

Journey of the Heart

mystical poems of longing, surrender and joy

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Preface

The ideal of religious experience is to discover the true peace and wonder of who we really are. But unfortunately, we often miss the point of religion, in which case, as Carl Jung once said, “religion becomes a defense against the religious experience”. That is, we are all too often so filled with our own petty opinions and preferences, our thoughts of ‘I’ and ‘me’ and ‘mine’ that we are unable to experience the true glory and wonder of Life.

When the heart is open and the veils of ‘I’ and ‘me’ and ‘mine’ have been cast off, we are then able to directly experience the profound wholeness and peace that are our Divine Heritage. The poems in this collection encourage dropping one’s old defenses and pretenses, so that a new way of life new may be discovered and directly experienced -- a life centered on ‘Thee’ rather than on ‘me’.

At their best, words can only point vaguely in the general direction of the goal. The head may argue and whine and try to resist, but the heart will understand, because truly this life is a Journey of the Heart.

The mind is the surface of the heart, and the heart the depth of the mind: they are two different aspects of one and the same thing. The mind thinks, the heart feels.

from The Sufi Message of Hazrat Inayat Khan, Volume VIII, Chapter XX

The spiritual journey is a sacred pilgrimage from the turmoil and turbulence of the surface into the calm, pure depths.

Enjoy!

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Free Will

Personal free-will is
the choice of whether
to live in the ever-lasting bliss of
Love, Harmony and Beauty
or to live in the mire of
self-imposed pain and suffering.

Which Will It Be?

In the depths of your heart
there is room
for yourself or
for God.

Which will it be?

Listen

Any fool can
 talk to God,
The wise
 listen.

Be Who You Are

It is like this:

One day a camel was praying
“O Lord let me be an elephant.”

But nothing happened.
Whose fault is it? Where is the reply?

The answer is simple...
God wanted a camel, so he made a camel.

Be who you are.

Never Be Like That

Love your enemies,
they bring a precious gift;
learn from their ways,
and never be like that.

Glory Arriving

Without a sound
 no trumpets blaring,
 no shouting,
Yet mightier than sound,
 louder than trumpets,
 engulfing everything,
Glory arrives
 silently,
 effortlessly.
Every where,
 in every moment,
 in every situation,
All there is, is glory arriving,
 graciously,
 endlessly.

Depth of Being

The surface of the water
seems like a barrier,
but the surface is only a doorway
into the depths.

That which at first
seemed to be a barrier
will one day be known
as a doorway.

You Are That

A drop in the ocean
dare not
call itself the ocean,
yet the essence of the
entire ocean is
in every drop.

You are That.

Important Matters

The only important matters
are the will of God.

They will happen.
They are irresistible.

Struggle and resist
if you want to, but
They will happen.
They are irresistible.

Pain and Suffering

Pain
and
suffering
are
holy
messengers,
constantly
saying
“You’re on the wrong path!”

Yet
few
listen.

Your Perfect Being

There is
 a sun
that shines a thousand times
 more brilliantly
than the sun in the sky.

There is
 a sun
that never sets,
 a sun
that knows no coming or going.

There is
 a sun
that shines eternally,
 radiating love
from your glorious heart,
 the center of your perfect being.

Loving Arms

O man, every pain
 every moment of suffering
is caused by your imagination
 of our separation.

We have never,
 not for an instant,
ever been separated.

I am that Self that
 you cling to
in troubled times.

Yet you make up busy-work
 to avoid Me,
to avoid dying
 into My Loving Arms.

All That Really Matters

That which the world
thinks is something,
is really nothing.

And what so often seems
to be nothing,
is all that really matters.

Toward the Light

A hand appears
 from nowhere bringing life,
a hand appears
 bringing death,
a hand appears
 bringing gifts of joy and bliss,
a hand appears
 bringing sorrow and defeat,
a hand appears
 bringing clarity and understanding,
a hand appears
 bringing total bewilderment.

All these are nothing but shadows.

To see the Truth,
 turn toward the Light
and behold The One who
 made the shadows appear.

Toys

The toys of childhood
 fall by the wayside
no longer enjoyed,
 no longer needed.

In these moments of time
 before understanding arrived
it seemed to be “my” struggle
 but all the while it was Your Grace.

Ever so faintly there was the attraction of You,
 now there is only the endless polishing of this mirror.

Nothing has any lasting meaning
 except for the blissful joy of the One.

After so much struggle,
 so much confusion,
this “I” was really “You”,
 just as water drops are of the Sea.

All that searching and struggle,
 to simply discover that
when I’m not here,
 there is only One.

Wishful Thinking

Sitting there,
 with a paper cup
full of quarters,
 putting in the money
and pulling handle,
 again and again and again...

With each attempt
 believing that they are
closer to the goal,
 almost to success,
just one step away from the goal,
 just one step away from success.

Behold!
 The goal is already here!
 Success is patiently awaiting!

Behold!
 The human heart is the sacred shrine
of the One who is sought!

Behold!
 There is nothing else needed,
joy, bliss and peace are already within!

What We Have Given

What if every day was lived
as if judgment day is tomorrow?

What if in every moment
our greatest pleasure was in giving?

What if all that we will ever receive
is never more than that which we have given?

What a pity it would be
to die with gifts ungiven!

Sacrifice

A conversation overheard:

“What are you willing
to sacrifice to find Me?”

“Oh my Lord,
I will sacrifice anything to find You!”

