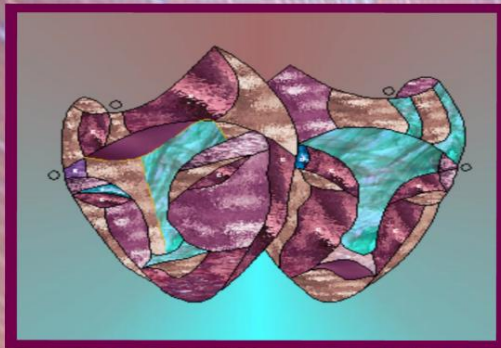


Beyond Poetry



A Journey of Unmasking!

Whatever you embrace,
That has NO name or face,
Comes from Nothingness and gives Creation a base.

Whatever you embrace,
That has a name or face,
Emerges from Creation as the existing race.

When you Creation backwards trace,
Once again you find Nothingness at the base.

Ulla

Ulla is anagrammatically and enigmatically
AllU

Ulla twirls words together unexpectedly - even her rhythm is unexpected and it spins around our sense making mechanism in the light of revelation. Read each poem out loud to yourself. Each poem offers a stern, earthy, enchanting clue as to how one equals none and none equals one from Ulla to AllU.

Soren Kerk Ph.D

Beyond Poetry, A Journey of Unmasking;

Is about unmasking divided personal Self Consciousness revealing One Unified Consciousness and the final dawning of impersonal NONE from which arose ONE to appear as many.

Every mask along the way,
Comes from thoughts that this or that sway.

With no trace of thoughts, words or sound,
Absolute Silence is found.

With reversal of these phrases,
Creation emerges into many masks and faces.

At the substratum of Existence, there is no resistance!

Total spontaneous essence,
Appearing as HERE & NOW presence!

Ulla

Love explodes our conditioned myths in myriad ways, laughingly
tossing an infinity of silence through all our imagined pains.
This happened to Ulla, who discovered an outpouring of eternity
at the very center of her heart.

Sentient.org

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Beyond Poetry

A Journey of Unmasking!

For the “Unconventional”

Ulla



To
The Pebbles of Monterey!



Thank You



**In this playful duality,
Where time and space appear as reality!**

**With gratefulness I reflect on the fact,
In this writing act!**

**That many have inspired this life in numerous
ways,
Through the tango Life plays!**

**I thank you all without giving any names,
In the end there is NONE to hold any claims.**


**Contents**

Foreword	4
Introduction	8
Chapter 1. Mirrors	9
Chapter 2. Edifying Depictions	29
Chapter 3. Misc. Exposures	81
Chapter 4. Impostors	100
Chapter 5. ONE-NONE-ONE	112
About the Author	128


 **Foreword** 

I have always thought that Ulla has the uncanny ability to stay above the mundane. She is composed, brief in speech, definite, precise, yet supple in movement, taking nourishment from nature, skilled in the arts and, above all, abundant in love. If you have known her for any length of time, you could see how her poems reflect her presence. They radiate serenity just as she does. No wonder they have that feel of spontaneity and inevitability about them, as though they just came out of her without her actually sitting there and composing them.

The book could be called not just *Beyond Poetry*, but *Beyond Philosophy, Religion and Spirituality* as well. The work is an exercise in the transcendence of duality. The poems in the book are a reminder to each of us that we are all an expression of One Being and that all our struggles of existence are a result of losing sight of that fact. They call us back to our primary existence where we live and act as one being, instead of being torn apart and asunder by thought-created structures and values.

Consciousness or Being expresses itself through thought as the multifarious world, and with thought the self is born. The self divides itself from the world and from others and strives for fulfillment. But if thoughts are not owned, if they merely watched and let go, they lose the ability to divide, and then we are back to what we were in the first place, namely, a Nothing which is also Being.



Continued.

There are no struggles in this primary existence. Nor is there any need for fulfillment or enlightenment. We are already fulfilled, even if we may never know that. But this requires that we give up all effort and hope, that we cease from any attempt to change a given situation or ourselves as we are, and fully accept what is. Then our thoughts, i.e., our past, will simmer down on their own. It is still possible that discrete elements from our past may show themselves up from time to time, and perhaps even frequently. It may even seem as if the wheel of the past would never stop rolling into our consciousness. But it is our acceptance of what is and indifference to it, and not our attempt to change it into something better or be carried away by it, that enables us to remain in the present and watch the appearance and disappearance of the past as a show. That way, we can have a glimpse of the Unity of Being.

Ulla says that we are all created with a nature given to us by the One. The One is the grand mystery which is beyond our comprehension and, of course, our thought. If we accept what we are, then we won't have to put up a futile struggle to change our nature and thus create further friction and duality within ourselves. If we accept what we are and realize that we too are an expression of the One, then there is a possibility of the transcendence of duality happening effortlessly.

Ulla also seems to take the stance that everything that happens is meant to happen, as if it were all part of a grand master plan. We can either fight it and bring misery upon ourselves, or we can assent and yield to it and live in peace.



Continued.

We normally tend to believe that we can control events through our will by assuming that each thought that occurs to us is our own, and that we, as a self, are the source of it. And we also assume that we are the author of our actions as each of these thoughts generates action.

But look at this example: When I go for a walk in cool weather with a jacket on, at some point on the walk I become aware of the fact that I get too warm, and the thought occurs to me that I should take off my jacket. Then I take it off. In this sequence of events, I imagine myself to be the author of the thought that I should take off my jacket and also the author of my action of taking off my jacket through my thought that I should do so. But look at what happened today: I went for my walk with my jacket on. At a certain point of my walk I found myself with the jacket on my forearm already removed from me, without the slightest forethought or even awareness of the fact of my removing. What happened to the action-generating thought? Where was I and where was my thought? Should we still say that they were there at all? Or could we just say that the events just happened in a sequence and I as a self and my thought had no role to play in them. The self and its will (in the form of a thought) are thus both illusory.

Seeing this will help us in reconciling ourselves to the course of events rather than attempting to change them, thereby creating friction and duality.



Continued.

Letting go of everything, including enlightenment, is what enables you to become free from the past and be in the present Now and Here. And that is what removes the duality in your existence and puts you in touch with the Absolute.

For practical day-to-day living, it is, however, important to become aware of the point of view from which we look at the world, before we could let that go and become free of it. Or else, we would be caught in endless cycles of reacting.

The poems in this book are concise, crisp, and refreshing like a light cool breeze. These rhyming verses are sprinkled with contemporary images and metaphors. They can act as a reminder of the foundation of our being where none of our problems exist. They are an attempt to point to the one and only true and authentic existence, prompting us to question our daily existence and investigate into it.

Let your mind rest and repose in these poems. That are part of the play of Consciousness in its awareness of itself. Let your being absorb them. And see if you don't yourself experience that tranquility reflected in them.

Narayana Moorthy, Ph.D
March 17, 2003


 **Introduction** 

The identifications that we constantly face,
That keeps us from seeing through the haze.

Are often revealed through one or another form
Of rejection or dejection,
And may lead to the painful walk of honest
reflection,
Where we with courage face delusion and
deception,
All the way down to the story of conception.

By clearly seeing that we don't have a clue,
Of what is generally believed to be true.

These poems may uncover beliefs and stories,
And expose conceptual glories.

Ulla



 Chapter 1. 

Mirrors,

**Is about reflections,
Mirroring new directions!**



The Mirrors!

ONE got visually impaired.

**When ONE into the hall of mirrors browsed,
And the reflection of many aroused.**

**ONE looked around,
And the "other" was found.**

**ONE into the mirror stared,
And TWO was paired,
The sparks flared,
Passion was declared,
TWO or more got ensnared.**

**When the mirrors cease,
There is release,
The "others" decrease,
ONE with itself once again at peace!**



The Reflective Pool!

