

*The Religion of  Love*

The Tao Of Now

*The Teachings of Mother Rytasha*

*A Child's  
Story Book*

*For*

*Adults*

*The Tao*

*Of*

*Now*

*A Child's  
Story Book  
For  
Adults*

*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*

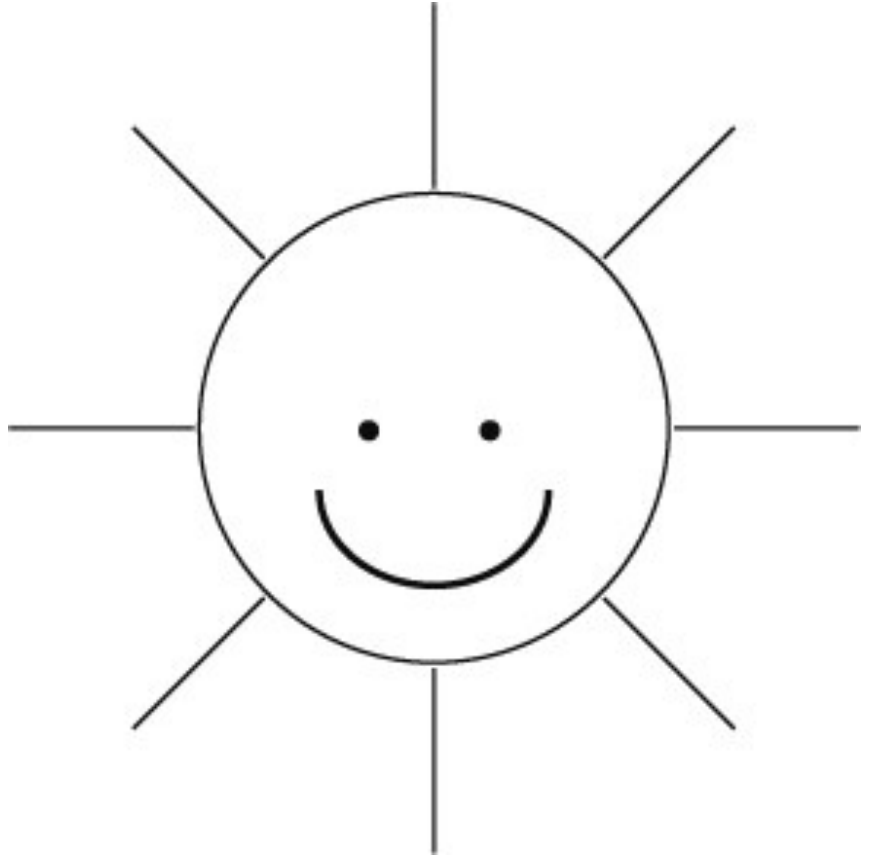
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*by*  
*Razzaque Khan*

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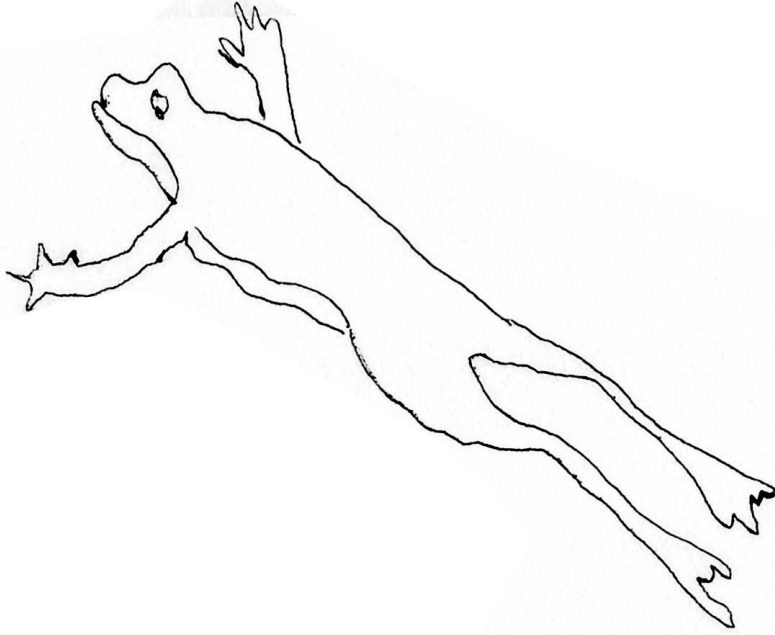
*2013*

