

# Forging Links with Self

*(with BhagavadGita Companion)*

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*for Swami Chinmayananda  
the ever living spirit of Vedanta!*

•

*we can approach the Gita  
as wisdom*

*to be imbibed each in his own way  
wherever we happen to be inside*

*direct from Krishna  
no matter what the name  
our one whole self*

*forever and ever...*

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## Preface

After completing a phase of meditation process in Almora, a landslide prodded me to leave my Himalayan retreat for the plains and byways of India, visiting a few mountains along the way. These poems and essays can be viewed as the culmination.

Later when reading them, I realized they reflect the deep, influence of the *BhagavadGita* teachings, which help us to unite intuitive understanding with living practice. So I edited the collection with threads of loosely applicable Gita verses side by side. An aim of presenting the slokas is clarity as well as revealing a process of the universal steps involved—in the awareness that all divided sections such as karma, bhakti, jnana, are really fluid and interconnected. For each aspect of the world of change-relativity, whether viewed from the perspective of the personal experiencer or the detached witness, is simply one undivided-transcendent-interpenetrating reality!

*all attempts at self expression  
from the crudest to the finest  
can be viewed as aspiring to clarify and dissolve  
the murky projections of our experiences in the world of change  
onto Reality*

*personally...scientifically...philosophically*

*utilizing the visceral body...emotional mind  
and witnessing purified intellect  
to leave us with a clean slate only:*

*the face before we were born!*

I hope these poems reveal an inkling of how the universal teachings can inspire us to integrate the simplest aspects of daily living with understanding, with consciousness, with Truth, as inner practice leads us to one self, one selfless self...always here waiting...can never be taken away!

*January 5, 2019*

## ***Karma Action***

*offer all your work to Me  
and rest your mind on the Supreme*

*free from vain hopes and selfish thoughts  
in inner peace fight your battle...*

---

*BG 3:30*

•

*set your heart upon your work  
but never on its reward*

*though you are not the doer  
be not inactive*

*perform action with no attachment!*

*equal minded in success and failure  
work in the peace of yoga*

*yoga is evenness of mind...*

---

*BG 2:47-2:48*

## *Surrender: Why and How*

What was once accepted as divine authority, if it made sense to the mind and the heart, is giving way to deeper questioning, purposeful questioning, from a place that wants to understand and live the unity of life.

For example, Krishna says throughout the *BhagavadGita*, from the second chapter onward: “Surrender... Take refuge in Me.... Have supreme devotion for Me alone and I will care for all your needs... Remember Me and fight... Throughout all the daily comings and goings, keep the mind in Me and you will surely come to Me...”

No matter how it's expressed, surrender is a major theme of this inspired sacred book. And the varied ways of going about the practice of surrender suited to different types of people, are covered in each of the eighteen chapters.

Essentially, surrender entails giving up our identification with the sense of ego or small I as the feeler, the thinker the perceiver, the doer. And surrender to Krishna, does not mean surrender to another person, but surrender to one's highest self, the totality, here embodied in the form of Krishna. One's highest self, lives within every being and everything...accessible! Those who view the body of Krishna as God, the God of pure love, can worship Krishna in dualism as a God-Man; and through keeping the mind one-pointed on Krishna, surrender their ego to God and love God.

But for many questioning people, devotion to a human form as God appears unnatural, in spite of the fact that movie stars, sports heroes and the like receive all the emotional clout of worship, without the awareness of what the “worshipper” is doing. But worship of a God-Man becomes easy after one sees the miracles he performs and the universal love he instills in one's heart as well as in all beings.

What do we give up when we give up the ego? *We give up conditioning.* We give up our pain, our anxiety, our fixed plans for the future, our preconceived ideas—everything stale that we have learned. We let go. Forget everything and live strictly in the moment. Plan ahead when necessary, but do not allow preformed plans to rule our lives. And allow environmental conditions in the moment to be in sync with our plans.

With the shedding of ego a new creation comes. Whatever is needed for life to flow smoothly just comes—as if a new universe is here offering us abundance. This is a world of appreciation for life, expansiveness of love permeating all. And without wings we fly, with compassion for those who are earthbound, stuck in the subterranean tunnels of illusion. *With the shedding of ego maya crumbles!*

This total switch in orientation from an ego feeling responsibility for itself in the world, to an ego being cared for by God, Totality, the force of love, without having to be concerned about mundane things while participating fully in life, might seem impossible at first, shocking or maybe even childish to the uninitiated. Therefore, it is important to try and understand the whys behind Krishna's seemingly outrageous suggestion.

It is very difficult, if not impossible, to surrender without having faith *unless* there is love. Since devotion requires a certain feeling temperament and can take time to develop if we haven't yet seen a God-man, we are first being called to understand the why. For blind belief in the absence of love is not desirable, as it smacks of herd instinct, conditioning or mind control, similar to ordinary "education" or propaganda from business interests, the media or various other groups be they political, quasi-spiritual, psychological, economic or advertising-related.

What differentiates Krishna's surrender from the conditioned mind control of various interest groups rests in the underlying motivation. *The purpose of the Gita is to help us connect with our own Self individually, natural and full and whole*; not partial or segmented or collectively with ulterior motive. To be free, free to think and feel for oneself without falling subject to the conditioning factors of parental, educational, religious and economic interests that rule the institutions of society, as well as the conditioning factors of our senses and sense objects, memory and mind: This is a purpose of the Gita!

In order for this freedom to occur, we must begin to free ourselves from inner mental and emotional conditioning, from past experiences, emotional reactivity and mindset that has been called *vasana* or tendency, or the groove of thought channels—all with the help of the higher!

The methods of the Gita are for those who wish to be free by living one's own nature directly from the source, without anything superimposed; live individually in accordance with our whole self, our universal self, in all its subtlety and fineness and capacity for transcendence *while living in the world*. With love and transcendence there is no room for partial ego.

One real value of surrendering the ego and what it's been conditioned to know is that surrender offers us the opportunity to return to the primordial beginning, the blank slate of nothing, awaiting the potentiality of a new self creation, unhampered by the boxes of externally imposed "authority." This occurs not by superimposing method by turning it into another conditioning factor, but by allowing method to help each individual to connect *directly* with the inner source throughout the comings and goings of life. This connection with the self, consciousness, source, God, circumvents all rulership of the senses, the mind,

the intellect, memory and ego—while making good use of all our God-given faculties.

Thus, everything we think or say or do or eat or breathe is for surrendering our small sense of self to the whole, the higher, the all encompassing One, with full appreciation-love for life, for Mother Nature, for being part of the whole and living directly as the source of creation!

The waves continue back and forth, part of one ocean deep and full. And Prakriti Mother Nature opens the heart granting us nurturing-love, alongside the opportunity to be carried weightless—when we surrender...

*February 3, 2013*

## **2**

*attachment and aversion  
of the senses for their sense objects  
are automatic*

*let no one be dominated by this—  
for these act like enemies!*

---

*BG 3:34*

## ***Transforming Negativity***

each time this self does not allow  
reactive emotions to enter  
her inner field of experience

divine energy accrues

as if the negative energy of another  
or the environmental disturbance  
gets neutralized by no reaction

turning into positive divine strength  
*within myself!*

the balance of power changes  
and the whole environment is cleansed!

*October 3, 2013*

### 3

*therefore at all times  
remember Me only and fight*

*with mind and understanding steady on Me  
you will surely come to Me*

---

*BG 8:7*

•

*whoever witnesses all actions  
performed by nature alone  
while the self remains action-less*

*this being truly sees!*

---

*BG 13:29*

## *Valuing Remembrance and the Witness*

Learning anew is the science of spirituality applied to daily life. The overseer of this process is our consciousness. Every issue in our daily life is presided over by this consciousness.

It can see details related to the senses and mind in daily life or it can observe itself observing. The first process invokes duality. The seer seems different than the seen. The second process connects the seer with the seen. When our consciousness sees our self observing the play of life in every manifestation, it serves as the witness—expansive, connected to all. Duality invokes ego consciousness; the witness invokes Self consciousness, the divine in us, *the divine seeing the divine*. No dichotomy between seer and seen—all one.

While connected to the witness, our mundane observations take on a new dimension. For example, any problem or difficult issue in daily life can acquire a fresh perspective by the presence of the divine witness. What loomed heavy to the anxious ego becomes light under the gaze of the self. As our perspective shifts, the problem vanishes.

Therefore, rather than concentrating primarily on materially oriented “how to,” if we can cultivate a partnership with our inner presence, we will know what is needed in every situation. And this expansive indweller will carry our burdens, thereby alleviating the tension, worry and anxiety of the tiny ego...

## **4**

*when one realizes  
the whole variety of beings  
abiding in the one*

*evolving from the one*

*then he is one with Brahman*

---

*BG 13:30*

## ***Cells in the One***

obedience is necessary  
till we live in love

idealization is needed  
till we develop discrimination  
leading to inner knowing

virtue must be practiced  
till the coverings over our heart  
depart

as our sense of chosenness dissolves  
equality is born

*all cells in one body!*

the body of the Mother Divine  
the body of God...

now all negativity melts spontaneously  
helping us include all  
in the presence of being—

Aham Brahmasmi!

as past karmas self destruct  
unto one self  
there is only is

light of consciousness only  
subsuming all unto one self...

throughout all songs  
of destruction-creation  
formation-dissolution

only existence  
only consciousness  
only bliss...

*December 28, 2012*

## 5

*Krishna says:*

*letting go of self-centered work  
or the results of action  
is called tyaga-abandonment*

*letting go of all desire  
is called sannyas-renunciation*

---

*BG 18:2*

## *From Belly to Open Heart-Intellect*

Until the heart of attachment manifests as the heart of unity, external structures such as politics, religion, women's lib, isms and groups of all kinds sneak into the psyche as potential panacea for human ills. When striving for happiness, freedom, love, relies on external conditions, persons and place, our inner desire for liberation becomes externalized and partial: working for causes, uplifting the downtrodden, all good and noble in themselves yet—more lasting when combined with the understanding that it is oneself that needs uplifting! By helping others and working for others we are uplifting our very own whole self as well as our small self, so long as we remain aware of interference from ego opinions and credit taking.

The pivotal point in all externalizations is the link from small self centered to larger self centered, from manipura chakra with all its personal sense of attachment, mind and egoism, from ordinary intellect with all its thinking, planning and rationalizing to higher intellect of heart that just knows devoid of any sense of individual identification in doing, planning, feeling or thinking.

Life in society or life as recluse can be viewed as a training ground for letting go of worldliness, no matter what the manifestation, leading towards complete surrender of the supremacy of small self—with all its wants, needs and preferences. For those enmeshed in and attached to worldly life, approaching action as a practice or yoga of selfless service is the way. For those involved in meditation in a more withdrawn and concentrated way, the ultimate necessity is to *live out* the truths experienced in meditation. In this way, no ego with its old habits can creep its way back into the psyche. Living out our realization in day to day life helps to stabilize truth in our consciousness as a living reality—including those experiences that cannot be formulated or articulated.

So we might say, selfless service for the worldly person is to help the jiva individual person purify the mind, combine action with intention, will and attention alongside broadening one's outlook from separate individual to God in oneself and all while performing action—ever surrendering the supremacy of small self with every movement of mind and body, with every breath. Likewise, selfless service for the person with deep spiritual experience is to help stabilize the experience in a way that integrates it into the larger self permanently, while pervading the world of action.

In this way, our inner knowing does not get lost in or descend to egoism or imagination or depletion in the boredom of emptiness. It contributes to the cosmic fullness in our consciousness by naturally aiding-pervading the other atoms on a concrete or form level. This helps align the balance of life called Vishnu the maintainer, thereby including each of us in the harmonious task of world maintenance.

If one wishes to remain on earth in a body, then the daily life functioning of “Vishnu” is a requirement. If one’s propensity toward extinction is overriding, then the total dissolution brought by Shiva wipes out every speck of world from the mind...including wanting to be of service. The dissolution of Shiva in action requires full readiness for death. Whereas the readiness for Vishnu requires full surrender of egoism, the ultimate readiness for Shiva requires the total embrace of annihilation of all form and all kinds—so that nothing remains. In the *BhagavadGita:18* this underscores the difference between tyaga, mind abandoning desire for the results of action and sannyas, mind renouncing all desire and everything.

Thus, the pivotal point of conflict between three and four, belly and heart, also known as manipura and anahata chakra or the center of ego versus the higher intellect rests primarily in the degree of inner purification plus the extent to which we willingly let go of the seeming comfort of habit. Does love and compassion rest primarily in I and mine and group identification of any kind or does it manifest spontaneously, fully, globally as well? And is individuality and identification with group, clan or attainment surrendered unto the lap of wholeness?

When the sacred heart becomes crystal clear, all conflicts experienced in ignorance, all confusion and lack of clarity melt suddenly, simultaneously—as a different quality of energy all pervasive enters the psyche...

*April 26, 2013*

## 6

*when action is for reward  
it brings pleasure or pain or both  
in its time*

*but when we let go of  
all personal desire for results*

*no karma ever accrues!*

---

*BG 18:12*

## ***Zorba the Buddha***

enjoy whatever comes our way  
as the source of life  
and not just the thing itself

this is lasting joy

Zorba the Buddha  
is a step removed from renounce and rejoice  
because his joy stems from worldly things  
so he thinks

but the bliss behind all joy  
comes first from renunciation...

*April 23, 2013*

## **7**

*with intellect unattached everywhere  
and mind conquered by the self*

*beyond desires*

*through renunciation  
one enters the supreme state  
of freedom from action*

---

*BG 18:49*

## ***Understanding Karma***

the master creates conditions  
to help us overcome conditioning  
O mischievous Krishna!

Mother Nature does the same

but with Mother Maya  
it's not always so obvious

Prakriti is really Ishvara  
the Lord of our self

our own behavior and thoughts  
create the events that happen to us

in this sense we are surely architects  
master builders of our fate

we can build a home of  
whore house or temple  
caged in zoo or free flowing surf  
smelly subway or fresh mountain breezes  
wayfarers inn or solid rock cave

including the conflict of bloody battlefield

each according to our inner predilection  
*to be learned from and evolved out of!*

O Devi! dare we claim responsibility  
but the Lord of the universe is simply  
our very own self creating our universe...

so be sure the universe is really your self  
and not anybody else's conditioned world!

be free from all conditions  
simply align with self

and the purpose of karma time Kali  
is surely fulfilled

her stomping foot  
releases its hold on Shiva-consciousness...

a black and yellow butterfly  
alights on my arm and stays  
so close you can see the one-time caterpillar

with his necessary cocoon now obsolete  
O beautiful butterfly  
you can fly anywhere and never go away!

*October 13, 2014*

## 8

*outside and inside all beings  
moving and not moving  
utterly subtle and incomprehensible*

*This is far and This is near...*

---

*BG 13:15*

## ***Inhabiting Creation***

what kind of creation do you wish to inhabit?

a self-made conscious world

where you aid the forces of good or evolution  
naturally through being  
on all three levels of matter—body mind intellect  
or gross subtle and causal universal bodies

which in turn dissolves the forces of negativity  
of tamas and rajas in body mind action and intellect  
*including attachment to goodness...*

this leads to love spontaneous  
love leads to being consciousness bliss

now creation discovers its equilibrium  
no better no worse

is it equalmindedness or is it nothing  
the foundation of all creation?

what is left when nothing is left?  
is creation aiming at its own death?

fullness dissolution maintenance  
maintaining fullness or maintaining dissolution?

the nothing foundation of life in cosmos and human  
requires consciousness only...no grasping

and the purpose of creation is fulfilled!

*November 19, 2014*

## 9

*as the unwise act selfishly  
bound by egocentric action*

*may the enlightened work selflessly  
for the welfare of the world*

---

*BG 3:25*

•

*giving is pure  
when offered from the heart*

*to a worthy person  
at a fit time and place*

*without any expectation of reward*

---

*BG 17:20*

## ***Giving Selflessly***

selfishness is simply related to  
maintaining some habits of the child

nothing pejorative...

the child thinks  
take care of me the center of the universe  
the whole world revolves around me

all from leftover ego now...

conditioned giving isn't enough  
egoistic giving when I want and what I want  
will not due

only heartfelt giving-discrimination  
with the pure love of the child  
and transparent wisdom of divinity  
supporting all seeing O Mother Divine!

to one-time authority figures  
to children friends and former adversary  
to egotists and the needy

with a mind attuned  
to what is needed in the moment

calmly silently lovingly  
embodying the sacredness of life...

*December 3, 2014*

## **10**

*the qualities of nature alone  
perform all action*

*self veiled by egoism believes:*

*“I am the doer!”*

---

*BG 3:27*

## ***Karma Can Be Dharma***

when our karma aligns with dharma  
no matter what the level  
we are on the way to harmony

desire is our grand opportunity  
to live out action meaningfully  
with all its memories feelings pullings  
joys and sorrows  
and leave each aspect behind

*when:*

a knowing sliver  
of the thread of consciousness  
accompanies our thought and action!

this invisible sutra ever present  
our all knowing link of God connection  
uplifts ordinary action out of itself  
expanding the flailing ego to deeper horizons

*leading to the One...*

bit by bit untutored  
the whole conglomerate of antahkarana  
mind intellect memory ego consciousness  
surrenders its dominance to our self

first to the personal worldly god  
then to the guru  
then to our sadguru  
till inner knowing comes:

the guru is really this very own self  
that knows whatever I need  
O divine consciousness everywhere and beyond!

*and all personal karma  
is really self dharma!*

this is the beauty of karma yoga...

*January 10, 2015*

## **11**

*making the mind one-pointed  
with movement of mind and senses  
stable in consciousness*

*sitting up in a steady position  
practice this ancient yoga  
for self purification*

---

*BG 6:12*

## ***Insect and Lizard***

a lizard scurries every which way  
zigzagging back and forth in spontaneous dance  
till I realize he's chasing an insect  
grasping an insect  
letting go of an insect running

now the foolish creature returns  
and is grabbed...and escapes...  
finally he flies away!

why did he wait so long to fly?  
testing? playing?

all we need are mental wings  
for invulnerability to the reptilian brain!

*April 28, 2016*

## **12**

*a person  
does not reach the actionless state  
by not working*

*nor does she attain perfection  
by mere renunciation*

*no one can ever remain  
without action for even a moment*

*for all beings are driven helplessly to act  
in accordance with the gunas of mind*

*the qualities of nature*

---

*BG 3:4-5*

## ***Personal Growth and Evolution***

*(for Jason)*

real evolution is spiritual  
touching the soul of self...enlivener of life  
otherwise it's "personal growth" or mental sprouting

expansion of ego identity  
can be a first step toward  
evolving into our true nature

*only if it becomes not fixed!*

when sense of ego identity remains fluid  
one can experiment with the coverings of life  
and enjoy and suffer until

all coverings lose their glamor!

now pure gold is distinguished  
from the glitter of tinsel  
and we transit from identified participant  
to witness participant

in preparation for departing the circus ground...

the main difference between psychotherapy and spirituality  
rests in the underlying premise:

is our aim to adapt to this insane world  
and discover a working space within all whirlings of carousel?

or

is our aim to purify completely  
and merge with our authentic self  
the source of life?

*this depends on our desires*

if ambitions and desires are our chief motivating force  
go for it and enjoy!  
with more altruistic perspective than simply egoistic stance  
if we can  
until action is conscious dedication

if few worldly desires exist  
we can ripen from bud to blossom to fruit  
and eat and enjoy our plenitude  
without boxes of boundary constriction and role  
unto freedom

in time and beyond...

it all boils down to what we truly want  
which must be honored O dharma

*surely we can be true to our self at every level!*

*May 1, 2016*

## **13**

*seeing stillness in action  
and movement in tranquility  
is wisdom*

*he is a yogi  
skilled in action!*

---

*BG 3:18*

## ***A River Without Stones***

*(while gazing at Parvati River)*

what makes the river sing?  
if there were no stones she'd be flowing silently

over the boulder the water stays put  
swirling foaming round and round  
till a few cups escape moving on

life without rocks makes no music  
life without foam swirling makes no new beginnings...

when music is no longer needed  
and new births required no more  
then the river of life simply flows  
silently homogeneously

no delineation of drops  
unto the ocean beyond time...

*April 22, 2016*

## **14**

*whoever sees stillness behind action  
and action in inaction  
is a yogi...wise among beings*

*he lives the pinnacle of action!*

---

*BG 4:18*

## ***Enjoy the Play!***

play in the ongoing knowing  
this is all real and unreal at the same time  
not simply a dream

but the dreamer of the dream creating it ever  
unto the swallowing O Samharini!

old tastes linger not  
new flavors come into the play each instant  
unto emptiness while enjoying!

so judge not any character in the drama  
allow each his allotted place knowingly  
that the composure of detachment  
combined with hilarity of the moment  
and humility of the overview  
make living in the seeming dregs impossible

as loving awareness of what is  
enters the playing field

*with purusha and prakriti reunited!*

now is it needed to deepen  
your experience of purusha  
without any danger of falling into a hole?

unnecessary deepening of the playing field of maya?  
time will tell O Kali!

enjoy the bliss!  
enjoy the dregs!  
all one maya!

how many times must you laugh at yourself  
before comprehending the whole at one time always!

while time continues to offer  
all manner of testing to see  
whether or not this glorious intuition of mind  
*from* mind is being lived!

as paragliders simply glide...

*September 17, 2017*

## 15

*all this world is pervaded by Me  
in my unmanifest form  
all beings exist in Me but I do not dwell in them  
and in truth they do not exist in Me*

*behold my divine yoga!  
I am the source of all beings  
I support them all  
though I am not rooted in them...*

---

*BG 9:4-5*

•

*I am the same to all beings  
to Me no one is hateful or dear  
but those who worship me with devotion  
are in Me and I am also in them!*

---

*BG 9:29*

## ***Process of Self Awareness***

with merger of part-self in witness  
and merging of witness in total consciousness  
presence enters self and self enters presence  
uninfluenced by time-place-person

presence lives everywhere  
throughout each loka...beyond all sphere  
the same taste permeating all states of consciousness  
no matter what the loka  
(even if still in intuition)

carrier of divine presence am I!  
sarvam kalvidam Brahman!

you feel it in the upper spheres  
now live this presence everywhere!  
no more splits in consciousness—  
ongoing integrated awareness only O Absolute!

*September 12, 2017*

## 16

*with hands and feet everywhere  
with eyes and heads everywhere*

*He sees all...hears all  
he is in all  
containing all*

*He exists everywhere...*

*shining through the senses  
while transcending the senses*

*totally unattached yet supporting all*

*He transcends the world of matter  
while enjoying this world!*

---

*BG 13:13-14*

## ***Outer and Inner Approaching One***

oneness comes closer  
as the universe responds  
to our thoughts words and deeds

first in partnership offering what's needed:  
feelings happenings meetings in the world  
and later merging in the broader cosmic form  
offering energies corresponding to our inner vibration  
mutually...naturally

*this alignment between inner and outer  
reflects being*

with deepening it becomes finer  
the finer the more all pervasive  
the more farreaching the greater the good

that one day the entire process of maya  
inching its way upward and inward  
discover its omnipresent oneness

as natural law unfolds O Devi  
aligned with the ever present proximity  
of the Absolute

inching its way back steadily once more  
to the return of mutual interpenetration!

*September 29, 2017  
Navarathri*

## **17**

*take refuge in That alone O Bharata  
with all your being  
fulfilling your real desire*

*with this grace  
you will enter into the eternal abode  
supreme peace and blessedness...*

---

*BG 18:62*

## ***Meditation as Action in Living***

meditation too is action...

when performed for the good of the whole  
with conscious intent  
this uplifts vibration of the planet  
in accordance with purity of meditator

the subtler-higher the level  
the more farreaching the interpenetration  
dissolving impurities of this mind-planet...

and with all quickening unto fineness  
it becomes easy to see  
even sathya yuga is not yet our God self

so live self awareness only O Devi  
throughout all frequencies you bring back to earth  
knowing completely 'I am not the doer'  
through grace alone O Lord of oneself  
in ongoing aspiration-being

*as our purpose for living is being fulfilled*

with room for action and stillness:  
space for all...

*October 1, 2017*

## 18

*all this is pervaded by Him  
who makes possible  
the evolution of all beings...*

*through participating  
in our own actions as worship  
humankind embraces perfection*

---

*BG:18:46*

## ***The Tanpura***

the tanpur ever droning  
sucking specks of bliss from the cosmos  
sends forth her love

as the giant accumulator  
recycling all shakti  
perpetuates her dharma exemplary  
in ongoing continuity...

*as above so below!*

while all perceptions feelings thoughts and actions  
pulsations from the breath of life  
return to the source of love

the source of formlessness  
*the source of all—simultaneously...*

*November 15, 2017*

## ***Bhakti Loving***

*better than mechanical practice  
is knowledge*

*better than knowledge  
is meditation*

*higher than meditation  
is surrender*

*for the end of surrender is peace...*

---

*BG 12:12*

## ***Gifts of Shakti***

every gift or talent  
is lent to us by love  
love *of* the divine  
*from* the divine

when the ego desires recognition  
and wants to take credit for it  
even through the guise of sharing

or when the ego fears judgment  
because of comparisons and past conditioning

the self insisted on sacred things out of bounds—  
music, writing, poetry  
not to be connected with money or comparisons

because collective standards and ego  
would spoil it...soil it  
since the foolish ego sullies everything  
it grasps...

in one sense this decision was life giving  
for internalized projections of judgments true or false  
create prisons that eradicate freedom

but is not all the energy of prakriti  
a gift from the divine  
no matter what the level of self expression?

so the joy the sweeper feels screaming  
when this being loves silence  
is this also not her expression of shakti  
in the form of the “demonic”?

each and every level of prakriti  
a manifestation of the gift of life  
O Mother Divine!

but when the energy of shakti  
rises for human evolution  
and expresses itself in devotion  
*loving being:*  
music and beauty or words of Truth unsullied

its way of contributing  
to the cosmic whole is *magnified*  
as pristine clarity reigns supreme

neither by telling nor by imposition of ego  
but through subtle energy only  
with respectful awe for the all pervasive shakti  
beyond words

purifying mind and heart  
offering insight unto the knowing...

all equal  
here with readiness  
cannot be taught...no imposition

this preciousness can only be bestowed  
secretly...subtly...silently  
in ripeness...devotion

*February 8, 2013*

## 2

*balanced in blame and praise  
with soul in silence*

*content with whatever comes  
without fixed worldly abode*

*mind is steady  
filled with love:*

*this devotee is dear to Me!*

---

*BG 12:19*

## ***Eternal Recurrence and Bhakti***

the ocean is beginningless  
but it surely has an end

eternal repetition comes and goes  
again and again  
in different guises and octaves until—

each and every situation is loved and appreciated  
*in* divine consciousness *as* divine

and the perfection of the moment  
is realized without preference

no compunctions to do this or that  
because this is better than that  
or that dispels karma so do it...

every single thing is in the mind!

when we know it  
we bring joy to each and every situation  
in the ladder of existence and accept

even the seeds of vasanas  
require action no more  
for prarabdha<sup>1</sup> exists no more

*the love inherent in the moving waves  
informs us of our Godhood!*

whatever level nature finds us at  
is love alone  
finding the insides of things

and eternal recurrence ceases...

seed vasanas embedded  
in past levels of experience  
worked through by action and insight  
live no more

now “not that again”  
is wholly superfluous!

---

<sup>1</sup> the karma that initiated this birth.

living inside the atoms of matter  
movement lives no more  
breeding no new thing or happening

for the supremacy of movement  
is no more...O Ardhanarishvara!<sup>2</sup>

*February 24, 2013*

---

<sup>2</sup> form of Shiva as half male, half female.

### **3**

*free from vain expectations  
pure and competent  
uninvolved and untroubled*

*letting go of all “doing”... selflessly*

*this person loves Me and is dear to Me!*

---

*BG 12:16*

## ***True Flexibility***

maintain the knowledge  
of one who has nothing  
while staying in luxury

not habituated to anything  
no mental attachment  
no sense of “I doing”

maintain the expectation of nothing  
so flexible  
rolling with the waves  
without becoming any particular wave

only the ocean of one self...

freedom comes solely  
from encompassing wholeness  
accepting each part with love:

one self only!

*December 23, 2013*

*Kerala*

## 4

*whatever you do or eat or give  
or dedicate with devotion*

*let it be an offering to Me*

*and whatever you suffer  
suffer it for Me!*

*in this way you will be free:*

*free from the bondage of action  
that brings good and evil results*

*with mind steadfast  
in the yoga of renunciation  
you will be liberated*

*and come to Me!*

---

*BG 9:27-28*

## ***Mind Body Fusion***

the point where mind connects with body  
is seen through every ache and pain

illness is for this—  
to purify body that mind might see  
and heart will love!

even the tiniest mosquito<sup>3</sup>  
giant helper of Mother Nature  
in her task of purifying earth

and we each are part of Her!

we each participate  
through body mind and intellect  
in this giant cosmic cleansing

while every newborn crab  
shell-less  
dancing on the beach  
induces love...

*January 16, 2014*

---

<sup>3</sup> The poet speaks from personal experience while recuperating from dengue fever.

## 5

*one with Brahman  
mind lives in peace*

*no grieving no craving*

*loving all beings equally  
he shows supreme love for Me!*

---

*BG 18:54*

## ***Lasting Inner Change***

for lasting inner change to occur  
love merges with consciousness-essence-existence  
till this becomes a way of being

dualistic love alone  
leads to attachment

being-existence without love  
leads to detachment

*transcend attachment-detachment*

live in conscious loving being!  
wipe away conditioning!

live only our self—unchangeable!

*March 5, 2014*

## 6

*yoked to wisdom  
endowed with evenness of mind  
the wise leave behind*

*the results of their action!*

*free from the chains of birth  
they go to the stainless abode...*

---

*BG 2:51*

## ***Buddhi Yoga***

functioning with discriminative wisdom  
means acting *for* the Atma  
*as* the Atma  
in conjunction with the whole situation

not acting as “good mother” or “teacher”  
because these can be set roles  
prescribed by an ego that wants to help  
unreflective of the totality in the moment

just as Yudhisthira needed to lie  
about Ashwattama the elephant  
in sync with the needs of the moment  
all factors inner and outer  
must be taken into account

how beautiful thy resting place O self supreme  
as Buddhi Yoga takes us there...

peaceful peace of Mother Nature  
soothes all unwanted fires  
flowing flawlessly toward our supreme self...su-prema  
so refreshingly O beautiful loving God!

*April 20, 2014*  
*Rishikesh*

## **7**

*when he sees Me in all  
and he sees all in Me*

*then I never leave him  
and he never leaves Me*

*in oneness of love  
whoever loves me in all that he sees  
however this being might live*

*this yogi truly abides in Me!*

---

*BG 6:30-31*

## ***Love and the Causal Body***

deep deep love...the nature of creation  
primal cause of being

when we love  
we caress a speck of this primordial love

and when we live love itself—  
no attachment no speck no split  
no causal body to keep us in bondage

only this self exists O lord of myself!

*January 6, 2014*

## 8

*those who worship Me alone  
pure love without any “other”  
ananya bhakti  
mindful of nothing separate from Me  
  
I provide for their every need...*

---

*BG 9:22*

## ***Old Manali Lunch***

snowy mountain peaks so near  
live within my heart

each crystal kisses the sun  
in warmest detachment

O beauty O Truth  
whiteness is never cold!

cherry tree and cedar  
line the perimeter  
crisp fresh blueness above

expansive dwelling place permeating all

with chirp of bird  
supporting our silence

loving consciousness is...

*May 22, 2014*  
*Old Manali*

## 9

*veiled by yoga maya  
my radiance is not visible to all*

*worldly beings know Me not  
as unborn unchanging imperishable*

---

*BG 7:25*

## ***Loving Understanding***

understanding is also devotion  
devotion to the cosmic form

all attempts at unraveling the physical world  
or comprehending the psychological world  
bring body and psyche together  
in its cosmic manifestation as well as personal

*for mind and matter are one!*

body and psyche are one  
whether called infinite or infinitesimal...

sacredness manifests  
as atoms and quarks of love  
forming star and galaxy with varied levels of life  
from gaseous to vegetative to animal-human-godly

to the theorized mastermind behind the game  
continually unraveling  
based on input from man and beast and you and me  
creating the concept of "time"

each cell in the body of wholeness  
limitless endlessness in unpeeling continuity  
O glorious splendor undeniable!

the waterbug in the kitchen  
and chirp of the bird  
the itch in the crotch  
and blue-whiteness of Himalaya

all manner of merger  
with our subjective view of totality and transcendence  
*transports us here!*

wherever the psyche takes us  
*because* the psyche takes us  
creation proceeds—to is!

*March 7, 2015*

## **10**

*equalminded  
to friend and foe  
in honor and dishonor*

*in heat and cold  
and pleasure and pain  
the same*

*free from attachment...*

---

*BG 12:18*

## ***Untroubling Maya***

travel through time and place  
like one unconcerned

doing what needs to be done  
without doing  
enjoying what comes your way  
without enjoying  
relating to whatever is here  
without attachment

as your being is doing  
*our* being is relating  
simply *being* is enjoying  
the fullness emptiness of life...

throughout this phase of the whole O Maya  
this too is devotion O relationless relationship!

*April 24, 2016*  
*Manikaran*

## **11**

*free from agitation  
from the world and toward the world*

*with no fear of others  
whom others do not fear*

*free from happiness envy and anxiety  
this devotee is dear to Me!*

---

*BG 12:15*

## ***Devotion Expanding***

methods of collective group worship  
devised to grant energy and express devotion  
while improving our concentration  
never felt quite right for this being

pondering issues of origins causality transcendence  
as well as daily life meanings of things symbolically-factually  
posing questions of what is real  
who am I  
discriminating the real from the unreal deeply  
she found more conducive

and after all is pondered fully  
our worship appreciation loving devotion  
can return in a new way intuitively  
with no authority other than this self!

which actually *is* the whole group  
the creator  
of every persuasion thing and being...

so sparrows may congregate  
chirping unto eternity  
while mahatmas sing silently  
bhajans of eternal wisdom love  
and those who fall between the cracks ongoingly  
are carried secretly

*to our everlasting abode of peace...*

for now the questionable need  
for group kinship libido expands  
to include loving consciousness  
for the whole wide world!

so we can chirp our lungs out with the sparrows  
without a trace of threat  
for what can possibly suck us in to whom O Advaita?

as all fear of duality vanishes  
unto the ever pulsing music of the spheres O divinity!

*April 29, 2016*

## **12**

*there are some great souls  
who know Me  
taking refuge solely  
in this divine nature*

*in oneness of love  
they worship Me single-mindedly*

*knowing I am  
the immutable source of all*

---

*BG 9:13*

## **Creation Ongoing**

*“the world was without form and void  
and darkness covered the face of the earth  
and God said ‘let there be light.’  
and there was light.”*

through meditation  
the Biblical story of creation  
is brought into the world...

who creates the universe?  
who creates *my* universe?

the blueprint of void everpresent  
here from the beginning ongoingly  
transforms into light  
through mastery of the creator alone

*we can each embody the capacity of creator!*

creation occurs continuously O consciousness!  
through the raw material of the subtle elements  
transforming into the total mind of the universe with its gunas<sup>4</sup>  
transforming into the individual mind of  
thoughts words and deeds  
based on the senses and sense objects we happen to fall for  
or:

*based on the light of consciousness itself knowingly  
which changes the whole configuration of matter!*

“and God said, ‘Let there be light.’ and there was light.”

with awareness we are granted a choice  
with awareness we can transcend enslavement in matter

living in the light of consciousness  
brings love to our self...brings love to the universe  
*our true creation ever available!*

live in loving consciousness!  
live in the light of creation

---

<sup>4</sup> 3 ropes of matter: creating dissolving maintaining as forces and as psychological qualities: activity or incessant restlessness, passivity or lazy inertia and integration or righteousness reflecting the light of divine intelligence. Identifying with any guna binds us to nature.

behind all materialization into form!  
for concrete things alone  
rest solely in our desires actions and mind

*allow the source to return to the pure beginning!*  
as we too participate in the creation of the universe!

