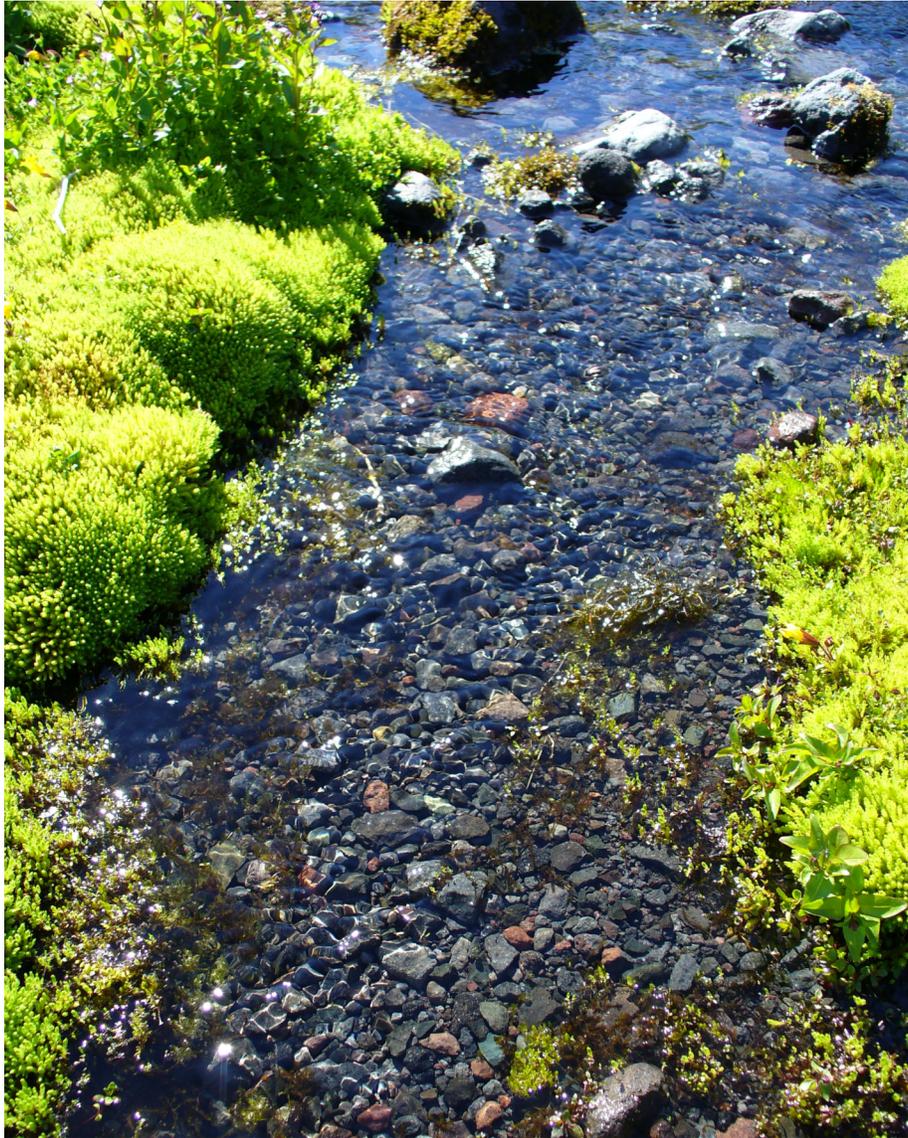


Wisdoms from the Journey

(Volume I ... 2008 - 2010)



*...a few of the in-Sight-full sayings
& inspirational images that
I have been blessed to gently gather
while wandering along my Way*

via Scaughdt
an (i)am publication

NOTE: This work is Purpose-fully non-copyrighted, and may therefore be copied, reprinted, forwarded &/or gifted onward in whatever ways any of its readers deem fit. That having been said, the author would also like to remind anyone so doing that, just as these Truths have been given to all for free, so too should they be freely given onward to others – fully profitless to the giver; without any additional costs or conditions attached for the recipients thereof.

*“If you put your finger into water, it will get wet.
... And if you put your finger into a fire, it will burn.
So too, if you immerse your mind in the Buddhas’ wisdoms,
you will inevitably transform into their wisdom nature.”
~ inspired by Sogyal Rinpoche*

*“We shall not cease from exploration,
and the end of all our exploring
will be to arrive where we once started,
and know that place for the first time.”
~ T. S. Eliot*



An Introduction to what Follows

Everyone ends up collecting something as they journey through Life ... For me, I simply ended up being drawn – while searching for “the truth” – to collect Truths.

Now, ideological “truth” is a funny thing; slippery according to circumstance and very hard to pin down once captured ... As such, it is very unlike Wisdom, which is obvious and tangible and plain and consistent.

Indeed (in-deed), even though we have been taught that Truth and Wisdom are “kissing cousins”, in actuality they couldn’t be more different. “Truth” is conceptual, while Wisdom is verifiable ... “Truth” is knowledge, while Wisdom is the ability to set that knowledge into harmonious motion ... “Truth” ponders & theorizes & hypothesizes, while Wisdom simply identifies what functions ... “Truth” might delineate our choices, and yet it is Wisdom that guides us towards making good ones ... “Truth” is intellectual; accumulating information and defining meanings. Wisdom is practical; making “facts” – and therefore Life itself -- Meaning-full ... “Truth” changes over time – shifting as new information is uncovered; contracting as old information is found lacking & expanding as new information is found to bear “Good Fruit” – while Wisdom remains the constant bellwether through which those same evolutions ensue ... “Truth” is a powerful tool – one that is utterly useless (and even drastically dangerous) unless skillfully used in harmony with acquired Wisdom ... As one earthly scholar once put it: “Truth is knowing that a tomato is a fruit; Wisdom is knowing not to put it into a fruit salad.”

Is such, it is the former – “Truth” – that I have gently abandoned as “false”, and it is the latter – “Wisdom” – that I have repeatedly rediscovered to be True. And so it is that while I do most humbly and most publicly now declare that I most certainly do *not* have access to anything resembling “*the Truth*”, I most certainly *have* acquired access to a set of principles & values that – to the degree that they are courageously applied & enlivened – always prove to be quite Wise. And it is these same principles & values that are represented by the words & images contained in the pages that follow ...

May you each receive much Peace while reading them &/or gazing upon them, and may at least a few of them inspire you to go forth and know the Bliss that only comes to those who choose to put their Goodness into motion.

Amen ... Let it be so.

