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# Journey Into Spirit

*poetry of pavan*



pavan

# Journey Into Spirit

## Introduction

### **Journey Into Spirit** by Paul 'Pavan' Keetley

Is a poetry collection written over the 30 year period between 1982 and 2012 whilst Shri Mataji was alive.

'Pavan' as he is known now began writing this poetry because he was inspired to do so as a new Sahaja Yogi and as a disciple of Shri Mataji Nirmala Devi who was 60 years old in 1983 and a great global spiritual leader. Shri Mataji was born 21/3/1923 and passed on 23/2/2011.

Pavan's Poetry is arranged as it was written over three periods. It is lyric poetry of four types or categories with differing points.

- 1 – Self-reflective, introspective, self-observation and self-talk.
- 2 – Recollections, descriptions of subtle, inner, yogic experience.
- 3 – Situational expressions of deep presence and revelations.
- 4 – Devotional descriptions and recognitions of Shri Mataji.

Three main periods are grouped as Journey Into Spirit Chapters

### ***"The Early Years"*** 1983 to 1990 (Chapter 1) \* \*\*

Was a very deep and profound personal introduction to Shri Mataji, and Kundalini Sahaja Yoga Meditation's new vibrational awareness.

Also see author biography - Paul Pavan Keetley ***"Personal Story"*** \*  
Also see author personal account - ***"The Power of the Pyramid"*** \*\*

***"Transitions"*** spans 1990 to 1995, the second period (Chapter 2)  
Appreciation of the Global Task and the importance of the Yogis.  
The quality of Samadhi experiences up into Cosmic Consciousness.  
The World as a perfect expression of the Divine Play or Re-Creation.  
The Eternal Presence of GOD the Father SadaShiva & Mother AdiShakti

***"Freedom"*** spans June 1996 to 2011, is the third period (Chapter 3)  
Appreciations of Eternal, Wealth, Self-Realisation, Divinity, Freedom,  
Seven Deadly Blind Spots, Time, Becoming, You are the One.

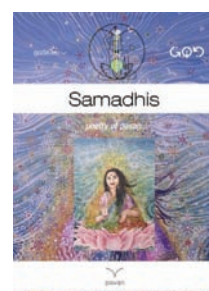
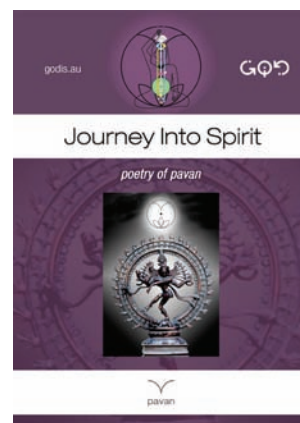
Two most recent poetry of Pavan chapters, written in period 2012 to 2014, are

### ***"Becoming"***

14 more recent poems + illustrations on Becoming Your Spirit

### ***"The Samadhis"***

10 Pavan poems describing the progressive states of Samadhi





## **Shri Mataji Nirmala Devi**

*Our Holy Mother*

*1923 - 2011*

*(cover pic)*

at Brahmapuri on Krishna River  
Maharashtra India (circa 1986)  
holding an illustration by Tarqa  
of poem "La Lune" by Pavan

# *JOURNEY INTO SPIRIT*

## **Part 1    the early years    '83 -'89**

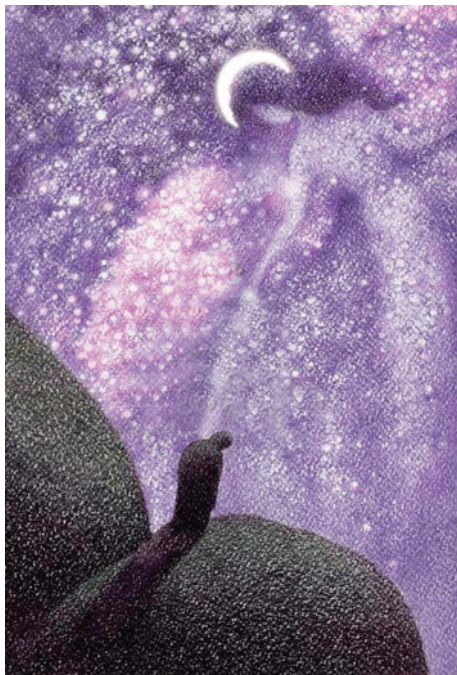
*Prelude from late '82 - pre Realisation -*

Look in the mirror, the face of a clown  
Painted up, it won't show down,  
Mask that's put on, a grimacing sneer  
Fact of the matter, no innocence here



Remember the look in your face as a child  
Face of a cherub so sweet and mild  
I've cried for the Lustre, once there shone  
Life Of Innocence, where has it gone?

*Poetry was an innate and natural expression all my life.  
Seeking was sincere until the Divine Mother responded  
on April 22nd, 1983, in Subiaco Western Australia,  
was the date of my Self-Realisation, and the start of  
an ever deeper Journey Into Spirit*



## La Lune

La Lune, Oh Moon,  
You bright hemisphere  
cradled by these Alps so near  
You seem in Face so much and dear

Halfway to Thee, high ledge i perch  
and scan surrounding peaks in search  
for signs of Play, Leela's great Mirth

Nearby is She, the Divine One  
who encompasses both Thee and Sun  
and Earth and Sky and all things done

La Lune, Oh Moon,  
through night time's Sky  
we both reflect Her, You and i,  
Her Light so bright, will never die

So let us go, our nightly rest  
in alpine climes tonight the Nest  
Her Universe is at Peace, and Blest

Jai Shri Chandra Ma ~

*Written night before Ganesha Puja in Zermatt  
next to the Matterhorn.*



## The Blank Page

The blank page beckons us onward to see  
the Formless take form in some poetry  
the passing of moments inspired by Thee  
their passage compounding Reality

But not just as author, or even deep sage  
this image of 'i'ness does itself gauge  
something more holy, or hollow, no age  
does reckon this Self  
    is just The Blank Page

The blank page knows all,  
yet says nothing  
could read an indictment,  
charges could bring  
and news of a life or death might fling  
or psalms for beguiling our heart to sing

But no,  
the blank page contains not a line  
it waits and it watches with Patience Divine

its white Innocence is perfect form rhyme  
encompassing all, nonlimits define ~



## Joy - Spirit

All sorrows do cease  
and deep is the Peace  
when inside  
You are known

Though sometimes loose thought  
that we may have wrought  
rises from whence  
it was sown

Yet does She not seek  
in Silence to speak  
to answer the call  
of Her own?

