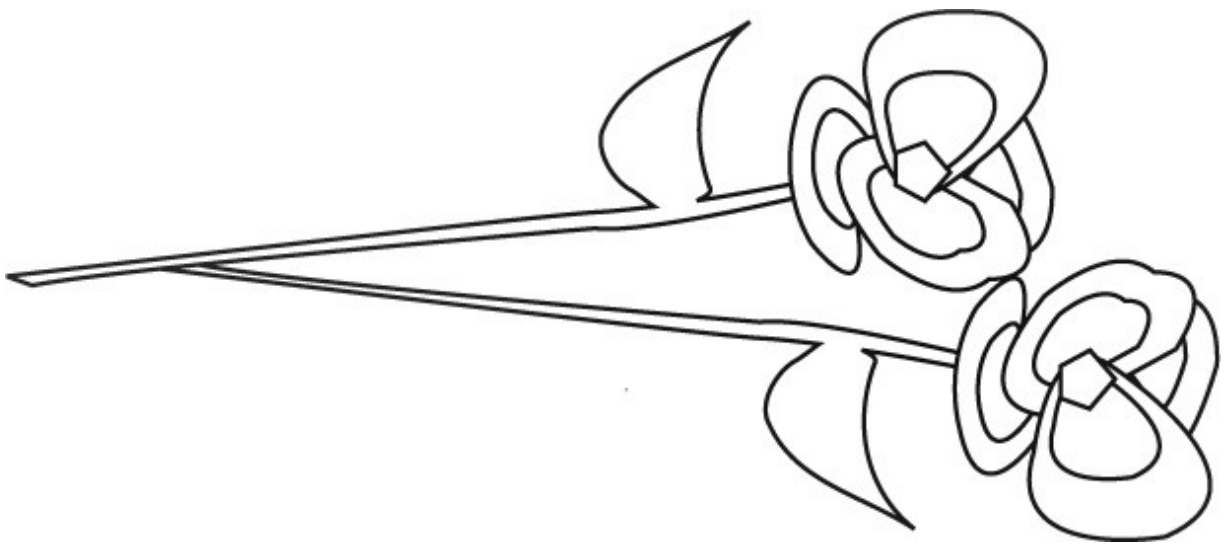
LEAPFROG, JUMPING



FROM ONE LILY PAD TO
ANOTHER

HUMBLE BUMBLE,
THE BEE, WAS BUSY
COLLECTING NECTAR
FROM THE

BRIGHTLY COLORED



FLOWERS

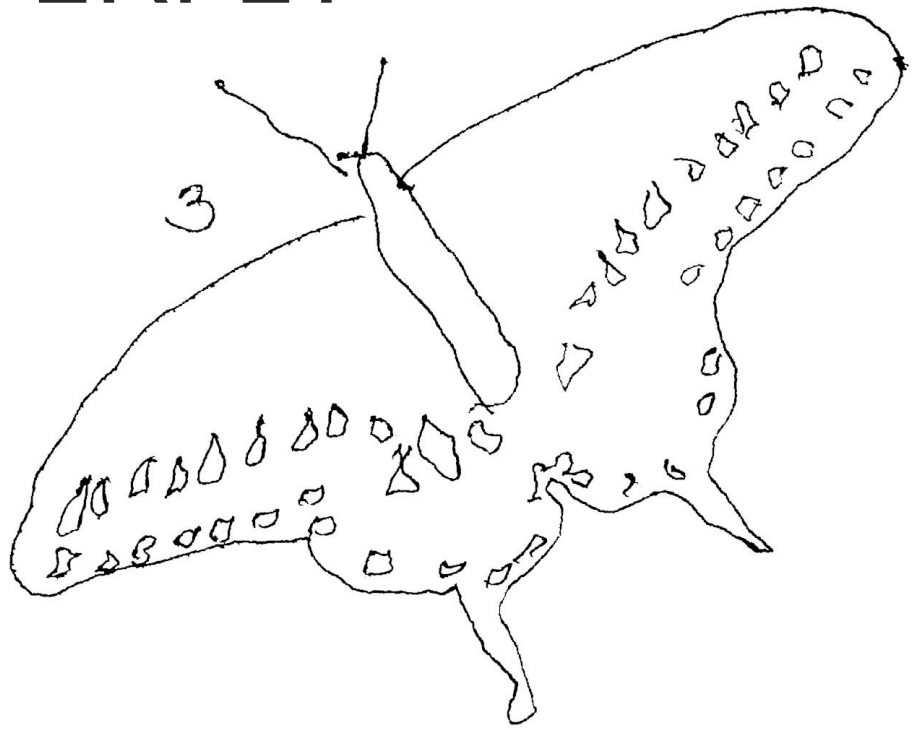
WHILE AT
THE FAR
END OF
THE
POND A
GROUP
OF
REEDS
RUSTLED
BY A



BREEZE,
WHISPERED
TOGETHER



