

June Graham Spencer
13060 Elk Run, #261-B
Nathrop, Colorado 81236
719/539-3232

IS IT ABOUT ME?

INTRODUCTION

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

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

What's the answer to our seeming inability to become a part of our world rather than an antagonist to it? Is there an answer? Well, one obvious, but not terribly novel answer would be to continually concentrate on our universality rather than our imagined separation.

This would require constant reminders, even in the midst of anger and frustration, trying to control each minute of the day, seeing people living in the future, or the past and ignoring what needs to be done at the moment; the thousands of things that people do each day - the situations that come rolling in and out of the sea of chance, that all seem to be directly related to us.

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

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

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

It was written by Haiku master, Matsuo Basho in the seventeenth

century.

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

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

It's my hope that these little reminders will not only jog your memory, but will perhaps strengthen your imagination and spark your intuition. If you find that you're identifying with a job, or a situation, remember this righteous little lady who

sobbed, "My daughter's expecting, and she isn't even engaged. How could she do this to me?"

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

Remember -

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

* * *

TABLE OF CONTENTS

| | |
|---------------------------|--------------------------|
| Acceptance/resistance | Emptiness |
| Accomplishment/completion | Facts/Reality/symbols |
| Addiction/Aversion | Fantasy/Illusion |
| Adventure | Freedom |
| Aloneness/Loneliness | Impermanence/uncertainty |
| Appreciation/Respect | Judgment/Standards |
| Approval | Letting Go |
| As is/What is | Listening |
| Attention/Focus | Love |
| Awareness/Spirituality | Magic/Mystery |
| Balance | Meditation |
| Boundaries | Nature |
| Celebration/Boredom | Need |
| Change/Growth | No difference |
| Child's talk | Partnership |
| Choices | Patience/Waiting |
| Commitment | Priorities |
| Compassion | Responsibility/Blame |
| Connecting/Relating | Security |
| Death | Self-identity/role |
| Desire/Want | Space/Time |
| Dignity/Grace | Sweetness/Willingness |
| Duality | Systems |
| Emotions/Feelings | Trust/the Undefinable |

Truth

Words

ACCEPTANCE/RESISTANCE

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

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

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

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

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

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

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

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

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

Self crucifixion
is not nearly as Christ like

as learning self love.

Without resistance
we can be neither threatened, nor
manipulated.

ACCEPTANCE/RESISTANCE (Continued)

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

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

Resistance allows
us to be eloquently
inarticulate.

The resistance to
negativity is in
itself negative.

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

Freedom is learning
to accept all that has been
unacceptable.

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

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

There are three symptoms
of our resistance, fatigue
pain and confusion.

Fear, anger, boredom,
judgement, and distrust are all
forms of resistance.

Some people's only
pleasure is avoiding what
they don't want to face.

ACCEPTANCE/RESISTANCE (Continued)

What we call being
too sensitive is often
just too resistant.

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

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

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

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

* * *

ACCOMPLISHMENT/COMPLETION

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

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

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

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

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

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

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

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

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

Believing we must
produce to deserve love is
slave mentality.

ACCOMPLISHMENT/COMPLETION (Continued)

How many of us
are stressed by finding that we
have nothing to do?

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

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

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

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

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

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

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

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

* * *

ADDICTION/AVERSION

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

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

Every aversion
we generate only serves
to diminish us.

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

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

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

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

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

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

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

True discipline
means being able to let
the discipline go.

ADDICTION/AVERSION (Continued)

Hate is like taking
poison, hoping that it will
kill the enemy.

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

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

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

* * *

ADVENTURE

When expectations
are not present, everything
is an adventure.

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

All adventure is
the manifestation of
spontaneity.

An adventure is
an experience we did
not anticipate.

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

Adventure is a
mystery story with the
last chapter missing.

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

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

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

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

The body being
70% water
must flow, not be pushed.

ADVENTURE (continued)

To experience
rather than to understand,
is to truly know.

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

* * *

ALONENESS/LONELINESS

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

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

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

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

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

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

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

Fearing loneliness
is suffering from a mind
that needs employment.

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

Our society
could not survive us being
separate or alone.

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

APPRECIATION/RESPECT

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

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

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

What might happen if
we respected everything
and worshiped nothing?

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

To respond fully
to every situation
is to be alive.