And does She not ease  
with that Cooling Breeze?  
all questing and karmas  
have flown

Thus widens the Heart  
Joy - Spirit does start  
to ripen the Fruit  
which She's grown



## Shri Mataji

In Silence, You commune with us  
beyond words, You explain

In Speaking, You effect in us  
discretion ~ twixt and twain

In Glancing, You do shower us  
with Grace, that ends our pain

In Looking, You do lift from us  
the grossly karmic chain

In blessing, You enlighten us,  
expunge the subtle stain

In Being, You inspire in us  
true Love we cannot feign

In Essence You make known through us  
God's own pure sweet refrain.

Jai Shri Mataji.





## In my Mother's House

(LON )

I sit in a roof-top garden  
the flowers and buds i behold  
speak in silent Beauty here  
of a Plan and a depth untold

In my Mother's house  
half-way up  
there's a place  
neath a cool grey sky

where to sit full of peace  
with a bird's song  
as the distant rush goes by

is a clear  
and a Joy fulfilling  
as Cool Breezes waft on past

that i feel that from  
centuries seeking

I know  
I've come Home  
at last.



## We Pray

'Poetic Genius' did Blake inspire  
A higher Light, the coolest Fire

did rend the callous curtain hung  
ignorance gone! thy knell is rung

So too,  
sweet Luminescent Chime,  
speak forth Thy Sound of Truth  
through rhyme,

That That, etheric translucent thing  
might take form through pen and bring

Her Light and Love more into Play  
and hasten forth this dawning Day -

Shri Durga Ma, with Hands untold  
let forth Thy Drama now unfold,

and whatever help that we may be,  
Let us be That, Shri Mataji.



## He Looked And Saw

When Blake the seer, did sit nearby  
and contemplate, immortal eye

the future, the start  
of the New Age to be  
he looked and saw  
what I now see.

Her house, in Milton, he saw remade  
in Kensington this Maya was played

where the Holy Spirit immersed in flesh  
lived in this land, Her work to thresh,

By clearing the ignorant husks from grain  
to open this Heart, enlighten the brain,

then raising their consciousness on high  
that newly Realised, these souls might fly

Toward perfection and in their wake  
make Joyful roads the mass could take

to bring at last The Golden Age  
wherein That Peace can hold the stage.

## In the House of the Goddess

In the House of the Goddess, deep stillness, no sound  
in the quiet of Her own rooms, that Stillness is found  
and the sense of Divineness is felt all around

As i sit and i wonder how it could be  
that i should be granted  
this boon just for me  
i realize again that Compassion is She

In the House of the Goddess there's many a treat  
of fine lace and gold paint and figurines sweet  
of woodwork and satin, silk carpets at feet

Yet the finest most subtle things to explore  
are the Vibrations that everywhere seek to adore  
the Queen and the Goddess who'll reign evermore

In the House of the Goddess that Silence remains  
and nothing is changed much with poet's refrains  
except that in this heart there's feeling not pains

This world in delusion it comes and it goes  
the force of Creation in both ways it throws  
yet always in splendour is She when one knows

In the House of the Goddess, deep stillness, no sound  
in the quiet of Her own rooms, that stillness is found  
and the sense of Divineness is felt all around

## That Silence

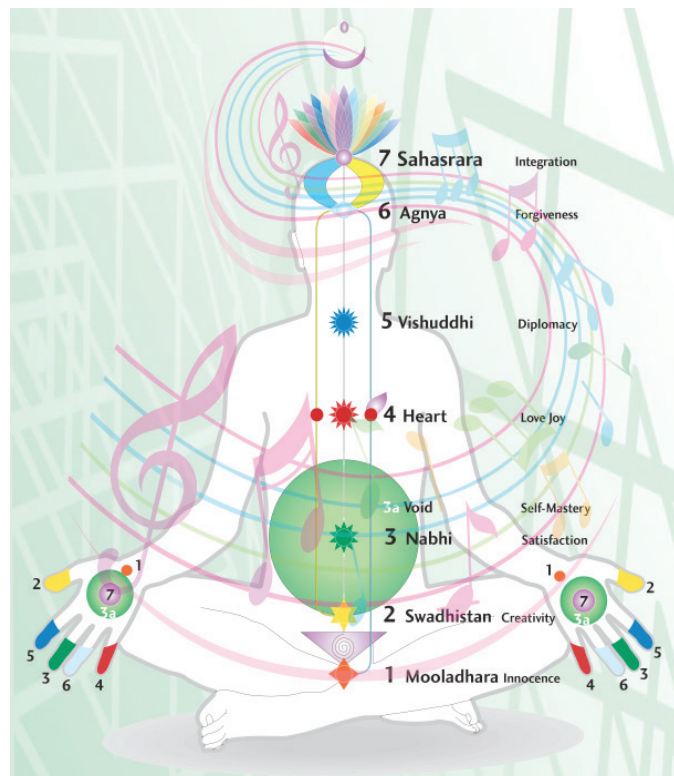
From deep within our hearts is yearning  
Desire for Thee, for Beauty, Learning  
Response flows, realised souls through  
as insight, wisdom and music too

Melodic sounds, celestial chimes  
reflect deeper spiritual rhymes  
poetical nuances of chakras seven  
play innermost chords,  
echoes of Heaven

And now in turn  
synergy these  
notes in quaver  
combine and please,

then pause in pulse  
for near the Word is,

Joyful Peace  
That Silence ~  
heard  
is





## I Would That You

I would that you would Wake  
dear one,  
to a Cooling Breeze divine

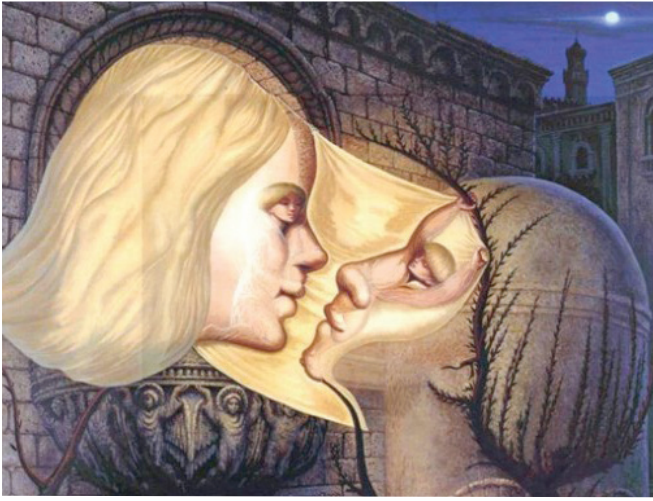
I would that you would Drink  
sweet heart,  
Eternal Nectared Wine