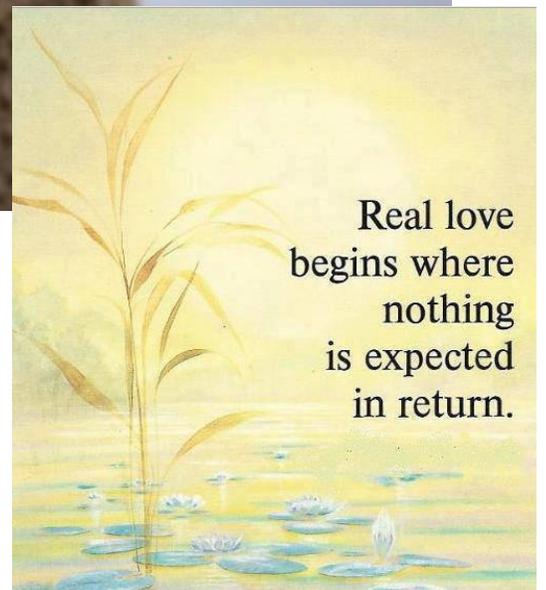
Scaughdt

December 8, 2014



On love & romance & LOVE ...
(02/14/2008)

“People make romantic love seem so complex. Infatuation is complex, but real Love is simply supporting others through small acts of caring, accepting the small acts that those who Love us provide, and enjoying the friendship of Love along the way.” ~ Rebecca Jean Pittman (now Rebecca Jean Nelson)



The Way we Walk ... (02/28/2008)

If we have the humility to look closely, we can see that the all-important thing in life & living is *not* starving or being fed, thirsting or taking a drink, living alone or being amongst friends, being unlucky or being blessed with good fortune, losing badly or rising "victorious" ... No, to those with the gumption to earnestly gander, it soon becomes exceedingly clear that what matters in life is not WHAT we have or WHO we hang out with, but is rather about HOW we choose to live before we die.

And for those with enough courage to keep on looking closely -- so closely that they begin to test their ideals with their doings -- it then also becomes clear that the HOW of our living is solely determined by one fundamental choice; a choice that is made anew in each & every moment of our lives ... And this all-important choice ... is WHY.

For when we live merely for ease & fun & pleasure & success; when we live primarily for the benefit of ourselves and those we hold most dear, then our steps become loud & sharp -- our walk becomes brisk & aggressive -- and our lives becomes cold & worn ... And yet, when we soften our HOW with a softer WHY; when we choose instead to live our lives for others -- to live our lives for Kindness & Generosity & Service & Love, then our steps become gentle & smooth -- our gait becomes a Peace-full flow -- and our lives become warm & eternal.

My friends, to live as a true Human Being means to choose -- in every waking moment with every waking breath -- how we will walk through our days. And the way we choose to walk -- most importantly the WHY within our walking -- will dictate both the magnitude of our Power and the intensity of our Bliss.

With this in mind, please know that the Way of real Contentment is a very soft walk indeed ... indeed; much softer than you have yet allowed yourself to imagine.

No ... even softer than that.

(inspired by R. H. Blyth)



Reality is ...
(03/01/2008)

“Reality is what persists and accumulates when you finally see past what you think you are looking at.” ~ William Cottringer

... Just as LOVE us what persists and accumulates when we finally choose to look past the behaviors of our enemies to the Soulmate residing within them.



on Service & JOY ...
(04/01/2008)

*“I slept, and dreamed that life was but Joy.
I woke, and saw that life was but service.
And then I served,
and discovered that service IS Joy.”
~ Rabindranath Tagore*

So ... got JOY?



Make the World
a
Better Place!

finding JOY in service
finding BEAUTY in kindness



The Strength of Gentleness ...
(05/11/2008)

“Consider gentleness an act of Courage ...” ~ Tarananda

... Consider gentleness an act of Strength.



The Bridge of Compassion ... (06/04/2008)

“Compassion becomes a bridge to the world outside ... Compassion for oneself bring inspiration to dance with life, to communicate with the energies of the world. Lacking this kind of openness, the spiritual path becomes the path of desire. One remains trapped in the desire to improve oneself, the desire to achieve imagined goals or realize personal dreams ...

Compassion, on the other hand, automatically invites you to relate with people intimately ... You no longer regard people as a drain on your energy. They recharge your energy, because in the process of relating with them, you acknowledge your own innate wealth, your richness of Love.

So if you have difficult tasks to perform, such as dealing with challenging people or challenging life situations, choose to do so in a state of Compassion. For when you are acting from a state of Compassion, you do not feel you are running out of resources. Instead, each time you are faced with a difficult task, the crisis presents itself as a delightful opportunity to demonstrate your richness, your true Wealth. In such a Way of Living, there can be no feelings of lack or poverty.” ~ inspired by Chogyam Trungpa

And, just like crossing any bridge of wood or stone, Compassion cannot merely be thought or felt ... No, to truly cross the Bridge of Compassion, actual steps must be taken.



What really matters ...
(06/28/2008)

*“The quality of the Love you put into the world
is the only thing that really matters”*
~ Gary Littleton



imperfect Perfection ...
(07/06/2008)

*“Accept who you Are by not getting stuck in who you’ve been.
Reawaken your innate Greatness, step by step by step ...
Remembering that your place of greatest service
is right where you already Are.”
~ inspired by Dalton Roberts*



getting what we Give ...
(07/20/2008)

To grow as a person psychologically, we must give ... And yet to grow as a Human Being -- to grow spiritually, we must Give selflessly.

Yes, it is true that Jesus is believed to have implied that we will be rewarded for our acts of giving, and yet it cannot be similarly implied that he desired those rewards to be our motivation for the same, and he most certainly did not say that said rewards would be material or monetary ... Indeed, the Jesus of the Gospels made it actually quite clear that they would be nothing of the sort.

For when we work for money, we receive money ... and when we work selfishly for "divine favor", we receive a "salvation" most hollow -- from "gods" themselves selfish -- in return ... And yet when we serve for nothing -- when we serve solely to bring others Peace & give them Love, then we receive everything worth receiving. For it is when we care not about money that we are wealthy beyond measure; it is when our palms are empty yet open that they hold the most Joy; and it is when we care not at all about paradise that we gain admittance into the Kingdom of Heaven.

Amen ... Let it be so.

(inspired by Dalton Roberts)



on real Courage ...
(07/28/2008)

“We remember Gandhi as a leader in India’s struggle for independence. It is hardly an exaggeration to say that he brought the British Empire to its knees without firing a shot. He was a small man of great courage. His non-violent resistance was fraught with danger and the cause eventually claimed his life.

