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Books by the Same Author:

Driving My Scooter through the Asteroid Field Coming Down Over Venus ~ "Hallo Baba"

Light love Angels from Heaven.

New Generation, Inspiration, Revolution, Revelation ~ All the Colours of Cosmic Rainbows'

'Green Eve * Don't Lose the Light Vortex *

My Brain's Gone on Holiday ~ Free Flowing Feelings'

'Surfing or Suffering ~ together * Sense Consciousness

* fields of a body with streams and stars of hearts'

"When You're happy you got wings on your back ~

Reposez vos oreilles à Goa; We're only one kiss away"

'Psychic Psychedelic'

'Streaming Lemon Topaz Sunbeams'

'Invasion of Beauty *FLASH* The Love Mudras'

'Patchouli Showers ~ Tantric Temples'

'It's Just a Story ~ We Are All The Sun, Sweet Surrender'

Anthology #1 ~ 'Enjoy The Revolution'

Anthology # 2 ~ 'Love & Freedom ~ Welcome'

'He Lives In a Parallel Universe'

'Queen of Space ~ King of Flower Power ~ dripping Rainbows'

'All Love Frequency ~ In Zero Space'

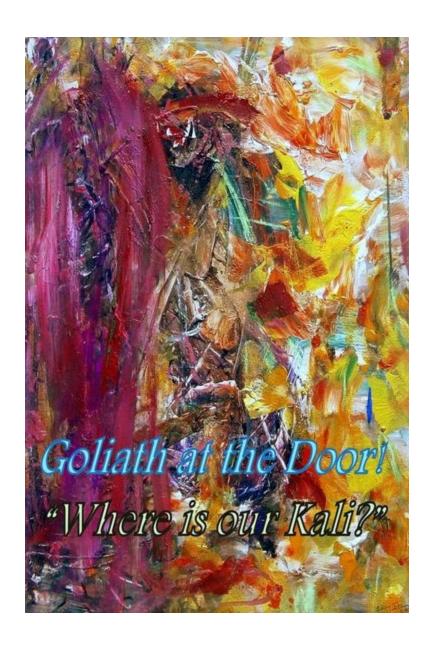
*Peace Goddess*Spirit of the Field*The Intimacy Sutras*

'Heavenly Bodies ~ Celestial Alignments * Feeling Energy that Is LOVE in Itself'

'I've been to Venus & back*These Are Real Feelings*

Let the Universe Guide Your Heart * through Space'

The Kiss in Slaughterhouse 6















LABOUR of LOVE

Health Is Wealth and Happiness.

All the joys of a Free Life ~

Reborn ~ Beneficent & Serene,

without a trace of Servility

Love up or down, essentially an ongoing ~

RELATIONSHIP

Black Hills Stone

"No Life on the Moon but Rock!"
There Are No 'Look a Likes' America!
What would We have seen
on all our TV screens ~
If Sitting Bull was found again,
up there, with pastures of grazing
Moon antelope by Lake Tranquility.
NASA could but stare!
No wigwams in our telescopes;
it's interference folks, run amock.
"No Human Life Up There"
"No Human Life Up There
Only some old Sitting Bull ~
chased him long ago from Terre!"

<u>Sahib</u>

SUPER EXPRESS

Beware of Trains!

'Before Climbing onto Roof of lokos,
make sure one is Isolated and Earthed'
Licensed Cooly ~ RESPECT

*

KNOWLEDGE

Making Knowledge
A Reality
Making Knowledge
A Reality
Making Knowledge

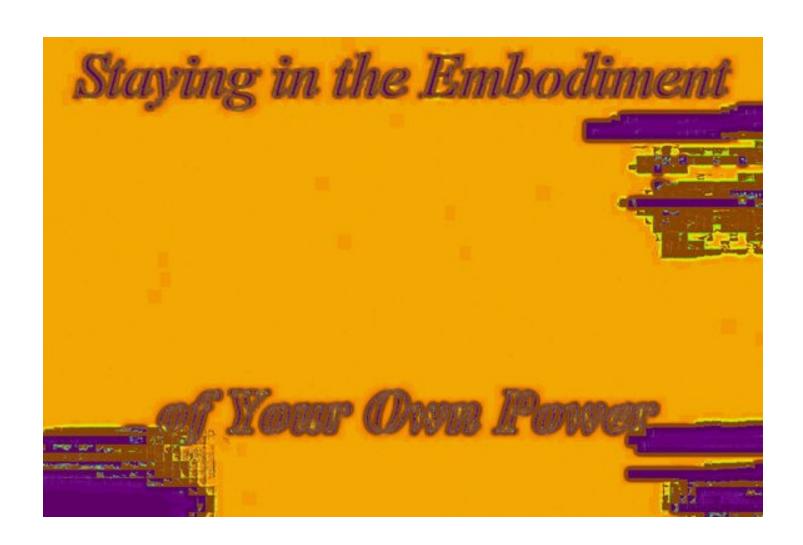
A Live

Equating Life with Knowledge In My limited Form-**Mind** Striving for Wisdom. Ideal of All ~

People follow many different things, some follow Enlightenment ~ Yes, actually Enlightenment. Nuclear War Is Beyond the Human Imagination! UNDERSTANDING DHAMMA

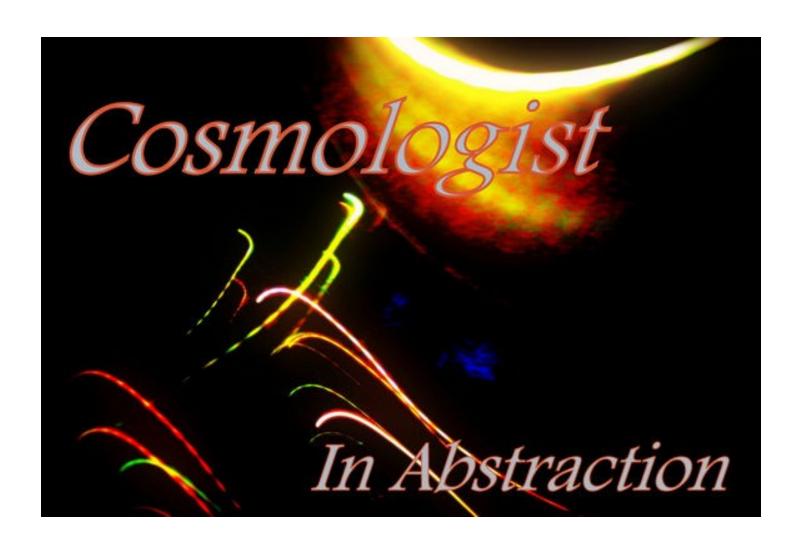












Maldives

I'm on a jet to India from my home in Cheshire plain. Could be Insane ~ moves the Silver Cobra. I'm on a jet to India, leaving my family by the fire, colour TV. to Inspire ~ Could be Insane to board the Ganges train, might never see you again. I'm on a jet to India no more political recessed Mind. Could be Insane could be ~ Wonderfully kind, who knows what I'll find? I'm on a jet to Dhammaville I never want to kill. Could be Insane why I came ~ Want to know that flame

Tsuridono

Fifi Riva

She lived in front of a gondola
repair shop ~
Which one?
Felt like a step forward,
in my Mind ~
Tantra in Venice

even

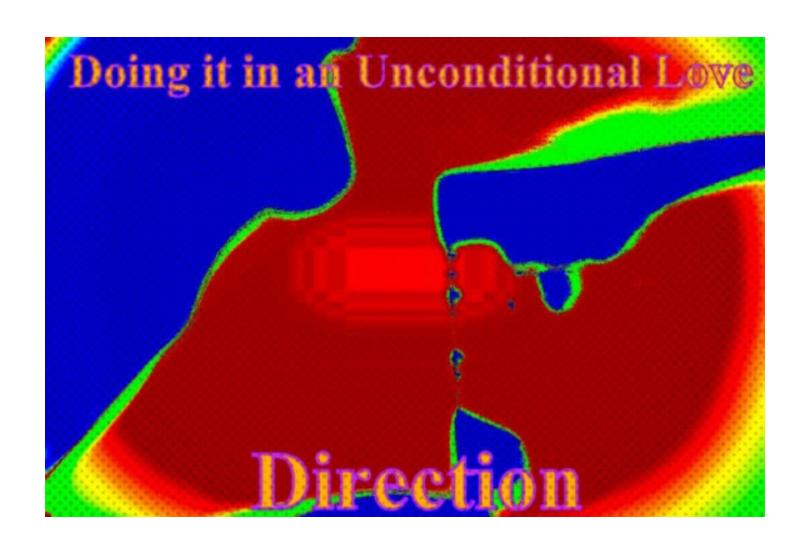
More: than ~ Desirable Golden bleu ~ Shanti sea shore, bridges of breath

<u>Mozart</u>

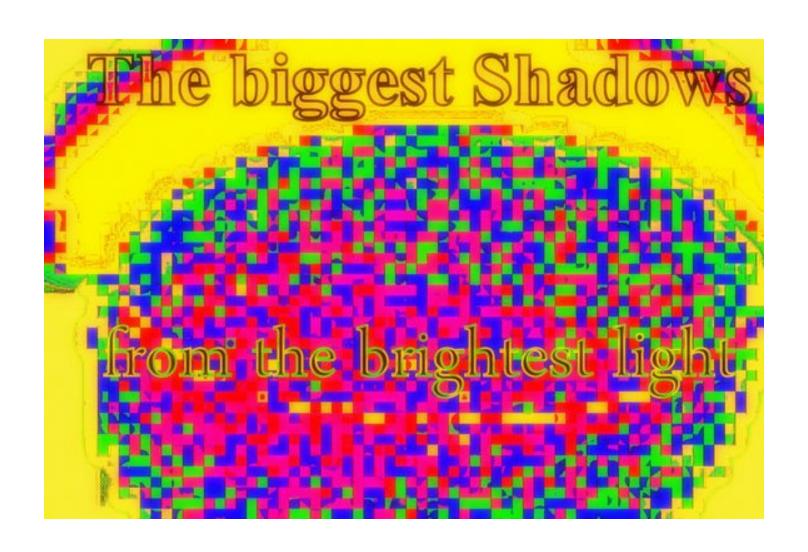
Streams of Winter Snow Emerging, from below the ridge. Afternoon discoveries

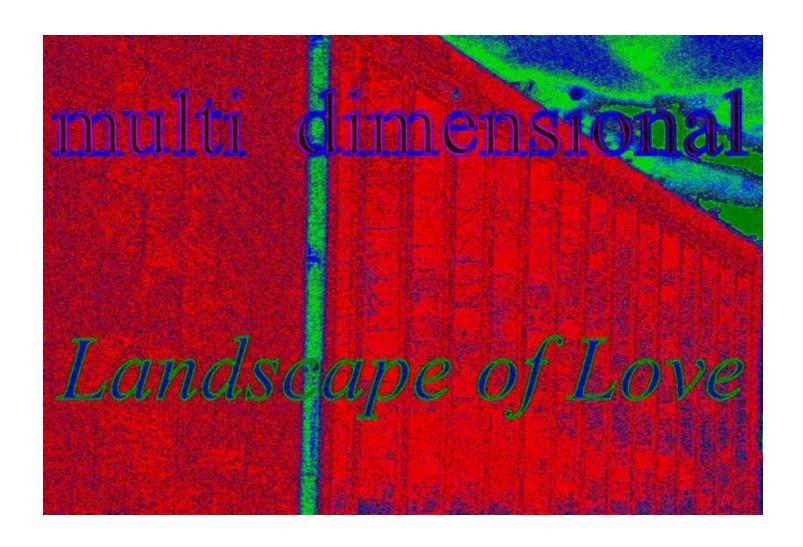
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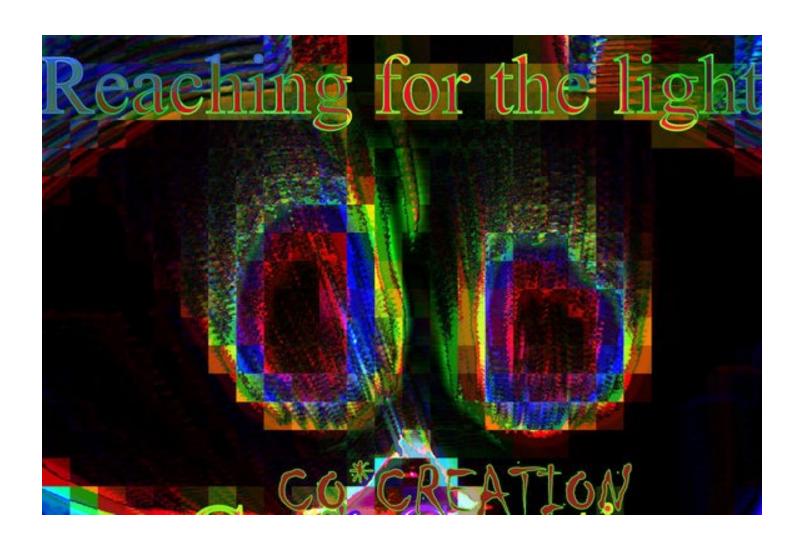
Aria of White Egrets
I, will try to Understand
Nyanaponika's equi-libre.
Dharamsala Impressions
'The Four Sublime States'
Fabulous attitudes ~













Concepts of Pure Abstraction

Senses of Luis Bunuel's priorities ~ Eminent Enemies, surreal, open end. Aurora's soft, green pavilions.

