



Journey Infinite



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By Karen Ebert

December, 2007

Dedicated to my husband and family who have all been my Jesus with skin on

Preface

Freedom of the Seeker

The seekers—few will understand us
As we search out ways to tear down walls
Knowing through our wandering dreams
That other planes exist

How painful tortuous prisons
Allowing only glimpses
Of the God we know is there
Momentarily tantalizing senses
And open doors a sliver
To let Truth's light shine in

But unlike soulless creatures
Our spirits offer pylon tools
With which to knock down walls
To escape from dungeons halls
Of single words and pictures
Held fast by black and white

Through thoughts and dreams and feelings
I can fly above my prisons
On the wingtips of my soul
That let me know my God
And for brief but cherished moments
Find manna for my soul

I'm ever driven forward
Towards my own self-meaning
And I shall never quit it
For I have seen the gleaming
And know what ever waits
Has no high-walled prisons

Thinking, praying, meditating, dreaming
I will infinitely share His Kingdom
I the seeker

This poem was given to my mind through my Creator over 30 years ago. Since that time, He has graced me with many poems through which I have come to know Him in a deeper way.

The preponderance of my reading throughout my life has been in the area of self-help and spiritual growth. Journeying into a bookstore, I have always asked for guidance in choosing just the right text for my continuing journey in life. The fruits of this sojourn cannot be quantified or qualified as regard to my own life or the effects spilled out onto others who have been chosen to cross my path in time.

The poems in this volume were given to me as I read through a book of ponderings on the Tao Te Ching entitled *Change Your Thoughts—Change Your Life* by Dr. Wayne W. Dyer. Although my spiritual tradition is Roman Catholicism, my God has prompted me to be open to truths and guidance He has tendered through all spiritual traditions. The Tao Te Ching, as legend tells us, was written by Lau-Tzu, a Chinese prophet. There are 81 verses to the text and Dr. Dyer interpreted them from the readings of many translations. I have referenced these as “From the Tao”.

These poems came after a long time in a desert of spiritual dis-connection. I am humbled by this present of His presence. I have included half of the verses. Should I be guided, the second half will come in the future.

The artistic impressions in this book are those of Alice Kelley, www.fractalus.com, a gifted and spiritual contributor to this work. Many hours were spent combining her spiritually filled art with the poems gifted to me.

As you are reading the Tao and the poems, you will receive a gift from them. You might ponder how the readings can be used. You might want to meditate, journal or draw in the “Meditation” or create an action step in your daily actions as you relate to yourself and others. If you do not engage in this sojourn now, you will be called when it is time. The gift will be different for each of you as you are all in a different place on the continuum of eternity. May you be greatly blessed in accordance with His will and purpose for your life.



From the Tao

*The Tao that can be told
is not the eternal Tao.
The name that can be named
is not the eternal name.*

*The Tao is both named and nameless,
As nameless it is the origin of all things;
as named it is the Mother of 10,000 things.*

*Ever desireless, one can see the mystery;
ever desiring, one sees only the manifestations
And the mystery itself is the doorway
to all understanding.*

From My Creator

God

I think the Word
It is not the Word
Thoughtless into eternity
Even eternity cannot hold the meaning
The thought penetrates things
Piercing all
Piercing nothing

Being
Returns to cover me with Love

Now named and nameless

I speak the Word
Hearing it reverberates
Inside my soul
Capturing and freeing
The meaning is the same
But Heart sends out the Word to all things

To nothing
Heard by none and heard by all
Returns to me and covers me with Peace
Now named and nameless

I write the Word
And the image reaches out to touch the formed
And enters into formless
The points of black upon the page meaningful
And meaningless
My inner eye now knows it
Yet 'tis a stranger despite the seeking
I look upon it lovingly
Opening mind and heart and soul
It looks back and covers me with Bliss

Thought and thoughtless
Named and nameless
Seen and unseen

The mystery of God now known

Meditations

From the Tao

*Under heaven all can see beauty as beauty,
only because there is ugliness.
All can know good as good only because there is evil.*

*Being and nonbeing produce each other.
The difficult is born in the easy.
Long is defined by short, the high by the low.
Before and after go along with each other.*

*So the sage lives openly with apparent duality
and paradoxical unity.
The sage can act without effort
and teach without words.
Nurturing things without possessing them,
He works, but not for rewards;
He competes, but not for results.*

*When the work is done, it is forgotten.
That is why it lasts forever.*

From My Creator

Unity Ball

They came with expectations
All to be rejected
Yet hope for Unity was there
Against the wall they plied themselves
Praying for another one to free them

Alone they both came
The beauty and the beast
The obese and the gaunt
To attend the ball and feast

Alone they both came
The short and the tall
The manic and the meek
To attend the feast and ball

Alone they both came

The joyful and depressed
The dark and the fair
To attend the Unity fest

Alone they both came
The saint and the sinner
The giver and the taker
To attend the Unity dinner

Alone they both came
The shabby and royally dressed
The sick and the healthy
To attend the Unity fest

Out of silence came the music
Dancers drawn to one another
When at first they shunned each other

Each in turn they first joined hands
Then bodies blended—lovers' stance
Once separate
Now joined
Their essence formed circle unbroken