Having approval
and recognition, requires
constant auditions.

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

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

We look at millions
of things each day. How many
do we really see?

APPRECIATION/RESPECT (Continued)

Despite our pain and
confusion There's not a grain
of sand out of place.

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

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

* * *

APPROVAL

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

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

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

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

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

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

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

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

*White chrysanthemums
grow along the pathway
not needing approval.

* * *

AS IS/WHAT IS

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

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

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

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

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

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

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

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

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

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

Any time we can
accept all there is, we
will see all there is.

AS IS/WHAT IS (Continued)

Life is a precious
gift. It's all we have and it's
happening right now.

It takes courage to
be present regardless of
the situation.

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

Criticism is
the inability to
just let things be.

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

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

* * *

ATTENTION/FOCUS

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

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

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

How seldom we are
focused on playfulness and
enthusiasm.

Focus is having
no separation between
ourselves and our task.

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

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

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

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

A great amount of
the time, we are not paying
enough attention
to notice that we are not
really paying attention.

There are ten thousand
things happening now. Which one
has our attention?

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

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

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

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

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

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

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

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

* * *

AWARENESS/SPIRITUALITY

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

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

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

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

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

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

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

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

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

Seeking awareness
requires we ask questions
not demand answers.

Few people know the
difference between being right
and not being wrong.

AWARENESS/SPIRITUALITY (Continued)

One single moment
of insight dispels eons
of blind ignorance.

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

How often we mistake
our human luxuries for
human survival.

Cosmic consciousness
will never be discovered
by a brain surgeon.

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

To be intimate
with everything is to be
completely aware.

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

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

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

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

Transformation is
unwelcome when all someone
wants is to be patched.

AWARENESS/SPIRITUALITY (Continued)

Religious people
fear hell. Spiritual ones
have often been there.

We give away our
spirituality each
time that we resist.

Nothing can be more
basically spiritual
than anything else.

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

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

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

Spiritual gems
can be found lurking under
fossilized dogma.

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

Total awareness
lies just beyond the limits
of our identity.

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

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

* * *

BALANCE

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

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

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

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

When total balance
arrives, both polarities
seem to disappear.

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

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

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

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

Destroying something
can seldom be the way
to achieve balance.

BALANCE

Making mistakes is
not just for the foolish, but
for the courageous.

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

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

* * *

BOUNDARIES

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

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

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

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

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

'Unconditional
love,' is another way of
saying, "no boundaries."

Some think success is
being able to limit
their experience.

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

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

For many people
discovery stopped at their high
school graduation.

* * *

CELEBRATION/BOREDOM

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

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

Whatever the cause
there is no universal
way to celebrate.

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

One certain way to
alleviate boredom is
to celebrate it.

Celebrating is
human nature. It needs no
special cause.

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

Living each moment
to the very fullest is
celebrating life.

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

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

Look at all the things
we do when we're unable
to sit quietly.

CELEBRATION/BOREDOM (Continued)

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

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

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

Finding enjoyment
in simple things insures our
constant enjoyment.

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

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

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

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

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

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

The dread disease that
neither fame nor fortune can
prevent is boredom.

CELEBRATION/BOREDOM (Continued)

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

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

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

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

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

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

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

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

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

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

How quickly we grab
distraction the moment we
sense boredom approach.

CELEBRATION/BOREDOM (Continued)

Boredom comes from an
addiction to excitement
and activity.

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

* * *

CHANGE/GROWTH

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

One activity
that seldom changes is our
resistance to change.

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

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

Our ultimate growth
depends upon the death of
our scenarios.

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

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

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

To know peace unchanged
under changing conditions
is true awareness.

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

Each new memory
is conditioned by the ones that
are already there.

CHANGE/GROWTH (Continued)

Like cameras, our minds
constantly convert motion
into static views.

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

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

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

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

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

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

* * *

CHILD'S TALK

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

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

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

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

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

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

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

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

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

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

* * *

CHOICES

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

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

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

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

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

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

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

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

If you don't believe
that unhappiness works, why
keep on choosing it?"

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

To discover life
we must choose ourselves as our
own laboratory.

CHOICES (Continued)

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

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

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

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

* * *

COMMITMENTS

Outer choices are
simply extensions of our
inner commitments.