I would that you would Know  
God's child,  
your own Unfettered Being

I would that you would Be  
Atma,  
that Essence that I'm seeing,

I would that you would Flow  
as One,  
a River to the Sea

I would that you would merge  
in God,  
Eternal Ecstasy



## The Fruit of One

Heart that knows That  
its Self declares -

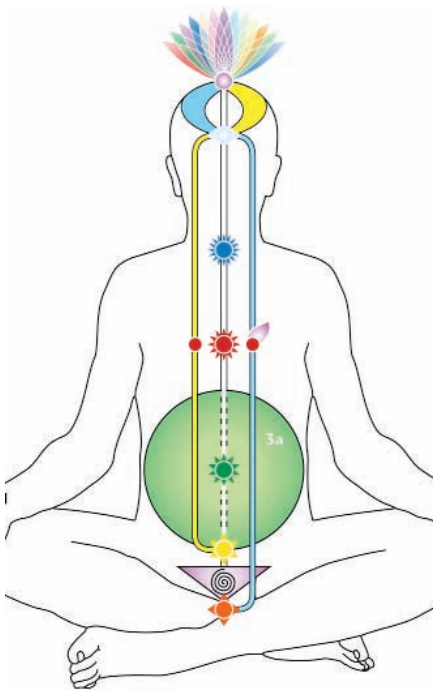
By the word and deed  
It shares -

Heart that knows not,  
Love ensnares -

Is brought through trials  
'till despairs

do yield  
The Fruit of One,  
from pairs,

As that heart,  
saved,  
Its Self declares -



## In Truth

Whose place in the world?  
with whom would i swap?

Whose station?  
or portion?  
could climb far atop?

of That Space  
and That Joy?

Eternal won't stop ~

Material welfare?  
i have all i need

Stature in office?  
a humbler creed

Perspective and vision?  
She's there all around

Wisdom and knowledge?  
in Truth there's no sound.





## As Well You Know

Dearest Mother, as well You know  
often within Life's ebb and flow

of up and down, the gunas three,  
struts an ego, its called me.

Identity? 'tis a balloon  
that often plays an off-beat tune

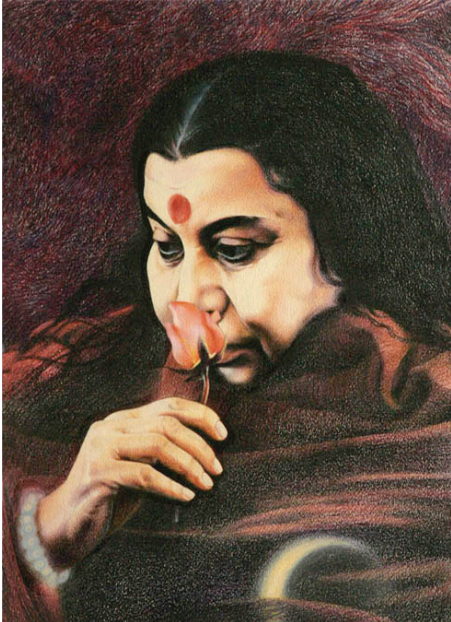
and i caught up think it is real,  
i lose the thread, Vibrations feel~

It's then that i stupidly dance,  
an awkward manic crazy prance

until I see that that's not me,  
and how i've been so awfully.

At times like these, ego is humbled  
and the Self sees where it stumbled,

so with Your help, yes as we grow,  
we'll stumble less, as well You know.



## We Bow

Beyond Time is the Spirit  
that You've helped us become  
For now we know that we are  
and what it is You've done

We bow to Thee, Shri Mataji  
the Voice of God who speaks  
from far beyond Duality  
You guide the one who seeks

Evolving thus through many lives  
fighting what must be fought  
with Your help the seeker wins  
the victory he's sought

In winning, he surrenders  
desires that come to him  
he withdraws all his senses  
in Yoga goes within

There he finds in Love with God  
hearts peace and Joy, indeed  
becomes the Bloom and the Fruit  
You planted as a Seed



## How We Grew

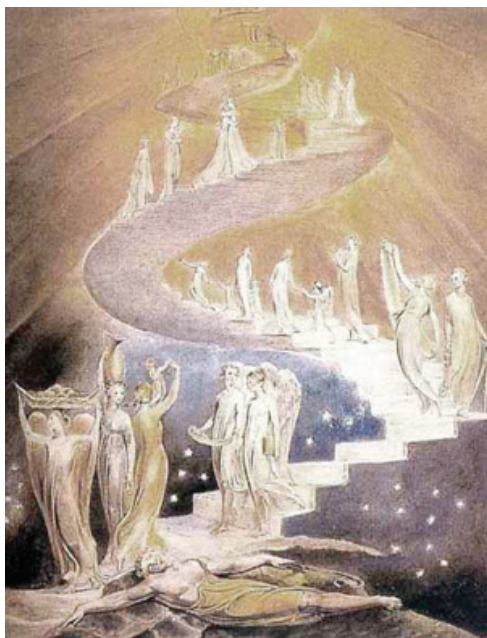
When God first thought to Paint  
upon His firmament a Play  
The first idea He needed then  
for Leela was The Day

Then God did Think  
“I’ll make a Stage,  
these Acts to place somewhere,  
It shall have great length and breadth,  
Infinity house there” :

Into this Void then He did loose  
His Spark, Adi Shakti ~  
and She came forth in Light and Love  
She was Shri Mataji.

Through Time and Space with Energy  
She then began to Dance  
to create Multiplicity  
for His Joy to enhance

And so it was that we were made  
and in His Image too,  
She gave us of That Spark from Him ~  
and this is how we grew.



## May I Ascend Mother

May I ascend Mother?  
to That Space past tribulation?  
to where the all is Single?  
where the Star is the constellation?

No need have I for Duality  
it dances a merry tune  
for it fires with heat from the Sun  
and chills with light from the Moon

Clear and empty would I rise  
to a place that is past these  
to the heights of the Rishis and beyond  
to the Space that does God please

And yet don't I know that i have the key  
to unlock that Door at will?  
She gave it to us, we stay for the Play  
to help work it out is a thrill

So stay just for now  
and play your part  
that others here might see  
how joyous we rise in Surrender  
at the Feet of Shri Mataji.