WHILE WATCHING A BUTTERFLY

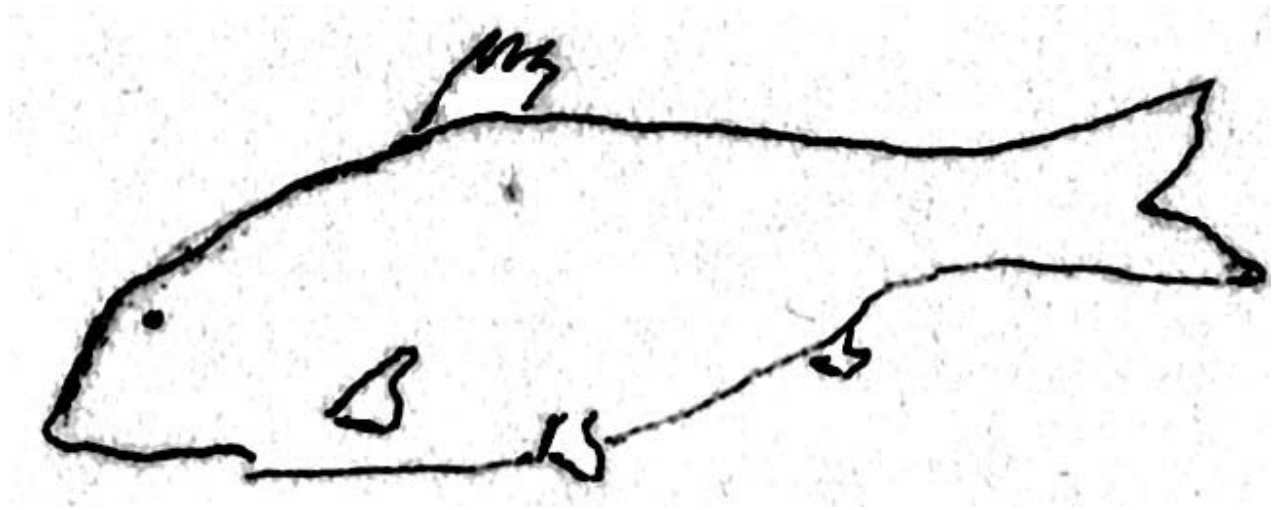


FLUTTER BY



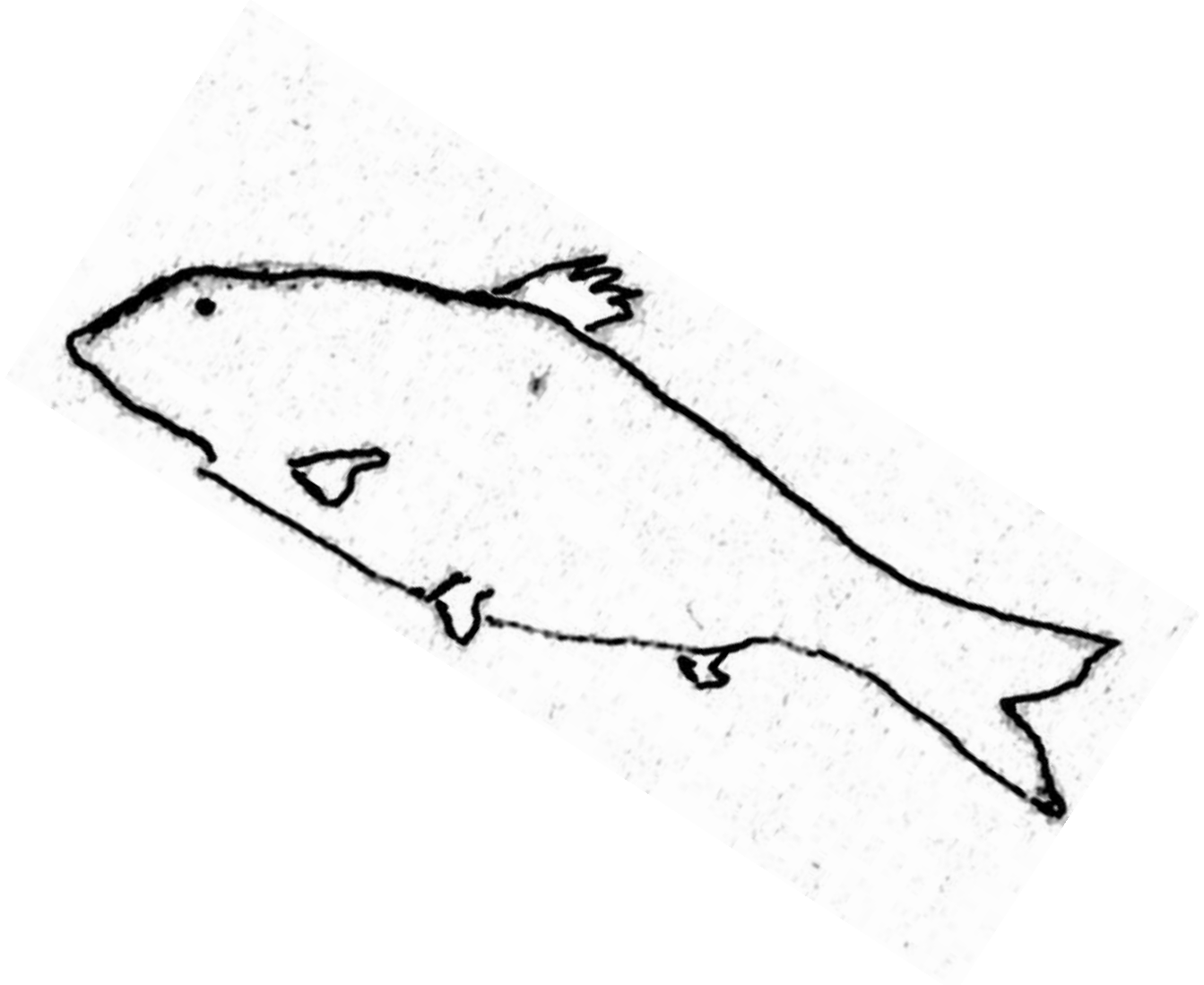
THE POND AND ITS
INHABITANTS WERE AT
PEACE.

ALL EXCEPT FISH,



WHO WAS SWIMMING IN CIRCLES AND WORRYING, AS USUAL, "WHAT IF I LOSE MY JOB. WHAT IF I LOSE MY HOME. WHAT IF I GET SICK."

