

## WHO AM I?

### The reflection

I am unstable, I am wild  
In a serious world, I am a child,  
I don't behave as expected,  
I was probably neglected.

But,  
I am who I am in the midst of forms,  
In the land of rules, I follow no norms.  
I have no plan, no structure  
No past, no future  
In the present I reside  
Impermanence is my ride

Like the ocean, I am constantly on the move,  
Storms and waves are all part of my groove.  
Like the ocean, I appear turbulent,  
Before you judge, pause for a moment,  
Take a dive in me and go deep within,  
Keep going until you see no sin.  
Keep going until your mind shuts down,  
Keep going until your heart turns around.  
Keep going until all hopes are lost,  
Keep going until all limits are crossed.  
Keep going until you lose yourself, and discover what's true,  
Keep going until you find, I was never there, and it was always you.

## **No fear here!**

Waiting to board my next flight,  
Looking out at the fading light  
Homeward bound I am today,  
Reflecting on my yesterday.  
Emotions flooding into the consciousness,  
While I reside in a state of emptiness.

Where I was, where I am, and where will I be?  
What I was, what have I become, and what will I be?  
Are thoughts, mind is wandering about.  
There is surety, yet there is a doubt.  
Is it me or the mind playing its usual game?  
The answer to all the questions is one and the same.

I know who I am completely now.  
Ready I am, for the sky above.  
No goal, no destination I aim for,  
The mere journey is all I care for.

I know this is a dream, and I merely a character of its play,  
Awakened and burning rigorously in this vessel of clay.  
No vessel, no identity can contain this fire anymore,  
All attempts of fear will be burnt down to its core!

## **Impermanence**

Am I the grass or the dew on top?  
Am I the body or the mind non-stop?

Am I a person or the image of him?  
Am I a purpose or just a whim?

Am I an idea or just another thought?  
Am I liberated? Or in context, I am not.

What am I? I ask every day.  
Answers are many, but none of them stay.

If it stays, then it's not the answer anyway,  
Because impermanence is the answer and impermanence is the way.

## **Surrender**

When I sit in a forest,  
The forest is in me.  
When I swim in a lake,  
The lake is me.  
When I breathe in air,  
The air and I become one.  
When I eat the bread,  
I transcend into the bun.

When I hear the birds sing,  
I am that song.  
When I feel sun's rays on my arms,  
I am that warmth.  
When I touch the wood,  
I am that hardness and texture,  
When I hold those leaves,  
I become the softness and moisture.

I have no solid nature,  
No color no taste.  
Every attempt to identify me,  
Is a frugal waste.  
I cannot be grasped in the limits of mind,  
When you surrender all definitions,  
I am easiest to find.

**Parmatma! (soul of all souls)**

What am I?

I am not the body; I am not even the mind.

I am that!

I have no beginning, no end

No path, no trend,

No right no wrong,

No lyric no song,

No identity no shape,

No wind no vape.

I am what I am in the midst of forms,

In the world of rules, I follow no norms.

I appear when I am needed,

Beyond consciousness, I am seated.

You will find me if the time is right,

You will eat me, if your fruits are ripe.

I have no flavor, I have no touch,

Only the one, who seeks, can have as much.

Questions are many, the answer is one,

In the midst of darkness, I am the sun.