*August 26, 2017*

## **13**

*the eternal taste in water am I  
illumination in sun and moon*

*OM resounding through all the Vedas*

*sound in silence  
manliness in man*

---

*BG:7:8*

## ***Kerala Mother-Father***

when we know we are fully female  
matter Prakriti-Divi-Divine Mother Nature  
whether clothed in the body of male or female

we know we are used as receptacle  
gathering unto our self the love of creation  
inherent in this vast universe  
to be expressed through body-mind-intellect  
with compassion if we can  
through whatever we think say do

or if we have not yet developed intellect  
we can express this love simply naturally  
to everyone we meet with no attachment

for each and every being is our child  
formed of matter prakriti the elements five or four  
nurtured by Mother Nature  
as land and sea and vegetation ever nurtures us

that we give to all what has been given  
by the Father and the Mother  
creating everything divine...

so no need for woman to leave the home  
in search of the struggles of the marketplace  
unless she feels not yet deep loving contentment  
in her heart

and would rather engage in restless activity  
to alleviate boredom or compete for excellence  
as cleansing prelude to the emergence  
of Mother Nature within...

for some women were men in births long gone  
who might not have valued the woman  
so now in the body of female  
more mechanical cleansing is needed  
as the woman fights for her rights in the marketplace!

the Mother is fortunate indeed  
who loves her inner role  
whether in the form of self expression-understanding and the arts  
or simply sharing love within the home or seva-service...

the birthgiver of society world and cosmos  
is truly the Mother

and when the father comes to see  
he is not simply a depositor of physical seed  
but the seed of Divine Intelligence

*he too becomes carrier of real love—*

not as carrier of caste or conditioning of mind  
not as promulgator of “be like me in society”  
touting such foolish pride that  
“the apple doesn’t fall far from the tree”

but as carrier of real Divine Intelligence  
that of course springs from sacred love  
in whatever we think do or say  
when we live just naturally

taking all beings...all countries...all nature into account  
as expressed through our limited family  
and limited workplace and limited mentality  
and each and every being we encounter until—

*limitations cease naturally!*

all in the knowledge that the tree of life  
with root above and branches-leaves below<sup>5</sup>  
is the one true tree worth including  
in our ever expanding mentality...

and the end result within  
is the gentleness of ocean breezes  
the natural fertility of the land  
patience warmth intelligence  
and a natural life of ease...

for the true carriers of Kerala culture  
whether Hindu Muslim Christian or tribal  
as Divine Mother Nature ever continues  
O Mother Mary...O Shekhina...O Devi!

---

<sup>5</sup> see Chapter 15, Bhagavad Gita

and the end result is in mind only  
ever changing under varied conditions time and place...

yet pervading all does there not live something unchangeable  
throughout the love inherent within creation  
to the open mind ever accessible?

beyond all changing states of perceiving  
while experienced throughout our senses and mind  
at the same time?...

our eternal sacred heritage  
carried through the genes and beyond  
supporting what it means to be truly human!

*January 16, 2018*

*Annees Cottage, Kerala*

## **14**

*pervading all trees  
the Tree of Life am I !*

*and among the Rishi-gods  
I am Narada*

*of heavenly musicians  
I am Chitrarathah the King*

*while throughout perfected beings  
Kapila muni am I...*

*my divine manifestations  
of the power of perfection are endless  
O Scorcher of Foes!*

*for I have shared only  
a miniscule précis of My glory!*

---

*BG 10:26, 40*

## ***Inspiring Kerala Nature***

all nature is evolving to a state of love  
pure...silent...still ...ever here  
available for all

dharma of the sun minerals vegetation  
brings life  
life evokes appreciation adoration

living life in the lap of love  
serves the real purpose of nature:

*bringing all varied energies-intensities to oneness!*

and when the different shaktis  
of all the different parts of nature  
merge in this loving oneness ever here

all nature includes us...*is* us

helping planet and galaxy  
suns and cosmoses rise in intensity  
pervading all naturally

as we live loving oneness always...everywhere

*January 20, 2018*

## ***Jnana Knowing***

*due to subtlety  
omnipresent space is not tainted*

*so the self  
rooted in the body everywhere  
remains pure...*

*as one sun  
gives light to all things in this world*

*so the lord of the field  
illumines the whole field*

---

*BG 13:32-33*

## ***Melting into One: Prelude***

when subtle body dissolves  
self expression ceases  
for small self is no more

what can possibly be expressed  
by whom?

with blankness the opposites disappear  
shedding their bounce and pull  
while evenness remains...

clear light seen by inner eye  
permeates inside out  
annihilating preference and reactivity

what once might have been construed as dullness  
now melts into peaceful vibrancy

calm waters prevail deep down  
beneath each wavy surface  
never again to exchange the depth of supremacy  
for flutter

slowly steadily the core of existence  
prevails over all...

*July 19, 2013*

## **2**

*when the intellect  
perplexed by conflicting opinions  
rests immovable...steady in the self*

*you will attain the goal of yoga*

---

*BG 2:53*

***Discriminating***

discrimination of mind  
leads to ego preferences

discrimination of intellect  
leads to self reflection and seeking

discrimination of purified intellect  
lives Divine Intelligence...

*September 3, 2013*

### **3**

*yoked to wisdom  
one casts away both good and evil action*

*therefore devote yourself to yoga!*

*yoga is perfect wisdom in action...*

---

*BG 2:50*

## *Pondering Good and Evil*

“Good” and “evil” can be considered forces created by the thoughts and actions of man. They do not exist in and of themselves. Only the Lord exists, what we call “God,” the creator of our universe that lives within each heart.<sup>6</sup>

This potentiality of universe is always here for us waiting; waiting *now* for the opportunity to manifest. It is absolutely neutral as to whether its potential manifests as “good” or as “evil.” For in itself, it functions mechanically, according to input from our individual and collective mind; from all the cells of the cosmic mind. But all mechanicalness departs when we make a *direct* connection with the Lord within, the divine *whole*.

If one does not wish to be unduly influenced by the adverse effects of either “evil” or “good” and come to transcend the gunas, it is necessary that each of us uncover the Lord *within*. This inner knower, our divine birthright, is accessible ongoingly in simple purity. Till then it comes and goes. When the past encrustations of “good” and “evil” have melted fully within the heart, only then does this forceless force manifest effortlessly and *continually* as inner knowing.

As we gradually align with this inner knowing, tests are presented along the way to help us discard the fragmented, divided, separated parts and remain connected with the totality alone, which we call God, Self, Swami or the Divine Mother.

In order to graduate from material alignment or from acting as if what the body, mind, intellect and senses tell us is real, it is first necessary to align with what we believe to be the forces of good—but only temporarily in order to change the old pull of vasana conditioning, helping the veils dissolve. Once our alignment with sattva guna<sup>7</sup>, has been effected and stabilized, we are to let go of the concept of good in our mind so that our functioning can proceed naturally, guided spontaneously by the Lord within. Then God or Divine Mother is our *direct* guide within, embodying the love in our heart and soul—always here throughout time immemorial. Only *now* can the power of time itself, personified as Mother Kali, be transcended.

---

<sup>6</sup> The reason why “good” and “evil” are in quotes is because the presence of evil, both in oneself and in the world, can serve as a positive force to help us aspire to good. Also, once “good” is translated into behavior, it sometimes become automatic, encrusted into concept-vasana and loses its natural direct connection with the self, the Lord in each heart. Therefore, it is best not to try too hard to “teach” good, but with subtle awareness, to serve as a vehicle-example that might help awaken it within each soul.

<sup>7</sup> the third strand of matter that relates to harmony, light and righteousness.

## **4**

*know Me  
as the seed of eternal life*

*I am the intelligence of the intelligent  
the radiance of the illumined  
O Partha!*

---

*BG 7:10*

## **Creation and Conditioning**

*(inspired by BhagavadGita:7)*

1

creation itself conditions:

by bringing idea-energy-child into form  
the free flow is stopped up  
into the form of atoms that are seen

if that unmanifest freedom  
is viewed as Brahman in form  
since it carries the energy of totality  
then a purpose of creation is served—  
bringing God energy down to earth

but if it's all just seen as matter  
a clump of clay  
atoms split off from spirit  
then connection with oneness is lost  
and divisiveness prevails

2

when each of the eight-fold aspects of His nature<sup>8</sup>  
has fulfilled its part equally  
with one not viewed as better than another  
but each felt as one whole only...I am

when each aspect of the cosmic trinity  
creation dissolution maintenance  
is experienced as equal silent unmoving

there is no world  
for gunas are in equilibrium

with mega subtle and causal body wholly unmanifest  
where is the master without a cosmic doer?

we can't call it death  
for no dissolution prevails  
we can't call it life  
for no creation lives  
is it maintenance all pervasive?

---

<sup>8</sup> five elements of earth, water, fire, air, ether, plus mind, intellect and sense of ego.

only if we view it as maintaining equilibrium  
silent...unmoving... can't be labeled  
different from nothing

for the support of nothing is transcendent  
beyond time and space

how can we speak of placeless infinity continuous  
without motion or concept?

so the perspective of cosmic mind  
speechless at its incapacity unconceptual  
withers  
in a land where language dare not dwell  
O spirit invisible  
O spirit unnameable!

beyond love and wholeness O infinity

beyond experience knowing...beingless being  
beyond universality

as mind continues trying  
to express the inexpressible spirit in its own image  
O you fool!

spirit and matter do indeed live together  
when we exist in the world...

*September 21, 2014*

## 5

*humility sincerity harmlessness  
forgiveness straightforwardness devotion to the spiritual master  
purity steadiness self harmony*

*dispassion from sense objects  
absence of egoism*

*perception of the sorrows of  
birth death old age disease and pain*

*freedom from chains of attachment  
identifying not with children wife and home*

*ongoing equanimity  
in favorable and unfavorable circumstances*

*single-minded devotion to Me*

*retiring to solitary places  
avoiding noisy crowds*

*constant yearning for self knowledge  
perception of the wealth of true knowledge*

*this is wisdom-wholeness!  
whatever is opposed is ignorance  
it is said...*

---

BG 13:7-11

***Purity***

matter longs to return to her original state of purity  
as clear whole being

for only now can she merge with consciousness fully  
and live in bliss

*September 21, 2013*

## 6

*when we see  
one indestructible reality in all beings  
and infinity in finite things*

*know this knowledge to be pure!*

---

*BG 18:20*

## ***The Nectar of Naturalness***

pristine purity penetrates  
the core of nature

animal nature  
human nature  
cosmic nature

beyond the toxicity of darkness  
here for us always  
waiting

waiting to be uncovered...

*December 8, 2013*  
*Kerala*

## 7

*if the splendor of a thousand suns  
illuminated the sky all at once*

*this would be like the radiance  
of the supreme Atman...*

*there in the body of the God of gods  
Arjuna saw  
every part of the total universe  
in time and space*

*established as one whole!*

---

*BG 11:12-13*

## *Parallel Universes and the Ray of Creation*

Time and space cannot exist without each other. First there is only space but when objects such as stars and planets form within it, there is a second, which is also time—when viewed from the level of matter. But when seen from the perspective of energy-consciousness there is only one.

As the mind of man sees objects and takes them in with the senses and interacts with them through the organs of action, the pristine purity of total infinite mind is seemingly lost. For in the ever-existent beginning, there is only purity, only consciousness; not consciousness *of* objects—only consciousness that allows life into existence. Being born of matter into matter, our task as human beings is to return to our pure source, our fullness all inclusive, nothingness transcendent—also called the Absolute.

Different systems have been formulated to help us return to the pure source of creation, as an aid to understanding. The ray of creation is such a system that ranges from earth to planets to solar system to cosmos to sun to all cosmoses, all suns and stars to the Absolute.<sup>9</sup> These really exist together all at the same time without separation but when we are in the state of rulership by one or the other, “Mother Nature Maya” seemingly causes us to forget the ever interacting whole ever present.

Material man is a product of the cosmos. All the substances present on earth and planets and suns and cosmoses are potentially present in us, since we are created from that. This is our clay, our physical starting point. If we are born and live in a mental creation composed solely of earth and planets (fate) then our place of residence is here on earth, as is our mortality. If we purify to the degree of stars and suns, then the sacred finer energy from stars and suns enters us and our eternal home is here. Our subtle and causal body can span the limit of stars and all suns...the finer the substance the more all pervasive... “the farther I am, the nearer I shall be.”<sup>10</sup> But behind the scenes, all the higher levels are always present as our support and potential dwelling place, in accordance with our consciousness. To what degree is our all-inclusive awareness veiled by the fiction-imagination of parts?

When we have purified the mind and intellect fully—with no ego left, with each life issue dissolved, with no more thorns and pinpricks and eruptions to disturb our equilibrium ongoingly, then we have entered the space of heart fully, encompassing the space below and the space above, which is pure empty space or ether. The eternal now of infinity combined with the love of all beings has long since neutralized all attachments and clannishness. And we live in the realm of light forever, supported by infinite space (in and above sahasrara), the one all-

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<sup>9</sup> see works of P.D. Ouspensky and G.I. Gurdjieff.

<sup>10</sup>This quote is by Swami Chinmayananda.

seeing eye (in ajna chakra) and the worldly world below (in manipura chakra or hara). This grants the heart of humanity access to realms of universal love, pure emptiness, as well as realms of worldliness—with the potential of interacting with these realms as vehicle called “helper” with deep understanding.

When the mind is no longer pulled into the play of opposites and the intellect is no longer duped by the three qualities of matter or particular theories of God, soul and spirit, then loving-being-understanding comes in the form of finer atoms of energy that permeate the body—creating a new body by dissolving the old and pervading the new with the perpetual energy of the ray of creation.

The realm of heart is a space of immortality while living here and now—not in some potential future. For time no longer lives in segments. There is no future; there is no past; only the all inclusive now. The Absolute reclaims the heart, or fully purified clear higher “intellect” and the center of gravity remains forever here—fully.

As the universe combined with self effort helps us to purify every speck of dross with no personal issues remaining, we are fit to enter the realm of the heart fully: embodying the new-found expansive energy love. And we are carriers of this divine energy on earth without “doing” anything—just being.

The purification of personal issues is the realm of subtle body, whereas the finer substances that rise in “death” of the old is the space of causal body—dissolving all causes for “rebirth,” as seeds are burnt. Memory traces of imagination that once was some semblance of ego exist no more...now just ghosts, revealed as insubstantial figments.

It is practically impossible for this purification to occur in one “birth:” in one time and place with its fixed roles allotted in the worldly play. Therefore, we posit parallel universes instead, since time is not linear, but is populated by various characters whose function is to loosen our mindsets and quicken our spiritual experience and understanding. These characters or role players are created from the total mind by the “omniscient creator,” the “Lord”, *our whole self* that knows exactly what each person needs, based on our own level of individual mind.

So in these parallel universes there is no need for reincarnation, as reincarnation is simply a conceptual aid, offering us varied experiences in time and space that can help us work through our different karmas under the all-knowing eye of consciousness. However, the idea of reincarnation does “exist” experientially to the witness as an evolutionary helper, when we live worldly lives divided into parts or different centers at different times, not yet under the jurisdiction of the one. As the one consciousness gains precedence over the various bodily forms or coverings over the whole *essence*, reincarnation is rendered unnecessary...obsolete. It’s all a function of how we view time and space.

With the coming of parallel universes—all created by mind semi-consciously—our karma can be dissolved more swiftly, alongside its causes. And life and death occur within one “lifetime” as do the various lokas, or our embodied psychological space that has been called and localized in space as seven heavens and hells. The specific place attributed by stories to each of the fourteen lokas can be experienced *now* while we live in the body. What we experience is simply a function of the level of our mind that calls forth what is needed to help us on our path. And each seeming segment of the ray of creation offers a different universe or field of experience where remnants of ego can be purified and dissolved...as our mind creates the world!<sup>11</sup>

*May 18, 2013*  
*Old Manali*

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<sup>11</sup> The views expressed in this essay are based on the author’s intuitive experience in a deeper state of consciousness and are not intended to be viewed as “factual reality.”

## 8

*behold the entire universe  
now at once  
moving and unmoving*

*and whatever else you wish to see*

*see it all as one in Me!*

---

*BG 11:7*

## ***Many in the One***

*(inspired by BhagavadGita:11)*

this too is our identity of infinity  
can we perceive what we are not?

once a stone a tree a lion am I  
enmeshed in memory of the ever-present now

*no duality here!*

so see my self in all—all times all places  
this one self in all  
that always was is and shall be  
forever and ever

empathy comes naturally  
when is-ness is O sat...no borders!

is subtle beauty  
unseen strength and patience  
courage veracity tenacity  
in thought word and deed

every state imaginable  
including our most foolish fears  
merged in the light of consciousness  
O ever present infinity

permeating all and everything  
throughout the splendor of invisible presence...

*I am!*

*October 1, 2014*

*Kasol*

## 9

*with intellect endowed with purity  
and soul in steady harmony*

*letting go of sound and other sense objects  
leaving attraction and aversion behind*

*relinquishing selfishness violence arrogance  
lust anger greed*

*free from thoughts of "I and mine"  
and peaceful*

*one becomes fit for Brahman!*

---

*BG 18:51, 53*

***All Must Go***

not just material things

not just comforts

but psychological well being also that stems

from vasana or conditioned thought-forms

conducive to our habits and perceived “needs”

all will go!

*January 14, 2014*

## 10

*the power of the senses is great  
but greater is the mind*

*greater than the mind is the intellect  
they say*

*while most powerful is the Atman!*

*therefore  
know him who is above the intellect...*

*restraining the self by the self*

*kill the enemy of attachment to desire  
so difficult to conquer  
O Mighty-Armed Mahabaho!*

---

*BG 3:42-43*

***Loving Vedanta O Durga!***

the end of knowledge  
knowledge without end...

when the universal philosophy is lived  
always flowing without segment from  
one seeming happening to the next connected by  
the thread of the light of loving consciousness

we are whole!

no more parts to play  
no rising and falling of the curtain  
all drama ceases

I alone exist through all  
this whole indivisible self!

*October 6, 2013*

## **11**

*when the perceiver sees no doer  
other than the gunas of nature*

*and knows That  
beyond the powers of nature*

*he enters into my being!*

---

*BG 14:19*

## ***Purusha and Prakriti are One***

Shiva and Shakti Purusha and Prakriti  
separate from one another seemingly  
so minds can understand the difference  
between spiritual and worldly  
inner deep unto the core  
and outer in the changing world and mind

in reality—no separation...

but when mind is filled with inertia and restlessness  
tamas and rajas  
these qualities appear through happenings

individual mind attracts total mind  
and external events fructify

like attracts like  
“spiritual” and “worldly” get confused...

know that the highest lives in everything  
deep down permeating all  
no separation needed

mind alone functions through division  
reality is one!

*February 28, 2014*

## **12**

*leaving behind the three conditions of nature  
from which the body is evolved*

*one is freed  
from birth death old age and sorrow*

*and is immortal*

---

*BG 14:20*

## ***Shiva-Shakti as One***

gunas seem lethal  
only without consciousness

when consciousness sleeps  
nature proceeds according to conditions  
be they called good bad righteous evil  
tamas rajas sattva  
garbage or sparkling purity

to prevent the disharmony of nature  
creation created Veda

Veda exists to perpetuate creation  
a pleasing creation filled with harmony  
prosperity fullness love

now Kali releases her foot on Shiva—  
and consciousness awakens!

heaviness inertia live no more  
activity movement no longer spring  
to the stirrings of mind desire conditioning  
contentment suffering

for all samskaras are dissolved

and the doer is Goddess Kali  
mother of time time in eternity...

now Shiva is no longer a threat to nature  
for consciousness accepts our presence  
in the form of time space cosmos  
transcendence nothingness fullness—room for all

ShivShakti exist as partners  
co-creating a fresh presence of universe  
ever present...still...whole

essence of transcending the gunas!

*August 31, 2014  
Freedom Café, Chalal*

## **13**

*I am the father of this universe  
and the source of the father*

*I am the mother of this universe  
and the creator of all*

*I am the highest to be known:  
the path of purification  
the holy Om*

*the three Vedas  
Rik, Saman and Yajus*

---

*BG 9:17*

## ***Contemplations on ShaktiShiva***

in Shiva's creation only consciousness is:  
immortal unchanging forever

in Kali's creation there is discord  
one element warring with another according to  
level of purification  
till earth water fire air ether discover equilibrium

everything is measured  
time itself brings measures  
evolving upward toward crystalline being  
spiraling heavenward based on merit only  
passing tension and release along the way

Shiva's tandava dance  
implies a new kind of creation  
no longer based on the harmony of ShivaShakti

no two is wanted in this creation  
only dissolution of separate forms unto consciousness  
with no regard for merit

not at all the trinity envisioned by Brahma!

those ready to live in light  
come unto Shiva's cosmic dance  
his influence supreme  
dissolving each vestige of conditioning  
unto wholeness

but Kali's creation is based on conditioning  
for how else can existence in time exist?

everything with a second is conditioned  
conditioned by something  
only *one* cannot be conditioned  
*for no separate conditions exist!*

so on this sacred Vijaya Dasami day  
as the gurgling mountain streams gush down  
bathe each aspect of the world  
of thought word and deed  
in the omnipresent light of consciousness continuous

*ever knowing there is only light*

this moving world comes only from light  
and the foundation of light is stillness!

so let the waters flow  
combining all elements into one  
but know ye ever that all gurgling  
both high and low—

*one cell only in the infinite body of Shiva infinitesimal*  
pouring... flowing unto disappearance  
O invisible stillness!

with this living consciousness ever being:

Shakti and Shiva are one O Kali!  
Prakriti and Brahman are one!  
nature and spirit are one!

*October 3, 2014*  
*Kasol*

## **14**

*no attachment  
mind steady in knowledge  
performing each action as sacrifice only*

*all karma dissolves completely  
and one is liberated!*

---

*BG 4:23*

## ***Transcending Dharmas***

all dharmas occur within time frames  
the dharma that once seemed right for us  
soon is no more

this is how Vishnu maya keeps us prisoner  
*chained by the prison of time!*

the deepest dharma  
the only dharma...our self dharma  
is to transcend all dharmas!

*and the second lives no more*

we seek only the highest without seeking  
live only the highest  
throughout all seeming comings and goings

free!

*February 22, 2015*

## 15

*with the sacrifice of sacred wisdom  
some worship Me as one*

*while others see Me  
with many faces and forms  
ever reflecting this one*

*for I am the sacrifice and the offering  
the sacred gift and the sacred plant*

*I am the mantra and medicinal herbs  
the offering...the fire  
and whatever is offered in the fire*

---

BG 9:15-16

## ***Knowing Knowledge***

all knowledge is simply an attempt  
to understand and participate in this world system  
with its varied levels of cell  
formed by mutual input

*unto the meltdown*

divine experiment  
garnered by the enlivener from speck-ray of himself  
O love

to enjoy...to be...unto is O my self!

as the wisdom sacrifice spans each cell of enlivener...

*April 21, 2016*

## **16**

*one who sees  
the supreme self existing equally  
in all beings*

*the indestructible  
throughout destruction*

*he truly sees!*

---

*BG 13:27*

## ***Reflections on Paths***

all systems are maya  
all paths are maya  
all attempt at understanding any system  
is maya

and yet...

this illusory world of change  
offers the essential possibility  
of moving us upward step by step  
unto the chasm of center

till we are empty enough  
pure enough...crystalline perfect enough  
to reflect the whole O Ishvara

and transcend this totality completely O Brahman!

dead to the world  
alive to truth

as our field of experience  
fructifies unto itself—this self!

*April 19, 2016*

**17**

*indestructible...imperishable...limitless  
is the indweller of these bodies*

*said to have an end in their time...*

*therefore fight O Bharata!*

---

*BG 2:18*

## ***Dimension and Loka***

different dimensions interact  
throughout all lokas in time and place  
unto the realms of Vishnu and Shiva

whatever can be portrayed concretely through words  
is not yet the Absolute  
but Devi or Ishvara immanent in the universe  
O Vishishtadvaita!

*traversing the lokas  
we gain experience knowingly or unknowingly  
until utterly pure...*

once we are crystal clear and white wholly  
having contributed our allotted portion  
to the upliftment of life with pure motivation

self conscious purified intellect  
might surely be fit to merge in Absolute consciousness!

till then there may well be  
the desire to contribute to Mother Nature Divine Father  
out of love...sheer selfless love...natural as breathing  
seeing sacredness in all!

and when our consciousness of breathing  
melts in pure consciousness alone  
only now no more lokas  
no more dimensions interpenetrating experience  
in the time-space world of change

as time-space and beyond  
merge fully in pure consciousness...

*September 27, 2017*

## **18**

*immerse your mind in Me alone  
offer me your understanding*

*and you will live in Me alone  
beyond all doubt evermore*

---

*BG 12:8*

## ***Ever Free!***

every question we have today  
changes tomorrow  
each issue occurring in time  
only in mindset!

this measured system is called maya...

whatever measured is only part...not whole  
seen solely within some view

so the secret of living joyfully  
without an ounce of reactivity  
is not to place your mind within a system  
a view...a measured way of being  
according to various man-made constructs

walk freely only...breathe freedom solely  
see wholeness everywhere  
unencumbered by ways of doing things  
because you yourself are whole  
above all part

so why place your preciousness  
in this or that thing?  
no-thing can confine this soul  
eternally free!

partake...taste...all in the knowing  
there is no fit here or there  
reside in comfort throughout all discomfort  
nonexistent structures or belief systems of bodies  
can no longer bind you

for you are pure...immaculate...without conception  
opinions of brain-minds cannot touch you  
philosophies and concepts cannot hem you in

for you yourself are freedom itself O Atman  
exploring the universe in liberation!

never ever were you not free  
you simply did not know...  
for then assertion of real self  
did not come naturally

and now in full spontaneity  
direct from self unto self unto self  
all times and ages merge in one self  
O ever precious yoga of this self!

such a small thing like walking  
dogs with caring  
seemingly clears space for this knowing supreme!  
ever immanent unlabelled always here  
to be embraced any time anywhere...

no containment...no encumbrance...free!

*October 8, 2017*

## ***Sankalpa or Egocentric Will***

*let one lift himself by the self alone  
let him not lower himself*

*for the self is friend  
to one who controls his ego*

*but can seem like an enemy  
when the worldly self rules*

---

*BG 6:45*

## ***Self Assertion***

self assertion becomes divisive to  
the individual and cosmic whole only  
when we confuse it with ego assertion

when we realize that  
the self alone asserts itself  
throughout the unfolding of  
seeming aspects of our self

past karmas dissolve  
without stepping on toes

no conflict no competitiveness no tension

one self alone!

*October 1, 2013*  
*Prasanthi Nilayam*

## **2**

*there is nothing higher than this I  
O Dananjaya, Conqueror of Wealth*

*like clusters of jewels on a necklace  
all this is strung on Me!*

---

*BG: 7:7*

## ***Divine Identification***

feeling on top of the world  
high beyond belief  
inflation...identifying with god  
like a balloon blown up tight with hot air  
flying flying upwards till it bursts!

when our concept of god  
does not include nothingness  
smallness opposition pain  
and feels I know—

*here lives the demonic in disguise!*

the only god with whom to identify  
is the totality...all...infinity

compassion for every human nothingness  
depression conflict pain  
allows this Divine Intelligence to solve every  
inroad of maya lastingly

so when we find our self in a sea of illusion  
not true to our whole self  
O foolish ego...do not abide here!

give consciousness scope for entry  
unto the sacred byways of hope and despair  
joy and sorrow nothing and everything

practice the art of contemplation  
through allowing Divine Intelligence  
*to fill the primordial recesses of brain*  
till the holy opposites exist no more  
controlling the show called maya!

true bliss lives not without consciousness  
true being exists not without consciousness-bliss  
O sat chit ananda!

our only effort  
is to mobilize the whole  
unto effortlessness

checking in from time to time

that we not mistake the whole for simply a part  
allowing appearance to seem as reality  
O Mother Maya!

as contemplation of self  
grants spaciousness O Vedanta

while the end of knowledge  
dispels all part!

*October 6, 2013*

### 3

*know that renunciation called yoga*

*for noone can be a yogi  
without letting go of earthly will  
O Pandava!*

---

*BG 6:2*

## ***Cause of Suffering***

suffering comes from  
mistaking myself and others for an ego

when I do not see myself  
as a person with a name and a form  
born into a particular time and place

with her preferences and prejudices  
based on the senses mind intellect  
and past conditioning

and when I can accept that others  
view me through their own maze of conditioning:

woman, foreigner, dress code and whatever else  
ticks off their prejudice or their adoration then—

all reactions cease!

expectations from “others” and “world” dissolve  
*no insult or praise can ever be taken personally*

I am I!

the self in all beings is one indivisible self  
inaccessible to senses and mind

the light is in me  
I am in the light  
all beings and things are supported by this light  
as we each support the light...

this whole indivisible self am I!

I am that I am!

*October 5, 2013*

## **4**

*earth water fire air space  
mind intellect and sense of ego:*

*this is my eightfold nature of maya!*

---

*BG 7:4*

## ***The Causal Body***

the ultimate cause  
of taking on new bodies  
is identifying with the ego

no ego no new body...

the belief that ego focus is needed  
to function in this insane world  
traps humanity into bondage

only the self lives  
functioning through each illusion of ego  
unto the *is*...

preference concepts knowing  
feeling in control relating adapting  
making a difference with our goodness

all these once necessary  
aspects of maya  
come to feed the dualism of ego

with ego  
the world is different from me  
without ego  
I am the world until—

there is no world!

so by clinging to the need for ego  
to survive in this conditioned world  
we cling to dualism  
the darkness of maya!

when the parts comprising  
our universal ego are seen from high in the sky  
the causes of bondage to the causal body  
are known

and dissolve!

when the conditioned parts  
comprising the personal ego  
are seen

our personal bondage  
to the past and future  
ceases

and when our attachment  
to the physical body departs  
we fully accept our eternal nature

*embracing immortality...*

no more maya!

*December 29, 2013*

## 5

*the supreme purusha in this body  
is called the spectator the supporter the enjoyer*

*the great Lord of all  
who experiences the supreme self*

*whoever knows this purusha  
and knows nature with its changing conditions*

*is no longer whirled round by fate  
however he might live*

---

*BG 13:22-23*

## ***No Sankalpa***<sup>12</sup>

mind and intellect need not plan  
how to make use of what is...

no need to form an ego again  
now that swarms of ants are gone

don't want to be a god eternal  
don't want to function as this or that  
does it just remain as nothing  
relating as it comes?

*no sankalpa!*

eagles soar  
waves roar their rhythms  
fisherman fish

and the love of the universe is...

*January 26, 2014  
Kerala*

---

<sup>12</sup> egocentric will, the planning mind, imagination.

## 6

*the seed of all beings am I*

*no thing  
moving or non-moving  
can ever exist without Me O Arjuna!*

---

*BG 10:39*

## ***The All Pervading Love of Mother Maya***

why try to articulate the no-thingness of maya?

because something inside is pushing to be expressed...

why?

so it can be left behind...

this consciousness leaves no part behind!

everything is to be included as one whole  
the divine urge to creation  
divine surge to perfection  
understanding each part as aspect of one

carrying inside-everywhere the Atmic seed of being totality—

*nothing is a part!*  
*nothing apart!*

may each experience  
be it the steady unmoving nothing behind things  
that cannot be bored with itself

or the penetrating spark of the cosmic joy of all

may each be known equally as  
the loving surge of divinity  
desiring to know Itself within each atom  
through our human consciousness  
within our God consciousness

under every circumstance  
without attribute or experience  
that the love inherent in each human heart  
know its omnipresent source everlasting

while Mother Maya  
within each and every manifestation  
transports us there!

•

yet here rests a point of choice:

do you wish to go into the Absolute realm  
as a true jnani wholly transcending all?  
or do you wish to return to earth  
with all its human failings  
with some ego as it were?

so long as there is choice or preference  
ego still lives for a time

as the pulls of cosmic ego decide for me—  
*no sankalpa!*

*December 17, 2014*

## **7**

*participating in each and every action for Me  
taking refuge in Me*

*with my blessings eternally  
one enters the abode of immortality!*

---

*BG 18:56*

## ***Action or Inaction***

the greatest form of action is stillness  
foundation of all

whether the body-mind-intellect  
moves or moves not  
talks or talks not

the subtlest form of action is silence  
overseeing all

either-or is irrelevant  
when viewed from the perspective of one self!

it is in this way that the cosmic form  
all empty decides for us:

no sankalpa!

*February 17, 2015*  
*Shivaratri*

## 8

*those who practice this teaching steadily  
with full faith and no disputing  
are freed from karma eternally!*

---

*BG 3:31*

## ***Reflections on Sankalpa***

to transit from mind planning to no plan  
doing to nondoing  
one passes the space of nothing  
and stays awhile till utterly comfortable

planning nothing...doing nothing...thinking nothing

without being bored  
without reacting...little initiative  
accepting...no judging  
for each and every cell is paramatma only

the drunkard on the bus and the child coughing  
the babas begging and the zonked-out waiter  
who keeps getting the order wrong

no judgment in transition time  
the realm of being means no judgment no reaction...

but when we live the space between  
being and non being  
we can react however we wish *as if*  
because we know it's all not real!

as the ashes of sankalpa  
once needed for living a "meaningful life"  
and helping things run smoothly  
scatter

flowing with the gushing streams  
back unto the source inside everywhere

as conscious Mother Nature protects the foolish jiva  
far better than her insignificant sankalpa!

*April 24, 2016*

## 9

*seeing hearing touching smelling  
eating going sleeping breathing*

*with mind harmonized in yoga  
nothing is ever done by Me!*

---

*BG 5:8*

## ***Crossing the Threshold***

few desires little tension  
a simple life

no planning  
accepting as it comes  
what is lacking?

behind the curtain  
love here always  
self expression here  
expressing what it encounters from outside  
for inside now is white  
with nothing to express

no clinging to past I's  
no hope for future me's

a few specks of oats leftover  
pour out of the cup of clear water  
as I drink my tea

and the experiment of individual life  
crosses the threshold of cosmos...

*April 25, 2016*

## **10**

*because of its subtlety  
all pervading ether  
is not tainted by matter*

*likewise pure spirit  
dwelling in the body everywhere  
is not influenced by the body*

---

*BG 13:32*

## ***Lessons of Akasha***

be not stuck in any aspect  
of the mind of akasha  
be it nothingness and depression  
or fullness and bliss

for behind both lives presence...  
awareness divine knowing itself through all!

the possibility rests within your mind  
the mind of the universe  
not to identify with any aspect  
but to bring it all unto the whole that is...

through karma yoga individual negativity  
is brought up to sahasrara physically as offering  
through jnana yoga knowing-feeling is brought  
into divine presence-awareness mentally  
with insight as instant worship

karma yoga more concrete body oriented seemingly  
jnana yoga subtler more pervasive  
closer to principle or feeling-knowing  
with collective qualities of energy unto one whole<sup>13</sup>

that the ever present witness come to see  
the love supporting all creation—

*our own loving presence only...*

as all potential conflict between  
being and doing dissolves!

through pure emptiness  
steadiness in Atman comes  
pervading self-all!

*September 14, 2017  
Sherabling*

---

<sup>13</sup> these experiences are not actually separate but seem like separate experiences of the moment in time which changes and then unites under the conscious eye of the witness.

# **11**

*there is nothing to be done  
in the three worlds  
that has not been done by Me*

*nor anything to be attained  
that might yet be attained...*

*still I work!*

---

*BG 3:22*

## ***Intent of Cosmic Consciousness***

with all sankalpa gone  
including the will to consciousness  
we live...just live

never getting caught in nothing  
never getting stuck in the concept of everything  
only *is* O Savitri...consciousness merged in being

and should quicker time-based sankalpa  
emerge again to form a different manner of universe  
the white cow of Gayatri rises from sleep  
and the universe moves once more  
in *partnership* with sakshi...50-50? 75-25 O sankalpa?

as long as we inhabit the body  
some manner of choice is required  
*by* the whole *for* the whole  
reflecting the composition of the whole

so “yuga” manifests  
as the intent of cosmic ego called time...

to go complete for consciousness supreme  
and still reside in the body  
or to live with both the world and consciousness  
in accordance with leftovers newly forming...

but sankalpa rests not with mind or self  
only with That-This ad infinitum!

with total divine merging alone  
no more intent

as supreme consciousness lives naturally Absolutely!

*October 1, 2017*

## **12**

*without beginning middle or end  
I see you  
infinite powers...infinite arms*

*the sun and the moon are your eyes  
the flaming fire your mouth*

*heating the entire universe with this:*

*one's own radiance!*

---

*BG 11:19*

## ***Sankalpa of Projection-Creation***

finally she comes to see O Devi  
the secret of projection srishti:  
how our universes are created and destroyed...

sitting on step of the unfinished temple  
surrounded by wall of manmade atoms encircling  
dancing to the tune of interdependent origination  
with pines and mountains ever witnessing  
etched into white clouds fluffing with blue sky above

the temple shines a shapely gold carved crest  
at the summit while gods and goddesses  
line the periphery of entry

this display of beauty not yet completed  
though still inspiring

once strewn with specks of chipped paint and plaster  
intermingling with dusty smells of cement  
and filthy plastic gloves  
not yet deposited in the garbage bin...