*The Mother Rytasha Trust*

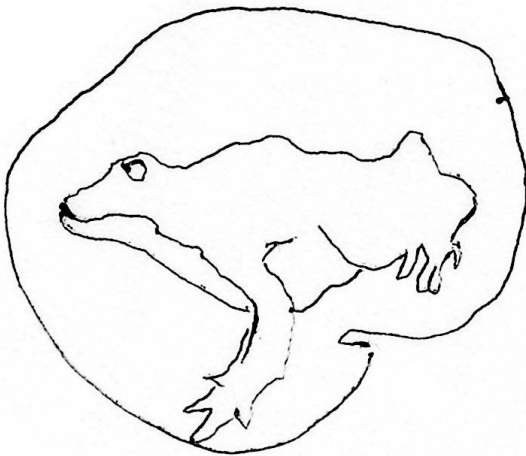
# *The Tao Of Now*



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



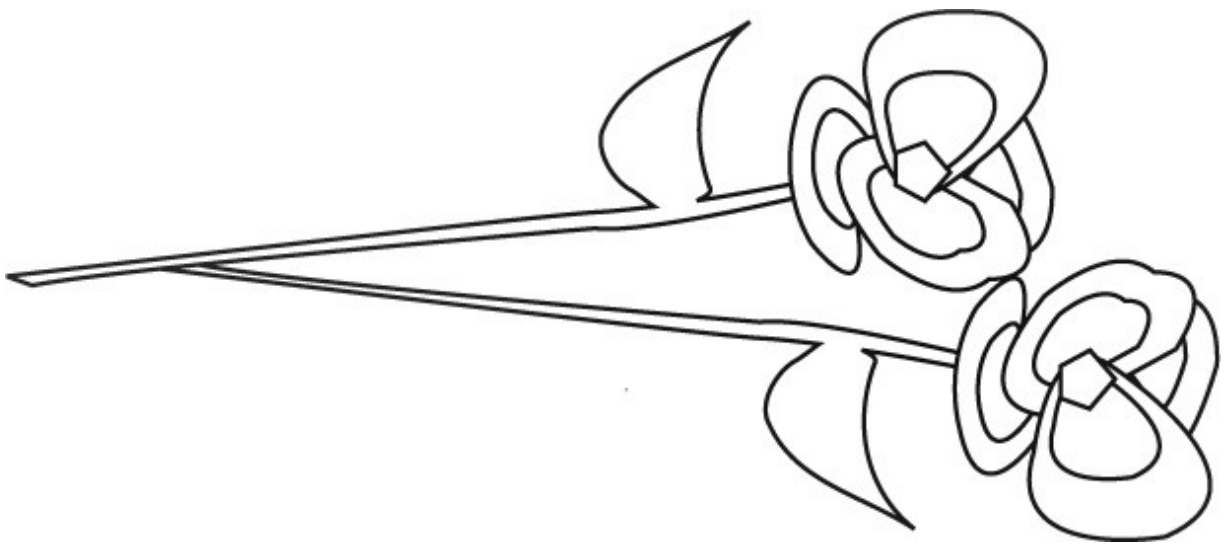
LEAPFROG, JUMPING



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

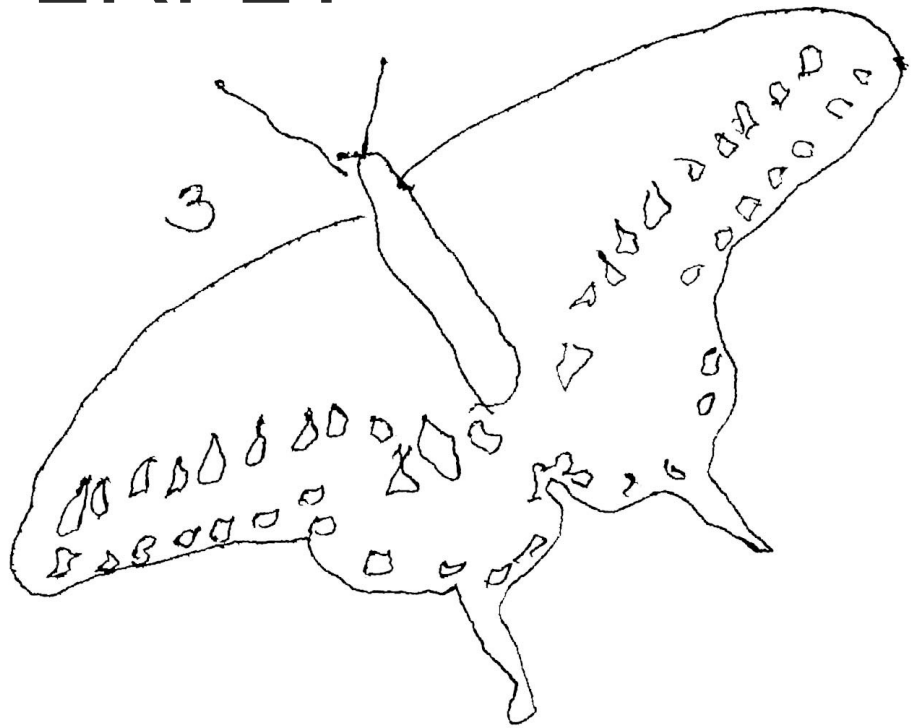