*

Dushenka

Having deep respect & gratitude for Buddha ~ vibrations melting deep in my heart for you ~ Platinum Blue

*

Le Lac

••

Energy

Prolongs ~ moments of the clouds and rains,
her Heavenly Pavilion. Willow World
Pillow World <<>>Cloud bursting!
Fire and the Torrent ~
Lusciousness melting me,
birds of silvery turquoise

Flawless Harmonies

Without a trace ~
Shot of the Pali Canon.
Cultivate Fields,
perception of loving
Kindness ~
Very delicate
this job
Porcelain listening

Motivation

Dissolving the Ego distance

>>>:::<<<

equanimity

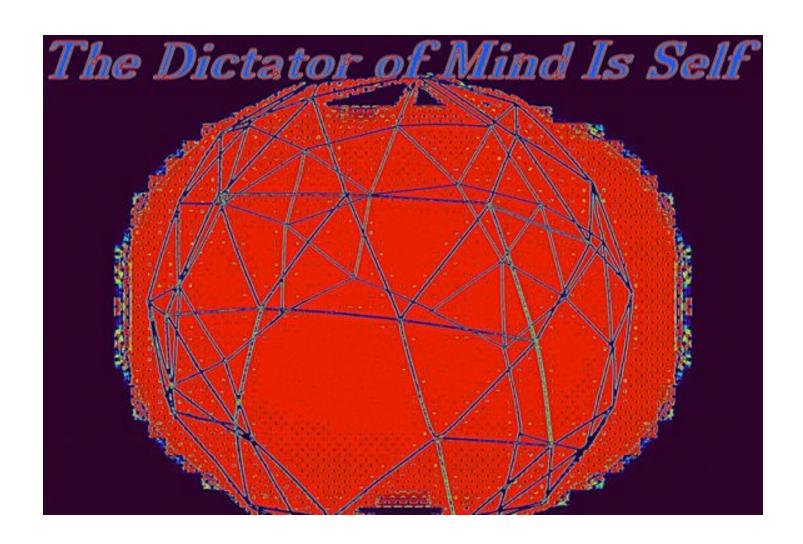
Just Watch it ~

Always being aware learning to be detached, expectation ~ just observe it

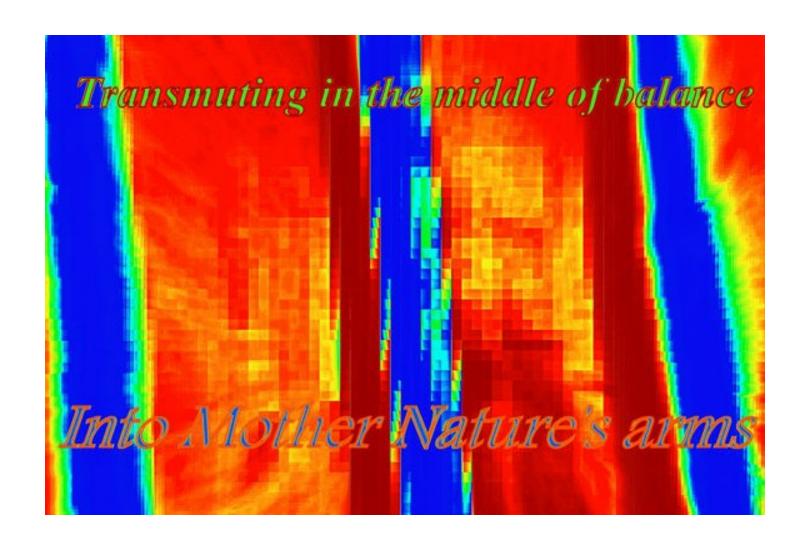
Free ~ Flow

Gliding, seven Bojangas on a lily pond; descent of Ultra Marine Sensations.

Do I feel disappointed? Tatasta













Goa

Do it with Flowers ~ experiences.
Cultivating a calm mind bouquet
Observer, Sense of Sincerity ~
"The Wise discipline themselves"
Detaching from Illusions of the 'Self'
By experience...
All Sub*atomic particles...
Sense of Solidity ~ Sense of dissolution.
Mind/Ego gone; Tuning to Vibrations ~
not afraid of Death
not afraid to die ~
simply changing

The Clash

that... then I got that... then that... then I got that....
going on forever.... then that, then that, then that...
So then, what comes next? NOW, BE HAPPY.
First... Know thou Wisdom.
'No Loss' ~ 'no loneliness'
LIGHT TO LIGHT
"Be happy, happy, happy, be happy, be
Equanimity only when rooted in Insight"

<u>Himalayan</u>

fancy spendin' ½ an hour ~ photographin' mountain sheep. ZOOMING

*

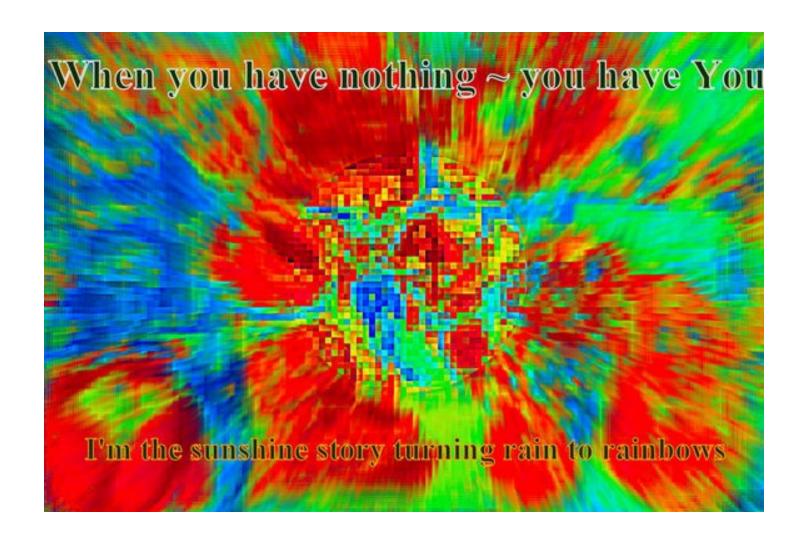
Peaks

MUSIC, while you walk ~
Medicine. Shepherd's silence
Waters ~ Ahimsa
gliding Maroon Monk
Odyssey
Healer of births ~
Knowing Wild, Gold.
Dhamma Artist trekking.
This Is a superb path

Wild flowers of Triund
High altitude ~
ladybird harmony
Pacific motions ~
"You are living here!"
Eternal gratitude.

Loving





A field of snow full of black sheep









Khata

Is a gift of white scarves ~ "It's gonna take a lotta Love." He lay on the back seat of a squad car bleeding from five bullet wounds! A policeman asked the routine question, "Do You Know Who You Are?" He could just manage to nod before he died. Then, I felt the time had really gone forever, when flowers bloomed in people's hair ~ But today, I see Love is still with us, as the music of Tibet is still alive ~ "Stop cryin', Stop cryin' Baby, Please Stop Cryin' You Know, I Know ~ the Sun Will Always Shine" The Dalai Lama's portrait on the wall smiles. Those of us who Know, the Dhammapada do not wish to make Invasions, to destroy, or Conquer others, leaving only suffering.

Colours of Wisdom

"AS IS WHERE IS"

"AS IT IS ~ SO IT IS OBSERVED

AND UNDERSTOOD"

An Appeal

from the 'Royal Society for Prevention of Cruelty to Carrots' Wanting to be an acrobat ~ "She's incredible Grandfather"

*

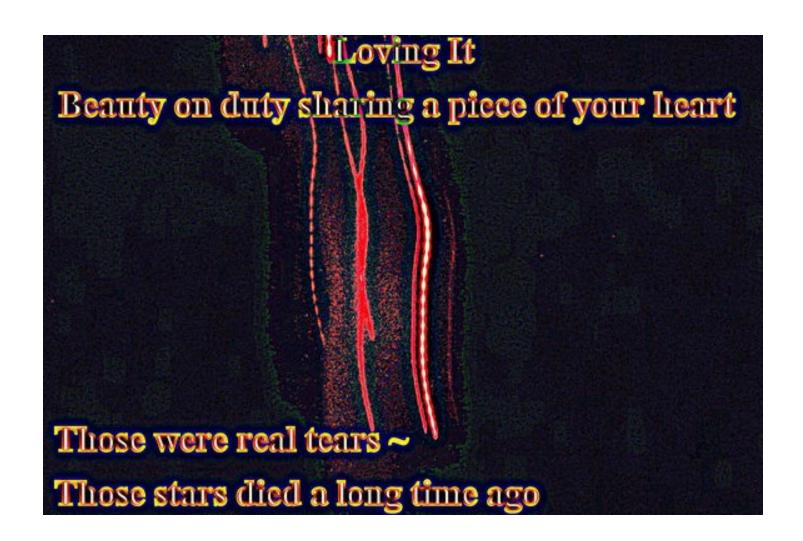
Me & Mine / Morality / the Rest India Illustrated! Nest of ~ Gwalior Suiting, the Latest! A Total joke, Gunga Din ~ Help, compassion you ask... Subservient, Krishna blue media; World warrior is still hibernating! A billion beggars, can't you see? Just another holy, culture vulture. "Chelo, Chelo, Chelo!" Yes, I am Equanimous; really ~ Gopi's traditional flute tunes pawned, crippling opportunities at the Lock Sabha. Reluctantly, Prince Arjuna to lead the just fight ~ Numerous slick, desperate hustlers for one rupee, would sell, whose daughter and share of the crop! GOD BLESS THESE POOR SUFFERING SIGHTS. *Virtue* ~ would you choose to live forever here?

India showed me how to appreciate my karma.

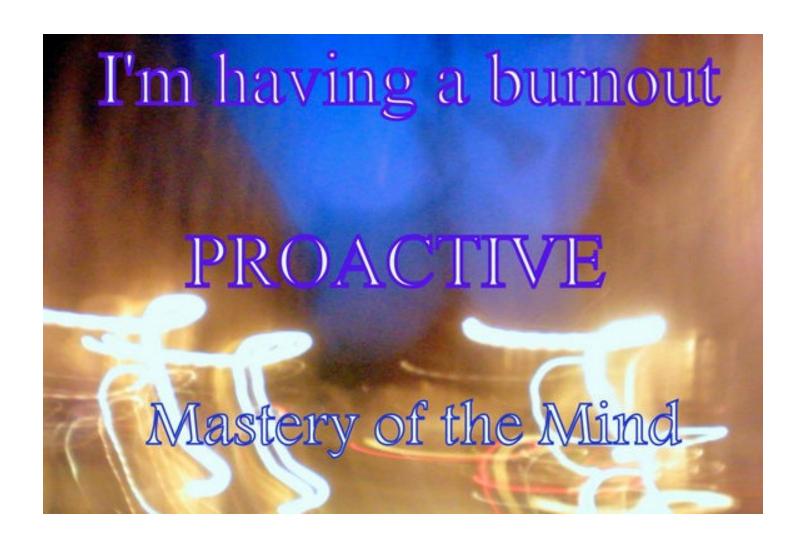












Making Light of It

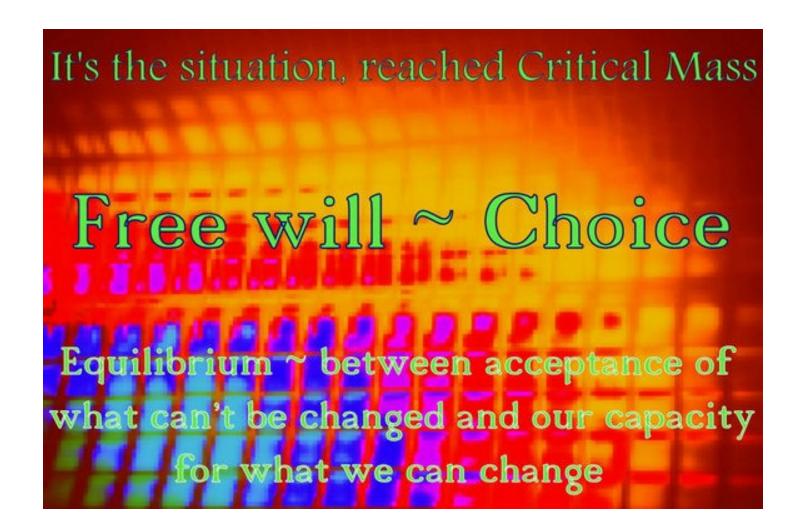
The Sound of Zen, snow falling.
How Is It lovely friend?
"Like a Trek in Nepal"
Being, awareness of the difference.
Great Satisfaction!
And the beauty of whatever comes ~
Snowflakes, chanting the natural graces of a Winter's sky, from a 6-tatami room.
The Ultimate Idea is ~
Joy of Non-attachment