*our lives are created like this!*

when the will to evolution has been effected  
no matter where our starting point  
Mother Nature takes us under her wing swiftly

chiseling her creation from the duality of  
dusty paint chips mingling with cement  
through dirty plastic gloves not yet deposited in garbage  
to nearly perceiving gods and goddesses  
enhancing the entranceway  
to the acme of gold carved crest on top O Absolute!

as the seed idea embedded in the psyche  
unfolds in the human temple  
for we participate in our world view progressively  
according to level  
until we surely come to see:

*all perceptions temporary!*

simply a display of mind

here for us to enjoy  
in partnership with the Lord of our self  
as the perpetual seed ongoing

what mind exudes “inside”  
alters atoms “outside”  
as the power of one mind permeates all  
throughout all realms of perception

all manner of splits obliterate  
for mind and matter are one!

and “yuga” also manifests  
as the attempt of cosmic ego called time...

so no matter from whence our mandala comes  
each and every universe is temporary  
a play of mind here solely  
to help us see and proceed surely  
from the many back again to the one  
to the Absolute always here!

*transcending all manner of experiencing the universe!*

whose higher realms we might visit  
from time to time  
that our consciousness be fit to bring back to earth  
glimmerings and shimmerings of truth  
with the taste of essence reality  
from transcendence-humility to humanity

and when pure truth meets subjectivity  
be it bit by bit personally or one by one cosmically

the moment surely dawns O Devi  
when the whole universe be subsumed  
in divine consciousness only O Samharini!

meanwhile realize every dance of divinity  
here for us to enjoy the play  
whether called up or down...here or there  
it's all one university

*here for us only  
to reveal our golden crest of everything  
everywhere in all!*

motivation ongoing determines our level  
that changes with time  
purity elicits our ripeness of experience  
in partnership with perseverance-ability  
while supreme consciousness oversees the playing field

caring for all no matter where we be  
in this ever living cosmos of projection-creation  
of our self

with the very same elements as the universe  
O Lord of our self!

*October 2, 2017*

## **13**

*whoever performs holy work  
simply because it is right to be done*

*surrendering selfish ego attachment  
and thought of reward*

*this renunciation is viewed  
as sattvic righteous O Arjuna!*

---

*BG 18:9*

## ***Cosmic Sankalpa***

all the pitfalls of akasha mentally  
such as loss of self in sankalpa of no sankalpa  
or cosmic sankalpa...are cared for by the knowing  
O Lord of the self

*going on everywhere at all times*

regret not anything including action  
including the will to anything  
so long as it is in tune with  
your whole cosmic mind!

but the harmonized whole acts not...thinks not  
only the unharmonized whole thinks  
and does and moves...

all else is spontaneous natural!

is it possible to live on earth  
in the whole fully harmonized and still act  
along with this?

no..because acting implies level  
tatastu!  
hence role playing in the world!

so transcending levels can only be lasting  
knowing wholeness each moment continuously  
as one self

*the task of sahasrara...*

though sahasrara has no task  
while pervading all tasks  
including seeing feeling thinking

that quality of Vishnu ever present  
brings omniscience to life

surpassing all functions while including them!

so if you wish to live wholeness  
meditate while in the world each moment always

is it possible?  
no separation between meditation and world?

*the only independence is emptiness...*

sahasrara as emptiness-wholeness all  
though experiencing the world at levels seemingly  
superior from above surely  
as no involvement whatsoever  
can pull you down ever!

and once earth energy is included consciously  
no participation ever can initiate a fall  
simply enjoy without thought or doing

*only attention so naturally!*

and if something specific  
is required to feel helpful in presence “doing”  
accept to learn though no desire

yet only from self in all  
O cosmic sankalpa!

*October 26, 2017*

## **14**

*content with whatever comes*

*free from the opposites of duality  
free from jealousy  
even minded in success or failure...*

*even while acting  
this person is never bound!*

---

*BG 4:22*

## **True Action**

karma continues  
like a recording played over and over again until  
it wears out

what makes it disappear—?  
our mind!

when mind is empty  
how can there be action?

for action springs only from thought  
desire for something  
feeling of duty or obligation

with nothing in mind  
no preference no hope

the mike stops transmitting...speakers stop blaring  
sense transmitters hear no more  
so the world as we know it ends

what is the catalyst that creates a new universe?  
detachment...full independence from influence  
from other's views and negativity

love...sending finer feeling  
to those caught in the mire of mud

and with detachment-love  
the "other" is uplifted  
the world is unworldly...life is wondrous

*and we begin to see the power of love—  
our one true action!*

the force of actionless action naturally  
straight as a totem pole unwavering  
steady as the sun forever beaming  
no matter what our receiving capacity

influences directly the mind stream  
of this ubiquitous negative neighbor  
alongside all unknowns

ever revealing this one true message  
of sanatana dharma...

*March 23, 2018*

## 15

*just as the indwelling soul  
in the body  
experiences childhood youth old age*

*so he also  
moves on to another body*

*firmly unaffected emotionally...*

---

*BG 2:13*

## ***Intuitions of Reincarnation***

dwelling in the cosmic mind with continuity  
purifying each and every cell of inner person in the Supreme Purusha  
with each cell of jivatman representing a soul-cell in His body  
manifesting in one mindstream of life after life  
that has been called reincarnation

one life is simply one soul throughout the eons  
returning in different times and places  
in accordance with desires and lessons to be gleaned  
that each and every desire and compartment  
be washed crystal clean and dissolved away  
in ongoing purity until—

One only!  
our true abode reclaimed!  
no need to return again!

*June 10, 2018*

## ***Maya***

*my maya composed of the three gunas  
is difficult to overcome*

*those who take refuge in Me alone  
cross over this divine illusion*

---

*BG 7:14*

## STEPS TO THE CAVE OF PADMASAMBHAVA

The simplicity of Mother Maya is astounding. But we make her bounty complex because we get stuck in a part—however that might manifest. When all divisions and preferences are left behind, the wonder of her laws begin to reveal themselves in tiny iota.

All of nature is converging to prod all beings to evolve into our God Nature. All of nature includes our neighbor, friend, enemy, the inconsiderate mechanical ones, the evil spirits, the artists and musicians who help open the heart, the ants that emerge from the walls at the smell of food, and the Divine Avatar, guru and teachers.

Each here for us according to our level and our need... One human being created by the thought of Brahma thirty years ago meets another human being at a moment in time—and reveals that she has been created for this moment only, this divine meeting only. For this moment goes back to a time when thought created life. Copulation did not cause life to emerge; only thought. Purposeful thought. All the divisiveness caused by the consequences of animal brain coupling that make up what we call “life,” are based on “conditions” or conditioning. When life *emerges* based on conscious thought, a different kind of being results.

The tasks for those created as animal are far different than the tasks for those created from mind. No speculation on the latter. Only simple revelations on the duties of animal-human creation as revealed by the Vedas.

The Vedas are here to help the universe and humanity lead a life of harmony. “May all the worlds be happy.” This can occur when the insight needed appears suddenly to release the stuckness of step. Levels are the steps of the ladder we climb leading to the realization of our innate divinity—which permeates all steps.

At a lower level, for example, this harmonization of the three *gunas*, the strands of matter, might begin from the release of fear or anger through creative work or giving or insight. Now anger no longer keeps us at that step. A new harmony emerges. We are lighter and naturally proceed up the ladder to the next step.

At the next level, we might be stuck in egoism: thinking of self first, comfort first, position first—me me me. As we see this and it doesn’t feel right, we suffer. Giving loses its egoistic tinge transforming into more genuine selfless service<sup>14</sup>. And *vasana* is cleared away. Harmony comes to this level. With lightness, we proceed to the next step.

Now idea and thinking is primary. This leads to concepts, theories, limitation. The intellect gets boxed in by its belief system. As aspects of our manmade prison are revealed, harmony comes to that level. We let go of reliance on reason and thought. And proceed toward soul presence, universality, expansiveness, openness, where all poisons are released.

---

<sup>14</sup> the pinnacle of selfless service occurs when we see divinity in our self and in the “other” equally. This way of being can be practiced through giving until we view all things and beings including our self, as divine naturally. Now who is the giver? Who the receiver?

As toxins leave mind-body and dissolve, the bliss of being remains. Expansiveness comes. Fullness is.

Why then does it all dissolve into nothing again leaving a sense of emptiness? Because our consciousness forgets it is all a play, a drama set up for our release from bondage, our freedom. The tendency to want the bliss and reject the emptiness drags us down again to the ladder. As our consciousness gets the joke of the game, another speck of ignorance is removed. And once again our consciousness is imbued with a degree of Lordship. I am ruler of the universe... until it forgets. And remembers once again...and the process continues until leftover dross dissolves unto crystal clear purity.

To illustrate the point: Once in Nepal, outside of Kathmandu near a town called Pharpin, I go to visit a monastery that houses a cave where Padmasambhava was said to have meditated—one claim among many. The monastery is somewhere on top of a hill. While walking up, I encounter a thin, elderly monk standing and watching. “Where is the cave”? I ask.

His face becomes open, embodied with vitality and he begins laughing, as if it were foolish for me to want to go there. Nonetheless, quite determined and goal-oriented, I proceed upward and find the cave.

Surrounded by beautiful energy, I sit on a stone with eyes closed...it’s all so easy here! What an incredible place! But all too soon the energy turns sour, vile. What happened?

Slowly the eyes open. Standing in front of me staring with glaring hatred is a scruffy woman, disheveled hair standing on end, holding a broom. She’s just standing there staring at me. When I ask her to leave, she refuses to budge!

Was this some evil spirit sent to keep meditators away?

After leaving the cave swiftly, I visit a couple of halls in the monastery and encounter beautiful subtle energy. No people around...only tankas. And see some simple rooms near the cave, probably to house occasional visitors.

As I remember the laughter of the monk, I realize my visit might’ve been more valuable had I talked to him before running off to the cave. But the mental set was stuck on “cave,” closed to the expansiveness and good will of the monk. Instead, I got stuck in a part, one tiny step, one cut-off rung on the ladder, oblivious to the whole!

Nonetheless, exuberant laughter remains, as a reminder it is all a play, only a play, not to be taken seriously—including our serious determination to sit in a cave where Padmasambhava was said to have meditated! In a drama, how can there be better or worse when it is only a play?

*born solely to realize our God consciousness  
throughout every condition*

*forces may try to prevent us  
matter will always try to pull you down*

*no matter!*

*it's all a play  
here to engross your attention away  
from the birthright of our own divine consciousness*

*present always throughout the presence  
of forces good and evil*

*do not get stuck in either!*

Wistfully, I walk round the grounds of the monastery. It seems absolutely empty...a good place to return someday. For now, more steps are required!<sup>15</sup>

2007  
(written in 2012)

So in his final farewell to disciples, Milarepa offers valuable experiential advice on the subject of ghosts, spirits and gods:

*He who has yet to master self awareness  
should not expect freedom from ghosts and devas*

And later he continues:

*He who is not yet expert in Samadhi  
should not expect the great omnipresence!*<sup>16</sup>

June 27, 2018  
Sherabling

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<sup>15</sup> When checking the internet for the name of the monastery, I discover that the name of the Padmasambhava cave is Asura Cave. I also see that the whole place seems to have changed, with a new monastery built nearby housing tourists and workshops at outrageously expensive prices.

<sup>16</sup> quotes from *The 100,000 Songs of Milarepa* v.2, transl Garma CC Chang, Shambala 1977. Milarepa is a great yogi poet teacher in Tibetan Buddhism who lived during the 11<sup>th</sup>-12<sup>th</sup> c. in high altitude mountain caves, wearing only a cotton cloth. His revered predecessor is Marpa and his chief disciple is Gampopa.

## **2**

*desiring objects of their desires  
in accordance with the three Vedas*

*after enjoying expansive worlds of heaven  
with merit completed fully  
souls return to earth again*

*repeating the cycle of coming and going...*

---

*BG 9:21*

## ***Palace of Mysore***

all the gods, goddesses, divine energies  
support maya

upholding the illusion of senses and mind  
supporting the dream of life...movement...change

exquisiteness of kingdoms  
presided over by goddesses  
ever inform us of the illusory nature of time  
in spite of beauty and preciousness

the spectacle of life at its best  
no better than  
the spectacle called life at its worst—

all unreal!

gods here to catch us in unreality...

palaces, calm waters  
swaying palms, sparkling jewels  
O intricate carvings of maya!

all Rajarajeshwaris ever beckoning  
to keep us prisoners of time  
while the expansive heart knows deep down

*it's all inside  
the whole universe here inside  
beckoning us to project it outside  
as if it really exists*

*that we be helped to purify  
and see!*

were the maharajas caught?  
or did they play the game of life  
to help humanity escape?

living the interpenetration of realms  
some with glint of consciousness in the eye  
leads one to prefer the belief  
some contributed to the game wholeheartedly knowingly!

while the palatial living space  
as if fashioned by Visvamitra divine architect of the gods  
remains an essence tribute

to the possibility of escape from time!

*February 28, 2012*

### 3

*among the Vedas  
I am the Veda of songs Saman*

*and among the gods  
I am Indra the King*

*above the senses  
I am the mind*

*and in all living beings  
I am the light of consciousness*

---

*BG 10:22*

## ***The Journey***

just as internet speeds up mind  
and life in the external world  
so spiritual practice speeds up progress  
in the inner world

different phases come so quickly and end  
nothings sticks  
round which the ego can encrust

though it might seem like we're flitting  
from thing to thing without direction  
in tune with guna consciousness roots us to life  
our sole foundation permeating all

no thing societal serves as anchor  
no person or loved one serves as root  
things and events no longer relied on  
where the body goes supreme consciousness is

one support!

and we do not go anywhere...

*May 12, 2012*

## **4**

*three gates to hell destroy the soul:  
lust...rage...greed*

*let go of these three unconditionally!*

*liberated from the three chains of darkness  
one practices what is beneficial  
for the soul*

*and reaches the supreme goal*

---

*BG 16:21-22*

## ***Fiasco of 12-21-12***

what can we learn  
from 12-21-12?

that media hype  
can inculcate hidden fear in the population  
turning us into consumers of all sorts  
rushing to buy survival kits  
excess food, water and bunkers  
making reservations to stay in “safe” places  
from the Yucatan to Canada

causing the heart to pump dizzying and drying

as we thrive on mentality imposed externally  
not from our own self deep inside...

why would the forces of darkness  
wish to turn the populace into pawns?

Money! Power! Mind control! Life control!

do we not see  
that if the media can cause the world population  
to sing to the tune of fear  
it can also cause the silent majority  
to sing to *any* tune?

the only hope for this world of sheep is  
*learn to go within*  
deeper deeper—our deepest self  
the *only* knower

no imaginary projected authority!  
no following anyone or anything!  
live the ubiquitous power  
discriminating the real from the unreal!

if we can see and admit the dupe here  
we can also see in every sphere  
how we are caught by the *force* of external influence  
and change course!

seeing within changes everything...

even the “spiritual” ones get caught  
in one way or other  
when we believe what “experts” believe

from the secret homes of the wealthy in all continents  
to the hidden tunnels of heads of state  
to the partial astrologers with fragmented knowledge  
to those who communicate with tramp spirits  
giving egotistical messages unknowingly  
forming subtle groups of hidden cults  
within the purest fabric of akasha...

then even the “quasi-spiritual” get caught...

enmeshed in what?  
caught solely in believing the world of matter is real!

caught in believing the holy ones  
changed the downward course of events for humanity  
so it didn't happen

all to rationalize our foolishness  
which the holy ones might well have been ordained  
to do anyway in conjunction with the whole  
from the beginning ongoingly  
but not the way we view it conventionally...

so we are granted more time to work through our karma  
reprieve from entanglements in the jungle of matter  
and come to a blank slate state of death  
while residing in the body

knowing no doubt that all our scurrying  
back and forth up and down  
both inside the body of flesh and inside the body of cosmos

all attempts at moving somewhere—including evolving  
futile though needed

as only consciousness is...

the perspective of akasha<sup>17</sup>  
no longer distant from above  
as earth ascends to sky and sky descends to earth

---

<sup>17</sup> space, ether.

bringing detachment peace expansive  
unto the human soul

and the new age is begun

here

*ever here for us*

unto eternity...

*December 30, 2012*

## 5

*contact of the senses with sense objects  
brings feelings of heat and cold  
pleasure and pain*

*they come and they go  
forever changing*

*endure them O Bharata!*

*one who is equal-minded  
throughout pleasure and pain  
firm and unaffected by the senses*

*becomes fit for immortality*

---

*BG 2:14-15*

## **Confronting One Last Problem**

this being appreciates Mother Nature so much  
that she wants her pristine freshness to remain

but when motor boats land in pure water  
reserved for swimming only  
to drop off the wealthy in front of their resort  
(instead of 200 yards away allotted for boats)  
this being feels pain and helplessness  
as gasoline trickles into freshness...

she tells the drivers to park where the boats are  
yes yes yes they say  
and arrive again half-an-hour later

this is the story of India  
last bastion of pristine purity  
of land and mind on the verge of destruction

it is too upsetting to revel here!

money pollutes the land  
poverty pollutes the mind  
western or eastern—no matter

mentality of greed and egoism  
holds sway over the masses  
too frustrating to fight it... dead end  
so so frustrating loving nature!

for that which changes  
brings only sorrow  
*unless utilized as vehicle for letting go!*

the time is now  
for you to transcend nature fully  
transcend all form and subtle basic substance  
from which all forms are born

for beauty of land and water and sky  
turns only to ugliness  
in the domain of uncaring mind...

once our forms of the inner ideal  
and external forms of authority

have been left behind

transcend all raw material itself  
composed of the five elements  
including the forms of nature so precious  
man's gift forever by decree of divinity

for these deserve our worship  
in exquisiteness only  
and not in the mire of ugliness!

*in this way all opposites are transcended!*

and each and every projection from the Absolute  
is removed  
including all substance  
perceived by senses and mind forever and ever...

a most painful lesson to learn  
for one who loves the primordial naturalness  
of our omnipresent dwelling place

that mind and intellect might know in clarity:  
prakriti is not to be worshipped unequivocally  
without including purusha!

but is it possible to include in our worship  
the asuric nature of man  
that pollutes and destroys God's creation?

we cannot!

thus worship must be left behind completely  
no matter what the circumstance...

the only way to avoid disappointment  
and live in being-consciousness-bliss  
is to live the *consciousness* behind all form  
worshipping that alone which does not change!

while still experiencing  
our gift of blooming nature  
deeply feeling the freshness of her love  
that helps us live and understand  
what intellect alone can never grasp...

*I love too much  
and this has made all the difference!*

separating out last remnant  
of purusha from prakriti  
no matter what the filth  
brings loving consciousness only...

and the asuric nature also  
is worshipped inadvertently  
for granting this lesson of preciousness

as the opposites are transcended!

*January 23, 2013  
Om Beach*

## 6

*the foolish think I am with form  
my lower nature seen by mortal eyes*

*they know not my higher nature  
immutable...supreme*

*for I am veiled by yoga maya  
my glory is not revealed to all*

*this deluded world knows Me not  
unborn...indestructible...unchanging*

---

*BG 7:24-25*

## ***Illusory Levels of Maya***

the purpose of life for animal man:  
propagation and living in dharma  
enriching life on earth

the purpose of life for the mind-born man:  
purify emotions in the sacred fire  
by feeling conscience and inner transformation

the purpose of life for the thinking man:  
understand the workings of karma  
deepening dharma and the will to practice

that the once sterile intellect  
no longer a breeding ground for argumentation  
melt into the *experience* of love...

new joy sprouts  
totally separate from mundane things  
independent unto the knowing

*so so rich our divine wealth is!*

as last vestiges of ego dissolve  
cosmic ego also recedes  
planet and star god and goddess  
all influence from material world:  
*divine energies no longer rule our fate*  
*united unto one fullness whole!*

subtlest energy of prakriti  
merges with Brahm divinity  
unto One Absolute

now seeing prevails *within*  
knowing and action live one silence  
throughout all comings and goings

without name or form  
thought becomes fact  
supported by atoms of the ether of being  
*upholding all play and silence*

being...nothing...being...

*January 16, 2013*

## 7

*by the delusion of the pairs of opposites  
born of desire and aversion  
like and dislike*

*all beings are subject to illusion from birth  
O Parantapa Harasser of Foes!*

*but those who live virtue in action  
whose imperfections have come to an end*

*freed from the veil of opposites  
worship Me with vows unfalteringly*

*those who take refuge in Me  
striving for deliverance from decay and death*

*realize in full that Brahman  
this Atman*

*and they know what karma is...*

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*BG 7:27-29*

## *Living in Maya*

Like magic, maya brings us perceptions of people and experiences that correspond to our desires. Our desires determine where we find ourselves on the rung of the ladder of existence. In this way, the universe of objects, emotions and thoughts actually and literally proceeds from own mind. No creator other than the way our mind functions can create our universe for us!

But since the ladder is composed of steps, it segments reality in accordance with its mentality. It lives in a partial realm, without knowledge or acceptance of other realms. Its boxed off vision blinds the seer, the perceiver and the thinker to the whole show and makes him believe that what he sees on the screen is real.

When the ego thinks it knows something, this separates our self from the cosmos, from consciousness, from our whole self. When the person views himself as this or that, authority figure or aspirant, husband or wife, bright or dull or any other value judgment, one's identity gets attached to one's role or abilities. And when one is forever analyzing in a way that tries to make sense of maya, one gets stuck in the footprints of intellect. For intellect is *incapable* of dispelling the grip of maya over our experiential perceptions and visions. Only when consciousness experiences itself *for itself as itself*, no matter what the action or the inaction, only then—only *now* is the existence of maya an expression of expansiveness-freedom.

Not just the great bliss of creating that stands out superior to other simple moments in bliss, but the great being of consciousness that remains always, no matter what the bliss or lack of bliss, no matter what the action or the inaction!

*not as exercise in consciousness with effort  
but as consciousness itself  
without which life would not be possible—  
  
with very great love!*

And we live in maya, without a speck of ego to limit our mind or our identity. Maya lives as the Divine Mother of creation when every child emerging from her womb is known as an equal carrier of the whole. Be they called gods and goddesses or demons, or human beings and animals, each designation contributes to maintaining creation in its own secret way, be it viewed as helper or trouble maker, desirable or undesirable. Only the particular view enmeshes us in the prison of the opposites of maya, not the thing in itself.

As the view equalizes unto consciousness, the ups and downs see-saw tentacles of maya dissolve. And she can be worshipped as the Goddess of our own self, *in* our self, *as* our self—while the expansive whole continually creates our world!

And I am not the doer, O Mother Divine! And I am not distant, O nothingness consciousness. As Shiva and Shakti equalize throughout the whole body and the body of the universe, O Ardhanarishvara, divine love and divine consciousness discover one another, encompassing *one-whole* forever and ever—as the opposites unite indelibly!

*February 10, 2013*  
*Gokarna*

## 8

*in the heart of all beings  
the Lord dwells*

*yet through his maya alone  
all whirl round mechanically  
throughout the world of time...*

*with all your heart O Arjuna  
take refuge in him alone!*

*and by his grace  
you will enter the eternal abode  
of supreme peace...*

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*BG 18:61-62*

## ***The Divine Sculptor***

receiving energies of the universe  
for what purpose?

in whose hands is the divine sculptor  
creating a being?

what preparation for larger worlds  
transforming what into what?

as the alchemist working with portions  
sculpts the whole

taking charge completely  
with the science of surety...

but where is the freedom of choice  
of the participant?

decided beforehand  
based on leftover parts in the mind  
that keep changing...

side by side  
with seemingly ordinary happenings

being molded secretly silently  
for another kind of universe...

*February 16, 2013*

## 9

*know that prakriti and purusha  
nature and spirit  
are both without beginning*

*change and gunas  
are born of nature*

*nature is the cause of change  
in the body and senses*

*while spirit is the source of awareness  
of pleasure and pain  
it is said...*

*purusha attached to prakriti  
experiences the ever changing  
conditions of nature*

*bound to the transient  
a good or evil fate whirls him round  
the wheel of birth and death*

*but the spirit supreme is one who sees  
allows and supports*

*the experiencer and enjoyer beyond fate  
the great Lord and the supreme self*

## *Projection and Creation*

One meaning of the word for creation in Sanskrit, *shrishti* is “projection.” This implies that the world is created through the mind. The powers of desire-yearning-will, knowledge and action experienced unconsciously or consciously, contribute to the unfolding and expansion of our particular universe individually as well as collectively. These three shaktis create our world: *iccha shakti*, *jnana shakti* and *kriya shakti*—will or desire, knowledge and action.

When the *conscious* desire to participate in the creation of our world arises, we gradually become more aware partners in creation alongside ongoing inner purification; whereas before we were unconscious participants, mostly conditioned by circumstance, time, place and past actions. Now *sattva guna* inhabits our mindspace.

But why call creation projection at all? Projection implies a different origin-existence than what appears. Things are not as they seem. The seemingly frightful snake is simply a harmless rope. Each turbulent individual wave is nothing but the expansive ocean, peaceful at the depths.

And what is projected from what? Matter is seemingly projected from spirit, our concrete existence is created by thought. Thoughts come from our *vasanas*, desires and interests. So all projections of the world are relative, part of the form realm of change.

Which leads to the ultimate question: How to stop this incessant projection from sheer subtle life to gross concrete matter?

When thought and desire cease, the projection of creation does surely end. “*Samharini Devi*” withdraws the world unto herself wholly, never again to be chopped up into parts and desires and thoughts. And whatever memory seeds of leftovers still exist will be incorporated back unto divine consciousness in due course.

But is it right to aspire to ceasing creation, or attempting to still the process of birth and death, called “liberation”? Only for seeds that are ripe...

Meanwhile, what kind of world would I wish to create or project out from my mind?

A world that is not composed of splits, parts or compartments; a world of wholeness that includes all; with the recognition that even the most “undesirable” elements and happenings serve some purpose...neither as the object of my disdain nor the focus of my attention. Thus tolerance and acceptance reign.

A world of love for creation including the presence of the subtle underlying conditions that allow creation to exist; a world of love for all beings, all carriers of this original unseen source-condition that has been called God—from which

creation has the possibility of emerging and being; a world where “God” is seen in everyone and everything, therefore treating fellow beings as vehicles of the divine.

A world where individual talents and gifts are simply acknowledged and shared without ego as a contribution to the whole—with the attitude of a servant serving the divine in all...

If one lives a life without split or compartment, then attachment to the senses or sense objects is not possible. For attachment and aversion is what leads to all splits and divisions: “this is better than that.” No splits also eliminates fear, anxiety, anger, greed, envy and the whole gamut of emotional states that take us away from oneness and rob us of the total gift of life. Or to express it the other way around, the way it happens and unfolds: as anger, greed, attachment, fear, anxiety, pride and egoism dissolve, what remains is oneness—no compartments. No more opposites to bounce us back and forth, up and down.

The miniscule focus on projection as a defense mechanism of western psychology limits the phenomenon to pathology. The poet thrives on a more total view of projection—uniting the internal world with the external and vice versa.

*calmly the waves  
gliding beyond surfaces  
expose the depths*

What we notice outside is determined by where we are inside. Conversely, if we place ourselves in an uplifting environment, our inner equipment, antahkarana<sup>18</sup> will be uplifted—to a point. One purpose of all spiritual discipline is creation: to create a new universe out of the raw material of nature supported by consciousness. And dissolution: to create conditions conducive to dissolving our negative tendencies and ripples in the mind—that we uncover and rediscover our true nature, our self.

And when we realize that projection of forms and behaviors is creation, to create a new universe out of the raw material of mind, then in awe of Mother Maya we intuit that her projecting power actually helps maintain the universe, allowing beings and things to evolve and grow into our real nature of totality-consciousness.

Therefore it is said, maya is beginningless but it does surely have an end. When her varied forms have been explored, desired, enjoyed and played with, the realization comes; “All these beautiful universes cannot exist without consciousness. Therefore, only consciousness permeates all worlds. Consciousness is the one enlivener, the life giver, the divine lover that agrees to descend for love of His/Her children that we can play—until the play is no longer

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<sup>18</sup> the inner equipment consists of mind, intellect, ego, memory including subconscious thoughts and consciousness; *manas, buddhi, ahankara, chitta* and *chit*.

needed. Maya is no longer needed.” In this way, we embrace in partnership the sacred act of creation...

It is said that maya has two aspects: the veiling power, *avarana* and the projecting power, *vikshepa*. The first is *tamasic*, dragging us down to the heavy inertia of earth matter and causing us to believe that what the senses and mind perceive is real. This illusory aspect of maya veils and limits our view of reality to our conditioning from the sensory mind. And we get stuck in the concrete.

The projecting power of maya is *rajasic* and can help us evolve by utilizing our varied experiences in life for our inner upliftment. This aspect of maya thrives on desire and thought that perpetuates movement. But it keeps moving like a merry-go-round, never stopping till we know for sure: “I am sick and tired of maya. No more up and down, back and forth...Only equality, only stillness, only peace, only one.” And “death” is accepted willingly. The omnipresent will to consciousness all pervading reigns supreme.

This is how the projecting power of maya becomes obsolete: when the desire for experience is no more. As desire naturally ceases, projection creates no new universes. And we live as one whole in the eternal now—no matter what the experience!

*March 3, 2013*

## **10**

*all beings enter my nature  
at the end of the night of time*

*and I regenerate them again  
when the new eon dawns*

*this vast work of creation  
cannot bind Me*

*for I remain unattached*

*indifferent to this process  
of creation and destruction*

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*BG 9:7,9*

## ***Negation and Play***

why try to figure out how it all works  
when you know it's subject to change  
based solely on the mind?

karma takes care of itself  
under the divine umbrella of the whole

*this whole goes far beyond matter  
time and space!*

when it leaves mind behind  
it leaves earth behind  
when it leaves intellect behind  
it leaves universe behind  
when it leaves hope behind  
it leaves nothing behind...

yet making the world a better place  
is still the sadhana of the God-Man  
through uplifting those who are ripe  
in body-mind-spirit

so why negate possibilities?  
interest perked for a time when vasana-memory sparks  
and then mind itself works through left-over karma  
leading to no desire

life on earth is completed like that!

would it be more satisfying for self  
to engage the karma?

if nothing is more satisfying  
than anything else  
only then is there no more karma

it's okay to bow out!  
you are ready...

does this mean the body dies?  
not necessarily

lord death has been training you  
in accordance with scorpio nature

neti neti neti<sup>19</sup>

how can anything be wrong with that  
since you have already died?

though it might seem depressing  
this too is illusion

and when joy returns  
this too is illusion

as hints of remaining preferences  
scatter unto the wind—  
even the joy of sharing love  
even the joy of sharing knowledge

these are for the living...

is immortality not for the living?  
is negation not for the dead?—

*both* for the living and the dead!

depth difference between Vishnu and Shiva:  
Vishnu prods us on to the playing field of maya  
without getting caught  
Shiva leads us to the dissolution of  
creation-cremation ground without getting caught

O death thou shalt die!

in spite of failed attempts  
to reconcile Shiva to family life  
yes—there is a difference

*preservation through love*  
*dissolution through negation*

when in the end there is nothing left  
can we not have it both ways?

the leela of play brings love  
in perpetual continuity  
the leela of death brings nothing

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<sup>19</sup> not this, not this, not this...

in perpetual continuity

why prefer love to death?

why prefer life to death?

allow the cell to merge in Paramatma!

allow seed consciousness to transcend maya!

no birth of leela

no death of leela

O maya transcended!

*January 22, 2013*

## **11**

*the unreal never is  
the real never is not*

*this truth is seen  
by the knowers who see!*

---

*BG 2:16*

•

*the three gunas of nature  
are the world of the Vedas*

*transcend the three gunas O Arjuna  
be in truth eternal  
beyond earthly opposites*

*beyond gain and possession  
remain centered in the self!*

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*BG 2:45*

## *Steps to Transcendence: Experiential Psychology of Veda*

In the same way that mechanical humans are kept prisoners of sex and sense objects on the body-earth plane, we can be prisoner of the joy of creating on the mental-emotional plane or unduly attached to contemplation on the intellect plane. Once the energies have risen to transcendence, then consciousness begins experimenting with us in partnership with wholeness- matter-energy.

We attempt to live Shakti-Shiva as a play, being bounced back and forth between stillness and movement, inner knowing and questioning—while maintaining the conscious backdrop of a thread of motionlessness no matter what. This quality of Shakti-Shiva utilizes the divine energy of prakriti toward knowing. *For without the preciousness of her subtle energy, worldly knowledge is only mechanical!*

The superiority of subtle inner knowing intuition of our own self that we experience naturally as children from time immemorial, was veiled by the literalist horror show called “education,” western education in particular, which mechanically encourages us to look to outer authority and collective material standards other than our own self. Self knowledge was forced underground, took a back seat to knowledge by “experts,” many of whom remain ignorant of the whole.

The most worthwhile thing any authority figure can do is *allow unconditionally* the multifaceted, all inclusive preciousness of one’s own self, not simply as jumping to transcendence but also appreciating the steps. When we side-circuit daily life issues they linger somewhere buried to emerge as vasanas when conditions are ripe. But with Veda, or the evolutionary path that includes Mother Nature through summoning the gods or divine energies that simply aid the rising of subtle-dross to the third eye and sahasrara—real insight intuition knowledge can occur. This magnetic field of shastra can naturally harmonize and eventually burn all seeds of desire and mental-emotional tendency toward constricted repetition forever.<sup>20</sup>

In this way, the experiential psychology of the Vedas, with all its subtle alchemy leads to the ultimate harmonizing of the divine shaktis and the elements—leading to liberation.

As a full slave of prakriti, we derive joy and sorrow from her energies, which bounce us back and forth. When we are one with consciousness—no bouncing. We no longer live *solely* in her universe. So does she exist?

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<sup>20</sup> A lower function of the Vedas occurs when people misuse sacred mantras for worldly desires and possessions. Their intended function is to harmonize the individual, the community, the society, bringing peace and happiness to the world. This beneficence helps humanity evolve.

With our mind in full consciousness there is no prakriti, no movement, no desire—neither physical, mental-emotional, nor evolutionary-service. Our purpose for the divine descent has been completed. And krama mukti<sup>21</sup> is finished.

Initially, “going out” does indeed keep us away from inner contemplation, keeping us a repetitive prisoner of prakriti. A far more preferable process would be for pravritti to rest on the foundation of nirvritti,<sup>22</sup> that a thread of contact with our inner self remain conscious throughout all our comings and goings.

In the *Devi Mahatmayam* in the fight between Mahishasura and the Great Goddess, the demon keeps changing forms in an attempt to fool the Goddess. Our ego is like that. What it perceives keeps changing in form based on mind, desire, or what we seemingly need to be conscious of till we go direct to the source. We must come to see *from* the whole *as* the whole and not solely as an ego!

Until the various generals, battalions and field commanders are vanquished fully by the love of the Divine Mother, we remain a prisoner of her lesser manifestations, gods and goddesses, her parts; and are taken in repeatedly by the multiple likes and dislikes of partiality.

How many new universes need be created again and again until we finally get it? The love of the Divine Mother and Father grants us their compassionate energy over and over again manifesting as form, continually giving giving giving until—manifestation is no longer needed! Only consciousness is...

*February 7, 2013*

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<sup>21</sup> the graduated path to liberation.

<sup>22</sup> Pravritti means the outward movement towards thoughts and happenings in the environment similar to extroversion, associated with action in the society. Nirvritti means without movement or thoughts, implying merging all thought-movement within the supreme self, associated with consciousness, Knowledge and liberation.

## **12**

*those who worship the gods  
go to the gods*

*those who worship the fathers  
go to the fathers*

*those who worship the lower spirits  
go to the lower spirits*

*but my devotees worship Me  
and come to me...*

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*BG 9:25*

## Gods

If we still live in a loka<sup>23</sup> that views facets as existing separately, then we must include the level above the human called the gods in our perceptual-cognitive-motivational playing field. In the cosmic space of the psyche, these beings called gods or angels are no fairy tale designed by the collective wish of suffering humanity. Rather, the total finer energies of mind are given flexible shape by the will of “Brahma the creator,” also known as the god within each mind that knows exactly how to help us progress on the journey, by bringing us each situation needed in the moment. Thus, the *raison d’être* or purpose for being of each god is to help all beings and to serve *without a trace of ego*. As such, there is no distinction between a real master of maya and a “god.” The genuine master is a vehicle of ever existent alchemy with all its operations, present in disguised secret form from the beginning of time.