BREEZE,  
WHISPERED  
TOGETHER



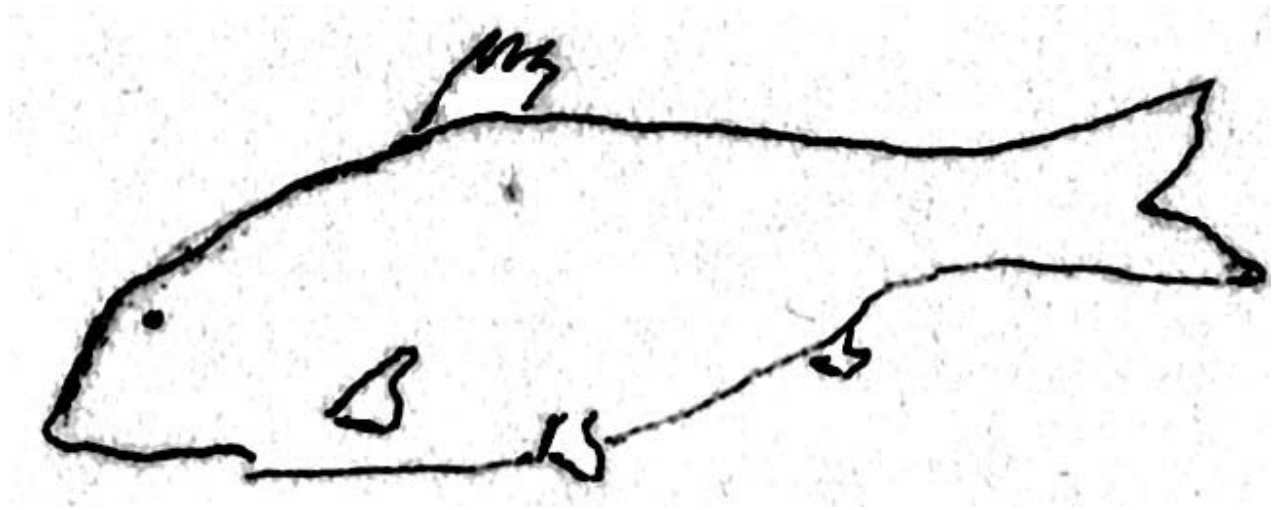
# WHILE WATCHING A BUTTERFLY



FLUTTER BY

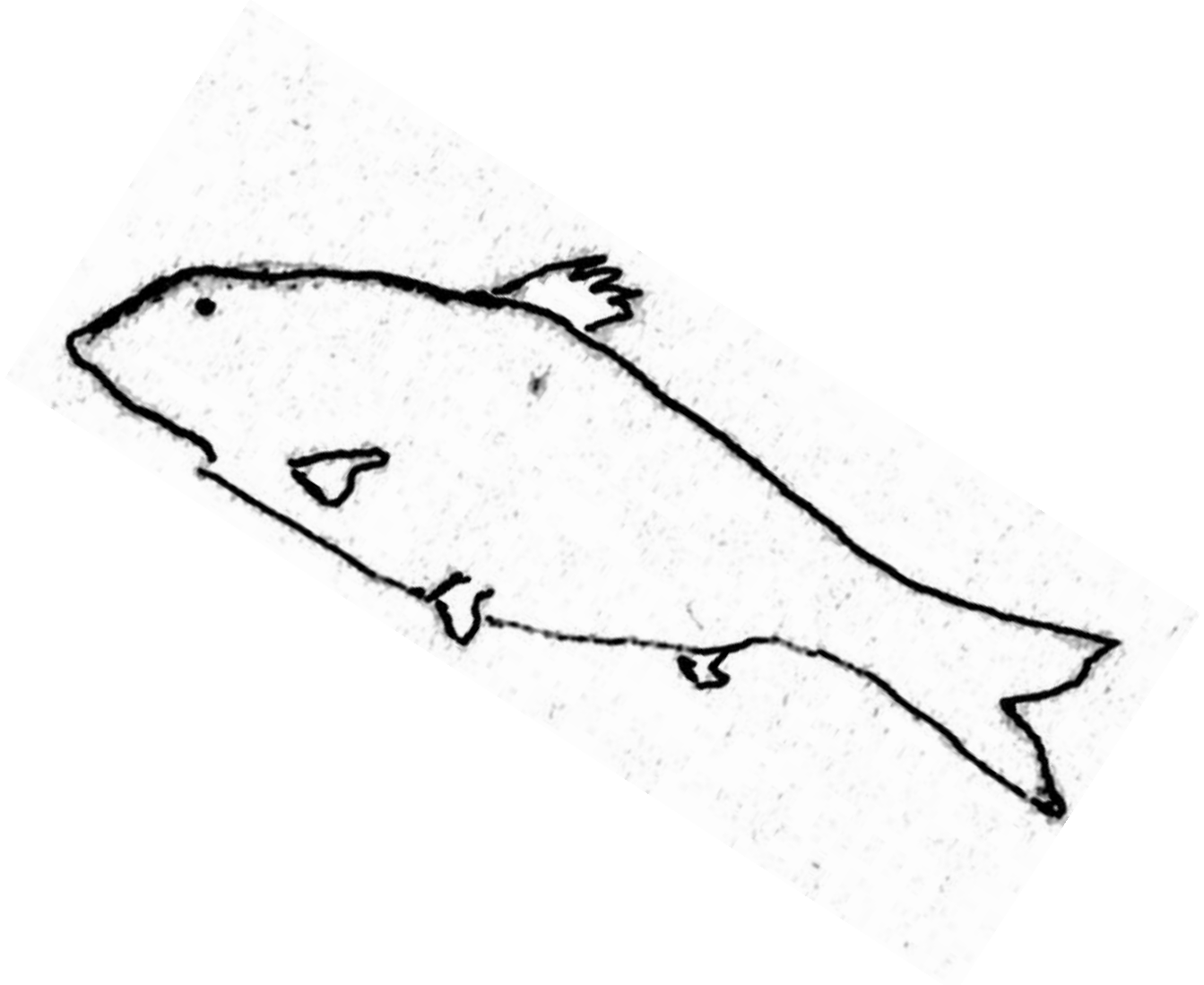
THE POND AND ITS  
INHABITANTS WERE AT  
PEACE.

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."