## Shri Bhaswarasuri

Shri Bhaswarasuri, in radiance You shine  
You are the Holy Spirit, all adoration Thine  
Mother, You are the Devi, and demons You do slay  
You protect the devas, and those to You who pray

Creatrix of all that is, of all this Maha-Maya  
You guide and help all those who have Spiritual Desire

Transformation You have wrought Your Chaitanya does blow  
This Breeze Divine does integrate all things in us we know

In others too we see the Change and as all things work out  
we see the Truth and feel the Joy which leaves us in no doubt

That now, at ease, surrendered, whole,  
we feel that we're in You  
we've found again our innocence  
there's little left to do  
except proclaim to one and all....  
*'You too can know what's True.'*



## Auspicious Synchronicity

Auspicious synchronicity  
reflects all things  
in Harmony

When everything to move or pause  
has its place from Divine Cause

So that this multiplicity  
is seen in Singularity

Then somehow we see behind  
the Leela play that keeps most blind

Yet only when we're clear enough  
can we see beyond  
this Maya stuff

And then in constant Joy  
are we~

we see Thee all:

Shri Mataji



## **Brahmapuri**

The Krishna river flows on by  
reflecting Moon and starry Sky

Depth on depth, no asking why  
this Universe is but God's Sigh

The moonlights path, reflecting sheen  
reminds us that we're not what's been  
for from this peaceful view we glean  
we're not the transient image seen

And as this Realization flows  
the deepest Joy within us grows  
for this Creation reflects and shows  
an inner Peace,  
the Spirit knows

The Krishna river flows on by  
two trees stand out  
against night sky  
inspired hopes and feelings fly

we watch a falling star  
and sigh.



## Sometimes I Think

Sometimes i think of Thee, Mother  
and words flow forth in rhyme

as if in meditative peace  
to punctuate the time

But then i see that Thee, Mother  
need nought to break that Flow

i see that what is happening  
is just from me and so

Its then i know that Thee, Mother  
Commune best wordlessly

so now i'll think no more in words  
but seek Thee thoughtlessly ~



# ***JOURNEY INTO SPIRIT***

poetry of pavan

## ***book 2***

### ***Transitions '90 - '95***



#### **Day One**

We were there for the turning of the page  
And to share in the dawning of the Age

For we saw there the end of the darkest night  
And we joyed in the coming of the Light

As the Yuga of Kali lay finally dead  
We lifted our eyes saw Sat Yuga ahead

And we laughed that the start had begun  
And we danced in the Light of Day One.



## **The willow**

Look out upon the heath, a bower  
In winter's frigid clasp, no flower  
It graces o'er the chilly pond  
It's budless arms hang down a frond.

The look and feel are grey and bleak  
The sense of warmth and life are weak  
The sky is full of formless cloud  
No bird or beast sings out aloud ~

And now breaks through this seeming dead  
Sunlight streaming upon my head  
And lo!  
The willow bower awakes!  
In just one moment Spring o'er takes  
Exploding Mother Nature's Light  
And turns the boughs to gold so bright  
That luminescing it now stood

Proclaiming God's Song,  
Great and good.



## **A Rapture Comes**

A rapture comes that clouds the eye  
and slows the heart by Breath

Beyond the space that we live in  
beyond this realm and death

To a space wherein all near seems far  
yet the colours seen are bright

Though the day seems grey,  
its so clear this way,  
its neither day or night

I have scarce interest in this world  
of men and sights and sounds  
i long again for my Father's Feet  
eternal Amrit abounds

Thankyou Mother  
for this special time  
I scarce recollect who I am

My heart open wide  
transcends self inside  
Kinship with the Son of Man.



## **The Grace of Hum-Sa**

Two pure white swans  
glide by in Grace  
Both whiter than  
the whitest lace~

He, regal in paternal bearing  
She sublime, maternal, caring

His name is “Hum” proclaims existence  
And she is “Sa” yielding acceptance

And in their balance they do form  
Discrimination and the norm

Their presence here a blessing real  
For in that essence we can feel

The hand of She evolved us all  
The One restored us from the fall

To that State white, as whitest lace  
Wherein we all dissolve in Grace

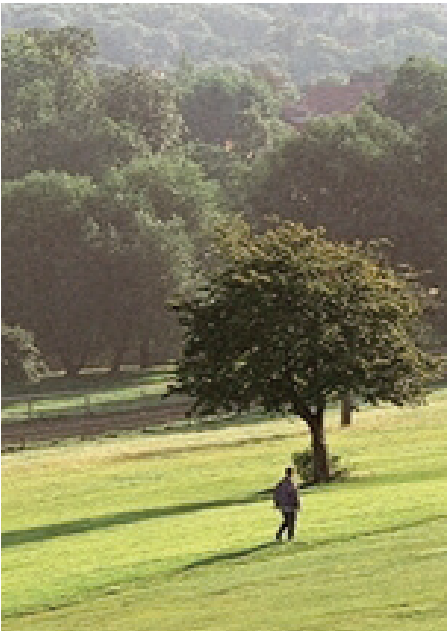
## In Silence

In Silence is the Essence found  
where Light and Love and Truth  
confound, resilient ego.

Be there, Aware, without desire  
except that She should take us higher,

Let go, let God, fill up these hearts  
And take away offending parts.  
Be clear, be bright, open and true,  
Let nothing keep us away from You.

Heart be open, bliss endure,  
Become That, which is all pure.



We Walked

We walked upon the Heath today  
We walked as if in Heaven,

The Light of God upon my face  
In step with saintly brethren.



## Come Into The Light

Come into the Light my child,  
Your seeking days are done

The mystery now answered  
is that we all are One

So touch it now this truth inside,  
It was always will be

The Spirit's Spark,  
the light of God,

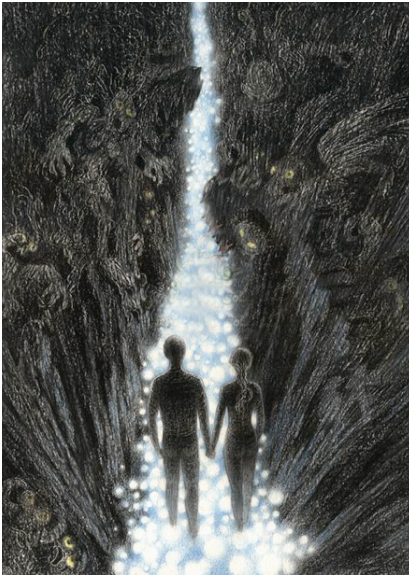
Is inside you and me

And when you know  
for sure it is,

this Light of Love within

You'll start to grow,  
begin to know,

in God you've always been.



## Paradox

Misfortune and good fortune refer to loss and gain,  
Humiliation and elation we think are joy and pain.

So someone seems, to lose or win, and someone seems, to rise or sin.  
Because the Paradox is there, illusion haunts us everywhere.

“Over spilt milk, don't you weep, Just look before you leap,  
Yet he who hesitates is lost, buyer beware, look out the cost!”

So Paradox is paradigm of you and yours, and me and mine  
And everything we do and say, from One appears a funny play.

Yes, the Moving Finger writes, and the ego jumps and skites,  
Creation is there to please, the Watcher, is the One, who sees

That we're walking down a pathway That leads us up to Light  
We are learning of our real Self That was with us through the night.