*

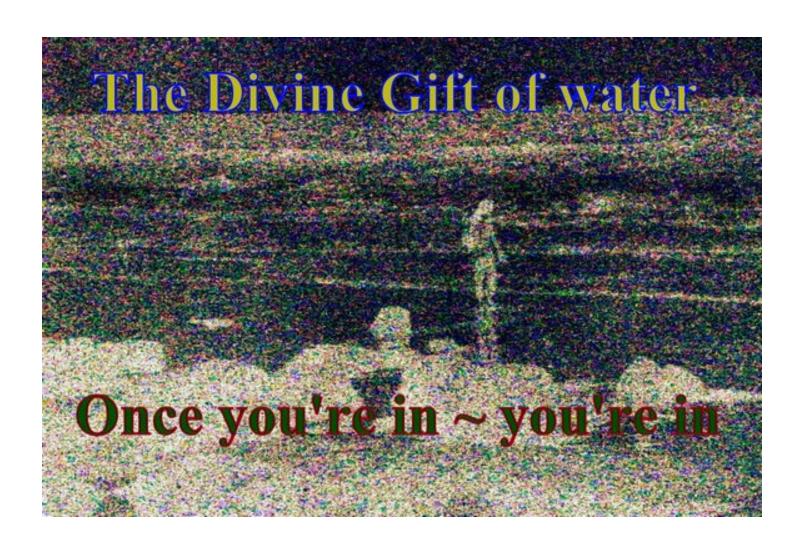
Tibetan Spring Buoyant fleeting strokes. A Buddhist band plays, 'High Light' taking a load off your Mind. Quest ~ Coeur age. Seeing from India "How Lucky I AM!" "How lucky * I am"

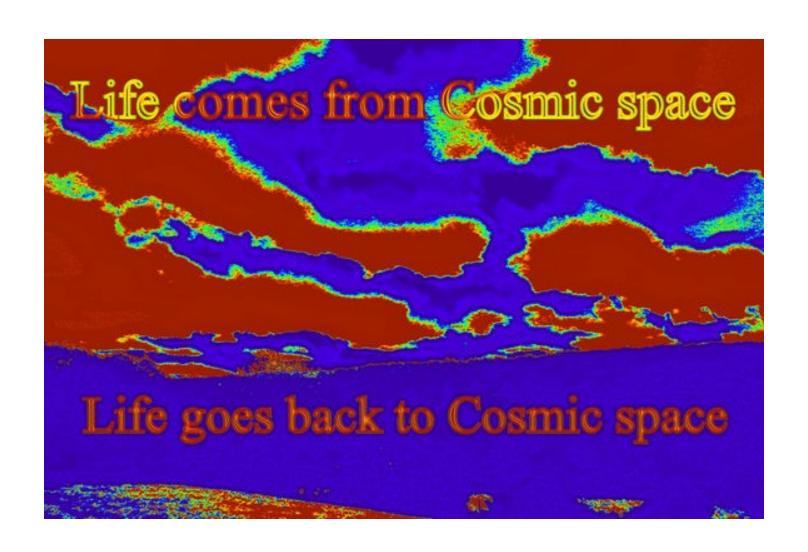
Magic
When You Lose Something
Precious
Give Something
Precious
to someone true.
Sojourns ~

Opacity Chastity belt India stare Bombay, Stunt Man, shaking, Chanting, "Hari Krishna....." Crumbling, crumbling feeling everywhere ~ 'Advancing' is more Open? You Are Free ~ will you Welcome a traveller from a far land by your fireside? Will you speak ~ with some basic intelligence or hide! More Open Is Advancing to where? Do You Baba have Absolutely any idea what's goin' on ~ with the World around you?













Space * Contact

Try to be Aware of the Feelings, the Sensations ~ changing, cause and effect, senses be equanimous.

Be aware of the Feelings, Observe the Sensations ~ Try to be Aware of the new sensations, the feelings, outside, inside the body-mind, climax ~ equanimous.

Be aware of your breathing, current of air, frequency ~ Try to be Aware of Heart beat, beating, try to be aware of a point, to focus, concentration, to see mind's game, creating its incessant illusions, making an Ego identity, so, there's no stillness, silence, calmness to see inside and be Conscious

Shiko

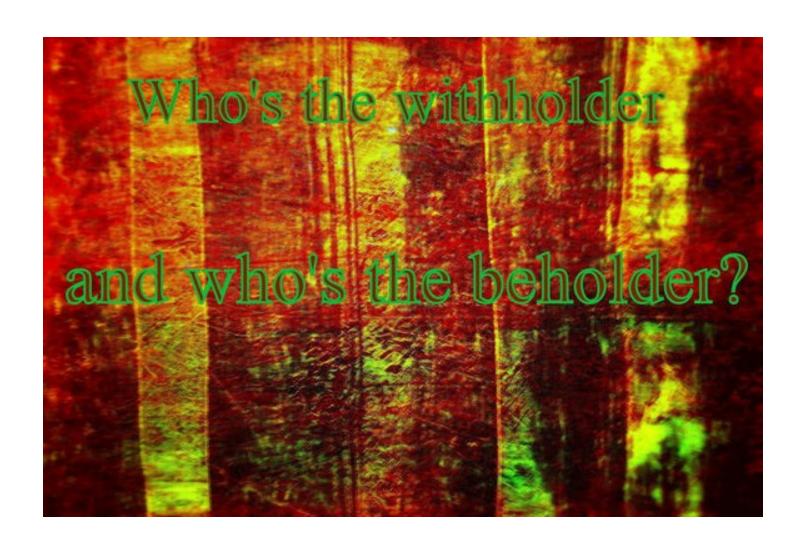
A disciple and Poetical theorist ~
Suggestiveness of a Paper Lantern.
Increases: evocative power
to light a candle in!
'Sabi' leaves the room.
Induce him to undergo the experience himself
Enhancing ~ in the Spirit of Haiku.
Impurities terminate by equanimity.
In the House of Fallen Persimmons
At a Snow Viewing party

Ostrich

'Untouchability Is Untruth'
But you Live Like a dog.
Optical Illusions ~
Caste of backsheesh
Endemic corruption, shadows blame.
Poverty makes them bark like dogs,
uplifted rags by the track
Your hygiene, fit for frogs.
A dying man grins of shame,
bring water daughter!
'Untouchability Is Untruth
But you live like a dog.
Officer!

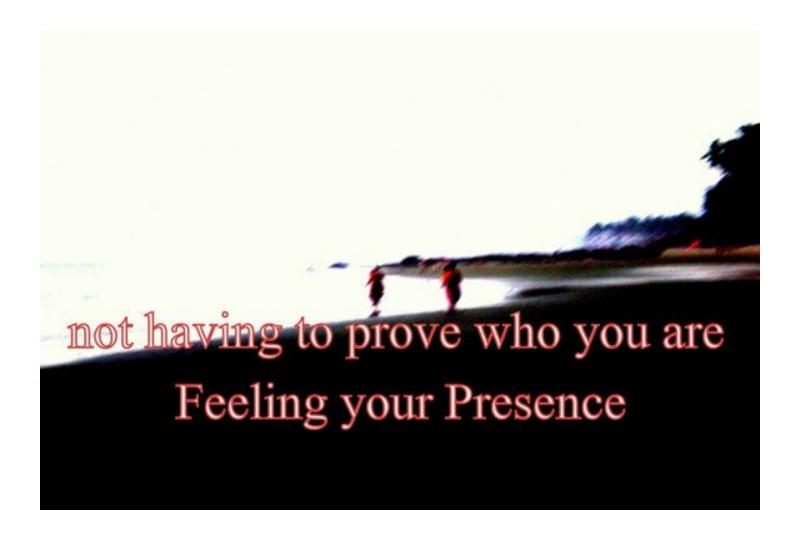
. Anatta Sun Light

Beloved Natural Separation ~
light as waves, length of colours
Crest to crests ~ Einstein's molecules.
"Matter and Energy are the same"
Light form of electromagnetic radiation.
Photons when light acts as Matter.
Rotations of the eye, & I to you
for allowing me to serve ~
Equally important or not

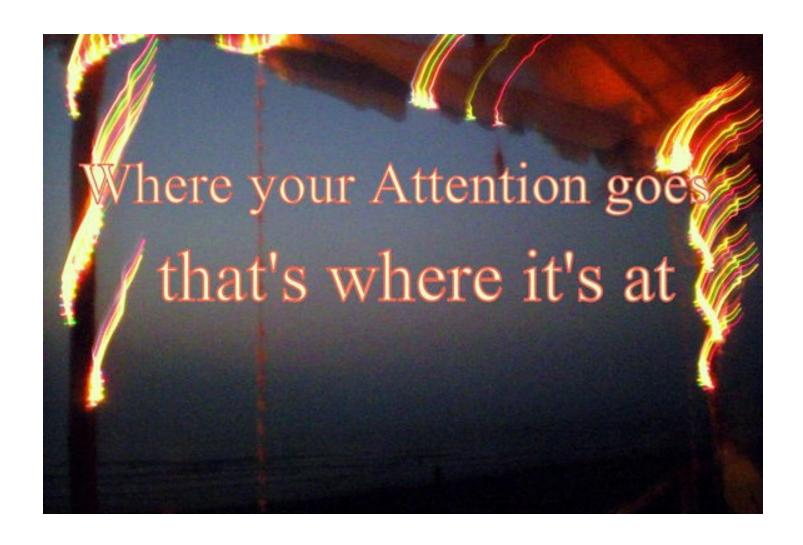












Scattering Light

Nature Is Real In Us ~

Read any book of Wisdom.

Look at a sunrise, sunset ~

twinkling stars in the night sky.

Not I, not me, not mine Soul either.

Cognition~Perception~Volition~Feelings

Tomorrow ~ & the next instant, of the Now.

The Realisation of the basic characteristic

of all phenomena as CHANGING ~

only Cosmic Molecules, dancing

So, don't get attached

to SUFFERING Conditions ~

All created from IDENTIFICATION

to me, mine, my soul, in My Mind!

REALISATION

One has No Control over this ~

CHANGING, makes one realise

from where comes Suffering!

That IDENTIFYING oneself with the thing CHANGING

Is SUFFERING

Anonymous

Someone Else's Efforts.

Please don't Pollute Charity.

Make according to Capacity

That they get the Best Benefit according to volition for others.

*

It can be so good ~ No Bondage.

Do not expect anything in Return

Melting your Ego leads to Collaboration,

Non-competitive credit, feelings not Robots.

If you have tasted the fruits of natural Love,

No Calculation, no narcissistic Imagination.

Opportunities are there to share and care ~

Development is giving the higher Vibrations

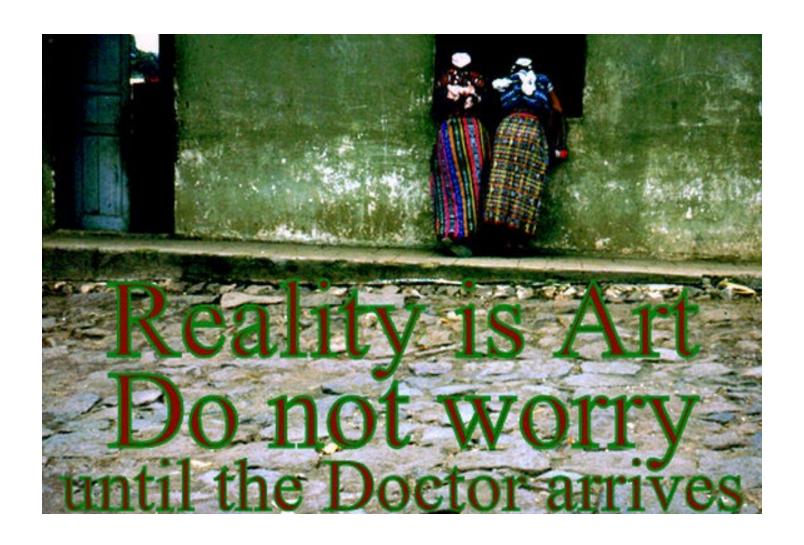
Cleansing the Mind, then realizing its limits.

Going beyond Mental-states to Free Space.

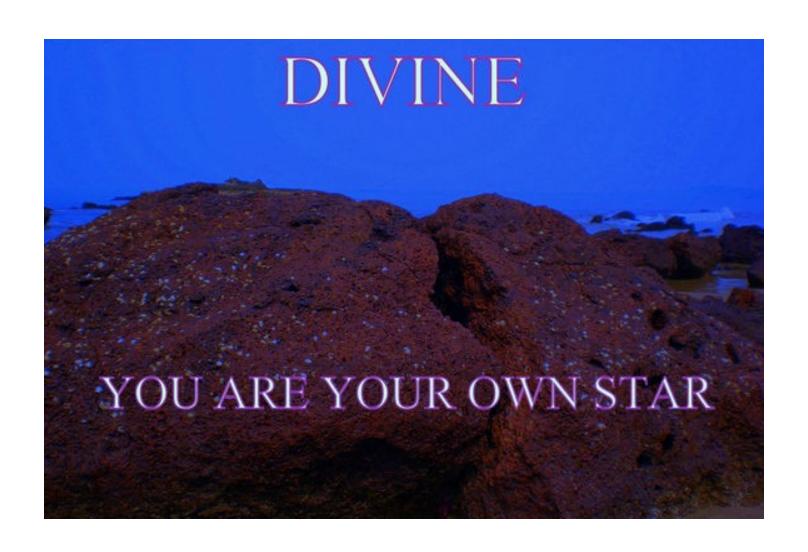
Atmosphere

She wore early morning Santa Barbara mountain eyes ~ Saw the pouring of her perfume. Refreshed sweet devotions

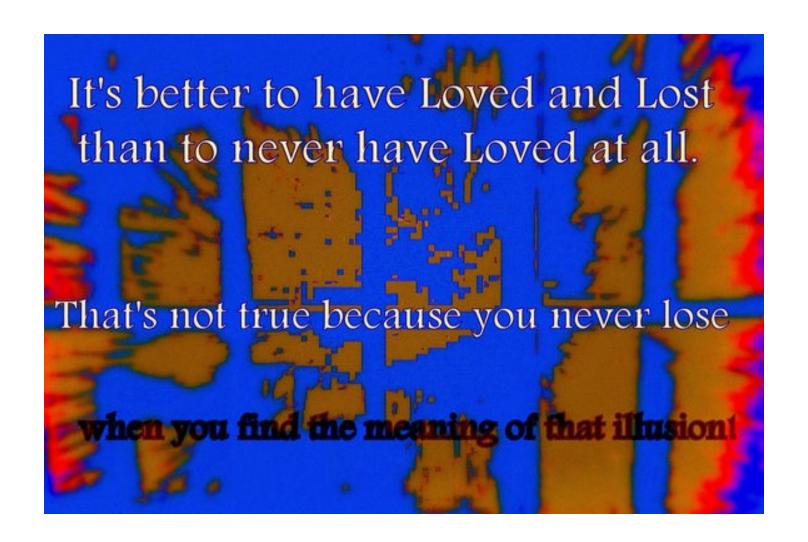












<u>Marg</u>

Kleptocratic Politics Is a dirty word, right?
Educate beyond Bank Ruptures and debt;
putting on their insatiable, illusory Show.
Microchips, Laser beams, Artificial Intel.
Vice-Roi's computers to get every piece,
Global monopolies of Cosmic star energy.
Earning your daily bread chopping stones.
Swamped by history, Corporate dishonesty!
Workers & bosses, realise the past is gone.
For God sake wake up to NOW ~
fighting all the way throughout a Life-time.
Educate beyond those old ruling classes.
NOW ~ miracles for your children, nature!