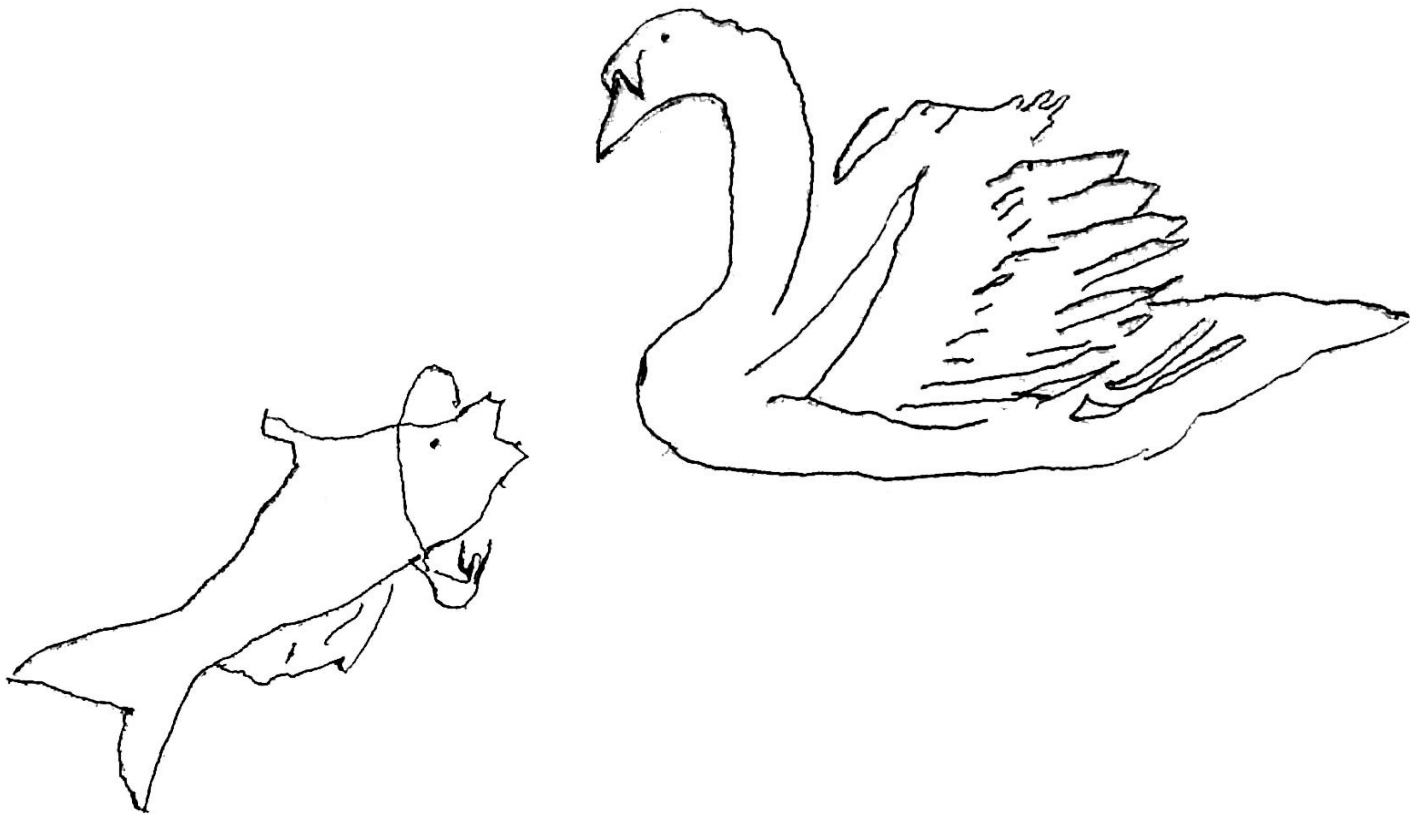
ROUND AND ROUND
SWAM FISH, AND THE
VOICE IN HIS HEAD
SAID, "WHAT IF, WHAT
IF."



ON THE 26 1/2 CIR-
CLE ROUND THE
POND, FISH BUMPED
INTO HIS GOOD
FRIEND SWAN.



"SWAN," SAID FISH,
"YOU ALWAYS SEEM SO
SERENE. DO YOU EVER
WORRY?"



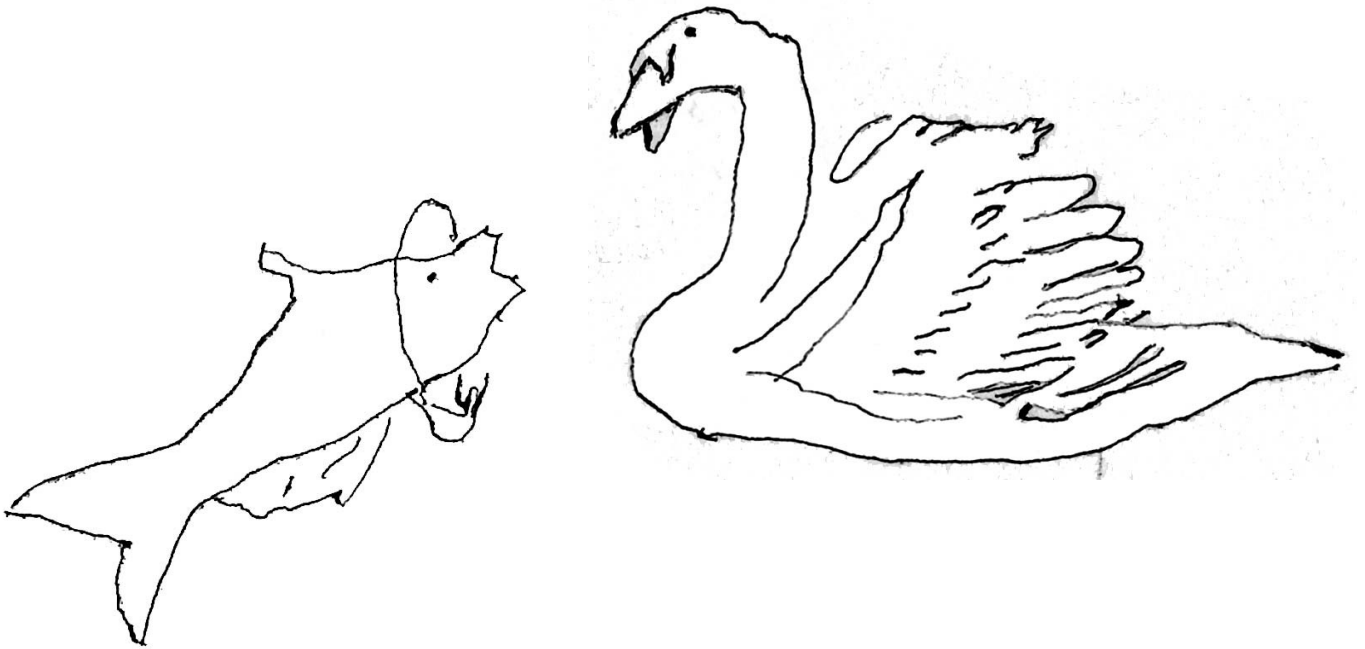
"

USED TO," SAID SWAN,



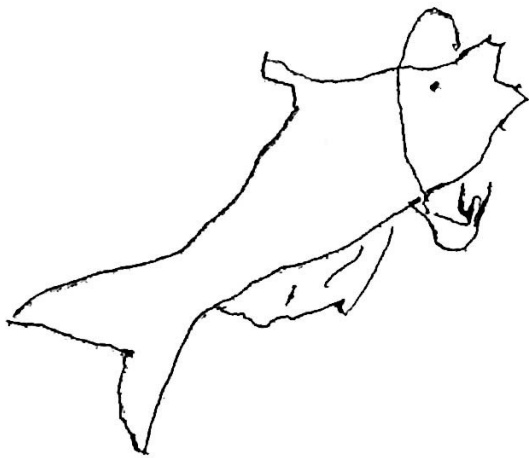
"NOW NEVER. NOT SINCE I BE-
GAN TO PRACTICE **THE TAO OF
NOW.**"

"THE WHAT?" SAID FISH.



