

## One

*The Life And Times Of A Mystic And A Poet.*

*I REMEMBER*

*the life and times  
of a mystic and a poet  
six white roses  
and the sky above  
lay upon that altar*

Life itself becomes an altar, and an altar is a place you go to worship. *six white roses and the sky above*, symbolized my love of beauty and my devotion to God. *white roses* is the beauty, and *the sky above* symbolizes God. The *six white roses* is also symbolic of the six levels of creation.

*there was music  
and there was wine  
dancers with only flowers  
in their hair*

Music is a celebration of love. *there was wine*, this is the intoxication, the enthusiasm of being alive. *dancers with only flowers in their hair* is the beauty of the openness to life, the beauty of celebrating, dancing, and living within the harmony of life. *flowers in their hair*, is about the physical beauty and also the thousand-petal lotus<sup>[1]</sup> unfolding.

*we are all pilgrims  
on our way to the holy land  
on our way  
to the holy land*

We are all seeking happiness, love, freedom, and knowledge of our immortality. We are all striving to feel complete and the only place we will feel complete is the holy land, or in our wholisticness.

Another poem that symbolizes my whole journey, rather than a specific revelation is:

*WELL I have walked on golden mountains*

*rose up to touch the sky*

*and saw eternity*

*who had been looking for me*

*well i have walked on golden mountains* is the earth, the yellow, the symbol of the first chakra, the material creation. *i have walked on golden mountains...rose up to touch the sky and saw eternity*. From the earth, from the material body, the devotion rose up to embrace God, to have that experience and to have or see the formlessness, and realize *who had been looking for me*, that it was my nature, was the grace of God. This happened at the age of three and at the age of ten. It happened every time I meditated and had that union with my wholistic self. It happened every time I was on a walk and was able to see the harmony. It was a wholistic experience, not just the beauty of the unmanifested; it was the whole experience.

*i have sailed on a silver ship*

*seven sacred oceans and a sea of fire*

*as my only guide*

*and the journey as my goal*

*i have sailed on a silver ship*, silver is the color of the second chakra. *seven sacred oceans and a sea of fire*, the second chakra symbolizes the water, the fluid. *seven sacred oceans and a sea of fire as my only guide*—the passion and devotion as my only guide. I had that through my childhood until age 28 when I got the sacred sciences techniques of meditation. *and the journey as my goal*. This is the journey, the experience of being alive and mukti (free), to live and experience life.

*i have laid myself down beside you*

*in a field of tall grass*

*and embraced the earth*

*picked wildflowers*

*like so many jewels in the sun*

I have laid down in tall grass, that's simple. *beside you*, that is beside God, beside the earth, beside a woman and *embraced the earth*. I truly felt like I melted into the earth. *picked wildflowers like so many jewels in the sun*. I have been in a field filled with wildflowers, the physical. *like so many jewels in the sun*—jewels symbolize the third chakra, the third ocean, the third sacred seal. To see the

beauty of the causal, to see the beauty of divinity in a flower, or a jewel, or a soul *like a diamond's reflection in a sea of light*, to see the beauty of divinity in your meditation, to see it when you are walking, or in a bouquet of flowers. This is the pursuit of beauty and divinity. You pick *wildflowers like so many jewels in the sun*.

*i have even walked up to heaven*

*on a stairway of light*

*it wasn't quite as thrilling*

*as a chariot of fire*

*but it got me there just the same*

*a chariot of fire* is symbolic of the kundalini rising up; *a chariot of fire* is intensity. *i have even walked up to heaven on a stairway of light*, one chakra at a time, one sacred seal at a time, doing chakra meditations: *Lam, Vam, Ram, Yam, Ham, Om, Om*. The yogic practice or process is about both the devotion or surrendering to light, and the methodical practical everyday effort to attain heaven. *i have even walked up to heaven on a stairway of light it wasn't quite as thrilling as a chariot of fire but it got me there just the same*. It is scientific, which is why they call it the sacred science of meditation. No matter who does it, if done properly, it will take you up that stairway.

*i have seen a smile in the morning*

*that i could feel*

*all the way to my soul*

*and i want to wake up*

*to a sunrise that touches my heart*

*i want to be a part of each day*

*i have seen a smile in the morning that i could feel all the way to my soul*. I have seen a girl smile at me in the morning when she just woke up that truly just opened things up. The girl and the smile just disappeared and only the Christ/Krishna-consciousness was there. Once again, the soul, the divinity. It is important to understand that although the girl was beautiful and naked, it was the smile, not the rest of the body, that took me to heaven. *and i want to wake up to a sunrise that touches my heart i want to be a part of each day*. I want to wake up each morning to something that stimulates and enthuses me, that excites me, that allows me to sing. I want life to be something that will touch my heart. This is a desire that I pursue, to experience the grace of God. *i want to wake up each morning to a sunrise that touches my heart*. I desire to look for the beauty, the new start, the new day, that resurrection, the ever-newness of beauty. *i want to be a part of each day*. I want to come to the moment, to live fully, wholistically.

*and i want to be in love  
for a long long time*

This line is self-evident. I want to be my nature of Satyam. I want to be in my nature of seeing the beauty. I want to be in my nature, like when a girl walked in the room when I was 21 and I could see the soul and the divinity, the Satyam, the harmony and beauty. If I make the effort to look and be open, I will *be in love for a long long time*. *i want to be in love for a long long time*, that becomes my desire, my focus, and the purpose.