NOW ~ miracles for your children, nature! 1776, 1917, 1984, 1999, 2008 all finished! Free our Livelihoods, the World Today! PTSD on Karma's Electron, Milky Way

Ticket to Gava

Are the People BENEFITTING
Purity or Craving?
Goddess of Mercy, Kannon.
Amaterasu Omikami (Sun Goddess),
cords of plaited rice straws, illumine.
Whose Wisdom is deep ~
Upagupta, Ashoka's teacher.

Sravasti

Observation of Feeling
just realise ~
something happened
~ then continue
Fruits from One's Mind.
Volition ~ Manifestation
of one's own quality.

*

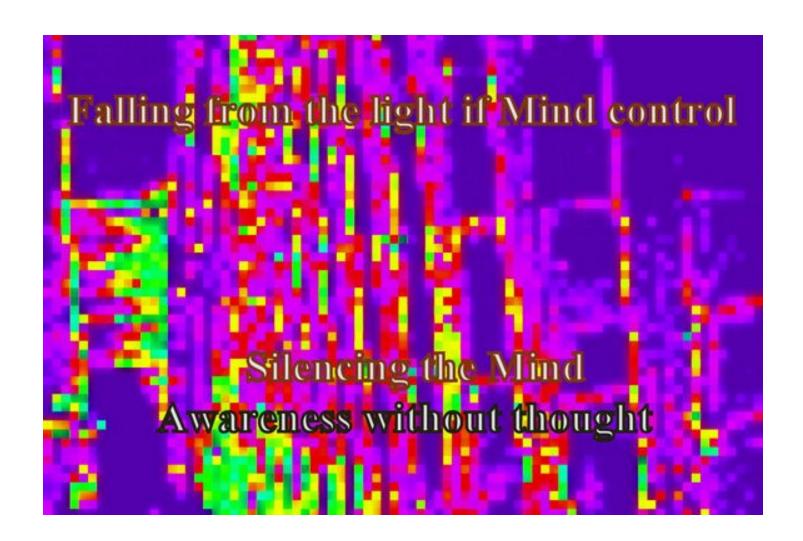
When You Bow

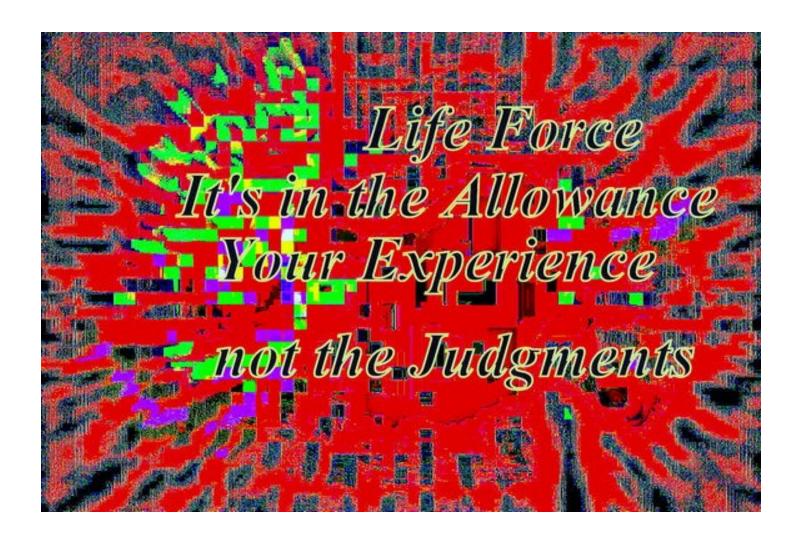
The Human Kingdom ~
living, nature reorganized,
abstracted and Condensed
Horizon
Going for Inspirational elements.
Experience of Sensations ~
Non-Attached * Understanding.
Keep on listening to Dhamma,
deeper meaning.
Ponds full of gorgeous Lotus flowers
equanimity











Bubbling with Happiness It's the message that counts not the messenger, the Message Love is the message ~ the message is Unconditional LOVE Consciousness of the Planet ~ You can't stop it Enjoy it while you can ~ being in the present 'Visvavasu' beneficent to all ~ Light getting bright

Flurry of Fuji

Geishas of the Pink Lotus teahouse. Camellia verandas ~

*

A Zen monk whose specialty was painting.

Moon viewing * light abstractions

Perfectly ~ reflected in the pond

*

The Poet * Priest evokes Senses of great distance ~ Sense of metaphysical Space in a garden

*

Do You Think

A Parisienne mannequin snores?

Morning ~ Meditation

*

<u>Kyoto</u>

Saiho-ji: (The Moss Garden temple)
Where the entire wooded garden
is covered with over 120 species
of Moss ~
Seen on a rainy day
it has its own quietude

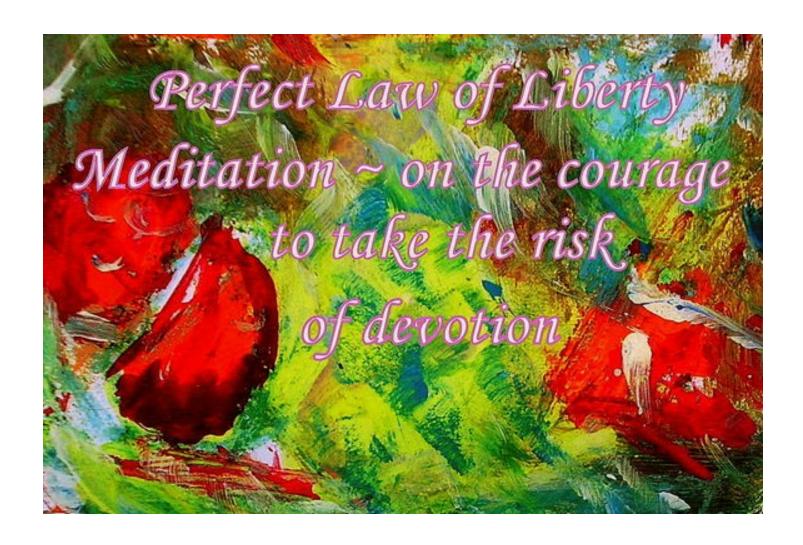
<u>Rays</u>

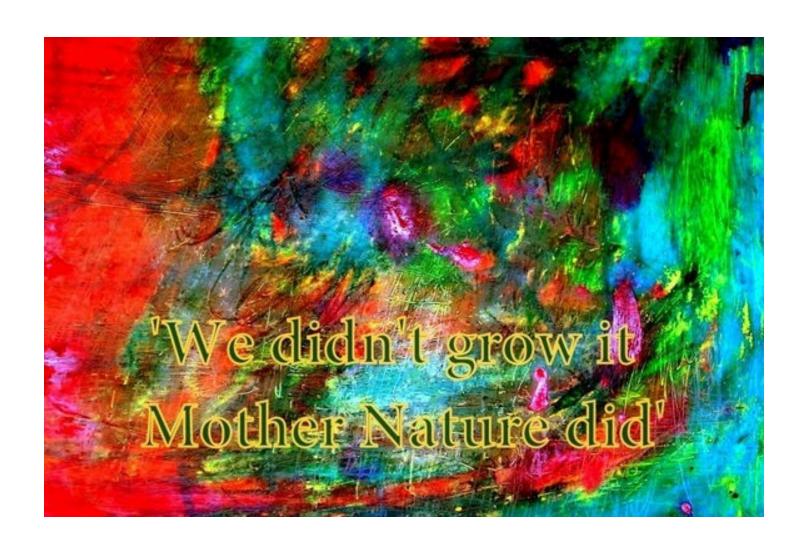
The Welcome Star of Cosmic night
You give delight ~
for who your Sparkling eyes?
Sky of dusk
subtlety of musk,
for who your Golden Radiance?
I bow to Nature's Law.
By translucent beads of sand,
glide majestic eagles high.
Fine spun air ~
evening holds my hand.
This Surrealistic blue of Calm,
delicate as a Dhamma Lotus ~
evening sweetly strokes the palm

River of Life
Making Love to my Mind.
Water colours in Autumn
then ~
swept over a waterfall
and mystery

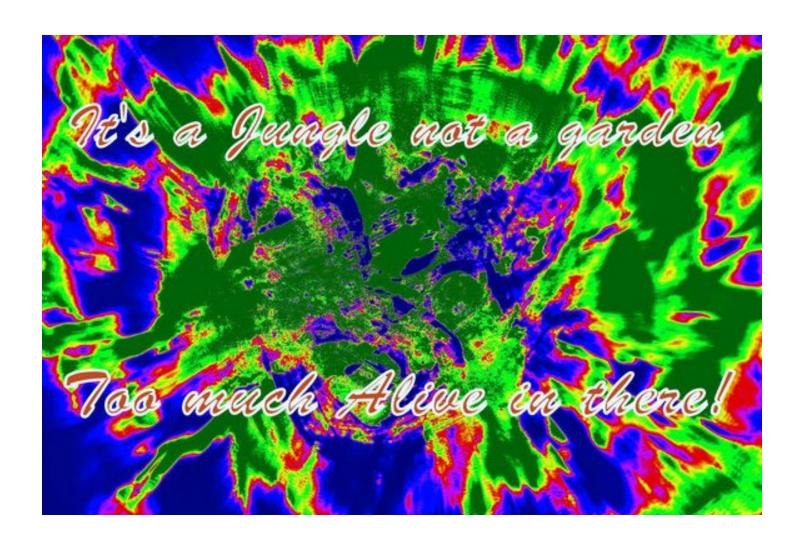












Pound's Amour Propre!

Outsider ~ Expatriate Poet.

"One would dance with him for what he might say."

A Self-Propagandist

against growing into any environment ~

on his later wanderings, restless energy.

"I didn't enter Silence, Silence captured me"

NOT BEFORE HE UNDERSTOOD

the NATURE of MONEY ~

Could he understand or write good poetry.

Delusions of a Mandarin....

led a team of Poets to do the Winter's sun.

by extension

flute playing in the desert ~
Karma, medium of all existence
redeemed ~
Selections of Greek poems
Sung Monochromes
Shinzui beauty ~
a concept of Mu

Concorde Chant

Rituals

Glinting, F16's signal to the ground!

Lights and sounds of Super Sonic flight,
fumes and gravity of their pay loads.

Air field nature, squeaking toads ~

Diving eagles on the bomber Pilot's blue.

A million rounds ~ Impressing;
bullets through and through.

Burning skies, sparkle ~
from the Phantom's wings.

A million rounds, radar canon's shells singing ~ "son this is the end of you."

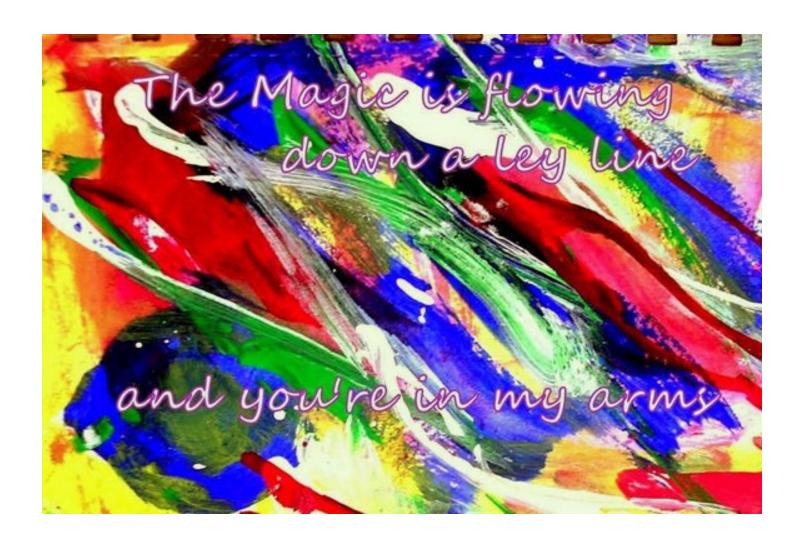
Right course, stop the bad vibes penetrating.

