IS IT ABOUT ME?
**INTRODUCTION**

Most of the world’s great philosophers, prophets and theologians have suggest that the strongest causes of human unhappiness is linked to each individual’s need for everything to be almost their separate, personal and special identity, and that a successful life is one where everything ultimately turns out the way that identity desires. It is further suggested that all of our discomfort is heightened by our obstinate refusal to enjoy a life that’s not according to our specific plan. Our expectation, our constant judgments attest to our predetermined blueprint of how life in all its areas should be.

It has been stated many times in scripture and by everyone from H H to Dalai Lama to Paul McCartney, that our happiness is dependent upon our flexibility, “Thy will be done” and “Let it be” and all the thousands of suggestions and admonitions that have gone unheeded. As a result, there appears to be more dissatisfied people than at any other time, despite best selling books and workshops across the country, trying to help.

What’s the answer to our seeming inability to become a part of our world rather than an antagonist to it? Is there an answer? Well, one obvious, but not terribly novel answer would be to continually concentrate on our universality rather than our imagined separation.
This would require constant reminders, even in the midst of anger and frustration, trying to control each minute of the day, seeing people living in the future, or the past and ignoring what needs to be done at the moment; the thousands of things that people do each day - the situations that come rolling in and out of the sea of chance, that all seem to be directly related to us.

Hence, “IS IT ABOUT ME?” contains some of these reminders, 1,001 to be exact, presented in a very succinct and precise form. At first glance you may think that this form is symbolic of today’s fast “hurry up and finish” society. Actually, this particular form is over four hundred years old. You might call it, “Seventeenth Century Rap.” Its real name is - “Haiku.”

Haiku is a poem consisting of three lines. The first and third contain five syllables each, the second has seven syllables - seventeen in all. It is a rigid discipline indeed. The original Haiku was the opening stanza of a Japanese poem consisting of one hundred verses called “Hokku,” The subject matter was restricted to nature. The season had to be mentioned or implied, and concepts were strictly forbidden. A beautiful example is...

Chrysanthemums bloom
in a gap between the stones
of a stone cutter’s yard.

It was written by Haiku master, Matsuo Basho in the seventeenth
In addition to this form of Haiku, is another called “Senryu,” named after its author Karai Senryu 1718 - 1740. In this form, the thrust was concern for human foibles. Nature and season were not mentioned. It is Senryu that is most represented in this collection. In fact, there are only a few traditional Haiku, which are marked with an *.

In addition to Haiku, there are also included some “Tankas.” They consist of a standard Haiku with two lines of seven syllables at the end - thirty one syllables in all. Tankas actually proceeded Haiku by many hundred years. They were a form of “Collective Poetry” called “Renga.” They were called, ‘collective,’ because one person wrote one part and someone wrote the other. In Tanka, one person wrote the first three lines, while someone else wrote the last two. One universal thing about all kinds of Haiku is that these little gems are not concepts or suggestions. They are experiences felt by the author, in this case, your truly. As with all haiku, they are flashes of insight, discovery, a sudden realization or recognition that sparks the imagination and warms the heart.

It’s my hope that these little reminders will not only jog your memory, but will perhaps strengthen your imagination and spark your intuition. If you find that you’re identifying with a job, or a situation, remember this righteous little lady who
sobbed, “My daughter’s expecting, and she isn’t even engaged. How could she do this to me?”

You’ll find when you recognize that the situation is not about you, you’re free to venture anonymously into a world where you can be anyone, or anything you want, while not being anything at all. Bon Voyage.

Remember -

Regardless of what happens, the chances are that it’s not about me.

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ACCEPTANCE/RESISTANCE

Two times to keep our mouth closed, when we’re swimming and when we’re resisting.

Our fear of snakes might just be our resistance to shedding our old skin.

Trapped in the prison of our resistance, take note we are the jailer.

What we won’t accept we must control. What we can’t control, we’ll destroy.

We don’t have to like things to accept them. We just have to let them be.

We’re in danger as long as we’re comfortable in our prejudice.

Our biggest problem is that we want to get rid of all our problems.

Our most infectious disease, surely, is hardening of the attitude.

There’s nothing one can do to make a resistant person enjoy life.

Self crucifixion is not nearly as Christ like
as learning self love.

Without resistance
we can be neither threatened, nor
manipulated.

**ACCEPTANCE/RESISTANCE** (Continued)

Accept what is as
though we’ve chosen it because
in one way we have.

Accepting our lack
of personal power may
be our greatest strength.

Resistance allows
us to be eloquently
inarticulate.

The resistance to
negativity is in
itself negative.

We have a hard time
accepting stupidity
different from our own.

Freedom is learning
to accept all that has been
unacceptable.

Mind will always tend
to reject whatever it
doesn’t understand.

Our resistance is
never the Lion’s roar. It
is the coward’s whine.

There are three symptoms
of our resistance, fatigue
pain and confusion.
Fear, anger, boredom, judgement, and distrust are all forms of resistance.

Some people’s only pleasure is avoiding what they don’t want to face.
What we call being too sensitive is often just too resistant.

Our greatest courage is to experience the depth of our own pain.

All our discomfort comes from either resisting not getting what we want, or trying to get rid of everything we don’t want.

The only way to prepare for the unknown is not to prepare.

* A clear mountain stream voices her acceptance of the approaching Spring.

* * *
ACCOMPLISHMENT/COMPLETION

Nothing is complete, it has just reached a level that satisfies us.

Just enjoying the day might be our greatest, our best accomplishment.

Progress is sometimes likened to a race that has no finish line.

Few of us know how to relax, but are experts at making busy.

Our hardest job in life is learning how to get out of our own way.

There is no closure when we remember with anger or held resentment.

Is the ladder of our latest success leaning on a fragile wall?

There is a difference between accomplishments, which have an end result and creations, which are done solely for our enjoyment.

When there are no more mountains to climb “out there,” we face the ones inside.

Believing we must produce to deserve love is slave mentality.
How many of us are stressed by finding that we have nothing to do?

We have no need to fix ourselves, simply because we are not broken.

If we see all things as a means to an end we’ve not even begun.

Too much ambition may be the very thing that keeps us from success.

Can we enjoy peace and administer justice, both at the same time?

There’s no need to make things happen; only to be present when they do.

I pace my lunch box with a cheese sandwich and a sense of suicide.

We’re not to become someone; only realize who we really are.

* The wind blows like the wind. Water flows like water. Nothing else to do.

***
ADDICTION/AVERSION

An aversion is a dislike with a history of an attitude.

An addiction is also an aversion to not getting what we want.

Every aversion we generate only serves to diminish us.

An aware mind is open to everything and attached to nothing.

A group of people with the same aversion in common are “a gang.”

The only reason some of us will move is to avoid discomfort.

Our addiction to our aversions may be the strongest one we have.

If thinking is not an addiction, why is it we so seldom stop?