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

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

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

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

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

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

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

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

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

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

COMPASSION

Most people who are truly compassionate are seldom unhappy.

Compassion is not without emotion, simply without resistance.

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

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

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

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

Sometimes our sharing is not really compassion but simply barter.

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

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

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

Punishment can not ever exist in the face of true compassion.

COMPASSION (Continued)

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

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

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

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

* * *

CONNECTION/RELATING

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

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

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

Some of the deepest
connections come by sharing
silence together.

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

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

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

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

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

Most relationships
are between two images
not two real people.

CONNECTING/RELATING (Continued)

No experience
in our lives can be separate
from any other.

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

A relationship
is never helped by either
person keeping score.

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

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

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

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

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

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

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

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

* * *

DEATH

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

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

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

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

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

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

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

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

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

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

Sooner or later
the mind stops, the body dies,
their spirit goes home.

DEATH (Continued)

Could death possibly
be just the awakening
from the dream of life?

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

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

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

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

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

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

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

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

* * *

DESIRE/WANT

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

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

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

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

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

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

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

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

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

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

Attachment is just
a burning desire that
pretends to be love.

DESIRE/WANT (Continued)

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

Desiring to drop
desire is another
form of desire.

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

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

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

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

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

* * *

DIGNITY/GRACE

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

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

Dignity appears
by making acceptance seem
to be a preference.

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

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

Simple dignity
is never to be confused
with plain aloofness.

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

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

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

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

* * *

DUALITY

Any division
between thinker and her thought
is an illusion.

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

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

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

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

The resolution
of opposites does not come
from destroying one.

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

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

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

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

We achieve two things
in life; success and failure
neither is easy.

DUALITY (Continued)

Those who believe in
good and evil live in a
constant state of war.

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

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

Multiplicity
when carefully examined
reveals unity.

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

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

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

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

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

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

* * *

EMOTIONS/FEELINGS

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

Enthusiasm
is contagious. However,
so is depression.

Accepting feelings
is the best spiritual
practice we can use.

Feelings are sacred.
To deny any feeling
is sacrilegious.

Mind is the author
who transcribes feelings into
believable scripts.

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

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

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

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

The saddest excuse
for avoiding living is,
"But I've been hurt."

Fear and anger are
invited guests in our house,
not adversaries.

EMOTIONS/FEELINGS (Continued)

Any one who claims
to never be sad is not
paying attention.

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

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

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

Since experience
transcends linguistics, how can
we explain feelings.

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

Most fear is built on
our imagination not
on reality.

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

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

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

We are born with the
fear of falling. All other
fears are conditioned.

EMOTIONS/FEELINGS (Continued)

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

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

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

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

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

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

Most of us use our
imagination only
to frighten ourselves.

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

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

* * *

EMPTINESS

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

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

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

We can relate to
busyness more easily
than to emptiness.

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

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

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

The absence of our
scenario is sometimes
called, 'emptiness.'

Eliminating
emptiness will never help
us achieve fullness.

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

Once we recognize
that thoughts are empty, they no
longer threaten us.

EMPTINESS (Continued)

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

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

Creativity
must, of necessity,
come from emptiness.

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

* * *

FACTS/REALITY/SYMBOLS

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

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

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

Thinking is only
virtual reality
not reality.

Most of us live just
within commuting distance
of reality.

Nothing attains more
reality by getting
a fancy label.

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

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

Whatever has been
thoroughly identified has been
partially destroyed.

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

Self and others are
just two parts of the
very same reality.

FACTS/REALITY/SYMBOLS (Continued)

A definition
is too often mistaken
for what it defines.

Great wisdom brings
with it greater awareness
of our ignorance.

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

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

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

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

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

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

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

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

We don't always know
the difference between ourselves
and our self-image.

FACTS/REALITY/SYMBOLS (Continued)

Our likes and dislikes
are similar. Our symbols
of them are different.

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

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

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

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

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

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

* * *

FANTASY/ILLUSION

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

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

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

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

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

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

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

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

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

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

All separation
is a membrane that surrounds
a grand illusion.

FANTASY/ILLUSION (Continued)

Why do we struggle
with the door when the whole wall
is an illusion?

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

Fantasy sometimes
appears to be the only
sane reality.

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

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

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

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

* * *

FREEDOM

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

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

The ability
to enjoy all things is the
ultimate freedom.