So, don't look at me in half-light, as friend or foe or brother,  
but look inside, God cannot hide, you'll see there is no other.



## The Spark

God's great eye  
is in the sky,

in every face I see,

The Spark is there,  
in every hair,

in hope and joy  
and in despair,

In child and sage,  
at every age,

in quiet times,  
in thought and rage,

Yet closer still,  
if you so will,

He's closest in the Silence -

Still.





## YOU ARE

Before Time was, You were my Lord  
You are, always will be  
You are the Lord of everything  
Jai Jai! Shri Ganapati

You are first principle of all  
All innocence, undefiled  
And all that is, is part of You  
You are That - Divine Child

You are pure thought, You are the scribe  
You are the tusk and hands  
You are the words, You are the ink  
You are That, which understands

Yours is the circle and the square  
Yours is the movement too  
You are auspiciousness itself  
And You are all that's true

You are the Spark in every child  
In every girl and boy  
You are their smiles and laughter  
You are their endless Joy

And You are Love the base of all  
That river ever flowing  
That washes clean and renews,  
That orchestrates our growing



## YOU ARE 2

And You fix up, remove, refine  
as we become Your brothers  
You lead us ever upward to  
Her Lotus Feet ~ our Mother's

Yes You my Lord are Path and Goal  
You are the Sun each day  
You are the Dance, You are the Moon  
You are the Music ~ Play

Jai! Jai! Ganesh! You are Guru  
Your path is Pure Desire  
Yours are the rope and goad to use  
Please lead us, ever Higher

Maha Ganesh, You are our Lord  
You are, sweet Jesus, mild  
We pray, become, humble like Him  
The One, Eternal Child

Nought is there Lord, You cannot do,  
Nought is there not in You  
You are my Lord, this very Earth  
All this, is only You.

Before Time was, You were our Lord  
You are, always will be  
You are the Lord of everything  
You are Shri Ganapati



## The Way Of Kundalini 1

In innocence lies our support  
with wisdom too our brother,  
Whilst just above, coils of pure love,  
abides our Holy Mother.

When pure desire to take us higher  
calls Her to evolution  
Then movement starts, towards our hearts  
spirals in revolution.

So first must ask, most Holy task  
for knowledge pure and true  
The Way to see, become and be  
begins as we find You.

And so we grow,  
begin to go  
across the Void with You  
Encounter storms,  
master the norms  
we sail with our Guru.

Until at last,  
through tempest's blast  
we reach that farthest shore  
Heart's Peace secures, Dharma endures,  
and Joy flows evermore.



## The Way Of Kundalini 2

Oh blissful flight, aflame in Light  
We soar, heart's wings afire  
Still up above, we find the Dove  
She's come to take us higher.

My God did You, see such a view  
we see the whole Virata  
We see the Play, of Night and Day  
This Dance of Holy Mata.

Now through the Door, we pass in awe  
to blend with Christ in Oneness  
We see that He, humility  
is Light, that now becomes us.

To take our Seat,  
Her Lotus Feet,  
we prostrate low before Them  
Her Holy Powers  
have made us Flowers  
She offers up before Him.

We are Flowers  
in the Garden  
of Her Holy Sahasrara  
Created by the Shakti,  
In Sada Shiv Puja.



## Witness

When things go wrong  
as they sometimes will  
can you stay in the Centre  
and be there still?

Or are you at the beck and call  
Of things that on your senses fall?

Can you detach your self  
from ebb and flow  
Refrain from where  
reactions go?

Can you rise and go  
beyond what's been?  
Can you be the Seer  
and not the seen?

Can you live within your higher Self?  
Can you lift beyond your lower shelf?  
Can you still yourself  
in Silence see?

Can you just the silent Witness ~ Be?



## **I Declare**

I'd been speaking of Her speaking  
How She responds to seeking  
And how She'd changed a word for you  
Twas such a perfect thing to do

I said "You know She's really there"

Then She touched me ~ I declare

She touched me there, upon my heart  
I felt Her hand, I gave a start  
I whirled around to look and see  
I wondered who that it might be

But not a soul did I see there  
Just I alone sat in that chair

And yet  
Her hand did touch me  
I swear  
Her hand did touch me

Jai Jai Shri Mataji.



## Love's Play

Love's an investment with no return,  
just give it away and do not yearn  
for refunds or interest over time,  
sufficient to give - just never you mind

For sending love with strings attached  
means love can't fly - its not detached

And who is the giver?  
and who receives?  
When Love is flowing  
our thinking deceives

Its Loving that loves  
and Loving that lives  
Its the Love of our true Self  
inside us that gives

So, we're not the authors  
of Love's Divine Play  
for Love gives to Love -  
To Love let us pray.



## Our Mother Bore Us

Our Mother bore us, it is true,  
and took Herself the pain,

She did it not except to give,  
and in this is Her gain,

And so it is that we would live,  
to gain and grow unhindered,

To do so means, accept and give,  
in love, we are Her kindred,

And what is higher good than this?  
that we should sing Her praises?

Except that we,  
should come to Be,  
in Silence,





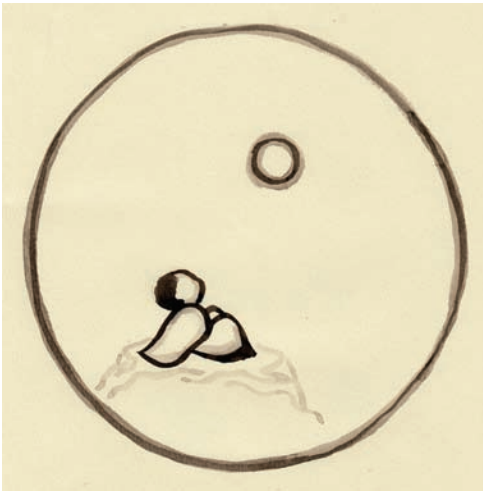
**Be**

Be happy  
with the happy,

Be Compassion  
for the sad,

Be Joyful  
in the Goodness,

Be Detachment  
from the bad.



## Into Meditation

Enfolded and enmeshed am I  
in mind and past and story  
The will and flow are weak and so  
I cannot touch Thy Glory

Attention's bogged, the brain feels clogged  
this heavy heart feels down;  
so I await, that higher State  
that lifts us to the Crown ~

The dawning hour, gives of its power  
as birds now talk and sing  
The light of day begins to play  
just feel night-time shifting

Attention moves, the brain now soothes  
the heart refreshed, does widen  
As all is washed  
and doubt is quashed  
there's Peace with Joy to hide in

Without my will,  
in Silence, still ~  
I sense the One within us ~  
My mind is blank ~  
I only thank  
the Source  
that did begin us



## No End

As Gunas go  
The All we know,

And everything,  
is Silence.

