

## **Why Abbah**

**By Yoginâm**

People ask why I speak about Abbah  
And why I do not just use the word 'god'  
I do this in order to avoid confusion  
Because the god of religions  
Is a very different kind of mental image  
Than the essence that I speak about  
In the thinking and the living in Nâm

The god or gods of religion  
Are images or abstract constructions  
That you can isolate and think about  
As something different from yourself  
You can analyse it rationally and decide  
For instance that the god is a trinity  
Or that there is a son of god and a mother of god  
Or that it is not a trinity and has no relatives

In Western thinking the god was so anthropomorphised  
That it could die, and could be rejected as superstition  
While, and what very few people realise,  
In its secular orientation  
Western thinking is still very much determined  
By the god image that has become marginalised  
And was gradually rejected in its evolution

The essence of 'I-World' cannot be separated  
The thinking and analysing that one does  
Is itself expressing the essence  
Even by saying: 'we are a cosmos'

People quickly associate this 'cosmos'  
With a kind of universe that they can see or feel  
This, while the universe with its galaxies  
Is only demonstrating the material expression  
Of the human kind of living

God as an image, as a mental image, or as an abstract concept  
Is equally inadequate for relating to the essence  
The essence is far from a god with wishes and desires  
We are actively sharing in this essence and we are shaping it  
Into the Cause of what we are as a Consequence  
This active involvement does not touch the essence  
In its being the essence, like the ocean is not affected  
By us creating ripples with our hands at its shore

It is obvious that relating to the essence as god or gods  
Would create confusion and misunderstanding  
Therefore I relate to it with the new word: Abbah  
Abbah is untainted by tradition, religion and philosophy  
It is open and neutral and on purpose  
It is not restricted by defining or describing what it is  
Inside and outside, infinite and finite, instants and time  
All are rooted in Abbah  
And all acting, thinking, feeling, desiring and believing  
Relate directly to Abbah and Abbah reflects back

You create your world by means of the way  
That you relate to Abbah  
This can be both positively and negatively  
When you suffer from attachments  
To possessions, ideas and opinions  
Your 'I-World' will become detrimental

When however you relate to Abbah  
By means of searching for optimal Attunement  
Your 'I-World' will become successful and blissful  
You may find contentment in Peaceful Acknowledgement

The suggestions of Nâm  
Hold the seeds for optimal Attunement  
The active relationship in Abbah  
Is like a resonance that reflects back  
Those who realise this follow an Ethics of Resonance  
Free from cultural embellishment  
And from ulterior motives of domination by others  
Nâm is a way of freedom and optimal unveiling

With the treasure of Abbah, Nâm is the way  
For a humanity in transition  
In Nâm lies the foundation of a future humanity  
That lives in Peaceful Acknowledgement of itself