"THE TAO OF NOW," REPEATED SWAN. "TAO RHYMES WITH NOW. AND THE WORD TAO MEANS THE WAY. SO **THE TAO OF NOW** - THE WAY OF NOW, AND NEVER WORRY ANYMORE."

"CAN YOU TEACH ME
THE TAO OF NOW?"
ASKED FISH. "WITH
PLEASURE," SAID SWAN.

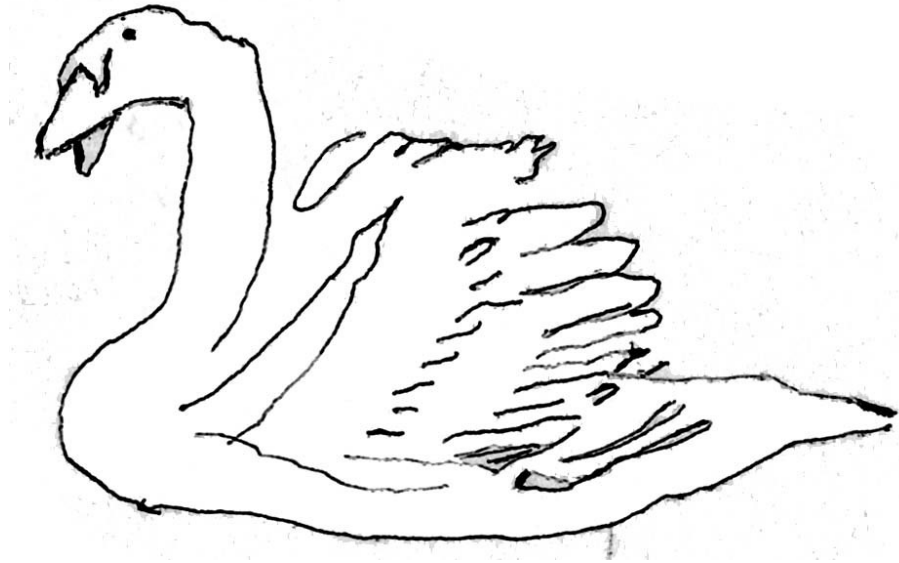


“WORRY,” BEGAN SWAN, “IS ONLY IMAGINING SOMETHING BAD WILL HAPPEN IN THE FUTURE.”



AND FISH AGREED.

NOW ASK YOURSELF,"
SAID SWAN,



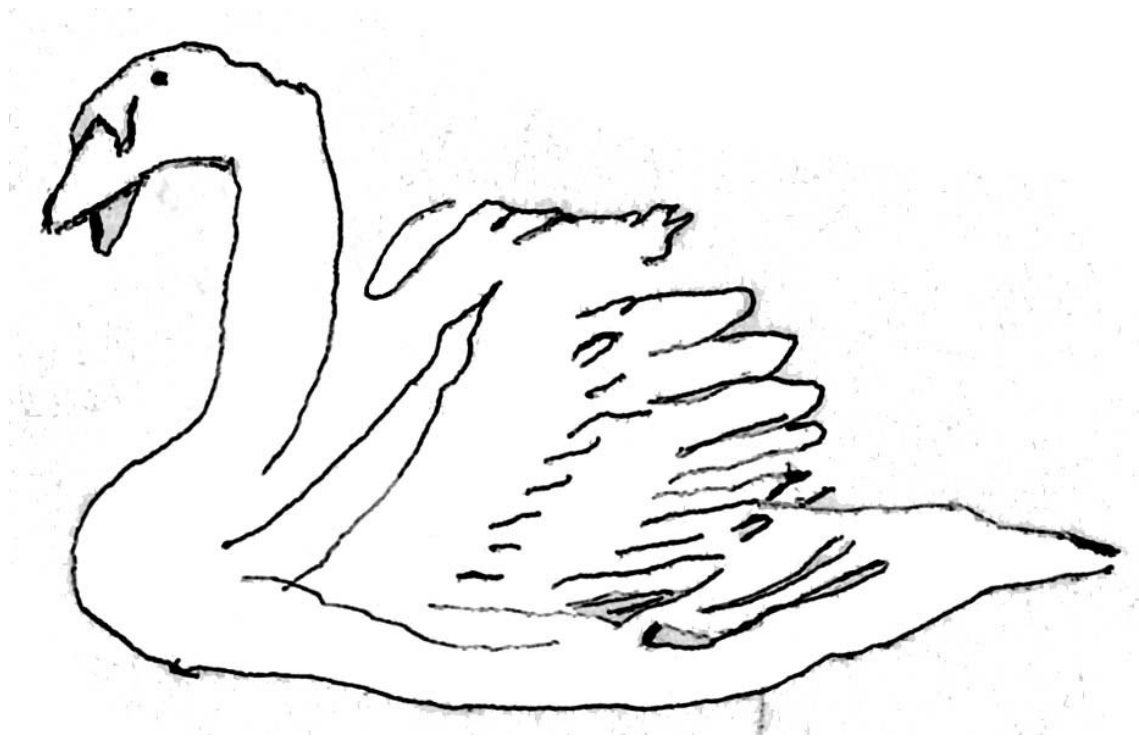
"HAS ALL YOUR WORRY-
ING MADE YOU ANY BIG-
GER, BRIGHTER, BETTER?"

"NO," ADMITTED FISH.

"AND," ASKED SWAN,
"HAVE ALL THE THINGS
YOU WORRIED WOULD
HAPPEN, HAVE THEY
ALL HAPPENED?"