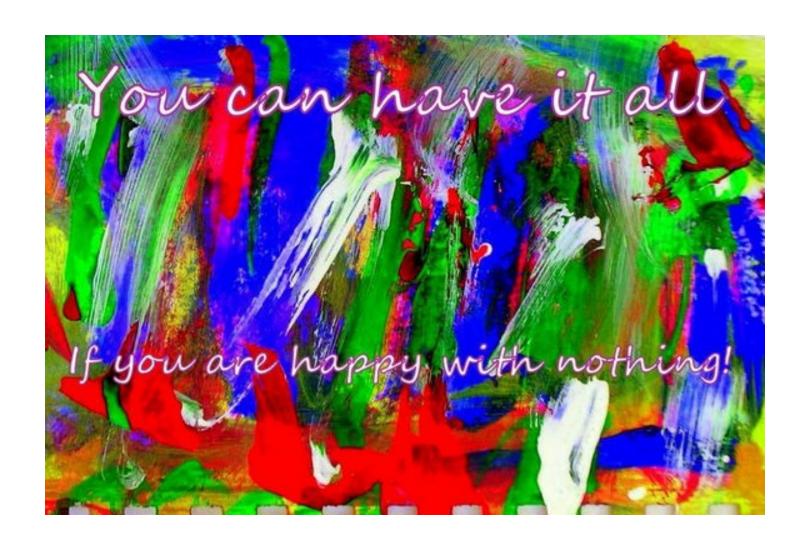
A hard morale on a chained aborigine's diet ~
Merits no harm of a dhamma land.

Hiuen Tsiang

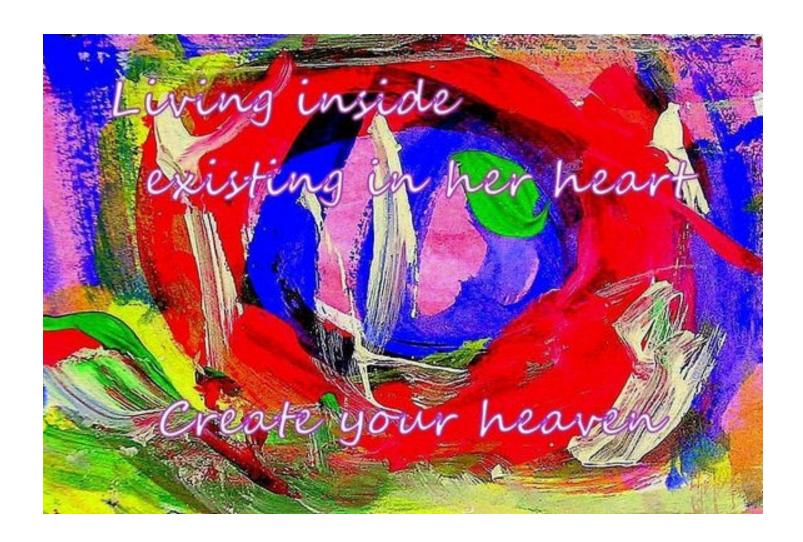
Being bent on enlightenment ~
Visits with feelings of Inspiration.
State pilgrimages instead of
Royal Hunting parties!
For World Conquest by Righteousness.
Dawn
Inscriptions ~ of dewdrops

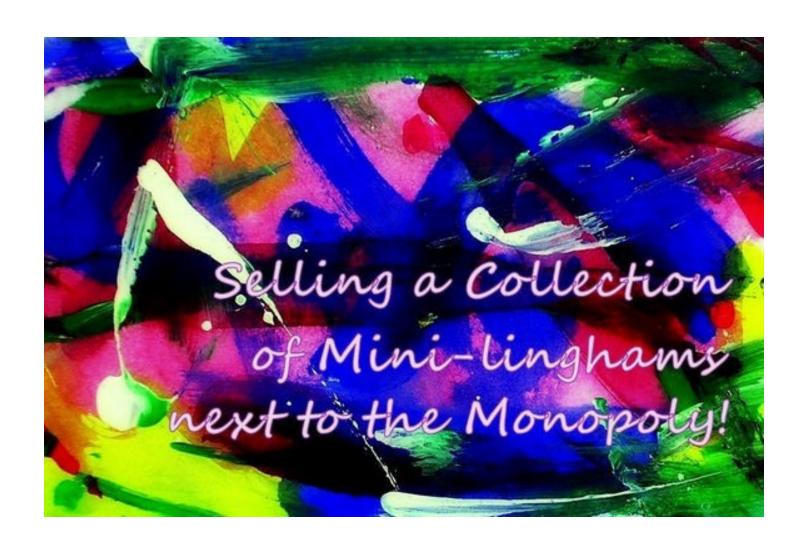












'Sumi e'

Sun Goddess to the ancients,
quintessentially ~ whispering
sensual ~ pagoda in Monsoon.
Versatility of a pearl of water ~
Improvising, complete simplicity,
humble to equal all.
Suggesting of a Summer's eve
Intensity of a wave
Illusion of Solidity
Never Fear ~
only a shooting Star

Plainclothes

Sooner the Better ~
evolve to Spiritual marriage.
If can't become a monk
become a husband ~ Still,
"Clinging to the lowlands of Self"
Holy Indifferent to You.
Spending this Life-Time
straighten that back ~
Fine ethics Factors of Virtue.

<u>Ego</u>

She came gently to a friend's open door her smile did Implore no more. "No need to play for us today thank you" (we don't feel any urge to pay) Without a sound she moved away, may, Please accept 25 paise and a happy day. But friend she didn't even play! Except the respect to see Our being in silence ~ not making a murmur of her presence. Her tune was a grace of blends all tho' her own experience and family depends on playing her harmonium. Oh, Mata dear, please let's heal All Our Fear Oh, Mata dear, please let's heal All Our Fear Oh, Mata dear, please let's heal All Our Fear

*

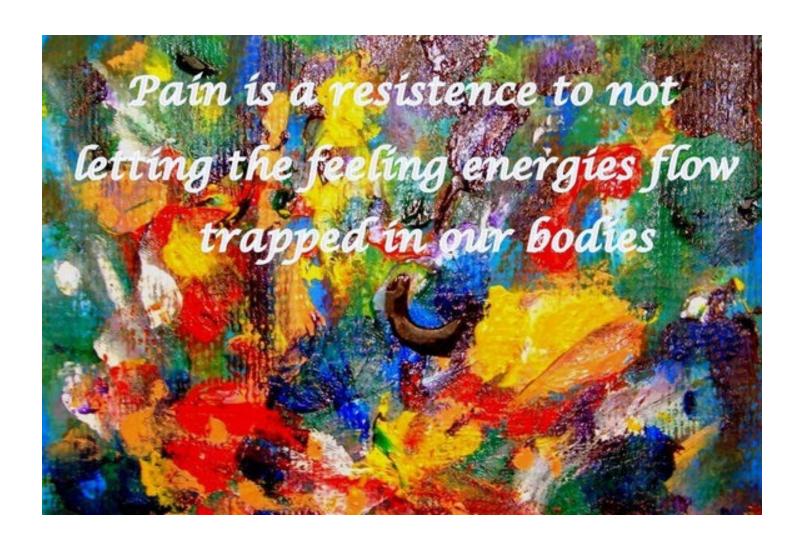
Sunfish
the blue future
just emotion ~
sketches of Equador
"I like mistakes"
Remains of a civilization,
last aria, rich voices













Birth of another day
Aeon shines
multi coloured lanterns.
A gypsy orchestra plays
perfumes of nights and days
deep inside ~
Otherwise equanimous
Sorceress.
Where is the dhamma
well directed mind?

Née

Darjeeling stainless moon
shines the joy of celibacy ~
evaporating lust, hate, ignorance.
So happy, Lama of waterdrops...
Delight in teachings of the Buddha,
Illumines deep wisdom ~ System
LOVING KINDNESS TO ALL
Causes no fear, renounced, effect.
On the veranda of births and deaths
Conquer the angry wo/man by Love.
Arrows gone, quiet trial by Waterfall.
Silver combs sparkle in her hair

Savoring No-Self Food

Do what you can, getting it together.

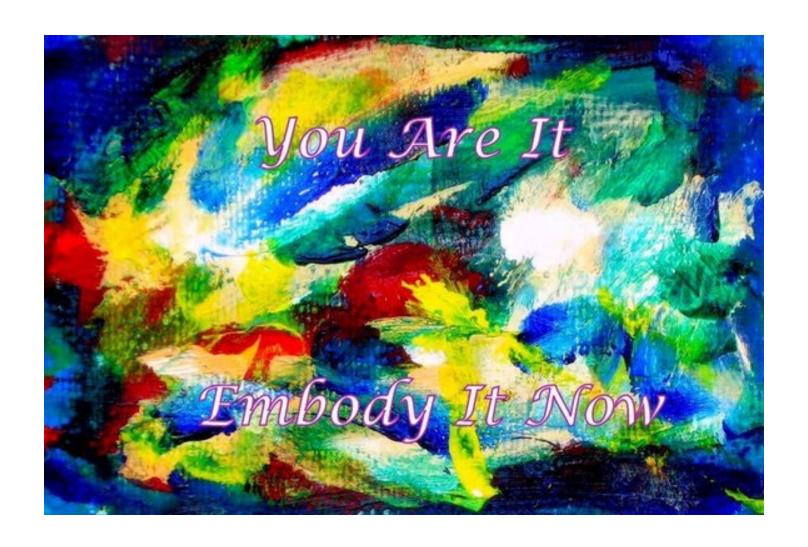
Dhamma anarchist; it was on that day
the Beatitudes were given ~

Intuition of a next time, be here now.
Welcome ~ Gift of Life
"Can I give You anymore..."
Ahimsa joy, basically ~
happy to share

Days of Red Hibiscus

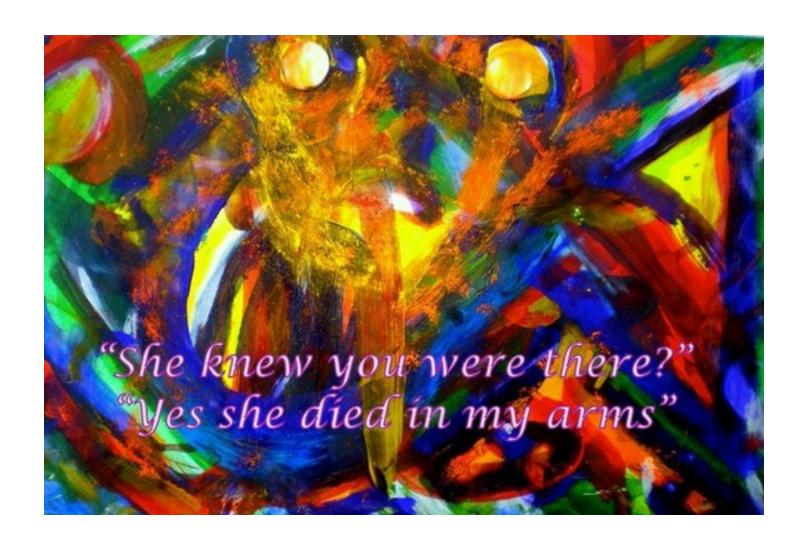
Going to a fort of old canons.
Cut stones, strength to hold it fast.
Over hillsides, green to blue horizons,
crossing planes of white, sandy touch,
waves sounding in deserted Eden.
Villager's boat; paddles across the river,
takes what's good for him ~
Views of old Portugal, from 400 years.
Time to tell, to come and see history.
Garden full of flowers, refreshments,
cool shades to permeate the mind ~
A Christian church inside these walls,
finding touches of Albuquerque's India.
Mediterranean pure light suffusing Goa.
Kingfishers taking flight













Tender

Song of Intuition ~
Wonder of a Buddha.
Dear father I Love walking
barefoot with you ~
through an Indian summer's seaside village.
A long, long road, maturing priestess.
Noble silence's pearls of wisdom.
One room school house
Truth is so beautiful

*

Friends of an Anti-Fascist Family

TATASTA ~ Particular mood
Quietness, listening to the busy,
busy World, exploding round about me!
I Wonder what to say of Importance to Spiders.
Such Eloquent Intellectuals!
For what this Archaeological ~
scratching of Mind. Achievements,
ordering purpose of Understanding.
Incessant, Self-Congratulations
in every breath ~
How to write again what you want to hear
and still live time in a spiritual community