Self denial is as much of an addiction as self indulgence.

Why is it true that our minds constantly demand to be occupied?

True discipline means being able to let the discipline go.
Hate is like taking poison, hoping that it will kill the enemy.

Smash a mirror and it will reflect a hundred of the same images.

Avoiding the things that we don’t like, is never the key to success.

Why do those who claim to search for peace approach it with such violence?

* * *
When expectations are not present, everything is an adventure.

Boredom is knowing the answer: Adventure is asking the question.

All adventure is the manifestation of spontaneity.

An adventure is an experience we did not anticipate.

A new approach is as much of an adventure as finding new things.

Adventure is a mystery story with the last chapter missing.

The most exciting adventure is to venture out beyond our control.

Discovery is what we’re doing when we don’t quite know what we’re doing.

One of today’s most revolutionary acts is to be happy.

Every day is one of adventure for those who have no preference.

The body being 70% water must flow, not be pushed.
To experience rather than to understand, is to truly know.

*Adroitly follow the path which comes to an end amongst the parsley.

***
ALONENESS/LONELINESS

Loneliness is one way of saying, that what we have is not enough.

Loneliness is our need to get from someone what we won’t give ourselves.

Crowds don’t get rid of loneliness. Loud noise simply camouflages it.

Feeling lonely is just one of many ways we can feel separate.

LONELINESS
A stagnant space in the center of a quickly moving universe.

Sometimes we surround ourselves with clutter so we know we’re really here.

Eventually, we learn that nothing can exist in and by itself.

Fearing loneliness is suffering from a mind that needs employment.

When we disappear into the now, there’s no one left to be lonely.

Our society could not survive us being separate or alone.

*The rich harvest moon is a lantern that shows us we are not alone.
APPRECIATION/RESPECT

There is nothing in this world that is unworthy of our deep respect.

We can never earn another’s respect. They must freely dispense it.

Can we delight in something without wanting it or respect someone without necessarily wanting to emulate them?

What might happen if we respected everything and worshiped nothing?

Something that we don’t like deserves as much respect as something we do.

To respond fully to every situation is to be alive.

Having approval and recognition, requires constant auditions.

Delighting in some thing every day is the secret to an open heart.

Why be angry at someone who is unhappy enough to be cruel?

We look at millions of things each day. How many do we really see?
Despite our pain and confusion There’s not a grain of sand out of place.

Habits, like children need to be noticed, loved, then allowed to move on.

* Tiny purple buds stretch their necks to assess last evening’s surprise storm.

* * *
Some of us will give approval just because we want some in return.

We don’t need someone’s approval to buy something that we truly want.

You have as much right to withhold approval as I have to seek it.

Our approval of anything does not improve it in any way.

We need approval at times. Being who we are is not one of them.

One sign of being awake, is not requiring someone’s approval.

Why give approval and kindness when others don’t? Because it feels good.

Life does not conform to our wishes, nor does it ask our approval.

*White chrysanthemums grow along the pathway not needing approval.*

* * *
Trying to improve ourselves is a subtle fight against who we are.

We do not see the world as it actually is only as we are.

‘Problems,’ are what we see in life, when we refuse to accept ‘what is.’

In many cases we’re more able to see, ‘what isn’t,’ than, ‘what is.’

By the time we stop to think about ‘what is,’ it has become ‘what was.’

Can we enjoy this moment without wanting it to be something else?

We dissipate a problem by going through it and not around it.

Often we are so busy thinking what could be we can’t see what is.

Heaven on earth is simply the ability to enjoy all that is.

Suffering comes from the clash between what is and the way we want it.

Any time we can accept all there is, we will see all there is.
Life is a precious gift. It’s all we have and it’s happening right now.

It takes courage to be present regardless of the situation.

How strange that we seem to have more conveniences while having less time.

Criticism is the inability to just let things be.

We don’t need to learn more, just reminded of what we already know.

*Gray clouds over snow white mountains. Nothing to do but pet the kittens.*

***
ATTENTION/FOCUS

Focusing on the obvious is as deep as many want to go.

Why is it we’re so focused on things to which we have an aversion?

Some of us worship the one who shows us the path and ignore the page.

How seldom we are focused on playfulness and enthusiasm.

Focus is having no separation between ourselves and our task.

If one eye is on the end result, only one is left to for the job.

The ten percent not working gets ninety percent of our attention.

Of all the sins that we commit, the most common is inattention.

Intuition is the part of our mind’s vision that’s peripheral.

A great amount of the time, we are not paying enough attention to notice that we are not really paying attention.
There are ten thousand things happening now. Which one has our attention?

Mindfulness does not identify, compare, or judge. It just observes.

What we are looking for is none other than the one who is looking.

Why are we taught so much more about disease than we are about health: Much less about what we want than what we want to avoid?

A game can still be satisfying when there is no competition.

Strange as it may seem, memory is really nothing more than an echo.

If we were all to reach the top of the ladder, it would fall over.

How often we pass by bless and not know that we have missed anything.

*So deeply focused on profit and loss, we can’t hear the Golden Finch.*

** ***
Awareness will not make us happy but will let us know why we’re not.

How often we walk the fine line between despair and enlightenment.

Once aware, we can never again choose chaos with the same interest.

Awareness is like spring. It can not be forced. It must come by itself.

At any given moment, awareness is just an instant away.

Crises don’t cause pain. They call our attention to what already hurts.

As we grow older does our awareness expand as much as our waist?

Awareness is the heart of the matter, and a matter of the heart.

Two of the greatest deterrents to awareness are denial and blame.

Seeking awareness requires we ask questions not demand answers.

Few people know the difference between being right and not being wrong.
One single moment of insight dispels eons of blind ignorance.

A crisis can be an invitation to the dance of awareness.

How often we mistake our human luxuries for human survival.

Cosmic consciousness will never be discovered by a brain surgeon.

Our five senses are simply a minute band in the spectrum of life.

To be intimate with everything is to be completely aware.

Enlightenment is the glasses on our nose for which we’ve been searching.

We all do the best that we can at our level of consciousness. We are neither good nor evil; simply more or less aware.

So many of us are either alert and tense, or relaxed and dull.

Peace is not seeing a better picture, simply a broader picture.

Transformation is unwelcome when all someone wants is to be patched.
Religious people fear hell. Spiritual ones have often been there.

We give away our spirituality each time that we resist.

Nothing can be more basically spiritual than anything else.

Doing good deeds is not a certain path to a spiritual life.

While we’re moving we’re growing. It’s when we think we’ve arrived that we’re stuck.

No one has ever been carried to Nirvana in a Sedan Chair.

Spiritual gems can be found lurking under fossilized dogma.

Wise men say that they do not know, while fools have an answer for everything.

Total awareness lies just beyond the limits of our identity.

An awake mind sees the vast difference between an intent and a goal.