**In Life's reflective pool,
You may over someone else drool.**

**Especially when trusting this to be love,
And the heart flutter and fly like a dove.**

**Until by chance,
The reflection move to another stance,
And there is a separation in the dance.**

**No longer thrilled.
Because expectations were not filled,**

**If you truly look in the pool and clearly see,
That the ONE looking back is not he or she,
But the ONE presence that appear as he, she.**

There is only [N]ONE!



Split in TWO!

**It is such a coupe,
To believe it is a YOU.
Split in TWO!**

**Most human beings relate,
To "the other" through di-vision,
Seeing life through a cracked vision.**

**This is what keeps you "flying" un-United,
And keep the notion of a separate "YOU" delighted.**

**If you delete YOU & TWO, what is left?
Do you feel bereft, not keeping the cleft?**

**How can you know, unless you let go of the tow,
Throw out the anchor, and climb to the bow,
Let go, and merge with the flow.**

**Not split in two, but merged and united,
There is WHOLEness in vision sighted.**

**Relate from this stand,
On your feet you land.**



The Dream!

**When ONE gets dreamy,
Things have a tendency to get hot and steamy.**

**Dreaming away of a you and me,
And how we forever together can be.**

**Placing the notion of it being love of course,
Since it appear to be the only worthy cause.**

Dreaming that the true lover is in the other!

**Then the role reverse,
And once again, alone ONE traverse,
Feeling lonely and that life is a curse,
Over and over this dream ONE rehearse.**

**What is hidden in this poem or verse?
What was present before the curse?**

**The question rehearse,
And ONE may find there is no curse!**



Personal Love!

**Personal Love wants to know what's in store,
Making it a constant chore:**

**To find out what's ahead,
Laying life out in a spread.**

**To plan and envision,
What the mind hold as a vision.**

**Forgetting that what keeps you distraught,
Is in the head the thought,
That the future holds a secret more enticing than
NOW,
That is HOW:
You most often loose your center,
By letting the future (or past) enter.**

**There is a need for revision,
Of that which you envision!**

**Why endorse thought to lead the way,
And continually listen to what it has to say?**

**Where can you find the treasure?
That is not moved by past or future pressure?**



Want & Need!

**Love born out of want and need,
Have already separation as a seed.**

**You like to be courted and given gifts,
With enough assurance to risk any doubts or shifts!**

**There is nothing wrong with this,
As long as you are aware, of what is amiss.**

**There is no insurance covering love born of
demand,
If often run through your hand like sand.
No matter how big your wedding band!**

**With the reverse of want and need,
Love will blossom and everything feed.
Of want there is no need.**



Attraction & Reaction!

**To what you attract, you are bound to react.
Infatuation or repulsion will be the fact.**

Dualistic love is another name, for the same.

**Both are born from the same thoughts by a seed,
And the thoughts can surely to confusion lead.**

**From whence did the seed appear?
Does this bring up fear?
Who does this interrelated play steer?
How can you to this be exempt and clear?**

**Is it such a task, to take off the unseen mask?
That clouded your sight, so you can bring on the
light.**

**Only in duality is there this fight,
Of what is wrong or right.**

**Where there is only ONE, to fly the kite,
There is no need for wrong or right.**



Everything is on Loan!

**Everything is on loan,
There is noTHING that "YOU" own.**

**"Your" money, lover, child, husband or wife,
Is sustained and owned by Life.**

**Everything "YOU" have and by
Conceptual ownership hold,
Is as perishable as that which can mold.**

**You got caught,
In the thought that brought;**

**Ownership as a temptation,
As a way to feed division and separation!**

**When awareness reign,
You cannot even "YOUR" thoughts claim.
It diminishes any division and separate fame.**



Ownership!

**If it is the fate,
You see but ONE, when you relate,
This includes enemies, friends and mate,
Some call that being awake.**

Can you truly see there are no we?

**That nothing belongs to YOU,
And you are not TWO.**

**Can you therefore anything claim, anyone blame?
When owner and ownership are the same?**

**You cannot thoughts train, nor them tame,
That will leave you crippled and lame.**

**Rather, there is no need to pay attention,
To what they have to mention,
That is the redemption, of thoughts endless
temptation.**



Unconditional Love!

**If you truly discern,
Is there anything you do, without motivation, and
investment return?**

**That is the assurance behind,
Your mental thoughts and mind!**

**It is endowed to be this way,
In that, you do not have any say.**

**But note the difference,
Between spontaneity, and continuity.**

**Does the spontaneous singing of a bird
Ask you to pay, for what is heard?**

**Does the sun ask for a fine?
Or it won't, on you shine?**

**Does a dog quit its affection?
Because you didn't win the election!**

**You speak of unconditional Love, with great regard,
Can you give it, without any reward?**



What is Absolute Love?

**What is Love?
That soars with the peace of a dove.**

**Love that is truly free,
When we simply let it BE!**

**Not filled with things we expect,
That only pain can detect.**

**But infinite acceptance, of existence as it is,
Naturally emerged, from the core of bliss.**

**This Love requires no road, map or especially
dedicated day,
It needs no words and has nothing to say.
It is in itself existence and the way.**

**Resting and unaware in the dorm,
Frequently creating the storm,
So it can sustain the form.**



Wordless Gift!

**The wordless gift of care,
Is when you fullness of presence share.**

**Can you sit with someone, without the need to talk?
Talking often leads the mind astray, and on a walk.**

**Words can the moment cleave,
And you wear the heart on your sleeve.**

**The opposite is also true,
When it comes to what words can brew.**

**Once in awhile come from the middle,
Enjoy the silence without the fiddle.**

**To be present and available is truly caring,
Although to the mind it is uncomfortable and
daring.**

**Life is a verbal dance and whirl,
Recognize this as you swirl.**

Who does the dance floor twirl?



Friction!

**Humans have by nature an addiction,
To mental fiction, that causes friction!**

**The inherent desire to resist,
Gives rise to another twist.**

**Man engage in various sorts of drama,
Often given outlet in mental trauma.**

**Without this abrasion,
Man has no sensation.**

**No matter the resistance,
the high has the low in tow,
Those that walk in flow,
Are those that accept WHAT IS, wherever they go!**

**There is NO friction, unless drama holds an
addiction!**



Boundless Love!

**Boundless Love bursts forth,
When there is of Life no more remorse.**

**Not necessarily the way you think,
Rather, each expression unique and distinct.**

**Some are custodians of love and compassion,
To move you beyond all trend and fashion.**

**Some are custodians of Shiva's sword,
To cut the concepts, that you hoard.**

**The pointers and symbols are ample,
Providing you with one or another sample.**

**That you have to decipher on your own,
In route, often finding yourself alone.**

**Gather information if you must,
But learn to Existence trust.**

**That "YOU" are not the one doing this,
Or you may the whole point miss!**



Total Love!

**The love that few know,
Does not carry any conditions in tow.**

**It is total and contained,
And cannot to any specific objects or forms be
chained.**

**This LOVE is absolute,
In unified wholeness it constitute!**

**The love that most know,
Can just as easily dislike sow.**

**Mostly it is based on some return and need,
And when not reciprocated the heart often bleed.**

**Embracing LOVE from the whole,
Leaves nothing and none to control!**



Eye of Separation!

**The eye that does not with clarity see,
Notices the outer world from the standpoint of
you, me and we.**

**Where the "other",
May act as the role of teacher, parent and lover.**

**A tear may find its way down the cheek,
As if for comfort from this separation seek.**

**The eye that does not with clarity see,
Has ceased the correlation of BE!**

**Underlying each tear,
Is the ever-wakeful total sphere!**

**Being-ness in absolute WHOLE vision,
Containing no division.**



Pivotal Point!

**So there is the pivotal point,
Where everything unified is disjoint.**

**From the impersonal the personal was born,
By its birth it was split and torn.**

**There is no doubt, in the fact that this route,
Brings both joy and pain about.**

**Whenever you to something else relate,
You open the gate, to a divided state,
Promoted by both fate and debate.**

**Such are the traits,
Of THAT which Life creates!**



Silent Resonance!