*i want to walk hand in hand  
in the evening sun  
and see the wind  
blow through your hair  
i want to feel that touch  
on my skin tonight  
and i want to feel it  
in my soul*

*i want to walk hand in hand in the evening sun*. When you think of walking hand-in-hand, it is a youthful thing. Young children, high school kids, romantic lovers walk hand-in-hand. They want to touch, to share, to be part of the other. *in the evening sun*. In the evening of my life, I still want to be in love. I still want to have as much enthusiasm for people, for sharing, for touching in my last days as I had in my first days. I want and desire this. *and see the wind blow through your hair*. I want to experience the senses, the delight. *i want to feel that touch on my skin tonight*. I want to have the wholistic experience. I don't want to get old and just sit in a meditation chair saying, "Om Satyam, Om Shivam, Om Sundaram, Om Shanti." I want to live each day and experience each day wholistically. *and see the wind...to feel that touch*.

We have done the fourth, fifth, sixth chakra: fourth chakra: *walked up to heaven*; fifth chakra: *seen a smile in the morning*—spatial perspective; sixth chakra: *and i want to be in love for a long long time*; seventh chakra: *i want to walk hand in hand*. I don't want to be just unmanifested. I don't want to grow old and just wait to get another incarnation. If you aren't enjoying today and aren't looking forward to tomorrow and the day after that, you must begin to change your life. If you can't embrace the next 24-hours, how can you look forward to eternity?

*i want to walk hand in hand*. I want the wholisticness, and only with the thousand- petal lotus being open could you possibly want more time here on earth. Only then could you possibly enjoy walking hand-in-hand in the evening sun. *i want to feel that touch on my skin tonight and i want to feel it in my soul*. It isn't enough just to have the five senses and their delights, it has to be all the way to the heart, to the soul, to transcendence. It has to be wholistic. *and i want to be in love for a long long time*.

*well i have seen the sky on fire  
and i have drank my share of wine  
i have kissed the newborn child  
and i've walked down to the river*

*i have seen the sky on fire.* I have seen the sunsets, the sunrises, the northern lights where the whole night sky was on fire. I have seen the kundalini rising, and the heavens on fire as I rose up like the phoenix, embracing the sky, as I rose up through the heavens, through the fire, intensity, and passion for the idea of separateness, through this creation until I embraced the sky, the formlessness. *i have drank my share of wine.* I have had the intoxication of love, the intoxication of beauty, of athletics, of alcohol, the bliss of the mystical and the divine. *i have kissed the newborn child and i have walked down to the river.* I have been there for the birth of my children. I saw the whole room turn to light when they were born. I've watched them grow. *i've walked down to the river.* I walked down, immersed, and baptized my self in light, baptized my self in spirituality.

*i have prayed in your temples  
and danced with the moon  
all the way to the night*

*i have prayed in your temples...* I sat there and went into samadhi as the monks chanted their sacred chants. I've done it out dancing at night, sometimes with others and sometimes with just my self. *i have danced with the moon all the way to the night.*

*even bathed in fire and light  
when i desperately needed you*

*when i desperately needed you.* "Only You Divine Mother."<sup>[2]</sup> An early poem: *it is better to call out to Divine Mother in your aloneness than to seek shelter in someone else's arms.* We can use the mantras: *I am Om, I am Om Satyam, Om Shakti Ram Rama Shiva Om,* or the seven chakra mantras<sup>[3]</sup> of the seven seals, to bathe in the passion, and intensity, and light of our nature, and the nature of God.

*i have seen a perfect rose  
and i've heard the perfect song*

*i have seen a perfect rose and i've heard the perfect song.* I've talked about the rose before, about seeing that perfect rose, that gift of being one-pointed towards my nature, towards God. *and i've heard the perfect song.* I hear the perfect sound all the time, the *Om*. I listen all the time, and bathe in it all the time.

*and just like*

*the singer and the song*

*i want to be in love*

*for a long long time*

*and i want to be in love*

*for a long long time*

The perfect singer, singing the perfect song, is the unmanifested and the manifested. *i want to be in love for a long long time. and i want to be in love for a long long time.*

Only your own knowledge and experience will free you. Like the poem says, *i have walked on golden mountains rose up to touch the sky and saw eternity who had been looking for me.* This is the grace of God. This is the way it is, and once we have discovered that within our self, we will realize that it was always there waiting for us to unfold, get a glimpse of, and come to our nature. The soul calls out for more, and it rises up to the sky and sees eternity *who had been looking for me.* That is mukti, and then we are free into life, free into sailing the sacred oceans, the fields of tall grass, the stairways to light, the sunrises, free into living our wholistic life.

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[1] The thousand-petal lotus symbolizes the crown chakra, the seventh chakra, which opens to the God-consciousness.

[2] It can be very difficult to relate to a formless God, so most people find it easier to relate to or worship a personal God. For some people, the personal relationship is with God as the Heavenly Father (masculine qualities of wisdom, strength, provider, protector), and for other people, the personal relationship is with God as the Divine Mother (feminine qualities of love, compassion, nurturing, protector). God encompasses all attributes of both Father and Mother.

[3] Chakra mantras: *Lam, Vam, Ram, Yam, Ham, Om, Om.*