

UNDERSTANDING SELF

Poem # 1 **One March Morning**

Outside my window a red robin sang.

I heard the song.
I smelled the song.
I tasted the song.

Then I wore the red song.
With my wings spread,
I soared the sky.

From the blue expanse
I saw the seas and the lands,
I saw the earth, my home,

My womb, my tomb.

Back on the firm ground
I was “more than” a woman—a human.

Poem # 2 **Endless Love**

The evening star.
Lovers in a tryst.
Forbidden endless love.

The evening star.
Stars in a galaxy.
Galaxy within galaxies.

Unceasing Rousing inward.
Unfathomable exploding outwards
Blossoming, Constricting

Whence it comes?
Whence it goes?
How do I fit in?

Poem # 3
A Tooth Fell

A tooth fell...
A milk tooth from a five year old.

A tooth cracked...
A hollow tooth from an eighty-five year old.

One blossoming to life,
Other withering away.

The first learning about the elements.
The other merging back into them.

A fender falls here, a tire there.

Identify with the body, disintegrate like an old car.
Go within, merge back into Consciousness.

A Hymn # 4
A Prayer for Peace

My body still in silence and solitude.
May the tumult within me cease.
May I feel as calm as sea after the storm.

My heart free from attractions.
My mind free from distractions.

Silence in my ears
Silence on my forehead
Silence in my eyes
Silence on my lips
Silence in my mind

An embrace of joy.
A shower of peace.

Poem # 5
Who Am I?

Who am I?

By paying attention to one personal thought
I come to know all my thoughts.

By attending to one honest feeling
I come to experience what flows within me.

By doing one genuine act, uttering one truth
I know what my actions are aimed at.
I make invisible, visible.

By attending within
I get to know my authentic Self.

That's who I really am!