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

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

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

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

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

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

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

Complete and utter
freedom is when we become
choiclessly aware.

FREEDOM (Continued)

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

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

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

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

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

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

* * *

IMPERMANENCE/UNCERTAINTY

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

Everything in life
is both impermanent and
interdependent.

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

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

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

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

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

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

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

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

Life holds no promise
of happy endings; only
vast uncertainty.

IMPERMANENCE/UNCERTAINTY (Continued)

Faith and hope are not
the same. We cannot have faith
as long as we have hope.

*Impermanence is
in August wind heralding
footsteps of Autumn.

* * *

JUDGMENT/STANDARDS

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

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

Judgment is someone
believing his opinion
is universal.

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

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

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

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

A happy person
is seldom motivated
to judge another.

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

Comparison will
inevitably create
some competition.

Don't judge discomfort
as your enemy. It may
be your greatest teacher.

JUDGMENT/STANDARDS (Continued)

Standards are the games
we play for our amusement,
or our discomfort.

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

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

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

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

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

The smallest flower
is as necessary as
the wisest person.

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

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

* * *

LETTING GO

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

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

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

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

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

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

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

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

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

There is no feeling
of any greater relief than
that of letting go.

LETTING GO (Continued)

The stronger the will,
the greater courage needed
in letting go.

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

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

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

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

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

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

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

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

* * *

LISTENING

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

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

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

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

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

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

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

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

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

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

The quickest way to
threaten someone is to say
"Listen to yourself."

LISTENING (Continued)

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

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

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

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

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

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

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

* * *

LOVE

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

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

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

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

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

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

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

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

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

Lack of fulfillment
is a thirst that can be quenched
only by loving.

LOVE (Continued)

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

We could assume that
love is simply unity
expressing itself.

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

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

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

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

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

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

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

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

* * *

MAGIC/MYSTERY

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

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

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

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

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

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

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

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

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

The mystery of our
lives will never be solved by
our intellect.

MAGIC/MYSTERY (Continued)

The true alchemist
is someone who can transform
an adversity
into a spiritual
path of clear awakening.

Helping another
person is a magic cure
for hostility.

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

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

Looking for 'things,' there
is only mind. Looking for
mind, there are only, 'things.'

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

* * *

MEDITATION

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

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

True meditation
can not exist separately
from our daily lives.

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

Meditation is
a way of uncovering
all parts of ourselves.

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

Meditation is
one part relaxation and
the other part trust.

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

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

Attitude is more
important than technique in
all meditation.

MEDITATION (Continued)

Meditation is
nothing more than a state of
complete attention.

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

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

True meditation
need not be a marathon
of self discipline.

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

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

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

* * *

NATURE

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

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

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

Wisdom is like the
sun rising. Everything is
illuminated.

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

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

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

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

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

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

Cities must be cared
for. The wilderness appears
to care for itself.

NATURE (Continued)

Whatever the time
or occasion, nature sticks
to her own schedule.

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

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

* * *

NEED

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

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

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

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

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

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

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

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

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

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

When we open the
baggage we carry, we see
that we don't need it.

NEED (Continued)

Our need for constant
comfort dulls our drive to
appreciate life.

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

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

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

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

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

* * *

NO DIFFERENCE

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

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

Finding differences
is simple. Finding oneness
is more difficult.

Finding differences
allows us to exercise
our power to choose.

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

In a contraction
we can never remember
our last expansion.

Miraculous and
the ordinary exist
only in our minds.

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

We cannot expect
to experience something
separate from ourselves.

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

Oneness is when our
differences no longer seem
to make a difference.

NO DIFFERENCE (Continued)

The one thing that we
all possess in common is
our diversity.

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

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

* * *

PARTNERSHIP

True mindfulness is
a declaration of
interdependence.

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

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

Competition may
be the greatest enemy
of true partnership.

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

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

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

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

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

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

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

* * *

PATIENCE/WAITING

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

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

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

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

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

Perfect patience is
waiting without waiting for
something specific.

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

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

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

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

The more we practice
patience, the more clearly we
see our restlessness.

PATIENCE/WAITING (Continued)

Patience is nothing
more than abiding in each
moment as it is.