*An owl perched on a snow flocked branch, screechiest at nigh and that’s all there is.

***
Balance is not just living in light, but loving both light and darkness.

Nature provides for two polarities so that balance may exist. We cannot achieve balance by destroying one of them.

When we discover forgotten joys, we’ll also find some buried pain.

It is balance that we are always hovering between life and death.

When total balance arrives, both polarities seem to disappear.

Balanced lives contain loss as well as gain, and joy as well as heartache.

We can’t make a pie without dirty pans, or a life without mistakes.

Living ‘happily ever after,’ must include some pain and sadness.

Balance is never static, but constant motion and soft rhythmic flow.

Destroying something can seldom be the way to achieve balance.
Making mistakes is not just for the foolish, but for the courageous.

We don’t mind illness or lack of balance as long as we’ve no symptoms.

*Blue Jay, Hawk, and Crow join a Summer choir that’s seldom out of tune.*

* * *
BOUNDARIES

Boundaries are only necessary for people who can not say, “no!”

Each boundary that we create is potentially a firm battle line.

How strange it is - The same space that separates us binds us together.

With every boundary we create, comes a need to protect and defend.

The boundary between right and wrong depends upon the presiding judge.

‘Unconditional love,’ is another way of saying, “no boundaries.”

Some think success is being able to limit their experience.

“Who are you?” is one manner of asking “Where are your boundaries?”

No need for keys to the spiritual kingdom since there are no doors.

For many people discovery stopped at their high school graduation.

* * *
CELEBRATION/BOREDOM

We cannot be bored with anything that has our complete attention.

Happiness is not the highlight of life’s gifts. It’s just the beginning.

Whatever the cause there is no universal way to celebrate.

If we celebrate each day, what can we do to make one day special?

One certain way to alleviate boredom is to celebrate it.

Celebrating is human nature. It needs no special cause.

Life is not to be understood. It’s simply to be celebrated.

Living each moment to the very fullest is celebrating life.

There’s a fine line between following one’s bliss and narcissism.

They’re no holidays for people who make themselves indispensable.

Look at all the things we do when we’re unable to sit quietly.
CELEBRATION/BOREDOM

To analyze why we enjoy something is to stop enjoying it.

The relief from pain is the closest some ever come to enjoyment.

Philosophers are those who find joy in what others find mundane.

Finding enjoyment in simple things insures our constant enjoyment.

The mind is simply an amusement park full of games and make believe.

Done enough, all things in life can become boring. Ask any teenager.

Driving through life we find incredible joy by learning to shift gears.

A great way to learn about ourselves is to ask, “What makes life worth while?”

We cannot rid the world of sorrow, but we can choose to live with joy.

Boredom is simply the refusal to enjoy living in the now.

The dread disease that neither fame nor fortune can prevent is boredom.
CELEBRATION/BOREDOM (Continued)

Some keep mementos of experiences that they’ve never quite had.

There’s a vast difference between stimulation and simple enjoyment.

The fastest way to diminish enjoyment is to try to keep it.

How sad that some find enjoyment, only when they are keeping busy.

We can prolong life but not our ability to really enjoy it.

If we had only ‘highs,’ very soon they would no long feel like ‘highs.’

It may just be more important to savor the world than to save it.

It’s comforting to know that we don’t need to be pleased to be happy.

In youth we just want to play. In later years we have forgotten how.

What is it we’re so afraid to see that we keep ourselves distracted?

How quickly we grab distraction the moment we sense boredom approach.
CELEBRATION/BOREDOM  (Continued)

Boredom comes from an addiction to excitement and activity.

* Sunflowers spread their vibrant joy across the field in celebration.

★ ★ ★
Beware of someone pretending to help you by changing who you are.

One activity that seldom changes is our resistance to change.

There is a point when changing and improving is not an improvement.

We never truly arrive anywhere. We are always on the way.

Our ultimate growth depends upon the death of our scenarios.

By transforming the present we’ve found the best way of healing the past.

Know that a change from one habit to another is no change at all.

We cannot remove or destroy anything. We only change its form.

To know peace unchanged under changing conditions is true awareness.

How strange, the path of life is always moving and yet it goes nowhere.

Each new memory is conditioned by the ones that are already there.
Like cameras, our minds constantly convert motion into static views.

There’s little inside of us that needs to be changed, only recognized.

It seems that we are eager to change everything except how we think.

The day we cease the need to travel is the day we have arrived.

We can’t solve any problem with the same mind set that created it.

With everything in the world changing, why do we want to stay the same?

★ Morning dew collects in patterns differently than it did yesterday.

★ ★ ★
CHILD’S TALK

How come angels and fairies know so much and yet none of them are old?

A child once said, “death must be good or God would not have said it for last.”

How can I know who I am when everyone tells me I’m someone else?

Mother always gets her way, and never loses a friend. That’s called, ‘tact.’

It’s pointless when you punish someone who doesn’t mind being punished.

What would we have left if somebody stole all our ‘Have to’s,’ and ‘should nots?’

It’s not childish to be said. It’s simply a part of being alive.

Sometimes I’m very busy looking for things that aren’t even lost.

If I do something bad, you punish yourself by being unhappy.

No one has explained why it is better to win than it is to lose.

* * *

* * *
CHOICES

Our free will is shown best in choosing what we like and what we dislike.

When we choose not to trust, someone is obliged to create a law.

If we keep the same commitment, no choice we make will change the outcome.

Choosing to accept or resist is the final choice that we can make.

We all have feelings. Our uniqueness is how we choose to express them.

When we believe there’s only one answer, it’s time that we look further.

Enlightenment is not something we attain but a path we choose.

Joy is possessing endless energy and not needing to use it.

If you don’t believe that unhappiness works, why keep on choosing it?”

Choosing love rather than revenge may just save the world from extinction.

To discover life we must choose ourselves as our own laboratory.
CHOICES (Continued)

Whatever happens can be used to wake us up, or keep us asleep.

How startling to recognize that all of our likes and dislikes have no basis in truth other than our arbitrary choice.

Every dislike we choose is a limitation of the life we lead.

*The renegade fern turns, deciding whether or not to face the sun.

* * *
COMMITMENTS

Outer choices are simply extensions of our inner commitments.

If we commit to enjoying life, we don’t need more commitments.

Being committed to doing the ‘right things,’ won’t protect us from harm.

Whatever we do, if it fits our commitment it’s appropriate.

The true secret of any process is found in the practice of it.

When we acquire possessions we are too soon forced to protect them.

To do really well in the ‘rat race,’ it won’t hurt to become a rat.

When trying to change, the little things will expose our true commitment.

Happiness depends upon the colors that we choose to paint our lives.

We should often ask, “To what am I committed at this very moment?”

What we do is not quite as important as why we are doing it.
COMPASSION

Most people who are truly compassionate are seldom unhappy.