Complete, finite
God's own perfection
God the dancer
They the danced
Perpetuation

Meditation

From The Tao

*Putting a value on status
will create contentiousness.
If you overvalue possessions,
people begin to steal.
By not displaying what is desirable, you will
cause the people's hearts to remain undisturbed.*

*The sage governs
by emptying minds and hearts,
by weakening ambitions and strengthening bones.*

*Practice not doing....
When action is pure and selfless,
everything settles into its own perfect place.*

From My Creator Ego

Ego Ego where fore art thou going
I see thee there racing to the gateway

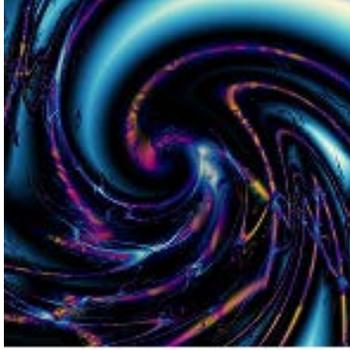
On the way the hoarding
On the way the slandering
On the way the lording
On the way the trampling
On the way the stealing
On the way down-cutting
On the way the killing

Finally there, you thrash and pound
You curse and wail and agonize
You beat upon the fastened gate
Bloodied in your toil
At last thy furious fainting form
Collapses on the threshold

Compassion wells inside my heart
I lift thee up into my arms
And hold you to my breast
We sit upon the threshing floor
With patience there I rest
Then searing light the gate sweeps near

And opens wide to us
“Come now inside,” He beckons us
“Come heal and eat and sing”
T’was then we saw Him face to face
We stayed until we were content
In God’s own perfect place

Meditation



From the Tao

*The Tao is empty
but inexhaustible,
bottomless,
the ancestor of it all.*

*Within it, the sharp edges become smooth;
the twisted knots loosen;
the sun is softened by a cloud;
the dust settles into place.*

*It is hidden but always present.
I do not know who gave birth to it.
It seems to be the common ancestor of all,
the father of all things.*

From My Creator ***The Journey***

It began without beginning
In the essence of my God
My journey in time and form
On the myriad roads and paths
I would travel in my life

The times that I did stay
Beside my gracious Lord
He guided me day by day
And showed me the glorious way
To lighten my load
By leaving along the road

My ego and my pride
My anxiety inside
My fearing for all lack
My thoughts of attack

I laid them each one down
In the journey of my life

All said I then came to my end
Yet I found there the river
So deep just ahead
And I stepped off the place
Where they said I did end
And I walked on the waters He sent

I sailed on to rivers and seas far beyond
Where my essence ascended to infinite space
Yet I was still a part
Of the substance of life

Eternally reborn
I am

Meditation

From the Tao

*Heaven and earth are impartial;
they see the 10,000 things as straw dogs.
The sage is not sentimental;
he treats all his people as straw dogs.*

*The sage is like heaven and earth;
to him none are especially dear,
nor is there anyone he disfavors.
He gives and gives, without condition,
offering his treasures to everyone.*

*Between heaven and earth
is a space like a bellows;
empty and inexhaustible,
the more it is used, the more it produces.*

*Hold on to the center.
Man was made to sit quietly and find
the truth within.*

From My Creator God's Radiance

The sun shone on beggar
And the man sitting on his yacht
The rain poured down
On cracked, parched earth
And the flooding river banks
The moon shone down
On one depressed soul
And on two lovers as they kissed
The breath of God comes into me
Comes into my sacred space
It rests there waiting to be breathed
Throughout the world—to any place
To any one who comes into my space
His breath flows equally from me
To bathe each one who comes
Love, joy, serenity
God's breathe creating unity

Meditation

From The Tao

*The spirit that never dies
Is called the mysterious feminine.
Although she becomes the whole universe,
her immaculate purity is never lost.
Although she assumes countless forms,
her true identity remains intact.*

*The gateway to the mysterious female
is called the root of creation.*

*Listen to her voice,
hear it echo through creation.
Without fail, she reveals her presence.
Without fail, she brings us to our own perfection.
Although it is invisible, it endures;
it will never end.*

From My Creator

New Day

Awakening, I face the morn
With wild anticipation
A bright new day
A wiped clean slate
A crisp white sheet of paper

He calls to me
The one who called
My soul into existence
Create with me in this new day
A piece of thy perfection

As he divides and answers me,
We respond by what has
Gone before

As universe expands and He shows
Me his trust
And shows his work in one.

I stand in awe, as in my eye,
I intrude upon all things

The same perfection
As in me
My loving God has placed.