**Verbal tug and war,
Creates resistance and more.**

**Silent resonance gives nothing away,
It is already here to stay.**

It all depends on how "a YOU", interpret it anyway.

**If the heart intensely long,
To be the silent resonant song,
The appearance of a separate "YOU" will be extinct
and gone.**

**Yes, you will still respond and act,
Now aware, of this silent fact!**



Coveted ONE!

**What is coveted, when one drown in the beloved?
That you and me to be WHOLE, isn't that the goal?**

**Through this courtship you and me find,
That there is only ONE, that all of this is behind.**

**We dance the dance of separate lovers,
Until the ONE behind lift the reflective covers.**

**And reveal there never were any separate lovers,
Under the mirrored covers!**

**The ONE always dwelled, were only ONE can be
held!**

*** Notation ***

**Total Absolute Divine Love is impersonal, desireless and
seeks nothing and wants nothing. It gives freely,
selflessly, compassionately, dispassionately and
unconditionally without attachments.
It recognizes no separation or individuality.**



 Chapter 2. 

Edifying Depictions,

**Is about uncovering conceptual
restrictions!**



Nothing Is Wasted!

**Nothing is wasted,
No matter what experience you may have tasted,**

**Everything goes where it is meant to go,
Events are designed so.**

**You as an actor are not the designer of these sets!
No need to waste time in regrets,
It only guilt begets.**

**Events will come and pass,
Like footsteps on wet grass!**

**Images are conceptual, and on the screen of Life
pasted,
So how can anything be wasted!**



Primary and Secondary!

Consciousness/Life expresses primarily in two
ways,
Man is by nature mostly unaware of the intricate
maze these play.

The first one predominantly acts,
Upon what is considered physical facts.

Such as eating, sleeping, procreating and
eliminating,
Things that involve no major contemplating,
They are just naturally adhered to and done,
And require no defending to operate and run.

Now here is the pun:

The second one above all acts,
As if the first one something important lacks.

Such as fashion, religion, politics and arts,
That navigates through endless mental debating
charts,
Discussing, approving, criticizing and defending
the stance,
That may have entered through the mind's dance.



Continued.

**By some unknown chance,
Some will be called to see this dual dance,
And be conscious of the common trance.**

**These two expressions are imprinted upon life,
And not to be seen as strife,**

**They do complement and enhance,
Through this manifest dance.**

**By seeing the very different roles they both play,
There is clarity on the way.**

**The first one always expresses WHAT IS,
The second one is mostly what gets man in misery
and a tizz.**

Where thoughts habitually project what is amiss!

**Seeing this, leaves room for both the physical and
mental fizz,**



The Seeking Plight!

**Marred by the seeking plight,
Everything seemed out of sight.**

**Tomorrow awakening will surely arrive,
It kept you going and alive.**

**Unknowingly you were fooled,
The seeking continually you ruled.**

**Existence kept you asleep,
For freedom, you were then called to weep,
Until the dawning, through you did seep,
And you found yourself leap.**

**Into the lap of perception, devoid of common
deception!**

**Just as the dawn, darkness will break,
You found, you've always been awake.**

**Not only that, with negation of the inner chat,
You found in the sack, no cat, to hold the blame, for
all this and that.**



Judge & Compare!

It's a common flair, to judge and compare.

**Be it Life, or the Guru and Teacher of your choice,
You judge and compare, which one has the most
sacred voice.**

**Or which one is the purest of them all,
Surely some to the bottom must fall.**

Which one is awake, and which one is a fake.

**What a waste,
When you comparison, on appearances paste.**

**If you recall, the ONE that is running the ball,
Is there really for any of this a call?**

There is none asleep or awake at all.

Do you dare, to quit judge and compare!



Awareness HERE!

**When you awareness seek,
You may think it comes from a high peak.**

**A lustrous phenomenal event,
That somehow was heaven sent.**

**It is as misleading as smoking a joint,
To believe that will get you to the point.**

**Awareness cannot be found,
No matter how much you seek or run around.**

**No one can give it to you either,
No matter how attractive a promise from a teacher or
leader.**

**There is nothing to get,
No matter the mindset.**

**This is the plot,
How can you ever get, what you already got!**

Awareness is NOW & HERE, not there!



Magic!

**It is misleading and fake,
To believe being awake,
Holds magical powers in store,
That will give you fame and more.**

**The only magic in this,
Is seeing things for what it IS.**

**To manifest a clock or a ring,
Is not going to enlightenment bring!**

**In order to see things for what they ARE,
You have to give up playing that you are from
another star,
Truth is not that far.
It is simply where you are,
Seeing things as they ARE.**

**That is the beautiful magic of it all,
Enjoy, have a ball!**



The Image!

When split in two, and believing there is "a you"....

**Wanting to be other than what you ARE,
Drives you to create the "perfect" star.**

**As such the impeccable teacher, guru, lover or friend
is born,
That you can somehow admire and adorn!**

**Ask questions and get advice,
Not trusting your own wise.**

**So an image you create,
To continue mind's endless debate!**

Unable to see, that mind can never KNOW or BE.



The Guru!

**You believe the teacher, saint, guru or sage,
To be your mind-full treasure's missing page.**

**And the one to seek for your relief,
When it truly has to do, with your own belief.**

**Yes, he/she may serve you, with a few hints,
But you are the one,
Who has to fill in the missing colors and tints!**

**What does it take to scrutinize thinking?
And avoid the continuous sinking.**

**Into the mindless chatter,
That can only criticize or flatter.**

**No one "out there" is going to do it for you,
Take that to be an important clue.
If you want to get rid, of this "wakeful sleeping
flu"!
To see beyond the falsifying thoughts, that stick to
you like glue.**

**Ask from whence do they originate,
You may just find yourself with a clean slate.**



Strength!

**Do you have the strength, to stand at an arms
length?**

**Not necessarily, literally speaking,
But a term for those, who themselves are seeking.**

**To find you have nothing left,
Of work, money, friends and belongings you are
bereft.**

**When the world around you bustle,
And you want to hustle.**

Join the peers, to share your fears.

**Have a special connection,
With the teacher of your selection!**

**Be part of the group,
Instead of "alone" elope.**

**To find strength "inside", and in silent patience
abide.**

**Accept that it could not be any other way,
In spite of what someone else might have to say.**



Missing Out!

**You believe yourself to be missing out,
Unless, you are part of the group and devote!**

**Running from place to place,
Unable to face your own face!**

**Exhausted you find yourself forlorn,
Wondering and torn.**

**It is perfectly okay to run with the herd.
When you don't want your own voice to be heard.**

**If you are called to see through the mist,
And can see this fundamental fact and gist,
You will raise your fist,
And walk through the mist.**

There is nothing there to be missed.



Walk your own Walk!

**It is absolutely essential to walk your own walk,
To give up hearing someone else talk,
Or read someone else's deed.**

Or believe someone else got, what you have not.

**Turn away, from what you so far done,
Find yourself in reverse run.**

**Stray from the norm,
Create your own storm.**

**Let out the unique expression,
Hiding behind conceptual compression.**

**Kick some dust and remove some rust,
Scrape off the crust your essence trust.**

You are what you are, by far!

**P.S. I hear WD40 works fine, in removing me and
mine.**

**Get down to earth,
And you may find yourself die, and to
"nothingness" give birth.**



Brutal Facts!

**Brutal information and fact,
Often spurs you to react and act.**

**The greatest teacher and friend,
Is not the one that constantly an ear lend,
But the one that away you send.**

**To help you snap out of the merry go round,
That appears to keep you so bound.**

**By returning to yourself,
Instead of looking for an outside magical elf,
To remove your problems and put them on a shelf!**

**Embracing your own deal,
Is the only way to heal!**



Own Deal!