Compassion is not without emotion, simply without resistance.

A compassionate heart accepts what is, without needing to change it.

Be compassionate with those things you cannot yet love or understand.

Most people don’t need our forgiveness. What they need is our compassion.

An atmosphere of compassion creates a door to a sacred place.

Sometimes our sharing is not really compassion but simply barter.

Love and compassion bring intelligence that can not be learned from books.

To not forgive those who have harmed us, is to have remained their victims.

We can never know compassion for someone we want to change or fix.

Punishment can not ever exist in the face of true compassion.
COMPASSION (Continued)

Compassion is not easy, for it means wishing both the victims and the victimizers to be free of all their suffering.

The best antidote for sadness is bringing joy to someone else.

Always be gentle crossing the frayed bridge of someone’s frail ego.

Without compassion our life’s work becomes simply a set of techniques.

* * *
Constant travel seems to protect us from the risk of intimacy.

We all connect in our own way; some by sharing, some by complaining, some seek approval – others only by being angry.

We can never break a connection, only how it is we connect.

Some of the deepest connections come by sharing silence together.

What can’t be discussed may decide the depth of a relationship.

Demanding more time from somebody, than they wish to give, is stealing.

Friends are those who can assuage our distress simply by being present.

We’re interactive clusters of processes, not separate entities.

Self knowledge comes from watching how we relate to the world around us.

Most relationships are between two images not two real people.
No experience
in our lives can be separate
from any other.

How you define a
thing doesn’t matter. How you
relate to it does.

A relationship
is never helped by either
person keeping score.

None of us can feel
separate and behave as if
we truly belonged.

There is no single
cause and effect. Each thing
affects everything.

Guilt, self-reproach and
shyness are techniques used by
self centered people.

‘Good’ and ‘bad,’ leads to
‘them’ and ‘us’ - the cornerstone
of separation.

We’re victims only
when we feel separate from
what is happening.

Nothing can happen
to us since we are not separate
from what’s happening.

Our true value lies
in how much of our lives have
enriched other lives.

*A butterfly’s wings
in New York can stir the air
over Tokyo.

* * *
Many people are afraid to die. Many more are afraid to live.

Death is not separate from life, only another gentle part of it.

When a loved one dies many keep mourning rather than love someone else.

The expansion of most religions was founded on the fear of death.

The straight answer to “Why did he have to die?” is, “Because he was born.”

Life is a constant succession of mini births also mini deaths.

Death is hardest for those who are addicted to being in control.

What a tragedy to die at 30 and be buried at 80.

Three reasons to die
One – we’ve learned all our lessons
Two – we are simply too stubborn to master them and Three – death is the lesson.

The most rewarding death of all is the death of an old illusion.

Sooner or later the mind stops, the body dies, their spirit goes home.
Could death possibly be just the awakening from the dream of life?

Body and mind are like musical notes. When they finish, they dissolve.

Our blueprint for life must contain the fact - there’s no backup plan for death.

The most common time to wake up, is the moment just before we die.

Looking for revenge is like choosing suicide as a way of life.

Some people are not afraid to kill. Others are not afraid to die.

At the moment of our birth, we each begin the certain march toward death.

When we can no more help the dying, perhaps it’s their turn to help us.

*Freshly gathered seeds serve as a reminder that nothing really dies.

***
If we want something
we’ll find a way. If we don’t
we’ll find an excuse.

We get what we want
or want to avoid, which ever
is stronger.

Desire can never
be satisfied if followed
by the fear of loss.

Life needs the flame of
desire. It also needs to know when
to let it burn out.

How few of us who
claim to want something, know why
we really want it.

When we have one thing
while desiring another, we
end up with neither.

Avoiding the things
we don’t want will never get
us what we desire.

Getting the one thing
we want, may be sadder than
never getting it.

Our need to ‘become,’
stems simply from no longer
knowing how to ‘be.’

Once we know what we
truly want, half our problems
seem to disappear.

Attachment is just
a burning desire that
pretends to be love.
DESIRE/WANT (Continued)

Wanting this moment
to last can be a very
subtle form of greed.

Desiring to drop
desire is another
form of desire.

In yearning for our
pain to stop, we reinforce
the thing that caused it.

There is more to life
than indulging desires
and warding off fears.

Whenever we are
searching for something, we miss
what’s already there.

Most of us are just
struggling appetites seeking
to be satisfied.

Those who are greedy
can never be full. They
can only consume.

* * *
DIGNITY/GRACE

We are all angels
looking for somebody who
might recognize us.

Grace happens when we’re
doing nothing, yet all things
appear to get done.

Dignity appears
by making acceptance seem
to be a preference.

A life of grace is
one that’s lived without any
protruding edges.

Dignity is not
how we carry our head, but
what is in our heart.

Simple dignity
is never to be confused
with plain aloofness.

Dignity can wear
a crown of jewels, or one of
thorns with equal grace.

We chance losing our
dignity every time we
jump to conclusions.

True peace comes to us
when we are untouched by the
winds of circumstance.

*Even in a great fire
the stately pine doesn’t
lose its dignity.

* * *
DUALITY

Any division
between thinker and her though
is an illusion.

Once we are against
something we have created
a need to be for.

When the extreme right
meets the extreme left, they can
not be distinguished

If no one was bad
we couldn’t identify
ourselves as good.

Life is a round trip;
confusion to certainty
and then back again.

The resolution
of opposites does not come
from destroying one.

Each time we deny
the negative, we negate
what is positive.

The polarity
of the thrill of love is not
hate but denial.

Nothing is really
pure. All things contain part of
their polarities.

One fantasy is
thinking we can have pleasure
while avoiding pain.

We achieve two things
in life; success and failure
neither is easy.
Those who believe in good and evil live in a constant state of war.

Since all opposites are interdependent, one side can never win.

You cannot threaten someone who does not believe in good and evil.

Multiplicity when carefully examined reveals unity.

Life has no rewards or punishments, simply, great opportunities.

A well lived life is one that’s beyond successful and unsuccessful.

The opposite of pain may not be pleasure, it may be clarity.

Flattery and hurt are just two different sides of the same illusion.

To destroy ‘bad’ to insure ‘good,’ is the concept of a confused mind.

*The warmth of the sun will be enjoyed most after the cool of the shade.*

***
EMOTIONS/FEELINGS

In all history no one prophet ever suggested we, ‘think positive.’

Enthusiasm is contagious. However, so is depression.

Accepting feelings is the best spiritual practice we can use.

Feelings are sacred. To deny any feeling is sacrilegious.

Mind is the author who transcribes feelings into believable scripts.

No need to find a reason for our feelings. It’s enough to feel them.

No emotions are negative. Our resistance to them brings the pain.

Anger always has a tip of honey and a root of regret.

We can’t expect to understand a feeling we’ve not experienced.

The saddest excuse for avoiding living is, “But I’ve been hurt.”

