

The invitation of the Garden of Nâm

By Yoginâm

The way of Nâm is learning how to Affirm
That is its method; its yoga

Life is as it is, the dreams that we have
Originate in that life, the dreams
Are the direction, ever more never enough
Everything has to change
Everything in progress
And we are the slaves of these dreams

One such dream is the one of optimal living
I want to grow, open and become enlightened
I want to realise my goals, my wisdom
All these are the obstruction that binds you
In the vicious circle of 'I/World'
And its programmes

It is a powerful impulse when you introduce
Consciously the notion of Affirmation
Whatever our opinion about it may be
The life situation in which you find yourself
Is as it is and it is not different
There is no need for a judgement

The worst suffering is the self pity
In difficult or adverse situations
They are nevertheless in Cause and Consequence
Indeed it is the Task of Human Living
To transform resonance of suffering
Into a resonance of attunement

This is an attunement that corresponds
With what is, at this cosmic instant

We are of Abbah, an unknowable infinity
It is like cosmic resonance of which
We, with human living, are a range
We became, when in the Permanence
Of resonance as Abbah, Impermanence
Emerged as a developing 'I/World'
In which an outer World of phenomena
Reflects in an inner sense of I

All of 'I/World' is resonance that resonates
In various ways as Siweb, that we
Within the parameters of human living
Consider as the life that we are living
This very living is the Responsibility
That we acquired by being born
This is the Responsibility to attune
All of its aspects as best as possible
To the Permanence in which it originates

Every instant of living is cosmic
Every act, thought, emotion and belief
Lives infinitely in infinite resonance
It does not disappear, every moment is eternal

Of course being of Impermanence
We cannot imagine what this Abbah is
We can only Affirm that we cannot imagine
And that it is the very fact that we cannot imagine it
Which grants it its value
When the Affirming is deep enough it becomes a magnet

Affirming in a full sense is not
As a mere rational opinion
When it is all involving, consciously and unconsciously
It becomes a channel through which, that
What represents what is unknowable
Flows towards the impermanent 'I/World'
Whereby this 'I/World' assumes
Aspects of Permanence

This is not a philosophy, not a construction
It is living substance of infinite resonance
It is very real and as soon as you reach
An openness by means of affirming
It starts to communicate in a very real sense

The spiritual endeavour which is nothing other
Than performing the Task of Human Living
In other words the niche of its living
Is not something outside this world
Hidden within rituals or obscure texts
It is within the world of the phenomena
Whatever dream that we may have
Or belief or inspiration is of this world

But

There is a material rose and within that
There is an appreciation of its beauty
And within that is the realisation
That is represents Beauty
That is there for you to appreciate
And within that there are moments
In which, through it, Abbah expresses in you
In order for you to find its direction

The state of Affirmation is the state of paradise
The Garden of Nâm is the garden of paradise
This means it has been my intention
To infuse the place with what may speak to you
So that in its harmonious simplicity
You may find that what is hidden within
With that, and do not forget
That the finding of the within
Are finding of what is within you

Living some days of reflection in such an environment
Observing the silence and allow meditation
Has a healing effect in which anxieties and stress
May dissolve in a recognition of Affirmation
It is a beautiful moment when affirming descends deeper
And What is becomes attuned to its deeper reality
Affirmation is in a not-doing, in carefully managing
The attitudes and behaviour in the realisation
Of their resonance and bringing them in attunement
With the gradual deeper realisation of what living is about

This is the invitation of the Garden of Nâm

24 December 2025