**Don't take anything written here for real,
You have to figure out your own deal.**

**There is nothing here that will give you the light,
Unless by chance, you apply your own sight!**

**By rejecting the model you look for,
And start relating to your own inner core.**

**What is real, you cannot conceal!
It is what everything sustain, it is so plain,
It is beyond the brain, closer than wetness to rain.**

Do not despair it is fair, and already here!

**Only thought will take you away,
Continually sway, unable to in the moment stay.**

**So leave them alone, they are engraved in every
stone,
Continually themselves they clone,**

There is only ONE on the throne!

Seeing this is finding your own tone!



Abiding!

**Abiding is letting things be,
No matter what it is you see.**

**Let things be the way they are,
Put nothing away behind a bar.**

**Judge not the emotional, physical or mental state,
Let go of picking, choosing and controlling fate,
It happens to be what's on the plate.**

**No technique will take you there,
What you seek is already here.**

**The uncaused dance will go on,
Even when resistance, weigh a ton.**

**Hear your inner call,
And the burden may fall.**



Dance of Existence!

**You look at the Ocean and what do you “sea”?
Is it the vastness and longing to be free?**

**You build a castle of sand,
Is it with YOUR hand?
What is it that moves your being, without you it
seeing?**

**You watch a cloud in the sky,
Do you believe it is up high?
Or does the illusion of time and space,
Hold you in a daze?**

**You catch a wave and ride,
Do you really on it slide?
What if you were still?
The surrealistic movement just a creative thrill!**

**Is it YOU that surf?
Or are YOU just on unfamiliar turf?**



Continued.

**Do YOU exist?
Because you've been given the following list;**

My name is....

My birth date is....

My SS# is....

My title is....

Etc, etc, etc....

**What if YOU are false?
Is there anyone there to waltz?**

**Is there anyone there to claim any fame?
Or is it part of the game?**

**Or does the dance go on,
Without YOU singing a song?**

**If there is personal love in the heart,
Than didn't hate come along, the moment love did
start?**

**Can YOU know impersonal love?
Or just give it a symbol, like the free flow of a dove?**



Continued.

**How can YOU know, anything at all,
Without stumble and eventually fall?**

**Can YOU KNOW what YOU ARE?
Or is it beyond knowledge behind, mind's bar?**

**How can YOU know anything is true?
Or did existence concoct this believable brew?**

**Investigate what is behind thought,
You might just find the Source, that all of this
taught.**



False or True!

**The bottom line, we don't have a clue,
of what is false or true.**

**The outer world being mumbo jumbo,
Much like overrated gumbo.**

**Stop looking out there, for the outside source,
And develop our own inner course.**

**Unravel your own unique snitch,
It will help you let go of the seeking twitch.**

**To give you the courage and stand alone,
When thought wants you to be prone,
To postpone, and believe another day,
Will lead you, to the right way.**

**The here and now,
What you immediately around you, can touch and
feel,
Is what will help you stay on an even keel.**



Continued.

**That is the truth of the moment HERE & NOW,
Not some ancient Zen Tao.**

**You look at the page reading this, and what do you
see,
But the only thing, this moment can BE!**

**By some unknown chance,
Some will be called to see this dual dance,
And be conscious of the common trance.**



Smile & Bile!

**Life is comfortable and swell,
Suddenly, rings the doorbell.**

**Someone delivers some vicious gossipy news.
And somehow you composure lose!**

Smile & Bile!

**You have a great day, contemplating beauty on the
beach,
Without warning a thought,
of some painful past, into you reach,
Sucking you dry as a leach.**

Smile & Bile!

**It is the nature of the mind to smile & bile find,
This "YOU" cannot change no matter what avenge.**

**Both events, fueled by thinking,
And come to you faster than blinking.**

**Stay present NOW & HERE,
Instead of letting thought take you there.**



Noiseless Silence!

You fill up silence with this and that,
By constantly needing to talk, chit and chat!

Do you dare to keep your own court?
Instead of verbally rant, rave and silence contort.

Content to silently abide,
Leaving no room for verbal or mental noise by your
side.

Noise will sustain the merry go round,
By consistently emitting one or another sound.

It is the nature of the mind, to disquiet find,

In order for silence to find the way,
You have to walk away, and be astray.

Nothing is rude, when abiding in quietude.



Interpreting!

**Some may find you serious and deep,
Others find you humorous and able to leap.**

Opinions fly, and you are prone to them buy.

**You interpret what you may have heard
Instead of seeing through the word!**

**That there is no substance to what was said,
Except for how according to your nature it was
misread.**

Once again you were by thought led.

**Stay alert, and see if you can this revert,
Instead of taking preference and let it hurt.**

**By noting that the origin of both "you" and "the
other",
Are born out of the same Source or Mother"**

**In completion even Mother will descend,
And with Nothingness blend.**



Riff Raff!

**You hardly ever question a spider walking,
On the ceiling up side down,**

Or find it debatable of a tornado to wipe out a town.

**These are natural occurrences, and accepted as such,
How come this the mental world doesn't touch.**

**There we ferociously debate right and wrong,
With heated arguments and jargon.**

**Only thoughts fight and discuss,
Making a racket and a fuzz!**

**How do you know that thoughts are your own?
Maybe they just into your head flown!**

**So why not look at them from a brighter side,
By observing them strut and stride,
Without taking you on such a ride.**

**Keep an eye on the "riff raff" entering your head,
And you can with more peace go to bed.**



The Spider!

**The spider silently weaves its net,
Without any fret, or regret.**

**Patiently and effortlessly waiting,
Free of worries over the latest rating.**

**Living intensely in the moment, and abiding,
Watching what the net may be providing.**

**Content that everything falls into place,
By natural, existence and grace.**



No Mystery!

**There is nothing mysterious to this deal,
That's just what you've been told, and been sold.**

**Does it have on you a hold, or do you dare to be
bold?**

To investigate this mystery, that leaves such history.

**Even, if it the mind blows,
Admitting that no one really knows.
When making something,
Out of nothing.**

**How do you feel?
When investigating this deal?**

**It is precisely that,
What keeps you blind as a bat!**

No need to cringe, when the mind goes on a binge.

FLY!

**By shaking the mental mind,
You may find there is no one awake, asleep or blind.**



The Mail Center!

**If you have taken any of this with personal pain,
Then the doer in you reign!**

**Taken special delivery of what is said,
Forgetting what the small print read:**

**You are but an individually designed envelope,
Originating from the same mail Center, that is the
scope.**

The designs may differ, some softer, some stiffer.

**But the content of the envelope is the same,
Namely, you from the same Source came.**

**May this give you hope,
To let go of the personal burden and rope!**

**No need to tie a knot,
Of that which "you" haven't got!**



Struggle!

**Struggle arise,
When someone take delivery, of any price.**

**Coming as praise, or scorn,
As a doer you smile or are torn.**

**Realizing this, is neither bondage or liberation,
It is dissolution of the temptation:**

To believe, in personal doership and sensation!

**When volition subside,
Struggle has nowhere to abide!**



Is There a You?

**Whence are you coming?
Who's through you drumming?**

**Who speaks through your vocal strings?
To believe or discard all it brings.**

**Who hears through your ears, to bring smiles or
tears!**

**Who sees through your eyes, to think it sees all
sides.**

**Is it a "YOU", that this DO?
Are YOU the one executing these acts?
Are YOU sure of these facts?
If you find you are not, what have you got?**

**Does the heart "automatically" beat?
Because of YOU, or the "auto-pilot" in the seat?
Does the eye blink?
Because of you, or instinct?**

**What would happen,
if the notion of you were put on a shelf,
Would there be "a you" to scream HELP?**



There is Nothing to Know!

**Why do you need to know?
There is only KNOWING!**

**Why do you need to be aware?
There is only AWARENESS!**

**Why do you need to be whole?
There is only WHOLENESS!**

**Why do you need to exist?
There is only EXISTENCE!**

**Why do "A YOU," need?
That in itself, is the seed,
That makes your heart bleed,
Because "A YOU," it feed:
That it constantly, something else need.**

**Knowing, Awareness, Wholeness, Existence this
breed,
"A YOU," to be the seed, so it Creation can feed.**

**Realizing this, where is there a heart to bleed?
It is NOW & HERE freed.**



Identification!