No space apart  
is felt in heart,

Sahaja state,  
of Oneness.

I look awhile  
and stop, and smile,  
no end to You and me.

Jai Jai, Shri Mataji.



## Oh Mighty Hand

Oh Mighty Hand,  
in me Thou movest,  
As gentle Breath,  
You waft me onwards,

Stage by Stage, Ascent,  
discarding grimmaced faces,  
these in turn their time be done.

What image I  
last moment was, was not me -  
'though I was, as always,  
in Thy tender care.

Oh Mighty Hand,  
precious, stillness, keen,  
of clarity becoming,  
so that Self there may be seen

Wipe clean, and clasp,  
and hold aloft  
this mirrored image - me.

For seeing You,  
in all that is,  
I too - am One -  
in Thee.



## I am Shiva

Beyond the ebb and flow and strain  
Beyond the waxing and the wane ~

I am Shiva, ~ I am Shiva

By billowed Breath,  
the causeless Cause  
I am the great Eternal Pause ~

I am Shiva, ~ I am Shiva

Oh joyous Font of endless Bliss  
Nought is there more,  
or high, than this ~

I am Shiva, ~ I am Shiva

Transcendent,  
Far beyond and pure  
I the One; alone;  
endure ~

I am Shiva, ~ I am Shiva

# *JOURNEY INTO SPIRIT*

## *book 3*

*Freedom June 96 to 2011*



### **This Day Eternity**

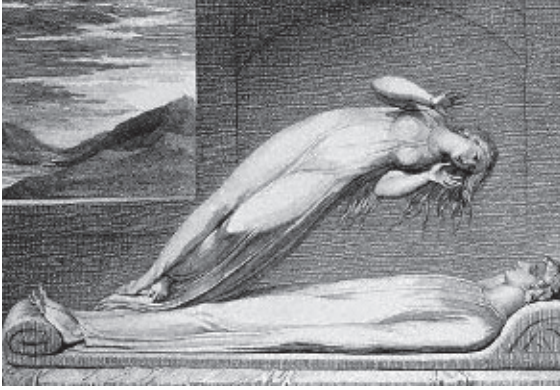
When God first thought to paint upon His firmament a Play  
He gave us first the night and dawn and also eve of Day

So in His Joy, to know Himself, He made us you and me  
And so we grow and grow and grow, Become all we can Be

So what to do, how best to use, this day Eternity  
Evolve yourself, witness the All, transcend Duality

Just seize the Day, Be in the Now, live like this Day's your last  
Yet live it like you'll never die, in Flow, not slow or fast

Allow your Self, to live it Full, enrich your Self, give Love  
And Laugh and Joy at every ploy, as One does from above.



## ETERNAL WEALTH

### part 1

The question of material wealth  
a spectred myth that haunts by stealth  
the minds, desires of mortal man  
consumes the heart and thwarts the Plan

For what is Man, what explanation?  
and what The Path, his destination?  
and what our Seeking, what our Need?  
and why this vast material greed?

These gross desires for more and more  
are but a shadow I am sure  
of that deepest Primordial Fire  
that raised us all in Pure Desire

For we are not just low and base  
our Source is from a higher place  
and as we grow, evolve together  
our Worth is not our fiscal measure

Our needs are truly very small  
yet wants go on, o'ershadow all  
and yet our greatest need is not  
fulfilled by all these things we've got



## ETERNAL WEALTH

### part 2

Aversions are the things that scar  
attachments are the things that bar  
us from That Moment ~ in the Now  
Freedom is free of these somehow

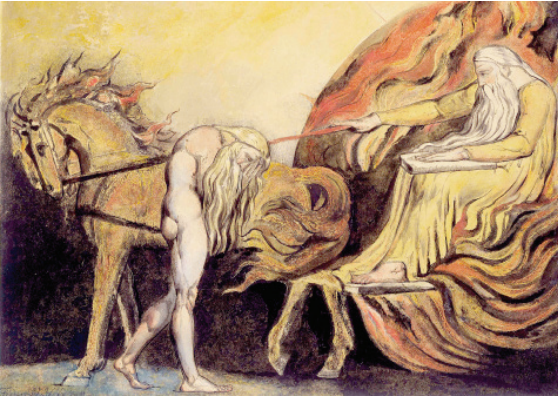
So no, 'Not This', to all impure  
let go, let God, and so endure  
silence desires when they shout,  
your Self's within, even without

Yet burdens might a blessing be-  
are undulations rocking thee?  
Or are you Rock, unmoved, unbound  
as these illusions crash around?

A measure of our selves you see  
is just how peaceful we can be  
when pushed about by our inflations  
by myths and Maya ~ Life's undulations

We've come to Earth to Learn to Love  
Her Grace is raining from above  
as empty Cups we can be filled  
yet in God's time, as She so willed





## ETERNAL WEALTH

### part 3

And when at last we let it go  
commit ourselves to God and so  
relinquish the myth of self-control  
then God takes over life and Soul

And when our Spirit becomes the Doer  
when we do nothing, we are pure  
immortal hollow reeds we'll be  
then as He plays us we will see

That all that's gone and been before  
and all the myths that we endured  
were there because we had false need  
tormented by insatiable greed

And yet alone untouched and true  
that Pure Desire that slept in you  
witnessed desires that made you bleed  
lay dormant as your Silent Seed

Until that great and promised day  
when you awoke to truly say  
“My God, I am Thy grateful son -  
surrendered now - Thy Will Be Done”



## ETERNAL WEALTH

### part 4

The myth of having more or less  
was just a drama now confess  
for in your Self, you'll truly see  
Source always was protecting thee.

This was no shortage you have had  
these undulations, you'll be glad  
have tempered you, so with a grin  
you've found without your Wealth within

Our whole life's purpose is Divine  
sometimes we Grapes are pressed to Wine  
that He may quaff our Bliss to see  
how Shakti, the Shiva, shines in thee ~

To Realize God, our Spirit pure  
full Freedom, choice, we must endure  
until at last, when truly Free,  
God's own Reflection, we can Be

Then money matters not to thee  
thy Heart open, always will be,  
as She full fills : Eternal Youth ~  
Eternal Wealth ~ Eternal Truth ~.