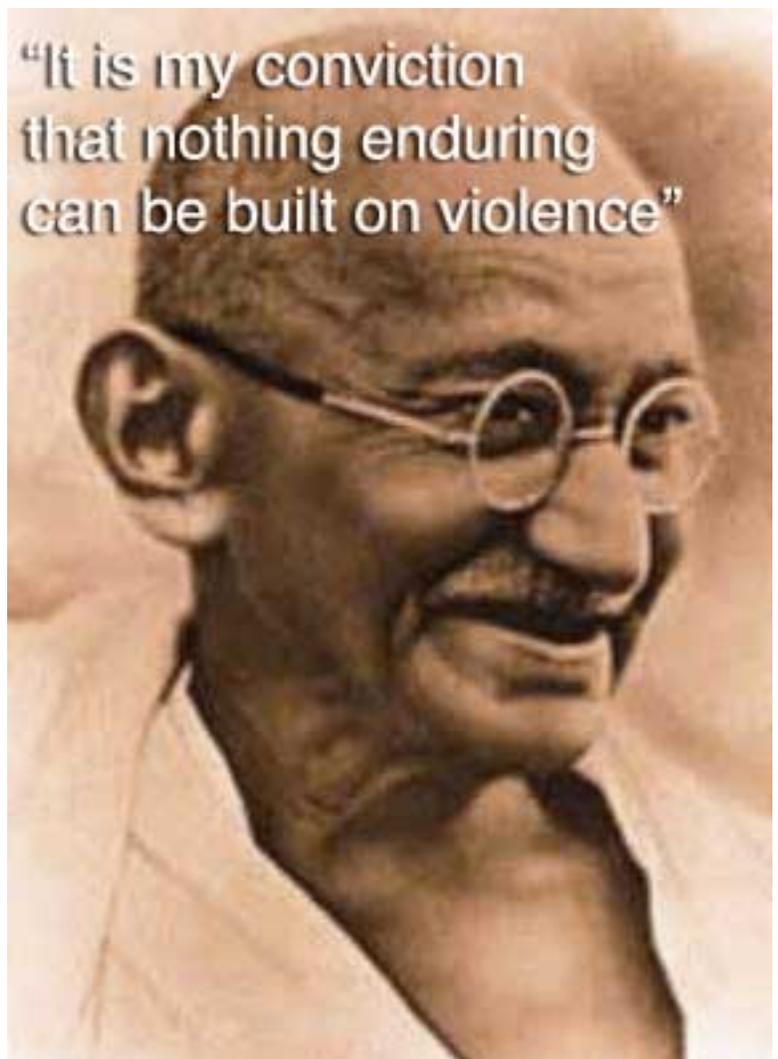
Gandhi once spoke about the source of his courage. He related a story about an incident that occurred in South Africa. There was a law directed expressly against Indians in South Africa that he had gone there to oppose. His ship was met by a hostile mob that had come with the announced intention of lynching him. Gandhi was advised to stay on board for his own physical safety, but he went ashore nevertheless.

When later asked why he made such a dangerous decision, he explained, “Even though I was stoned and kicked and beaten a good deal, I didn’t pray for safety, but rather for the courage to face the mob, and that courage came and did not fail me.”

Like you, I know what it is to be afraid. I’m afraid of accidental injury, dismemberment or death. I’ve been afraid of a pending medical diagnosis. There must be a million different faces to the fears of life. I’m tempted at such times to hope for, and pray for, a way to avoid the danger ahead. I want to be safe, comfortable and healthy. But none of us is always safe, comfortable or healthy. It simply isn’t possible ... So, like Gandhi, I think the best prayer is for courage to face whatever life may bring.

And when I choose to act accordingly, courage always comes ... and it never fails me.”

– inspired by Steve Goodier



Making Life a Light ... (07/29/2008)

More than few folks have asked me what I am doing for my vacation this year -- what I am going to do to "enjoy myself". And they have invariably expressed some degree of shock -- if not a touch of downright dismay -- when I tell them that I am using this time as a period of creative solitude; that I will be primarily "holed up" at work; writing & being & writing some more.

Of course, such a choice is anything but "depressing" or "boring", and it actually has nothing at all to do with ascetic denial or self-deprivation. To the contrary, with no less than a great touch of irony, this particular decision is one that will inevitably bring me the greatest degree of pure Bliss during these holy-days.

For you see, true Joy in life is NOT found in "fun" or "entertainment" or "fellowship" (though these things do make for fine times indeed). No, for each & every one of us, true Joy comes only in those moments when we are giving others the unique gifts that each of us has to give ... true Joy only comes when we are being used for a Purpose we recognize as a mighty one -- one far greater than our own selfish wants & wishes ... true Joy only comes while booming our true Selves forth as true Forces of Nature -- not pandering to our ego's feeble bag filled with complaints & longings, mewling meekly that the world will not devote itself to making us happy.

No, for the last decade of my life I have known a very different Truth -- namely the Truth that my life does not belong solely to myself; that my life actually belongs fully & completely to the entire community of Heaven & Earth. And as such, as long as I continue to live it will continue to be my honor & indeed my privilege to do for the entire Universe whatever I can -- be that spiritual work for the Cosmos as a whole, environmental work for the planet in general, ethical work for my animalian brothers & sisters, or liberation work for the rest of Humanity.

Frankly, I don't want to be found one day laying on my deathbed with resources still left over & energies still left unused. No, when I die I want to be thoroughly spent for the causes I hold most dear -- the causes of Love & Peace & Freedom.

And so I regularly give myself the greatest Gifts anyone could ever give --

*In serving my community I give myself the gift of Meaning;

*In caring for the less fortunate I give myself the gift of Purpose;

*In being Kind to strangers I give myself the gift of Contentment; &

*In sacrificing for my enemies I give myself the gift of Joy.

And I give these gifts by working hard -- by doing whatever I can do in the brief time I have been given to do it. I don't do so in every moment, it's true, and yet I repeatedly return to moments of selfless giving & acts of radical Kindness. I do so often, and I do so intensely.

For the harder I work, the more I give ...
... and the more I Give, the more I Live.

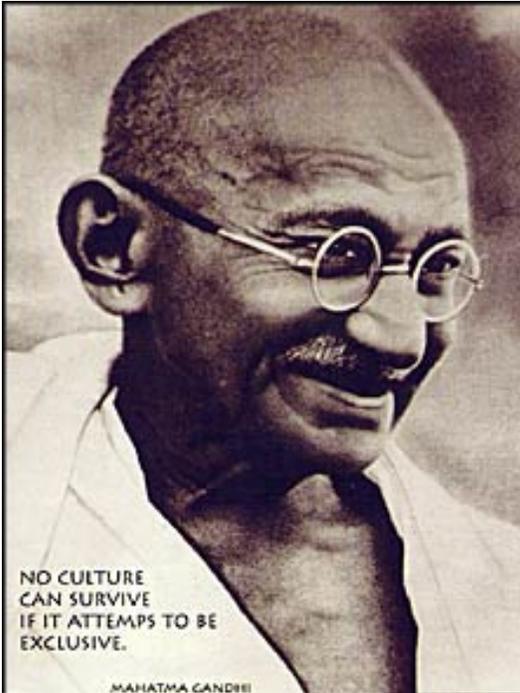
Indeed, life is no mere flickering candle to me, slowly burning over many a season to one day arrive at a faint and wispy end. No, I have chosen a different path -- I have chosen to live as a radiant torch; a blazing flame that I am only assured of holding for this one moment. And while I've got it in my hand, all I want to do is to make it burn as brightly as possible before passing it on to my future's bearers of its Love's great Light.

(inspired by George Bernard Shaw)



World Peace IS ... & we Are.
(07/31/2008)

“World Peace can be emPowered by each one of us ... Each & every one of us is a walking, breathing, loving, vibrant agent of the Vision of Peace that we have all carried within us since our conception.” ~ inspired by Kathleen Vande Kieft



Choosing to Live ...
(08/01/2008)

“Walk in the direction of Life.”
~ Thich Nhat Hanh

... To Walk in the direction of Life
is to actively Care for all things living.



letting Truth by letting go ...
(08/03/2008)

*“All things are direct co-manifestations
of your current belief system.
As such, if you let go of your fixed negative realities –
your limitations, your fears and your doubts,
you allow yourself to climb up from the shadows
and you thereby allow magic to re-enter your life.”*
~ inspired by Rolling Thunder



Strength through Peace ...
(09/11/2008)

*"It is by the laying down of all my weapons of defense –
along with the shadowed fear that feeds them,
that I discover that I ever-remain in the Light
of Who I truly Am."
~ inspired by Pam Warren*

... and it is only after we show the Courage to allow the True Self to return to the land of the living, that we realize It had remained fully alive within us all along.



just to BE ...
(10/10/2008)

“The acclimation period is over and we decide we want to stay ... Our souls have been enriched. And isn't that sense of soul-enrichment something we really hope for as this life goes by so quickly? Children grow, beauty shifts, lines of a poem seem to drift in and out of our reality and it is all so ungraspable ... We can't hope to own or even briefly capture all of the piercingly beautiful moments, so I simply pray we can at least find that our Souls have embraced them and grown from them.