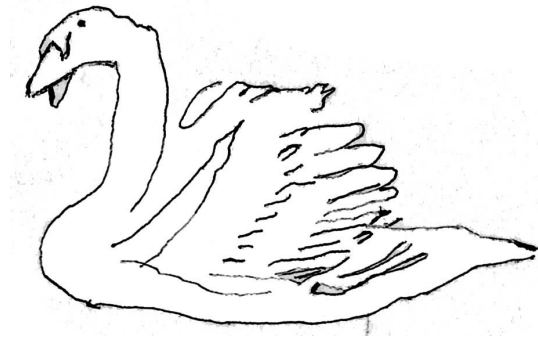
"ACTUALLY, NONE OF
THE THINGS I WORRIED
WOULD HAPPEN, HAVE
HAPPENED."

"THEN," SAID SWAN,
"THERE IS ONLY ONE
THING LEFT FOR YOU
TO DO, AND THAT IS
TO STOP BEING A LIAR."

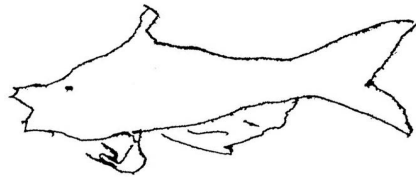


FISH WAS OFFENDED.
"SWAN!" SAID FISH, "YOU
ARE SUPPOSED TO BE MY
FRIEND, AND NOW YOU
INSULT ME!" "NO ,NO,"
SAID SWAN, "I DIDN'T
MEAN TO INSULT YOU. I
JUST WANT TO MAKE YOU
UNDERSTAND THAT
WHAT YOU HAVE BEEN
THINKING IS REAL, IS
NOT.

THE FUTURE," SAID SWAN,
"IS IT REAL?"



FISH THOUGHT HARD. "I SUP-
POSE NOT,"



SAID FISH. "IT IS ONLY SOME-
THING I IMAGINE, SOMETHING I
MAKE UP IN MY HEAD. IT REAL-
LY HASN'T EVEN
HAPPENED. SO NO," SAID FISH.
"THE FUTURE ISN'T REAL."

"RIGHT," SAID
SWAN, "THERE IS
NO SUCH THING AS
FUTURE. THERE IS
ONLY NOW. YOUR
FEAR IS ALSO IN
THE FUTURE."

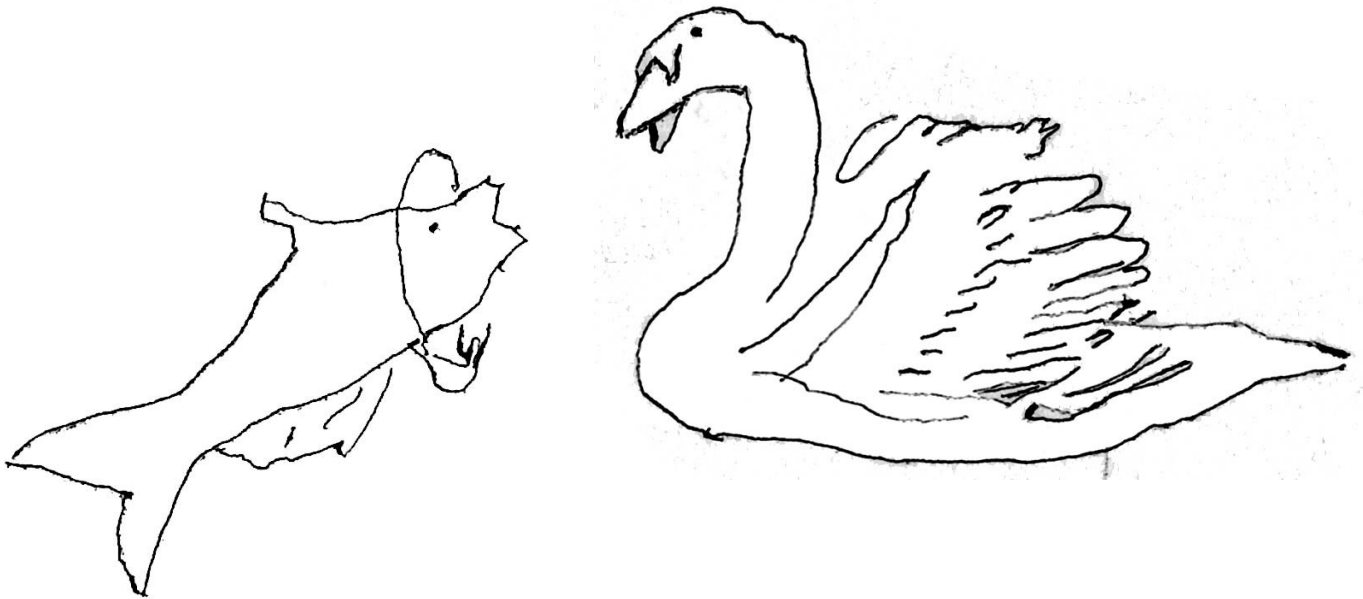
"SO," SAID FISH,
"MY FEAR ISN'T RE-
AL EITHER." "VERY
GOOD," SAID
SWAN. FISH WAS
TURNING OUT TO
BE A VERY GOOD
STUDENT.

"DO YOU HAVE ANY PROBLEM RIGHT NOW?" ASKED SWAN. "RIGHT NOW? NO." RESPONDED FISH. "AND IF YOU DID," SAID SWAN, "YOU WOULD DEAL WITH IT THE BEST YOU COULD, FOR ONLY A REAL PROBLEM, A PROBLEM IN THE NOW, CAN BE SOLVED."

"I THINK I'VE GOT IT," SAID
FISH.

**"THE FUTURE ISN'T
REAL
SO FEAR
WHICH IS
ALWAYS IN THE FUTURE
ISN'T REAL EITHER
ONLY THE NOW IS REAL.
THERE IS NO WORRYING
IN THE NOW."**

"GOOD!" AGREED SWAN.



"BUT," SAID FISH, "HOW
DO I GET AND STAY IN
THE NOW."