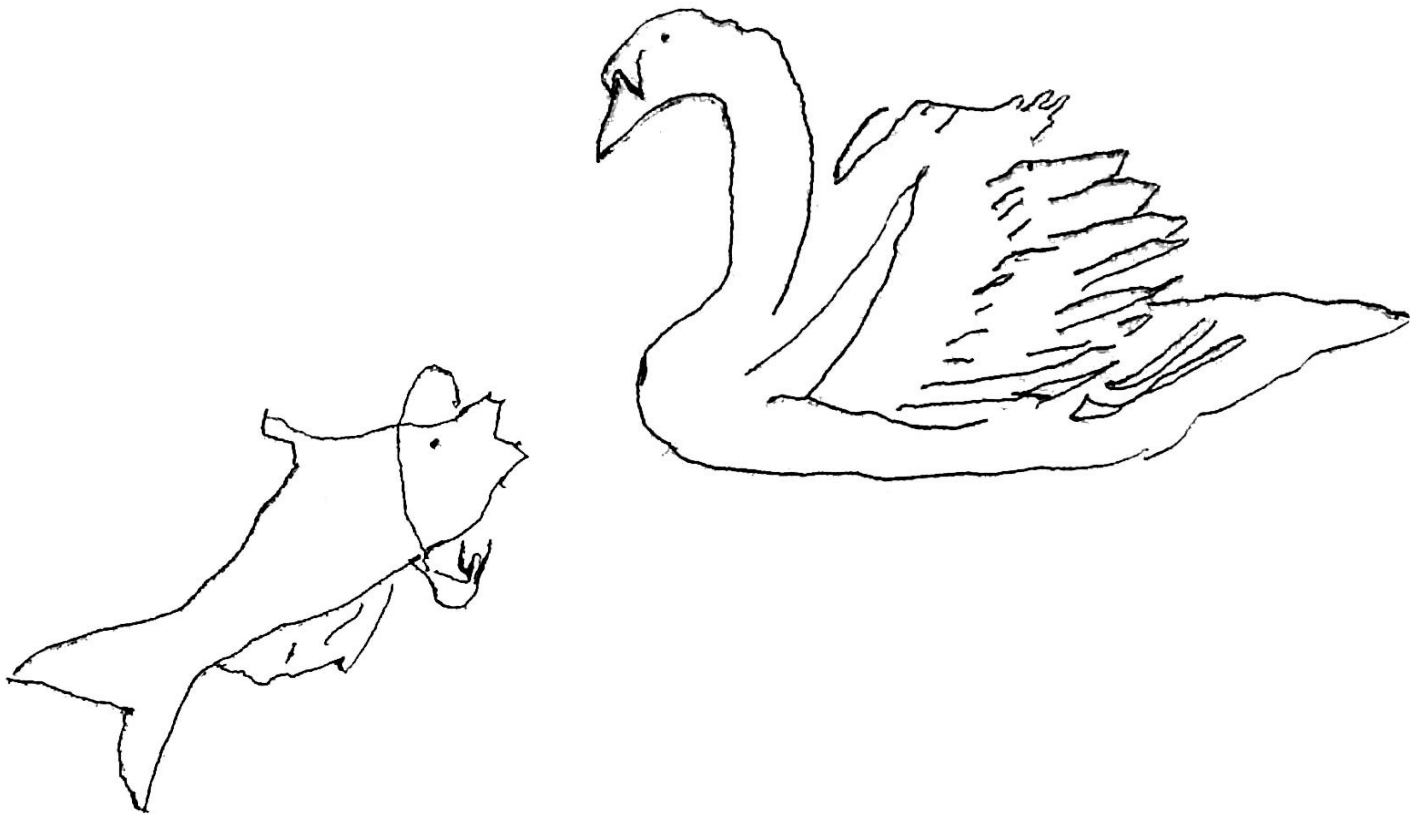
ROUND AND ROUND  
SWAM FISH, AND THE  
VOICE IN HIS HEAD  
SAID, "WHAT IF, WHAT  
IF."



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?"