Meditation

From the Tao

*Heaven is eternal—the earth endures.
Why do heaven and earth last forever?
They do not live for themselves only.
This is the secret of their durability.*

*For this reason the sage puts himself last
and so ends up ahead.
He stays a witness to life,
so he endures.*

*Serve the needs of others,
and all your own needs will be fulfilled.
Through selfless action, fulfillment is attained*

From My Creator Change The World

Anger dies
The smiles arise
And with them God's great blessing
Greed put aside
Giving turns the tide
And with it God's great blessing
Fear cast out
Love spread about
And with it God's great blessing
Despair conquered
Hope rekindled
And with it God's great blessing
Hurting fettered
Healing now entered
And with it God's great blessing

Meditation



From the Tao

*The supreme good is like water,
Which nourishes all things without trying to.
It slows to low places loathed by all men.
Therefore, it is like the Tao.*

*Live in accordance with the nature of things.
In dwelling, be close to the land.
In meditation, go deep in the heart.
In dealing with others, be gentle and kind.
Stand by your word.
Govern with equity.
Be timely in choosing the right moment.*

*One who lives in accordance with nature
does not go against the way of things.
He moves in harmony with the present moment,
always knowing the truth of just what to do.*

From the Creator

Love Flow

Shower my tears o're the broken hearted
Comforting, coolness of love

Sprinkle my gifts o're the poor and downtrodden
Life giving spirit of love

Pour my soul's joy o're abused and neglected
Soothing river of love

Give of my abundance for all who are needy
And thank God that I can give.

Meditation

From The Tao

*To keep on filling
is not as good as stopping
Overfilled, the cupped hands drip,
better to stop pouring.*

*Sharpen a blade too much
and its edge will soon be lost.
Fill your house with jade and gold
and it brings insecurity.
Puff yourself with honor and pride
and no one can save you from a fall.*

*Retire when the work is done
this is the way of heaven.*

From My Creator

It Is Good

First moments of the day
Brought to me bounty

From which to eat.
Gratefully filled
It was good, and then I rested
Then moments of the day
Brought to me abundance
From self as I ministered through the day
Gratefully completed
It was good, and then I rested
Then moments of the day
Brought me persons
To whom I'd give, gratefully providing
It was good and then I rested
Then moments of the day
Brought to me sunset from God's creation
Gratefully blessed
It was good, and then I rested.

Meditation

From the Tao

*Carrying body and soul
and embracing the one,
can you avoid separation?*

*Can you let your body become
as supple as a newborn child's?
In the opening and shutting of heaven's gate,
can you play the feminine part?*

*Can you love your people
and govern your domain
without self-importance?*

*Giving birth and nourishing;
having, yet not possessing;
working, yet not taking credit;
leading without controlling or dominating.*

*One who heeds this power brings the Tao to this very earth.
This is the primal virtue.*

From My Creator The Other

The other heart that beats
On the opposite side of my world
Beats with the rhythm
The same as mine
Heart rhythm makes us one

The other chest that breathes
On the opposite side of my world
Breathes the same air
That sustains our lives
Breath sustaining makes us one

The other soul that cries in pain
On the opposite side of my world
Cries in sorrow and cries in hurt
The same as my own soul
Crying sorrow makes us one

The other spirit that shouts for joy
On the opposite side of my world
Shouts when there's birth
Shouts when there's forgiveness
Shouts when there's happiness
God's own spirit makes us one

Meditation

From the Tao

*Thirty spokes converge upon a single hub;
it is on the hole in the center that
the use of the cart hinges.*

*Shape clay into a vessel;
it is the space within that makes it useful.
Carve fine doors and windows,
but the room is useful in its emptiness*

*The usefulness of what is
depends on what is not*

From My Creator ***Spaces***

Space in our togetherness
Space between our words
Space that lingers after anger
Space that remains after love
Space in restful slumber
Sacred space inside my heart
Silent space
Birthplace of my beginning

Meditation



From the Tao

*The five colors blind the eye.
The five tones deafen the ear.
The five flavors dull the taste.
The chase and the hunt craze people's minds.*

*Wasting energy to obtain rare objects
only impedes one's growth.*

*The master observes the world
but trusts his inner vision.
He allows things to come and go.
He prefers what is within to what is without.*

From My Creator ***Less is More***

I gave away the books
That had filled my mind with opinions
I gave away the clothes
That had once been bought
For impressions
I gave away my money
That I had hoarded
With insecurity
I gave away my busyness
That had filled my days
With craziness
I gave away my attitudes
That had troubled
My own soul

And I sat within
The peace of Christ
Now truly living I

Meditation

From the Tao

*Favor and grace seem alarming.
high status greatly afflicts your person.*

*Why are favor and disgrace alarming?
Seeking favor is degrading;
alarming when it is gotten,
alarming when it is lost.*

*Why does high status greatly afflict your person?
The reason we have a lot of trouble
is that we have selves.
If we had no selves,
what trouble would we have?*

*Man's true self is eternal,
yet he thinks, I am this body and will soon die.
If we have no body, what calamities can we have?
One who sees himself as everything*

*is fit to be guardian of the world.
One who loves himself as everyone
is fit to be teacher of the world.*

From My Creator

What about ME

What about me
What about me
What about ME

What about thee
What about thee
What about THEE

What about trust
What about trust
What about TRUST

What about free
What about free
What about FREE

I am guardian
I am teacher
I am love

Meditation

From the Tao

*That which cannot be seen is called invisible.
That which cannot be heard is called inaudible.
That which cannot be held is called intangible.
Those three cannot be defined;
therefore, they are merged as one.*

*Each of these three is subtle for description.
By intuition you can see it,
hear it,
and feel it.
Then the unseen,
unheard,
and untouched
are present as one.*

*Its rising brings no dawn,
its setting no darkness;
it goes on and on, unnameable,
returning into nothingness.*