## The Pain of Separation

The pain of separation, God Him Self did make  
For in that parting two is formed and it is for the sake  
of Creation, of separate selves, like those of you and me,  
why here abounds this separateness - this multiplicity

So when you know that feeling of being far apart  
take time again to introspect and go into your heart  
the only way to find your Self is by diving deep within  
as stress and strain turn you inside its there you can begin  
to see that God wants you with Him, not unreality  
including most of all that dream, your separate entity

And why decry your separateness?  
you are uniquely One  
your made in His great image,  
you really are His Son  
yes whilst you have a body  
- its just an empty shell  
Just like your personality  
- your soul can go to hell  
But not your Holy Spirit,  
The Light, alone and true  
The very truest part is God,  
the Light of God's in You.

So Know Thy Self,  
Affirm your Self,  
you are The Spirit True,  
there is no other separateness,  
this One and All is You.





## The Spirit Thought Resists

This Day does come, we all welcome, =  
the moments each brand new  
Unfolds the Is, just like showbiz,  
we wonder how we grew

We Live and Love and Learn and Laugh  
and sometimes curse our fate  
Yet all the while Spirit does smile  
and watches as we wait

To tire of small and passing things  
to search for deeper clues  
To why we're here and what for dear  
and ways to beat the blues

And so at last, the gaze within,  
sees now the why and wherefore  
Goes past the sun, becomes the One,  
beyond whats next or before

There is no way to truly say  
why we the all exists  
Just leave behind  
your questing mind ~

The Spirit thought resists.



## **Tao & Zen**

In the midst of Change  
just Be, in the Now

Just stay in the Centre  
This follows the Tao

In seeking the Pathway  
for finding out how

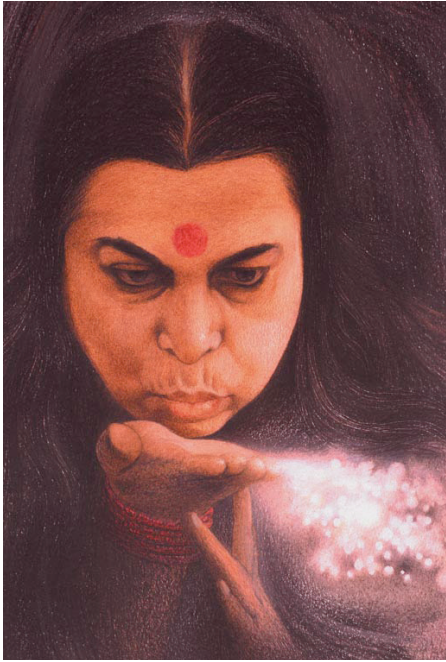
Just wait for the answer  
This follows the Tao

In Being, in Silence  
Stillness - allow

Give up the struggle  
This follows the Tao

Life's fraught with frustrations  
and many a row

Surrender agendas  
This follows the Tao



## In The Divine

I sit in silence and wait to see  
which thought arises, what can it be?

At best these thoughts are echoes next  
that come from mind when it is vexed

But mind itself, unreal untrue  
is bound by Maya - cannot see You

And so Her Dance keeps us all blind  
we think we are this trick of mind

Yet beyond all that thinks and is  
the perfect Silence still is His

We go now to Her place beyond  
we choose release, unleash the bond

I always was, always will be  
I am the Silent Watcher - see

Cool Breeze  
now opens Vaults of Space  
Light streams and falls,  
by God's great Grace

The self is gone, its finest line  
dissolving Now ~ in the Divine.



## **Dark Divine**

Beyond the vaults of Space and Time  
Beyond ideas, thought and rhyme  
Beyond the One, is Dark Divine

Beyond the image I am seeing  
Beyond the concept of my being  
The Dark Divine Is ~ ever freeing

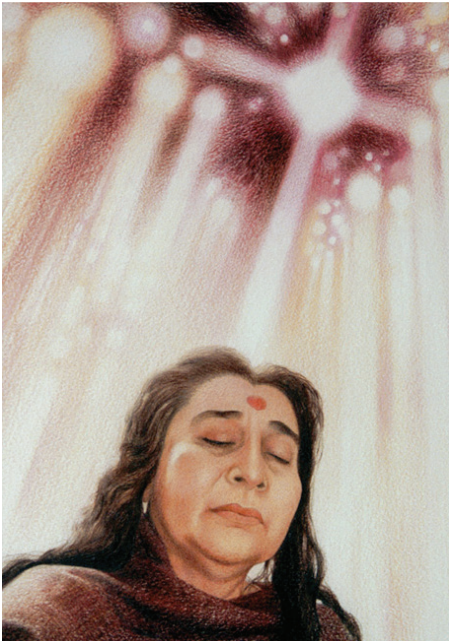
Unspeakable is this quality  
Unnamable identity  
The Dark Divine ~ Infinity

No - Dark Divine cannot be said  
'Tis far beyond our hearts and head  
Yet part of all, alive and dead

Beyond the realms of Moon and Sun  
Beyond the Bindhus half and one  
The Dark Divine has causes none

The Dark Divine transcends all  
Its Self contains the rise and fall  
Yet to its Self it does not call

The Dark Divine Is, Was, Will Be  
Is Consciousness itself you see  
This Silence Is ~ Eternity.



## FREEDOM

Freedom seems a glittering prize  
that's always dancing 'fore our eyes  
Yet close your eyes and you will see  
that Freedom is - completely Free

with Freedom it's an inside job  
then there is nothing that can rob  
us of the Joy each moment brings  
when through our heart our Spirit sings

for Freedom is beyond the notion  
beyond torment and emotion  
beyond our concepts and our mind  
yes Freedom's free and Freedom's kind

and Freedom is desireless  
no calls for more our wireless  
is clear and switched on to receive  
no outbound calls that can deceive

and Freedom is content to wait  
until that inner voice does state  
spontaneously the way to go  
for those in Freedom always know

yes Freedom is self-mastery  
and so the Guru, now is thee  
now nothing disturbs that inner peace  
the Aries ram wears a Golden Fleece





## FREEDOM 2

Yes and Freedom is an open heart  
that never worries, feels apart  
nor closes off that part of you  
which is Eternal, ever new

yes Freedom is, without a doubt,  
connecting to our God, without  
a worry in the World, we see,  
that God is looking after me

Yet freedom is much more than this  
beyond the all, a state of Bliss  
we lift our eyes within to see  
that God is looking back in thee

Then Freedom's innocent and pure  
with no agendas to endure  
no obstacles get in the way  
and everything is just Her Play

Yes Freedom is this quiet hour  
when we are One in that great power  
when we do nothing we are Free  
to realise God, and simply Be

Full Freedom is God Realisation  
no gap exists, no tribulation  
yes Freedom burns Her light in you  
and only Freedom's ever true.



## Seven Deadly Blind Spots 1

### PRIDE

We have a blind spot called Pride  
That takes us off for a ride  
Its so big we inflate  
We think we're so great  
It causes our Spirit to hide.