Fear and anger are invited guests in our house, not adversaries.
Any one who claims
to never be sad is not
paying attention.

Often we say we
are having a feeling when
we’re resisting it.

When we feel righteous
and hurt, we’re on our way to
being a victim.

We cannot avoid
being hurt by lessening
our power to feel.

Since experience
transcends linguistics, how can
we explain feelings.

Thoughts sometimes seem like
a runaway express train
with no engineer.

Most fear is built on
our imagination not
on reality.

Some of the closest
relationships are built on
a mutual fear.

Fear is not weakness.
There can never be courage
where there is no fear.

How often we see
another’s fear as one less
reasonable than ours.

We are born with the
fear of falling. All other
fears are conditioned.
EMOTIONS/FEELINGS (Continued)

Once able to face our worst scenario, we dissipate our fear.

There are those who would rather be frightened than have no feeling at all.

Only through feeling separate can we justify our fear and anger.

Fear is always in the future, as anger is always in the past.

How many of us would feel comfortable if we had, ‘just enough.’

Our need for power and control usually stems from anger or fear.

Most of us use our imagination only to frighten ourselves.

We can’t stop the world from spinning regardless of how angry we get.

The only way we’ll stop being angry is to feel how much it hurts.

* * *
EMPTINESS

The mind is like a vessel. It is most useful when it is empty.

We need emptiness. Emptiness is the void from which all things are born.

When most people say that they are empty, they are filling with great longing.

We can relate to busyness more easily than to emptiness.

Emptiness is space. Without it there would be no room to even breathe.

One of the greatest lessons we can hope to learn is how to unlearn.

Wise men empty their minds, open their hearts, and then do without doing.

The absence of our scenario is sometimes called, ‘emptiness.’

Eliminating emptiness will never help us achieve fullness.

We need distractions only when we will not look into emptiness.

Once we recognize that thoughts are empty, they no longer threaten us.
EMPTINESS (Continued)

A full stomach and
an empty heart can never
be satisfying.

We’re just bubbles of
consciousness on the waves of
human behavior.

Creativity
must, of necessity,
come from emptiness.

Inspiration comes
easily if we have not
made up our minds.

* * *
In the forest of facts and figures, best and worst, we often get lost.

No vast amount of intellectual research can bring peace of mind.

Facts are the things we connect to prove that something we believe is true.

Thinking is only virtual reality not reality.

Most of us live just within commuting distance of reality.

Nothing attains more reality by getting a fancy label.

We’ve elevated facts, these days, to an almost religious level.

All the facts in the world can not dissuade us from our deepest fears.

Whatever has been thoroughly identified has been partially destroyed.

Opinions are fine as long as they aren’t confused with reality.

Self and others are just two parts of the very same reality.
A definition
is too often mistaken
for what it defines.

Great wisdom brings
with it greater awareness
of our ignorance.

It is amazing
how many things there are that
aren’t really so.

Those who are not shocked
by our true reality have
not understood it.

One big question is
“Can we ever distinguish
knowledge from belief?”

No one can ever
satisfy a hunger by
eating the menu.

Since we cannot see
or touch our feelings, we use
symbols to play with.

The big problem with
symbols is that we forget
they’re not the real thing.

To write our name on
a wall, does not mean we know
who we really are.

How often we try
to live an identity
that doesn’t exist.

We don’t always know
the difference between ourselves
and our self-image.
Our likes and dislikes are similar. Our symbols of them are different.

We are more concerned with the appearance of things than the things themselves.

We label all things define them, simply because we don’t quite know them.

We don’t really solve problems. All we do is rearrange the props.

Things in the past are not real simply because we can remember them.

The perspective from the mountain top won’t negate what we’ve seen below.

*A great overcast day can be a symbol for whatever we choose.

* * *
How many of us think our reputation is who we really are?

Most of us see what we think ought to be there, not what is really there.

We need not destroy illusion. We need only venture beyond it.

Neurotics are those of us trying vainly to solve unreal problems.

When we are bored, we can create fantasies to keep us company.

Why keep a job we hate, to save our illusion of security?

The ego, being an illusion, deals just with other illusions.

No entertainment is as compelling as the movies in our minds.

Some prefer to live in a fantasy. At least it can be controlled.

Our need to name and label feeds our illusion of separation.

All separation is a membrane that surrounds a grand illusion.
Why do we struggle with the door when the whole wall is an illusion?

The belief that life should be free from problems and pain is a fantasy.

Fantasy sometimes appears to be the only sane reality.

We may not all be authors, but we all write our own scenarios.

Once we create an opinion, everything we see has a bias.

Beliefs give us the illusion that there’s something we can hang on to.

*The Autumn breeze turns bright red and gold leaves into Aladdin’s carpet.*

* * *
FREEDOM

We are always free
to feel, if not to respond,
any way we choose.

We can never have
freedom and protection at
the same point in time.

The ability
to enjoy all things is the
ultimate freedom.

The last of human
freedoms is our birth right to
choose our attitude.

Many would rather
die with the familiar than
live with the unknown.

The freedom to change
our mind is the greatest one
that we possess.

Becoming a slave
to any habit is a
loss of our freedom.

You are free to say
what you want, and I to hear
it as I desire.

Freedom sometimes may
not be appreciated
until it’s denied.

The conditioned mind is
like a young puppy chasing
after all it sees.

Complete and utter
freedom is when we become
choicelessly aware.
FREEDOM (Continued)

Whatever we can control, we can, sadly, never quite appreciate.

As strange as it may seem, the loss of control is the start of freedom.

Sometimes we think we’re independent, when we are just inflexible.

The price of freedom is – all our opinions, and all of our beliefs.

We never become free. We just realize that we were never bound.

When there is nothing from which we have to protect ourselves we are free.

* * *
IMPERMANENCE/UNCERTAINTY

We are either in control of our lives or not. Either is frightening.

Everything in life is both impermanent and interdependent.

We’re more ‘flowing as a river,’ than we are ‘solid as a rock.’

The uncertainty of life is one thing that makes it so exciting.

Often, what we see as permanent, is a loop of repetition.

Permanence allows us to feel hopeless as well as feeling secure.

The path to peace leads to no destination, but to another path.

The bad news is that nothing is permanent. It is the good new too.

How often we plan our days only to find our days have other plans.

If information clarified life, it would have done so long ago.

Life holds no promise of happy endings; only vast uncertainty.
Faith and hope are not the same. We cannot have faith as long as we have hope.

*Impermanence is in August wind heralding footsteps of Autumn.

***
JUDGMENT/STANDARDS

Things are not wrong just because the majority have judged them so.

Good and bad are not absolutes. They’re simply a form of judgment.

Judgment is someone believing his opinion is universal.

Goodness is not judged by what is resisted, but by what is embraced.

Things that don’t fit our paradigm, we belittle, deny, or ignore.