**Consciousness appeared as a thought,
and gave everything a name,
Even though the original substance is the same.**

**Only those endowed with thinking and a mind,
Can this unique feature use and find.**

**Animals and plants carry no such identification,
Or classification.**

**They like humans, live by survival and instinct,
The addition of the mind makes the humans from
this distinct.**

**If you remove the identifications and names,
There would be none there to play the games.**

**With awareness this is embraced,
And the reality of it faced.**

**The dance and game will go on,
But NONE is there to claim identification of the
dance and song.**



No More Secrets!

**There appears a thought that there are angels with
wings,
That in heaven and on earth gives blessings and
sings.**

**There appears a thought that there is life after death,
And many spirits around, some free, some bound.**

**There appears thought that there are Masters on
high,
To instruct you how to through dimensions fly!**

**There appears as a thought that there is channeled
information,
To give you the secrets to what is called Creation.**

**There appears a thought that there are Gurus, Sages,
Teachers and Avatars,
To look up to, admire, and treat as "Stars"**

**There appears a thought that there is reincarnation,
To continue the temptation;
To believe in the wheel of birth and death,
Until you take your last breath.**



Continued.

**Unless by grace,
There is a lifting of the lace, from your face.**

**So you can more clearly see,
This was part of what needed to be.**

**In order to make Creation appear real,
It is sustained through this deal.**

**With this revealed,
There are no more "secrets" sealed.**

**Even the thought of a "YOU" is deleted,
Creation defeated and completed.**

**Source played through "YOU" a role,
Now returning to the WHOLE.**



The Goal!

**The goal is what gave you the start,
Enlightenment being the hope and destination on
the chart!**

**The goal is what drives you to seek,
Instead of watching the free flowing creek!**

**The goal is what keep you going,
So you don't have to sit there in silent flowing.**

**The goal is the bribe,
That spurs you to continue to strive.
Believing the goal will get you there,
So you don't have to be present NOW and HERE.**

**So who is in charge of this going?
That keeps you from flowing?**

**What if the goal giver and goal receiver is the same?
Both being born out of the same flame!
Wouldn't that be the end of the game?**

**There is no need for destination and chart,
When there is presence without a start!**



Unqualified Existence!

**Unqualified Existence is undemanding,
And requires no ownership or branding.**

**Free of pursuit,
No longer taking delivery of any fruit.**

**Aspiration gone,
For nothing it long.**

**Goals receded with the past,
HERE and NOW is infinitely vast.**

**So ordinary and plain,
There is nothing to attain.**

**Existence on its own maintain,
What it is required to sustain,
Without the need to anything attain.**

It is sole and WHOLE!



Life Flows!

**Wherever Life goes,
It naturally by itself flows.**

**It needs no improvement or amendment,
Transformation or alteration!**

**It flows though the ever-changing tide,
Within it "you" are submerged in the ride.**

**Whatever roadway it takes, there is nothing at
stakes.**

It has no goal it is in itself WHOLE.



Delusion!

**There is this tremendous delusion,
That brings about a lot of confusion,
By the concept that holds the illusion.**

**That there is someone to awaken,
And if not, you are forsaken.**

**That there is someone asleep,
And that by being awake you will something reap,
So you pray for awakening and weep.**

The ONE that pray and weep is not asleep!

**The concept of awake and asleep goes deep,
When you through it seep,
There is none there to leap,
Or any harvest to reap!**

**None to awaken, none forsaken!
None asleep, none to over weep!**

[N]ONE!



Pursuit!

**Pursuit of a way can indeed be fascinating,
But it is in the end stagnating.**

**The quest for a technique can seem constructive,
But is in the end destructive.**

**To whom do you apply this technique and way?
To the Self you might say!
And who is this Self that you direct
and wish to find the way?**

**If there is only [N]ONE self to BE,
How come you try to put another Self on the shelf,
and make it WE!
So you can it change and improve, and something
prove?**

**Here is the pun,
Where there is [N]ONE,
There is no other self to direct, improve or run.**



Deal & Heal!

**Do you think, you need with something deal?
In order to heal!**

**An inner child to hold,
Abandoned somewhere and cold.
Forgive your parents and past,
Go on a special diet and fast.**

**Do yoga, meditate and stretch,
So you realization can fetch.
Improve and amend,
According to the latest New Age trend.**

**Whatever the path you may follow,
The You, you improve is without substance and
hollow.**

**Life does not need an improved map,
It already cradles Wholeness, without a separate you
in the lap.**

**There is NONE to heal, no you to with a past or
future deal.**

**To this "A YOU" may reel, because you take "A
YOU" to be real.**

In Wholeness deal, and there is nothing to heal.



The Doer!

**The Doer does,
Take delivery of actions and make a fuss.**

**Goes to quite a range,
Believing he does something change!**

**Patting himself on the shoulder,
Fancying he moved a life changing boulder.**

**Be they political, artistical or spiritual gifts,
The Doer believes he devised the shifts.**

**The Doer thinks he reign,
And can supremacy sustain.**

**Only when the Doer is slain,
[N]ONE remain!**



Futility!

**The discovery may appear brutal,
With the final dawning of how it is totally futile.**

**To improve, do, search, look and see,
Instead of just BE!**

**Nobody can give you the answer,
Only point to what is hiding under the concealing
lancer.**

**Being a sovereign dancer,
Erases the question and answer!**

**The final utility,
Is the discovery of futility!**



The Riddle!

**No matter how much you with it fiddle,
Life will remain a mystery and riddle.**

**Frustration arrives with the vibes,
That there is nothing out there that really describes,
What Life is actually about?
When you for explanations and answers scout.**

**Arts, Sciences and Religions try,
Yet minds questioning for more and more cry.**

**So you continually look for something fancier,
Deep inside knowing,
That question and questioner end with the answer!**

**You will remain the dancer,
Until you see the uselessness of question and
answer.**



Concepts!

**To get to the bottom of things,
You have to face all that it brings.**

**Every concept you so tightly embraced,
Will have to be faced.**

**When with nothingness you flirt,
A YOU are likely to hurt,
Unless you can see through the dirt,
And spot the illusory stains on the shirt.**

**Whatever life brings,
Comes from the bottom of things.**

Especially when you concepts, away flings!



Concept-less-ness!

**When there is no past,
Concepts cannot last.**

**Concepts last,
When you hold on to a past.**

**The past contain every story you've been told,
And they have on you a hold.
Unless you are called to be bold,
And walk away from the common mold.**

**Stories of reincarnation, birth and death,
Stories on how to live, and how to die,
Stories on how to love and heal, on how to feel,
Endless stories to uphold a past, so concepts can
last!**

**Seeing through the mist,
Is total annihilation of the story list!**



Empty Space!

**Empty Space,
Is Grace!**

**Yet feared, because of all that which disappeared.
Particularly everything that was once so revered!**

**Empty space is uncomfortable to embrace,
Because of what emptiness replace,
Does not leave any trace,
And is void of familiar reference, foundation and
base.**

**It comes across as a loss,
Until revealed in an instant toss!**

Grace BEING empty space!



Deletion!

Without a name, there can be no existing game.

Without a YOU, there can be no two.

**Without a thought to give a word,
nothing can be heard.**

**There is an existing game,
when something is given a name.**

**There are two, when from [N]ONE sprung TWO
and you.**

There is something heard, when given a word.

Creation inherits Destruction in its Construction.

Birth inherits Death in its address.

You inherit Me when leaving BE.

Deletion brings Completion.

**Nothing exist,
Unless there is a thought of A YOU to persist!**



The End!