Since the atoms of matter are malleable, under the subtle jurisdiction of the gods or divine energies of mind, they can change incessantly in accordance with unconscious desire or with need. Thus, the subtle form of a man who helps can appear in the body of an intellectual or a seducer or a forest hiker, depending on the kind of help required when and where. The recipient remains clueless that the hiker is in fact a god until consciousness has understood and internalized the immediate teaching offered before being able to proceed to the next. Stories from the *Puranas*, such as Ahalya who is later redeemed by Rama in the *Ramayana*, or Nala and Damayanti, who had to choose between four gods who each posed as Nala, or tales of Arjuna visiting the gods to procure divine weapons, are not to be viewed as fiction!

These gods can be very tricky characters, seeming almost untrustworthy at times, in accordance with the mind of the recipient. Though almost totally pure, they are comfortable experts at residing in muck, due to their dramatic abilities. In addition to changing their forms at will, their other characteristics such as full omniscience regarding the task at hand and a speck of possible omnipotence can lead beings to overvalue their overall god-ness by ascribing full God-hood to what remains partial, purposeful and finite. For only the Absolute is whole, infinite and transcendent. Though gods are ever working for the Absolute, since their tasks are specific, they function as vehicles and are not identical with either the total God or the Absolute.

The gods I’ve encountered that I know of are solely of positive intent—to uplift suffering humanity and teach us the art of cooperating with them in dissolving our impurities. For this alchemical art of purification and transformation requires an initial ego effort, at first prompted by the “gods” called personal desire, which later gives way to surrender—initiated by the *whole* self support called

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<sup>23</sup> psychological space.

consciousness Absolute. The self-less service that is evident in the gods by example as it is their nature, can only exist in the human nature once we have *consciously surrendered*. Thus the gods might seem to have no freedom of choice, whereas humans have some capacity to choose, to mobilize our entire psyche or center of gravity behind the innate urge to serve without a speck of ego—if we can clear away enough dross to hear the music of the self direct from the source: no words...no intermediaries...no ulterior motives.

Thus, from the beginning of time beginningless, built into creation by the trinity that perpetuates the universe,<sup>24</sup> gods-goddesses-humanity do surely exist in mutual interdependency until we human beings gain freedom from duality. This can occur only by embodying our loving consciousness totality always everywhere—that permeates the foundation of every living fluctuation of matter.

*May 7, 2013*  
*Old Manali*

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<sup>24</sup> The trinity can be considered Father, Son, Holy Ghost; or Brahma, Vishnu, Shiva – creation, maintenance, dissolution; or the three qualities of matter in the mind that create and maintain our field of existence called the three gunas: sattva, rajas and tamas; or body, soul and spirit; or thesis, antithesis, synthesis, and so forth.

## 13

*the knower of truth  
sees how the qualities of nature  
interact with perceptions and happenings*

*and remains not identified—  
unattached...*

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*BG 3:28*

•

*enlivening my own Prakriti  
I send forth beings again and again  
all helpless under the reign of nature*

*but these acts do not bind Me*

*remaining unidentified  
I am not attached to these actions*

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*BG 9:8-9*

## *Chakra, Conditioning and Beyond*<sup>25</sup>

Conditioning can become fixed with “chakra.” We are each conditioned by the qualities that attract situations inherent in each inner “center” or “wheel of experience.” As long as we are under the influence of the herd instinct we are subject to conditioning. The possibility of transcending the pull of the chakras is our birthright, granted by human birth. This leads us from divisiveness to One, from the unreal to the real, from darkness to light... When the chakras are totally clean and pure, crystal clear as light—no more conditioning. Everything comes direct from the source. Divine Intelligence lives through us.

The construct called ego, that aspect of the whole self conditioned by the externals of culture, time and place, can be viewed as being composed of various chakras on the ladder of life. No chakra, no ego; no ego no chakra.

Till then, our behavior is under the influence of the body, emotions, mind, intellect, memory, desires—our past that all too often brings suffering repeatedly. Simply stated, the first step is living our karma, then living it dharmically. Next comes the process of working through our karma, which harmonizes our highest ideal with thinking feeling and action under the light of awareness and devotion to the ideal as principle or as consciousness or as embodiment of God-man or woman. Later through spontaneously understanding our past habits and behavior in different life situations, both personally and philosophically unreal, the seeds of past conditioning are burnt, all seen through the light of consciousness. Without deep understanding that comes naturally, both personal and universal, it becomes more difficult *not* to fall under the influence of old habits and cultural conditioning again, though many pure souls living advaita in sheer detachment need not understand the former “person” that once was.

The fear contained in the root chakra, muladhara expresses itself differently at each level. But no matter what the manifestation, it is still fear conditioned by mind, at one time an instinctive necessity in the animal spinal brain, but now unnecessary for optimal human functioning, except as a warning for danger. Here are some examples of the possible steps in working through karma as the concrete fears inherent in the physical world give way to the anxiety and confusion of the emotional mind and the deliberations, ambitions and paradoxes of the intellect:

In svadisthana, it might be fear of not finding a mate and having kids or vice versa, or fear of losing our imagined stability from not having a fixed abode or steady income. In manipura it might manifest as fear of loss of recognition or feeling in control, whereas in anahata, the frustration of not being able to think and express oneself clearly, or anxiety from feelings of alienation from the veils

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<sup>25</sup> these inner views are not to be relegated to “fact.” They are merely based on the author’s subjective experience—as are all aspects of intuition-thought-speech relativity in time, be they called “scientific fact” or “inner view.”

covering our inherent universal love; in vishuddhi, terror of past lives, emptiness or entering the void. Ajna chakra seems to bring release from fears and very great joy in our newly found expansiveness. But identifying with this way of being can lead to the disharmony of inflation. Then in sahasrara, the all inclusive totality, connection is made again with the root, muladhara, the ever present beginning. The uroboros bites its own tail. Fear and its allies are greatly diminished and we enter another octave or plane of consciousness, where further karma is worked through and understood with insight in a new way.

Another more general example of conditioning: the western culturally conditioned habit of materialism, mixing spirituality with money, as manifested by “ashram corporations” or signing up for group courses in Meditation or Tantra Yoga for a hefty fee. These might serve as preliminaries at best, if they don’t disillusion sincere aspirants from the start and send them running! As the ego dissolves, so do fixed culturally conditioned views, including unwholesome mixtures! As the heart embraces sacredness, a more expansive way of being is lived.

When the inner witness is activated and becomes accessible to our experiencing consciousness throughout varied past-present life issues, our purification proceeds. Just as mind influences the body and vice versa, so the chakras usually interact with each other. And the mind-body merger makes itself known.

With fluidity, the game of life deepens. And our soul deepens the game of life until—the divisive influence of chakra dissolves unto clarity. We live Divine Intelligence. We love. We grow into our Atman consciously, the God self we always are. And we see how this self was-is always here guiding us.

It is the small sense of self, ego, conditioned by worldly life that makes up the illusory aspect of maya. We think that what the senses and mind experience, feel and think is real.

When ego dissolves, maya remains in pristine purity—subtle, motionless, awaiting new universal formations, like the couch of Vishnu, serpent Ananta without end...or like the actionless state when the gunas are perfectly harmonized before mind creates a new universe. The projecting power of maya, *vikshepa* cannot exist without ego and its desires. *Desire shapes creation...*individually and cosmically coexisting.

The veiling power of maya, *avarana* also cannot exist without the ego. Reality gets covered by the brick boxes of heavy belief systems, inherent within the gunas of the mind. And the chakra-vasana-guna partnership creates our individual mind of universe. But with the active presence of the conscious witness, no matter how miniscule the witnessing, the nature of our universe expands.

Once our “negative” karma is cleaned out, is our stay on earth finished? Or is our “positive” karma to be shared in the form of love, wisdom, inner knowing?

Some Buddhists believe Hinayana can take us to the point of no return to earth; Mahayana can take us to full liberation forever, from the mind of cosmic whirling. The door at the end of the universe can open. The “small vehicle” is considered the path of emptiness, annihilation; the “larger vehicle” the path of compassion, fullness, everything.

Can both paths be transcended?—in reality One. By living out our positive karma with naturally conscious giving we transcend both. And divisions vanish.

When a person dies and the soul leaves the encasement of body, the burdens of earth are said to be lightened. Likewise, when death of body consciousness occurs while living, not only are earth’s burdens lightened, but divine energy remains to continue purifying people—whether he/she speaks or teaches or remains silent.

*butterflies fly  
the river of life flows full  
within the foundation of peace*

When more people live the dharma of one self, the burdens of earth are lightened. Love supports the universe. Gradually and in lightning flash love pervades the individual-cosmic psyche. And the Sathya Yuga dawns...

Now *cosmic* influence obliterates animal tendencies. Human forms are more etheric, more open to receiving higher energies and embodying divinity. Earth itself becomes a heavenly abode. Does the light body live on earth?

The reptilian and mammalian brain is now relegated solely to animals. Humans live primarily their human-God nature, our one true nature.

Is living in the light body the immortality that exchanges unknown forms continually? And is living divine consciousness throughout each and every situation the pinnacle of realization while living?

Sathya Yuga is also maya as is living in the light body. Being smaller than the small, greater than the great is consciousness only that changes not, O Divinity.

Partners in creation: consciousness unchanging pervades the continually moving. There is nothing else O supreme Consciousness-Shakti Without End!

*Shiva and Shakti  
Shakti and Shiva  
the root of creation*

*divine consciousness only*

*lives in the core of the atom  
called cosmos  
till final pralaya!*

*and it is all irrelevant...almost  
for there is no time O Mother Kali!*

*April, 2014  
Rishikesh*

## **14**

*out of pure compassion for them  
I dwell within their being*

*and destroy their darkness of ignorance  
by lighting the lamp of wisdom*

---

*BG 10:11*

## ***Infinity***

every vasana from personal memory  
also resides in ether  
the akashic records of cosmos and earth  
our foundation for personal akasha

with each insight  
another issue pops up  
what we thought was last  
is illusory

prakriti alone is like that  
cannot be conquered peacefully without jnana  
the knowledge this is all unreal by itself

*partnership is needed...*

when this impossibility is known  
and lived fully  
then no more disappointment in prakriti

how can we place our faith in the world  
as if she can be fixed  
if her functioning is simply a part—

part of natural law?

cleanliness is important in nature  
and should be followed as possible  
patience is required for those with other habits

and the garbage collectors  
continue their march...

as the silent intelligence of purusha  
presides over all!

*July 5, 2014  
Manikaran*

## 15

*through all the senses shining  
while beyond the senses*

*experiencing all qualities of matter  
while beyond them all*

*unattached independent supporting all!*

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*BG 13:14*

## **Old Memories**

*(inspired by BhagavadGita:13)*

memories of stuckness  
once the goad to further our evolution  
O Mother Divine  
till we know emphatically—

*all this is illusion!*

so clarifying one last leftover memory  
is surely a waste of time

why clarify old dung of the field  
that never stops and exists not?

for what this step downward?

it was all once known  
what exists cannot ever be forgotten  
*always here!*

clinging to prakriti  
out of habit solely

regress not unto Drona O Mahabharata!

you enmeshed yourself in the world  
to use it to escape from collectives

but the whole wide world is simply  
one big condition including understanding  
*so let go!*

offer your understanding to Brahman  
immediately now in full finality emphatically  
so there is nothing left to make sense of

render memory not only obsolete  
but superfluous to existence

this aspect of the field  
with purpose long since fulfilled  
can merge from the field of wisdom  
unto the divine light of Brahman

*our true home forever!*

finished with the playground  
O consummation O conflagration

you can't put the enigma Mercurius  
in the old rock of clarifying

for his play is worldly  
and you never wanted a play

so let go!

*October 7, 2014*

## 16

*beyond my visible nature  
is my invisible spirit*

*know this fountain of life  
that upholds the universe*

*all beings have their life in this life*

*for I am the source and dissolution  
of the whole universe!*

---

*BG 7:5-6*

## ***Conspiracy Theory***

all personal insight  
based on causes relating to individual vasana  
useful to a point

the point of  
cleansing unto purity  
and subsequent letting go

letting go of everything personal!

when this is complete  
the next step is  
letting go of maya itself

no more differentiation  
no more division into this or that  
only one is!

one can only exist  
when the psyche knows fully  
the triviality of sections  
dissecting this from that

insights understanding workings and causes  
utterly meaningless in the realm of one!

one implies no expectation of “be like me”  
one implies ongoing compassion  
one implies no flack from the senses...

ascending on high  
it's all seen as child's play  
be it called joy or sorrow or wisdom

the only conspiracy theory  
O children of humanity  
*is Vishnu maya!*

here to maintain all our projections  
and keep the carousel turning

this we know fully  
while living in the realm of death  
but when we take on new bodies

we forget O maya!

conscious of death in life  
and life in death  
throughout all divisions—

*no forgetting*

simply conscious...

tatastu!

*February 2, 2015*

## **17**

*among created things  
I am the beginning  
the middle and the end  
of all that is*

*among all knowledge  
I am self knowledge*

*among the many paths of controversy  
I am the one that leads to truth  
O Arjuna!*

---

*BG 10:32*

## ***The Tree of Knowledge***

*(inspired by BhagavadGita:15)*

as the God seed matures  
into sapling and tree

leaves of Veda harmony  
flowers of loving bhakti  
and branches of action karma

nourish expanding roots of culture deep down

that the onetime seed of divinity  
mature into full grown tree of knowledge jnana

inviting us to know fully  
the subtlest root above  
O Brahman inside everywhere

as the omnipresent support  
for the tree of life continuous

until final pralaya...

*January 18, 2015*

## **18**

*whatever being is filled with my glory  
power beauty auspiciousness*

*know that simply as a spark of splendor  
from my divine being!*

---

*BG 10:41*

## ***Tribute to the Gods***

*(inspired by BhagavadGita:10)*

the one in the many...

those beings who manifest themselves  
in the varied levels of time-space  
throughout eternity—

*here for us*  
to care for us and help us ascend  
the holy ladder of creation!

many have I met  
both with form and formless

some help obnoxiously  
some lovingly

some take on the form of  
beggars and drug addicts  
that this soul might abandon all prejudice

some take on the form of animals:  
cow and donkey dog and cat  
that this being might express fully  
her loving maternal instinct in this life  
and complete the dharma of bhuta yajna<sup>26</sup>

others take the form of guardian angels  
who saved this being from  
the dire consequences of a bus accident invisibly

and others take the form of teachers  
who incarnate again and again  
bringing loving wisdom...

all here for us  
to purify fear and ignorance  
from the heart of humanity!

---

<sup>26</sup> one of the five duties of man according to Hinduism, caring for animals. The other four are: pitri yajna - paying homage to the ancestors for the accumulated effects of their love and knowledge; nri yajna - offering food to the needy; deva yajna - rites to the gods or offering the life force from the senses to the soul; Brahma yajna – offering the soul to the all-pervading Brahman.

no matter what the form  
the gods are part of sacred divinity  
evoking love and appreciation  
within this heart

for their timely help  
within time ongoingly

man can be god  
and god can be man or woman  
for sacredness knows no sex distinction

tears of loving gratitude trickle  
for their roles and their sacrifice  
for their trickiness and their effort  
based on undying love eternal—

true seva!

am I still filled with  
too much prejudice for their methods  
for me to accept being one of them?

or is it genuinely fit and blessed  
for me to merge  
with Absolute consciousness forever?

this open question remains  
though at this moment there is preference...

yes...these great archetypal beings  
exist in mind  
to keep the universe moving

mind causes appearance  
both in gods and happenings  
depending on what is needed

thank you O Swami for everything  
O Lord in my self...O my self!

*January 6, 2015*

## **19**

*among rulers  
I am the scepter*

*among conquerors  
true statesmanship*

*behind all hidden mysteries  
I am silence*

*and the wisdom of the wise am I*

---

*BG 10:38*

## ***Contemplating History at Khajuraho***

*(for Ron)*

sitting on the lintel  
of tiny meditation chamber  
of one of the 64 yoginis

silence reigns...

no idols left here  
only solid rock remains  
yellow butterflies fluttering over dry grass

energy inside each solid stone  
tries to put me to sleep  
from eons of habitation by dog and rat

cows eke their rightful portion  
from left over rainy season greens  
hints of village huts line the horizon

old flat stone left in the open center  
where animals once were sacrificed  
and may still be today

utter silence reigns  
despite occasional background mooing  
of cows and kids

this idyllic scene of desertion in *now*  
informs me of the relativity of history  
bringing glory and power and holiness one minute  
and the next second decay

but throughout all endings  
something remains pushing us upward ever expansive  
O Mother Nature!

the form of conditioning might vary and cease  
but the aspiration behind the conditioning  
stays

just as humankind evolves  
through infancy youth middle age and old age  
so civilizations evolve and involve throughout eternity

like interchanging cells comprising one whole  
throughout the relativity of time

bringing home one deep lesson:

be not conditioned by culture time and place  
wash away whatever mind and senses perceive as real  
discover our true identity unchanged  
throughout all time and place!

*learning this lesson makes history worth studying...*

it is said that before Alexander the Great died  
he opened his palms wide to his mother  
to show that he leaves empty handed

conquering taught him the futility of conquest!

what is needed for civilization truly to progress?

each must discover his own way  
*toward* one self *for* oneself  
without giving in to the falsity of conditioning  
confusing conditions of birth time place and aptitude  
with full reality

Mother Nature time and history  
offer changing conditions of relative reality  
to help us uncover our true identity

till each of the 64 yoginis  
who preside over science and the arts  
literature and mathematics  
secular knowledge alongside sacred  
still alive throughout decaying temples

deem us fully fit and ready  
to abandon all forms of inner idolatry  
for reality!

*October 28, 2014*

## 20

*when righteousness declines  
and untruth increases*

*my universal being  
descends to earth in bodily form*

*for the protection of the good  
for the destruction of evil in humankind*

*I am born again and again  
within each eon of time!*

---

*BG 4:7-8*

## ***Sathya Yuga***

just as the rishis of old  
came to teach savages the art of civilization  
so contemporary rishis  
are here to help ripe ones purify

secretly silently they work  
en masse in unsuspecting groups  
or individually trickily omnisciently  
worming their way into the psyche  
without consent or purpose revealing

creating situations and people  
suited to the lessons to be learned

parallel universes formed by the mind  
replete with different characters  
from different levels of milieu  
all here for us  
to teach without teaching...

once their lesson has been learned  
we enter another universe  
that might contain the same characters  
with different psyches  
to help us purify the remains O Sesha!

Adishesha Vishnu rests on the Ocean of Milk  
Ananta without end until—

there is nothing left to end!

which leads to the belief that the entire earth  
an experimental lab in the cosmos  
with important role to play for creation  
depending on how we inhabitants play our parts...

all the time and effort of beings  
from “other worlds” or lokas  
can only be beneficent for the whole

suspicion and fear set in only  
when the wish remains to maintain the status quo  
O fixity of ego!

then one force encounters another as adversary...

integration to the new age requires:  
the boldness to live without fear of the new:  
including beings from other lokas in "outer space"  
including changing mind sets no matter how absurd

the capacity to see our seeming imperfections  
with the heart of inner eye  
that they be transformed and dissolved

the spontaneity to live the love in our hearts for all beings:  
including those who cheat  
and the smelly old dog who sits on my veranda  
and the ignorant ones living in egotism  
who know not the meaning of dharma caring patience...

all these are to be accepted as children of the Divine  
and sent love or opposition in such a way  
that they will come to see with inner eye  
that burns all faults away...

for when we react to injustice with hatred  
it multiplies  
but when we respond to blame with knowing  
the situation of the other and the causes of his confusion  
we work at his level without expectation  
that he be different...

many mahatmas from time immemorial  
create a cloud of maya that covers the mind of man  
to see and work with unto dissolving  
in preparation for the coming

the omnipresent advent of the New Age!

*February 19, 2013  
Gokarna*

## **21**

*when the universal self  
remains rooted in matter*

*attached to the changing conditions  
of maya*

*this karmic bonding  
leads to rebirth*

*auspicious or inauspicious...*

---

*BG 13:21*

## ***Adaptation and Mastery***

youth middle age old age  
sickness death  
all part of the modifications of maya  
to be enjoyed learned from  
and evolved out of<sup>27</sup>

the challenge of life is adaptation  
adaptation to each and every circumstance  
no matter how distasteful to habit and mind

perfect adaptation leads to acceptance  
acceptance leads to mastery

be a master of each and every happening  
O Lord of my self!

and you say bye-bye to the earth plane forever...

*January 22, 2015*

---

<sup>27</sup> written while recuperating from a back injury.

## 22

*attraction-aversion pleasure-pain  
intelligence and courage  
the power of unifying mind*

*this is the field of experience ever-modifying  
(in accordance with natural law)*

---

*BG 13:6*

## ***Opposites of Mundane vs. Ethereal***

as we accept the earth  
we regain the heavens  
for both one whole!

the cosmic form is to be loved in entirety...

nature is here for the evolution of souls  
not simply to display her own glory  
says the *Brahma Sutra*

this soul elevation  
includes the nether regions  
as well as the heights!

one cannot exist without the other  
as the uroboros bites his own tail...

so the mundane mechanisms  
that so many are stuck in  
vs. the highest elevations  
that can bring transcendence

both needed equally  
*for those who opt to return to earth!*

but for those who wish to remain on high  
supreme wisdom is surely all that is needed:  
takes care of all!

*February 12, 2015*

## 23

*whoever knows Me as unborn  
without beginning...the great Lord of the universe*

*among mortals he has no delusion*

*from all evil and wrongdoing  
he is free!*

---

*BG 10:3*

## ***Summing Up the Unsummable***

with living each phase-level fully  
seemingly evolving from one to two to one  
with nothing no longer wanted or necessary

comes letting go of all—including nothing

*and what is left is everything!*

nothing-everything transcending all  
that qualifies as neither nothing nor everything...

loving appreciation is  
so long as life remains

*but life never dies...living continuously  
throughout different form-phases of one!*

a big fat monkey  
sits on the ledge unconcerned...watching  
eating leaves every now and then...

*March 18, 2015*

## **24**

*to those ever worshipping Me  
with love fully*

*I give the discriminative wisdom  
of buddhi yoga*

*that they come to Me completely!*

---

*BG 10:10*

## *Living Conscious Mother Nature*

Everything we encounter, everyone we meet is simply part of a system, a loka, a psychology, a way of thinking: imagination geared toward time and place, culture, religion and philosophical belief systems, be they material or spiritual. Everything with form, everything that materializes energy into concrete appearance or emotional expression, like magic formed by the imaginal contents of mind *is not real by itself*. The way we view things, the people we meet, nothing is real until we know it all as a projection of the contents of our mind—utterly nonexistent separately, simply created to perish and change in accordance with the contents of the purity or impurity of mind that creates our culture, time and place.

All the gurus, all the avatars, all the gods and goddesses—each unreal *when viewed separately by mind*, outside our self, unconnected with the whole One. But still we worship their forms and ask for their help. Why? So the events we encounter in the dream go smoothly that our mind not be anxious and our body be comfortable and well-fed as they help us to evolve. For these are our divine protectors, beings created to watch over our progress in ways that may not always be palatable to our mind-ego or sometimes might even be too palatable for our evolution to occur. Can you remember this? (speaking to myself)

This whole play is created within the backdrop of emptiness...void. Back and forth, up and down it whirls like a carousel awaiting the switch that turns off its perpetual motion going nowhere. And what is the switch?

From all at once in the moment to perpetual experience in daily life; that instead of curiosity about someone else's dream or being drawn into reactions based on attachment to habits and emotional grooves, instead of all this nonsense registering in the psyche as existing in reality—what is required to realize this conscious empty-fullness ongoingly in daily life? What is really required to know and live our whole divine identity and not be taken down by the separate characters trained by “Vishnu Maya” to bring us down...characters from all different levels of mind which are not real in any way? Why do I fall for these actors from different countries and different levels of existence? Why does their power of maya draw me into their orb and make me forget to confront them? Confront them with what?

Not with words but with remembrance—remembrance-consciousness, *the ongoing living remembrance of love*. For the entire world, this quality of being is needed! Then no difference between self and world...no two. Our individual living consciousness must be brought into this world to make it whole. Not by vow. Not by word. Not by the deed of I doing but by ongoing knowing ever-living pervading throughout the whole whole! Allowing our Self into the nitty-gritty of life through knowing our inner identity-being with all of life as our reality—living the Divine Mother-Consciousness! Not by trying but simply within our very self *now*.

*may this conscious heartfelt capacity for  
living this self under each and every circumstance  
of the divine play*

*here for us solely to merge with our God-Nature*

*manifest always throughout each scene  
untouched by all variety  
of characters likeable or unsavory*

*living only our ever present divinity!*

*December 24, 2016*

## 25

*the heat of tapas I bestow  
creating and withholding fertile rain*

*I alone am death and immortality*

*all that exists in form and formlessness  
being and non-being am I  
O Arjuna!*

---

*BG 9:19*

## ***Finding a Magic Coconut***

if you view white magic  
and black magic simply as forms of influence  
since the whole wide world consists of  
the energy of influences  
learning any art of regulating them  
can also be viewed as magic...

*mind falls under influences all the time*  
when wholly pure intellect has not yet consciously  
entered the playing field of mind O Maya!

be it called upbringing in time place and family  
education or the media  
be it called sense objects sense organs and thoughts  
or identification with the body ego form  
mind falls under all manner of influence constantly!

simplistic methods of magic called superstition  
such as outrageous ritual actions or evil curses  
require alignment of mind with the wizard...called "faith"

more "reasonable" methods of magic  
like reciting mantra viewing yantra sacred study  
all attempts at aligning the mind with the One  
offset other conditions for a time  
till power crescendos to the boiling point  
and a new quality of universe appears harmoniously  
requiring forms of practice no more

*for the wholeness of Mother Nature offers*  
*her omnipresent nectar of naturalness!*

so seeing a coconut shell on the beach  
with mysterious Arabic letters inducing fear in the fisherman  
frantically exhorting me to throw it away

renders all spells unworkable for a time  
according to steps unto obsolescence until—  
we know fully without a doubt O selfless self

only nothing...only fullness...only transcendence  
only is...only!

*March 18, 2016*  
*Kerala*

## 26

*wherever is Krishna Lord of Yoga  
wherever Arjuna master of the bow*

*here lives the power of harmony  
prosperity...joy...all righteousness  
victory!*

*this is my conviction*

## ***Mother-Father Realization***

O Mother Divine!  
you are the vehicle  
bringing us to realization

when I worship you  
I worship life itself  
comprised of all things and all beings

no other worship exists!  
only Ma!  
scrubbing us clean  
throughout all comings and goings...

when each event is lived  
in proximity of Divine Father consciousness  
be it suffering or joy...wonder or judgment  
foolishness or insight

Mother alone offers us the foundation  
intermingling with the light of ongoing awareness  
O Father!

as all false boundary between  
path and insight...seeing and being  
dissolves all samskara of concept

until we become fit to see our whole self only  
with our own true eyes directly  
when her higher energy of maya allows!

and she always aligns with our proven readiness...

these subtler energies descend only  
from proximity with true consciousness  
clearing away last vestiges of dust  
which could not have been dissolved by  
telling or sharing or seva or listening  
or even by dreams

for once we touch the formless realms  
be they called:  
all pervasiveness...consciousness...nothingness  
or neither perception nor nonperception

their influence obliterates old specks of perceiving  
removing not only boundary but seeming impenetrability  
which would not depart in any other way  
through any manner of form realm such as  
telling-creating-understanding-sharing or acting out...

for the slipperiness of samskara allows it not  
maintaining jurisdiction over mind and intellect

so what love alone could not reach  
the combined vehicle of Mother love  
and Father consciousness can surely permeate  
as the formless realms in Mother Divine  
live in closest proximity to the Absolute!

(when we view matter as ascending in space and purity)

so love this world O Devi!  
no more splits between knowing and living  
no better no worse...no criticism no adulation  
all one joyous manifestation of Mother-Father  
permeating all and everything as One  
everywhere!

*September 30, 2017*  
*Vijaya Dasami*

## 27

*free from pride and confusion  
with negative attachment conquered*

*dwelling in the self eternally  
desires banished completely*

*liberated from the opposites  
called pleasure and pain*

*the undeceived attain the immutable aim!*

*there no sun nor moon nor fire can shine  
for that is my supreme abode*

*from which there is no return*

---

*BG 15:5:6*

## **Consciousness-Cosmos**

consciousness in partnership with cosmos  
answers all questions  
consciousness alone transcends all questions...

the need for both consciousness and cosmos exists  
when we live on earth to uplift her energy and play  
sprinkling higher vibes through all

with transcendence—no need!

when our contribution to earth and cosmos  
is complete—no world!

we alone decide based on desire  
revealing how the Lord of our self rules our kingdom!

even Vedanta exhorts not transcending life  
just transcend the world!

life is always here whether we breathe or not  
this immortality of earth-cosmos-all cosmoses  
remains unto the Absolute

with Absolute no remainder...

returning is only to loka  
when no return then where?

mind projects place in time and space  
no mind no time and place  
while existence nonexistence is  
and the space in between

how is that immortality?

*when no desire for anything including immortality  
consciousness oversees itself before any projection-thought  
O sakshi!*

what we get now is what is in the whole  
and the whole is the world of mind united

no mind—only consciousness!

*October 10, 2017*

## 28

*among the rudras-  
11 terrible powers  
I am Shankara the well wisher*

*among the rakshasas-demons  
I am Kubera king of wealth*

*among the vasus-  
8 radiant spirits  
I am Pavaka-purifying fire*

*and of mountains  
I am Meru-  
brahma danda within!*

---

*BG 10:23*

## ***Forgetting Insights No More!***

insights from now similar  
to five years ago though forgotten

like picking up the same Gita verse  
fifty times and seeing it fresh each time

why? each time our state is different  
and consciousness in one state forgets consciousness  
in another

why? for me because the “lower” mundane  
was rejected in favor of the “superior” higher only

now no more splits in consciousness!

as foolish prejudice gives way  
she sees that by including all  
she can let go the hidden old habit of fear  
of being swallowed by Goddess Kali

by matter imposing the foolish  
narrow judging ignorant gossiping concreteness  
of the devouring mother!

so she sided with goodness and intelligence only...

by not condemning the “bad”  
he too can learn  
and I too can practice forbearance...

*only from acceptance of the lower  
can the higher reach the ground O cosmic form uniting!*

not simply personal but universal for all!

while goody-goody intellect-depth exclusivity  
burns in the rubbish-bin smoking away uncertainty  
transforming into vibhuti!

embrace the mundane and the whole is now here!

supporting this newly formed foundation  
with very great joy embracing all mutually!

*October 13, 2017*

**29**

*firmly stable  
indifferent to the movement  
of the gunas*

*centered in the self  
in stillness*

*while the qualities of nature  
ever change*

---

*BG 14:23*

## ***The Malleable Mind***

whatever you put into the mind  
induces your feelings about yourself and world  
causing mood momentarily

when you reflect the *foundation*  
for all comings and goings  
as the witness ever apart  
contents of mind depart

white without stain!

knowing is...consciousness is...loving is

sat chit ananda...road to self beyond change  
here always awaiting our discovery!

*we each have the power to choose  
what we allow to enter our mind!*

what we see from above insightfully  
the mind can leave so easily!

*October 15, 2017*

## 30

*ether all pervading  
remains untainted  
due to subtlety*

*so the self  
dwelling in matter everywhere  
remains pure*

---

*BG: 13:32*

## ***Ether-Sahasrara Clarifying***

fullness of ether  
reaches culmination in sahasrara  
but first ether itself is full

when full it doesn't go anywhere  
the whole just is...being...all inclusive

so after partaking of emptiness wholly  
without depression from nothing void  
that pulls mind down

realize that mind carries emptiness within  
like emptiness carries mind-intellect-ego-thought  
as one antahkarana plus more  
beyond even subconscious chitta and chit

*then ether-mind is all inclusive sahasrara!*

till then it remains separate in conceptual mind  
but never in reality...

so whole ether totality is sahasrara reality  
when movement is no more  
centered in stillness fully with all!

until this final merger  
we can write and teach and heal  
raising confusion to understanding  
sickness to health...duality to oneness  
as His vehicle...

task for a real bodhisattva helper  
whether on personal group or cosmic level  
bringing essence understanding to energy  
as soul melts into spirit O nirguna Brahman!

*October 16, 2017*

## **31**

*greater than sacrifice of objects  
or earth bound things*

*is the offering of wisdom  
jnana yajna*

*for the culmination of all action  
is wisdom*

---

*BG 4:33*

## ***Projections of Ether Dissolving***

when each and every projection ceases  
be it wisdom onto self  
god onto guru  
or even cosmos onto God O Ishvara

conceptions and perceptions cease!

then we know the cosmic form is empty  
ether is empty...self is empty

one large hole open on the top  
not void only  
just open ready...awaiting a final merging  
while living!

so when vital energy willingly  
leaves sahasrara naturally  
no movement seemingly...

only stillness-being interlacing

as mind of the universe  
and individual mind simply is...  
one!

*this is the oneness of pure space ether self!*

and when divine *love* for all is  
oneness of airy heart self with its projections  
of better-worse opposites:  
all dissolved...

for each element shorn  
of its quality of projection  
brings its own manner of realization

as Saraswati Devi  
refuses to release her grip on this psyche  
till understanding is complete fully

before relegating the play from moving prakriti  
to conscious empty stillness only O omniscience!

*October 22, 2017*

## 32

*the ruler's knowledge  
the ruler's secret...the purifier supreme*

*realizable by direct intuition  
in sync with righteousness*

*this imperishable yoga  
so easy-natural to actualize!*

---

*BG 9:2*

## ***Siddhi Knowing vs. Essence Knowing***

each speck of conditioning leftover  
proceeds to be known by psyche

the tiniest allowance of nose-rope  
comes from not saying no emphatically  
to siddhi knowing as opposed to essence knowing

when one learns the yogi-technique of  
entering the body-psyche of another  
he's got the info mechanically  
but doesn't know how to use it sensitively

so he can't contribute positively  
except in a mechanical way...

which means he can contribute only  
to those functioning in lowest chakras collectively  
if they haven't yet tapped into  
their own inner knowing

but for those with more heart  
and depth-love-intuition individually  
it's a crime to allow mechanical knowers near u!

how else can you learn emphatically  
to assert the inner value of wholeness knowing intuitively

over mechanical method siddhi  
employed with lack of understanding know how

this O swami Lord of my self  
is the beauty of being an individual human being  
as opposed to a robot!

all robotics from pinpricks of sesha  
are hereby renounced voluntarily  
in favor of embracing this self wholeheartedly

with full faith in its omniscience potentially  
that may not appear immediately  
but reveals itself accordingly  
to level of understanding needed in the moment!

Om Sai Ram O Buddha Nature One!

Vishnu Shiva Divine Mother One Hanuman One!  
nourishing food of aspects *only* as One!

never without love...never separate...never mechanical

revealing O so naturally O Devi!

with this simple discrimination  
now known emphatically  
what you knew before mostly  
is known now fully

and you'll never ever get caught again!

*October 25, 2017*

*one who knows the true relationship  
between the forces of nature  
and their own thoughts and actions*

*remains unattached throughout  
O Mighty-Armed Mahabaho!*

---

*BG 3:28*

## ***Song of Parrot and Crow***

we must view the world as real somewhat  
to believe in it enough to  
think feel intuit the higher subjective truth  
of a situation that will help us leave it forever!

for with higher understanding  
vibration closer to the infinite dissolves the limited

we have been constructed for  
living in the world in such a way  
whatever is needed for our flight to wholeness  
descends with yearning at the right time  
in the right place

to perform its just operation

as parrots and crows sing their glorious song  
in this very same chorus O being!