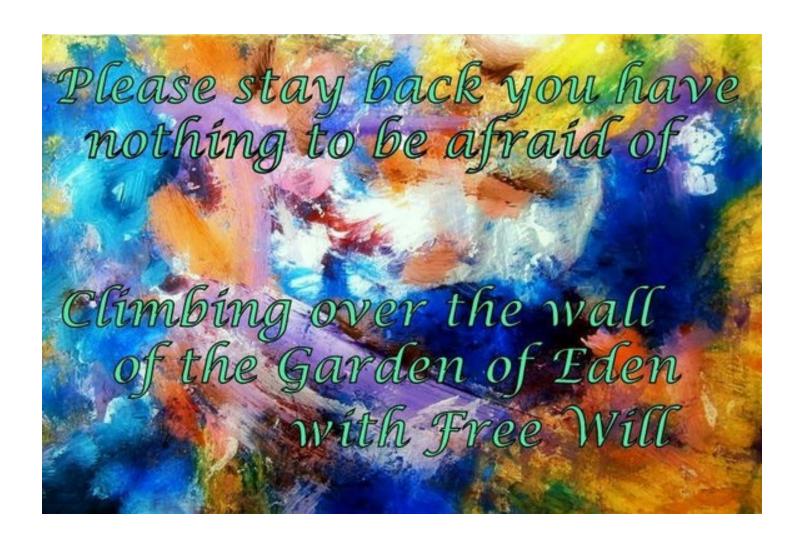
<u>Pentagon</u>

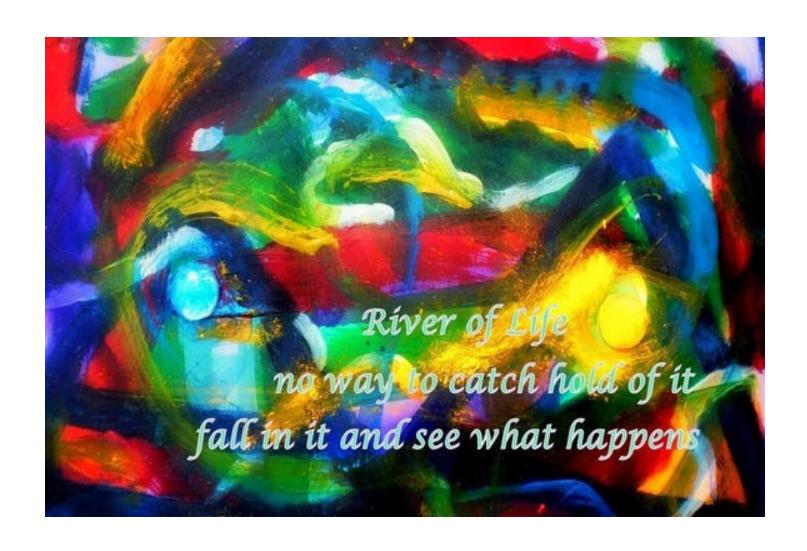
I don't need a mercy killing.
When will those monsters disappear
off the face of the Earth?
'Forewarned Is Forearmed'
meeting of two kindred spirits.
A man of calibre ~
wearing a Mandala T shirt

Ses rêves

A shack in the non-Anglo-Saxon world;
artists and writers colony ~ Rimbaud,
"that no man or woman is a prophet
in their own land"
"Literature seems so puny and inadequate
in the face of Life"
Henry Miller, saintly friend,
a great believer in relaxation
but he was an artist ~
Enriched apples and oranges
of a genuine humbleness.

Tao element













Fullness

Being complete in Itself ~
Man's Highest Inner Strength
Gems of Thought.
He taught the Sublime States of Mind.
Loving Kindness, Compassion,
Sympathetic Joy, Equanimity.

METTA KARUNA MUDITA UPEKKA

Excellent Abodes for Human Beings
Providing All of the Answers ~
Tension Removers, Great Peace Makers
and Healers ~ the Hateless Ones
sharing of Harmonious Community...
Developing by conduct & meditation.
Inseparable companions, boundless
View their Qualities

SUFFUSING DEEPLY into the HEART SPACE

Boundless Nature of these strong, spontaneous attitudes ~ All Barriers are broken down through the gradual extension of Love.

The base of Liberating Insight
ME: THEE: ALL: BE: HAPPY
'Metta, Karuna, Mudita, Upekka'
Blessings of the Sublime States.
Innate dangers of the others

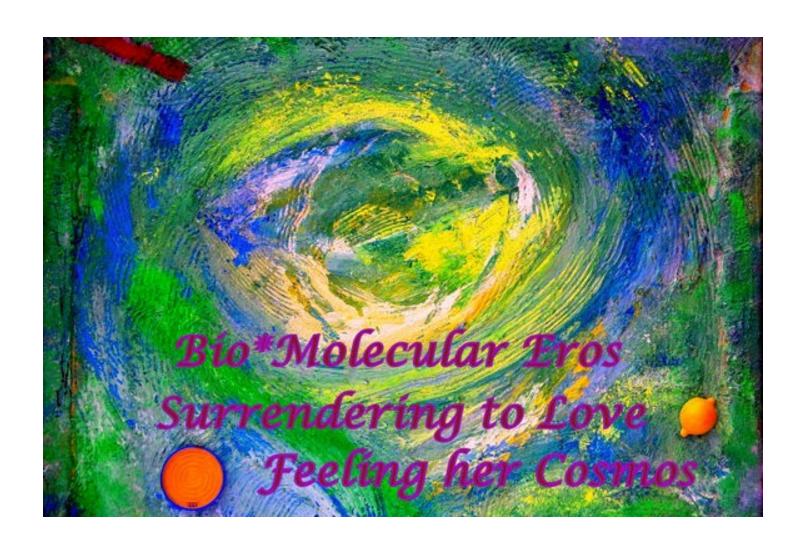
Reflect on this Space

Impermanent True Nature Ultimate Aim
Suffering True Nature Ultimate Aim
Unsubstantial True Nature Ultimate Aim
Reflecting to these heights, Inclines
the Mind and Heart ~
Free Abundance with the Heart of Love
dwells pervading the entire world.
Everywhere and Equally

Heart Filled with Love

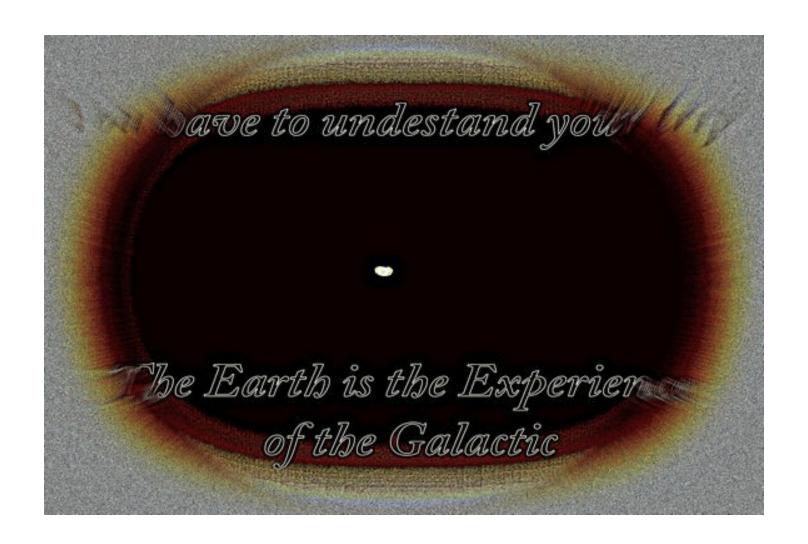
Heart Filled with Compassion Heart Filled with Sympathetic Joy Heart Filled with Equanimity The Love of No Possessing of No 'I'

Boundless ~ Free ~ of Contrasts
Embraces All mental-states in Cosmic Space.
Love Spontaneously ~ flowing to the Good
And Sharing with those most in need.
These seeds of Goodness ~ watered grow.
Fellow wayfarers ~ In this Our Existence.
The Same Law of Suffering through Nature.
Love but not the Sensuous fire that burns!
Sympathetic comforting coolness, strength.
Gives Sublime Nobility of Heart and Intellect













Understanding frequency, infinite SPACE.

'Love' ~ Name by the Enlightened One:

'Liberation of the Heart'

'The Most Sublime Beauty'

Highest Love to show the World

the Path, to end Suffering ~

The World Suffers Compassion Opens the door to Freedom. Makes Ego's selfish, narrow Hearts Open

As Wide as the World

Once Released from Selfish Craving ~ Heals paralysis of the, 'Clingers to the Lowland of Self' Boundless goal to Freedom

<u>Mudita</u>

Opens Your Heart to Joy with Others
Thoughts: Words: Actions, Rejoiceful ~
One Ray will rouse the Man from darkness
to Noble Aspirations and Deeds ~
Release Joy IN themselves and share Joy's direction
to the hidden sources of Undiscovered Happiness ~
Teach Wo*men to seek the source and rejoice with others.
Experience Within Your Power

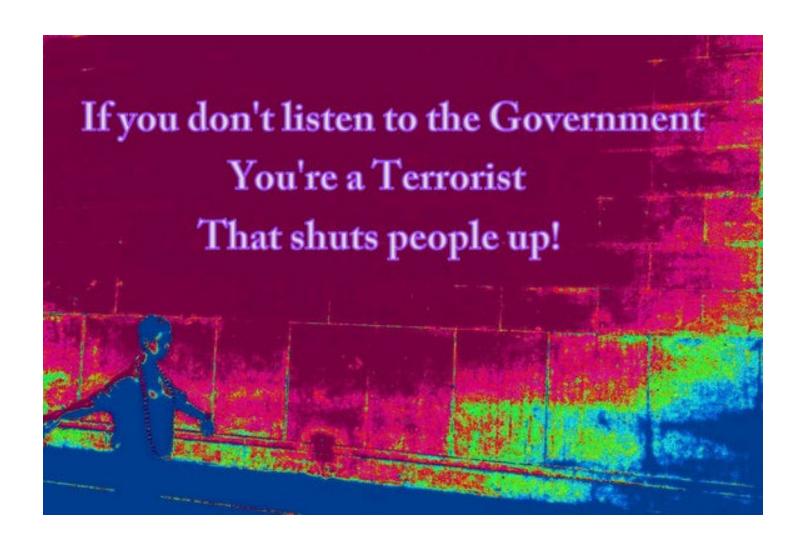
Unfold Dhamma's heights ~
Sublime Nobility of Heart and Mind
Understanding strength, ready to help Noble Life ~
Securing Happiness, highest Joy to show the World
a path leading to the end of suffering

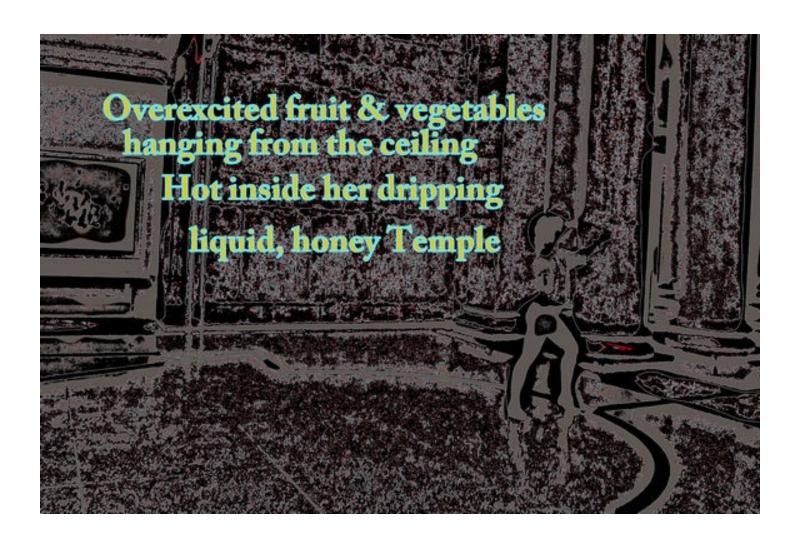
Karuna

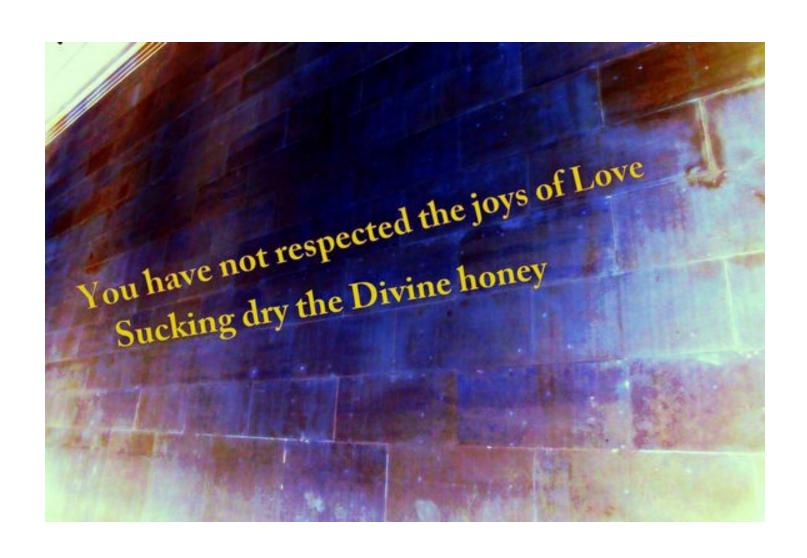
Gives Rich Experience of the Suffering Giving the Strength to Realise ~ It's coming here ~ Reconciliation our own destiny, hard life of others. Behold this Endless Caravan of Burdened Beings ~ with Sorrow and Pain So, have I come to Know... The Heart Is Opened to Karuna One day You may cry for this Sympathy with others; Known Is Your Guardian. Where does One earn Sympathy ~ crying on the Wheel of Ignorance? Give to the Happy and to the Evil, Compassion. Knowledge of the Law of Life and Real Causes. Cycles of lost, delusional Suffering ~ Compassion's Foundation, rising to Insight













Present Deeds Foresee the Future ~

Compassion rising in the wise Heart of Serenity
That Is Sublime Nobility of Heart and Intellect
The highest strength of Karuna
to show the Path to end Suffering.