**So this is the end,
Nothing more to defend!**

**It was such false seeing, and devoid of truly being.
Such a tug and a pull, that leaves you both empty
and full.**

**Lost in a pool full of thought,
You were for a long time caught.**

**Until there was an abandoning of all hopes and
dreams,
While the mind in agony screams!
Letting go of everything and everyone around,
As you find yourself drowned.
To be given life again,
Accepting it is nothing like past then.**

**Now there is just a notion,
Of the erroneousness of all commotion!**

**The play is taken more lightly,
The stage shines more brightly.
To give rise to a different shine,
No longer colored by me and mine.**



Imaginary Journey!

**The imaginary journey finally dissolves into the
conclusion,
There really is no mindful solution.**

**When existence put up the veil,
It was so the mind could mentally sail.**

Out into the world, and absorb all it heard.

**As such it did start,
The evolution to take in knowledge and be smart!**

**Explore and invent,
From the basic to the heaven-sent'**

**Setting up laws, rules and codes,
It sustains even the heaviest loads.**

**Be it rich, poor, savior, hero, murder or rape,
It took on every shape.**



Continued.

**When the veil dissolve,
Is there anything or anyone to evolve?**

**Is there a YOU, is there a ME,
or can EXISTENCE only BE!**

**In the merge there is a surge,
To silent intimacy caress depth of Nothingness
bless!**



Alone!

**There may be times terror will strike,
And you will cringe in fright.**

**Because you lost all support,
And alone stand in your court!**

**If the intensity is such,
And there is a letting go of the clutch.**

**Than nothing can keep you apart,
From the longing in the heart!**

**And the source in your bone,
Will give you the bravery to stand alone!**



WHOLEness!

**Through these pages, thoughts have taken you on a
illusory trip,
Just to some of the concept flip, and give you a
closer grip,
Of what is nearer than your fingertip.**

THAT, which upholds the Quest, is not a test.

It holds no cause, and therefore no flaws.

No will of your own, can this atone.

So rest in peace, that what happens is not a tease.

Simply part of WHAT IS, and nothing is amiss.

**In WHOLEness BE,
That there is NONE to FREE!**



 Chapter 3. 

Miscellaneous Exposures,

Is about disclosures!



Mind & Heart!

**There is no difference between mind and heart,
Unless by concept they are taken apart!**

**Some point a finger to mind thinkers
As having no feelings,
Some point a finger to heart thinkers
As incapable of rational dealings!
Some value heart over mind,
As being a more honorable find,
Some value mind over heart,
As being a more idealistic start!**

**Both are ideas born from judging and comparing,
Believing one of them more loving or caring.
Both are illusions,
Caused by thoughts delusions.**

**They are both the same origin sharing,
The ONE source that is all rearing!
To be daring,
Is recognizing the [N]ONE Absolute Bearing,
And there is no more need for judging and
comparing!
The heart that is sought,
Does not come from thought!**



Devotion versus Inquiry!

**Devotion carries, the quality of a love potion,
Nurturing and smooth, as a rose filled lotion!**

**Inquiry carries, the quality of investigation,
Finding its way, through negation.**

**Devotion surrenders and is tender.
Inquiry goes on a quest putting everything to test.**

**One is not bad, the other one good,
This must be understood.**

**When the heart and mind merge,
There is no longer the urge:**

**To surrender or question at all!
Joined in the infinite ball, surrender and quest fall.**



The Reason!

**Everything is given a reason,
So Existence can continue its season.**

**The reason because of this, is that,
As such there is continuation of talk and chat.**

**The reason because of anything and all,
Are due to stories and concepts that upon you fall,
And the greatest concept of them all,
Is that there is " a you" at all, and whatever you "a
you" call.**

The moral of the story is;

**With seeing this for what it IS,
Everything in Existence being fatally joined in the
same Kiss,
There is an instant fizz, and "a you" go amiss!
What remains is WHAT IS!**

[N]ONE!



Causeless Provider!

**There is a Provider without a cause,
Existing effortlessly without flaws.**

**The Provider may be known by many names,
Yet, No name the Provider claims.**

**Causeless Provider without a clause,
Arose from the Absolute to venture and browse,
Through the identification of a mouse,
Mistakenly believing it separate from what sustains
the cyber house.**

**By means of memory through time and cyberspace,
The causeless Provider gets a hold and a base,
By storing knowledge on the disk space!
Surfing the net for chips and clips,
Weaving web dreams and imaginary lips.**

**Owing to a sudden crash and interface,
The concepts are removed from the database.**

**Once again Provider without a cause,
Existing effortlessly without flaws,
Absolute stillness without a call to browse!**



Grace!

**Grace enhances Creation,
And upholds its preservation.**

**Simplicity is one of its traits,
From there it complexity creates.**

**It is Grace that tell you stories and tales,
When all hope and trust fails.
Giving assurance of faith along life's many trails.**

Grace endures, through all the detours.

**Grace born from stillness adheres to no less.
Than what it has come to bless.**

**Namely Existence as it appear to be,
Till you are called to see,
That under every created form and tree,
Grace and Stillness are brewed in the same cup of
tea.**

And eventually back to Nothingness will flee!



Cherry Tart!

**The impersonal passion of the heart,
Can be likened with a cherry tart.**

**You may taste a delicious morsel,
But there is nothing to tell.
You may see the berries,
But there is no substance to what it carries.
You may taste the crust,
But it is the formless essence you trust.
You may look at the glaze,
But you will see through the haze,
And the faceless, face.**

**When personal passion is consumed,
Then "YOU" are doomed.**

Nothingness bloomed, Creation entombed.

**Faceless you now stare,
For personal preferences you no longer care,
Nothing can you in pieces tear!**



Creation Unveils!

**Creation unveils,
Through the form of thoughts and tales,
Where objects on mirrored waters sails.**

**ONE uses the tool of sensation,
To give perception to this Creation!**

**The senses are given to interpretation,
So ONE can give continuation of the presentation,
That give rise to what is called Creation.**

**When the sails fold,
And stories and tales are untold,
There is no Creation to unfold.**



Up in Smoke!

**It all goes up in smoke,
When a hole through stories and concepts you poke,
Seeing the joke, releases you to freely soak,
No more conceptual you to choke.**

**Even the concept of when and then,
Was written by a conceptual pen.**

**Nothing happens apart from HERE & NOW,
Not even the "ancient" Tao.
Because the happening is always in the NOW!**

**You may read it and think it was written back then,
But that is also the conceptual pen,
The notion of being written back then!**

The fires stoke and it all goes up in smoke!



The Rose!

**Suppose, the Rose,
Got a name, to some identity claim.**

**Isn't it the same
with everything that is given a name?
By such name, it identity claim!**

**Whatever is given a name, word or sound,
Allows identification to get bound.**

Separation is born, by what is torn!

**Separation cannot exist,
Unless there are words or names to it enlist.**

**The Rose is not a Rose,
Unless there is such a name to it impose.**

**The Ocean is not blue,
But without the color, who is there to have a clue.**

**So who is there that was born, or shall die,
Could that story and concept be a lie?**



The Wheel!

**The wheel of Existence goes on,
Through stories, tales and song,
So you and me can have somewhere to belong.**

**The greater the movement can swirl,
The more objects can dance and twirl,
Unaware of what moves the wheel to whirl.**

**Most relate from the wheel's rim,
Where life is based on sink or swim.**

**Some relate from the spook of the wheel,
Where there is less drama to wheel and with deal.**

**A few relate from the center,
Where only WHAT IS can enter.**



The Bee,

That you on a flower sometimes see.

**Is attracted to the flower of the sun,
It will for its nectar chase and run.**

**The nectar that we also seek,
Is closer than one's cheek.**

But appear so far, like a distant star.

**We seek it through others,
Often starting with our mothers.
And ending with our lovers.**

**In between were many events,
That appeared as scratches and dents,
Opening the gates and vents.**

To search for ease, find some peace.

**Leading us to cease,
Having expectations and please.
And
Eventually see through the debris!**



The Finch!

