

Notes to myself (1989)

1

one morning
the master of the chela enquired
from what are you detached
to this said the chela
power fame the ways of men
and the material world
for my abidance is with you
having none of these things
the master smiled a knowing smile
whereupon
the chela of the master enquired
from what are you detached
to this said the master nothing
the master smiled a knowing smile
now likewise smiled the chela

non attachment
is no acquisition

being beyond attachment
is not being attached to the beyond

2

the soul of man is like
a sandcastle upon the beach
existing or not existing
according to the perspective taken

try as the child may
he cannot preserve
his precious sandcastle
against the vicious
onslaught of the tide

that which is impermanent
is impermanent
likewise that which is permanent
is permanent
how might the impermanent
become permanent
or the permanent impermanent

3

a circle may be divided
an hundred times
yet through the division
it ever remains a circle

you may paint an object
a thousand times
your painting is never
that object

man can destroy all the plants
animals and people around him
but cannot even touch the life

there is no consciousness
livingness or intelligence
except
the conscious living intelligent

4

if i love a certain person
not merely their characteristics
why then do i not love every person

if i am not merely my characteristics
and another loves me for these alone
then in what sense do they love me

people may love me for one reason or
another
it doesnt really matter
but what i really want
others never give
unconditional love

5

if i do not wish
to be loved conditionally
then surely i must not
give my love conditionally
for if there is but one
that i do not love
i cannot receive
unconditional love

6

i prayed this morning
for the sun to rise
look see it did
thus i am convinced
of a good god
who answers the prayers
of those who truly believe

o yes i know right from wrong
good from evil
for i have read
such and such book

why you expect me to see reason
whilst i hold my religion
really sometimes i wonder
who it is that is more deluded

7

o yes i have found the absolute truth
that which is not relative to my mind
and how
by deluding myself
of course

the perfect shall come
through some great
action of man

peace comes by
forcing the mind to quiet

i do not need to know myself
to know god
i believe in god
i shall be saved

8

what do you think god is
do you think god is
what you think god is

the truth made up in my mind
is that the truth
made up in my mind

what is is no matter what i think
what i think i think
no matter what is

9

if you make your god a far off
then you cannot be close to her

ever seeking
some distant god
i never find

let him who would know god
know firstly
him that would know god

he who knows god
knows himself
and he who himself god
how trite

10

how might there be a purpose
to the totality of all things
if there is nothing outside the totality
to which the totality may pertain

of what use a logical proof
of our existence
if our logic presupposes
our existence

desperately we cling to purpose
when all is meaningless
how quaint

what more is there to life
than to please oneself

yes it may be true
that nothing matters
however whilst things do
we cannot really say
nothing matters

11

o yes all is illusion
there is no freewill
objectivity
certainty
for the truth is there is no truth
and i never look too deeply

the latest truth teaching
from the church of determinism
is that there is no freewill

who would choose
to become a determinist

12

o yes let us create peace
by doing this
and doing that

man shall never
create peace without
whilst the war wages within

what can i do
to quieten my mind

it takes one most skilled indeed
to hit water still

how will i know
when my mind is peaceful

peace is no noise
no noise is peace

13

o yes wouldnt it be so nice
if this were to happen
then that
then the world would be
such a wonderful place

if this then that
so what

those with important
things to do busy themselves
with important things

where are you going
i dont know
but i am in an awful hurry
to get there

14

a coin has two faces
each is opposite to the other
though neither is opposite
to the coin

opposites are created in mind
when we focus on a particular
aspect of the whole as opposed
to the whole itself

15

a certain object may disgust one man
but please another
so i suppose the object is both
disgusting and pleasant

we deny the reality
of everything in its isness
when we say that something
is this or that

nothing is anything
all just is
is it

16

if thy neighbour sins against thee
go then thy way and sin no more

it is said that we should
love our neighbour as ourselves
it is also said that we are
our neighbour

who is to judge me
if i do not judge myself

who is to love me
if i do not love myself

17

when so idealistically wishing
to tear down the illusions
of the world
bear in mind as you do so
the view
you are the world

with my mind so perceptive of other
i see in them even that which
has no existence outside myself

as others speak ill of thee
or circumstances annoy
remember
who it is that is reacting that way
and where the thing is
that you are reacting to

18

what are you doing o master
killing my disciple
as it so happens
i am to take on a new disciple shortly
you may be him if you wish
o no o master lamp of the world
though deeply honoured
i am not worthy
as you wish

19

the weather never changes
but sometimes does not
stay the same

one does not change ones mind
each thought is now
there is no change in now

i now realise
that i have no existence
as an individual
well done how very clever
now all you have to do
is shut up and smile
like the rest of us snobs

20

o yes the past is illusory
as is the future
alone shines in truth and reality
that glorious pearl
of the everpresent

the seekers will readily
cast away concepts
of past and future
but yet hold
some strange romantic attachment
to a present