“Then sacrifice your pain,
sacrifice your suffering,
and come to Me in your emptiness.”

Only the Beloved

Be still, listen!

Let go of selfish desires and passions,
so that you may become
a fountain of Loving-Kindness.

If they cast you into a well,
let it be as a banquet,
let it be as a rose garden,
see only The Beloved.

Prayer

This fleeting world
 coming and going
is but a distraction

Beyond all these
 changes is That Which
is Changeless.

So, let your heart sing and dance
 and raise your glass high
in celebration of The Almighty One.

The Very Best

That which can be
 bartered or bargained for
is not really worth having.

The very best is much too good to be
 bartered or sold,
it can only be given away.

Surrender

Surrender is a moment in time when, standing on the bridge of daily chores watching the flow of the Great River of Life, one suddenly realizes the true source of all that is beautiful, and that our true destiny is to be willfully and joyfully engulfed by the Great River.

That is the moment of giving up selfishness, clinging and stubborn independence.

And in that moment, there is no choice but to leap from the bridge and plunge headlong into the Great River, willing to be carried wherever It may choose.

You are the Diamond

Oh dear one, it is like this:

You fancy yourself to be the night-watchman in a diamond mine.

The little self, ever so busy in every moment scurrying about, running to and fro, continually occupied at being a good little watchman, striving to watch over 'me'.

But alas, that is not the Reality.

You, my dear are the Diamond.

The Sacred Breeze

The dust motes move through a beam of sunlight,
the leaves scurry across a wind-swept field.

We see the movement,
but we forget about the Unseen Power that moves them.

We see the changing events of our lives,
but we fail to see the Sacred Breeze, the Cause of every cause.

Flowing

Life is a flowing current,
 endlessly ready to emerge
here and then there,
 and then off to somewhere else
like a breeze,
 coming in through this window,
then coming in through that window,
 arriving and departing on its own terms.

Life is not mine or yours,
 Life simply is.

Enjoy it all!

Life Goes On

The leaves
will wither and die.

Life goes on.

The branches
will break.

Life goes on.

Old wood
is tossed into the fire.

Life goes on.

Seeds sprout,
and new growth emerges.

Life goes on.

Join this caravan,
or stand by the wayside.

Life goes on.

Welcome life,
or struggle against it.

Life goes on.

Cling to Nothing

Step by step,
from darkness to Light,
take a step and move on,
cling to nothing.

Glory and Wonder

Oh what Glory and Wonder
surround us in every moment,
urging us to sing
with a voice beyond words,
urging us to dance
with a delight beyond movement,

Sing! Dance!
let your Divine delight shine into the world.

Holy Silence

Everything that ever was,
born of Holy Silence.

Everything that has come,
born of Holy Silence.

Everything that will be,
born of Holy Silence.

Listen.

Bliss

Bliss is not a reward for doing something,
it simply arrives because that is its nature.

We are free to welcome it,
or we are free to refuse it.

Bliss really doesn't care
one way or the other.

Life

Life cannot follow a book,
fixed, stagnant, unchanging.
Life is a river,
unique and ever-changing.

Truth

Truth

is,

and silence

shows the way.

Endless River

Truth flows
as an endless river,
whenever the self
has vanished.

Differences and Distinctions

Differences and distinctions
are merely a starting place,
a place of the beginning,
a place before understanding.

There is a Wholeness,
Completeness,
beyond differences,
beyond distinctions.

The one who does not know
will see differences and distinctions everywhere,

While the one who truly knows
will see the wonders of Divine Glory everywhere.

Chipping Away

Chipping away and shattering
so much old hardened self .
This is death to the old self,
yet it is Life for the living heart.

Shed the veils of self,
reveal the glorious open heart.
For some it takes gentle persuasion,
for others it must be a shattering.

Oh so many ways
to discover the One.

Let it Shine

Oh dear friend,
you are so Divinely beautiful
when you let the wondrous Light of God
shine through you !

Oh dear friend
cast off those old burdens,
cast off those thoughts of 'I', 'me' and 'mine',
and let the Light shine !

Signs

Truly, there is
no beauty other than
God's Beauty.

The beauty that we see
is a blessing from
The One.

So, give thanks for
every form of beauty,
Behold! Beauty is merely a sign of
the wonder and glory of The Beloved.

Perfection

The completeness, wholeness and peace that we seek
is not found in books or in classes,
it is only found by opening the heart,
setting aside the old thoughts of 'I', 'me' and 'mine',
and enjoying the Perfection that everywhere abounds !

Presence

The wonders and beauty that we see
are but signs
that point toward the glorious
Presence of The Beloved.

Consequences

Every moment is the perfect consequence
of the moments that have passed.

Every moment is the perfect consequence
of the seeds that have been planted.

Every moment of the future will be a perfect reflection
of the seeds that you are planting right now.

Raise Thy Gaze

Give credit where credit is due !

Would you give thanks to
a mere reflection in a mirror?

The beauty and wonder that you see
are but reflections of The Beloved.

Raise thy gaze,
and see The One from whom all blessings flow.

Thoughts of Thee

Hurt?

Broken?

Angry?

These are the signs that
the thoughts of 'I', 'mine' and 'me'
have become more important than
the thoughts of Thee.

The Divine Plan

Often our plans
don't turn out the way we wanted.

But life is not about our plans,
life is about the Divine Plan.

Look at the wonders that
The Beloved has created,
and discover that there is a greater plan,
continually unfolding in Total Perfection.

Enjoy!