**The nature of a finch,
Does not let thought go on a binge.**

**The nature of man,
Is to more and more thoughts into mind cram.**

**Man's fueled by comparison and distinction,
All species fueled by survival and fear of extinction.**

**The question to expose, what did this entire thing
compose?
Is by nature radically hidden, and mostly
forbidden?**

**Unless you are here to see through the haze,
And face the faceless face,
That provided the story that gave existence a base,
From uncaused silence, stillness and grace.**

**When a finch goes on a binge,
Thistle seeds will cringe.**

**When man goes on a mind cram,
It often opens the misleading floodgates of a dam.**



The Job Description!

**You were delegated a job,
Be it a saint, or to someone rob.**

**Your inherent nature etched in stone,
Programmed into your bone.
You were this way born,
And by this revelation you may feel torn.**

**But look back, to the ONE delegating this,
And you will find, nothing is amiss.**

**The ONE, that the job description prescribed,
Was not demented or bribed.**

**But the ONE presence of the WHOLE,
Who in pieces itself tore,
So the ONE could be TWO or more,
And through Selves explore.**

**There is no division, in this expedition,
Just a distorted vision!**



The Ink!

**The ink uncaused and unaware,
Suddenly, beware.**

Found itself on the slate, and started to create.

By drawing a quill, to emptiness fill.

**And the first character was sketched,
As the canvas was stretched!**

The play began, as the characters on the stage ran.

**Can you draw the line, and see whose behind?
All this me and mine!**

**Is it so solemn and grim?
Or can it be watched with a grin?**

**If you trace the ink,
Back to where, do you finally sink?**



The Rebel!

**The Rebel has a cause, to notice all flaws.
He walks away, but not astray.**

**To inquire within and debate,
Sorting out, throwing out, and negate.**

**He seeks no outer assistance,
Even when there is resistance!**

**Nothing can him tame, part of the game.
Existence plays, in many ways.**

**Not called to follow the mainstream rule,
Does not make him cruel.**

**Even the Rebel will find,
Through the way of the mind,
That it (the mind) will be left behind,
What it sought it could not find.**

**The gift of presence, render mind antiquated,
Changing everything, about how you related.**

Noticing there is no cause, and no flaws!



Presence!

**In the present moment HERE & NOW there is no
room for TWO,
Only in time/space continuum can duality be true.
The mental selves (minds) kick in like a flu.
All of a sudden you are confused and don't have a
clue.**

**Mind being non-material and made up of words and
talk,
Hoover over you like a mighty hawk.
Mind will you hunt and stalk.**

**Because mind gave you the notion to search and
seek,
Always looking beyond the next creek.**

**Return to matters at hand,
On your feet in this moment HERE & NOW stand!**

**The mental selves will themselves into pieces blow,
When you in presence flow.**



Continued!

**Enjoy the unforced essence,
That is the ever pulsating and natural presence.**

**It is the only thing original and alive,
And no thoughts can it bribe.
It is what will naturally guide, on this inherent ride!**



Choiceless Freedom!

**Freedom is choice less,
And does nothing possess,
It comes with saying YES!**

**Freedom is no choice or preference,
Just movements as ordained without reference!
Freedom is movement with no choice,
Only thoughts and mind operate with these ploys.**

**Freedom is that which moves and sustains BEING,
And not dependent on thoughts or seeing!
Freedom is not contingent on choice and decisions,
It moves, as it must by designed precisions.**

*** Notation ***

**Acceptance of choiceless freedom is the abandonment of
personal doership and the realization that with
self-identity gone there is no free will.
[There is No-Self to adhere to the concept
of free will].
And whatever is required to happen,
happens effortlessly.**



 Chapter 4. 

Impostors,

Is about getting caught in Thought!

**Consciousness is stirred,
By a thought that is heard!**



The Impostor!

**It is still an impostor,
No matter how much you try to thoughts foster,
Sneaking up into the mind,
Appearing to be yours to keep you in a bind.**

**Ownership of thought is fierce,
Unless you through it pierce!**

**Possession of thought is compelling,
Until you see they have no claim on your dwelling.**

**Getting to the bone,
Is seeing there is no thought that is your own,
You can them only clone,
Leaving thought alone, by not making them your
own,
Is rediscovering the throne.**

**What is hidden on the throne, but the ONE that
itself clone.**



Thoughts Source!

**Did you before each occurring thought think?
That this is now the thought(s) that I will think,
And accordingly that/those thought(s)
will come in a wink?**

**Thoughts come to you faster than a blink,
And there is no way that you can first of them think.
So who is there to claim volition of them as your
link?**

**Every time you think a thought to be yours,
You are stepping on to a separate course,
Away from the Source!**

**Let the thoughts come and go,
And you will stay in the flow,
Aware that you are not running the show!**



The Brilliant Fraud!

**When identified with stories, concepts and the
general crowd,
You are unable to see the brilliant fraud,
And what truly lies behind the cloud.**

**When concepts and stories cease to have a hold,
What will unfold cannot by anyone be told!
And you can on nothing be sold.
Not even the story of enlightenment can have a
hold.**

**Thoughts and events will come and go,
And most spontaneously through you flow.**

**No more attributes are pasted on to life,
No more carvings are done with a separate knife,**

**Behind the cloud,
There is no brilliant fraud,
And no concepts and stories to identify with a
crowd!**



Exposition!

**With Exposition of the mind,
There is clarity that nothing can keep you in a bind.**

**By it you will detect,
That it is what a you expect,
That will problems in life reflect.**

**When "a you" get lost,
All the problems get tossed.**

**There is no loss,
When you expectations toss.**

**The notion of "a you" versus "me",
Will keep you a busy bee,
Unable to see, there are no you, me or we.**

**With release of the bind,
You will find, the mind, [N]ONE of a kind!**



The Bonsai Tree!

**When Life starts expressing as you, me and we,
It can be likened to a Bosai Tree.**

**That finds itself as you, me and we in a small pot,
Thinking only from the framework of that small
spot.**

**Trimmed and pruned by Life it eventually grows to
produce,
Each unique appearance that Life then seduce!**

**To forget the ONE Source that sustains the separate
growth,
That gave rise to the notion of you, me, we and both.**

**Underlying this little conceptual symbolic story,
Is the root to all this Life and glory!**

**Thoughts are devote,
When it comes to bring conceptual stories a route,
And that is what thoughts are all about!**



Shrek on a trek!

**Much like the computerized movie Shrek,
Is the creative manifest mind walk-about and trek!**

**They both start with a thought,
And from there creativeness is taught.**

**Be it the scope of the encompassing Universal
whole,
Or a minute detail of the collective soul,
They are both appearing from a thought that takes
on a role.**

**Most will this revelation dismiss,
Should there even be a thought that come and
express this.**

**Such is the secrecy of thought,
It doesn't like to be rendered caught.**

**The calling to believe what thoughts has to say,
Is what gives rise to the manifest play!**



Unborn!

**No matter what ONE receive,
It is all a matter of how ONE thoughts perceive.**

**ONE disjoins, and thoughts get an upper coin!
ONE goes to two, and born are "a you"
ONE divides, and "a me" take on the prides!
ONE split apart, and "we" get a start!**

No matter where ONE look, separation is all it took!

**This break perpetuates the creative manifest
thought,
In which an illusory you and me get caught.**

**In essence, the only things that was ever born,
Is the thought that got forlorn!**

**There is nothing to morn,
In the acceptance of being unborn!**

**There is no room for death or birth,
Nor planets, stars or this Earth!**

Being unborn, nothing is torn!



HERE not There!

**What is HERE cannot be there,
What creates fear,
Is the constant thinking of being somewhere,
Other than NOW and HERE!**

**Thinking will take you many places,
Around and around it races,
Seeing many, many faces.**

**When you thought backwards trace,
You uncover the underlying base,
That gives Existence a name and face,
Commonly called Source, God or Grace,
It is this ONE face, that appears as many everywhere.**

**HERE & NOW when you see a place and face,
All there IS, is Source, God or Grace.
Of separation there is no trace.**

It is NOW & HERE, not there!