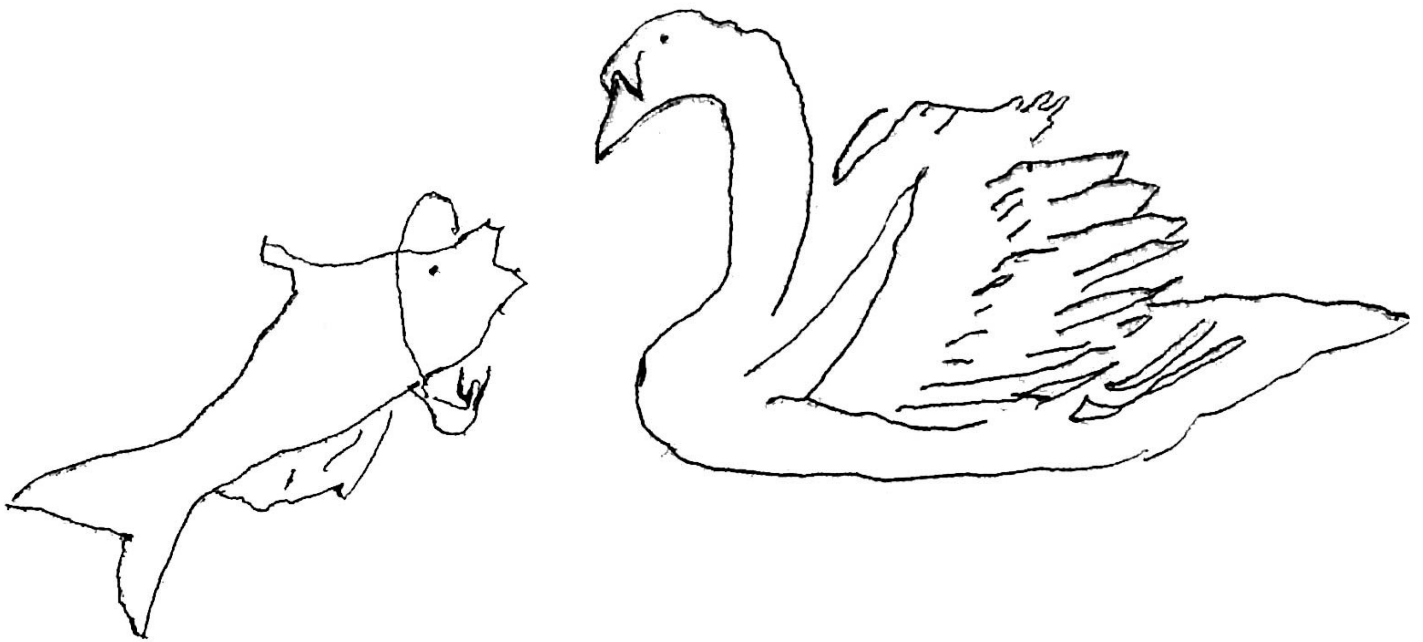
"  
USED TO," SAID SWAN,



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

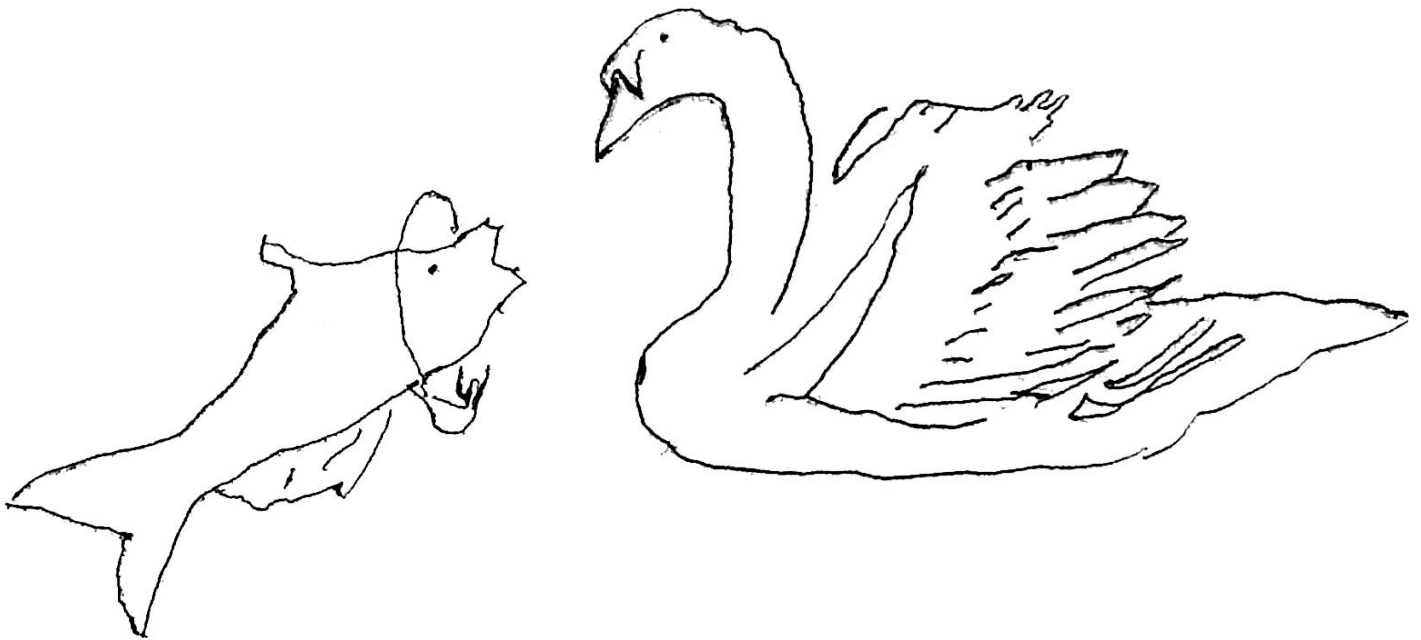


"THE WHAT?" SAID FISH.

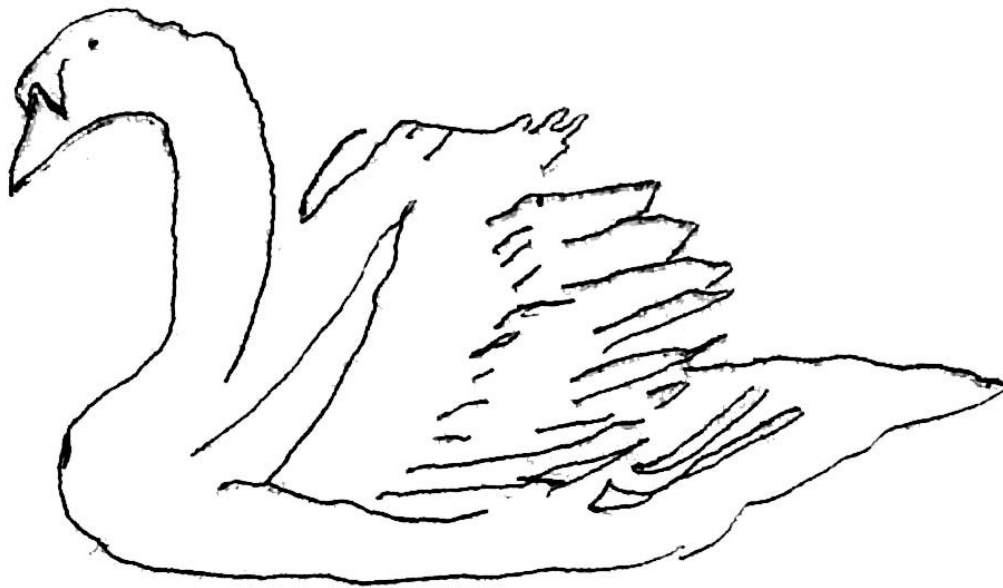


**"THE TAO OF NOW,"** REPEATED SWAN. "TAO RIMES WITH NOW. AND THE WORD TAO MEANS THE WAY. SO **THE TAO OF NOW** - THE WAY OF NOW, AND NEVER WORRY ANYMORE."

"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."

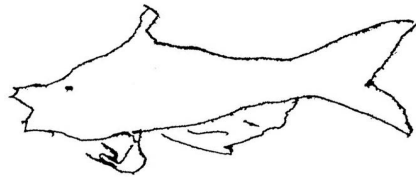


FISH WAS OFFENDED.  
"SWAN!" SAID FISH, "YOU  
ARE SUPPOSED TO BE MY  
FRIEND, AND NOW YOU  
INSULT ME!" "NO ,NO,"  
SAID SWAN, "I DIDN'T  
MEAN TO INSULT YOU. I  
JUST WANT TO MAKE YOU  
UNDERSTAND THAT  
WHAT YOU HAVE BEEN  
THINKING IS REAL, IS  
NOT.

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."