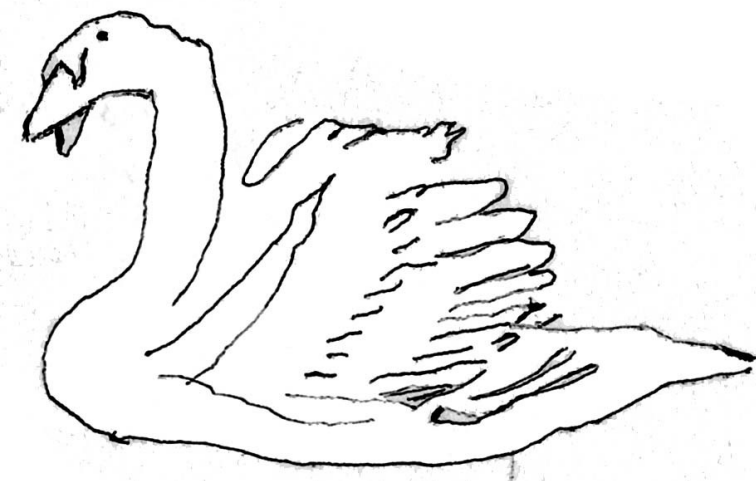
"SIMPLE," SAID SWAN,
"BUT FIRST WHAT DO
YOU USUALLY DO WHEN
YOU WORRY, SO THAT A
SCARY THOUGHT
COMES UP?" "IT MAKES
ME FEEL BAD, SO I TRY
NOT TO THINK OF IT,"
SAID FISH. "AND DOES
THAT WORK?" ASKED
SWAN.

"NO," ANSWERED
FISH, "IN FACT THE
MORE I TELL THE
VOICE IN MY HEAD
TO STOP, THE MORE
INSISTENT IT BE-
COMES. WHAT CAN I
DO TO STOP WORRY-
ING AND SCARING
MYSELF?"

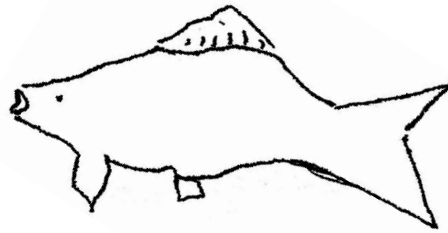
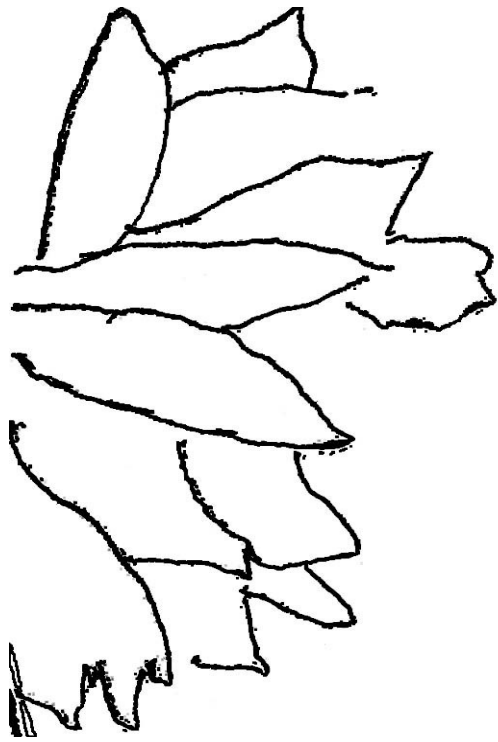
"DON'T RESIST IT, JUST LISTEN TO THE VOICE IN YOUR HEAD AND JUST OBSERVE WHAT IT IS SAYING AND JUST LISTEN TO IT. DON'T LABEL IT GOOD OR BAD JUST WATCH WHAT YOUR MIND IS DOING AND NOTICE YOURSELF WATCHING WHAT YOUR MIND IS DOING."

"AND THAT WILL WORK?" ASKED FISH. "TRY IT AND SEE," SAID SWAN. FISH DID TRY AND FOUND THAT HE WAS NOT THE VOICE IN HIS HEAD, AND THAT IT NO LONGER HAD THE POWER TO FRIGHTEN HIM, WHEN HE SEPARATED HIMSELF FROM IT BY JUST LOOKING AT IT." FISH WAS CURIOUS. "IT WORKS," SAID FISH, "BUT HOW DOES IT WORK?"

"WHEN YOU WERE A LITTLE
BABY FISH,"

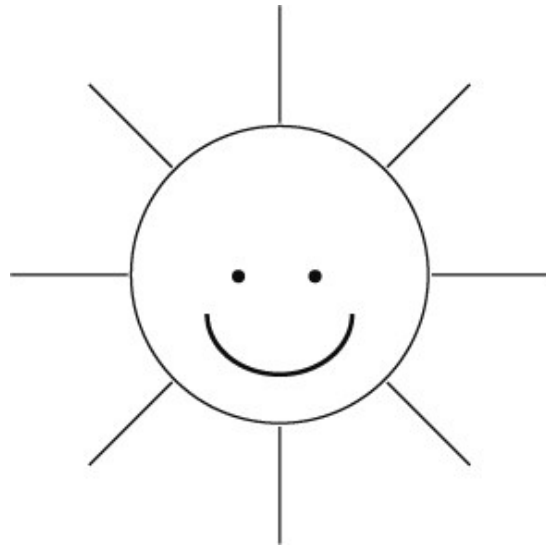


BEGAN SWAN, "ALONE
LATE AT NIGHT, DID YOU
EVER IMAGINE THERE
WAS A MONSTER IN THE
DARK?"



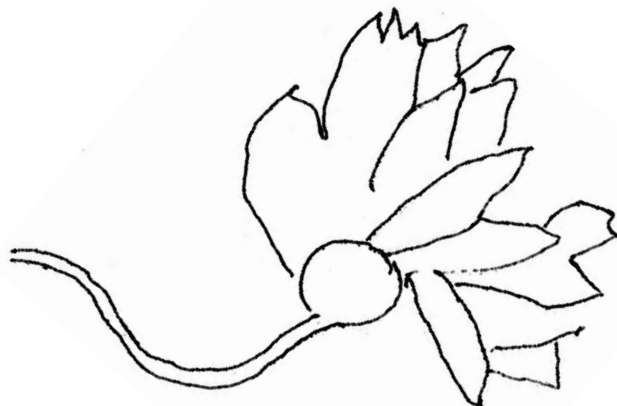
"ONCE," ANSWERED FISH,
"I THOUGHT I SAW A HOR-
RIBLE MONSTER, WITH
ROWS AND ROWS OF
SHARP TEETH, AND I WAS
AFRAID IT WAS GOING TO
EAT ME!"