*Approach it and there is no beginning;
follow it and there is no end.
You cannot know it, but you can be it,
at ease in your own life.*

*Discovering how things have always been
brings one into harmony with the Way.*

From My Creator Beyond

Beyond invisible
I see my God
Beyond inaudible
I hear my God
Beyond intangible
I feel my God

Run towards beginning
Never find the source
Run towards ending
Never find the place

Silent
Sightless
Stillness
End becomes beginning
Held within the being
Of my God

Meditation

From The Tao

*The ancient masters were profound and subtle.
Their wisdom was unfathomable.
There is no way to describe it.
One can only describe them vaguely by their appearance.*

*Watchful, like men crossing a winter stream.
Alert, like man aware of danger.
Simple, as uncarved wood.
Hollow like caves.
Yielding, like ice about to melt.
Amorphous, like muddy water.*

*But the muddiest water clears
as it is stilled.
And out of that stillness*

life arises.

*He who keeps the Tao does not want to be full.
But precisely because he is never full,
he can remain like a hidden sprout
and does not rush to early ripening.*

From My Creator

Life Flow

Sucking whirlpools of life
Ripping currents of life
Daunting demands of life
Pressing decisions of life

Fretting Hurrying Chasing Pressing Judging Hating Forcing

Trusting
Releasing Forgiving
Flowing Giving
Resting Growing
Loving

Meditation



From The Tao

*Become totally empty.
Let your heart be at peace.
Amidst the rush of worldly comings and goings,
observe how endings become beginnings.*

*Things flourish, each by each,
Only to return to the Source...
to what is and what is to be.*

*To return to the root is to find peace.
To find peace is to fulfill one's destiny.
To fulfill one's destiny is to be constant.
To know the constant is called insight.
Not knowing this cycle
leads to eternal disaster.*

*Knowing the constant gives perspective.
This perspective is impartial.
Impartiality is the highest nobility;
the highest nobility is Divine.*

*Being Divine, you will be at one with the Tao.
Being at one with the Tao is eternal.
This way is everlasting,
not endangered by physical death.*

From My Creator
Divine Constancy

Waking in a fit
Allowing my ego to be annoyed with other's noise
It fretted beyond irritation

Please let this pass, Lord

Reminded that "This too shall pass"
I chose to think of awesome beauty
And chose to end the mindset of my ego
And make a new beginning for my soul

Starting on my journey through day
Allowing my ego to dwell and pine
O're its remorse of putting addiction
To the side

Please let this pass, Lord

Reminded that "This too shall pass"
I thought of this new day
Full of the possible constancy
Of sobriety
And chose to end the mindset of my ego
And make a new beginning for my soul

Arriving at the ritual
Allowing my ego to resent
My self-chosen duty to be present
I sat with empty heart

Please let this pass, Lord

Reminded that "This too shall pass"
I thought of His grace and mercy
And chose to end depression of my ego
And make a new beginning for my soul

Returning to my Self then
Peace and joy returned
End flowed into beginning
Of the moments full of loving
From my Lord

Meditation

From the Tao

*With the greatest leader above them,
people barely know one exists.
Next comes one whom they love and praise.
Next comes one whom they fear.
Next comes one whom they despise and defy.*

*When a leader trusts no one,
no one trusts him.*

*The great leader speaks little.
He never speaks carelessly.
He works without self-interest,
and leaves no trace.
When all is finished, the people say,
“We did it ourselves.”*

From My Creator ***Spirit Guide***

I watched the chick
Peck at his shell
Tempted I to help

Spirit said "Stay still."
He birthed himself
Quite well

I watched the butterfly
Stretch his cocoon
Tempted I to help

Spirit said "Stay still."
He birthed himself
Quite well.

He watched as I did struggle
To overcome my faults
Tempted He to help
Yet He remained quite still
I rose above my faults
Quite well

"Well Done," He said
It's good

Meditation

From The Tao

*When the greatness of the Tao is present,
action arises from one's own heart.*

*When the greatness of the Tao is absent,
action comes from the rules
of kindness and justice.*

*If you need rules to be kind and just,
if you act virtuous,
this is a sure sign that virtue is absent.
Thus we see the great hypocrisy.*

*When kinship falls into discord,
piety and rites of devotion arise.
When the country falls into chaos,
official loyalists will appear;
patriotism is born.*

From My Creator

God is a Verb

Godliness is a verb
Flowing from the heart
Love is a verb
Flowing from the heart
Virtue is a verb
Flowing from the heart
Unity is a verb
Flowing from the heart

Meditation

From the Tao

*Give up sainthood, renounce wisdom,
and it will be a hundred times better for everyone.
Throw away morality and justice
and people will do the right thing.
Throw away industry and profit
and there will be no thieves.*

*All of these are outward forms alone;
they are not sufficient in themselves.*

*It is more important
to see the simplicity;
to realize one's true nature,
to cast off selfishness
and temper desire.*

From My Creator Letting Go

Holding on to doctrine
For fear I'd lose my salvation
Holding on to titles
For fear I'd lose my positions
Holding on to possessions
For fear I'd lose my security