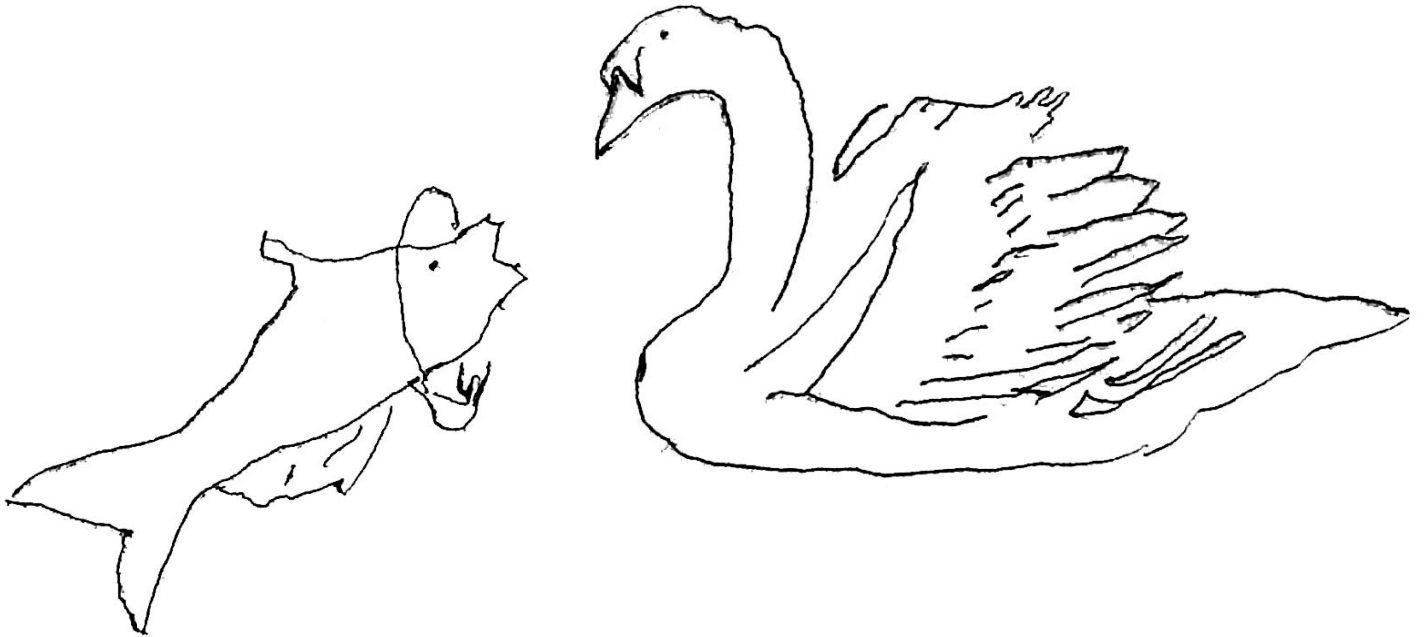
"SO," SAID FISH,  
"MY FEAR ISN'T RE-  
AL EITHER." "VERY  
GOOD," SAID  
SWAN. FISH WAS  
TURNING OUT TO  
BE A VERY GOOD  
STUDENT.

"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."

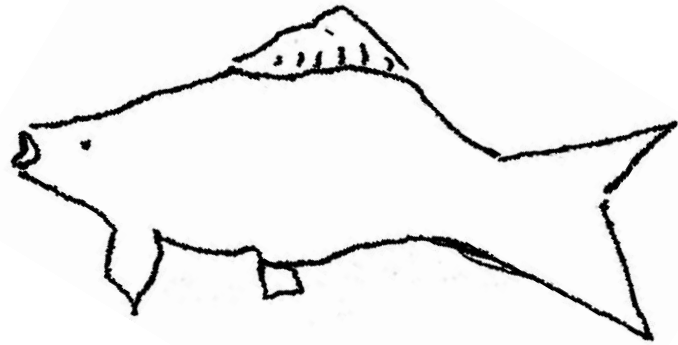
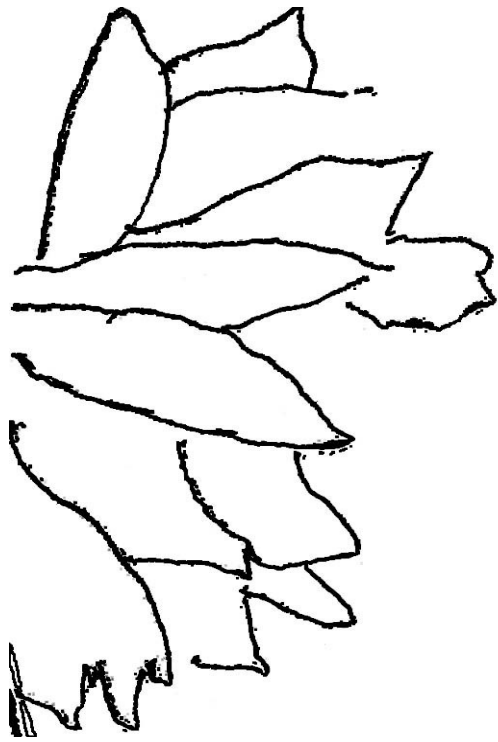


"AND THAT WILL WORK?" ASKED FISH. "TRY IT AND SEE," SAID SWAN. FISH DID TRY AND FOUND THAT HE WAS NOT THE VOICE IN HIS HEAD, AND THAT IT NO LONGER HAD THE POWER TO FRIGHTEN HIM, WHEN HE SEPARATED HIMSELF FROM IT BY JUST LOOKING AT IT." FISH WAS CURIOUS. "IT WORKS," SAID FISH, "BUT HOW DOES IT WORK?"

"WHEN YOU WERE A LITTLE  
BABY FISH,"

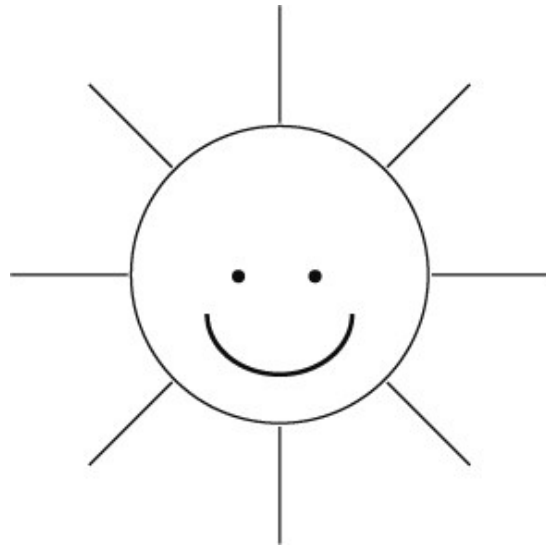


BEGAN SWAN, "ALONE  
LATE AT NIGHT, DID YOU  
EVER IMAGINE THERE  
WAS A MONSTER IN THE  
DARK?"