"AND IN THE MORNING," ASKED
SWAN,

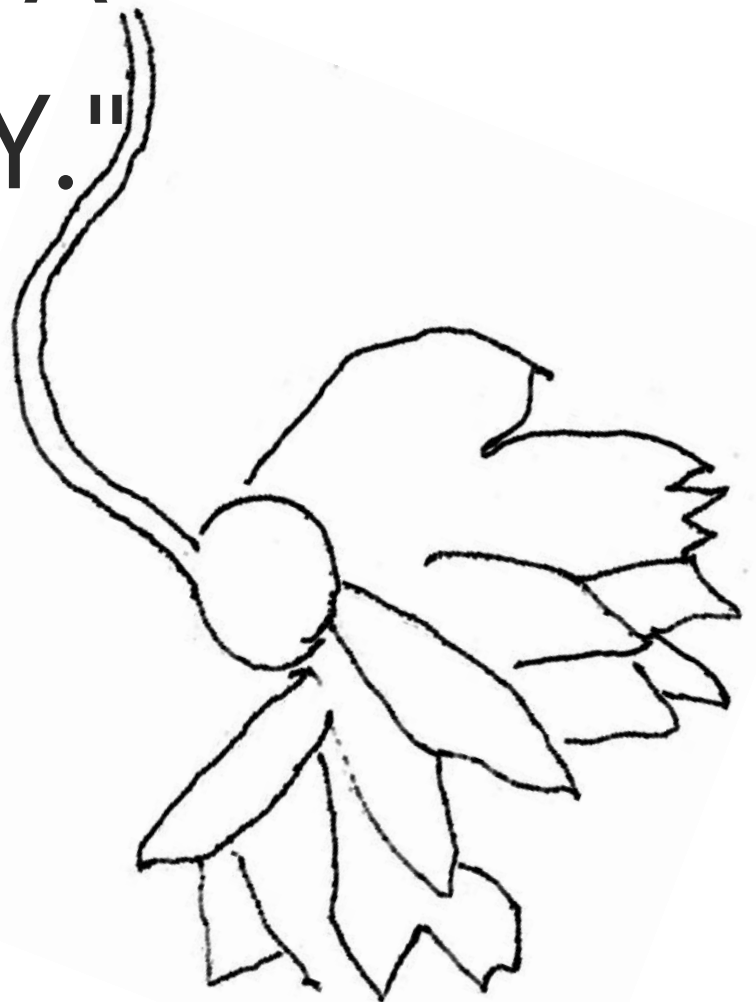


"WHEN THE SUN ROSE, AND THE
LIGHT SHONE BRIGHTLY, WHAT
WAS YOUR MONSTER?"

"A FLOWER!" LAUGHED FISH.

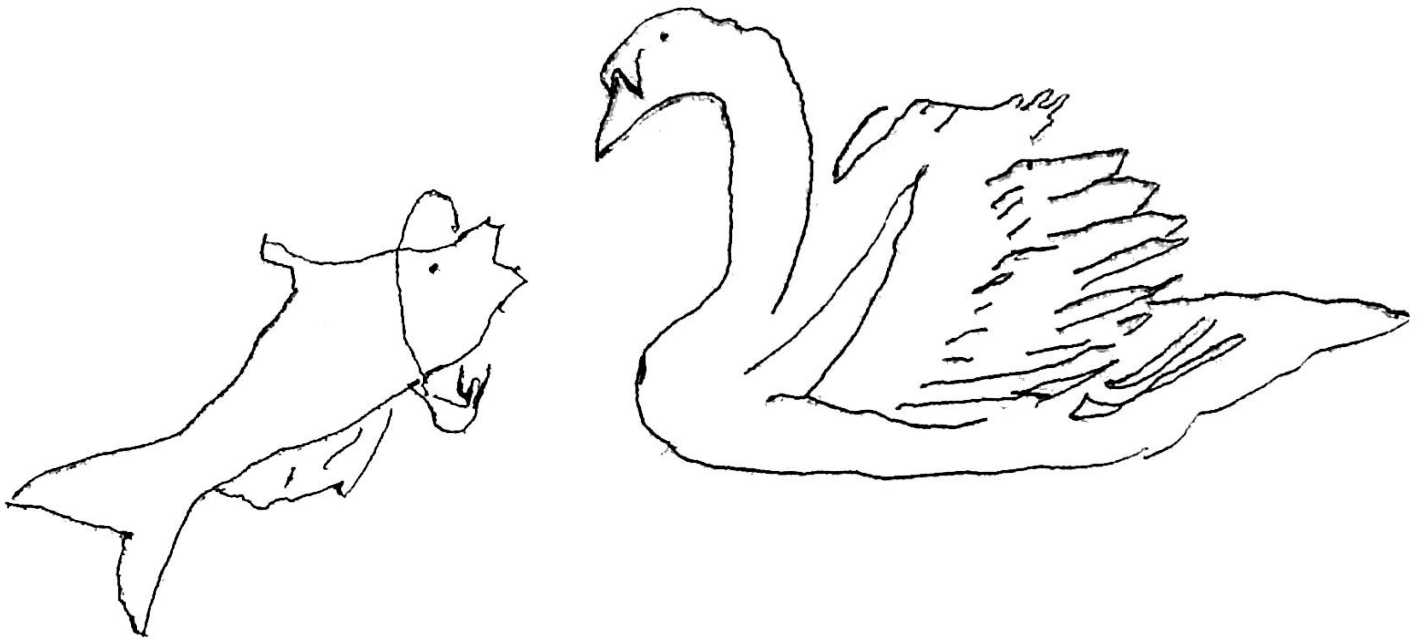


"AND WHAT I
THOUGHT WERE ROWS
AND ROWS OF SHARP
TEETH WERE ONLY THE
PETALS OF A
WATER LILY."



"SO," SAID SWAN, "WHEN YOU OBSERVE YOUR THOUGHTS, IT IS JUST LIKE TURNING ON A BRIGHT LIGHT SO THAT YOU CAN SEE WHAT IS REAL AND WHAT IS NOT. YOU WILL SEE WHAT IS IMAGINATION AND WHAT IS REAL. AND BY DOING THIS YOU ARE TAKEN INTO THE REAL."