*October 26, 2017*

## 34

*this spirit supreme  
is embraced by ever living devotion  
to Him alone*

*dwelling within all beings  
permeating all this O Arjuna!*

---

*BG 8:22*

## ***A View of Creation***

does creation occur through  
the power of my mind?  
and does the loka of my mind  
or frequency of its vibration  
determine its power?

am I the only one who sees it that way  
and not others?  
does each and every one of us  
view creation according to our individual loka  
at the same time?  
and if a particular loka is common to a group  
do they all see it the same way more or less?

this implies we each create  
our own dream in our own way  
and we are each characters in each other's dream  
in our own way—literally!

does this mean that the mind  
has the power to create God literally  
not simply mentally from concepts

i.e. all concepts materialize  
so the more intense our vibration of mind  
the greater its power of influence and creation...

loving conscious emptiness  
brings intensity of thought  
intensity of mind creates vibhuti

and the divine powers create things  
helpers or situations according to wish

we each create the world of our level  
seen only by others at our level  
as levels resonate sameness...

this is the knowledge of brahmaloka  
here for us all based on our purity-concentration  
be it called the miracle of creation  
or the sameness of level  
or seeing according to our mind-step

the world is our creation  
and only becomes other people's level  
when they see like you

so the earth plane is not Brahma loka  
but Brahma loka creates the earth plane  
and is it important to know how creation unfolds?

if one is a jnani  
this is our dubious exploration momentarily  
*while merging in God's loving consciousness only*  
*is our whole sanatana dharma*

throughout all steps forever...

*April 20, 2018*

## ***Light***

*the source of all beings am I  
the evolution of all comes from Me*

*understanding this  
the wise worship Me wholeheartedly!*

---

*BG 10:8*

## ***The Game of Life***

this whole show  
is to lead us to our self

each level of evolution  
is a cell of the whole interconnected

the whole alone  
is the self  
and the self is beyond the whole

the cosmos with its varied energies  
generates movement feeling thought  
in conjunction with individual soul

each level must be known fully  
before it can be left behind

after passing desires of senses and mind  
perceived needs of the moment keep moving  
unto satisfaction...contentment...love

as the particle of self  
melts into love  
our perceiving expands  
to include the whole

when emotion leaves its domain  
love transforms into light  
and the self seemingly expands...

through inner space  
light is known  
shimmering crystal in snowflake  
unto blueness

expansiveness of ether  
dwells in silent stillness  
as the self permeating all O Ishvara:  
eternal consciousness Brahman

layer upon layer  
accrues and interacts  
leading to nowhere—now here!

the game that is needed appears  
to sweep away every particle of dust  
that nothing remain...

*May 23, 2014*  
*Old Manali*

## **2**

*I shall speak to you fully  
of this knowledge-realization*

*understanding this  
nothing more remains to be known!*

---

*BG 7:2*

**O Gayatri O Saraswati!**

when this is known  
nothing needs to be known

*everything is contained in light!*  
supporting and pervading all

each answer to every conceivable question...

facets multitudinous and infinite  
carrying the depth and expansiveness of our self  
sparkle flawless like a diamond in sunlight

and when the subtlest question reaches completion  
to be reopened at any time  
the cosmic mind leaves cosmos behind  
as Mother Nature dissolves unto Herself  
in perfect union with Divine Consciousness...

*October 9, 2013*  
*Dasara*

### 3

*renunciation is difficult to attain  
without karma yoga O Mahabaho  
Mighty-Armed!*

*harmonized by karma yoga  
the meditator sails swiftly to Brahman...*

*devoted to the path of action  
with mind purified by the discipline of  
mastering psyche and senses*

*one realizes his self  
as the self in all beings:*

*his actions cannot be tainted!*

---

*BG 5:6-7*

## ***Teachings from the Sun***

Hindu legend tells that souls on the path  
go to the sun till the end of the yuga  
when they are liberated

experience reveals that we can live  
in the realm of the sun here and now...

as heart becomes the center of gravity  
the light of the sun is accessible here  
any time anywhere  
in sync with our consciousness

if awareness lives in light  
we live in the heart of being

if consciousness lives in the mundane  
we live the surface details of things

acting and reacting to meaningless fictions  
manifesting in time and space  
through combinations of atoms and elements

round and round in repetitive cycles...

only I can end the cycles  
only I can be master of my self  
only I can exist as I  
O Lord of my self—dear Swami!

*November 13, 2013*

## 4

*as one sun gives light  
to all things in this world*

*so the lord of the field  
gives light to all his field  
O Bharata!*

---

*BG 13:33*

## ***Time and Identity***

*(inspired by BhagavadGita:13)*

the senses keep us bound  
to the world of time and space

*we can transcend the pull of the senses!*

the mind keeps us bound  
to the archetype or gods of existence

each divine power can pull us until  
*we transcend desire and ego*

the intellect keeps us bound  
to understanding the workings of natural law  
with its reason

and divine law  
with its gifts of vision and inner knowing...

when mind and intellect work with the senses equally  
under the reign of purified intellect  
our being is in harmony peace without any pulls

oneness reigns...our whole self shines

the gunas find their resting place in the unmanifest:  
*light appears*

becomes steady in our consciousness  
when we know  
that each and every manifestation of thought-memory  
is born from light...manifests through light  
dissolves into light

light is the home of the eternal seed  
blooming again and again within one cosmic heart  
with its mutating cells based on mind and intellect

*and the cell returns to light...oneness reigns!*

when no more memory-thoughts need be thought  
and no more desires be felt  
(either from habit or curiosity)

when no more reasoning need be known

we become fit for divine consciousness  
to regain center psyche  
and live our true identity always everywhere...

time is no more  
no ticking clock  
the second no longer exists

no two—  
only the eternal One

I Am That I Am!

*October 11, 2014*  
*Manikaran*

## 5

*with ignorance purified  
by wisdom of the inner self  
this wisdom is like the sun*

*whose radiance reveals the supreme...*

---

*BG 5:16*

## ***Conditioning Dissolves O Gayatri***

how are we conditioned?  
by events of body  
preferences of mind  
deep desires of intellect

instinct health pleasure and pain  
experience of the senses  
condition events of body

what the mind does with  
instinct health pleasure and pain  
participation in seeing hearing  
smelling tasting touching

and how the mind receives  
input from creation  
through “divine ideas” or “archetypes”  
“gods and goddesses” or “fate”  
brings conditioning of mind

the dividing tendency  
or degree to which reason  
is linked with Divine Intelligence  
form the conditions of intellect

with detachment  
past experience does not stick  
forming grooves that influence our perceptions  
feelings and thoughts

freshly in the moment we live!

*the present expands to include presence:*  
with presence conditioning ceases...

when conditions no longer influence  
fate no longer affects us  
cause and effect dissolve

the cosmic form becomes still and subtle  
*changeless*  
no longer subject to fluctuations of guna

as the three qualities melt into one self

no more distinction between “world” and “person”—  
one supreme Self!

may that shining radiance  
illumine this intellect ongoingly directly  
as one O Gayatri!

*November 11, 2014*

*(contemplating walk to Gayatri Temple Pushkar)*

## 6

*like a blazing fire  
burning fuel to ashes*

*the fire of knowing  
burns away all karma!*

---

*BG 4:37*

## ***Savitri and Gayatri: Creation in Pushkar***

*Savitri*: daughter of the sun  
total rays of stillness radiant  
needs no other light to illumine

lives in Sathya Yuga

*Gayatri*: the light of evolution  
that purifies intellect  
as jnana discovers it knows

whatever our individual yuga...<sup>28</sup>



the nothing of the universe  
perceived with feeling perception  
reflects the empty self

with everything cleansed  
old vasana alongside positive aspiration  
including the desire to be of service

*all is gone*

nothing left except a few old habits here and there

boredom for the first time in fifty-five years  
requires another way—what?

please no old-new conditioning!

if you don't get stuck in the boredom  
but instead go into the nothingness  
in all its possibility  
with the light of feeling intellect  
as one totality

something new will surely emerge  
as long as consciousness lives...

for this rock bottom  
is not one that turns into its opposite!

---

<sup>28</sup> Gayatri and the movement of guna can be viewed as the evolutionary principle to pure sattva whereas Savitri, daughter of the sun, can be seen as pure sattva, having transcended the gunas.

*it just is*

eternally sat  
eternally chit

now connecting with  
the thread of appreciating consciousness  
throughout each yuga of evolution O Gayatri!

knowing fully within all change  
the ever illumining sun of Savitri  
O Truth O Brahma O Brahman!

*November 14, 2014*

## 7

*within all beings*

*outside and inside  
moving and non-moving*

*unknowable in subtlety*

*He is far and He is near*

•

*seated in the heart of all  
the light of all light beyond darkness*

*is knowledge...knowing...  
and the culmination of knowledge*

---

*BG 13:15, 17*

## ***Su-Prema Knowledge***

with Absolute purity  
we are fit...

fit to receive the highest knowledge  
living inside everywhere  
waiting

waiting to be imbibed...

*living prepares us for This O Gita!*

*April 11, 2016*

## 8

*leaving behind attachment  
to the results of action*

*ever content...relying on nothing*

*though engaged in action  
he is not the doer!*

---

*BG 4:20*

## ***Entry into Emptiness***

early morning meditation:  
bliss again after a long absence...

later tired after lunch and lie down  
then from light subtle vibes in the whole body  
new cells seem to enter  
the void is viewed—not frightening just existing  
factual seen in perception-light-color

was I this or was I conscious of this  
or was consciousness this?  
no matter...it is!

realization of sat-chit has suddenly been expanded  
to include the cosmos  
I emerge from the semi-sleep state  
not at all fit for the petty annoyances soon to be encountered...

when we are shoved from universe to universe  
the time comes when we must take on an ego  
as it were in order to function

this brings clearness  
no more sleepy fuzziness  
no more imagining

it now comes from expressing anger  
as excess phlegm begins to go!

without that ego of anger  
we cling to imagination  
imagination formed from the cosmos we inhabit  
called our human mind-brain!

with that ego of anger  
*provided we don't identify with it*  
comes the capacity to move in the world efficiently  
without doing

for some another spur may be needed  
and it won't be needed for long

so what didn't work seven years ago  
because she was still playing the game of perfection

may well work now to bring her back to life...

all the different lokas of imagination  
to be created and dissolved in one split second  
here to help us transcend all guna-karma-loka  
*proclaiming our escape from maya wholeheartedly*

all the different methods of realization  
here to aid the great escape in varying ways  
offering different experiences along the way  
all leading to the giant melt-down of nothing  
no need for something  
and still live!

different groups times and places  
thrive on mutual imagination until  
*the giant melting*

life on earth grants us each the possibility of participating  
the game ends when the mind says “enough!”

after this we walk between spaces  
we thrive without forms  
while yet embodying them

though we may not wish to play the role of conjurer  
and might still prefer the role of helper  
we know that neither is real

so without the mindset of real or unreal  
we continue to play  
and accrue no further karma along the way...

the sun sparkles yellow on raindrop pines  
forming patterns of beauty to draw us in  
to the game of life once more

nothing is to be taken seriously  
while knowing the grave importance of the play

and considering the time tested pitfalls along the way  
play simply...simply play!

*August 24, 2017*

## 9

*this effulgent supreme light  
beyond any darkness*

*said to be knowledge  
what is to be known  
and the experiential goal of knowledge*

*is firmly rooted in the heart of all!*

---

*BG 13:18*

## ***Melting Confusions of Intellect***

so many different paths  
for so many different types and levels  
based on vasana and fitness

for me the simplest is  
go within...direct to the source  
dissolving confused rubble along the way  
O meditation-contemplation-introspection O poem!

though this means might take longer  
because it circumvents the group  
for me it goes deeper in understanding  
clearing in full finality all prarabdha  
and cause of the universe O Samharini!  
unto:

the root of Shiva  
the love of Krishna  
and the faith of the simplest saint...

when we connect with the sacred source  
with even a gossamer thread  
we know it can never be taken away  
here always supporting us  
unto our true destiny!

when called empty space we are 'sat'  
when known as 'chit' consciousness...prajnanam Brahman  
conscious integrated awareness is Absolute!

if named 'ananda' bliss...sarvam kalvidam Brahman  
all this world is the Absolute!  
tat tvam asi! you are That!

it doesn't matter what you call it:  
simply follow some time-tested preliminary  
with faith in its efficacy  
combined with aspiration from the depths of our heart  
until we come to see directly and be!

if only technique  
then mechanical disappointment  
when combined with aspiring from the depths  
then love emerges

supporting our motivation for practice

*ever continuing unto the finish line—I pray!*

and when all leftover specks of mind  
from up and down...back and forth  
have dissolved into the light of consciousness

and when all interest and super sensitivity  
to the influence of the varied ways  
we've followed in lives long passed  
dissolve into purified buddhi consciously  
Aham Brahmasmi!

ever continuing unto the finish line I pray!

*September 9, 2017*

## 10

*when one knows that infinite bliss  
perceived by purified intelligence*

*transcending all senses*

*and established in that  
he never leaves this reality*

*embracing this  
one knows deep down  
that nothing can be greater...*

*one's being remains immune  
from even the heaviest sorrow!*

---

*BG 6:21-22*

## ***Embracing the Bliss of Ether***

the avatar comes to usher in a new age  
spanning all dimensions in the cosmos  
that we not get locked into viewing life  
from one plane only

the perception-plane that comes to us  
from this ever present cosmic purusha  
can be likened to the chakras of the cosmos  
each offering another mode of being yet unknown  
expanding us away from narrowness of any kind  
whose varied dimensions allow not any form of fixedness  
to enter our brain-mind—

simply interpenetration!

when we experience the relativity of each unknown  
like traveling through different stages of life  
without the map of preplanned mind

then the potentiality of each place in space-time  
O cosmic purusha  
transforms its subtlety throughout our fresh cosmic being  
offering infinite possibility of experience-stillness  
unto the Absolute

as the witness views transitions  
from the locked-in earth realm  
with its programmed systems and ways  
to the profundity of exploring varied wave-lengths of mind  
leading to perceptions and experiences  
founded on vibrational waves of being—

*dancing unto the Absolute!*

whatever was conditioned into animal brain  
long gone  
whatever habit grafted onto human brain  
in process of departing  
while whatever the God mind can conceive  
lives in its inception of fluid being expanding

that the limits mind places on itself so foolishly  
be revealed as anachronism quickly!

that they not become fixed into some old technology  
splitting off and confining the ground of our being  
while being utilized fully through living O sakshi!

so the bliss of the personal realm  
receiving a tiny shimmer of taste of the Absolute  
that broadens our narrowness unto love  
can also be received in the cosmic realm  
revealing a seemingly different order  
of conscious bliss farreaching

missing not the foolishness of being human  
while depositing our newfound vibration  
unto the return to the earth plane humanity  
minus its limiting mentality

uplifting the vibes of earth  
unto ever present freshness!

and if you are not yet ready consciously  
to give up the bliss of emptiness shimmering

*it enters the heart anyway  
where it remains for all  
accessible unto the taking!*

*September 26, 2017*

## **11**

*for those who worship Me  
as the supreme goal  
meditating on Me single mindedly  
throughout all action*

*whose mind is fixed in Me  
I deliver them soon  
from the ocean of samsara  
O Partha!*

---

*BG 12:6-7*

## ***Divine Purpose***

the purpose of the play  
is to share *love* with all beings  
on earth through heart O Sai Krishna

as sat chit ananda from ether of space  
permeates earth and sky...

the purpose of the play  
is to share *consciousness* with all things-beings  
throughout the ether of sound and light

uplifting all loka and brain structure of levels  
that conceive the cosmos O Ishvara-Buddha...

the purpose of the play beyond conception  
is for consciousness to gain glimpses of Absolute  
and still remain with remembrance O Advaita

that the divine dwelling place beyond all void  
send from pleroma to ether to heart to earth  
our innate capacity for omniscience omnipresence love

one world only!

*October 9, 2017*

*Om bhur bhuvah suvah  
Tat savitur varenyam  
Bhargo devasya dimahi  
Dhio yonah prajodayat  
Om shanti shanti shanti...*

## **12**

*He is that light of lights  
beyond all darkness*

*knowledge...the process of knowing  
and the end of knowledge*

*dwelling in the heart of all...*

---

*BG 13:17*

## ***Steps to Sat Chit Ananada***

to be free of the world  
is to be free of judgments...

first subjective discrimination is needed  
to free us from bondage to material systems

then to free us from stuckness in  
philosophical- religious systems  
to lead us directly to the One...no intermediary

later to free us from enmeshing our self  
in thought-contemplation of any kind

unto pure is...

once the *contents* of consciousness  
find their way to the rubbish bin:  
mental-emotional purity is!

as subjective pulls of the onetime person depart  
we see the need of freeing from the pulls of  
functioning senses, mind, intellect itself  
unto pure emptiness O antahkarana!

behind all thought is stillness  
behind each smell taste touch lives emptiness  
pervading each thought-action each moment  
initiating our innate purity-consciousness on earth  
O Sat chit ananda!...O Mahamudra!

while the realm of devotion  
transforms all personal love into being  
and being aligns with consciousness:

true is *is*...supported by devotion to all!

whichever emerges first along the way  
loving devotion or being emptiness  
both intertwined irrevocably in reality  
based on inner tendency

as loving consciousness ever permeates  
all essenceless purity!

and with the goal of presence always here  
we reside on earth as jivan mukti  
incorporating all lokas and dimensions into life  
wherever we go...whatever we know

and please O Devi  
allow being-knowing-doing to be aligned  
in perfect conscious harmony only  
that never departs again!

for jnana alone is simply a stepping stone  
to *living* true conscious integrated awareness here  
always everywhere!

*October 11, 2017*

## **Sathyam Truth**

*this self is never born  
and can never die*

*no "having been"... no "will be"*

*remaining without birth  
changeless...forever eternal*

*he does not die when the body dies*

---

*BG 2:20*

•

*loving Me equally  
in all beings ongoingly*

*in truth he abides in Me always  
in every way*

*anchored in divinity!*

---

*BG:6:31*

## ***The Ever Living Spirit of Vedanta***

*(for Swami Chinmayananda  
May 8, 1916 – August 3, 1993)*

you are an example of love in action  
giving selflessly to each  
at the level we can receive  
living nobly the highest and  
helping us do the same

with joy with humor  
with perfect understanding of  
the foibles of human nature  
you lead us toward perfection

wholly detached while fully engaged  
ever in movement yet fully silent  
selfless, expansive, you reveal  
the simplest possibilities of daily living  
ever communing with the infinite

the example of your presence  
makes life worth living  
the example of your being  
reveals all struggle meaningful  
all suffering temporary  
all withdrawal an anachronism

placed on earth for learning  
from the university of life  
that we might be rendered harmless  
through our giving  
through our loving  
that we might be rendered harmless  
through our knowing

no way is too small  
no way too large  
to serve as teacher for purification

you chose the scriptures  
the ancient wisdom that never dies  
through you and Vedanta  
reality filters through  
to the minutest detail of our lives

the most turbulent emotion  
sweetest joy...foolish fear  
glaring selfishness...

through you, our very own self  
this *sakshi*<sup>29</sup> ever renewing  
maintains a foothold between  
success and failure  
pride and humility  
desire and freedom

your every action is a teaching  
your every word food for thought  
you made me see that I too  
desire the fruit  
bitten into by your teeth  
thrown by your hand...  
the apricot pit remains

through all your antics and  
personal memory of minutia  
you confer the sense of play  
the gift of spontaneity  
the joy of family

all in the wisdom of the energy  
that supports the mundane  
as well as the transcendent

the discomfort I often felt in your presence  
was the *vasana* scurrying out of hiding  
waiting to be purged

you are an ever living example of  
what a real human being can be  
giving us the courage and confidence  
to pursue the highest  
in spite of the adversity  
of all past conditioning  
and the heaviness of *maya*—  
ever revealing the true authority within

---

<sup>29</sup> *Sakshi* means witness, our witnessing consciousness, our link with the self. When the witness is experienced without mediation from the parts or our usual organs of experience, then this process of witnessing our self in life expands from the observer, to the witness, to sheer consciousness.

as the foundation of faith  
you have laid for humanity  
will continue always  
alongside the knowledge you are giving  
in death as in life  
in life as in death

that all opposites be transcended  
that all time be unsegmented  
that the present moment be  
our awareness in Truth eternity reality  
that death will be eaten by time  
as time has been eaten by death

nothing is too high  
nothing too low  
all is life all love all awareness  
beaming through your unceasing light  
on the transiency of our mind

that we each might participate  
in the creation of a universe worth living in

until the dissolution...

*August 1993*  
*Manhattan, Central Park*

## 2

*freedom from fear a very pure heart  
steadfastness in knowledge and yoga  
giving control of the senses sacrifice  
study of scriptures austerity straightforwardness*

*non-injury truth freedom from anger  
renunciation serenity aversion to slander  
compassion to beings freedom from greedy cravings  
gentleness modesty absence of fickleness*

*energy forgiveness fortitude purity  
absence of hatred freedom from pride*

*belong to one born for a divine state  
O Bharata!*

---

*BG 16:1-3*

## ***Prayer for a Sathyam New Year***

different universes  
exist in time and space  
based on level of purity

thousands of Indras  
like ants scurrying for sweets  
millions of Krishnas  
here for every kind of mind  
as what we need is what we find:

all one Swami!  
one lord only!  
the inner motivator ever here!

every situation  
each world we encounter  
offers the gift of cleaning up karma  
that it not be deposited in the cosmic archive  
but dissolved unto nonexistence

*with dissolution in the mind  
destruction in the world no longer needed!*

and the play continues  
up and down back and forth until—  
equality-love for all emerges  
simple as breathing...

only then can worlds dissolve  
only now can movement cease  
as utterly silent stillness reigns supreme  
throughout all comings and goings!

may 2013 bring love and sathyam and shanti<sup>30</sup>  
to each and every aspiring soul!

*January 1, 2013  
Prasanthi Nilayam*

---

<sup>30</sup> sathyam-truth, shanti-peace. A process of approaching truth is expressed in Swami Chidbhavananda's commentary on the Bhagavad Gita. He says: "God is truth and phenomenon a mere appearance. Directing one's mind, speech and action to postulating and glorifying God is truth. Whatever is done, said or countenanced to esteem earthly life is the negation of truth or sathyam."

When our consciousness reflects the totality, all is sathyam-truth.

### 3

*the wise who have realized Truth  
can be your teachers*

*seek That  
by questioning by service*

*with enduring humble prostration  
or effacement of ego...*

---

*BG 4:34*

## ***Projection and Idealization***

*(for Sai Krishna)*

the ideal exists only out of lack  
of seeing it in the world and people  
or being it within our consciousness

when we can trust that which we feel  
*actually embodies it*  
then we can begin knowing it within

and when we see it in our self  
we see it in the world in everything in all beings

for the ideal is never confined by individual bodies  
places or ideas  
*permeating all perfection lives!*

no need to integrate  
no need to do anything  
*the forces of nature are the only doer*  
based on our level of consciousness!

just see...bear witness for yourself  
not for anyone else

only share the presence of totality  
the existence of reality through your being...

when we experience  
the deep living existence of the ideal—  
all projections cease!

the purity of true discrimination lives  
sacredness permeates all  
no matter how limited the level of ego...

so if you ever find yourself disappointed  
from confusing the person with the ideal  
like I once was many moons ago

discover the real source of perfection  
*and all projections cease!*

*October 16, 2014  
Kasol*

## 4

*with devotion one knows Me in truth  
who I am and what I am*

*then he enters into my being*

*no matter what you do  
you can take refuge in Me always*

*and live the eternal abode  
through my grace!*

---

*BG 18:55-56*

## ***Beyond Consciousness***

one way to live Truth  
is to be nothing

then nothing exists

*only subjective view creates something!*

subjective view is relative existence  
relative existence creates universes

without subjective view  
nothing is—

only Truth  
supporting all relative potentiality...

*February 1, 2013*

## 5

*unborn imperishable being  
the Lord of all am I*

*through my own wondrous maya  
I come into form-being*

*as if I were born...*

---

*BG 4:6*

## ***Tangential Truth of Physics***

experience cannot evaluate truth  
it is said

but it can surely evaluate non-truth!

when buildings dance  
and prove their non-substantiality  
when particles are seen in airy space  
when varying bodies are created as needed  
or vibhuti appears from seeming nowhere:

all for teaching  
for wonder for faith  
quickenings our understanding

that all paths one day be let go of  
O omnipresent core!

as the master mind creates different beings  
to populate a particular level of universe

seeds of emotion  
seeds of intellect  
seeds of future bodies

burn to non-sprouting forever!

and when emptiness prevails  
we live the untruth of bodies

just coverings...clothes...pillowcases!

and we see the untruth of particular guru:  
all forms of one!

without form only  
form-less  
existing inside outside everywhere  
above you behind you in front of you...

therefore the only teacher is God  
not just a specific form of God  
but That Itself...This Itself!

living in watered down form  
through all

and yet...  
thank God you exist in form O guru!!!

when channels pick up voices  
or instructions  
this only according to  
level of purity of mind

for the fully pure alone  
can receive “God”

others get their own guna  
quality of development  
corresponding to archetype  
or “god” appearing as sender  
omniscient within his own time frame only

and the “mysteries” remain lawful  
as one particular god  
calling forth our insides or subtle body  
attracts happenings to us

how glorious our beautiful universe O God  
O inner Lord of my self!

as snippets of baby pin-pricks  
continue revealing This!

*February 6, 2015  
Prasanthi Nilayam*

## 6

*through love alone  
single minded devotion  
ananya bhakti*

*can one know this cosmic form of all  
throughout time and space*

*and see Me in each particle  
as factual reality*

*and enter Me O Arjuna Parantapa  
Scorcher of Foes!*

---

*BG 11:54*

## ***The Ever Present Return***

each form I encounter  
be it called atom or ant cobra or cat  
and all the varied levels of humans to gods

*each...*cells in the heart of the body of God  
manifesting as the cosmic form!

here for us  
throughout each gradation of time and space  
here for us...

to help us shed  
to help us evolve  
to help us return

to our one full presence  
O Lord of the Universe!

and love showers forth ever flowing  
streaming in recognition forever

O Lord of this self!

*February 25, 2015*

**7**

*in many ways men sacrifice  
and reach the supreme*

*know that all sacred action is yajna  
and you will be free!*

---

*BG 4:32*

## ***Oneness Can Be Transcendence***

if there is oneness  
no person no thing  
one naturally accepts what comes  
with happiness

when lived at each level of nothing-everything  
without a speck of favoritism  
then Mother Nature allows us to proceed

living each step fully is yajna  
understanding and leaving behind is yajna  
just living to survive is yajna

nature brings happenings to match our psyche  
with process left behind in time

when causality dissolves  
*in* time becomes *all* time  
and all time becomes no time

is living out of time death?  
or is it true life...eternal life  
occurring after death of the body ego mind form  
either in time or timeless

no causality either way  
as Divine Mother/God  
regains our speck of energy unto wholeness!

*May 7, 2015*

## 8

*supreme bliss lives in the yogi of pure heart  
whose mind is silent still peaceful*

*this yogi abides in Brahman:  
one with God...*

---

*BG 6:27*

## ***Creating and Dissolving Universes in Sri Rangapatnam***

so much effort goes into maintaining the universe  
“gods and goddesses, materialists and demons  
angels and rishis” presided over by the “ONE”  
here to help us perpetuate this system for a time  
aiding the divine ascent

all doomed to dissolve in the end!

is each cosmos not individual  
including planet solar system star?

when the divine architect Visvamitra  
creates his universe that seems such a marvel  
do we not each do the same unknowingly?

why should a being called rishi intervene  
to aid the course of creation?  
does some ulterior motive still linger here  
goading him on till he is totally pure  
like the integrative maintainer called Vishnu  
unto the Absolute?

or is sheer devotion such an instinctive way of being  
there is no choice...like with the gods or the angels?

crocodiles wait patiently hidden in Cauvery River  
till prayerful ones bathe  
as the cosmic exchange of energy  
consumes unto causality...

black cormorants fish in the same holy river  
delicate necks bobbing up and down  
splashing, eating fertile fish according to karma each

gaining skills and knowledge as we stop along the way  
till all food for thought and action is let go of—  
with readiness

ascending each level through octave higher and finer  
re-knowing antiquarian hindsight with newly gained insight  
till each speck of dross departs fully from mind...

with emptiness wholly pure  
nil curiosity for knowledge

knowing is simply within...cosmos lives here only!

while pleroma beyond the door of the world opens  
beyond consciousness...beyond emptiness...beyond nothing!

once you wring understanding dry  
mind dissolves wholly while consciousness lives...

*June 1, 2015*

## 9

*as great winds moving everywhere  
rest in space  
so do all beings find stillness in Me*

*know this!*

---

*BG 9:6*

## ***Simple***

*simple* simpler simplest simplicity...

a simple life contains no modifiers  
why?  
because it is blank  
and knows it...lives it!

no matter how many waves try to impinge  
no matter how spurious the surrounding ripples  
it just is  
unmoved...untouched...ever itself

how?

not because it is heartless  
the heart of simplicity lives behind all feeling  
behind all pondering...behind all boxes  
surrounding each place and thing

then how?

not because it is inhuman  
as the Mother-Father of infinity  
its humanness embodies a different quality

not because it is missionary  
*simple* is no external salesman  
no attempts to dupe the mind into more mechanical habits  
no buying...no selling...no sucking in to robot mentality

no...  
habits have always been here in less pernicious form  
they just seem more obvious now  
so that's not it

*simple* has no modifiers because it alone exists!  
*simple* is the womb of all because  
it depends on no-one no-thing!  
*simple* moves not—surrounded by the stillness of always

womb of infinite possibility

all possibilities exist solely in all pervasiveness  
and all pervasive is the ubiquitous quality of mind

for *simple* carries no quality...

*carrying no quality yet linked to everything*  
*is consciousness*

*simple*...all pervasive... silent...unmoving...no thing  
consciousness claims its self-knowingness

it knows as knowing itself!

amidst darting perceptions surfing  
throughout time-slots scurrying  
where the creator of slots enters the slot itself

amidst the hidden discontent of worldliness  
where manhood is equated with winning  
and rushing is confused with living  
and the challenge is how not to get crushed by all this!

*simple* simply waits  
waiting simply to acknowledge her divine embrace

smilingly...assuredly  
waiting for the clock to out-tick itself  
unto the scurrying of now!

*August 25, 2017*

## **10**

*calming the mind  
restless movement now peaceful  
freed from impurity*

*the yogi attains the highest bliss:*

*merging in Brahman!*

*practicing yoga ongoingly  
with self free of impurity*

*the yogi enjoys easily  
the infinite bliss of being  
with Brahman*

---

*BG 6:27-28*

## ***Marriage of Cosmos and Consciousness***

letting go of theories of intellect  
is not so difficult for a person-ego to detach from

while merging all lokas of mind  
in supreme consciousness can be harder in practice  
for one residing in the cosmic ego  
awaiting the dawning of understanding a particular  
that she now knows is already known

old mental verbal tendencies  
vie with inner knowing to draw us in until...?

for consciousness of total mind-intellect  
to live solely under the jurisdiction of  
supreme consciousness *as* consciousness  
in stillness utterly  
throughout all comings and goings and movements  
lovingly  
is jivan mukti—her sole motivation along the way!

and all will be revealed...

so let go of habits of moving mind within cosmic mind  
all from the vantage point of  
supreme consciousness our only consciousness O Absolute!

as movement interacting with stillness while living...

*September 28, 2017*

## **11**

*in all kinds of wombs  
whatever forms emerge*

*the foundation of great creation  
am I Brahma*

*as also the seed giving Father*

•

*and whoever serves me  
with unswerving devotion*

*crossing beyond the gunas of matter  
becomes fit for being Brahman!*

---

*BG 14:4,26*

## ***Seeing Expansion Unto All***

all levels become truth when seen with awareness

for with presence-awareness no level  
no guna can prevail...*sat chit ananda only!*

being made sleepy...pulled down  
by the same yoga maya as the dogs

force of tamo guna floating in environs:  
capture it and make it rise  
transforming heaviness to subtly  
merging predominant grossness  
into lucid intensity!

whatever we contact individually elevates  
before depositing into mind-bank of the cosmic form  
this your contribution O Devi!

let gods and goddesses train for  
personal hand to hand combat against the asuras  
but for me now transcendence  
of subtle leftover residue along the way

our joint effort for maintaining this universe  
that changes tomorrow...

tamo guna making me sleepy on the step of retreat-house  
and wonder if it's leftovers from the monks' meditation  
remembering when others' energy was brought up  
the first time in meditation garden with struggle...  
so the theme is set...

after seeing your competitive acts long gone  
alongside other things since vanished:  
wanting to be best...wanting to be right  
residue from past lives also in this life

now that *you know you know deeper queries*  
ask if you can also know worldly things such as:  
"how did the puppy die? poison or something else?"  
and later the answer comes

other things too such as praying for healing  
for friend's daughter with cancer

and energy starts rising in response  
while motor bike invades silent forest with rowdies  
and concentration interrupted

then she realizes anew that when u pray for someone  
*you take on his suffering* at some level as it were  
and she wonders if she's up to the task  
as energy rises anyway to sahasrara

and she knows that by serving others  
she's *helping vibes of the cosmos to quicken*  
and we each contribute in our own way...

the benefit of seva not only for personal giver-receiver  
to help *us* rise from slumber and evolve  
but for the whole wide world O universe!

throughout it all she knows full well  
she doesn't want to stop at a star or anywhere:  
*only whole!*

so our personal leftovers are also  
the divine energy that helps this cosmos expand  
coming home to sahasrara O Lord of our self!

but is this only *our* cosmos or others' as well?  
it all depends on the mind of receiver!

once we imbibe energy from insight  
*it is given naturally*—transferred to others  
either knowingly or unknowingly  
*while there is no "other!"*

and when the intellect knows surely  
on all sides deep down  
forgiveness occurs spontaneously  
as clinging to stale memory impossible  
for divine buddhi purifies...

this is the power of God!

first initiated by human motivation in partnership  
while ultimately the only giver is totality alone  
O Lord of this self!

*October 15, 2017*

## 12

*the Lord says:*

*one who abhors neither light  
nor incessant activity  
nor the inertia of confusion  
when they are near*

*nor craves for them when they are far*

*rooted in his essence self  
the same in pleasure and pain*

*seeing earth and stone and gold the same  
treating those dear and disliked equally*

*firm and steady  
with mind fully balanced in praise or blame*

*with friend or foe  
in honor or disgrace  
letting go of personal planned doing:*

*one is said to transcend the gunas!*

---

*BG 14:22,24-5*

## ***The Toe of God***

when the toe of God enters the field  
the mundane becomes glorious  
bringing its own quality of bliss

as if it were the deep forest  
ocean mountain...all Mother Nature herself  
grounded in the grace-embrace of earth

while the quality of elements  
becomes more primary than the concrete thing itself  
the infant sucks his toe smiling O uroboros!

as every trace of imposition leftover  
from generalizing old conditioning  
assuming that others are like you  
*so their practice is like yours*

must be shorn of ancient vasana completely  
till nothing personal sticks  
while it's all essence way alone  
at varied levels at different times

some suited to groups  
some to individual temperament only

returning to our most elemental form  
as the elements harmonize formless  
in pure simplicity...

and the divine infant sucks his toe!

*October 21, 2017*

## ***Personal Retrospectives: Purifying Ripples***

*all devouring death am I  
and the rich prosperity  
of things to come*

*the female qualities  
of fame and fullness-beauty*

*right speech memory intelligence  
firm forbearance and patient forgiveness  
am I*

---

*BG 10:34*

## ***Strengthening Insight***

why be bothered by anything  
when you know it's subject to change?

when you know that levels  
exist side by side  
with some not yet able to modify  
their stuckness in set ideas of "I"

when you know deep down  
that every happening is here to help us  
if we can uncover the source...

so live the mother  
who loves her children  
in spite of their aggression and annoyances

live the mother  
secure in the fact  
that lower levels need not impinge  
as they are simply part of one whole  
irrelevant by themselves

and be grateful for the opportunity to grow  
shedding opposition and imposition  
chipping away at super sensitivity

for anything taken in by the senses  
unreal by itself  
but real indeed as part of one whole

here to help us experience  
what we need to learn to *live one whole*  
in all its ramifications  
be it called karmic or transcendent

as the giant cosmic chiseler  
continues forging a perfect creation!

*November 26, 2012*

## **2**

*I am the way and the goal  
the supporter on the way  
the witness*

*our true friend*

*the origin foundation and dissolution  
of all that is*

*the seed imperishable  
our treasure house eternal!*

---

*BG 9:18*

## ***Transcending Birth and Death With Kittens***

squirming...squealing...sucking  
breath of new life brings unfathomable joy  
contagious to all in the vicinity

what was once placidity  
turns to wonder so deep  
uplifting the almost boring stillness to bliss  
all pervasive

infants still too young for antics and mischief  
these exploring beauties of Mother Nature  
bask in open sunlight fearless...unsuspecting

tawny young mother  
not yet wise in the ways of her world  
in spite of inbred instincts from Mother Divine

pretends unawareness of danger  
in the forest of life amidst monkeys  
and crows and dogs and the hooting owl  
but especially the father cat!

after five days of reveling in mutual maternal joys  
as if this new birth were my own  
one morning I open the door to the veranda and find  
two infant kittens with their bloody guts hanging out  
lying in front of the entranceway

swiftly closing the door  
I find vibhuti Om Sai Ram, Om Nama Shivaya  
and sprinkle it on the corpses of the innocents  
that once were our living delight  
and pray that their souls be blessed...

their short lived life does indeed serve a purpose  
a most precious purpose  
as I witness compressed in tiny time frame  
the joy of birth that raises the shakti  
and detachment from death that equalizes all shakti

yes death itself is the greatest equalizer

not only that each and every body must die  
but that birth and death are truly equal

one no more desirable than another  
as both give precious teachings for humanity—

*equally precious teachings as part of one whole!*

upon completion of this miniscule lifetime  
birth and death completed as one  
no more highs from the first  
or lows from the second  
for insight brings its own brand of relief  
as there is only one

life in death...death in life  
roaming throughout one whole...