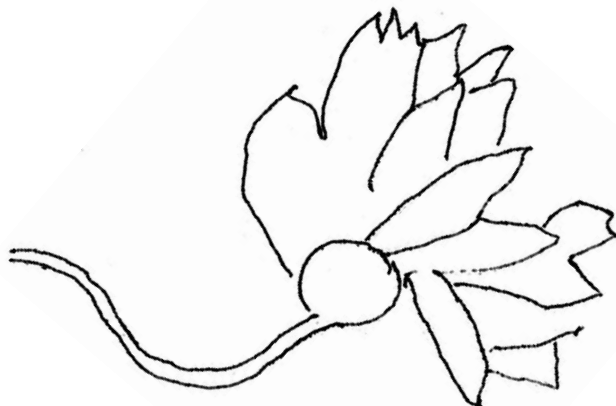
"ONCE," ANSWERED FISH,  
"I THOUGHT I SAW A HOR-  
RIBLE MONSTER, WITH  
ROWS AND ROWS OF  
SHARP TEETH, AND I WAS  
AFRAID IT WAS GOING TO  
EAT ME!"

"AND IN THE MORNING," ASKED  
SWAN,

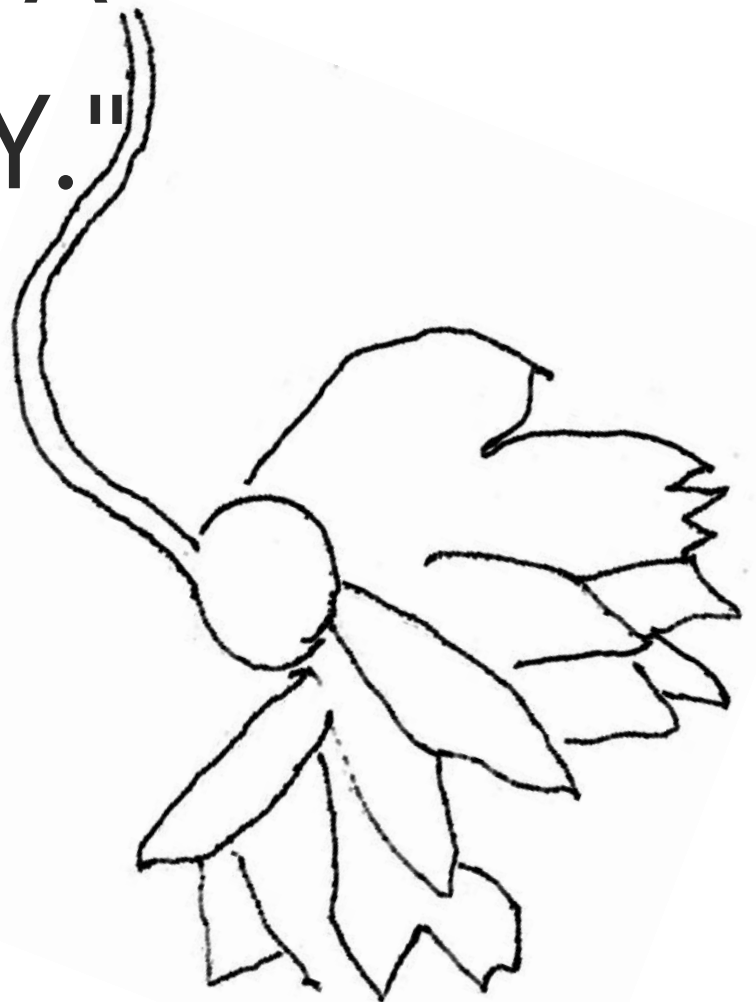


"WHEN THE SUN ROSE, AND THE  
LIGHT SHONE BRIGHTLY, WHAT  
WAS YOUR MONSTER?"

"A FLOWER!" LAUGHED FISH.