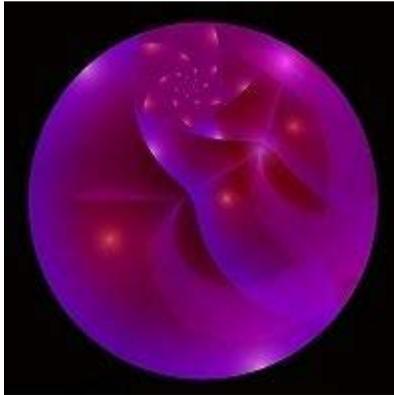
Holding
Grasping
Yearning

I lost my inner self

Believing
Trusting
Giving
Caring

I gained it back again

Meditation



From The Tao

*Give up learning and you will be free
from all your cares.
What is the difference between yes and no?
What is the difference between good and evil?*

*Must I fear what others fear?
Should I fear desolation
when there is abundance?
Should I fear darkness
when that light is shining everywhere?*

*In spring, some go to the park and climb the terrace,
But I alone am drifting, not knowing where I am.
Like a newborn babe before it learns to smile,*

I am alone without a place to go.

*Most people have too much;
I alone seem to be missing something.
Mine is indeed the mind of an ignoramus
in its unadulterated simplicity.
I am but a guest in this world.
While others rush about to get things done,
I accept what is offered.
I alone seem foolish,
earning little, spending less.*

*Other people strive for fame;
I avoid the limelight,
preferring to be left alone.
Indeed I seem like an idiot;
no mind, no worries.*

*I drift like a wave on the ocean.
I blow as aimless as the wind.*

*All men settle down in their grooves;
I alone am stubborn and remain outside.
But wherein I am most different from others is
in knowing to take sustenance from the great Mother!*

From My Creator ***Strive No More***

A Beggar

Fearing Desolation
Fearing Darkness
Hoarding
Judging
Fretting
Envy
Pandering
Hating

A Rich Man

Fearing Desolation
Fearing Darkness
Hoarding

A Beggar

Grateful
Secure
Sharing
Forgiving
Accepting
Celebrating
Respecting
Loving

A Rich Man

Grateful
Secure
Sharing

Judging
Fretting
Envy
Pandering
Hating

Forgiving
Accepting
Celebrating
Respecting
Loving

Meditation

From The Tao

The greatest virtue is to follow the Tao and the Tao alone.

*The Tao is elusive and intangible.
Although formless and intangible,
it gives rise to form.
Although vague and elusive,
it gives rise to shapes.
Although dark and obscure,
it is the spirit, the essence,
the life breath of all things.*

*Throughout the ages, its name has been preserved
in order to recall the beginning of all things.*

*How do I know the ways of all things at the beginning?
I look inside myself and see what is within me.*

From My Creator In The Gap

Between restlessness and rest
Between listlessness and action
Between anger and letting go
The Gap

Between vengeance and mercy
Between slander and praising
Between demeaning and up-lifting
The Gap

Between cruelty and compassion
Between torture and comforting
Between war and reconciling
The Gap

Deciding to love
The Gap

Meditation

From The Tao

*The flexible are preserved unbroken.
The bent become straight.
The empty are filled.
The exhausted become renewed.
The poor are enriched.
The rich are confounded.*

*Therefore the sage embraces the one.
Because he doesn't display himself,
people can see his light.
Because he has nothing to prove,
people can trust his words.
Because he doesn't know who he is,
people recognize themselves in him.
Because he has no goal in mind,
everything he does succeeds.*

*The old saying that the flexible are preserved unbroken is surely right!
If you have truly attained wholeness,
everything will flock to you.*

From My Creator

Power of Surrender

The storms of life, ripping
Bending towards my savior
Strengthened by His love

The abusive words of life, cutting
Flowing towards my savior
Comforted by His love

The trials of life, burdening
Leaning towards my savior
Uplifted by His love

The temptations of life, poisoning
Yielding to my savior
Saved by His love

The attacks of life, destroying
Surrendering hatred to my savior

Forgiven by His love

The judgments of life, crushing
Letting all go to my savior
Opening to receive His love

The dogmas of life, oppressing
Listening to my savior
Freed by His love

The scarcity of life, dying
Giving all to my savior
Provided for by His love

Meditation

From The Tao

*To talk little is natural;
Fierce winds do not blow all morning;
a downpour of rain does not last the day.
Who does this? Heaven and earth.*

*But these are exaggerated, forced effects,
and that is why they cannot be sustained.
If heaven and earth cannot sustain a forced action,
How much less is man able to do?*

*Those who follow the Way
become one with the Way.
Those who follow goodness,
become one with goodness.
Those who stray from the Way and goodness
become one with failure.*

*If you conform to the Way,
its power flows through you.
Your actions become those of nature,
your ways those of heaven.*

*Open yourself to the Tao
and trust your natural responses...
then everything will fall into place.*

From My Creator River of Life

Here in the boat on the river of life
Birthed like a falls
Pushed gently on by love
Virgin, I traveled down stream
Naive in my mind
Unlearned in the way of the river
White waters envelop me
Fear enters in
Skills form from experience
I passed through roaring canyons
Placid lake then did save me
Fast current did take me
Ne're know what lies ahead
Trusting the river
Succumbing to its flow
Arriving then at ocean
Vast sea in front of me
Taking me forward to Thee

Meditation



From The Tao

*If you stand on tiptoe, you cannot stand firmly.
If you take long steps, you cannot walk far.*

*Showing off does not reveal enlightenment.
Boasting will not produce accomplishment.
He who is self-righteous is not respected.
He who brags will not endure.*

*All these ways of acting are odious, distasteful.
They are superfluous excesses.
They are like a pain in the stomach,*

a tumor in the body.