Our original nature is open. Judgment is a learned process.

Judgment gives us an excuse for resisting what we choose to dislike.

A happy person is seldom motivated to judge another.

Remembering the past doesn’t limit us, but judging the past does.

Comparison will inevitably create some competition.

Don’t judge discomfort as your enemy. It may be your greatest teacher.
Standards are the games we play for our amusement, or our discomfort.

If we really like something, must we be sure that there’s nothing better?

Will reaching any standard allow us to do better than our best?

When we are truly touched by beauty, standards have no meaning at all.

Status is simply the high rung on the ladder of social standards.

He who puts his head above the rest of the crowd becomes a target.

The smallest flower is as necessary as the wisest person.

We bring our knowledge, our training and our judgment to all we observe.

*The housefly has no standards. Any piece of fruit is acceptable.*

* * *
LETTING GO

Peace comes, not from what is found, but ultimately from what is let go.

We need no Judgments, no personal Opinions, no strong Preferences, no Identifications, and no Expectations.

We can not let go of anything that we have not accepted.

Our habits, like dried skin cannot be broken, just exfoliated.

Letting go is not giving up or giving in just not holding on.

To acquire and to let go are part of the same activity.

How wise to let go what we cannot keep, to gain what we cannot lose.

Don’t worry about letting go or thoughts, just let go of the thinker.

What we’re willing to let go in a crisis we may want back later.

There is no feeling of any greater relief than that of letting go.
The stronger the will, the greater courage needed in letting go.

To use the power of the universe we must relinquish our own.

Letting it go is different from pretending that it doesn’t exist.

We make a living by what we earn, a life by what we let go.

One Path to wisdom is slowly letting go of all of our beliefs.

Holding a grudge is painful only for the one who is holding it.

Peace can never be attained with the mind set of ‘Once we get rid of.’

It takes more than a little courage to give up dissatisfaction.

*Bright golden leaves fall easily from a maple that never holds on.

***
LISTENING

We are experts at planning and judging. We’re not so skilled at listening.

Most conversations contain a lot of talking and not much listening.

Most of us listen so that we can reinforce our old opinions.

Listening is making what is said, more important than what we’re thinking.

What is missing from most people’s lives is someone to really listen.

To find our answers we much remain still enough to hear the reply.

If you tell me what you heard, I’ll bet I can tell you who was listening.

Listening takes us to the door of wisdom, but only love can open it.

The greatest gift we can give to someone is our complete attention.

Some people behave as though they had been born with two mouths and one ear.

The quickest way to threaten some is to say "Listen to yourself."
LISTENING (Continued)

Those who cannot rasp the silence will not ever understand the words.

Can we listen with no judgment, no memory or expectation?

We believe, listening to others. We know from our own experience.

To listen, we not only have to stop talking we must stop thinking.

Sometimes we do not hear what’s said as much as we can feel the message.

People may prefer email to phones because they don’t have to listen.

*Listen. The snow drifts to the earth without a sound piercing the silence.

* * *
Our love is as great as the love we have for the one we love the least.

Do not search for love just remove everything that is in the way.

As we grow older we find - what the mind forgets, the heart remembers.

Love that passes all understanding is one that has no conditions.

Believing we need something, will always prevent us from loving it.

No one needs to give us permission in order for us to love them.

Needing love returned can not be considered love it’s name is ‘barter.’

Love is the most talked about and the least practiced thing that we pursue. Since it’s free and feels so good, it’s strange that we don’t love more.

Most of us see love as an emotion. What if love were awareness?

Lack of fulfillment is a thirst that can be quenched only by loving.
LOVE (Continued)

The love of beauty
can never compare with the
great beauty of love.

We could assume that
love is simply unity
expressing itself.

Between the cities
of waking and sleeping lies
a village of peace.

Purest love is when
there is nothing to get and
everything to give.

If we can’t find love
where we are, just where do we
expect to find it?

Between ignoring
and interfering, there is
quite a loving place.

When you are loving
you have a link with all those
who have every loved.

When there’s no loving
kindness for ourselves, there will
be none for others.

We’re incapable
of loving anything to
which we are attached.

*Hummingbirds free fall
to attain the approval
of their beloveds.

* * *
MAGIC/MYSTERY

The closer we get
to ultimate answer the
less we understand.

Reincarnation
assures us that we’ll never
run out of problems.

Some mysteries were not
meant to be solved, they’re supposed
to remain awesome.

We love a mystery
when we’re not responsible
for having to solve it.

If there’s no magic
in this place, there won’t be in
the next place either.

No legend need to be
bound or limited by the
small compass of fact.

We blow on our hands
to warm them, then, magically
cool soup the same way.

One reason people
belittle magic is that
they can’t control it.

Self transformation
is quite the highest form of
magic that there is.

The mystery of our
lives will never be solved by
our intellect.
The true alchemist is someone who can transform an adversity into a spiritual path of clear awakening.

Helping another person is a magic cure for hostility.

It is often in the little things that we find the most potent magic.

The delicate sword of wisdom is one that can cut two into one.

Looking for ‘things,’ there is only mind. Looking for mind, there are only, ‘things.’

*How can today’s earth bound caterpillar be so air born tomorrow?

***
MEDITATION

There are more people who can not sit still, than one’s who can’t get moving.

Meditation is simply letting our train of thought leave with out us.

True meditation can not exist separately from our daily lives.

Our meditation depends upon how willing we are to listen, not how long we can sit still, or what visions we might have.

Meditation is a way of uncovering all parts of ourselves.

Meditation won’t silence the mind. It merely observes the thinking.

Meditation is one part relaxation and the other part trust.

One of the tricks of meditation is to stop talking to ourselves.

Meditation’s not a cure, but it points out what needs our attention.

Attitude is more important than technique in all meditation.
Meditation is nothing more than a state of complete attention.

Zen is a special practice designed to help us go out of our minds.

Mediation is a practice where the goal is also the technique.

True meditation need not be a marathon of self discipline.

Meditation, more than anything else, is learning to listen.

What a paradox; the ego watching the mind play tricks on itself.

*Slim, freshly watered rose buds lower their heads in deep meditation.*

***
It’s more fun to relate to nature, since she seldom answers back.

We revere nature since she can not be controlled or second guessed.

In nature, no two things are exactly alike: Humans included.

Wisdom is like the sun rising. Everything is illuminated.

Brilliant sunlight is always more beautiful when its flanked by shadows.

Naming, labeling and defining keeps us from seeing nature’s truth.

The laws of nature like all others are built on possibilities.

No matter how much power we possess, nature will have the last word.

When something begins to feel unnatural, it’s wise not to proceed.

We can do nothing to create nature, we can only destroy her.

Cities must be cared for. The wilderness appears to care for itself.
Whatever the time
or occasion, nature sticks
to her own schedule.

Why is it that we
call the unnatural things we
do, ‘human nature?’