We are each one of us living in a priceless piece of ongoing artwork, and sometimes all we can do is watch in astonishment and be a part, with every breath, of the intricate and graceful subtleties.

I could try and tell you in words about the amazing moments I have witnessed in the unpredictable corners of my days. If I am lucky I might convey even a droplet of the vision. And yet wouldn't it be better if we were all so alive to the brushstrokes right in front of us that we had no reason to explain or describe? Wouldn't it be grand if we were all immersed within a current of life so swift that it would sweep us all together ... flowing & forming a witness without words.” ~ inspired by Frances Sisson



Lessons from the Camino ...* (11/01/2008)

Traditional wisdom teaches us that life is not about suffering, but rather a call to “be happy” ... and yet the Camino teaches us that true Joy comes not with less pain or more pleasure, but rather during the transcendence of our discomforts via radically selfless acts of Kindness.

Traditional wisdom teaches us that our health is our most valuable possession ... and yet the Camino teaches us that health is meaningless unless used to further another’s sense of Wholeness (i.e. either inner experiences of calm or outer expressions of joy).

Traditional wisdom teaches us that abundance is everywhere and that all of us have a right to be “wealthy” ... and yet the Camino teaches us that true Wealth comes from appreciating what we already have -- by giving it joyfully (or by using it willingly) for the betterment of others.

Traditional wisdom teaches us that we are allowed to co-create whatever we desire ... and yet the Camino teaches us that the Universe loves us so much, that every one of our self-centered desires is inevitably taken from us – thereby freeing us to truly Love.

Traditional wisdom teaches us to keep striving for a “better life” ... and yet the Camino teaches us that life is perfect as IS – and that because it isn’t broken, we should refrain from trying to fix it ... After all, if you already have it, stop looking for it!

Traditional wisdom teaches us that we need to establish “healthy boundaries” in order to not let anyone divert us from our own “perfect path” ... and yet the Camino teaches us that our true Purpose is choosing to intimately connect with others’ -- that we might then more readily relieve their burdens.



Traditional wisdom teaches us that letting go of others allows them to finally love us “correctly” ... and yet the Camino teaches us that compassionate detachment allows us to -- finally & truly -- Love others at all.

The Quest
(11/06/2008)

*“The ultimate aim of The Quest,
if one is to return at all,
must be neither release nor ecstasy for oneself,
but rather the Wisdom and the Power
to return and be of service to all.”
~ inspired by Joseph Campbell*



Life is ...
(11/12/2008)

*“Life is not about how you survive the storm,
but rather how you dance in the rain.” ~ unknown*

... and to truly “dance in the rain”, we must do so with Joy.



to know Truth ...
(11/14/2008)

*“If your knowledge of fire comes from words alone,
then you must walk into the fire to truly understand.
There is no real Knowing until you burn.” ~ Rumi*



The Birthplace of Truth ...
(11/24/2008)

“I have long felt that none of our thoughts are truly original ... We point our receptivity towards a certain level, and Infinite Wisdom does the rest ... And [then] we share moments of Oneness that carry us far beyond what we call time, into vast regions of the Universe where that particular type of Wisdom greets us with a smile, and shares its joyful appreciation with our own.” ~ Fred Lansford



LOVE is the only sanity ...
(12/01/2008)

“All a sane man can ever think about is giving Love.” ~ Hafiz

Note: If you ever find yourself being labeled as “weird” or “radical” or “bizarre” or “crazy”, remember to pause a moment and consider the evidenced character of the ones making those judgments.



Facing all fears ...
(12/15/2008)

*“I’m not afraid of storms,
for I’m learning how to sail my ship.”*
~ *Louisa May Alcott*

We cannot master the waves
until we first learn to harness the wind.



Knowing real Beauty ...
(02/05/2009)

“Beauty resides in all things.”
~ *Travis Faultersack*

Enlightenment is not found in making things beautiful or in learning beautiful things, but rather is known fully in all the moments we choose to See all things as already Beauty-full.



Jumping into LOVE ...
(02/08/2009)

*“Take the blindfold off and jump fully into Love ...
For once you do so, you cannot ever hit bottom.
And this, no matter how far you fall.”
~ inspired by Bruce Robie*



Clarifying Clarity ... (02/11/2009)

“Clarity is freedom from obscurity. It is Light enlivened ... It is Truth in action. Not some hollow “universal truth”, mind You, but your own authentic, deepest inner Truth — the Truth that reveals itself to you when you willingly question and then dispel any shadow that has been shrouding any part of your life in fear; the Truth that reveals itself in every deed of bravery or gentleness. Each time you do so, you shine away a bit of the ego sludge that has obscured your real You -- each time you so clarify a part of your life you re-member your authentic Self.

Rest assured, clarity is as close to you as lack of clarity. Both are available to you at all times. You are the chooser between the two, and you can only choose properly when what is trivial, redundant and outmoded in your conditioning is identified and replaced. It is what is outmoded that brings us suffering. What brings us suffering is self-centeredness. And thus the only way to effectively remove our outmoded self-centeredness is to ***actively replace the same*** with Love *in the very moments it surfaces.*”

(~ inspired by Maureen Moss)



An Ode to LOVE ... (03/21/2009)

Kahlil Gibran once said that to know real Love, we must let it completely shatter us, and I will admit that there is indeed a measure of Truth in those words (in-deed) ...

That having been said, there is another facet of the Quest for Love that is even more important to remember; a facet that reflects the equally valid Truth that -- regardless of where we choose to lay the blame for our pains & disappointments -- it is ultimately we and we alone who actually shatter ourselves in all times of sadness; that it is we and we alone who do so by casting our own Souls upon the jagged rocks of our own hopes and expectations ...

... and, most importantly of all, that it is Love and Love alone that can make us whole again.

Amen ... Let it be so.

**Love is not primarily a
relationship to a specific person;
it is an attitude, an ordination of
character which determines the
relatedness of the person to the
world as a whole.**

- Erich Fromm



You and the Power ...
(04/04/2009)

*“Distress is never due to the thing itself,
but rather wholly to your own estimation thereof;
and this discomfort you have the absolute power
to fully rebuke in any moment.”*
~ inspired by Marcus Aurelius



Freedom from loneliness ...
(04/05/2009)

*“All you have to do is notice who it is that feels the loneliness...
... The one who so notices is already free.”
~ Michael Singer*

It is the ego in angst that always feeds one's loneliness;
It is the conscient Soul in motion that always sets one free.