### ANGER

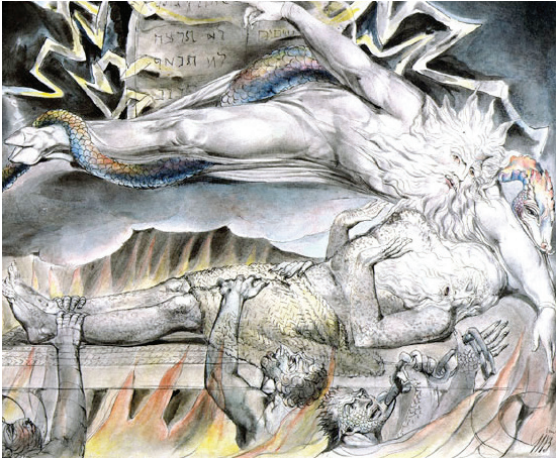
We have a blind spot called Anger  
With repercussions of danger  
It makes us see red  
It heats up our head  
And ruins the Joy of our Sangha

### LUST

We have a blind spot called Lust  
That causes Attention to rust  
At each bump and curve  
It looks twice, to perve  
Exchanging our Gold for dust

### ENVY

We have a blind spot called Envy  
That resembles a fever from Denghi  
Each time that we spot  
Something nice that they've got  
It whips our Peace into frenzy



## Seven Deadly Blind Spots 2

### GREED

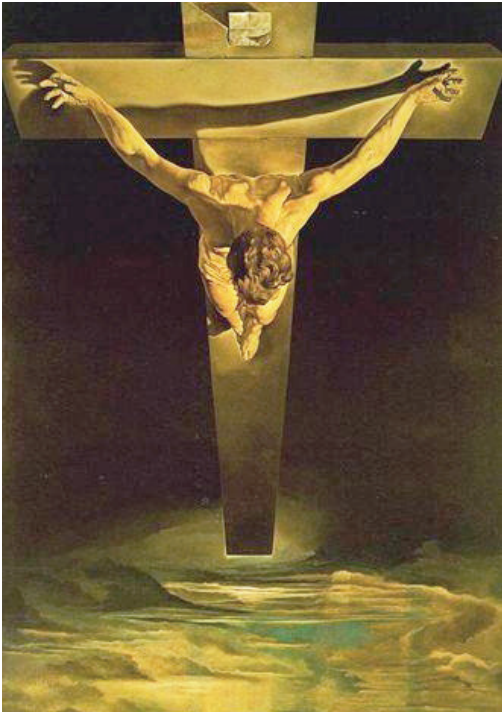
We have a blind spot called Greed  
That's based on the Maya of need  
Every time that we score  
It thinks I want more  
Thus causing our Soul to bleed

### SLOTH

We have a blind spot called Sloth  
It calls like a flame to a moth  
From work we retreat  
Our goals we defeat  
It covers our Lives like a cloth

### GLUTTONY

I have a blind spot called Gluttony  
Its enlarging the size of the gut on me  
I've now grown so big  
I resemble a fig  
And my Guru Tattwa can not button me.



## The Crucifix of Time

We all are nailed upon this Cross  
The Crucifix of Time

Incarnate in a human form  
To find our Self divine

And when we do and when we are  
And when we have Become

We'll realise and know the Truth  
We're Christ and we are One

And so like Christ we may be  
scourged  
Man may not be so kind

And we in our purgations must  
Forgive and pay no mind

For all and everything that comes  
In rough and tumbled life

Is there because it ought to be  
We earned this Grace and Strife

And when we see behind the Play  
The unchanging Source of Time

We'll resurrect, remove the nails,  
And find our Self, Divine



## Consciousness.

What are we ?

Are we everything?  
a play within a Play?  
Are we the cause  
of this Great Day?

We are miracle  
Sparks within a Fire  
and consciously  
we seek the Higher

And consciousness  
the mark and measure  
and Consciousness  
God's only pleasure

And Consciousness  
the Way and Means  
and Consciousness  
is all that Gleans

Oh Consciousness!  
Oh Spark! Oh Fire!  
Oh Light! Oh Quest!  
For ever ~ Higher!



## The One You See

In all the known Universe,  
there's only one like you  
In all this vast Humanity,  
this Truth is always true

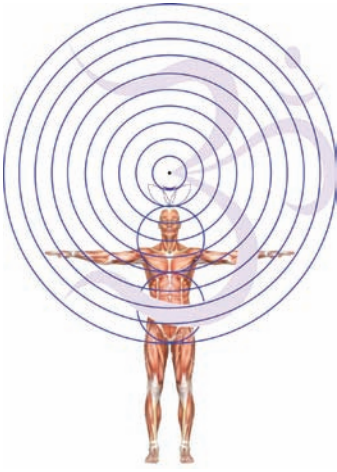
The One's become the many,  
the vast thronged multitude  
Yet each and every single one  
exists in Solitude

So know the Truth in Essence,  
each one is of the One  
Each hue of Man is many,  
yet each one is a Son

And every single Person,  
is a Universe unique  
And every one is Blessed,  
their Light within must seek

For this is Why we all exist,  
the One its Self to know  
And you my Son must find It,  
the One within must grow.

Fulfill your Self, Become the One,  
this is your Destiny  
You are the One, and many,  
You are the One you see



## **One Can Only Wonder**

One can only Wonder at this Universe Divine  
One can only Witness.... the Spirit, yours and mine

From far beyond a concept - Thy Freedom did distil  
To Manifest Thy Bindhu - the Point of Divine Will

This Point, that has no other, felt the pull of Pure Desire  
Did manifest Your Power - The Dance - Oh Mahamaya!

And then the Great Explosion\* spake The Multiplicity  
Wherein a myriad Beings - by Grace Adi Shakti

One can know Valaya, from whence this All has come  
Yet one can only wonder ... Thy Mystery, how done?

That One's become the Many by Grace of Mahamaya  
That You and I are both One, the One of Pure Desire

And so Thy Breath has made us, in the Image of our Source

And by Thy Power of Pure Desirewe can Divine our Course

For this Light, that is our One Self, is both Source and Destiny

And this Journey we are making, leads us only back to Thee.



ps

You've heard the words  
of saint and sage,  
enlightened books you've read,

Yet without Joy that burns within  
these words do all seem dead

There is 'no thought'  
sublime, enough,  
to take us to the top,

Surrendered now  
we go beyond,  
to where the words all stop





## **THE ARTISTS**

Acknowledgement & Gratitude

**Oleg Malorov**

**Graham Brown**

**Octavio Ocampo**

**Kahlil Gibran**

**Salvador Dali**

**William Blake**

**John Martin**

**Sarita & Pavan  
Keetley**