*cells in different universes embrace our new-found unity—  
Shiva and Shakti are one!*

the landlord is called to bury the innocents  
as I do not wish to do so

many hours later on returning to the house  
the martyrs still lying there  
and stinking smell permeating the place

with unfamiliar hoe I dig and dig  
the hole is barely deep enough  
to withstand the daily watering  
but with sweat dripping down the eyebrows  
and tiredness permeating the phlegm ridden body  
it had to stop hacking away at the hole  
never quite deep enough  
Om Nama Shivaya!

I take the hard bristled broom  
sweeping the forms that once were bodies  
onto the laborer's metal plate  
with blood encrusted into the floor

chanting mrtyunjaya mantra<sup>31</sup>  
placing the remains of kitten bodies in their resting place  
while their souls linger elsewhere

the mother waiting downstairs

---

<sup>31</sup> this mantra is chanted to help dying souls reach liberation.

knows exactly what is happening  
while the dog eyes me acceptingly...

and the Brahmin priest of a landlord  
wholly tamasic in natural ignorance  
might hopefully learn from this westerner  
about his dharma of Bhuta Yajna<sup>32</sup>  
that includes not only feeding and caring for creatures  
but also burying the animal dead...

what was once so familiar in *The Cat Guru*  
now déjà vu of eternal recurrence  
but somehow this universe is different—

no need to recur again!

for life and death are equal  
to be rejoiced in with different kinds of love:  
the first *exuberant*  
the second *knowing*

that life and death both serve equal purpose  
in spite of conditioned preference for the bliss of life  
as opposed to the serene equality of death  
which might actually have more to teach us  
than budding life itself!

then our appreciation soars equal  
unto the source  
for granting us the multidimensional love  
of seeing God in all beings and all beings in God  
forever and ever!

*February 12, 2013*  
*Gokarna*

---

<sup>32</sup> one of the five daily sacrifices or obligatory duties of a Hindu, translated as “animal sacrifice,” bhuta yajna. (see footnote 23)

### 3

*my subtle unmanifest form  
pervades the entire universe*

*all beings remain in Me  
but I am not in them*

*and beings do not really  
dwell in Me...*

*see my divine yoga!*

*this self brings forth and supports  
all beings  
but I am not contained in them*

*as the wind moving everywhere eternally  
remains in expansive space*

*so all beings do rest in Me...*

---

*BG 9:4-6*

## ***Learning Self Assertion from a Dog***

she is old  
nipples protruding...skin infection  
fur off half the rump exposing redness  
wrinkling soreness

with each lick of furless skin  
comes putrid smell attracting ants

eyes alert  
revealing the continuity of dog  
that still is

she sends me love  
and wags her tail  
sitting on our veranda

the only problem is  
I just can't stand the smell  
especially while eating!

and if I leave the door unlocked  
she'll push it open  
stinking up the apartment...

the mind tries to reason:  
this is her home...she's lived on this veranda  
all her life

it's not right for me to send her away

anyway, whenever I try it's always a fight  
and I end up yelling

if you wish to be a jivan mukta  
an inner voice pipes up  
you must learn to accept whatever comes

each and every situation  
is to teach us detachment  
(with a tinge of guilt that this being  
is not yet living in perfection)

if I put this self in a state of bliss  
the stench will no longer exist—

but so what!

hey, wait a minute!

admit there are things you just cannot tolerate  
should your daily existence be made miserable  
by the intrusive stench of a dog?

why feel you must tolerate everything  
like a martyr in the lion's den?

images flash back  
to the six year old jumping rope swung by the teacher  
during recess  
suppressing a smile because  
you weren't supposed to be happy in school

where did this foolish martyr suppression of self  
come from?—

*...“that there be no other than the mother!”*

not being entitled  
to have my own space—tastes preferences  
ideas feelings back and forth conversation  
exchanging views

all these activities of the ego  
given no place in life  
so the ego went underground  
with self expression relegated to creativity:  
music, writing, art, poetry

*my personal space was inviolable only in creative work!*

and it all fit very well  
as people talked such mundane nonsense anyway  
boring dull vapid as waiting in line in the supermarket  
not realizing all the while that the ego  
was afraid to come out of hiding!

yes—wisely it did not want to waste its precious energy arguing  
but nonetheless in daily life  
the ego was afraid to come out of hiding!

later reinforced by the misinterpreted psychology of the self  
that perpetuates the split

by feeling that ego is inferior to self

ego doesn't count—  
only the self!

not realizing that our name and form  
and ideas and feelings are all but reflections of the self!  
no ego here with self there  
no split no difference

*the self contains the ego and the ego is a speck of the self*  
“I am not in them, they are in Me” sings the Gita...

this whole glorious cosmic form is only the self  
in the form of the cosmic ego!

without sense objects there would be no sense organs  
without sense organs there would be no sense objects  
without mind that processes and creates our world  
of divine energies called gods and goddesses or archetypes  
can there be a world?

without the concrete visible world  
how can the play of life exist?

all the splits that theories have created  
and ignorant egos latch onto  
now crumble under the eye of the inner witness—  
melting unto the wholeness of being

and with this final seeing  
of how the mother's intrusive existence continued operating  
in my life in school and with “authority figures”  
and even with dogs  
making me feel not entitled to having my own space  
and expressing it and acting on it in mundane life

the balloon finally burst—  
scattering all guilt unto the burning rubbish bin  
as I realize emphatically  
I am surely entitled to be able to sit on this veranda  
without inhaling the putrid stench of sick dog  
if it bothers me!

and yes...this ego self is fully entitled to life—  
one whole life

not split into parts

*for all beings rest in me!*

and she can visit her ninety-five year old mother  
no matter how putrid her fusion behavior  
because now the stench can no longer permeate  
no matter how strong her dog-like attachment!

I send love to the dog from a distance  
as this poem is written freely  
breathing fresh air of banana and coconut palm  
thanks to the newly constructed gate  
sometimes needed for those not yet perfect!

*February 26, 2013*  
*Gokarna*

## **4**

*letting go of desire  
and sense of ownership*

*without egoism*

*one experiences peace...*

---

*BG 2:71*

## ***Desire vs. Preference***

you say there are no more desires  
is it true?

you still prefer a comfortable place to live  
conducive to beauty and silence

and when others want the place you want  
the old New York mindset  
of “be there first” kicks in

while the *open* mind allows the universe  
to care for events  
as time seemingly unfolds

a jivan mukta cannot want something  
that excludes others’ wants and needs  
for *we are all one*

and if we are only consciousness  
then who wants?  
what wants?

confronting old habits of mind  
at every step  
unto consciousness...

*February 9, 2013*

## 5

*free from passion fear and anger  
absorbed in Me  
purified by the fire of wisdom*

*many have merged with my being!*

---

*BG 4:10*

## ***Truth of Nondualism***

the knowledge there is no two  
is getting connected to fears thoughts actions  
from past memories at different ages  
thereby revealing the truth of advaita:

*advaita banishes fear!*

fear can seemingly exist only where there is two

travelling through past personal experience:  
her fear of people was conditioned  
fear of judgment and judging was conditioned  
fear of death...

fear of ignorance narrowness and getting stuck in it  
fear of pushiness and competing to be best  
and being controlled and controlling...  
fear of authority and loss of self and attachment  
fear of not fitting in...of speaking out as me...etc. etc. etc...

then why judge another for not being good enough  
or meeting up to your own standards?

why fear death  
for extinction of body is simply a process  
of dropping the outer layer along the way  
why fear the narrowness of ignorance  
and getting stuck in it?

why fear collectivity?  
why fear speaking out as me and not fitting in  
O ever criticizing mother  
who ensured her lack of self confidence onto the child?

all these fears of expressing individuality extrovertedly  
from lack of trust  
all manifestations of maya to help the being live within perfectly  
in total purity without contamination  
from projected criticism and other people's values:

all but manifestations of maya  
here to help us evolve unto our true nature!

only the communion of music

and the deep understanding from writing  
helped her escape from superficiality

*it was all perfect...*

of course people and conditions will differ  
carrying different attitudes and aptitudes  
some narrow...some broader  
*vive la difference!*

allow each his own level of functioning  
without getting stuck in some imaginary external authority  
*for you carry your sacred self within...*

this being tells the super sensitive youngster:

we each have been granted the gift of life  
to live out each in his way

for you are created in the image of God  
you carry a seed of God within your heart  
as mind sheds its dross it evolves completely  
into its own true nature called God...

we are each but a cell in the One Cosmic Body  
struggling for self expression individually  
either consciously or unconsciously  
striving to evolve unto One

that we each create and rule  
our own universe

a world immortal unchanging  
of peace joy and love unto eternity...

change and differing conditions  
offer us the opportunity  
as old memory popups burn old seeds  
rendering them wholly unsproutable!

and when there is no more need for evolution  
only acceptance...only love...stillness...peace...only One

*October 15, 2014*

*Manikaran*

## 6

*with the birth of the blessing of peace  
all suffering self destructs*

*for the heart of the tranquil minded  
soon becomes steady*

*harmonized in oneness*

---

*BG 2:65*

## ***Healing the Splits of Maya***

so subtly these splits do operate  
throughout every phase of life  
turning the one thread of divinity  
into rungs on the ladder of life  
temporarily ordained by  
mental separation from the one

sneaking...insinuating...projecting  
into levels of psyche  
through the descent of shakti  
our sacred life force ordained by human birth  
dividing this one energy into  
separate slots of mind  
to perpetuate life on earth and cosmos

when the return to the one  
our own nature our self  
in everyone and everything  
perceivable by senses and mind  
is

*knowing no longer makes splits!*

no this or that or you and me  
no more matter and spirit...love and hate  
no more Shiva *versus* shakti  
no more gunas  
no more opposites

one mass of loving consciousness is  
my own self in all  
pervaded by... permeating everything!

our purpose for life on earth:  
to harmonize the mind made splits  
in preparation for the one...

loving the form of God  
becomes one mass of loving consciousness  
supporting the divine descent

loving the mate or child or dog  
transforms into love itself  
our oneness underlying all things

and all division of steps  
on the ladder of life  
dissolve

as divine shaktis merge  
unto one mass of loving consciousness  
permeating all and everything  
unto transcendence...

*April 17, 2013*

## 7

*perform your own dharma even if imperfect  
rather than another's even if well done*

*better death in one's own dharma!*

*for the dharma of another  
is filled with fear*

---

BG 3:35

•

*better one's own dharma even if flawed  
than the dharma of another even if flawless*

*performing the dharma of one's own inner nature  
brings no transgression!*

---

BG 18:47

## ***Retrospective Dharma***

we only do what's right for us  
even if it's not right  
so we can know the difference

when something is not your deepest dharma  
events let you know

if the admixtures become intolerable  
with passing time  
Mother Nature leads the way

knowing this is faith  
faith in the living presence ever supporting us  
till we live by one self alone

*here matter and spirit are one*

“playing the game” motivation  
that the end justifies the means  
does not fit the pure mentality

for those with purity  
who believe in the highest ideal—  
no collective adaptation!

*only our self*  
including the path that leads us there  
all part of one self!

the young me  
might have done more service to society  
had she followed her individual way directly

but never mind  
she was meant to be caught by conditions  
for learning the difference

wisdom either way

as seemingly imperfect prakriti  
embraces perfection  
in past and present ongoingly...

*November 16, 2014*

## 8

*if one experiences diversity  
as separate from the whole*

*this perception is not pure!*

---

*BG 18:21*

## ***Laughing at Maya!***

after living high up in the Himalayas  
for some time  
she returns to the plains  
while remaining in the heights

but circumstance is forcing her  
readying her for the return to earth  
minus the Himalayan sensibility and sensitivity

she could've died on high  
but for some strange reason  
chose to come down

only now does she see  
the necessity of being ordinary

*at the same time as remaining on high!*

the annoying cleaning lady is teaching her this  
as are the noisy laborers in the garden  
behind her room...

after all manner of transparent reactivity passes  
only now does she come to see  
that more harmony is needed urgently

for the high-low opposites not yet one  
require instant integration!

the vasana of preference: feeling good in the heights  
and lousy in the mundane is here again!

only the yogi of total harmony is fit for jivan mukti!

“how glorious thy dwelling place O Lord of hosts!”  
O my soul...O my spirit  
your *entire* space only unto spaceless infinity!

O Vishnu Maya!  
the poor girl took your conspiracy so seriously  
now all she can do is laugh!

*February 10, 2015*

## 9

*leaving all dharmas behind  
take refuge in Me alone*

*I shall free you from all imperfection:*

*no more sorrow!*

---

*BG 18:66*

## ***When She Judged***

when her one nature of truth  
masqueraded as judgmental

this was simply because  
wholeness was not yet uncovered  
in herself

so she searched for it everywhere  
in everyone  
and was mostly disappointed  
as the ideal could never be found  
in human nature alone

when there is some inkling-faith  
in the orderly progression of evolution  
in mind and man and universe  
with all its cells and parts

one has compassion for  
    the imperfections of others  
    the foibles of matter  
    the soilings of matters

and when we understand truly  
that the perfection of oneness runs the show—  
to it and from it

that throughout each speck of soiling  
rests a ray of splendor

then qualities such as wisdom and compassion  
melt into the lap of devotion  
or dissolve unto the womb of nothing—

realizing all this is supported by  
the everlasting love called reality!

*February 13, 2015*

## **10**

*however one seeks Me  
so do I find him*

*for all paths of seekers  
in the end come to Me!*

---

*BG 4:11*

## ***Tailor Made Teachings***

the lord of our self  
works so beautifully with each of us  
in our own individual way

from the cradle to the grave  
unto completion of what is to be known  
within our allotted time frame

every one of us  
granted tailor made teachings  
suited to individual predilection and vasana

evolving...transforming  
leaving behind the unnecessary

unto love...unto wisdom...unto transcendence  
O consciousness divine!

*February 15, 2015*

## **11**

*the bright and dark paths of the universe  
are considered to be eternal*

*by the first  
one departs without coming back  
by the other  
he returns again*

*knowing these paths  
no yogi can ever be deluded*

*so at all times always  
be yoked in yoga  
O Arjuna!*

---

*BG 8:26, 27*

## ***As Above So Below***

this alchemical dictum so esoteric  
is indeed living itself out here  
in the psyche of body mind intellect  
unto the finish line...

encountering beings at each level  
seemingly perfect for their particular rung  
while flawed for the next step

realizing what Plato was talking about  
in the cave of shadows O archetype  
alongside hints of the different universes of physics  
here now in flesh and blood beings  
which mythology calls gods and demigods and goddesses  
as yogis traverse the lokas on the way of the sun  
to immortality...

beings from the mind of "outer space"  
watch over us in the experiment working detachedly  
with siddhi for our self upliftment  
to vacate our space of cosmos eternally  
and make room for the needy

even in their errors each with undying perfection  
as this being appreciates their help and their effort  
on the way to transcendence...

lokas do exist  
gods and goddesses do exist  
you and I do exist  
to the degree the cosmos exists

but never without worshipping the Absolute  
aspiring to the Absolute  
contemplating-feeling the Absolute  
embodying the Absolute O being!

Mother Nature Parvati flowing musically  
serves as backdrop for the journey continuously  
of merging with our divine being consciousness  
unto transcendence O being nonbeing!

*April 18, 2016*  
*Manikaran*

## **12**

*not even for an instant  
can one ever remain without moving*

*for all are driven to action helplessly  
by the forces born of Prakriti*

*so restraining the senses by the mind  
harmonizing the organs of action  
through dedicated non-attachment*

*he excels in the yoga of action  
O Arjuna!*

---

*BG 3:5,7*

## ***Applying the Teachings from Langur Hanuman***

remain rooted in this  
Sarva Loka Maheshvara  
and all beings do surely carry God within  
for you see them like this O Hanuman!

including the ones who interrupt  
and try to bring down all to the lowest  
familiar loka of small talk mundane  
wherever they happen to be  
without any consideration for your loving silence

if you can see these yakking restless  
teen age girls as holy  
then your action of seeing will endow them  
with holiness  
and *action becomes more vital than knowing*  
and expressing in words

for acting-being comprises true self expression  
that includes all and not just one level or two—

rigidity be gone!

restless teen age girls...the next evolute of langur  
can change more with your understanding them  
*as they are empathically*  
than one who knows best  
how they should behave intelligently

for all is God—sarva loka Maheshvara!

the foremost basis of psychotherapy  
simply knowing with loving understanding  
no judgment...acceptance

to be lived out always  
under all circumstance time and place

and through being-acceptance alone  
is the monkey brain offered the divine opportunity  
to grow into human man and woman

not just to family alone  
or to friends or patients or loved ones

but to all...

only acceptance understanding being  
O sarva loka Maheshvara!

then your God given love inside  
becomes truly universal!

so the next time a pregnant tribal woman  
brings her kid who doesn't speak English  
to say hello and interrupt your inspirational writing  
by asking "what is your name"  
do not view your own feeling-understanding-expression  
as more important than sending love actually

simply express...

the deep feeling of love  
expressed through writing from contacting  
the deepest self  
can also live throughout living it always with all  
even if it doesn't feel *as* deep

no separation!

*for there is no "my own work"*  
*when there is no more I!*

the cosmic form only—

so act accordingly wherever we happen to be!

thank you dear Gangaji  
for this divine opportunity  
to discern once more the real from the unreal

from our very own loving monkey!

*May 22, 2017*

## **13**

*Arjuna says:*

*destroyed is my delusion!*

*memory returns through your grace O Achyuta!  
(never deviating from your divine nature)*

*steady and firm am I...free from doubt*

*your word will create my action!*

---

*BG 18:73*

## ***Memory Returns O Bangaroo!***<sup>33</sup>

when our memory returns  
and we don't get lost in part  
we know *that* we are  
we know *who* we are!

I am that I am!

true self confidence is!  
and you don't have to *do* anything  
the cosmic form called This does all  
and being *is*...

combined with chit-consciousness  
ether air and fire enter the arena  
called time and place  
bringing bliss to the playing field  
of water and earth

protected by the elements harmonized  
we can travel to the highest heavens  
or the lowest hells  
without being affected

for the protection of the gods  
our cosmic energies ever shining  
is balanced

creating a precious coating  
an armor of gold  
protecting our open sensitivity

(even if still in intuition mainly!)

once the buddha nature  
has lived in the hell realms and heavens  
throughout all expanse with *consciousness*  
and our royal king Yudhisthira  
has survived his visit to Naraka

as above so below is always here  
now heaven and hell no longer separate  
for earth and sky are one!

---

<sup>33</sup> bangaroo means gold in telegu. It's a name Sai Baba often uttered to remind us of our real nature.

and the love that has descended  
to the kingdom of earth  
is being lived!

after being given the gift  
of some manner of realization many moons ago  
and again some

loving wisdom must be perfected through  
living in varied situations and realms  
of this time-space continuum  
throughout the world of change until—  
only gold!

and our god nature beams forth in daily living  
O bangaroo!

death in life...life in death  
purest of the pure forever in all humility  
I am that...I am!

no false persona or tough guy ego  
no snobbery of intellect or superiority of deep sensitivity  
can ever emerge again!

no identification with introversion  
no more judgment  
and no more habit of using worldly credentials  
to be treated well by those who believe in them

for all parts merge into the source of essence  
no defenses needed ever again O bangaroo!  
*only gold shines through!*

I am that I am...I am this...I am!

*September 4, 2017*

## **14**

*I am the self  
seated in the heart of all beings*

*I am the origin  
existence...completion  
of all that is*

---

*BG 10:20*

## ***Merging Lower and Higher***

“lower” and “higher” come together  
with the realization dawning:  
they are not separate!

all equal parts of one whole  
merging in equal oneness!

each contributing equally  
to the unfolding of maya  
that could not occur without  
reclaiming misperceived lower  
as one with misperceived higher

*all of equal value in this game of life!*

no better...no worse...just different!  
here to help us in different ways...

we need the higher  
to free us from the lower  
and once we truly value the higher  
this helps us let go of the world!

now we need the lower  
to free us from the higher

annihilating all concept and category  
unto one all pervasive is!

and the love that has descended  
to the kingdom of earth  
is being lived!

as the once rejected cornerstone of the mundane  
turns into shimmering gold O bangaroo!<sup>34</sup>

*September 15, 2017*

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<sup>34</sup> see footnote 30.

## 15

*I am the cleverness in the gambler's dice  
the splendor of the splendid*

*I am victory and effort ever-striving  
the goodness of the good*

*my glorious manifestations  
are never ending...*

*why focus on this diversity?*

*know that with a fragment of my being  
I support the whole universe!*

*I am...*

---

*BG 10:36,40,42*

## ***The Butterfly Knows***

when we know in every cell experientially  
and not just with intellect  
or not simply through experience exclusively

this knowing is our lifetime guarantee  
against any possibility of fall...no rigidity!

an orange-black butterfly  
alights the ground of nature at my feet  
walking on earth fluttering purposefully

ingesting it all mysteriously  
bringing uncontainable joy  
before flying away  
O multidimensional butterfly!

form and formless now all pervasive  
equal throughout the subtlest space  
helping humankind uncover  
our true expansive place...

as caterpillar she crawls the earth  
throughout each nook and cranny  
as butterfly she glides through sky  
appreciating Gaia's bounty...

*form and formless now all pervasive—equal!*

*October 3, 2017*

## **16**

*this spirit Supreme is attained  
by ever living love O Partha  
one-pointed!*

*dwelling within all beings  
while pervading all...*

---

*BG 8:22*

## ***Knowing for Life!***

now she sees why it's so essential  
to be master of yourself:  
able to maintain inner repose  
independent of circumstance

exuding *being* brings ongoing joy  
of our whole nature always not split into parts

for only parts react...

the true importance of knowing  
the futility of relying on others for happiness  
reflects this steadiness inside always  
no matter what happens outside

the impermeability that accepts our God nature in all  
in self and other the same  
whether noisy or quiet...cheating or adoring

*maintain your inner cool-mastery always and enjoy!*

not simply through technique  
but through knowing why truly  
and this makes all the difference!

rely on the maya of Devi through others  
till nature brings us home to our self!

and once we rely on self alone  
still include "others" as part of this self—one world...

for so long she reverted to mechanical technique  
demeaning her human potential  
self defeating...unnecessary...waste of time and energy

was it so crucial for all shaktis  
to fill this being before real knowing is?

covered by maya how can we know?  
lightened by emptiness...how can we not know?

as sweet sensitivity bliss enters the playing field...

*October 4, 2017*

## 17

*the yogi perceives his self  
living in all beings  
and all beings living in his self*

*one merged in yoga  
sees the same self equally everywhere...*

---

*BG 6:29*

## ***When Meditation?***

sun prepares to rise  
sprinkling earthly pollen everywhere  
sneezes shock presence!

we each live in an orphanage  
until adopting consciously  
our divine Mother and Father!

now nature and consciousness  
here for us always  
overseeing our every event—

love showers!

butterflies pose for pictures  
investing life on earth with uncontainable bliss  
as silence illumines...

this divine display  
pre-guesses our every wish  
in mutual reveling O rasa leela!

*for we have adopted our real Mother and Father!*

and she remembers her query eons ago  
of the once young woman self  
generated from Sai Baba's teaching "dog is God:"

"with very great love is meditation necessary?"  
she asks inside

now in the age of wisdom  
this self replies:

"great love bliss is meditation  
meditation is great love!"

never to be confined to armchair alone  
but to be shared with all who chance your way

and when your own cosmic form  
wishes to create silence only  
ascend on high non-movingly

meditation is also this!

all a question of cosmic intent  
based on what is needed in the moment...

with personal purification not yet complete  
more cushion-seat might surely be needed!

and if any new question requires elucidation  
ascend once more to receive a reply  
or enter your stillness wherever you may be

it all depends on thickness of veil  
or fineness of issue at hand  
combined with natural spontaneity

so as you give love that has been given  
in one simple way or another  
this divine interchange of play  
encompasses a finer dimension naturally

as you also embody  
the subtlety of causality  
unto the beyond ever here...

who would believe it could ever be possible  
to sit in such a silent place  
and walk within our real true wealth  
with such exquisite beauty O Devi!

may our divine being  
ever reflect and shower this light  
always everywhere!

*October 5, 2017*  
*Sherabling*

## **18**

*residing in the heart  
with Me as the ultimate*

*offer all actions to Me!*

*take refuge  
in the discrimination of yoga*

*ever resting your soul in Me!*

---

*BG 18:57*

## ***Reflections on Surrender***

giving up something known habitually  
requires effort to overcome the pulls of familiarity

later in new-found freedom you realize:  
“what I receive is far greater than what I cling to!”

first comes surrender of concrete things  
where a conscious act of will is required  
to leave all possessions behind

once the decision is made firmly  
things fall into place easily...

next comes surrender of feelings and attachments:  
the young me was afraid of missing  
her work and her music  
that brought meaningful satisfaction  
and deep feeling-beauty offering very great joy!

soon she came to see  
that neither meaningful work nor deepest feeling  
is to be experienced in only one way

the whole wide world offers sacred opportunity  
for expansive self expression in myriad ways  
far greater than anything yet known

when linked with our God-nature inside  
throughout each thought-feeling-breath-deed  
simply *being* brings greatest joy!...

enjoying one form of focus mainly  
is first-grade toward expansion  
for contacting the *source* of satisfaction

as limitation of any kind becomes anachronism O mind!

soon another teaching on surrender appears:  
strengthen the will of feeling-mind to align  
with the knowing ideal of intellect  
and leave all symbol of form-God behind

*for sacredness permeates all!*

once this powerful struggle is won  
rewards appear everywhere!

a later hurdle of surrender  
catches this self viewing choices of mind  
from specks of old habits of conflict of thought

with *seeing* stale habits dissolve!

for once you live in the cosmic form  
how can any seeming conflict of choice hem you in?

justness of cosmos puts us in the right place  
at the right time with right motivation for action

*choice is unnecessary when we live in partnership!*

now surrender as action is impossible  
for *what* is surrendering to *whom*?

with ego gone no responsibility personally  
no sankalpa...simply *is*

as the cosmic form called Mother-Nature-  
Father-God carries its expression of life so gloriously  
in accordance with our essence

offering full freedom of choice no-choice so effortlessly!

and the entire situation of drama  
from seeming surrender to seeming choice  
simply appears throughout all trying  
presenting this precious opportunity for living!

*October 13, 2017*

## **19**

*with wisdom  
never again will you live in confusion  
O Pandava*

*with this you will see  
all beings in your self  
and your self in me!*

---

*BG 4:35*

## ***Maintaining Divinity Throughout Descent***

when all treasures from the higher realms  
are returned to uplift the earth  
by serving the whole through living

then you *know what you know* finally  
and apply it to fulfillment naturally!

now the gunas are still...

no annoyance expectation imposition  
from mind of tamas rajas sattva  
can ever impose again!

for your mind now transcends  
the moving ropes of darkness  
while nothing remains to bind you

no attachment desire or supremacy  
of animal-human-godly...  
now faultlessly  
riding the waves of infinity!

nothing is viewed critically  
functioning loses it thing-substantiality  
and living is easy

judgments fly with the cawing crow  
while freedom expands her domain  
as the statue of liberty shines forth her beacon  
illuminating the way everywhere

*for everyone who wishes to see!*

the seeming difference between  
*full* transcendence-consciousness  
and being in the world  
*with* transcendent consciousness  
relates to the way best suited for your essence nature

if your heart wishes to enjoy and give  
then choose remaining in the world  
if you wish to transcend earthly concerns fully  
with physical body living or dying  
then this is the choice of death

in many ways more useful for *cosmos* directly  
since subtler vibes bring powerful intensity!

when in a higher state you wanted that only  
but when brought down forcefully  
you equated giving overtly with living  
and dying in the body overtly as death

but neither is true nor untrue...no separation  
*simply appearing at different moments as one whole!*

when human instinct of giving is instinctive fully  
this can express as attachment to the human realm  
and be misconstrued as imposition

but when helping occurs naturally  
under the eye of *consciousness* instinctively  
with *awareness* more primary than personal giving lovingly

then *loving-consciousness* works together spontaneously!

when love alone...attachment  
when love plus consciousness...godliness all  
O equality!

*October 29, 2017*

## 20

*seeing the cosmic self equally  
this highest yogi views  
pleasure or pain everywhere*

*as if it were his own*

---

*BG 6:32*

•

*there Arjuna witnessed  
the whole universe*

*divided into many groups  
of divine energies  
gods and goddesses*

*as parts coming together  
resting in the body of the One*

---

*BG 11:13*

## ***Divine Intelligence One***

all the varied opinions and creeds  
of each and every level  
here merging in one

all the diversity of human animal godly  
here presence as one

all the principles of creation and destruction  
in sacred process of becoming one...

one what?

one consciousness overseeing all  
aware of itself overseeing  
its own being awareness bliss  
amalgamating as one

maintaining the energy of conscious cosmos  
without split and division O King of the Universe!  
O clean slate foundation of emptiness divine!

so appreciate the pure yellow butterfly fluttering  
while living this Divine Intelligence One  
appreciate the love for all things and all beings  
creating earth and cosmos renewing anew

for as more beings awaken  
to the love of creation consciously  
the calling intensifies highly  
gathering the many unto one

iccha shakti-jnana shakti-kriya shakti<sup>35</sup>  
each and all meeting—  
meeting Divine Intelligence One

till dissolving completely O mind transcending empty...

and the love descending perpetually  
to the kingdom of earth  
is being lived!

*November 1, 2017*

---

<sup>35</sup> energy of wish-desire-will; energy of knowing understanding; energy of performing action-doing: the divine shaktis comprising life that can be encountered consciously or mechanically, either helping our personal and cosmic evolution or hindering it.

## **21**

*while those who live faithfully  
this blissful dharma*

*with great devotion-motivation  
regarding Me as the highest supreme all pervading*

*these devotees are exceedingly dear to me!*

---

*BG 12:20*

## ***The Loving Return***

*(for my Mother)*

after a static meditation at 3:30 AM  
the following dream appears:

*my mother (who passed away at 98 seven months ago)  
informs me mentally she left a final letter for me  
in a department of the post office...*

I must retrieve it or it will be destroyed!

wake up pondering what it could be  
while remembering the superficiality of her past letters  
and how since a teenager trying to broaden her outlook  
and impositions  
though in vain almost but not ultimately  
because in the end she truly received many blessings...

then it dawns on me more deeply:  
the mother's *way of expressing love* was to  
merge me in herself as part of herself O grandiosity!

not so different from my wishing to merge  
in God nature totality  
in ever present continuity...

and I too do the same thing in a lesser way  
when the old ego prefers only to befriend people with  
something in common spiritually-intellectually  
(tho' without going to the extreme of refusing to separate  
or obliterating their individuality unknowingly)

so Mother Maya's unknowing attempt  
to annihilate this individuality  
had just the opposite effect  
ever prodding me on to uncover this real self whole—  
our true individuality!

as the return to our own full nature  
built into the human psyche  
*expresses at different levels*  
according to thickness and thinness of veil  
O uroboros!

one huge projection that turns into imposition  
when great emotional confusion views  
partial Mother Goddess Kali as whole self until

no splits whatsoever!

as all *parts get projected* throughout all levels of  
body-mind-intellect-ego-memory including subconscious  
up to consciousness itself ever present *until*  
fullness-nothing of the universe-self are one O Ishvara!

*only now can I forgive her wholly*  
before forgiveness still partial...

for this older me didn't really see  
how I did the same to her  
not accepting her as she is so she felt rejected

though rightfully her *behavior* was to be rejected  
but not her essence self!

there was no way the child could possibly live  
and understand this then  
as denial and false "normalcy" permeated the atmosphere  
so she unwittingly took on critical blame unnecessarily

but now this being sees how she too over-generalized  
doing the same at her own step:  
being disappointed in others' superficiality  
judging their lack of depth understanding sensitivity  
unable to relate to the love and humanity beyond  
foolish conversation and concreteness of mundane surfaces...

for in the worldly discovery phase  
level-based preferences are needed for us to proceed  
*but let go completely...*no judgment now O sakshi!<sup>36</sup>

all since she hadn't uncovered the ideal within fully  
though she knew instinctively emotionally-mentally!

*now simply intuit the real permeating relativity*

so an orphan she remained until  
finding her true Mother-Father self inside O Saraswati!

---

<sup>36</sup> observer witness

Sai Baba tells me at an interview twenty-nine years ago:

*I am your Mother...I am your Father...I am your friend!*

and Swami Chinmayananda booms forth in this mind  
two months after his Mahasamadhi in 1993 :

*you are a child of the rishis...you are a child of the rishis*

and the mind accepts, "I am a child of the rishis!"

only with full return-embrace of the monkey  
through loving-devotion genuinely  
in full surrender *behaviorally*  
can slate be whitened completely...100% O Hanuman!

for me buddhi yoga was the needed finale:  
*this flight to the heights to whiten the depths*  
*unto full loving equality!*

without a trace of split left behind  
materiality and spirituality one...

for essence love *only*  
permeates all unconditionally  
O Swami Goddess Kali!

so the dream my Mother-Father sent me  
all part of the total divine play  
prodding us on to loving-immortality!

but first forbearance must be perfected fully  
which leads to acceptance of superficiality  
direct from the source to the source...no judgment!

since we each exist at different steps until  
uncovering the love within all O my self

*our only true equality!*

with living this truth behaviorally  
the caste system ceases mutually

the six perfections<sup>37</sup> live perpetually  
and the Sathya Yuga dawns O Devi:

acceptance of self as all!  
acceptance of all as self!  
as bliss from the heights  
remains on earth always...

*when he sees me in all and he sees all in me  
then I never leave him and he never leaves me...*  
Bhagavad Gita 6:30  
November 4, 2017

---

<sup>37</sup> generosity, ethical discipline, patience-forbearance, enthusiastic effort, concentration or calm abiding and wisdom.

## 22

*that state intuited by  
the divine knowers of reality*

*is also won by  
the divine actors of yoga*

*one sees truly  
when he or she knows*

*vibrant vision  
and stillness creation  
as one!*

---

*BG:5:5*

## ***Cosmic Form and Absolute Now Friends***

everything we need to know is inside  
*I know what I know!*

the greatest seducers are:  
-mistaking feeling good for a realized mind  
for this is clinging only

-still reading scriptures after seeing all is here  
and knowing wisdom comes from within and  
having the faith that you yourself are the container  
even if only gradually sequentially  
as the need to know arises

so let go of this habit unless you view scripture  
and process of ingesting and self reading  
all as part of yourself  
above all dependency of mind or group system

transcend group system of mind  
transcend intellect  
live directly...live simply...just live

on the end-brink of the cosmic form  
can you not leap to transcendence Absolute?

not simply conceptually as part but actually?  
or is intuitive knowing so deeply penetrating  
that it becomes actual!?

with this realization  
bliss too and reading scripture too  
can serve as friend ever goading us on  
within our eternal continuity!

while the Absolute ever unknowable  
continues nourishing all this until  
our cosmic form merged in the Absolute fully  
intuitively...steady...inconceivably  
remains beyond all process O sakshi!

and the witness Absolute no longer separate  
beyond any hint of composite part joins all O friend  
just knowing...with Absolute-beyond interpenetrating

*November 9, 2017*

**23**

*whatever is born  
whether moving or non-moving*

*know this to be  
from the great merging of  
Mother Nature and Knowing Spirit  
O Bharata!*

---

*BG 13:26*

## ***A Cosmic Idea of Emptiness***

devotion is self loving oneself in everyone we meet  
love is God loving God in all we encounter  
emptiness is rays of loving-being-bliss pulsating  
pervading all and everything knowingly  
creating creation while transcending all

*in this consciousness only*

that mind conceives ongoingly  
through stillness ever changing unmovingly...

attempts to express it all in words  
can only be illusory  
yet we continue intuitively O totality!

like breathing contemplation...

living effortlessly the ever-expanding levels  
of understanding is our self living itself  
our Buddha nature living its Buddha nature  
throughout all movement called life O Brahman!

while knowing ongoingly “this is it” exists not  
in time space and beyond  
but in one’s own idea of eternity existing  
O ever expanding universe!

as the precious clock continues breathing  
throughout the piney sap of emptiness  
O Supreme Purusha Prakriti O Swami!