Primal Thoughts!

**When the primal thought [mind] got a start,
Unity of ONE came apart.**

**Thoughts give rise to Existence,
In the form of inherent resistance!**

**The interrelated opposites are thoughts that
measure,
And is the creative principles treasure.**

**Every thought that arrive,
For separation strive.**

**The mind's stories are endlessly entertaining,
Stories that constantly require maintaining,
However, there is a spontaneous regaining,
When thoughts are seen for what they are
containing,
No more remorse or complaining.**

**Unity is submerged in silence,
And holds no thoughts of either peace or violence.**



The Imprint!

**Most commonly whatever thoughts say,
They are here to have man follow their way.**

**Thoughts will take man to create and invent,
Everything from hell to heaven sent.**

**They will take man on the road of separation and
division,
Keeping up confusion and unclear vision.**

**Few are those that question thought,
In which man for long has gotten caught.**

**Mostly the imprint is such,
That it will not that question touch.**

**For if by chance you do,
You may have to give up being TWO.**

**You are not even ONE,
NONE!**



Thought Storm!

**Absolute Wholeness is contained in the dorm.
Until divided by a thought storm,
Giving rise to conscious being-ness through matter
and form!**

**Vibrantly moving through time and space,
So thought created conscious being-ness can have a
measured base,
And the capacity to create a myriad of species, each
with a distinctive face,
Uniquely programmed to perform according to what
is written on destiny's slate.**

**Conscious being-ness creatively sustains, destroy
and compose,
What it is by nature founded to impose
Until it comes to a close,
Where the creative thought of conscious being-ness
once again goes comatose.**

**The origin of conscious being-ness is stirred,
By a thought that is heard!**



 Chapter 5. 

ONE - NONE - ONE



One Voice!

**There are many speakers, only ONE voice.
Appearing separate and with a choice.**

**In the hall of mirrors the ONE stand,
Giving reflections of more than ONE brand.**

**Mistaken itself with more,
Is Life's constant chore!
Yet, always [N]ONE at the core!**

**In form through continuity,
Boundless divinity, formless in infinity,**

**When in the stillness,
There are no pieces and chess.
Creation in recess!**

**Embracing nothingness in its fold,
No formless or form to hold.**



Life's Acting!

**There is only ONE life (consciousness) on the
throne,
Life functions without help and on its own.**

**Life thinks, acts and breathes,
Concoct and brews the many meads,
That gives rise to the notion of separate species and
breeds,
By nature life itself misleads,
And takes on delivery of the proceeds.**

**Until life its own garden weeds,
And life itself leads,
To undo its own creeds!**

**Life supersedes,
Into NONE and recedes!**



Play of Duality!

**Once upon a time, there was NONE,
Spontaneously giving rise to ONE.**

**Out of which TWO were born,
When ONE in pieces was torn!**

**The play of duality began,
When two or more onto the stage ran!
The play set upon the backdrop of space,
Given duration in time to uphold each species and
race!**

**Unity of ONE,
Is to see how all this begun.**

**Separation fades away,
And [N]ONE returns to stay.**



One Space!

**There is only ONE space,
With plenty of stars and planets to have a base!**

**Stars and planets come and depart,
Like a supernova that spilt apart!**

**Space remains,
Even when there are no objects to detain!**

**The backdrop of space,
Is the ONE essence of Grace!**

**Stars and planets may go ablaze,
What remains leaves no trace,
The untouched SILENCE of space!**



Any word, help wholeness unmerge!

Any given name, will separation claim!

Through sound, creation is bound!

Given a phrase, existence has a base!

**With reversal of these phrases,
Silence ONE face.**

NONE !



Absolute Silence!

**Absolute silence is absence of noise,
And with no word or voice,
There is no choice.**

Absolute silence is total and Immortal!

**With no trace of sound,
Absolute silence is found.**

**With reversal of these phrases,
Through sound, words and phrases,
Creation emerges into many faces and races.**



Cardinal Stillness!

Is the blank board without checkers and chess!

**Postings on this board is when ONE arise from
NONE to express,
And the whole creative story from then on progress.**

**By ONE to TWO or more on the board address,
Including all the interrelated opposites like more or
less,
And the concepts of time and space profess,
Leading to the notion of a past and future to obsess!**

**Such is the writing on the wall,
When NONE goes to ONE in the reflective hall,
So conscious creation can have a ball,
And the appearance of "one to two or more"
enthrall.**

**Cardinal Stillness underlies and encompasses it all,
There is no separation in Cardinal Stillness and
what it may scrawl,
Cardinal Stillness IS NONE to ONE and ALL!**



The Base!

**Whatever origin you backwards trace,
You will come face to face,
With Absolute Nothingness being the base.**

**With the origin of all revealed,
The seeker and sought are permanently sealed,
There is none or nothing more to be healed.**

**In the Absolute, the stories and tales are enclosed,
Until by chance they are endorsed.**

**To move in time and space,
And appear as a name and face,**

**Yet, Absolute Nothingness is always the base,
When you see through the haze.**



Unmasking!

**With self identity Consciousness bask,
With less and less identity Consciousness unmask,**

**Every mask along the way,
Comes from thoughts that this or that sway.**

**Self in duality with Consciousness in reflections
play,
Self in Oneness does still Consciousness portray.**

**With the final falling away of the ONE mask to
NONE,
All consciousness [including Oneness] drops away
and is DONE!**

**With ONE subtracted from the total sum,
NONE can run!**



The Root of Creation!

**The root of Creation,
Is in the cessation.**

**Of there being a Creator at all,
That you need give a name and something call!**

**To stand straight and tall,
Is resting in the Absolute before the call,
Of the imposition of what you now Creation call.**

**It is the only stateless state,
Where there is no otherness to relate,
Even the guru and teacher are no longer available as
bait,
Conscious Being-ness is rendered fake,
No attributes, no fate, no trait.**

**Absolute Silent Nothingness neither asleep nor
awake!**



The Absolute!

**Standing alone and resolute,
Fosters conviction in the Absolute!**

**No longer moved by the enchanting flute,
There is total assurance of the Absolute!**

**Liberated from concepts that pollute,
Nothing exist apart or separate from the Absolute!**

**Freed from any binds that delude and dilute,
Wholeness is found in the Absolute!**

**The nature of the Absolute,
Requires nothing to convict and dispute!**

**The Absolute is astute,
Silently present and free from pursuit!**

**There is no mind to ever compute,
The nature of the Absolute!**



Silent Nothingness!

What rests behind ONEness is nothing less;

**Then No-Thing,
Out of which came Some-Thing.**

**What rest in Silence,
But the first sigh,
So words could out of it fly.**

**One confess:
No ONE knows Silent Nothingness!**



[N]ONE!

NONE is no-body and nothing,
And does to no thing cling.

NONE remains unknown,
Except for where the seed is sown.

NONE walks with No-Self or distinction,
Reduced to extinction.

Not looking for right or wrong,
For nothing NONE long.
There is no "yes" or "no",
It can only be so.

NONE acts without obstruction,
And encounter no creation or destruction.

NONE takes No pride in walking alone,
Or pity any path or condone.
NONE require No crowd or mob,
Condemn no simpleton or snob.

Matters not over any claims,
There is nothing NONE blames.



No Self!

**When Self is erased,
There are no songs, tales or stories to be traced.**

**Whomever you face,
Separateness cannot trace.**

**Where the Self is gone,
NONE belong.**

*** Notation ***

**All words, whereas written, spoken or mentally
conceived are in the end falsifying truth!**



 Now Dance 

Quote by unknown host:

**Those who hear not the music,
think the dancer mad.**

Unquote



 **About the Author** 

**Ulla lives quietly and goes where Life takes her.
HERE & NOW is home!**

**That which writes here and EVERYWHERE,
Is the ONE sphere, THAT from silence into words
appears!**

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