"THE NOW,"

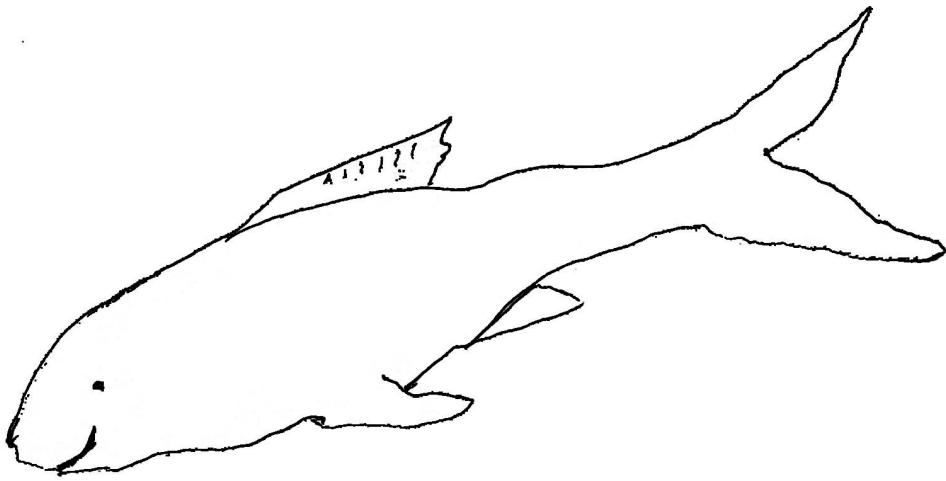


FINISHED FISH.

SO FISH BEGAN TO TRY
TO PRACTICE **THE TAO**
OF NOW, AND DO WHAT
SWAN HAD TAUGHT
HIM; TO JUST OBSERVE
HIS THOUGHTS. NOT TO
LABEL IT GOOD OR BAD,
AND OBSERVE HIMSELF
AS THE ONE WHO IS OB-
SERVING THE THOUGHT.

AT FIRST IT WASN'T
EASY FOR
FISH, BUT FISH KEPT
TRYING. AND LITTLE BY
LITTLE SCARY
THOUGHTS NO LONGER
HAD ANY POWER TO
SCARE HIM.

FISH WAS HAPPY.

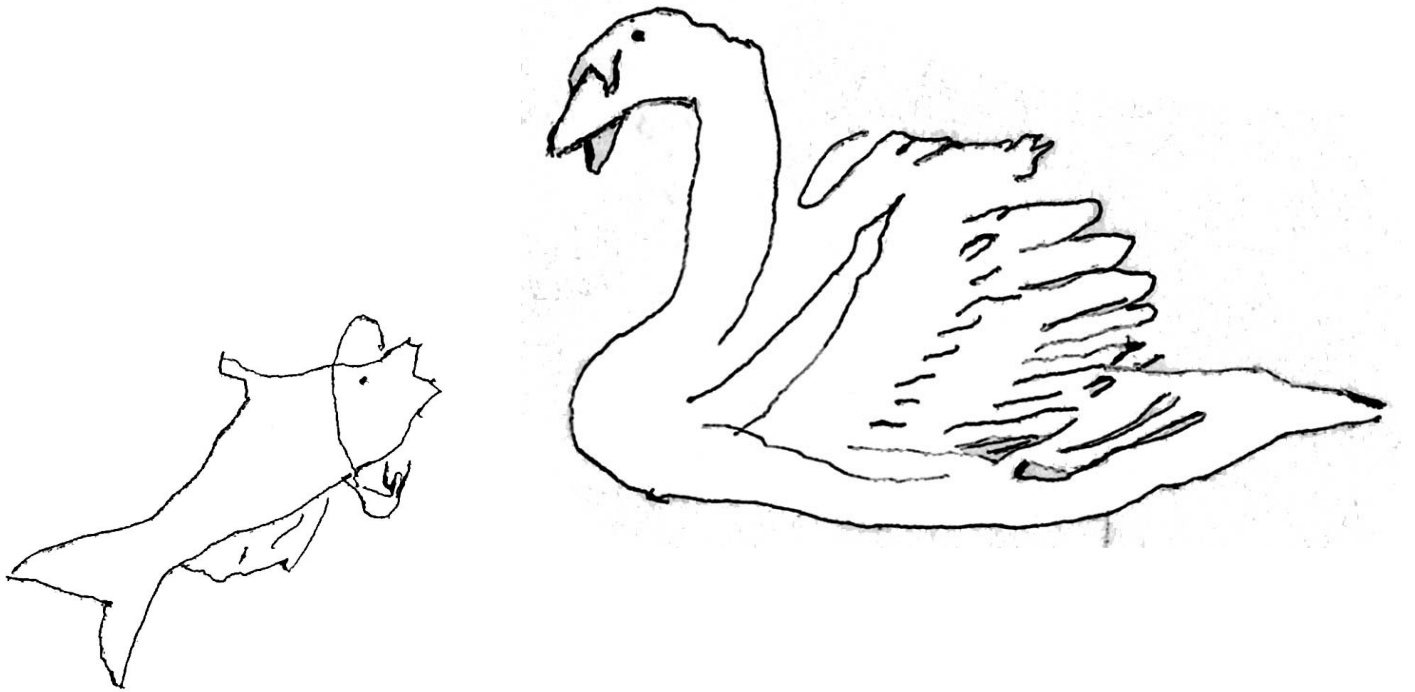


FISH STOPPED SWIMMING IN CIRCLES. NOW FISH LEAPT OUT OF THE WATER DOING BACK FLIPS.

THE NEXT TIME FISH SAW SWAN HE SWAM RIGHT OVER.

. "HOW CAN I EVER THANK YOU?" SAID FISH. "**LOVE,**" SAID SWAN. "LOVE?" SAID FISH. "**LOVE,**" SAID SWAN, "**ISN'T ABOUT GIVING OTHERS THINGS. IT'S ABOUT GETTING OTHERS FREE. FREE FROM SUFFERING.**" SAID SWAN. "YOU GOT FREE. NOW DO THE SAME FOR OTHERS." "HOW DO I FREE OTHERS?" ASKED FISH.

**"LIVE IT AND GIVE IT,"
SAID SWAN,**



"LIVE IT, AND GIVE IT."



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Mother Rytasha

Written and Illustrated

By

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