“higher higher wider wider lower lower”  
all pervading within our each and every encounter  
O ever transcendent eternity illusory!

*allow it not to become “fixed” the moment we perceive it  
as the only real steadiness rests deepest all pervasive!*

and the teachings from this self-nature continue...

when air residing in the heart  
offers its space to the expansiveness of ether  
all shaktis and elements of the cosmic form  
now permeate our foundation

quicken the vibration of life on earth  
as effort is no longer needed...simply allowing

but if you find yourself getting swallowed  
return to the love within  
in full knowledge of its sourceless source O Parameshvara!

## *2-Love*

when something is understood deeply  
with body mind intellect unity  
it touches the core of self-cosmos-creation

radiating out unto the cosmic form  
sharing enlightening shakti naturally...

from small self alone impossible!

as bliss deep down understanding  
expanding-giving now stitched whole  
not simply in segment or some force illusory  
of I doing or planning...no sankalpa!

if experience identifies with one shakti singly  
or ego inflation alone  
our clinging to feeling good high  
induces its opposite surely!

when experienced wholly...it gives simply  
for whatever is known is shared spontaneously  
with all as bliss...one body only O Shiva-Shakti!

as the nectar of knowing-being-loving  
ever flowing unto all...uplifts ready cells  
toward this body of unity!

and the original aspiration of iccha shakti  
catches up with jnana shakti and kriya shakti  
sending loving-understanding in timeless continuity  
to all...

while our unwritten decree of divinity unfolds  
do not take this bliss too seriously  
simply embrace equanimity joyously!

*November 11, 2017  
Sherabling*

## **24**

*why focus on this diversity?*

*know that I exist  
supporting the whole universe  
with one ray of my self!*

---

*BG:10:42*

## ***Toward Living Advaita***

tiny black bird hops  
with orange tail flitting up and down  
O harbinger of realization!

all levels exist  
at the same time in the same place  
giant cells moving throughout one earth  
within one universe O ananda!

vastness of sky reflecting in water  
flowing flowing still  
mountains surrounding all firmly-seemingly  
boats gliding calmly

indians chatting incessantly  
flower sellers pestering for rupees perpetually  
to the background noise of droning rickshaw...

grains of sand still support  
the feet of invisible ancient rishis  
ever peopling their sacred living space

our only task is to know it  
and uncover our self as one of them!

cell phone cameras no longer click...

how utterly impossible to find physical silence  
when loudness blasts each second

the only solution—to live this oneness ever here  
knowing our subtle silence timeless-omnipresent  
supporting and permeating all and everything  
our true foundation O advaita!

our one true birthplace  
our one true death place...existing always!

orange-burgundy marigolds glide down the Ganges...

*December 4, 2017*

## 25

*He is one in all beings  
while appearing to be divided*

*this supporter exists  
bringing life to the living*

*through maintaining and devouring creation...*

---

*BG 13:16*

## ***My Friend Maya***

when you feel comfy equally  
with all three gunas in each and every situation  
with all persons places and things:

one taste underlies all happenings  
all worlds all thoughts...in one giant melt-down

maya no longer a threat to be escaped from  
simply make her our one foundation for life...

living no longer needs walls  
or boxes of preferences to be arranged  
according to compatibility

freedom expands  
orders of hierarchies crumble O Siva  
making way for steadiness and ease

wrinkled foreheads get smoothed  
judgments scatter to the winds  
rejected cornerstones become approving

embodying our present potential for life  
amidst the playfulness of compatibility with all  
no rigidity!

this self as cell of the cosmic form  
carries the whole foundation of cosmic self  
in timeless omnipresence of  
transcendent stillness shakti

as does yours!

one maya...one taste...one love!

deep down now penetrating through surfaces  
O consciousness!

*December 6, 2017*

## 26

*if I did not engage in action ceaselessly  
people would follow my way of inaction*

*I would be the cause of great confusion  
and these worlds of beings  
would be utterly destroyed!*

---

*BG: 3:23-4*

## ***Eking Out Ego***

wherever there's a hint of hurt  
super-sensitivity or pride of comparative depth-understanding  
know this manifestation of ego  
lurking round the periphery of sattva guna  
is awaiting full exposure!

no matter how "justified" our indignation  
or disappointment in the "other"  
our capacity to let go must be so total  
the show no longer grasps or binds

how and why?

because we know full force  
the whole thing is unreal!

so we laugh....

simply trickster Krishna stealing  
our blind spots unto the lap of loving consciousness  
playing jokes again with partner Siva!

now our conscious practice becomes *naturally*  
thinking of "other" before our self  
because there is no self!

all part of the cosmic form knowing fully:

there is no supersensitive I  
there is no you playing roles  
*there is simply is*

as the seva way of life lives spontaneously...

*December 7, 2017*

## **27**

*whenever the moving mind  
unsteady and restless  
strays from its source*

*bring awareness to this once more*

*rest solely in the self!*

---

*BG:6:26*

## ***Timeless Intuition***

all states of consciousness  
moving throughout the mind of space

formed by our seeming desires-actions-needs  
preserved by their momentum of motivating intensity  
dissolved by our consciousness of them

*we create and destroy our worlds!*

when consciousness *of* actions  
expands into ongoing consciousness itself  
aware of itself steadily

mind stops moving  
states stop existing separately  
worlds dissolve

no new worlds form  
awareness-whiteness co-emergent  
subsumes each need-aspiration  
like old potatoes thrown to nowhere...

the indomitable power of maya  
dissolves with awareness-intuition  
steady each moment ever knowing  
devouring time-space-causation

all propelled by nature herself  
with emptiness cognized spontaneously  
co-emergent merging with the ground of existence  
we live the oneness of life

as purposeless mechanical doing  
or purposeful mental planning  
and the automatic existence of nothing  
all melt into being...

so this sacred shakti-power  
propelling our acts of the mind of maya  
returns to its source O Shiva...

and yugas live no more...

*December 14, 2017*

## 28

*living alone  
eating thinking speaking little  
taking refuge in dispassion ongoingly*

*with selfishness pride desire  
anger greediness left behind*

*free from the binding thought of “mine”  
one lives in peace...*

*fit for being Brahman*

---

*BG 18:52-53*

## ***Consciousness Simply Lives***

when the divine slate is clear  
and whiteness pervades the kingdom  
starkness alone can surely seem depressing

for in nothingness motionless  
how can life live?

as we enter into this backdrop of existence  
with consciousness knowing  
we see clearly how

icha shakti-kriya shakti-jnana shakti  
must all be present as one supreme being  
O ray of loving consciousness permeating  
throughout all moving stillness...

and as this knowing loving consciousness  
transmutes to presence permanent  
throughout this backdrop of change

the gunas now melted into one  
merge unto this...our supreme self!

and the divine ray is full!

as this consciousness  
working in partnership with emptiness  
throughout all comings and goings  
simply lives...

*December 19, 2017(cont.)*

## **2**

like a wire burnt-out on an electric stove  
insights get lost forgotten split-off  
when not connected with the whole

so the need for *conscious* devotion too  
underlying all that we think say or do

devotion means forging the link  
with our self  
making connection of our thoughts-words-actions  
with this divine self inside loving

when everything is seen as God:  
vegetable animal human  
this seeing itself is the sacred connection...

*so return to this simple source in everything  
our conscious link with divinity*

the fruit seller-the fruit-the purchaser-the eater  
all the same flavor—divinity!  
the teacher-mother prakriti the taught-mother prakriti  
awareness of teacher and taught as Shiva  
awareness of awareness O Brahman

*never getting stuck in idea of a part!*

we attune our instrument to be receptive  
to the higher energies permeating whole  
we place our mind-self in conditions conducive  
that our attention can concentrate-perceive-penetrate  
the real potentiality of this whole

while we live simply...simply live!

*December 20, 2017*

## 29

*no beginning...no qualities*

*this self imperishable  
dwells within the body*

*without action...without stain*

---

*BG: 13:31*

## ***Sat Chit Ananda and the Magic Walnuts***

*(for Bianca and Yogi)*

after ingesting the most delectable  
fresh walnuts from Serbia  
she comes to see:

roaming through worlds  
eating the food and impressions of maya  
without sat chit ananda  
can surely put you to sleep!

with love-bliss alone  
we are subject to mindless attachment  
with consciousness alone  
we are subject to lifeless detachment

with sat-being alone  
we can be subject to boredom  
and the nothingness of depression

only three together ongoingly  
grants mastery over the sleep of maya...

*with this earned understanding  
now live it!*

that our very own self  
no longer divided into three  
reclaim its guna-less glory  
in all situations O equality!

this oneness itself carries one taste only  
throughout each and every condition  
bringing the task of divine high sakshi  
back down to earth so naturally

while the ever warring shaktis  
of each god and goddess separately  
and the stark dualism of Sankhya philosophy  
fly upward and dissolve  
unto our sweet monadic self!

*December 19, 2017  
Rishikesh*

## 30

*with thoughts in Me  
life force absorbed in Me*

*mutually enlightening each other  
speaking of Me*

*they are ever satisfied and delighted...*

*I give the wisdom of buddhi yoga  
to those who worship Me steadily  
with love*

*through which they come to Me  
completely...*

---

*BG 10:9-10*

## ***Hanuman in Us All***

*(for Swami Tejomayananda)*

each level carries its own guru  
aspiration and pinnacle of reward  
merit demerit insight deepening  
on the way to loving stillness blessing

overseen by consciousness  
that cannot help but be  
loving compassionate for-giving

*for forgiveness only gives truly!*

whether whitened from top to bottom  
or bottom to top or combination of both  
meeting in between  
our journey to whole starts where we begin  
and ends in the ultimate yet to be known...

as the devotion of monkey  
uncovers his powers gradually  
with each new action a revelation

gaining insight and wisdom continuously  
unto full awakening...

### **2**

to be able to be monkey  
without getting stuck at his level  
brings seeing-evolution from devotion!

to be able to be human  
without getting stuck at her step  
saying “no” to supremacy of animal brain  
brings evolution from love...no attachment!

to be able to be godly  
without gluing to goodness  
powers or bliss of the heights  
or judgments of better and worse  
with steadiness brings unity O Devi!

a new creation emanating stillness  
through everywhere now here!

### 3

so glory to Hanuman our monkey within  
O carrier of God-seed unfolding!  
whose father Vayu-Siva  
and “monkey-mother” Angani  
create a great boon for humanity  
throughout all steps unfolding

and with Hanuman power of the tail of fire  
the demonic Lanka burns...awaiting full destruction  
of foolish King Ravana O ego!

whose misdirected intelligence  
and capacity gone astray  
cares not for taming the wayward force of monkey!

as the uroboros bites his own tail  
in never ending cycle of continuity  
we surely come to see the futility  
of diverting our precious capuchin power  
to the tail as opposed to the heart of humanity  
as ananya bhakti embraces buddhi!

the choice of self effort rests within  
present *now* for uncovering of veils

*O freedom of choice ever here!*

our invaluable monkey brain  
surely serves as devotional foundation  
when purification is our instinctive aspiration  
or it can align with our monkey tail of the senses  
in conditioned ignorance of repetitive futility...

while we discover we carry inside ongoingly  
the innate capacity  
for *allowing* our deepest wish out of hiding  
help surely appears along the way  
to guide and show us how

that we come to *live* the difference between  
the outer glitter of Lanka materially  
and illumination of *pure* gold spiritually O Hanuman  
from guru high flying to foundation of unity!

when we embrace the monkey  
as our precious foundation  
bliss of earth merges with nectar of sky  
O holy totality!

while everything we think say or do  
carries sacredness through us  
embodies wholeness in us  
shining joyous consciousness around us  
O God love everywhere!

*October 7, 2017(cont.)*

4

last specks of shadow-ego  
rest in our monkey brain  
old habits of wary mistrust  
over generalizing from experience long passed  
elicits our vigilance outward projected

that stems from primordial territoriality  
of wanting to be king of the place O jiva!

with awareness placed in the whole inside  
O cosmic ego and beyond  
the ones who try to cheat you  
become your teachers of detachment-compassion  
combined with foundation of *true self* assertion  
O Lord of this self O Ishvara!

so each ancient speck of samskara  
encrusted in belly primeval  
eked out by the goad of the thorn of Truth

that we return once more  
to the whiteness of foundation  
O stillness...O oneness...O Devi!

*December 3, 2017(cont.)*

5

now devotion of the monkey-God Hanuman  
for the God-man called Rama or Truth  
enters into the Lord of our self

as the animal nature becomes fully human  
our inner human nature transmutes so gradually  
into consciousness Godly...O Lord of us all!

till the whole earth itself comes to serve the whole  
pulsing vibration of enlightening awareness  
throughout this cosmic form egoless  
beyond time...beyond death  
offering creation our innate possibility  
of living in close proximity to the Absolute...

this can happen surely  
when the flying foot of monkey transforms  
into the toe of God-man O Paramatman!

becoming our carrier of loving consciousness  
for beings planet and cosmos  
with total mind-body as one!

for we know deep down without a doubt  
we each are serving in our own expanding way  
toward pure devotion O Brahman Absolute!

and the chatter and scatter of monkey mind  
now lives one pointed in full devotion  
the divine urge to serve in everything we do  
escapes from all wrappers within veils of tails  
to this inclusive sacred heart—always One

*December 15, 2017(cont.)*

6

so as Hanuman-ji lives all his siddhi  
developing conscious confidence along the way  
evolving unto the mold of his one-pointed mindset Rama

after many trials and teachings  
both as student and as mentor  
this one-time monkey surely comes to see  
his glorious true identity!

*beyond all label of name and form  
of outer cage and inner mindset  
rests our effulgent unchangeable non-identifiable reality...*

when Hanuman becomes our protector-teacher-friend  
life is magic...life is love...love is everywhere!

anything is possible  
and we learn from each other...

*December 21, 2017*

## 31

*whoever serves me unshakably  
with everlasting love  
crosses beyond the gunas*

*becoming fit for living the Absolute...*

*for I am the dwelling place of Brahman  
immortal...unchanging*

*dharma eternally  
the bliss of infinity!*

---

*BG:14:26-27*

## ***Flight to the Source of Light***

we return each dawn to the whiteness of Siva  
like fresh falling snow of tabula rasa  
this precious ocean of milk always here  
awaiting our new creation

since footsteps sully the virginity of purity  
we learn to fly like Garuda  
who carries our hopes for untainted preservation O Vishnu!

all noble motivations of the mind of creation  
move now in the lap of Brahma  
to reach this precious mystery of light  
as the gander flies beyond all height of probability...

but since the lap of Brahma is upheld by Vishnu maya  
he alone can never hope to sustain  
the pervasive pristine purity of Shiva's tabula rasa  
expansive fresh white blanket from ever falling snow

this brightest of light enlightening all  
cannot be won by the warring three qualities  
pierced only by the arrow of the Lord of this Self  
old competitions cease... and the three become one!

our divine descent now envelops  
this whole great planet cosmos intertwining  
paving the way for a brand new creation  
available each day upon awakening if—  
if we can simply realize it!

the only protection for this temenos of sanctity:  
*return to earth with the source of the light*  
feeling and seeing our unsullied purity  
interpenetrating-upholding all ropes of qualities  
ever offering creation our innate possibility  
*for renewing consciously with each opportunity!*

with the weary old ego relinquishing  
all need for controlling these divisive separate parts  
each outmoded leftover dissolves so naturally  
unto oneness-understanding of this pure divine light  
requiring no more cosmic flight!

*December 23, 2017*

*with gamut of senses  
in harmony*

*intelligence equal minded  
everywhere*

*rejoicing in the welfare of all beings*

*these devotees surely  
come to me!*

---

*BG: 12:4*

## ***Xmas Ever Here!***

Christ is risen!  
the divine child is born truly  
drinking poison from the ocean of milk  
with loving consciousness ongoingly

helping us each evolve  
unto this gentle-powerful shakti one  
here always for all...

blanket of freshly fallen whiteness-snow  
links to our eternal consciousness  
sparkling stars reflect this pristine purity  
now tangibly for all!

love links each part and scene of the play  
as Krishna's flute plays on...

*joyous holy days every day simply  
for all!*

### **2**

paying homage to Goddess Ganga  
that entails both giving and receiving  
from lower to higher and higher to lower  
till we see no distinction between the two

so pure...

this putting into practice of advaita  
while acknowledging the relative world  
is our sadhana O Devi!

*bringing Paramatma into life...*

this is the divine descent  
loving consciousness permeating all seeming relativity  
that does not exist at all!

with icchasakti-kriyasakti-jnanasakti<sup>38</sup> one  
this lord of our self presides over all!

*December 25, 2017(cont.)*

### **3**

and when the different parts of the body

---

<sup>38</sup> energy of wish or will, energy of action, energy of thought

vie for this God-given energy  
and varying emotions and needs  
compete for rulership of mind  
or different ideas and paths formed of intellect  
vie to dominate unto full ego purity

there comes a time on the natural climb  
when all elements melt into the stillness of space  
as one interdependent foundation

solidifying in softness unmoving  
enlightening in dying so still  
vivifying our humanness interpenetrating with Godhood  
peacefully...eternally...liveably

preparing for the inborn time of merger  
when I and my father are one...

that conscious awareness will live eternally  
this unwhispered vow of surrender  
through the marriage of knowing-feeling-action completely  
that I and my father are one...

interpenetrating action with jnana yajna<sup>39</sup>  
we live Truth!

may the inner knowing of this divine child  
be translated directly into action-being—  
no short-circuiting!

*December 28, 2017(cont.)*

4

real recognition and appreciation  
is not for acknowledgement sharing giving or adulation  
but to *re-cognize who we really are*—

the divine child born within  
grown up anew ever fruitful  
each and every moment of the day!

returning to life  
the great gift that has been given  
each and every moment of the day...

*December 31, 2017*

---

<sup>39</sup> the wisdom sacrifice

### 33

*know this indestructible spirit  
permeating all creation!*

*no one is able to destroy  
this indweller ongoing  
.immutable...without end...*

---

*BG 2:17*

## ***On Seeds and Apples and Projections***

*(for Sam and Jung)*

whether materialist or idealist  
businessman or philosopher  
Freud or Jung or bird dog monkey kitten

whether hardness of stone or softness of willow tree  
sensitivity of the saintly or crudity of the demonic  
each belongs equally to the changing world of relativity

ever granting us the open opportunity  
to climb this ladder of evolution circuitous  
living unwhispered throughout all our explorations

from joyous loving knowing  
or sweetest bloodstained suffering  
to simple curiosity sated  
through seeing-laughing-sharing

under the purest guiding breast  
of Mother Nature nourishing  
and the expanding winged clarity  
of Father Spirit soaring  
each supporting us equally...simply

ever appreciating our precious opportunity  
for this chosen process of travel so momentary  
on our ubiquitous pathway home...

*December 31, 2017(cont.)*

### *2*

so living at the crossroads  
where material and spiritual meet  
the day soon comes when it becomes unnecessary  
to choose one over the other if—  
we wish to live the whole!

with rays of light resplendent now  
permeating this world with freshness anew  
our only first task is to see:

knowing the difference between the source  
and the skin of the apple  
protecting its succulent freshness

springing from seeds continuous  
that cannot be consumed wholly  
but can surely be included and offered rightful place  
in our glorious savoring of the apple!

this splendiferous all inclusiveness  
can only occur fully  
with the ego sacrificed at the altar  
of the precious crossways of opposites  
formerly bifurcated—now integrating!

if we value the seed more than the apple  
we run the risk of rejecting worldliness  
at the expense of the world as I once did a bit...Bravo!  
for new wine spoils in old skins

if we value the shape color taste of the apple  
without acknowledging the ray  
of the source of succulence ever living in the seed

we end up stuck in recurring cycles of time  
chasing after perishable honey  
in our ignorance of the imperishable...

so living at the crossroads  
with vision all inclusive  
accepting the seed as truly in all  
rejecting all boxes of concepts as reality  
whether called “spiritual” or “material”

leads to vitality richness true wealth  
*enlightening* our expanding living being  
while *lightening* all bubbles of loads we carry  
from culture education time and place  
to ongoing joyousness free!

the only thing needed is vision:  
to knowingly live both seed and apple  
reveling in this all as one!

as ego soul and archetype  
of this omnipresent cosmic mind  
offered willingly at the altar of Absolute-self O liberation

merges freely into one...

wherever we go on our journey  
we are always offered a choice:  
to ally with conditions projected unconsciously  
or align with the *source* of conditions fully

supporting each step of our essence aspiration  
to cross over this relative sea of illusion!

*January 1, 2018(cont.)*

3

as the flowing cosmic yajna-sacrifice  
of Krishna Shiva Buddha Jesus  
of each and every ant and you and me  
upholds the universe perpetually  
sprinkling sparks of shining warmth throughout our world  
here for us to feel know see

lovingly...dissolving dross  
with compassion for all beings...

and we each can participate knowingly  
wherever we happen to be  
first as appreciative receiver  
then as fountain of giver  
combining circular without bifurcation  
no beginning...no end...Aum!

*January 2, 2018*

## 34

*Vedic study and practice  
austerity and giving  
all offer the fruit of merit*

*while the yogi attains  
beyond all that  
the supreme abode everlasting*

---

*BG 8:28*

## ***Uniting Veda and Vedanta***

*(for Swami Vedakananda and Swami Chinmayananda)*

to live the wisdom of the cosmic form whole  
while living in the body on earth  
is the merging of Veda and Vedanta

to live the sacredness of each and every element  
while living in the form body consciously  
is the merging of Veda and Vedanta

not simply chanting mantras  
that bring down fertile rain  
or offering ghee to the sacred fire  
but by embodying this purity  
inherent in our body-mind with wisdom  
while inhabiting this human form now!

here is the sandhya cross roads  
sacred meeting place of Veda and Vedanta  
Sankhya and yoga  
wisdom and Tantra  
philosophy and practice  
all combined as one

first the higher must be separated from the world  
in order to leave it behind  
this first step task of yoga  
purifies worldliness from body and mind

once we are steady in virtue instinctively  
peaceful contented equal-minded relatively  
with worldly purity naturally here  
from the loving divine descent-ascent  
for the good of our self and all beings

now ego gradually dissolves in knowing  
serving the welfare of all simply...

capacity for jnana siddhi  
soon enters center stage  
serving solely the divine within  
embodied within all universally  
spontaneously offering for the welfare of the whole...

so the bliss the yogi strives for  
now placed in its rightful place  
not as fruit of his practice to be wrapped with ribbons  
but as simple side effect reflection  
of his effort of aspiration so natural  
on the upward journey evolving called time

now the bliss of earth reflecting throughout  
this subtle perfume smell  
once veiled by the gross impurities of earth

the bliss of water reflecting through  
the mind of the tongue of taste  
our precious nectar amrita...showering everywhere

the bliss of fire these sparks of light  
emanating rays illumining beyond tummo<sup>40</sup>  
to inner vision more real

as the bliss of air reveals shockingly powerfully  
this deep prana mystery of our true identity  
when we live without breath for a time

while the bliss of ether container of all  
serves as blessing foundation for this sacred totality  
invisibly pulsating secret sound continuously  
O flute...O tanpura...Aum!

offering receivers the unique opportunity  
for the pristine purity of emptiness crystal clear  
for compassionate-wisdom to reveal simultaneously  
within our human heart expanding  
transforming gradually  
unto our universal sacred heart

performing this—our allotted task on earth  
for which we each are born!

with all levels now interpenetrating-vibrating  
pure love from the source of creation  
no longer a band of the conches of cacophony  
each tooting his own separate horn of division  
but a harmonious orchestra of one

---

<sup>40</sup> the name of a yogic process in Tibet of keeping the body warm in winter. for ex, Milarepa wore a simple cotton cloth comfortably throughout the chilling snows of high elevation winters.

transporting us back to our divine possibility  
this omnipresent moment of manifestation!

as our eternal abode uncovers her veils—  
*we are home!*

how can there be fear of death  
when we know surely we are not each separate wave  
but one with this ocean completely full!?

Veda is the process of evolution for the cosmos  
Tantra is the process of evolution for the person  
Vedanta is the process of wisdom all encompassing  
ever penetrating the mind and heart of man

unifying all paths and peoples continuously  
in fullness mysterious replenishing spontaneously  
unto pralaya both personal and cosmic—so efficiently!

till Mother Maya is needed no more!

*January 4, 2018*

## 35

*performing his work for Me  
seeing Me everywhere  
as the supreme throughout all*

*with love free from attachment  
without enmity toward any being*

*this devotee surely comes to Me!*

---

*BG 11:55*

## ***Insights Worth Remembering***

the socket keeps breaking  
since the heater adapter-converter plug is too strong  
to transform the force of the current  
from the weaker socket

likewise:  
we each must connect directly  
to the source of electricity ultimately  
without false reliance on any method or intermediary  
O ego!



nearing the finish-line:  
if in meditation thoughts continue marching  
we must focus-see the source of thought itself  
from memory to mind to cosmic-antahkarana

*dissolving all universes unto whiteness...*

only if seeing remains incomplete  
might we try melting each thought individually



what we know in whole akasha  
can be forgotten in the kingdom of bhakti until

akasha wholeness purity is lived ongoingly consciously  
through all O prajna!

mistake not knowing wisdom jnana  
that responds to all questions inside  
for conscious integrated awareness prajna  
that lives knowing-seeing whole always O Atma!

as leftover segments of separation unite!

*January 5, 2018*

## 36

*remembering me always  
in loving devotion of mind-soul fully*

*invokes ongoing yoga with ease  
uniting with me naturally*

---

*BG:8:14*

## ***The True Jnani***

perceptions of senses may vary  
according to input from mind

perfume smell or odor of dog poop  
with dull mediocrity in between  
culling our memories of joys and sufferings  
along the way...

perceptions of intellect vary  
from theories of knowledge to experience of bliss  
depending on our path

revealing our illusions of life and death  
while the divine overseer smiles...

each body a creation of the elements of maya  
formed by mind-predilection concentration  
perishable...creatable

and the divine overseer smiles...

for whether we arrive by train or by plane  
according to proclivity of conductor  
what's really important is our process-destination

knowing it's always here!

so all the varied trainings and ways  
available in this world of change  
magnetizing our gluey attachment

(like the Brahmin attached to his habit of caste  
or the businessman to dollars divine  
or the baba attached to his act of begging)

maybe can support the process of the ride  
but carry no intrinsic merit enduring unless—  
we view it all as our journey of evolving unto

what-who we really are!  
*may we each write this line for our self experientially...*

from wakefulness to sleeping  
from dreaming to accomplishing

from living to dying to being born again  
we simply live everything whole...

sifting through volumes of wisdom  
the sages have shared along the way  
reveals some strands worth remembering:

*-this whole universe is the Absolute  
sarvam khalvidam Brahma!*

*-consciousness is the Absolute  
prajnanam Brahma!*

*-thou art That  
tat tvam asi!*

*I am the Absolute  
Aham Brahmasmi!...*

it matters not what we do or say  
when we simply know everything's whole

view each scene as part of one whole  
sustained through the breath  
of loving consciousness alone!

as the sweet dog of dharma returns for more food  
until food is needed no more...

*the true jnani lives not through explaining the parts  
but through loving the one in all!*

from Rama to Krishna...Shiva-Sai Baba Buddha-Jesus  
from Hanuman to Devi...amrita-dog poop drunkard-guru

embodiments of love now connected with awareness!  
loving the One in all!

and when this devotion nature is wholly conscious  
not simply instinctive like the dog's  
our human nature merges in our man-god fully

as Shiva returns to the place of his birth  
loving God in all...

*January 6, 2018*

## 37

*whoever finds joy in the self alone  
satisfied in the self  
contented only in the self*

*for this human being  
no more working-action is necessary*

---

*BG 3:17*

## ***A Real Offering***

we strive to become a master of maya  
in our small self-world until—she becomes our friend!

once partnership is formed  
vigilance is required to maintain the relationship  
for Shiva consciousness must remain ever awake  
to gain full respect from Mother Nature...

when we both understand each other somewhat  
things go smoothly...living feels contented meaningfully  
as our field expands to include the whole world...

nothing more is required than sakshi  
our precious witness-link to all  
for when maya experiences our presence divine  
she too joins our loving consciousness!

only when Shiva is far and distant  
does this cause her mechanical breakdown  
that uses and abuses her children  
based on our treatment of her O karma  
that all be washed pure and clean...

so in this glorious play divine  
Shiv-Shakti help each other  
conjoined in mystical harmony

we too can assist in varied concrete ways  
or simply maintain this awareness

ever realizing the only real help we can offer  
is to show all children *how* through our *being*  
in an honest and open wholesome way  
*awakening our deepest motivation-aspiration*  
*to be free!*

free from the powerful clutches  
of lethargic automatic pulls  
and incessant compulsive activity  
of this illusory mechanical machine called maya...

freeing our own small self from her spell  
also liberates a portion of the world from her grasp  
and Mother Nature thrives

while the teaching tricks of maya  
and the loving appreciation of wisdom  
is needed no more...

life ever continues  
as death in life and life in death  
is

accepting all levels of behavior in each  
especially in our own baby self  
offers no scope for disapproving-disappointment  
for we each are sparks of this one soul supreme

living loving manipulating giving  
expressing surviving spacing-out growing  
into who and what we *really* are!

as life lives being-consciousness continuously...

*January 8, 2018*

*I give you what you ask for  
until you ask for what I have come to give...*  
Sai Baba

## 38

*those devotees who worship you steadily  
with mind ever yoked in you immanently  
seeing you in the whole universe of forms*

*and those who worship the transcendent  
unmanifest formless Absolute*

*which path is the swiftest yoga?*

---

*BG:12:1*

## ***Bhakta and Jnani***

on the level of bhakta who works for me fully  
he can see his samskaras with little understanding  
and simply love

for in the end I pluck him unto Me...

in the space of jnani jivan mukti  
purifying prarabdha while working or being  
without an ounce of doing

samskara energy serves no more  
for transforming our dross into gold  
as personal vasana lives no more

while our emptiness gets filled continuously constantly  
by the light of My powerful loving energy  
to purify the cosmic form...

whether reaching up in ascent of bhakta  
or flowing down in descent of God Swami  
O Lord of oneself!

both bhakta and jnani are always fulfilled  
in our own fitting dharmic way  
in our own time...in our own place  
in the space of the heart of buddhi

*the way of wholeness intertwining*  
where bhakti and jnana are one!

*January 8, 2018*

*whoever knows me  
in all clarity  
the Supreme Self*

*he knows all*

*worshipping me  
with his whole being*

---

*BG:15:19*

## ***All One Jnana***

tantra reveals  
the relativity of existence  
enroute to one

advaita shows  
unmoving oneness behind within all  
present now

bhakti exudes  
love pervading this immanent blissful reality  
ever here

jnana intones  
that experiential wisdom whole  
available presence

our divine totality full-empty always!

*February 3, 2018*

**40**

*see equally  
a brahmin endowed with learning and humility  
a cow, an elephant, a dog and an outcast  
with the same steady equality*

---

*BG 5:18-19*

## ***Insights from Ancient World***

dream a man tells me of a certain civilization on earth  
and my research discovers it's 250,000 years old  
with highly intelligent people who actually existed!

as the fascination of exploration increases  
I realize on awakening it's all only maya  
in dream or waking just part of the world of change  
civilizations come and go always...*live only the root!*

as *it* sees truly, I the self am now the enjoyer  
of the physical world of Mother Nature  
with her precious bounty of chirping birds  
tasty food and swimming through seas of stillness  
learning from all manner of beings

and especially the joy that comes from insights so deep  
*they serve to create the universe anew!*

as you too realize truly  
"I am the creator of this universe"  
the point where our worlds meet is a crossroads  
of influence that can go either way  
according to our subtlest inner power  
or gross mechanical thoughts and actions...

so be impermeable to the lower  
while ingesting only what is to be gleaned  
all in the knowing that  
*none of it is real!*

be impermeable to the higher  
while eating its joyous insights so subtle  
realizing it's only a part  
and none of it is real alone

yet all of this is wholly real as this all pervasive totality  
permeating all and everything of this all too human mind  
unto steadiness ongoing

rejecting nothing  
including the strands of everything  
transcending all—  
unto the fabric of truth everlasting!

*February 10, 2018*

## **41**

*among great rishis  
I am Bhrigu*

*of words  
I am the One...OM*

*of sacrifice  
I am japa yajna*

*and among stationery objects  
I am the Himalayas*

---

*BG 10:25*

## **OM Return to the Source**

what is the difference between  
mechanical action based conditions-conditioning  
and instinct?

instinct is pure...direct  
directed by Mother Nature for her beloved animals  
close to the Source

when the Source and Mother Nature intertwine  
we humans live our true nature

the primal sound...the first sound  
before automatic babbling from the tower of Babel  
is OM

OM helps us return to the Source  
our real nature before the beginning  
ever present

*cuts through all conditioned babbling!*

the unsullied natural instinct of a human being  
is to uncover our true nature  
our God nature

and live it  
wholly integrated as Devi Nature-Supreme Purusha

simply live...

to be free  
independent of all conditions inner and outer  
is liberation...OM!

*March 21, 2018*

## 42

*the same  
to enemy and to friend  
in honor and in dishonor*

*in cold and heat  
and pleasure and pain  
the same*

*free from attachment!*

---

*BG 12:18*

## ***Initiations of Love***

first conditions bring it out:

a mother's caring...chirp of bird...wagging tail  
awesome chasm and snowy peak  
stillness so deep you can eat it...

ocean's roar...a might wind  
wondrous merging of minds and bodies  
this eternal gift of creation

first sacredness outside  
evokes normalcy inside  
empty...open...full

and love proceeds to make herself known...

once claimed  
this...our inalienable gift of life  
can never be taken away!

for now we know  
love depends not on anything outside  
lives within always influencing our seeing  
can be shared with all  
under any circumstance...any time...any where

coldness...cynicism...jealousy...greed  
political divisiveness spreading tentacles of discontent  
cannot affect this love

*for she is independent-everywhere at the same time*

O indomitable force!  
nothing can invade your sovereignty!

this King-Queen of the universe  
lives here always...ever accessible  
determining our experiencing

while partial expressions of her boundlessness  
can often lead to sorrow  
when we reclaim her all-pervasiveness  
living in and out  
only bliss...inviolable wisdom

wholeness...the one true insignia of love

taking in all unto itself  
giving out freshness transformed  
no boundary...*to* all...*for* all O Devil!

thank you O chirping bird!  
O how I appreciate your wagging tail!

as even the coldness and cynicism  
of this very strange neighbor helps me to see  
love's true supremacy!

intimidation impossible now  
as wholeness reigns supreme  
the natural process of life living love...

*March 22, 2018*  
*Gokarna*

## 43

*the relative world of change  
is conquered even here  
by those whose mind is established evenly  
in equal-minded harmony*

*as Brahman is wholly pure and spotless  
the same in all  
so the realized soul remains  
in one pure Spirit...*

---

*BG 5:19*

## ***Loving-Emptiness in Rishikesh***

Mahatattva...Atman  
the great foundation of life inside  
will not let me forget her equality...supporting all!

knowing this  
we bring the love of the universal force of life  
to each and every going and coming  
to every time and place with all her levels of beings—

as one!

the crazy naga baba actor  
carries this foundation ever accessible  
allowing us to share and uphold  
the love of the universe

so let it be all there is!

noise exists not...  
even the wings of bird  
a simple cell of approximation O inspiration!

as the whole pure love divine  
of this whole sacred universe of mind  
no matter what the manifestation

gains precedence over all!

*April 12, 2018*

## 44

*with the completion of many births  
realizing all as Vasudeva  
this Atman immanent in all*

*the wise one comes to me...*

*so unusual is such a great soul!*

---

*BG 7:19*

## ***Projection is Creation***

she projected her hopes and aspirations  
and everything good  
onto a river O Ganga  
like we project everything onto the world

so Mother Ganga exudes love!

our karma is the projection of our vasana  
onto the world  
our destiny is the culmination of our actions  
returning to us in the world

the totality supports our thoughts and actions  
presenting infinite possibility  
from our ideal of Truth to heaven or hell

for what we see out there  
is what mind seems in here  
as life continues...

and with no more projections of creation  
life seems dull...no more interests...  
this surely requires a new quality of experience—

*knowing-loving-accepting-being equally...through all!*

easy to enjoy  
with goals of energy here  
difficult to revel in  
unless our enthusiasm now subdued  
smiles all encompassing assuredly with love  
our very own self aha!