Tending the Inner Garden ...
(04/06/2009)

*“Your body is your garden;
your will is its gardener.”*
~ Shakespeare

The mind is the center of one’s Inner Garden,
and the conscience is the center of the will that tends the same.



“Practice serenity.” ~ Anthony de Mello
(Note -- true Serenity is Love in action.)

Life is Good ...
(04/16/09)

“There is this SUV that drives around here with the back-tire on its tailgate and a cover on that tire that says ‘Life is Good’ ... On days when I was fed & happy I would see that tire cover and think ‘Yes, Life *is* good!’, and yet on the days I saw it when I was depressed I would think, ‘Life ... what happened to life being good?’ ... Or maybe if I were feeling happy I would think ‘It *is* a Good day!’ or if I wasn’t, ‘It’s not a good day’.

But then one day I wasn’t quite happy but I was still generally glad to be alive and I saw that tire cover and I realized: LIFE is simply Good — plain & simple; that every day is patently Good whether I choose to accept it that particular day or not.”

(~ inspired by Travis Faultersack)



Cleansing the mind ...
(05/02/2009)

*“Put Love first ...
Entertain thoughts that give life.
And when a negative thought -- or a resentment,
or a hurt, or a fear -- comes your way,
gently replace it with another thought;
one that is far more powerful ...
... one that is composed of Love. ”*
~ inspired by Mary Manin Morrissey



Immerse in all nearby ...
(05/10/2009)

*“I have cast my lot with those who, age after age, perversely,
with no extraordinary power, reconstitute the world.”*
~ Adrienne Rich

We can only truly rebuild the Earth with acts of brave Intimacy ...
All else contributes only to our world’s further dismantling.



Here & Now ...
(05/11/2009)

“Dwell not upon the past. Use the past to illustrate your point if you wish, just be sure to leave it well behind after doing so ... After all, nothing really matters except what you are choosing to DO in this current instant of time.” ~ inspired by Eileen Caddy



Home-Free ...
(05/13/2009)

*“Home-free, I wander
in the company of The Divine.
Living unchained by fear or desire,
I make the Universe my companion.”*
~ inspired by Basho



The Divine within ...
(08/10/2009)

*“The Divine has no relevant body on Earth but your own;
no hands but yours, and no feet but yours;
no arms but yours, and no legs but yours.
Yours are the eyes through which the Divine Compassion
gazes gently upon the world.
Yours are the feet with which the Divine Compassion
is to go about being Kind & doing Good.
Yours are the hands with which the Divine Compassion
is to bless humankind anew.”*
~ inspired by St. Teresa of Avila



Being Faith-filled ...
(08/14/2009)

“Since the only unifying Presence and the only true Power in the entire Universe is LOVE itself -- and seeing as how the Universe therefore Loves me unconditionally and nourishes me fully as well -- what could I possibly fear? ... Nothing -- certainly no thing.

Love doesn't heal ... Love is the Healing.

Love doesn't bless ... Love is the Abundance.

Love doesn't guide ... Love is the Way.

Love doesn't create or mend;
Love makes all things ever reborn.

And so today I let go of all my wants & worries, and I let LOVE flow onward before me ... to straighten every crooked bend along my road, and make my every step soft & true.”

(~ inspired by John Randolph Price)



Beauty & the Mystery ...
(08/18/2009)

*“I see Beauty all around me,
because the mysteries of the world never end,
and each & every person is a wonderment.”
~ inspired by Shoshanna Feist*



Summoning your Calling ... (09/01/2009)

There is a vibrancy within you -- a conscious spirit ... a life essence ... a soulful, celestial shimmering that has been yours since your conception, and that is still being refracted through you into your every thought, your every word & your every deed ... And because there is only one YOU in all of time -- only one YOU, with your own particular gifts and your own exclusive talents -- this expression is as priceless & powerful as it is unique.

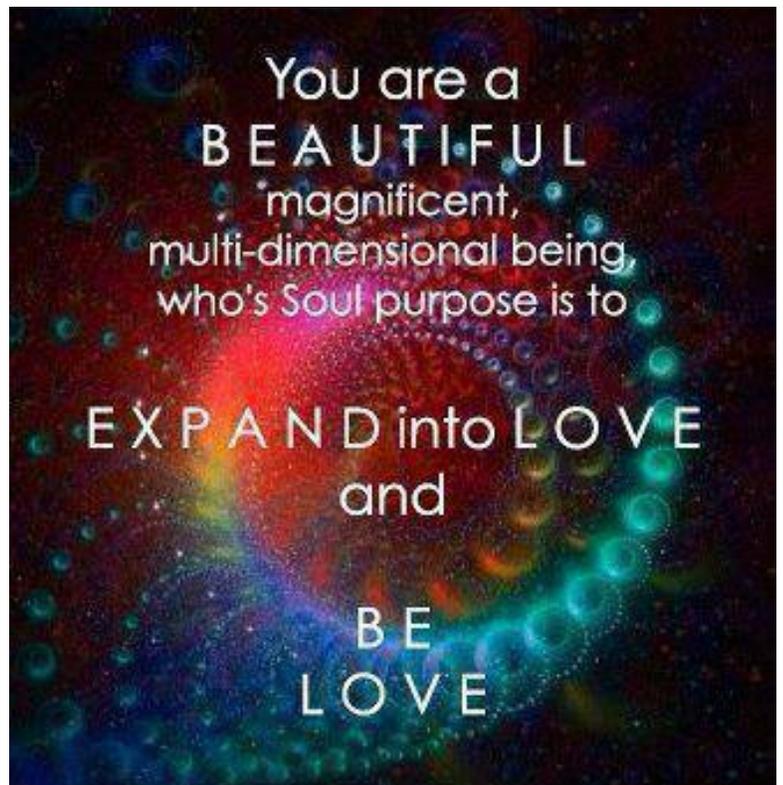
And yet if you block this emanation -- if you keep it locked up inside you -- if you choose to look away from the gentleness you can show to others in those moments when only you can show it, then it is also in those moments of retreat that your innate inner radiance fades and is lost.

My Friends, it is not your business to judge how "good" your gifts are, or how "effective" your service could be, or even how radiant your Life Essence might one day shine. Nor is it your job to compare the brightness of your Soul with that of others, nor contrast its innate worth with their own.

No, such things will never bring you real merit or show your true mettle ... Rather, it is simply your business on this one day of living to pause long enough to remember your Kind Heart within, and then to keep purposefully its channel open ... to shine it warmly upon all others nearby.

Amen ... Let it be so.

(inspired by Martha Graham)



Hearing God's whispers ...
(09/02/2009)

*“My spirit desires to take flight
every time you whisper ... “Arise.”
A fish wants to dive from dry land into the sea
when it hears the drum call ... “Return.”
A Soul, shimmering with light,
longs to dance like a sunbeam
whenever darkness falls upon it.
~ Rumi*



Look around & Celebrate ...
(09/18/2009)

*“There is a river flowing past us very fast now.
Let go of the bank, push out into the center ...
Keep your head above water and your eyes fully open.
Look around, see who’s right there with you.
And reach out to them in celebration.”
~ excerpt from a Hopi prophecy*



True Health ...
(09/19/2009)

“A key to attaining soundness of mind and health of body is not to mourn the past, worry about the future, or anticipate imminent troubles — but rather to live in the present moment wisely and earnestly, exuding Kindness for all things living.” ~ G. Buddha

As long as you are concerned about your personal health,
... you will never attain personal Wholeness.



on getting old(er) ...
(11/13/2009)

“I guess the most recent major event was the discovery of my first white hair last week. It’s strange the effect that a white hair can have on you. I can handle the extra weight that seems impossible to lose, the need to sleep more after a party, the extra folds of skin, the fact that all my friends are married or living together in monogamous relationships, that some are even already having their 2nd or 3rd child, but nothing brought it home that I’m getting older like that single white hair ...