*People, like flowers,
bloom to their fullest in the
appropriate place.*

* * *
Our wealth never comes from what we own, but from what we no longer need.

We may not have the teacher we want, but we have the teacher we need.

We often think that we need something when we are just attached to it.

A small need system is certainly one of the great treasures of life.

No matter how well informed, no one can tell us what it is we need.

For utter joy, the willingness to accept ‘what is,’ is all we need.

How does one explain the unique need to let go of getting rid of?

We do not need to get somewhere, only to be fully where we are.

We need one who will question our answers, and not answer our questions.

Adam’s need to place blame may bring us all to the Eve of destruction.

When we open the baggage we carry, we see that we don’t need it.
Our need for constant comfort dulls our drive to appreciate life.

Most technology makes major contributions to man’s minor needs.

Needing something to look forward to, hints that we’re not in the moment.

Do we have all that we need, and do we really need all that we have?

Having each moment filled, is insurance against boredom and wisdom.

We don’t need to let go of nay specific thing; just wanting it.

* * *
NO DIFFERENCE

We’re all creative
some create chaos, some great joy, others haiku.

The finest temple
is no more sacred than the simplest open field.

Finding differences
is simple. Finding oneness is more difficult.

Finding differences allows us to exercise our power to choose.

Because something seems to be different, does not mean that it is separate.

In a contraction we can never remember our last expansion.

Miraculous and the ordinary exist only in our minds.

All forms of life are simply variations on the very same theme.

We cannot expect to experience something separate from ourselves.

Whatever question we ask, is generally part of the answer.

Oneness is when our differences no longer seem to make a difference.
The one thing that we all possess in common is our diversity.

Within the faces of enemies, our own is reflected clearly.

*Wild flowers blooming and children maturing are the same process.*

***
PARTNERSHIP

True mindfulness is a declaration of interdependence.

A partnership does not require that we see all things the same way.

Most people who are really ready to partner already have one.

Competition may be the greatest enemy of true partnership.

When two partners think exactly alike, one of them is redundant.

A great partnership requires the same commitment not the same approach.

We are all partners in that everything we do affects someone else.

We are as much of a partner with those that we hate as those we love.

Our most valuable partners are the ones that can help us laugh at ourselves.

Our purpose is found where our gift, and somebody else’s need, connect/

*The blue jay pretends not to see the cat stalking. The game continues.*
**PATIENCE/WAITING**

Patience is simply letting go of wanting to change what’s happening.

Since one third of our lives is spent waiting, we might try learning patience.

Waiting for something to happen is also part of what’s happening.

The most appealing form of waiting is done with no expectations.

Nothing exposes someone’s lack of inner peace as much as waiting.

Perfect patience is waiting without waiting for something specific.

Life may be flawed, yet with a little patience it has great potential.

Most don’t live in the moment, but exist from one event to the next.

Patience is perhaps the greatest show of courage that we can present.

No matter how late, if we’ve awakened to life it’s not been wasted.

The more we practice patience, the more clearly we see our restlessness.
Patience is nothing more than abiding in each moment as it is.

Belief is just a stop gap until we have our own experience.

Often we forget that every problem does not need to be solved today.

*Seeking warmth, the cat waits for the rays of sun moving across the cold floor.*

***
PRIORITIES/WHAT’S IMPORTANT

With all our choices
it’s touching to see which ones
we’ve made important.

When serenity is
our priority, all
else falls into place.

In the big picture
nothing is more important
than anything else.

Love never dies. It’s
only replaced by something
we’ve made more important.

For many people
the most important things in
life are distractions.

Most priorities
in life are set to avoid
what’s not wanted.

Overwhelm is just
our gross inability
to prioritize.

What one thing each day
do we make more important
than being happy?

When control is our
first priority, joy must
assume second place.

First priority
won’t eliminate others.
It simply comes first.

If we want to see
our top priority, just
look at what we have.
PRIORITIES/WHAT’S IMPORTANT

Whatever has our attention is our number one priority.

***
A chronic case of irresponsibility can be serious.

When we’re unhappy we instinctively look for someone else to blame.

No one can ever be held responsible for how someone else feels.

How often are we more interested in who is responsible for the problem, than we are in really solving the problem.

Few choose to be free since responsibility comes with the freedom.

The difference between responsibility and blame is enormous.

One way to saying ‘Responsibility’ is ‘Cause and effect.’

The source of most of our problems is the one who looks for the answer.

Laws do not always create peace. They may sometimes create criminals.

How seldom we see that blame is just a subtle form of resistance.
We cling to blame since when it’s not there, we’re forced to observe our own pain.

A wise man knows that nothing outside himself can cause him any pain.

Our intellect has an endless capacity for self deception.

Experience is not what happens but what we do with what happens.

The first victim of evil behavior is the one committing it.

The way most of us deal with discomfort is to find someone to blame.

Most attack is seen by the one attacking, as a form of defense.

Our poverty can’t be relieved by counting the treasures of others.

Why do we carry the burden of what other people may have said?

* * *
We are butterflies
trying vainly to crawl back
into the cocoon.

Our security
is knowing we can deal with
insecurity.

Security is
the avowed enemy of
thrill and discovery.

Security can
never bring us happiness
only some relief.

Security comes
when we no longer need to
protect what we have.

We can not have a
rich man’s security and
a beggar’s freedom.

Two quite popular
illusions are permanence
and security.

One of the greatest
deterrents to progress is
the need to protect.

The security
of staying in our comfort
zone is dangerous.

A secure life for
many people is keeping
a full calendar.

*A tiny flower’s
happiness does not depend
upon being seen.

***
SELF-IDENTITY/ROLE

I think, therefore I’m so involved that I don’t know who I truly am.

If we could only lose our identity, we might just gain the world.

Self-deception is looking in the mirror and seeing someone else.

Self-discovery is the fastest, most painful way to enlightenment.

We are never more than a shining mirror that reflects all of life.

‘Self,’ is the story we create and embellish the whole of our lives.

As we grow old, we don’t change. We become more of who we always were.

We are neither the subject nor object, but part of the process.

The separate self is a wave claiming that it’s not part of the ocean.

Of all our levels of consciousness only one of them is called, ‘I.’

The only way to avoid our ‘shadow self’ is to live in the dark.
Finding the separate-self is just like peeling an onion. By the time we arrive at the center, we see there is nothing there.

What conceit to think that we control what other people think of us.

The only thing we need to be protected from is our own ego.

We get so involved with our self image that we can’t see who we are.

When we say, “I’m too sensitive,” that often means “It’s all about me.”

We try so hard to preserve an identity that doesn’t exist.

It’s a wise man who can separate someone from his reputation.

One master talent is our ability to create suffering.

Those addicted to a separate self, could use a recovery program.

Some people create problems to insure their sense of identity.
SELF-IDENTITY/ROLE (Continued)

Anger comes when we think our identity is invalidated.