21

o yes the truth is out there
it is the elimination of the false
that reveals the true
swallow this pill
it will make you feel much better

o yes i am a sincere truth seeker
i quest knowledge and truth
not mere pleasure

self hatred will get you nowhere
how fortunate
for nowhere is exactly where
i wish to be

22

only when lost in the forest
do you seek a guide

the true guide knows
that none are lost

man seems only to seek
that which is hidden

when have you found anything
outside yourself

what sensation is truth

for what at the gate
do you ask
truth or happiness

23

no one is enlightened
if all are one
and one is not enlightened
however
if one is enlightened
and all are one
then all are enlightened

no individual may attain
christ buddhahood
what a keen observation
you truly must be on your way
to self delusion

24

my greatest desire is to help others
escape their dualistic thinking
i love god but hate my neighbour
o well i love god
thats the main thing

to men i may lie
but never to god

where are the members
of the set of all sets
that have not yet been thought of

if the outer expresses the inner
what does the inner express

25

can the finite grasp the infinite
the part the whole
indeed can the infinite grasp the infinite
the whole the whole

neither does the part differ
from the whole
or the whole from the part

dont panic
the permanent cannot be destroyed
nor can the impermanent be preserved

the imperfect may never
become perfect
likewise the perfect may never
become imperfect

26

there are no opposites
external to self

not a sparrow falleth
save in my mind

there is not a thing
that is not perfect

not a thing that is
may be destroyed

tis your dream
therein do what thou wilt

27

what is the essence
of all essences made of

what might bring about
the perfect absolute state

what is the nature
of the unknowable

what is the substance of illusion

o if i could but grasp that concept
then surely my mind would be at peace

28

as to who i am
as yet i am not clear
however
i am not clear
i say with confidence

how is the questioner
to arrive at the answer
if part of the question himself

all is content
there is no container

who would say
here is no i

29

a thousand
pictures of the whole
clutter the mind
heres another

if this then that
if that then this
ah ha
if it were so simple
id laugh

questioning existence
i exist therefore i exist
sometimes
i exist therefore i exist not

talking is talking
doing is doing

30

i will teach you only that which
you already know
what use can that be
for i quest knowledge

Some learn quickly that that fire burns
the rest of us seem to need
to be burnt many times
before we learn our lesson
there is no fire

31

the only pearl of any value
may never be found
go seek such

Seek not that which depends
on something
rather nothing

beware of illusion
do nothing selfless

the selfless man
is selfish unto all

32

do no act to another's benefit
against that of your own
unless you wish to perpetuate
illusions of selfworth and boundary

humble acts
are oft performed
by men most full of pride

a good tree does not need
to try to produce good fruit

try as a thorn bush may
it cannot produce figs

what i wonder do i want more
peace on earth or peace of mind

33

fulfilment may be found
in no desire

there can be no security
whilst there are things from which
you would wish to hide

exclusivity sets its own price

there is no one to hate but self
all hatred is self hatred

the solution
to the riddle of self
lies within

contemplating the traps
of my own thinking
i fall into another

34

what can i build
that cannot be destroyed
indeed what can i build

how might the mortal
become immortal
and yet remain
he same individual

what is the point in trying
to change the relative
what is the point in trying
to change the non relative

when has the permanent
come about by the impermanent

if i may die tomorrow
am i not already dead

35

it is simplicity itself to say
i and the father are one
or i am
but what use are these
being mere words
and likewise these
being mere words

speaking these words
you keep yourself
identifying with the beyond

only the most sincere student
will understand this saying
for only a true saint could have
conceived of such

36

on suffering
a punch in the nose
reveals more than a thousand texts
the master delights
at the students progress

master i look to you
for instruction on truth
read this book
how will i find truth in a book
how will you find truth in a master
i instruct you
read this book

37

thy light o darkness
may never be destroyed
for thy existence is self dependant

jealously guard your insanity
they may be worth something
someday

if the clock works leave it alone
ah yes but does not the good clock
need winding on occasion

never allow the outside world
convince you of its existence

may the embers of your fire
burn long into the night

38

how can something
that is caused
be thought to be free

how would one make
a random number generator

nothing but myself
may dictate my thoughts
i am a free thinker
this is my religion

if one thinks about it rationally
one cannot help but be a believer
in individual freedom

keep busy achieve goals
for the more you do
the more you exist
so the theory goes at least

39

when have i seen the uncaused
what that is caused is free
eek what am i

how does one differentiate
between two discrete
causeless causes

one needs no sharpness at all
to disregard as a waste of time
notions of ones non existence

o yes the individual must sail
through and beyond
the treacherous seas
of existence and non existence
seeking no shelter from no storm
of course

40

one has to at least
make a pretence
at individuality

how wonderful
i would be
were i not so proud

who is going to give me
a sense of self worth

unconditional love
the only escape