My first reaction was to panic, wondering if there were more of them hidden somewhere I couldn’t see – and that had me wondering whether monkeys are really looking for fleas when they’re grooming each other, or are they checking for white hairs. Then there was the dawning realization that I may just have to start ‘acting my age’ ...

And yet once I got over the initial shock and suppressed the urge to yank the hair out I started examining it, admiring it even. It’s actually quite long, not exactly white, but silvery, and really soft. I actually kind of like it, which makes me wonder why I never noticed it before.” ~ Fatima Yousif

(To age Grace-fully is to remain forever Young.)



I simply LOVE ...
(11/17/2009)

“As a mystic artist, a philosopher, a designer, a writer, a woman, a nomad and of course a ‘nothingness’, I have almost no choice but to adore all that is original, colorful, useful, inventive, honest, ecological, intelligent, well-thought &/or well-done that comes from Good Will.” ~ inspired by Nanja Naisah



Being Here&Now ...
(11/22/2009)

“I know that I AM not really going anywhere, and just try to gratefully and gently ease on the waves of existence that lives this Wonder-full life through ‘me’ ... Moments arrive again & again when everything becomes so clear and simple; finding it’s place and purpose in rekindled Love and renewed understanding.” ~ Nanja Naisah

To rekindle Love IS to truly Comprehend.



Cherishing & Accepting ...
(09/10/2010)

“It’s huge to finally come to embrace the life you have -- but never planned on.” ~ Noah Baumbach

Acceptance is not a “ho-hum, I guess this is all there is so I might as well enjoy it” mentality. The Acceptance that will allow you to transcend ego and enter the realm of True Self is not only accepting that things are as they are, but also being simultaneously grateful for the *privilege* to consciously **do something** with that reality to make it more harmonious for others ... This is what it means to truly cherish your existence ... This is what it means to *Live* as a true Human Being.



Beauty allWays ...
(10/17/2010)

*“The Beauty is always right there.
It’s only a matter of letting it come into your heart.”*
~ Sylvia Schmidhuber



Waking UP ... (12/10/2010)

There were once three men -- a cleric, a scientist and a mystic -- who were lost in a dark & dreary forest on a cold & stormy night. As it turns out, it was also quite the dangerous forest; clotted with dense vegetation, filled with jagged boulders & home to many wild beasts. The path upon which the three were traveling was also somewhat overgrown and was proving to be quite difficult for them to follow.

Suddenly, there was a crashing of the clouds, and a great lightning bolt smashed down into a tree to the side of the path just ahead. And when it did so, the religious man looked to the heavens to see where the bolt had come from, the scientist looked off to the side to see where it had hit ... and the mystic looked down upon the path, and saw the way clearly lit before him.

My Friends, we are all currently lost in a forest much more untamed and much more foreboding, on a night far darker and far stormier than the one faced by our three travelers. Fear and desire and uncertainties cloud our view of Truth, and the winds of religious dogma, political subterfuge and cultural "norms" continue to pull & tug us off-course.

And yet sometimes flashes of lightning come to us as well -- teachings as lucid and bright as the morning sun; teachings that remind us of where we are going; that remind us why we are here. Buddha was such a lightning, Lao Tsu was such a lightning, Jesus was such a lightning, Rumi was such a lightning, Gandhi was such a lightning, Peace Pilgrim was such a lightning ... They and all those similar came to show us The Way, and others like them will follow, bringing their same Light to us again & again.

And when they do, remember to look not to the heavens from whence they came, nor gaze upon the faces and the bodies they happen to inhabit, but rather look instead at your own Life ... and use their Wisdom to light your Way.

For assuredly, neither mental prayer nor verbal worship nor emotional reverence will ever grant us the deep Clarity we seek ... for true Guidance comes only to those who have the courage to look away from their Wise Ones long enough to use their radiance to see the Path underfoot. And then, once that instant of illumination has subsided, true Peace awaits only those who set boldly forth into the gloom; only those who choose the Courage to step out upon that Road once the lightning has faded and the Route becomes shrouded in darkness once more.

For these are the ones who understand what it means to truly Live; these are the ones who understand what it means to cherish the time they have been given; these are the ones who come to understand how it feels to be reborn as a true Human Being ... Like Jesus & Buddha & Gandhi before them, these modern-day mystics have dedicated their moments to living, and they have dedicated their lives to Love.

The time has come for us all to choose anew, my Friends ... Will we continue to be "clerics" and merely worship the wonders of the heavens, or will we choose to become "mystics", and act as agents of God below? Will we continue to be "scientists" and merely hypothesize on matters of dis-ease & discord, or will we choose to become "mystics", and actively bring our Peace thereto?

Religion and Science have brought us this far along our Human Journey ... It is time for the newfound mystics to bring us HOME.

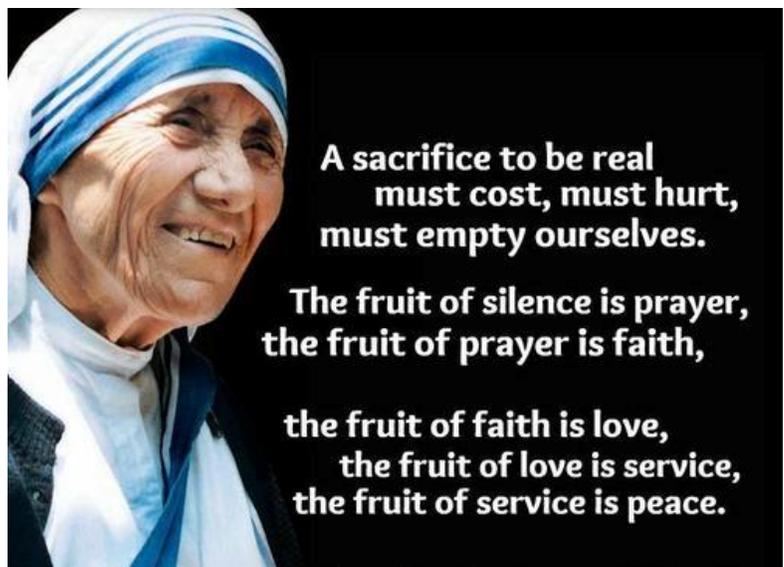
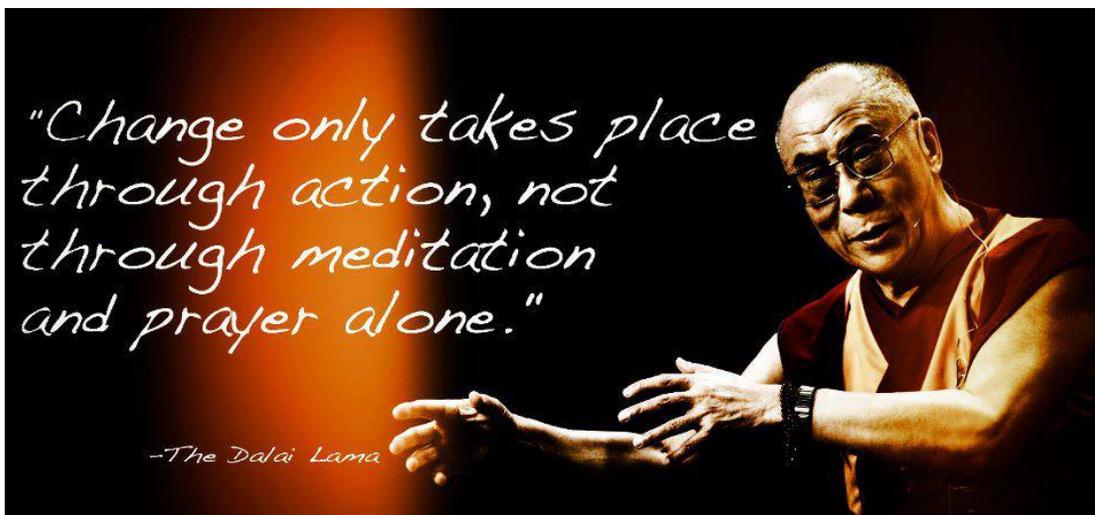
(inspired by Jesus & Osho)