*When walking the path of the Tao,
this is the very stuff that must be
uprooted, thrown out, and left behind.*

From My Creator Seek Thee the Kingdom

Pompous thee
Cut down like a tree

Boastful thee
Stripped naked you will be

Self-righteous thee
Disdained by all you'll be

Thank the God who made thee
Give to all who need thee
Wake each day a new thee

Meditation

From The Tao

*There was something formless and perfect
before the universe was born.
It is serene. Empty.
Solitary. Unchanging.
Infinite. Eternally present.
It is the Mother of the universe.
For lack of a better name,
I call it the Tao.*

*I call it great.
Great is boundless;
boundless is eternally flowing;
ever flowing, it is constantly returning.*

*Therefore, the Way is great,
heaven is great,
earth is great,
people are great.*

*Thus, to know humanity,
understand earth.
To know earth,
understand heaven.
To know heaven,
understand the Way.
To know the Way,
understand the great within yourself*

From My Creator

Journey To My Soul

I journeyed to the mirror in my soul
Two images found I there
Mind and spirit reflecting there
At odds reflecting there
Mind said failure
Spirit said success
Mind said distrust
Spirit said have faith
Mind said depression
Spirit said uplifted
Mind said liar

Spirit said the truth

Greatness came and joined their hands
Once joined became they whole
Complete and in perfection
Once apart
Now great my wondrous soul

Meditation

From The Tao

*The heavy is the root of the light.
The still is the master of unrest.*

*Realizing this,
the successful person is
poised and centered
in the midst of all activities;
although surrounded by opulence,
he is not swayed.*

Why should the lord of the country

*flit about like a fool?
If you let yourself be blown to and fro,
you lose touch with your root.
To be restless is to lose one's self-mastery.*

From My Creator

Power

Irritated at their action
I gave my power away
Depressed from circumstances
I gave my power away
Angry at their words
I gave my power away
Immobilized and in chaos
I gave my power away
Only happy with their love
I gave my power away

Sitting in the stillness
Owning my own thoughts
Rise up power within me
Preserving then my peace
Rooted in my savior
Drawing from his grace
Never more in turmoil
Power inside my space

Meditation

From The Tao

*A knower of the truth
travels without leaving a trace,
speaks without causing harm,
gives without keeping an account.
The door he shuts, though having no lock,
cannot be opened.
The knot he ties, though using no cord,
cannot be undone.*

*Be wise and help all beings impartially,
abandoning none.
Waste no opportunities.
This is called following the light.*

*What is a good man but a bad man's teacher?
What is a bad man but a good man's job?
If the teacher is not respected
and the student not cared for,
confusion will arise, however clever one is.
This is the great secret.*

From My Creator Be The Light

The light bathes effortlessly
Upon all creation
The light emanates freely
Upon all creation
The light shines radiantly
Upon all creation
The light shines abundantly
Upon all creation

Never tiring
Never ceasing
Never regretting
Never judging
Never withholding
Be the light

Meditation



From The Tao

*Know the strength of man,
but keep a woman's care!
Be a valley under heaven;
if you do the constant virtue
Will not fade away.
One will become like a child again.*

*Know the white,
keep to the black,
and be the pattern of the world.
To be the pattern of the world is*

*to move constantly in the path of virtue
without erring a single step,
and to return again to the infinite.*

*One who understands splendor
while holding to humility
acts in accord with eternal power.
To be the fountain of the world is
to live the abundant life of virtue.*

*When the unformed is formed into objects,
its original qualities are lost.
If you preserve your original qualities,
you can govern anything.
Truly, the best governor governs least.*

From My Creator Constant Being

Call me out before thee
In the face of precious love
Form me then before thee
With intent of gracious love
Pour me out before thee
Send me then to share your love

I here now in valley of ego's death
Rest in the valley of your love
Then going forth to others
Enwrapped by your mantel of love
I pass through my time
Touching but not bruising
Leading but not using
Teaching but not abusing
Constant in your love
For all eternity

Meditation

from The Tao

*Do you think you can take over the universe and improve it?
I do not believe it can be done.*

*Everything under heaven is a sacred vessel and cannot be controlled.
Trying to control leads to ruin.
Trying to grasp, we lose.*

*Allow your life to unfold naturally.
Know that it too is a vessel of perfection.
just as you breathe in and breathe out,
there is a time for being ahead
and a time for being behind;
a time for being in motion
and a time for being at rest;
a time for being vigorous
and a time for being exhausted;
a time for being safe
and a time for being in danger.*

*To the sage
all of life is a movement toward perfection,
so what need has he*

for the excessive, the extravagant, or the extreme?