O Buddha nature expansive  
O Rama O Shiva O Krishna

*loving consciousness swallows all projection!*

*April 14, 2018*

## 45

*remembering That  
established in That  
their soul is That*

*those whose impurity  
has been dissolved in wisdom  
reach the supreme goal:*

*no return again!*

---

*BG 5:17*

## ***The Human-Absolute***

if we wish to remain human  
we cannot embody Brahman wholly  
but it is surely possible for humans to know  
*I am Brahman*  
while continuing to live in the world

bringing the Absolute into life!

the gift of Buddhi Yoga  
is our ever knowing consciousness  
loving its own self  
throughout each and every manifestation  
of the world of change...

O Lord of this self!  
live this remembrance always ongoingly!

*April 15, 2018*

## 46

*conquering the senses  
content with knowledge and wisdom  
steady and harmonized*

*to this yogi  
a clump of earth and stone  
and gold are equal...*

*be one friend or foe  
good-hearted, neutral or hateful  
relative, saint or sinner*

*he treats all equally...peacefully*

---

*BG 6:8-9*

## ***Eating Mutual Influence***

when the whole is here naturally consciously  
no thought no sankalpa  
Absolute influence is

caring for another  
wanting to alleviate his pain  
brings prayer

causing his negativity to enter you  
and your wholeness to enter him  
you carry his dross for a time  
unto dissipation

upholding higher energy  
its influence spreads  
bringing release spontaneously

to the degree one's insides are pure  
no negative influence remains

others respond to our inner authority  
when we live this wholeness naturally  
for protection is the harmony of our innate purity

learning the art piecemeal step by step  
is divine alchemy of the spiritual scientist

learning intuitively experientially  
no premapped path or outer guide  
is for the self exploring jnana yogi

after so much study and many seeming paths  
the highest is ever inviting us:  
*go direct to the highest...all one path!*

with the blessings of the guru  
no intermediary needed  
this whole self only with detachment equally

as the guru reflects this omnipresence inside  
One God only...always everywhere here!

and the Atman views all mutual influence...

*April 18, 2018*

**47**

*seekers striving  
see him dwelling  
within their own heart*

*but those without refinement  
and pure contemplation  
see him not*

---

*BG 15:11*

## ***Glorious Fish of the Ganga***

all our varied opinions and ways  
simply projections of our level onto life

when we are pure then we are whole  
no more projection...no more creation

living diverse opportunity for projecting  
that through seeing it all can dissolve

no lopsided spouting  
or intellect verbalizing mechanically  
only pristine purity  
uncovering the flaws of its former motivation...

so live through conditioning consciously  
no maya enticing toward action  
throughout all inaction in action

so many fish in the Ganga  
big and small and frolicking  
no one allowed to eat the fish  
live simply with knowing-understanding...

thus the empty foundation of creation  
is filled with infinite possibility  
when loving consciousness lives

beyond-pervading-supporting  
each separate individual fish  
prodding us upward and forward  
to uncover this equal foundation  
underlying all fish and butterfly

nourishing all beings so palatably  
through the curly locks of Shiva purifying

as this precious exchange of energy  
from heaven to hell and return  
coalesces unto one splendid whole:  
loving consciousness loving all!

and when we each uncover the root  
pervading each fish jumping smoothly  
only peace remains...stillness knowing loving

while throughout all our valued action  
lives no more need for action...

*April 21, 2018*

## 48

*light illumining the whole world  
shining in the sun  
in the moon and in fire*

*know that radiance as mine!*

---

*BG 15:12*

## ***Ganga Shakti Melting in Consciousness***

when shakti merges in consciousness  
how can we say it lives no more?

for ever here  
bringing timeframes together  
bringing wisdom to consciousness  
and consciousness to forever O self Paramatman  
unto stillness!

stray dogs like thoughts  
lick the remains of old ghee used for worship  
before romping through streams  
of the river of forever...

*April 23 2018*

## 49

*letting go of egoism  
arrogance and violence  
desire hatred greed*

*peaceful  
no possessiveness  
or feeling of “mine”*

*one becomes fit  
for being Brahman!*

---

*BG 18:53*

## ***Being Human As Three-Brained Being***

from the influence of reptilian brain  
mechanical coldness stalks the earth  
upholding all divisions

cut the cord of divisiveness with caring  
and see the ice cubes melt!

from the influence of mammalian brain  
obsession with sex dangles heavily  
love and attachment intertwine unthinkingly  
while “I” and “mine” entrench infinity  
smothering the possibility of immortality

our only remedy comes  
from living loving universality!

from the influence of the human brain  
our frontal lobe gains pure intelligence  
with inner purification

familiarizing our self with reason  
first learned from logic inference or simple common sense  
later from feeling innate intuition so deep  
it burns all dross away

helping us know from inside out  
all manner of answer to questions  
all snippets of wisdom to be gleaned right here  
unsought unplanned unclinging

informing us now of this  
expansive universe of mind—pure luminous clear  
granting the self confidence of wisdom always here

*direct from the source of life!*

equalmindedness prevails...peace ongoing  
inner knowing lives...

may this one influence called Truth so tangible  
ever serve to uphold the universe  
embracing others in its grasp

offering all possibility ever purifying!

and when we are human fully  
the animal no longer influences  
all can exist side by side in mind-body  
while only sakshi-witness is

overseeing this varying kingdom  
of human-divinity sublime  
reveling in loving being  
unto full dissolving O Devi!

*April 23, 2018*

2

*Being Human Transforms into God-Man*

with readiness from purifying  
this noble human nature can affirm  
who and what I am knowingly

not mechanically from technique  
and mental feeling knowledge mainly  
but fully consciously... Atma bhava!  
self feeling knowing contemplating itself as itself  
O presence!

comes only when time is *now*...

this return to our one true nature  
of *wholeness silence light*  
permeating all cells of one self

acknowledging the same God nature of "other"  
as cell of divinity knowing itself  
*created by consciousness only O cosmic form!*

allows for rightful discrimination of level  
if we wish to see with discrete understanding  
for all level is illusory only  
while cells continue to perform their function  
at each and every step  
pervaded by light

and if we wish to write this poem consciously  
ego does need a silent place  
so it's OK to request our noisy other cells  
to inhabit some other space of Mother Nature...

and if said with loving-pranam-appreciation  
all are blessed in the process!

as the baby tiger found in a paper bag  
and petted lovingly before sending him back  
to the infirmary for adoption  
is beginning to grow up O Shiva!

while each and every cell  
is acknowledged as teaching  
leading us back to the return  
of oneness-loving-light all pervasive

singing the *Song of Oneself* O Walt Whitman  
the free wayfarer now...in a far more inner way!

and the Ganga flows on in stillness  
nullifying bacterial toilets and illicit industrial waste

dissolving all impurity  
from the myriad of sinners who pray here  
embracing in love so fully

from material Indians who cling automatically  
to old vestiges of ancient heritage thriving formerly  
not realizing why or how

to innocent westerners coming here to study “yoga”  
in full sincerity without yet realizing  
they are really learning “physical fitness”  
which can also be viewed as a timely “prelude”  
to merging the soul in our true God nature  
to know who we really are!

so many steps in the process of living  
and loving and cleansing and knowing  
dissolving compartments along the way  
unto the sheer oneness of blissful light!

all these O Ganga you purify  
unto each and every gradation!

completely as possible no differentiating  
lovingly silently sharing your being  
uplifting all steps from the lokas of heavens  
to now and forever eternally one!

that our self called God simply sit and see  
all its steps of administering this universe  
so coolly so naturally...

just being in movement and stillness  
like Kali and Gayatri  
like Shiva and Shakti  
while loving so consciously our whole body of divinity

including all cells of diversity completely  
in full detachment-attachment illumining—

the One!

*May 16, 2018*

## 50

*Arjuna said:*

*Supreme Brahman art thou  
(without form or substance  
pure consciousness*

*and with form  
embodying all attributes  
and divine glory)*

*the Supreme abode art thou  
the highest purifier  
the eternal Purusha*

*the sole deity from the beginning  
unborn...omnipresent  
Lord of all!*

---

*BG 10:12*

## ***Being Nothing***

coming so near to Brahman  
from consciousness so still  
merges with ego creating the world  
destroying the world...maintaining the world

all through the power of mind  
the elements come into being  
better from pristine purity...

so long as life lives in the body  
our task just seems to be  
living the roles Mother Nature carves out for us  
knowing fully they are simply one whole

interpenetrating transcending ever loving  
our sacred dwelling place here  
while offering the power of emptiness to life  
spontaneously gently secretly naturally

neutralizing the configuration of elements  
unto silence so motionlessly...

the purpose of human birth:  
to participate in bringing Brahman to life  
that this earth live a higher intensity  
through loving consciousness here  
no doing...no planning...just being

for who is giving to whom?

it's good to be nothing completely  
even if only in mind  
that we might come to know so consciously  
how to value this embodiment truly!

*April 24, 2018*

## 51

*there are two Purushas in the cosmic form  
the perishable and the imperishable*

*all nature's beings are called changeable  
while the kutastha steady as an anvil  
does not change*

*but the highest self  
called the Supreme Spirit  
the Lord of eternity  
pervades the three worlds  
while upholding them*

---

*BG 15:16-17*

## ***Cosmic Form is Brahma Loka***

when we live in the cosmic form  
we are already in Brahma loka  
creation occurs by thought  
energies exchange automatically

whether we like it or not  
we take in dross and give out purity  
bringing ever loving wisdom  
from the heart of the cosmos to beings

much of humankind knows not  
while many animals know...

it all depends on purity!

so what is the purpose of staying  
when liberation is ever here  
what is the reason for going  
when jivan mukti lives ongoingly

can silence get disturbed by noise?  
can love be dislodged by impurity?

can taking in dross of surroundings  
ever affect the Atma?

when you know what sits near you enters  
please O Mother Divine  
help this living space stay pure no matter what  
that your influence eat theirs without swallowing!  
in full faith that what is brought is perfect

accept what comes as Atman only  
and not just jiva O butterfly!

*April 26, 2018*

*steady dwelling place of Brahman  
am I*

*immortal...unchangeable...everlasting  
Eternal Dharma  
the Absolute divine nectar of bliss...*

---

*BG 14:27*

## ***Eating Brings Healing***

eating brings healing...healing is wholeness  
can occur simply by a pure wish for another?

when pure mind contacts filth  
purity eats automatically!

no identification with being a healer  
for pure mind itself is the healer

the one who learns techniques of healing  
might also purify his mind  
to crystalline oneness clarity light  
then no techniques are needed!

so return to the original intention  
that whatever He wants from you will be given  
to hasten our journey home  
O Brahman Absolute... O understanding divine!

it all comes from inner knowing  
not from levels to be learned or doing  
for that's just the realm of karma

being Ishvara...we know all  
anything can be accomplished through mind  
sat chit ananda living always—  
this Brahman ever here!

no more knowing is needed  
task on earth completed  
no desire to remain to help or experience  
express or serve or purify  
for I am That only! That am I singly!

knowing without knowing  
eating without eating  
healing without doing  
transcending while being—  
whole!!!

now games are no longer needed

*April 28, 2018*

## 53

*nothing else in this world  
is as purifying as wisdom*

*the perfecting yogi  
realizes wisdom in his heart  
in his self*

*naturally in time...*

---

*BG 4:38*

## ***Conditioning from the Cosmic Form***

just as individuals form habits  
based on personal conditions of inner equipment  
parents education time place purity  
so are we the causal body of god fate archetype  
working behind the scenes bringing “need” and desire

for empathy overriding habit-wish for quiet  
for compassion wanting to help humankind escape  
from maya...but only those who wish

for love the harmonizing unifier  
behind all diversity seeing God in all  
permeating all...*as* all

the collective pull toward sameness  
super strong in the cosmic form of maya  
since individuality exists no more...

*so the sakshi better be present*  
or else you get sucked in  
to whatever you come in contact with!

the witness can help us serve  
as Divine Loving Mother gives to Nature  
through helping uplift whoever we encounter  
in specific ways toward light

or the witness can help us serve  
as the knowing Father making moving roads empty  
of any possible conflict and doubt

whose presence-proximity lets nature's one light  
unite in loving emptiness  
transcending unto nothing so still...

before the Ganga descended to earth  
before hope infringed on silent mind  
before the curtain of desire  
covered reality from us

the river lived in heaven  
wholly untouched by need...

now after her divine descent

unscathed by need desire or the fall  
her flow will be maintained in stillness  
no ripple no current no riptide from mind  
solely refreshing cool

as green-blue coalesce with light  
and the sun gains full supremacy  
as words become the sole Word *OM*  
uplifting all mergers unto the cosmic form  
our one true home inside

the abode of peace is ever here  
can never be taken away  
cannot be added to or subtracted from  
our presence ever near...

when we enter the cosmic form  
our guru is surely our self  
our guru is surely God

while remaining ever available to be called on  
any time anywhere any name ever here!  
Om Sai Ram! Krishna!

*April 29, 2018*

*with me as supervisor so near  
nature forms the world from cause  
the animate and inanimate*

*thus the world revolves  
O son of Kunti...*

---

*BG 9:10*

## ***From Void to Real Creation***

a blank slate...empty like space  
subtle energies float within unseen  
awaiting the call to creation  
coming from our mind!

these subtle packets living here for ages  
support manifestation of the universe

first in the personal mind  
a wish emerges based on tendency:  
then collective mind responds  
bringing varied possibility-opportunity...

where what how is not so important as  
actualizing the thought into action consciously  
with a direct link to the source  
that a portion of movement dissolve into silence  
while acting

with desire fulfilled as an offering  
karma lives no more!

it happens like this continually  
over and over again until  
the person with no more action to complete  
now part of the cosmic form consciously  
with energies interchanging spontaneously...

eating being eaten...exploring and being  
groping toward meaning—understanding dawns!

*this interconnectedness of all people and things  
is a means of feeling oneness with God!*

this divine lover ever playing throughout  
all names and forms till all that we are is infinite-  
infinitesimal combining in transcendence

beyond all aspiration or fear  
simply here...being this one throughout all  
now shrunk into the voidless void  
until awakened once more—through love!

O personal maya of working through desire

O cosmic maya of exploring the universe  
unto wisdom ever knowing

leave measured Mother Maya behind!

no longer separate from universal love  
carry the Lord of the universe within  
wherever we trod O Krishna!

spreading love through being  
giving loving vibrations simply  
entwined in the light so naturally  
O wisdom ever here!

as Shiva-Shakti live united forever...

*April 30, 2018*

*with the third eye of inner vision  
know the difference between  
matter and spirit!*

*liberated from identifying with matter  
enter the Supreme!*

---

*BG 13:34*

## ***Projected Universes Respond to Questions***

is not this whole material waking world Brahma loka?  
is not this whole subtle dreaming astral world Brahma loka?  
is not this whole causal deep sleep god-world Brahma loka?

with one arrow pierce them all unto infinity!  
our place of return present *now*  
from whence we come to whence we go...

you can serve to purify through action  
you can serve to purify through thought  
you can serve to purify through being-knowing  
doing nothing...simply a cell of the infinite that is whole!

in infinity time matters not so it exists not  
those who see time in continuity return  
to clear away more impurity and wish unto nothing

those without questions feel no more clicks of the clock—  
only Om...

when all questions are answered already  
we know all answers exist in our mind  
as part of the sum total mind of all universes

no intrinsic existence is...  
projections only...living for a time  
only projection!

*the ultimate narcissism is clinging to our own projections...*

this whole show is our projection only!  
only pure emptiness experienced  
can have no projection  
not as idea but itself direct—pure emptiness!

then the return carries utter clarity  
all is void only...no intrinsic existence  
formed by the pure force of love Divine Intelligence

why would you possibly wish to stay here?  
to share this love bliss pure Divine Intelligence  
that through its magnetic pull  
more beings embrace our emptiness

why live empty?  
Truth so transparent  
that the whole concept of nature  
be she called prakriti or maya  
from the subtlest to the grossest *vanish* unto herself!

what we perceive is nature only  
a reflection of Purusha in the form of light bliss love  
beyond perception is nothing...

do I want nothing?  
do I want nature?  
do I want life or do I want death?

the ultimate dualism questions  
the ultimate consciousness responds:  
*no life no death—all one!*

the void sustains the life of light  
this life sustains the void of death  
ever interacting continuously unto eternity

in life mutual influence of levels interweave interact  
until we live the One...all levels melted into One!  
till then things happen  
collective karma continues knowing

to the degree we know we are one  
it affects us not!

when we live this Oneness only  
we are God-man—both human and divine  
when we live wholly unaffected by the changes around us  
we are God alone...not human...fully transcendent

dare I call the former Ishwara and the second Brahman?  
labels meaningless in the face of illumined emptiness!

the cosmic mind chooses for us  
according to our vibration  
acting through this individual mind

no choice is ours to make except  
striving to clear away dross  
that we embody our true nature always!

*May 5, 2018*

## 56

*whoever studies these sacred words  
with understanding  
actualizes jnana yajna*

*offering his living wisdom to me!  
(throughout each thought  
feeling and action)*

*this is my truth...*

---

*BG 18:70*

## ***Pure Insight Brings Secret Infusion***

purity is all pervasive-finer-clearer  
therefore more expansive  
this means it serves as foundation for life

with muddiness how can there be clarity  
or seeing expansion?  
impossible because too heavy!

so all universes exist at the same time  
supported-permeated by sheer purity  
the more the stains the heavier  
and lower the loka progressively

to the degree my world is pure  
it permeates your world...so separateness exists not—  
only one world!

our aspiration determines what we work for:  
do you wish to inhabit one world?

## 2

smooth white light energy  
overrides mind's intent to go out and write  
inviting me to see she's fully in charge!

why these energetic infusions keep entering me?  
from whence do they come?  
could they possibly be  
preparing this body for immortality?

the powers continue calling me until  
energy and light are one...

now no more lokas can penetrate  
for all is steady all pervasive  
no more movement into split-off part

or if some specific universe  
does in fact enter the mind stream  
never without knowledge of the whole  
ever permeating and supporting the show!

finer all pervasive impermeable to influence...  
itself as it is...ever here

depending on nothing

going nowhere

simply infusing the light of loving consciousness  
wherever we happen to be  
secretly...silently to all...

*May 10, 2018*

**57**

*be devoted to me  
fill your mind with my being  
offer all to me*

*conjoined with me  
embracing me as the goal Supreme*

*you will surely come to me!*

---

*BG 9:34*

## ***Intimations of Sathyam***

vastness so expansive  
lives within the heart  
beyond where feelings-thoughts meet

this city of light continuing  
beyond limits of groups chattering  
beyond fruit pits lingering I have thrown away  
clearing the way for stillness indiscriminating

when sense-mind completely merges in light  
and aspiration-action dissolves in sheer contentment  
peace carries the soul enveloping

flooding earth and sky illumining  
of its own accord...no effort

IT lives through me O Devi!  
THAT is O Purusha Supreme!

tapas-austerity essential in every way  
to offer the fruit of karma so pure  
that effaces all seeds of past potential thought-action  
while leftover causes melt solely in light  
*and karma lives no more!*

now wisdom knows all from inside...

the higher the more silent and expansive the meditation  
the purer the ongoing wisdom all encompassing  
the deeper the knowing the broader the loving  
with light shared equally with all!

*May 13, 2018*

## 58

*one gets attached to happiness  
through sattva guna*

*attached to action  
through rajo guna*

*while tamas covers knowledge  
binding one to uncaring  
and lack of vigilance*

---

*BG 14:9*

## ***Inner Guru Revisited***

the Lord of myself is always with me...  
when I say something that doesn't ring true  
he activates conscience-discomfort inside  
that consciousness find its rightful place

for truth at one level  
is false at another till only One is—  
as all old views dissolve...

the inner guru is conscience  
the inner guru is consciousness  
the inner guru is love

aspiring toward perfection fully  
good will...humility...forgiving...melting old habits  
dissolving all dross unto One!

*as the joy of divine energy thrives!*

for any remaining leftovers  
must surely be dealt with in time  
cleansing out specks from every single step

burning each and every seed  
unto immortality now  
O eternity!

whoever works in this way with self and "other"  
makes a very great contribution to life...

*May 18, 2018*

*through love he knows Me in truth  
who I am and what I am*

*knowing Me in truth  
he enters into my being*

---

*BG 18:55*

## ***Divinity Playing***

taking on the roles of beings  
divinity plays

sometimes clouded by foolishness  
sometimes by heaviness of the senses  
other times by flighty imaginations of mind  
mistaking good for bad and vice versa  
as stuckness in the skin deep shell of things  
covers truth temporarily

and when horrific things come  
bringing feelings of fear alienation and suffering  
this too is His play!

accelerating our opportunity  
to cut through falsity now and forever one day!

so all the simplest things in living  
whether reveling in the mundane  
or detached silently far away

each and every breath pulsating  
creates this divine opportunity  
for love and suffering and humor and wisdom

*that Supreme love infuse the vibes of the planet  
carried consciously by you and me!*

spreading expansiveness everywhere  
deep down in tunnels of mind  
high up beyond where all birds fly

mingling forever with past present future  
transcending creating maintaining dissolving  
now carrying sheer loving steady being—

essence now living!

*May 23, 2018*

*but the Supreme Purusha is another  
this highest consciousness-self*

*the indestructible Lord  
pervading and sustaining the three worlds*

---

*BG 15:17*

## **Truth Whole**

this perennial desire to  
keep things open ended...not get stuck in anything  
is the desire for Reality whole!

revealing...

not split up into canned segments of theories  
philosophies examinations or role

the depth beyond facts  
the love behind relationships  
the OM behind sound  
from cacophony to subtlest tone resounding...

the naturalness behind all dos and don'ts  
hows and whys  
brings the living possibility of infinity to our doorstep  
extolling this *one great love* ever here...

no matter how we express it dear Mother Shakti Supreme  
divinity is always here clapping her hands  
bringing glorious surprises unfathomed—

provided we are open!

knowing the part leads not to the whole  
unless understanding dissolve falsity of segment—

*with the mundane ever merging in the miraculous!*

return to the whole  
our true source of bliss  
throughout all understanding of part!

*June 16, 2018*

## **61**

*relinquishing all doership to me  
with mind centered in the self supreme*

*freed from hope and egoism  
engage in the battle of life actively*

*no anxiety!*

---

*BG 3:30*

## ***On Action in Life***

if your motivation to help  
is based on leftover seeds of rajo-sattva guna  
then go for it...work it through  
so no more residue!

if your motivation is based on compassion  
then live it thoroughly O Buddha-Krishna-Ishvara  
within and without ever here!

if your being-motive is anchored solely  
in the highest stillness empty nothing self  
then no need to act

and if you live on earth  
with the motivation of embodying the will  
behind all action O Lord of one self

then as each situation arises  
in oneness partnership act...knowingly...compassionately

with love intermingling  
supporting this living detachment  
never abdicating its equality with emptiness  
O Brahman!

no compulsion no compunction

while samskara of body-action  
mind-feeling-intellect-emptiness  
unite under the divine umbrella of life

that the crown of the Absolute  
reside in the earth realm forever  
no distinctions...

with each and every one of us  
honoring our own true nature  
throughout all worlds of stillness change!

*July 9, 2018*

*eternally in self-knowledge  
experiencing the essence of true knowing*

*this is called wisdom*

*while its opposite  
constitutes ignorance*

---

*BG 13:11*

## ***Matter and Spirit One***

Shivoham alone is too distant detached  
Shakti alone too mechanically attached  
while two joined together make one whole permeating  
steadily ongoingly lovingly  
bringing joyous detachment to life  
in all we think say do...wherever we go  
whoever we meet

*appreciating expansively this divine opportunity for life!*

so next time you encounter Shiva mind depression  
suggest that mind embrace dear Prakriti through action

and next time you see matter sunken deep down  
into the slimy trenches of emotional reactivity  
aversion desire or fear

call on Shiva your guide beloved  
that Purusha and Prakriti discover one another  
once more united freshly eternally...unto the finish!

Buddhists might express this same idea:  
emptiness alone devoid of compassion-wisdom  
remains incomplete  
just as compassion also requires knowing this emptiness  
underlying all intrinsic existence...

interfluidity of idea dressed in varied terminology  
all based on Truth...paving the way for oneness  
between religion philosophy and practices for the journey...

so if mind sees emptiness-compassion as one  
and Purusha-Prakriti as one  
then all real philosophies-religions stem from this source ONE—

our ever present root of the tree of life  
located deep within each heart  
ever creating the universe unto Divine Immortality  
O Ishvara O Buddha Nature O Devi!

*as we live loving consciousness eternally!*

### *Egret and Cow*

egret accompanies cow wherever she goes  
sky and earth together  
interacting interdependently like yabyum  
ever radiating light throughout the universe  
O precious totality  
sending rays of loving consciousness  
throughout empty infinity

that surely is not vacuum but simply  
an interdependent dynamic resting place  
of all subtlety radiating sweetly  
awaiting her mold into form...

first Shiv-Shakti create their partnership inside  
then yabyum informs our presence  
within this entire creation  
uniting compassion and skillful means with insight

spirit aligns with matter  
permeating each cell unto wholeness  
personal-transcendent...being all...loving all  
deep within the heart of forever!

*for what is known in mind  
creates this universe anew!*

from inner conception to outside formation  
unto the aeons continuously

as sky egret plucks nourishment from cow  
and earth cow is cleansed...

*July 30, 2018*

**63**

*permeating the earth  
I support all beings  
with my divine effulgence*

*becoming the life-giving waters  
of the moon  
I nourish all food of vegetation*

---

*BG 15:13*

## ***The Real Heart***

*(for Swami Chinmayananda<sup>41</sup>)*

for this heart to live as personal heart  
merged with the heart of the universe  
all separate memory and sentimentality by bit  
unite in loving consciousness  
bringing sweetness-warmth to life so steady  
always everywhere

as each old memory takes on the hue of honey  
under the eye of loving consciousness  
we transcend guna and karma unto subtlety

care not that thought still seemingly exists—  
only His play unfolding an appearance of memory  
that we know no longer affects us

neither with attachment nor detachment  
sentimentality or fear of stuckness in citta<sup>42</sup> itself  
simply drinking the beauty behind all thought  
and the emptiness supporting all preciousness  
like the bumble bee unto NOW

with the steadiness desired becoming complete!

so different practices exist at the same time  
and each of us utilize their group energy differently

for some teaching others dissolves samskara  
for others just feeling-knowing-reflection intuiting wisdom  
releases unto whiteness  
while for others simply bliss  
and for others sharing-distributing their energies  
with technical know-how or being

and for others simply witnessing what comes  
inside outside with no involvement  
bringing all pieces into alignment  
that one uncover this ever present foundation

throughout any dream weirdness of séance

---

<sup>41</sup> This great soul Mahatma who worked relentlessly to uplift human beings to self knowledge, in spite of serious heart problems, once told a devotee, “The doctors don’t know anything about the real heart.”

<sup>42</sup> thought both conscious and subconscious

or transformed sweetness of the mother  
or well-meaning inefficacy of the father  
all melt into the oneness of madhu-honey  
deep within the human heart supporting this creation anew  
now and forever unto the completion of change...

and the yuga dissolves into the closing lotus petals  
of bud on the belly of Brahma  
as the serpent without end O dear Adishesha  
returns to sleep...

## 2

when remaining facets of the one  
make themselves known to mind  
they melt down unto the subtle sweetness of One  
throughout all beings in this vast universe  
like a liquid continuous ever flowing with vibes of love  
our own self  
expansive unto the whole with no boundary

as the self melts throughout this universe called time  
we know there is no other

*all is this self only...*

to be for the whole is to be for our self  
to work for the whole is to work for our self

from equality to disintegration of boundary  
to One without distinction  
the love inherent in this sacred heart expands unto no periphery  
as Truth behind the teachings of Yajnavalka to Maitreyi<sup>43</sup>  
is experienced so lovingly by this onetime me...

## 3

is nothing also a stage  
in the evolution of the universe heart-self?

---

<sup>43</sup> *Brhadaranyaka Upanishad* relates sage Yajnavalka's parting teachings to his wife Maitreyi. After informing Maitreyi about the property wealth he's leaving her, she informs him that she wants the real wealth, the only wealth that will end all sorrow. The rishi then proceeds to offer her his Knowledge: The husband is loved for the self and loving the wife is as loving the self. It is the Atman that is loved and the Atman that is loving...

certainly

after all dissolves unto purity  
nothing-emptiness serves its purpose  
as foundation of great nature to be returned to  
before the start of next yuga  
with its leftover collective specks

so we're still functioning in the natural world  
of cause and effect in a way  
even in nothing...

is nothing equated completely with empty mind?  
then what is beyond nothing?

Mandukya reveals that only a quarter of Himself  
creates the living universe  
 $\frac{3}{4}$  of Himself remains unknown O Brahman

can u explore what remains beyond knowing?  
impossible...

only knowing being totality can know  
only transcending the totality through *being*—

cannot be approached by thought or even intuition  
where there's nothing to  
approach or understand...become or merge in

just be it! what we are!

even in knowing-stillness-action  
questioning thought seems needed to transcend thought  
in full finality!

because the human heart cannot contain the love of God  
it must *be...live* the heart of God O Absolute!  
live our true identity not only as His but our own

sending the love of the universe and beyond  
within the heart of emptiness  
now being lived through actionless action

(at least in this precious expanded moment of intuition!)

*when emptiness and love*

*uncover their resting place together  
then Purusha and Prakriti are one  
O Paramatman!*

so the love aspect of heart  
combined with earth-sky wisdom of heart  
alongside akasha's boundlessness  
ever present in our heart

offers the gift of loving-wisdom-infinity  
O immortality  
in personal-transcendent...loving-detached  
vast while here  
transforming this one time person to  
her true center of gravity ongoingly

while the seed of eternal continuity  
rests within the heart of humanity  
in loving wise infinity

*waiting to be lived by you and me!*

*August 4, 2018*

## 64

*three forces of matter  
seemingly bind the imperishable spirit  
to the body  
O Mighty Armed Arjuna!*

*whoever loves me wholly  
and acts with me unswervingly*

*is molding his will  
to cross beyond the gunas*

*unto the Absolute Brahman!*

---

*BG 14:5, 26*

## ***Earth Blossoms Pink in Springtime***

young Krishna so playfully invites  
offerings of emotions and thoughts not yet pure  
dancing unto the loving consciousness of bliss...

empty Shiva consumes all our suffering whole  
and lets it remain in his throat  
serving as fuel to purify space

not simply a cloud to be seen  
that our soul be fully clean

as witnessing consciousness expands its vision  
throughout the space-time continuum

bare to the bone!

focusing on Vishnu-Brahma creation  
unifying toward expansion-contraction dissolution

with each personal contribution so lovingly to all  
dissolving our inner impurity

that the earth blossom pink in springtime!

the name of the process called paths matters little  
simply embrace and choose your own  
while living deeply and truly toward One!

only in the last hurdle of finish line  
can the confusion of crude imposition of method  
be forgiven

that all techniques and ways of performing  
transforming dissolving annihilating transcending  
serve as fuel for the last great ascent

unto unity!...unto emptiness...unto...  
embracing all empty! lovingly...wisely...skillfully!...unto...

*September 6, 2018*

*I am death that devours all things  
and I am the source of the emanations of being*

*of His Goddess qualities I am fame, prosperity  
noble speech, remembrance, direct divine intelligence  
steadiness and loving forgiveness...*

*and I am the seed of all beings Arjuna*

*nothing either moving or not moving  
can ever exist without Me!*

---

*BG 10:34, 39*

## ***Simplicity Becomes Philosophy***

when we know everything as empty  
including our self...  
(for knowing is a projection of our self)

what about joy?  
is this too empty ultimately?

does it stand alone self-created  
or does it depend upon something else for life?

as a speck of all energies of the universe  
does joy emerge from the backdrop of emptiness  
or does it exist always on its own?

what about consciousness?  
if the world could not exist without the merger  
of Purusha-Prakriti Shiva-Shakti

is it not mind-induced folly  
to attribute the division of consciousness to Purusha  
and world of matter to Prakriti throughout living?

and does Adishesha-Mother Divine  
always live now in subtle form within the Mahayuga  
waiting to evolve?

yes...and She too is surely conscious!

from the perspective of life world and Sankhya  
the subtlest form of matter Mula Prakriti exists always  
side by side with the Supreme Purusha

but surely there comes a time  
of co-emergent intermingling called life!

for yoga is always here awaiting the divine return  
to redeem all parts unto one...including consciousness!  
nothing-joy one...life-death one...

so allow Her vast beauty unfolding  
to enter the forms of the world  
and embody this grace always

throughout all yuga

throughout all embodiment  
*unto the heart of the finishline*

all one life!

and the one man Supreme Purusha smiles...

*December 10, 2018*

**66**

*seated in the heart of all beings  
am I*

*from Me comes memory knowledge  
and their departure*

*knowing all things knowable  
of Nature-Veda*

*and creator of their end  
Vedanta*

---

*BG 15:15*

## ***Graduating from Architecture School***

we are each architects of the universe  
not only our own but the whole for all!

on the gross level contributing to  
beauty-purity-nurturing...ugliness-greed-hatred  
and all gradations in between

that form our five elements: waters...trees...soil...air...space  
depending on how we care for them...

on the subtle level contributing to  
their transformation meltdown  
with its subsequent manifestations subtly:

of joy-sorrow and the opposites  
of raw emotions to finer feeling lurking in our mind  
entering space unseen...

on the causal level contributing to  
the demise of Egoism archetypally  
to the degree we each dissolve its mind-intellect causes  
in this seed self

through insight personal-philosophical-total...to Truth

and the whole cosmos benefits  
wiping out all traces bare to the bone!

when all this has been effected  
for person earth and sky...it is offered once more willingly  
sincere from our heart and intellect now pure

to the whole so lovingly...that has been called Ishvara!  
(but we need not call it anything)

since the Lord of the cosmos is the Lord of oneself  
to the degree we know it through actionless action pure  
we become Him!

participating-directing the drama of life  
with loving detachment  
now living creation consciously for all!

*January 5, 2019*

## 67

*action is always performed  
by the qualities of Nature*

*yet the foolish egoistic mind believes  
“I am the doer”...*

*but the Great Souls  
ensconced in the Nature Divine  
worship Me one-pointedly*

*dedicating their mind fully*

*knowing Me perpetually  
as the source of all beings!*

---

*BG 3:27, 9:13*

## ***Nature's Fulfillment***

whatever we do and have done  
every talent we live  
all gifts from nature that continue  
belong to nature

whatever comes from ancestors environment  
experiences we happen to encounter  
coupled with essential inner efforts we make:

all cells of One that can be called Nature

so why be proud O ego?  
why be anxious O ego?

you exist not!

only nature pulsing through you  
combining with filtering experience in a particular way  
that is also nature...

as the emphatic wisdom of nonexistence  
permeates shells of body and mind  
we see the futility of past egoistic struggles

for Mother Nature surely cares for us  
prodding us gently every step of the way

awaiting the precious moment  
when we fly weightless...forever!

Her one-time burden now fulfilled...

identity from DNA and environments in time  
can be altered by the quality of contacts...  
experience...impressions imbibed

leading us to Great Nature-One Self alone  
inviting us Home...

*and false identity goes!*

*January 6, 2019*

*I dwell in the heart of all beings  
memory knowledge and leaving them behind  
originate only from Me*

*and whatever is known by the Vedas am I  
as also the creator of Vedanta*

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*BG 15:15*

## ***Withdrawing Cosmic Projections***

just as every aspect of inner human being-  
antahkarana<sup>44</sup> must be brought back to One consciously  
including mundane memory

so each and every human being  
with all our different roles in times and places  
can return to the One Cosmic Man knowingly  
O Purusha Supreme!

for in origin we are this One only...  
and all times and places are simply  
projections from the One

we come from Om and return to Om  
beyond all idea of pleroma

whether creation be projected initially  
from sound or light or consciousness  
all creation returns to its seed source presence

incipience from the eternal beginning ongoingly  
for each of us to access with readiness

as personal purity becomes empty fully!

may these wondrous intuitions  
placed inside this onetime me  
by Divine Mother-Father directly

or through experiences “intermediary”  
including contacts with teachers known and unknown  
and all manner of beings and places and impressions

be fruitful for all!

*January 7, 2019*

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<sup>44</sup> mind, intellect, ego, memory, consciousness.