The Fruit of Silence ...
(12/11/2010)

*“The fruit of silence is prayer.
The fruit of prayer is faith.
The fruit of faith is Love.
The fruit of Love is service.
The fruit of service is Peace.”*
~ Mother Teresa

And re-member: It is powerful service that makes powerful prayer, not the oth4er way around ... At least as far as an all-Loving God is concerned, unless you pray with moving feet, you are not really praying at all.



What really matters ...
(12/12/2010)

*“What matters in this life
is more than merely winning for ourselves.
What matters in this life is helping others to succeed,
even if it means slowing down and changing our own course ...
A candle loses nothing by lighting another candle”.*
~ unknown



Just BE it ...
(12/13/2010)

“Yes, let’s wake up and let’s move beyond the labels of ‘good’ and ‘bad’ ... Let’s move into Unity – where there is no duality ... It’s time to go home and see the white in the black and the black in the white. If I’m ‘good’ today, I find out I’m ‘bad’ tomorrow — a never ending story ... And yet if I stay detached from all the ‘bad’ or ‘good’ moods and emotions and feelings and judgments and projections, I find myself free from the enslavement of having to ‘be good’, or feeling guilty for ‘being bad’ -- and I simply allow myself and others to BE the Goodness that we were all born to BE.” ~ Lucia Brecheisen



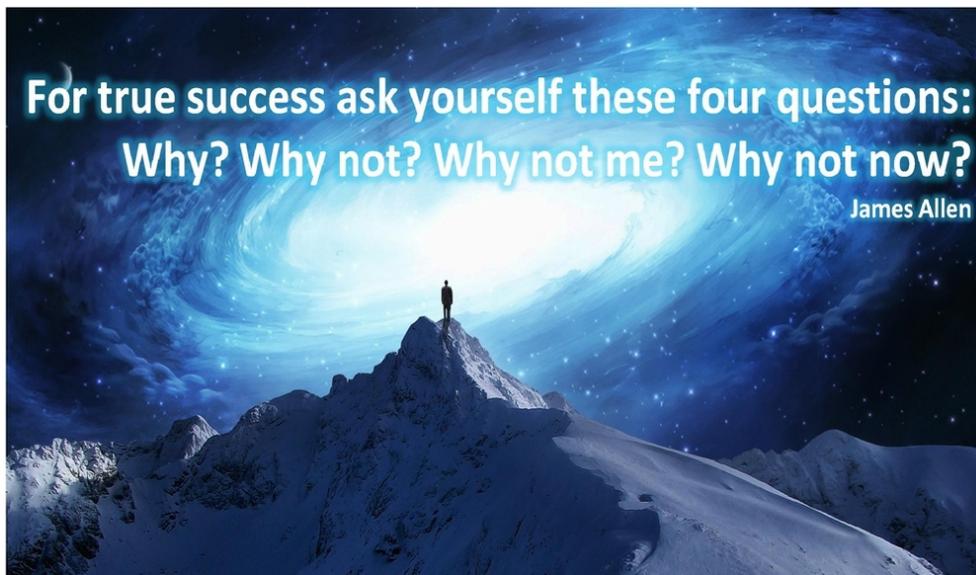
The Web of Living ...
(12/14/2010)

*“Humankind has not woven the Web of Life.
Indeed, we are but one thread within it.
As such, whatever we do to the web,
we also do to ourselves.
All things are bound together ...
All things connect.”*
~ Chief Seattle



on true Success ...
(12/15/2010)

*“Success is ... to laugh often and much;
to win the respect of intelligent people
and the affection of children;
to earn the appreciation of honest critics
and endure the betrayal of false friends;
to appreciate beauty and find the best in others;
to leave the world a bit better,
whether by a healthy child, a garden patch
or a redeemed social condition;
to know that even one life has breathed easier
because you have lived.
That is to have succeeded.”
~ Ralph Waldo Emerson*



Success lies in doing
not what *others* consider to be *great*
but what *you* know to be *right*.



Making your own Sun ...
(12/16/2010)

*“One can make a day of any size,
regulate the rising and the setting of his own sun
... and adjust the brightness of its shining.”*
– John Muir

The more Caring one exudes towards others,
the brighter one’s Sun shines.



The Universe in everything ...
(12/17/2010)

“Every cloud that forms, every snowflake that falls to earth, every creature it touches, all are part of the same whole. Even the act of shivering in a snowstorm is an expression of Oneness with Nature. The wolf and the hawk, the crow and the salmon are brothers ... The least and the greatest are one. You are a child of the forest and the sky, and the father of forever.

When you know who you are; when your mission is clear and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose ... Peace comes within the souls of men, when they realize their Oneness with the Universe, when they realize it is really everywhere ... that it is within each one of us.”

~ Black Elk (Lakota Medicine Man)



on waking UP ...
(12/18/2010)

“When we hide from the world, we feel secure. We may think we have quieted our fear, but we are actually making ourselves numb with angst. We surround ourselves with our own familiar thoughts, so that nothing sharp or painful can touch us. When we are constantly recreating our basic patterns of behavior and thought in this manner, we never have to leap into fresh air or onto fresh grass. Instead, we wrap ourselves in our own dark environment, where our only companion is the smell of our own sweat. In the cocoon, there is no dance, no walking or breathing. It is comfortable and sleepy, an intense and very familiar home.

