



Wonderstand: Aphorisms - the Dot and the Dots

Sohan Qadri

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Wonderstand contains sutras and insights on yoga and meditation. It is modern in the way that it inspires us, and at the same time, it ranges alongside many classic texts on the subject. The title Wonderstand is a play on words that speaks for itself and holds a promise, for the seeker, of both serenity and humor. The book includes two collections of texts: Aphorisms and The Dot and the Dots.

The truth cast into idea looses its truth the mold takes hold

Make me transcend my time my space and break my border to you

In the loss of longing belonging gets lost - hence emancipation

"Sohan Qadri's aphorisms are in line with the tantric tradition of India. Sohan's guru was a tantric, whom he met as a child. He grew up in that tradition in a small village in Punjab. The word tantra originally means to expand and through that expansion to liberate. When you expand your consciousness there can be no limitations such as taste or judgement. Everything there is, is part of the experience and part of you. The poems of Sohan Qadri show us that "dot" of consciousness, bindu, which is present everywhere, without discrimination, in every thing and every one - you realise your self through anything...the dot is placed everywhere, between the lips of lovers, in the northern lights, among the galaxies, and yet we remain right here. I am a dot in the orgasmic ecstasy so spiritual and so mundane at once I am a dot in the full, emptying itself, in the void, filling itself. But you don't have to know the secrets of Tantra to experience his poems - they will inspire you and convey its universal message anyway." -Swami Janakananda

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