From My Creator

Let It Go

The bud was there, exquisite
I trapped it in my hand
To keep it tight and grand

The voice said "Let it go"
And it will grow
Perfection

The child was there, created
I forced my ways upon him
To keep him on MY path
The voice said "Let him go"
And he will grow
Perfection

The spouse was there, a gift
I tried to change perceived flaws
To meet my expectations
The voice said "Let him go"
And he will grow
Perfection

My spirit was there, divine
I restrained it with legalism
To make it more perfect than God
The voice said "Let it go"
For it is already whole
Perfection

Meditation

From The Tao

*One who would guide a man in the uses of life
will warn him against the use of arms for conquest.
Weapons often turn against the wielder.*

*Where armies settle,
Nature offers nothing but briars and thorns,
The land is cursed, the crops fail,
The earth lies stripped of its motherhood.*

*After you have attained your purpose,
you must not parade your success,
you must not boast of your ability,
you must not feel proud;
you must rather regret that you had not been
able to prevent the war.*

*You must never think of conquering others by force.
Whatever strains with force
will soon decay.
It is not attuned to the Way.
Not being attuned to the Way,
its way comes all too soon*

From My Creator

Choices

Weapons of fear let loose my mind
Balms of peace exiles fear far behind

Weapon of hatred spills out of my mind
Love covers hatred
My words then are kind

Weapons of rage held tight in my hands
Forgiveness melts rage
Hands reach out to embrace.

Choose peace with my mind
Choose love with my mouth
Choose giving with my hands

Choose life over death.

Meditation

From The Tao

*Weapons are the tools of violence;
all decent men detest them.
Therefore, followers of the never follow them.*

*Arms serve evil.
They are the tools of those who oppose wise rule.
Use them only as a last resort.
For peace and quiet are dearest to the decent man's heart,
and to him even as victory is no cause for rejoicing.*

*He who thinks triumph beautiful
is one with a will to kill,
and one with a will to kill
shall never prevail upon the world.*

*It is a good sign when man's higher nature
comes forward.
A bad sign when his lower nature comes forward
With the daughter of multitudes,
we have grief and sorrow.*

*every victory is a funeral;
When you win a war,
you celebrate by mourning*

From My Creator ***Sacred Heart***

In the center of harmony
Is the heart of good will
In the center of tranquility
Is the heart of giving
In the center of peace
Is the heart of forgiveness
In the center of prayer
Is the heart of love

Meditation



From The Tao

*The eternal Tao has no name.
Although simple and subtle,
no one in the world can master it.*

*If kings and lords could harness them,
the 10,000 things would naturally obey.
Heaven and earth would rejoice
with the dripping of sweet dew.
Everyone would live in harmony,
not by official decree,
but by their own goodness.*

*Once the whole is divided, the parts need homes.
There are already enough names;
know when to stop.
Know when reason sets limits
to avoid peril.*

*Rivers and streams are born of the ocean,
and all creation is born of the Tao.
Just as all water flows back to become the ocean,
All creation flows back to become the Tao.*

From My Creator *Whole Again*

Giving brings those without
Into the whole
Respecting brings the alienated
Into the whole
Understanding brings the feared

Into the whole
Forgiving brings the condemned
Into the whole
Loving brings all of mankind
Into the whole

Meditation

From The Tao

*One who understands others has knowledge;
one who understands himself has wisdom.
Mastering others requires force;
mastering the self needs strength.*

*If you realize that you have enough,
you are truly rich.*

*One who gives himself to his position
surely lives long.
One who gives himself to the Tao
surely lives forever.*

From My Creator The Kingdom of God

The Kingdom of God is within me
The Kingdom of God is at hand

The hurts perceived from another
Are now from the Kingdom banned
They hold me no prisoner
They inflict not a wound
The Kingdom of God is within me
Roll the stone away from my tomb

No powers or principalities
Have power o're the Kingdom within
I'll live my life freely
Eternally at peace with Him

Meditation

From The Tao

*The Great Way is universal;
it can apply to the left or the right.
All beings depend on it for life;
even so, it does not take possession of them.*

*It accomplishes its purpose,
but makes no claim for itself.
It covers all creatures like the sky,*

but does not dominate them.

*All things return to it as to their home,
but it does not lord it over them;
thus, it may be called "great."*

*The sage imitates this conduct:
By not claiming greatness,
The sage achieves greatness.*

From My Creator ***True Greatness***

Great is the sky
Bringing light, bringing rain
Giving freely
No claim of fame

Great is the sun
Sending forth its warmth
Giving freely
No claim to fame

Great is the moon
Sending forth light
Creating ocean's tides
Giving freely
No claim to fame

Great is the smile
Bringing joy
Bringing acceptance
Giving freely
No claim to fame

Great is the giver
Bringing relief to those who suffer
Giving freely
No claim to fame

Great is the lover
Bringing forgiveness
Setting souls free
Giving freely
No claim to fame

Great is my God
Creating out of loving
A part of everyone
Return each day to seek Him
Return each day to follow Him
Return each day to love Him

Meditation

From The Tao

*All men will come to him
who keeps to the one.
They flock to him and receive no harm,
for in him they find peace, security and happiness.*

*Music and dining are passing pleasures,
yet they cause people to stop.
How bland and insipid are the things of this world
when one compares them to the Tao.*

*When you look for it, there is nothing to see.
When you listen for it, there is nothing to hear.
When you use it, it cannot be exhausted.*