In the cocoon, there is no idea of light at all, until we experience some longing for openness, some longing for something other than the smell of our own dis-ease. When we examine that comfortable darkness – look at it, smell it, feel it – we find it is catastrophically claustrophobic ... As soon as we begin to sense the possibility of fresh air, we realize that our arms and legs are being restricted. We want to stretch out and walk, dance, even jump. We realize that there is an alternative to our cocoon: we discover that we could be free from that trap. With that longing for fresh air, for a breeze of delight, we finally re-open our eyes. And to our surprise, we begin to see the light, even though it may be hazy at first. The initial tearing of the cocoon takes place at that point. Thereafter, we realize with ever-increasing clarity that the degraded cocoon we have been hiding in is revolting, and we want to turn up the lights as far as we can. In fact, we are not turning up the lights, but we are simply opening our eyes wider.”

~ inspired by Chogyam Trungpa



Reclaiming Peace ... (12/19/2010)

“To my Friend – I am your Friend and my Love for you runs deep. There is nothing I can give you that you have not already, and yet there is much, very much, that – while I cannot give It – you can receive.

No Heaven can come to us unless our Hearts find rest in today – Take Heaven!
No Peace lies in the future that is not hidden in this moment – Take Peace!

The gloom of the world is but a shadow. Behind it and within our reach is Joy.
Could we but See, there is radiance and glory in the Darkness – and to See we have but to look ... I beseech you to look!

Life is so generous a Giver, and yet we, so often judging its Gifts by their coverings, often cast them away as ‘ugly’ or ‘heavy’ or ‘hard’. Remove those coverings and you will find beneath them a Living Splendor, woven of Love, wisdom and power. Welcome it ... Grasp it ... Touch the Angel’s hand that brings it to you. Believe me, that Angel’s hand is there.

Those Gifts are there – as is the Wonder of their overshadowing presence ... Life is so full of Meaning and Purpose; so full of Beauty beneath Its coverings – that you will discover that ***Earth but cloaks your Heaven.***

Courage, then, to claim It – that is all! And yet courage you have, along with the Knowledge that we are all Pilgrims Together; wending our ways through unknown territory – together finding our way back Home.

And so it is at this time that I greet you again; not quite the way the world sends greetings, but rather with profound esteem – along with a prayer that for now and forevermore, the day breaks for you, and the shadows flee away.” ~ inspired by Fra Giovanni Giocondo



A Natural Curve ...
(12/20/2010)

“Life and love are life and love, a bunch of violets is a bunch of violets, and to drag in the idea of a point is to ruin everything. Just live and let live, love and let love ... Simply flower and fade, and while alive follow the natural curve, which flows always gently onward to the next day’s dawn.” ~ inspired by D.H. Lawrence



What if ...
(12/21/2010)

“What if it doesn’t matter what you do, but rather *how* you do whatever you do? How would this change what you do with your day today?

What if you could be more fully present and open-hearted working as a cashier in the corner store; able to really *See* and rally *Be* with the people there, than you are when you are striving to do what you think will make a ‘more important contribution’ to the world? How would this change how you spend your precious moments on this Earth?

What if the fulfillment of your own happiness is not dependent upon discovering a better method of prayer or a more perfect technique of meditation; what if it is not dependent upon reading the right book or attending the latest seminar; what if it is not even dependent upon a single one of our traditional definitions of success, but is rather dependent upon both Seeing the Kind Person you already are, and then Appreciating that Kind Person by going forth and acting accordingly? How would this affect your search for ‘personal growth’?

What if there is no need for you to change at all; no need to try and transform yourself into someone who is more wealthy, more effective, more powerful, more joyful, more wise or more caring? How would this affect all the places in your life where you are endlessly trying to be ‘better’?

What if the essence of who you already are and indeed who you always have been is more than enough? How would this affect how you view your past?

What if your task is simply to unfold; simply to become who you already are: gentle and kind and compassionate and fully capable of living passionately present in each moment of your life? How would this affect how you plan for your future ?

What if the primary question is not ‘Why am I so infrequently the person I wish I were’, but rather ‘Why do I so infrequently want to be the person I actually am’? How would this alter what you think you have left to learn?

What if becoming who and what we truly are happens not through striving and trying to ‘improve’, but rather by recognizing and openly receiving the people, the places and the practices in our lives that offer us the warmth, the challenge and the encouragement we need to unfold our True Selves? How would this shape your choices about how you are going to live your life today?” ~ Unknown

$\frac{dN}{\Omega dF dz d^3p}$
 ~ 323
 $\frac{(t'_A - t'_B)}{\Delta t_{app}}$
 $R_H = \frac{1}{2} R_0 \mu$
 \checkmark EFE - photo-spectra (a)
 THE SOLUTION IS $x = \dots$
 $H = \frac{1}{R}$
 $\frac{1}{z^2} \left[\frac{F}{F(z)} \cdot P \right] f(z)$
 $\frac{1}{z^2} \sqrt{1 + 2q_0^2}$
 $\vec{\nabla}_r \cdot \left(p + \frac{p_{th}}{a} \right) \leq 0$
 $\vec{v} = -\vec{\nabla}_r \phi \sim R^2$
 DENSITY OF THE UNIVERSE
 COSMOLOGICAL CONTENT
 $R_{\mu\nu} = \Lambda g_{\mu\nu} - t_{\mu\nu}$
 $(F^{\mu\nu} - F^{\nu\mu})$
 Ricci-flat
 R tensor PROPORTIONAL
 $\Delta t_{app} = \frac{\Delta t_{app}}{\sqrt{1 - 2.88}}$
 LENGTH CONTRACT x_2
 Open x_2 point t_2
 $\Delta t_{app} \rightarrow \frac{\Delta}{x}$
 $t'_1 = t'_2$
 $\Delta t_{app} = \frac{\Delta t_{app}}{\sqrt{1 - 2.88}}$
 $D = \dots$

What if?

On being Famous ...
(12/22/2010)

*“The River is famous to the fish.
The loud voice is famous to Silence;
a Silence which knew it would inherit the Earth ...
just like the tear is famous, even if briefly, to the cheek.*

*I want to be famous to shuffling men
who smile while crossing streets,
to sticky children in grocery lines;
famous as the one who smiled back.
I want to be famous in the way a pulley is famous,
or a buttonhole; not because it did anything spectacular,
but simply because it always re-membered what it could Do.”
~ inspired by Naomi S. Nye*



Adding to the Joy ...
(12/23/2010)

“It is possible to decrease the suffering in the world by adding to the Joy. It is possible to add to the Light rather than try and destroy the Darkness.

Once you begin to acknowledge random acts of Kindness – both the ones you have received and the ones you have given – you can no longer believe that what you do does not matter. It is as if you are dancing along a beach, making footprints on the edge where the shoreline meets the sea. No one is applauding ... No one even sees your splendid gyrations of Joy. And you know full well that the tide will come and wash away the marks your dance has left behind. And yet still, the dance lives on in your Heart, as does the simple, clean delight of being Alive.

And as you are about to leave, you turn to face the shoreline one last time and notice a small child, fitting his feet into your tacks – spinning and giggling as he does.

And in that Moment, you Know there is less suffering in the world.
In that moment, you Know that you do indeed make a difference.”

~ inspired by Dawna Markova



Holding the Universe ...
(12/30/2010)

“When you hold something in your hand you think you have something, but you really possess nothing ... And yet, when you open your empty palms to the Heavens, you cradle the Universe.”
~ inspired by Wang Hui-Lang