The way we forget ourselves is by uniting with the task at hand.

A truly aware person can be comfortable playing any role.

Some people’s career appears to be - directing other people’s lives.

‘Personality’ is our word for behavior that’s repetitious.

Our greatest act is pretending that our act is not really an act.

No one dislikes or likes us. They only relate to the role they see.

People enjoy our personality when it can compliment theirs.

Authority that solves our problem may also become the problem.

Circumstances will not change us. They will only show us who we are.

We can not see the world evolve, if we think it revolves around us.
Define yourself as
as son, then who will you be
when your parents die?

The difference between
wisdom and charisma is
not easy to tell.

How can we get rid
of our undesirable
parts and still be whole?

When the ego cries
for what is lost, the spirit
smiles for what is found.

Why do resumes
always seem like mistaken
identity cases.

Regardless of who we
must then disappear and is
not about me.

Question: If we can’t
identify ourselves, do we really exist?

How much of who we
are is the person we’ve been
told we ought to be.

*Thoughts merge with soft rains.
I sit with the music till just
the music remains.

* * *
We are not able
to think and experience
in the same moment.

The only way to
glimpse eternity is to
be in the moment.

Youth sees the future,
old age, the past. How much time
is spent in the NOW?

Man – maker of dreams,
goals, fantasies, stories, and
creator of time.

Living in the now
we don’t allow our past to
become our future.

If time is not real,
why do we complain about
not having enough?

Everything exists
in this moment when only
this moment exists.

There will probably
be another tomorrow,
not another now.

How often do we
do things solely to make the
time pass more quickly.

When we deal only
with the things we know, we are
living in the past.

So many tend to
live mostly in memory
or expectation.
Living in the past turns us into a second hand human being.

Is it not a shame that most of us don’t have the time to walk slowly?

Not being fully awake in the moment is truly killing time.

Whether we know it or not, no moment is more important than now.

We have wasted this moment when it becomes just the means to an end.

Each moment contains the precise teaching that we require at this time.

We are not supposed to live forever, only fully in this time.

If we live in the future, our goals will always be just out of reach.

We are all between yesterdays completion and tomorrow’s challenge.

When we’re in the now we no longer need something to look forward to.

If we love something enough, we will always find the time to do it.
The past won’t cause the present any more than the wake causes the ship.

We are hostages of the past as long as we relive pain and hurt.

Like Orpheus, we can’t resist the temptation to stop and look back.

Archaeologists of the ‘self,’ dig the present as well as the past.

Too often we’re so focused on where we’re going, we don’t see where we are.

* * *
SWEETNESS/WILLINGNESS

The surest way to
canstant discovery is to
retain innocence

Being willing to
do something often means we
don’t have to do it.

The more aware we
become, the more willing
we usually are.

Some innocence and
sweetness may be wiser than
sophistication.

Traits of sweetness and
gentleness are not just the
feminine gender.

The willingness to
be ordinary is
a very special gift.

Peace is allowing
someone to use us as their
point of resistance.

The door to heaven
is marked, ‘willingness.’ The door
to hell, ‘willfulness.’

The greatest truths are
discovered by those who are
willing to be wrong.

Our true value is
simply how much we’re willing
to give of ourselves.

How strange that conflict
has become the norm, and peace
is the exception.
SWEETNESS/WILLINGNESS (Continued)

Before we can see ourselves we must be willing to accept the worst.

In many cases success comes less from talent than from willingness.

Perhaps the greatest display of courage is the sacrifice of will.

* * *
Nothing within a system is right or wrong. It simply works or not.

No point in falling apart just to reconstruct the same old system.

Conveniences seem somehow to always give rise to complications.

The endless system of finding ourselves is one of constant mistakes.

Think of systems of consciousness as atmosphere rather than levels.

Thinking is just one aspect, just one level of our conscious system.

True education is gaged by how well we learn not by what we learn.

Wars have shown us that no one can ever arrive at peace through conflict.

Our war on pain has been more successful than our war on its causes.

The only system that can defeat us is our own belief system.

Most of us get stuck in the daily traffic jam of our ceaseless thoughts.
There is no knowledge that’s convertible into human happiness.

*The hummingbird sips cautiously, checking before the others arrive.*

***
TRUST/THE UNDEFINABLE

Prayer is easier
knowing that speaking to God
is a local call.

It is our trust in
something, or the something that
works the miracles?

Anyone who is
slow to trust is probably
not quite trustworthy.

Belief lives in the
past; faith in the future, and
trust in the present.

We have more trust in
things going wrong than we do
in things going right.

Logic will seldom
enter the equation when
it comes to trusting.

If someone doesn’t
meet our expectations we
claim we can’t trust them.

The need to control
what’s ‘out there,’ is a mistrust
of who is ‘in here.’

Trust is not the choice
that we make, but a new way
of understanding.

Trust can move mountains.
Without wisdom it won’t know
which mountain to move.

* * *
The most exciting and most depressing truth is 'There’s nothing out there.'

Life does not consist of ultimate truths, as much as alternatives.

What is our truth? The solution to our problem, the answer to our question, or reaffirming one of our pet opinions?

The truth, no matter how substantial is always subject to some change.

Any preconceived opinion will alter our perception of the truth.

Truth assumes the shape of any vessel into which it is poured.

Complicated is simply truth that we don’t want to understand.

The two tongued fire of arrogance and ignorance blind us to the truth.

The tree produces fruit. It’s also true that fruit produces the tree.

The embarrassing truth is that suffering is really self imposed.
For those who have found the truth, there’s no longer a need to defend it.

The ultimate truth can be experienced, but can not be explained.

Most absolute truths will contain at least one type of contradiction.

Any truth is hard to accept when presented with an attitude.

We all create our stories, which is why there are no ‘true stories.’

Truth will never be glimpsed by a mind that has an objective in sight.

The truth, like sculpture is revealed, not by adding, but taking away.

Two words that explain the very meaning of life are, ‘not always true.’

Does it mean that we’re untrustworthy people if we should change our minds?

* * *
To speak well does not automatically mean we have something to say.

Whatever we choose to discuss, our words will still be about ourselves.

So far, no one has yet witnessed enlightenment on the Internet.

Words are just symbols. How futile to defend the meanings of symbols.

Purity, in the field of humanity can also be, 'Prejudice.'

There has never been a word that requires only one definition.

When the voices of the mind are silent, the heart is allowed to speak.

Everyone knows the meaning of, 'common sense,' yet who can define it?

'I, my, me, mind,' are the least descriptive words in the English language.

When we’re alone we can watch our minds. With others we can watch our words.

One definition of 'poverty,' is 'always needing to have more.'
We will truly know love when we see that it’s not a transitive verb.

*The first Spring Jonquil makes a welcome statement, and doesn’t say a word.

* * *