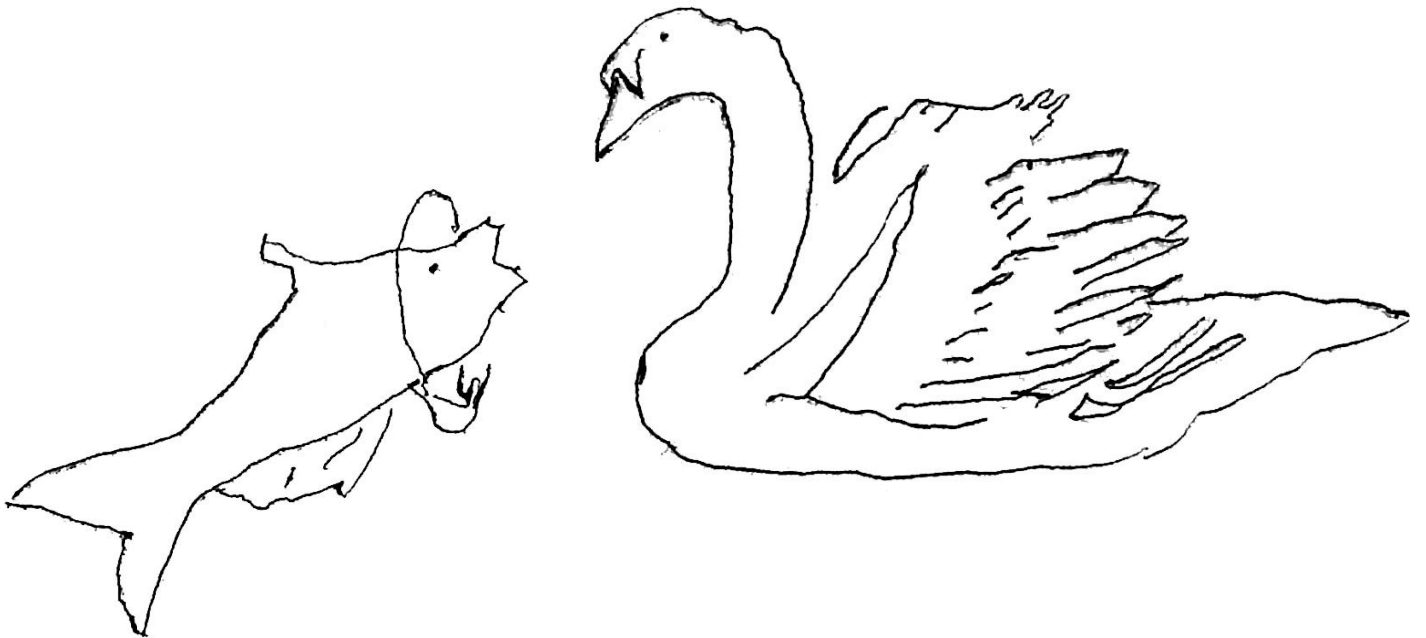


"AND WHAT I  
THOUGHT WERE ROWS  
AND ROWS OF SHARP  
TEETH WERE ONLY THE  
PETALS OF A  
WATER LILY."



"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,"



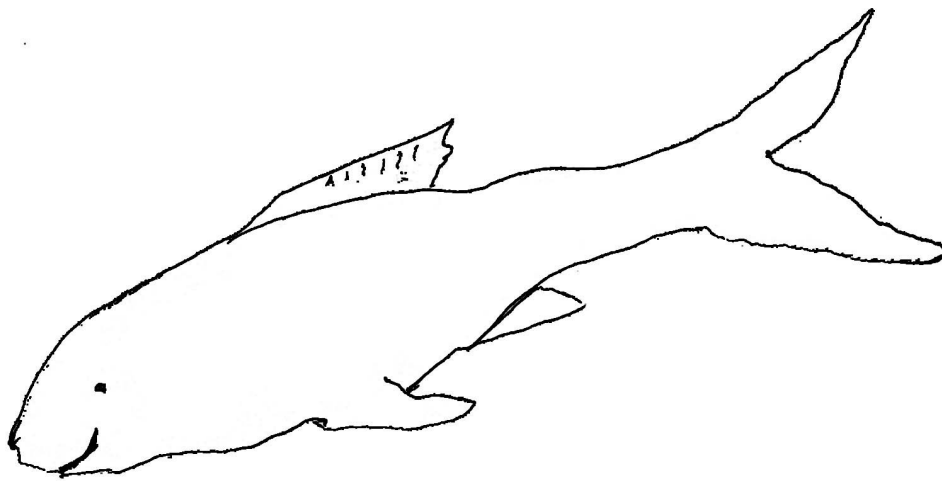
FINISHED FISH.

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.

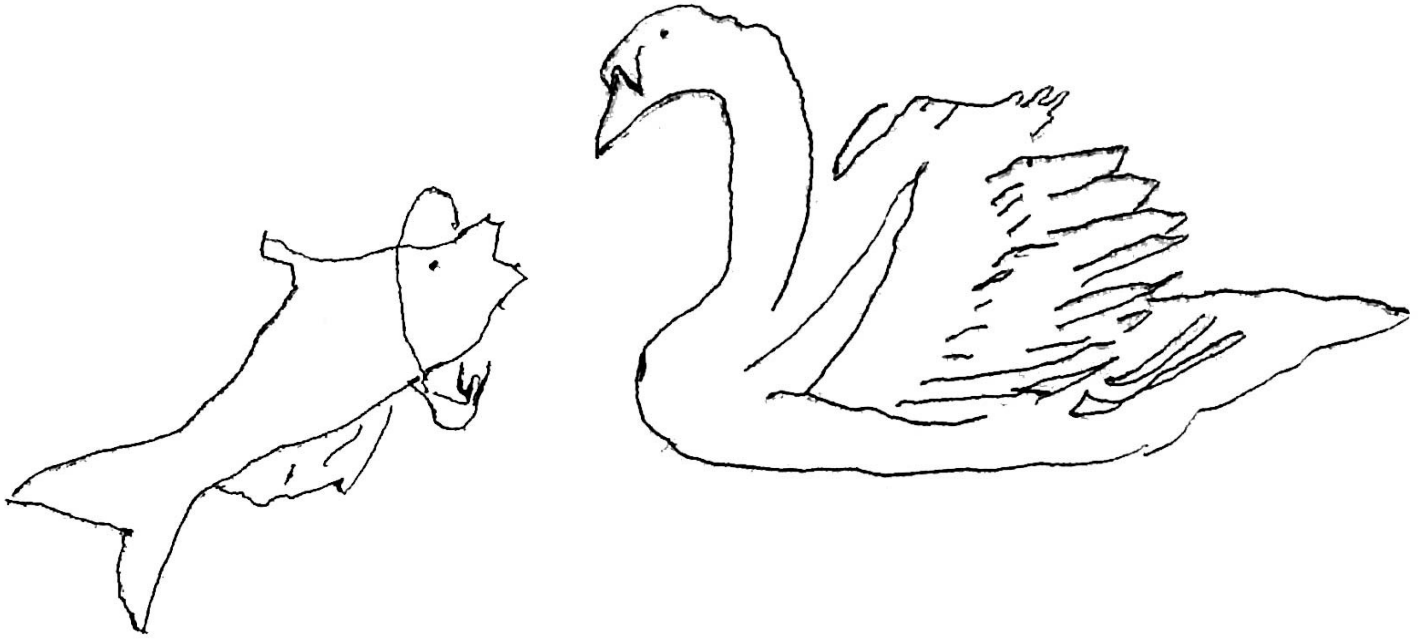


FISH STOPPED SWIMMING IN CIRCLES. NOW FISH LEAPT OUT OF THE WATER DOING BACK FLIPS.

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."**





# The Tao Of Now



*Mother Rytasha*

*Written and Illustrated*

*By*

*Mother Rytasha*