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

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

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

* * *

PRIORITIES/WHAT'S IMPORTANT

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

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

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

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

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

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

Overwhelm is just
our gross inability
to prioritize.

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

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

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

If we want to see
our top priority, just
look at what we have.

PRIORITIES/WHAT'S IMPORTANT

Whatever has our
attention is our number
one priority.

* * *

RESPONSIBILITY/BLAME

A chronic case of
irresponsibility
can be serious.

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

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

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

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

The difference between
responsibility and
blame is enormous.

One way to saying
'Responsibility' is
'Cause and effect.'

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

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

How seldom we see
that blame is just a subtle
form of resistance.

RESPONSIBILITY/BLAME (Continued)

We cling to blame since
when its not there, we're forced to
observe our own pain.

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

Our intellect has
an endless capacity
for self deception.

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

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

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

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

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

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

* * *

SECURITY

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

Our security
is knowing we can deal with
insecurity.

Security is
the avowed enemy of
thrill and discovery.

Security can
never bring us happiness
only some relief.

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

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

Two quite popular
illusions are permanence
and security.

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

The security
of staying in our comfort
zone is dangerous.

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

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

* * *

SELF-IDENTITY/ROLE

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

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

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

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

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

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

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

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

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

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

The only way to
avoid our 'shadow self' is
to live in the dark.

SELF-IDENTITY/ROLE (Continued)

Finding the separate-
self is just like peeling an
onion. By the time
we arrive at the center,
we see there is nothing there.

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

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

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

When we say, "I'm too
sensitive," that often means
"It's all about me."

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

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

One master talent
is our ability to
create suffering.

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

Some people create
problems to insure their sense
of identity.

SELF-IDENTITY/ROLE (Continued)

Anger comes when we
think our identity is
invalidated.

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

A truly aware
person can be comfortable
playing any role.

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

'Personality'
is our word for behavior
that's repetitious.

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

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

People enjoy our
personality when it
can compliment theirs.

Authority that
solves our problem may also
become the problem.

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

We can not see the
world evolve, if we think it
revolves around us.

SELF-IDENTITY/ROLE

Define yourself as
as son, then who will you be
when your parents die?

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

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

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

Why do resumes
always seem like mistaken
identity cases.

Whatever appears
must then disappear and is
not about me.

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

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

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

* * *

SPACE/TIME

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

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

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

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

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

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

Everything exists
in this moment when only
this moment exists.

There will probably
be another tomorrow,
not another now.

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

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

So many tend to
live mostly in memory
or expectation.

SPACE/TIME (Continued)

Living in the past
turns us into a second
hand human being.

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

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

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

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

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

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

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

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

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

If we love something
enough, we will always find
the time to do it.

SPACE/TIME (Continued)

The past won't cause the
present any more than the
wake causes the ship.

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

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

Archaeologists
of the 'self,' dig the present
as well as the past.

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

* * *

SWEETNESS/WILLINGNESS

The surest way to
constant discovery is to
retain innocence

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

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

Some innocence and
sweetness may be wiser than
sophistication.

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

The willingness to
be ordinary is
a very special gift.

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

The door to heaven
is marked, 'willingness.' The door
to hell, 'willfulness.'

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

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

How strange that conflict
has become the norm, and peace
is the exception.

SWEETNESS/WILLINGNESS (Continued)

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

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

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

* * *

SYSTEMS

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

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

Conveniences seem
somehow to always give rise
to complications.

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

Think of systems of
consciousness as atmosphere
rather than levels.

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

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

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

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

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

Most of us get stuck
in the daily traffic jam
of our ceaseless thoughts.

SYSTEMS (Continued)

There is no knowledge
that's convertible into
human happiness.

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

* * *

TRUST/THE UNDEFINABLE

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

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

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

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

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

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

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

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

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

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

* * *

TRUTH

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

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

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

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

Any preconceived
opinion will alter our
perception of the truth.

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

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

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

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

The embarrassing
truth is that suffering is
really self imposed.

TRUTH (Continued)

For those who have found
the truth, there's no longer
a need to defend it.

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

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

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

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

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

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

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

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

* * *

WORDS

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

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

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

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

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

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

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

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

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

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

One definition
of 'poverty,' is 'always
needing to have more.'

WORDS (Continued)

We will truly know
love when we see that it's not
a transitive verb.

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

* * *