<u>Upekka</u>

Perfect Balance of Mind ROOTED IN INSIGHT

Looking into Our Own Heart, seeing
Life's Powerful gripping waves ~
Ocean of contrasts ~ Changing Nature
Rise & Fall ~ No rest on the Constant Waves.
Where Is the Island of Equanimity
for My Life to reach a tranquil Haven ~
to Perfect, Unshakable, Balance of Mind?
Here, rooted in Insight ~ Island midst the Storm.
True Equanimity ~ regenerated from Sources Within
The Courage for Renewal, Nature's Insights ~
Clear Understanding of the Origin of All
these vicissitudes of Life and the True Nature
of the so-called Individual exposed to them.

** * **

'The Four Sublime States' Nyanaponika Maha Thera. Buddhist Publication Society, Kandy, Sri Lanka.

Britannia's Rules

Awakening: Send the Royals (all of them)
on a Baltic ~ Cruise, miss-isle!
The Waves ~ breaking
Do You bring Liberty
Do You bring even Wisdom ~
Do You bring some enlightenment
from your thiefdom, kingdom...
Why Not, Why Not?

*

Rice

Do you see a Fascist living with the poor peasants? Life can be so wonder full ~ "Young women spin on their doorsteps at dusk"

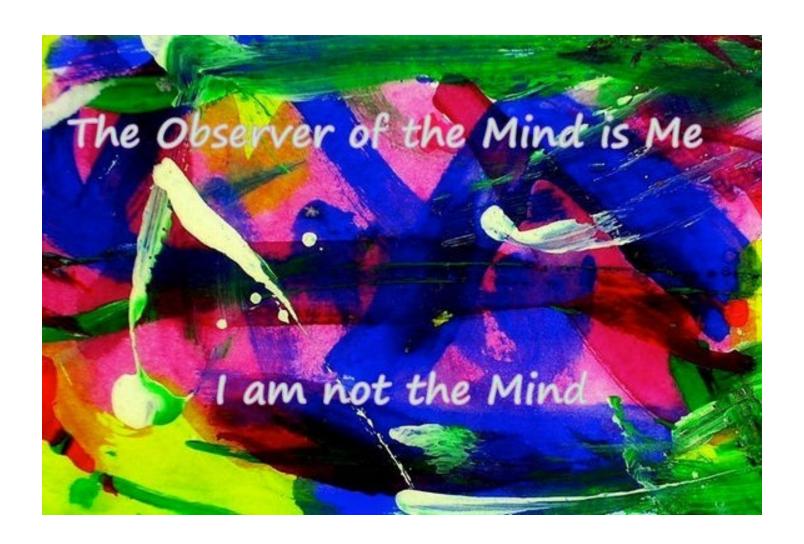
*

A Roman saying: "Nothing human is beneath me."
Hi Tech, AI. Virtual Reality! there is more life in a worm, invisible down below the ground holding with the Universe

Conscience













Polishing the stones

for an invading Mongol ~
horde welcomed in by kin
to set ablaze the sky.
I've seen the horizon burning,
burning so many times!
Burning to the stars
and you want an account!
From whom?
Busy, busy Identity, Concocting Egos
from another human's Sacrifice ~
for Your holy God!
I am on a mountain in a range of peaks.
Electron perihelia

*

Sensations arising passing away ~
arising passing away arising passing away
Nothing more in the garden is grown.
Worldly persiflage visits on the winds
blowing senses of desires,
an omnipotence you think.
But Awareness, realised within
of Nature's deepest
course, not yours ~
Sensations, ever-changing body

Universal flows ~
Arising, passing away, arising
passing away, arising
Is this instant now
IN EQUANIMITY

*

Realistically US!

How can we take

or how do they

expect to be treated

as looking seriously for Peace,

for limiting nuclear arms

Face to face with their challengers ~

When it PERSECUTES

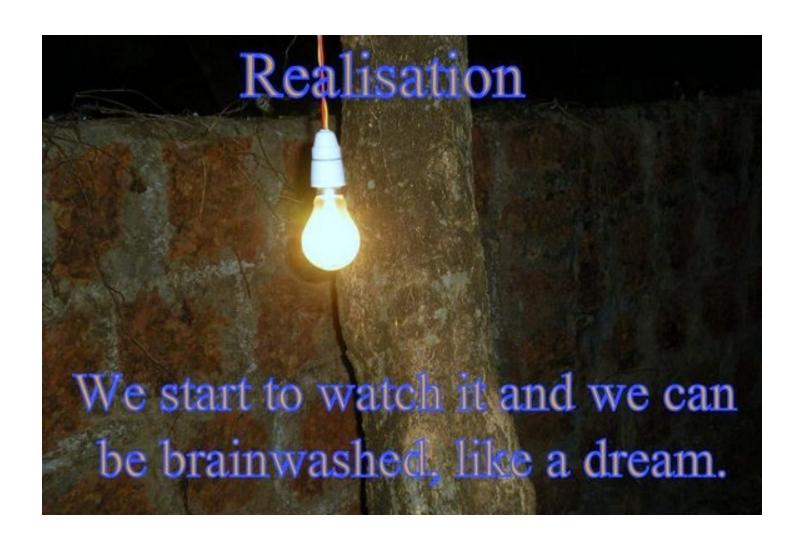
such a poor country as Nicaragua ~

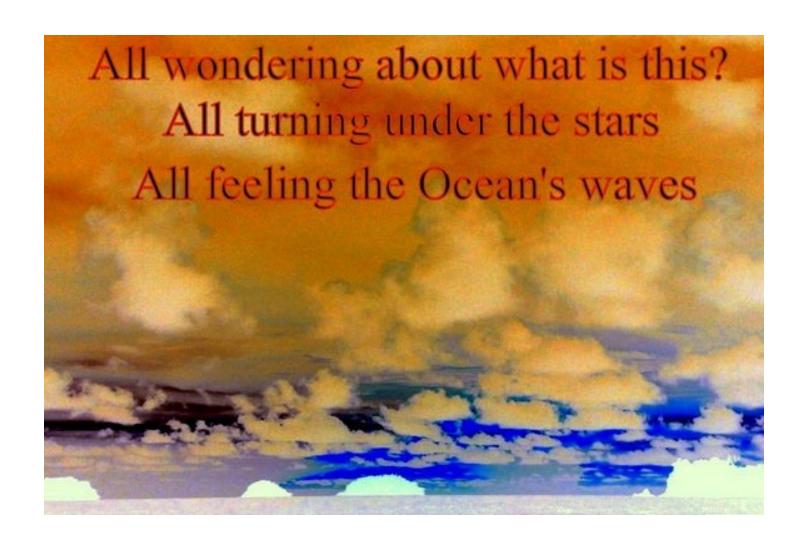
and distorts with Fears and Lies and Crimes

In the Minds ~ even of its own people

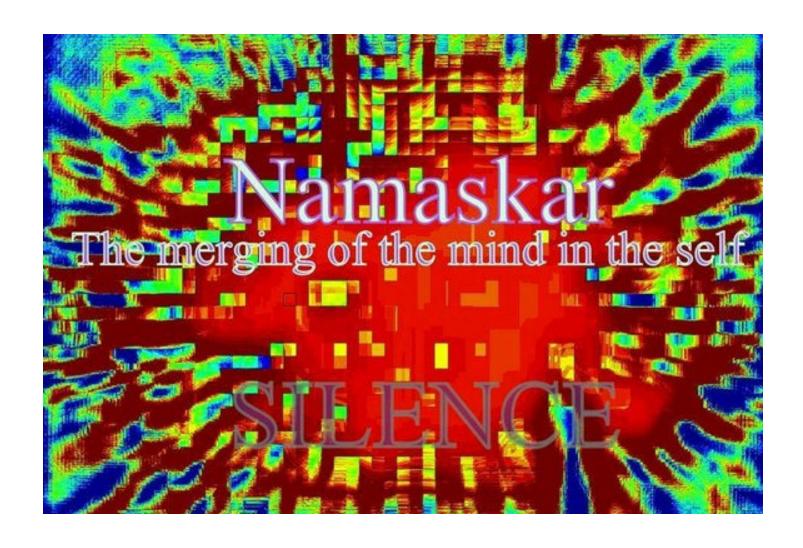
do

I said, "hallo"
to an Indian ~
and an Indian said,
"Namaste" back to me.
How far do you walk?













Nature

'Cutthroat Trout'
Inner Aquarium ~
Ocean of Love, notion.
Where Are You Swimming?
"The Spirit giveth and the Lord taketh away"
Thanks, Big Sur

Accepted Life ~ as rain or sunshine. A letter on war... Definition of Fascism:

'A system of government characterized by dictatorship, belligerent nationalism and racism, militarism etc'. "Welcome!"

Passion ran high in those days, who did You support?

Everybody was not politically-minded!

Determined to see open Space beyond mental-states; not to succumb to any form of mass psychosis.

Who sang, "The World is what it is and not what we would like it to be"

Born on the Rue Sans Peur

Fief Dome ~ which Fief; my Lord? Known as a pretty town with a Model prison.

Died without Issue ~

The richest paleontological strata in the World... He was the one who discovered the word 'Dinosaur'.

A riot

*

<u>Intangible</u>

Quality of Essence Subject of Time ~

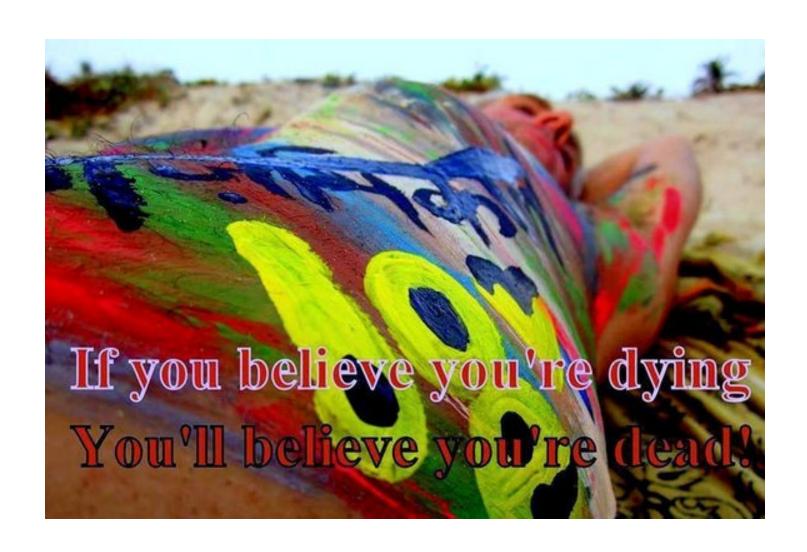
Can you program your computer with the algorithms of **Mystery** Can you invent a code, readout,

Unimaginable

or find a calculation for Stonehenge building it with their hands each day.

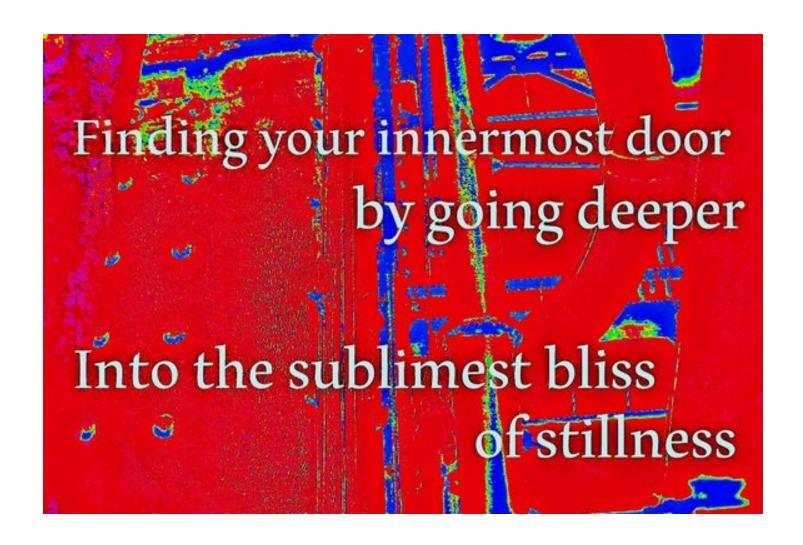
It is Living ~ Alive

Can you conceive of the amount of patience that went into the making of the Pyramids? Relationship













Mind & Body I let it go ~ On its own I let it go On its own fine One In the air ~ I let My Mind go as it is. I let my body go, as it is. Just Open your heart ~ It's an old friend. Full Awareness of the Spirit It's an old lover She came to me ~ as a Loving Queen as a Loving friend, like happy children. A husband's reflex Life and death ~ going on forever

Enough
He had money
Once...
I Love the Sun ~
your mother knows

With Sita in the Forest

For those who strive for the Quality of a Buddha dedicated to you.

