**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

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**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.