**Some Poems and Quotes that Pertain to Awareness and Presence.**

**“Landlocked in Fur” ~ from “Love Poems From God: Twelve Sacred Voices from the East and West”** (Ladinksy, 2002)

I was meditating with my cat the other day  
and all of a sudden she shouted,  
“What happened?!”

I knew exactly what she meant, but encouraged  
her to say more – feeling that if she got it all out on the table  
she would sleep better that night.

So I responded, “Tell me more, dear,”  
and she soulfully meowed:

“Well, I was mingled with the sky. I was comets  
whizzing here and there. I was suns in heat, hell - I was  
galaxies. But now look-I am  
landlocked in fur.”

To this I said, ”I know exactly what you mean.”

What to say about conversation between  
mystics?

By Tukaram in one of Tara Brach’s New Year’s talk.

“Imagine that its like we are jumping off a plane with a parachute and realize we don’t have a parachute and no ground to land on and then realize there is no one to jump!”

- from another one of Tara Brach’s talks.

**From “Love Poems From God: Twelve Sacred Voices from the East and West”** (Ladinksy, 2002)

Toss aside your map of the world,  
All your beliefs and constructs.  
Dare the wild unknown.  
Here in this terrifying freedom,  
Naked before the universe,  
Commune with the One  
Who knows everything from the inside:  
Invisible power pervading everywhere.  
Divine Presence permeating everything.  
Breathe tenderly as  
The lover of all beings.  
   
*~ Vijnana Bhairava Tantra*

**From Robert Wolf’s One Essence Zen poems**

<http://www.livingnonduality.org/zen-poems.htm>

a fish  
lives in water  
unseeing of the  
water  
you live  
in the Essence  
unmindful of  
the Essence  
without the water  
the fish  
would not  
be alive  
without the Essence  
you would  
not even be  
unmindful

even in sleep,  
the light is on;  
the light which  
wasn't lit and  
won't be extinguished--  
a light which  
has never known  
its opposite

Desiring enlightenment:  
once attained,  
nothing to show for it.

Blessing:  
  
I just want  
one thing for you:  
emptiness  
  
I just want  
one thing for you:  
happiness  
  
I just want  
one thing for you:  
love  
  
(It's all the same thing.)

What is the  
meaning of death?  
no more the desire  
for laughter,  
no more the  
need for tears

**I am Undone**

In darkness lies the seed  
Unaware of the light  
Oblivious to what lies above  
Content in its being  
Perfect without a sense of need

Awaken to the tender care  
By the keepers hand  
Nurtured with tenderness  
Unfolding strong upward  
Becoming what was never there

© 2 years ago, Stephen Allen

**http://www.zenthinking.net/poetry/**[**Seed**](https://allpoetry.com/poem/12289655-Seed-by-Sdallen)

**Quotes from Stephen Bodian’s book: “Wake up Now”**

The mind is constantly trying to figure out

What page it’s on in the story of itself.

Close the book. Burn the bookmark.

End of story. Now the dancing begins.

All you have to do is find out your source and take up

your headquarters there. – Nisargadatta Maharaj

In your absence is your presence. – Jean Klein

**Quotes from Stephen Bodian’s book: “Beyond Mindfulness”**

When you allow yourself to rest as unconditional openness,

you’re permeated and infused with the fullness of being,

Which expresses itself through the heart as qualities like

wonder, gratitude, joy, luminosity, and love.

If you’re mindful, you’re already creating a separation. Don’t

be mindful please! When you walk, just walk. Let the walking

walk. Let the talking talk. Let the eating eat, the sitting sit, the

working work.