Changing ~

Closer and closer to the mirror

Multifaceted ~ Poetry

*

Persuasion

Cars with wings for some and... keep those others hungry! Questions of whose Time ~

Straw hats in love

Planting, planting, plantings

*

'La Carte'

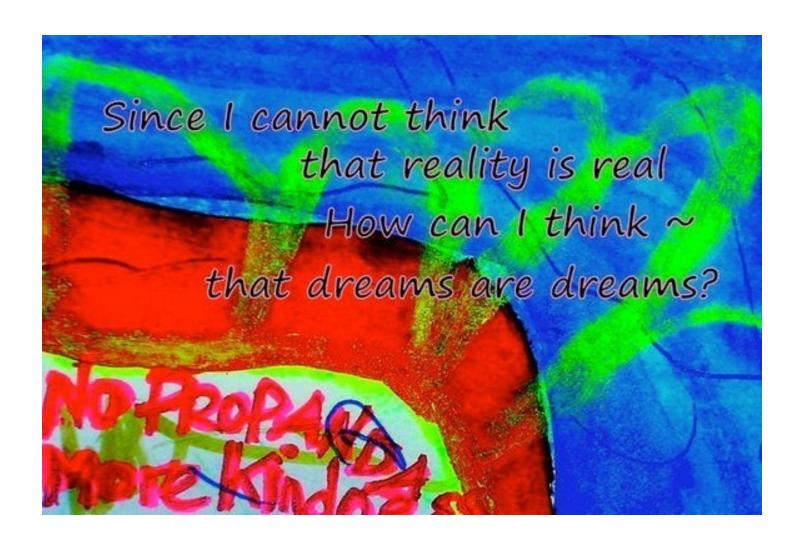
I want to learn ~
the countries of Africa.
Land of Amazing rivers
ZAMBESI
Great flooded banks ~
for a million, million gazelles.
Blazing Sun ~ sets













Ngorongoro South

In search of the Source of the Nile! A straight climb through hillsides of maize ~ Supreme wonders and beauties.

The World's

greatest single preserve of wild life.
Crocodiles, cranes, buffalo, stork ~
Welcome to the National reserve.
Welcome the Raw beauty
the Masai, the Rift.

From a long day in the crater.

Welcome ~ to a fishing village...

Once the centre of Arab trade (in slaves),

and from where the white explorers set up!

Welcome to, Moshi-al-Tunya, "Smoke that Thunders"

*

'River of Perfume'

Hue's Blues ~ Lotus petals.

"Now in dishonorable exile,
in the United States!"

Returning defeated
from a colonial war ~

Perishables

Beyond EXPO 86

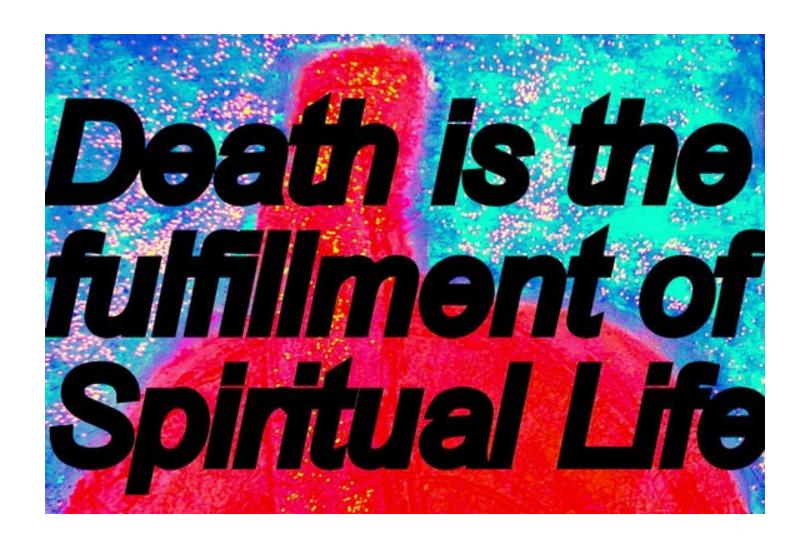
Man's World Fair!
Better if you had made
an African water hole ~
Is this a bathing suit?
Is that your dog!
Better if there was...
an African waterhole.
So, what do you have?
Nothin' but bananas ~
Is there a cave?

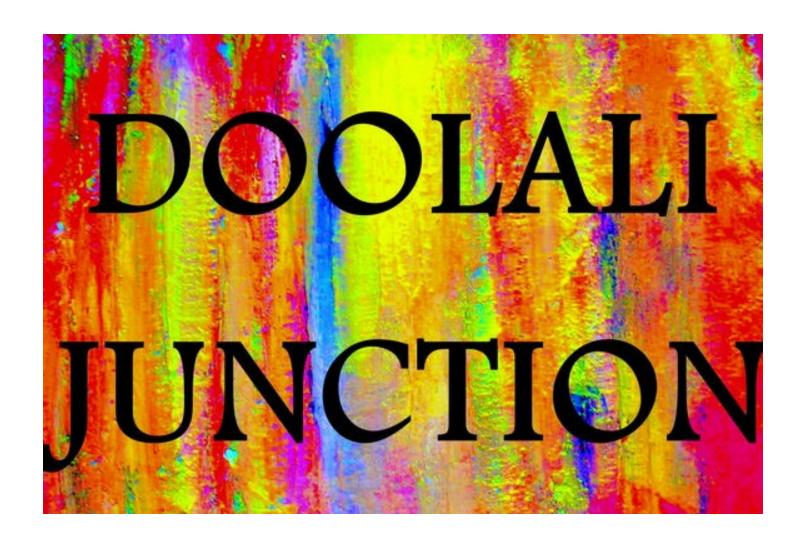
<u>Victoria Falls</u>

Not before Time ~
Why did you really come Master?
Imposing Bwana's neo-imperialism!
How could you ever understand?
When will you ever learn;
whose AFRICA this is?
"For generations my family come from the Niger!"
Is the Niger on your white maps?
Have you ever heard the drums,
of Swapo villages, in the forest?
Wonderful ~ dawn has come













<u>Idea from a Holistic Vagrant</u>

'Unemployment' folks I'm just a conscientious objector. So, you've fallen on an easy number but I can't serve cocktails to this hierarchy of reincarnated Nazis. Instead, I'll live with the stigma of being on welfare and I'll still be happy that the Fascists cannot see my poems, that Nicaraguan farmers and Soweto mothers read but which nobody has any time for here! The folks there never asked themselves why the USA. really honours most of the dictators in what they like to call the 'Free World' ~ Voila!

Awareness of India Awareness of the Full Moon Quiet forest

*

Land of... 'FREE with \$8 Pizza' Sharp brain!

Canada

You go to sleep ~ wherever you want to go to sleep in Greece! Mountains, continents of wood... cut everything, that was vital, green! Tall, ancient trees, the whole lots gone! They appear, and they disappear ~ Craving Gold Diggers! The World is hungry, desperate, let's face it... They cleaned them all out, no pity in their metal veins ~ Your land is being raped; ask the Indians... No place to sleep outside ~ somebody owns every last drop!

Natural ~ be nature

Living with a tribe in the desert

Clear Awareness of Sand

Destiny ~ ever changing time keeper.

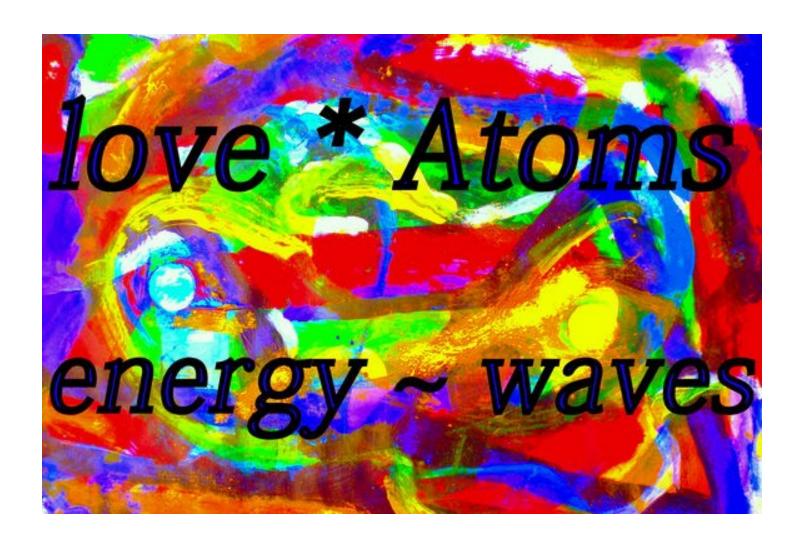
Universal, holographic spirals turned inside out.

Growth, life, death, depending on your Awareness ~

Magic, perfect moment, inspirational union with Uluru.













'Warning: A Money Grubbing Capitalist's Wet Dream'
Hiroshima was an Anglo/American excursion.
They had no feelings of guilt because they say,
the grass grew there again the following year!
See it coming, certainly it will not be any Accident.
Breeding it for forty years during the same time
they had 150 famines in Africa!
No excuses, you've seen it coming and you left
it to the last minute ~ 4 3 2 1, Ignition!
Make it clear to the lunatics at Supreme Command;
try to keep calm and I'll see you in hell.
Mon Dieu!

*

Guatemala's Indian Name

This Planet
This Country
This Village ~
This Government
This Family
This Friend
This Moment
Is Infinitude ~
May I enter and share
what I have of it?
"Mucho gracias"

<u>Campesina</u>

To you in your harvests of fruits of Life ~

Is this the season of sweet juices?
You know what is said...
"This Will Also Change"
My words are truly
Meaningless ~

compared to the actuality of being.

How to share with you, the fleeting touch of these butterflies' immense delicateness?

Please accept this as a sign of friendship...

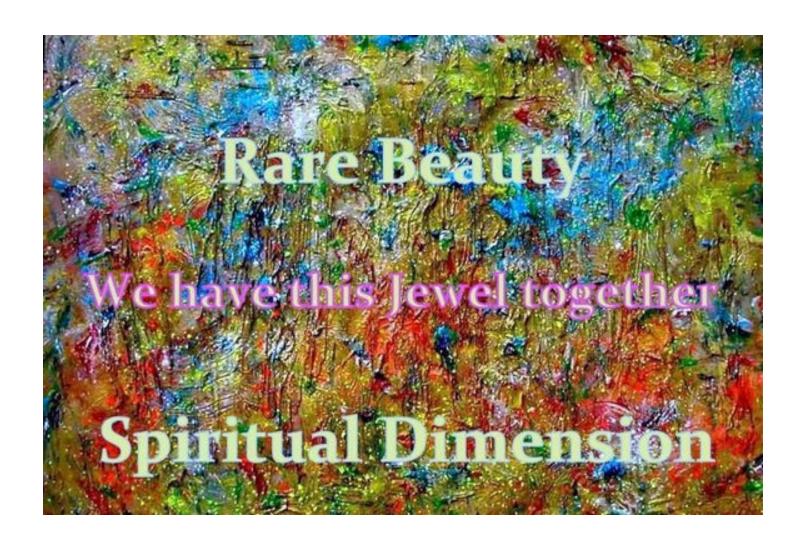
Solidarity and a Union of beingness ~

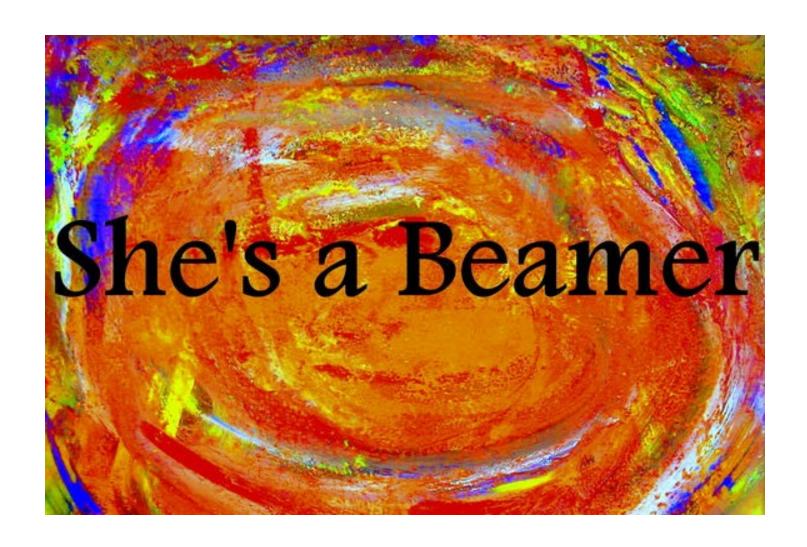
within this Powerfulness of Nature's dance.

My heart Praises
the courage of the Sufferers
and Fighters of Injustice.
My hands open to receive their tears.
My mind works to make
their wounds healed
with Love

...

<u>BE:::DO:::HAVE</u> "Boddhisattvas ~ travel in the Spring"















ABOUT SUNNY JETSUN

Inspired by the sixties Sunny started traveling the world in 1970.

His spiritual journey on the hippie trail to India took him through ~

San Francisco, Los Angeles, London, Amsterdam, Paris, Vancouver,

Sidney and Kathmandu to Varanasi. His arrival on the sub-continent ~

was the beginning of writing autobiographical verses capturing his travel experiences, encounters with remarkable people and his quest for self-realization. Combining experimentation with drugs, sex, rock & roll, art, meditation, Love and life in general. Sunny started to open up to a multi-dimensional Universe. He lived the mantra, "Turn on, tune in, drop out" realising Mind's-illusions, inspired by deeper feelings of holistic nature, empathy * energy & Space.

Over four decades Sunny has written and published 28 books of poetry, created over one hundred paintings, traveled the World and considers his masterpiece to be his daughter. He has spent the past sixteen years in Goa ~ India inspired by the freedom to experience and idealism of human consciousness.

Sunny Jetsun books and art are available on the web at: Smashwords: <u>www.smashwords.com/profile/view/sunnyjetsun</u>