From My Creator

Reliance

I relied upon the love of man
It ended time after time
I relied upon the love of me
It ended time after time
I relied upon the love of possessions
Their luster ended time after time
I relied on accolades for my good deeds
They ended time after time
I rely now on the presence of God
It goes on and on forever

Meditation



From The Tao

*Should you want to contain something,
you must deliberately let it expand.
Should you want to weaken something,
you must deliberately let it grow strong.
Should you want to eliminate something,
you must deliberately allow it to flourish.
Should you want to take something away,
you must deliberately grant it access.*

*The lesson here is called
the wisdom of obscurity.
The gentle outlasts the strong.
The obscure outlasts the obvious.*

*Fish cannot leave deep waters,
and a country's weapons should not be displayed.*

From My Creator

Resting With My God

Living	Lasting
Letting	Loving
Listening	Languishing
Learning	Laughing

Meditation

From The Tao

*The Tao does nothing,
but leaves nothing undone.*

*If powerful men
could center themselves in it,
the whole world would be transformed
by itself, in its natural rhythms.*

*When life is simple,
pretenses fall away;
our essential natures shine through.*

*By not wanting, there is calm,
and the world will straighten itself.
When there is silence,
one finds the anchor of the universe within oneself.*

From My Creator

Acceptance

I tried to stop the wind
As it pummeled me with sand
Hopeless my attempt
Wind stopped when it was through

I tried to stop the water
As it flooded past my door
Hopeless my attempt
Water stopped when it was through

I tried to stop my labor
As it racked me with its pain
Hopeless my attempt
Labor stopped as my child came through

I tried to stop the hatred
As it hurt me through the core
Hopeless my attempt
Hatred stopped when
Forgiveness from me grew

I tried to stop my unbelief
As it strangled me with despair
Hopeless my attempt
Unbelief stopped
When grace my God did give

Meditation

From The Tao

*A truly good man is not aware of his goodness
and is therefore good.*

*A foolish man tries to be good
and is therefore not good.*

*The master does nothing,
yet he leaves nothing undone.
The ordinary man is always doing things,
yet many more are left to be done.*

*The highest virtue is to act without a sense of self.
The highest kindness is to give without condition.
The highest justice is to see without preference.*

*When the Tao is lost, there is goodness.
When goodness is lost, there is morality.
When morality is lost, there is ritual.
Ritual is the husk of true faith,
the beginning of chaos.*

*The great master follows his own nature
and not the trappings of life.*

It is said:

*“He stays with the fruit and not the fluff.”
“He stays with the firm and not the flimsy.”
He stays with the true and not the false.”*

From My Creator

Wisdom

When I am a fool
I give with expectation
When I am a fool
I love with expectation
When I am a fool
I perform the mantras
With expectation
When I am a fool
I follow the dogma
With expectation

When I am wise

I know that God's within
When I am wise
Giving flows out of me
When I am wise
I love unconditionally
When I am wise
Each moment is a prayer
When I am wise
There is no need of dogma

Centered in my creator
Abiding with my Lord
Goodness and love abound
I am constantly restored

Meditation

From The Tao

*These things from the ancient times arise from one:
The sky is whole and clear.
The earth is whole and firm.
The spirit is whole and firm.
The 10,000 things are whole, and the country is upright.
All these are in virtue of fullness.*

*When man interferes with the Tao,
the sky becomes filthy,
The earth becomes depleted.
The equilibrium crumbles.
Creatures become extinct.*

*Therefore, nobility is rooted in humility:
loftiness is based on lowliness.
This is why noble people refer to themselves
as alone, lacking and unworthy.*

*The pieces of a chariot are useless
unless they work in accordance with the whole.
A man's life brings nothing
unless he lives in accordance with the whole universe.
Playing one's part
In accordance with the universe
is true humility.*

*Truly, too much honor means no honor.
It is not wise to shine like jade and
Resound like stone chimes.*

From My Creator Universal Rhapsody

Spirit not yet formed
Played out by wisdom's word
A rhapsody so joyful to behold

Light not yet formed
Called out by Yahweh's word
A rhapsody so brilliant to behold

Matter not yet formed
Molded by the mind of God
Rhapsody so bountiful to behold

Man not yet formed
Called forth by the love of God
A rhapsody so whole to behold

The parts of all once formless
Now play a rhapsody
When played before the universe
Transfigures you and me

He calls us to join spirits
To join in harmony
To resound for all eternal
His universal rhapsody

Meditation



From The Tao

*Returning is the motion of the Tao.
Yielding is the way of the Tao.
The 10,000 things are born of being.
Being is born of nonbeing.*

From My Creator

Some

The moment of my being
I the seeker
Homesick in my soul did journey
On in life

I sought and found approval
No comfort did I find.

I sought and found success
No security did I find.

I sought and found possessions
No creativity did I find

I sought and found passion
No love did I find

Each day an imitation
Whispered inside my heart
Return to me
Return to me
Home, home to me
We are apart.

The path of returning
Slow the journey is to come
Full of peaks and valleys
And rocky days undone

Yet when I face creator
Within each day I roam
I know that I am once again
Returned
I'm home

Meditation

Epilogue

May the blessings of our Lord God be with you as you travel on your journey in life. I have come to believe that the journey is constant and that it is infinite.

