

## **Reading Tips**



**1)** For the best experience in reading this book, please set your PDF reader to “zoom”, then “fit visible.” This will assure the easiest legibility possible.

**2)** Also, if you can – read only one ode at a time and let the thoughts be with you as you spend your day.

**Enjoy and Thank You!**



# Find your Self, Before you find Yourself by yourself!

An adventure of unparalleled significance!

## **PREFACE**



Within the few pages of this book  
you may decide to take a chance.

Open your imagination and your mind again,  
to see if you can discover:  
"Who you really are."

Don't quit on me, journey a bit further.

Not just who you think you are,  
but deep inside, resolve a mystery;  
"Who Am I? " "What Am I? "

Then again you may discover something quite different.  
Something only "You" would have seen.

A Self Help book? Perhaps.

Hopefully, poetic vision and wisdom.

Poetry or poetic visions provide their reader with an intuitive  
understanding. Intuition rather than logical comprehension may  
in fact be the only viable method for understanding the Mystery  
of Life.



An index is presented at the end, to allow for future reference searches or additional clarifications that may be sought.

## **ABOUT THE BOOK**



The odes selected are arranged to present the reader with a better understanding of an eternal vista. These are reflections upon Life; its seeming contradictions, and mysteries. They explore attitudes, beliefs and biases we carry towards people and situations. Biases that hinge so powerfully upon our "Self Definition."

The twist is that these biases influence us without our recognition of their power.

Assembled are seventy three contemplative odes. Each following a daily life observation.

The work presented here is not an attempt at a literal translation of any ancient work though it may be apparent to those familiar with the source my inspiration. Many very learned scholars of Eastern thought have worked diligently to provide the most accurate translations of the "Tao Te Ching", the book which is the foundation of the school of Chinese thought known as "Taoism."

This book from ancient China has had a profound influence on my own interpretations of life. The New Testament and Dale Carnegie's work together with this provide reflections on probable meanings behind much of what Jesus taught.

The philosophy of Lao Tsu, author of the Tao Te Ching, portrays a poetic view of life at once simple and accommodating. A life of harmony.



It has been my repeated intuition that "If Jesus and Lao Tsu were to have met, they would quickly have been good friends.

Instead of translations, apologies or logical arguments regarding spiritual matters, the focus of this little book, is a sincere journey to capture inspirationally, the Spiritual and Social intent of both Jesus and Lao Tsu. A journey with the goal of self realization.

To become entangled in endless debate about aspects of their lives or their teachings apart from the fundamentals of love is hopefully something I have avoided.

Returning to this focus of Self Realization and to a question that must inevitably be encountered if we consider a most powerful statement from Jesus:

"Those who would seek to save their life  
shall lose it,

They who would give their life shall save it."

So; who (or what) is this "self" that would be saved?  
WHO?

The journey... begins with YOU.



My friend seemed to frequently look within herself for a better way to live. As I was impressed with her sincerity in her search for ways to improve her spirit and life, a dear friend often reminded me of these thoughts:

## **Find Yourself and Be !**



Is there really any need to run outside  
for better seeing?

Or become a tourist of the world  
for better understanding?  
To be lead by your impulsive curiosity,  
will rarely bring you enlightenment.

Abide at the Center of your Being  
no matter where your feet take you.  
For the more you leave It . . .  
the less you learn, or see.

Search your heart,  
consider those you've known,  
Are they the wise ones,  
those who take every turn,  
those who always roam?

The Way to do,  
is to Be !





A neurosis of fear? Fear that we may lose what we've worked so hard for. The fear of humiliation and ultimately our fear of death or the unknown. These are things of our SELF that influence our actions and attitudes so greatly. Our brain for all its' strengths in helping us dominate and survive, seems also to be our weakest point.

Perhaps our own "Misunderstood Mortality" seeds this neurosis?

## **Facing our own Demise**



Nature, the Living Example,  
stands immune to the witnessing  
of the passing of its' fruits.

The Sage, Human  
at one with Nature,  
immune to harm from witnessing  
life's' totality.

Tears may fall  
fear of death may stalk ...  
The Sage escapes debilitating harm.

Nature, the shadow of our Ephemeral Source  
is always giving life,  
yet always has more to give.

The more of its' Fruit,  
the more of its' Self  
that passes away;  
the more room is created  
the more real it becomes.  
the more it IS!





When we have set the proper mental frame for our pending decisions, do we also remember to give sufficient attention to our own role or influence in the matter?

## Looking Within



Knowledge is the result  
of the study of others

Wisdom the result  
of introspection.

Muscle and Cunning is required  
to master others  
and provides power.

To Master Ones Self ...  
use patience and persistence;  
gain Living Foundation.

Content, in Heart  
your resources always seem sufficient.  
Ambitious, in Heart  
there is no resource sufficient.

Vitality and Life Itself;  
if not found in the very simple  
and Present Moment. . .  
will not be found anywhere.





Making important decisions: Faced with a tough choice about how to deal with an impossible boss; challenges with an existing or new relationship; or how to deal with our loneliness.

From practical daily choices to tough Spiritual decisions we must make, what basic practice can we apply that might assure better judgment?

Clear thinking is an obvious goal. But how?

## **Judgment**



Without being forced,  
without strain or coercion

Sound Judgment comes of itself.  
Comes from our Inner Guide...

When in our heart  
we feel unthreatened, without pressure,  
we see more clearly  
everything around us.





I often find, like the early Christian Paul, that the harder I try to do things right, or to do the right thing, the more I mess things up.

## **The Wisdom of Modest Effort**



To exert ones maximum effort  
to push it 110%...  
Is not always the best Way.

Pull too hard on the bow,  
you sacrifice its' strength and accuracy.  
Make your point with a friend  
till an argument ensues  
and lose the friend as well as the point.

If you seek to establish great wealth  
for yourself or family;  
Consider the richness of friendships,  
you will have to forsake.

The more you acquire  
the more reason to worry over its' loss.

Pride and Pushiness,  
the traits of a person to avoid,  
and traits not well tolerated by the Great Way.

Do enough to secure an adequate result,  
do this and not more.  
Be Living, and not Dying !





What type or kind of concept of our "Self" can we possibly have if we have only the vaguest idea what or who created us? And, is our self-concept restricted to an image of what we do. or what we have done?

## **Our Ephemeral Essence**



The Source of Our Being  
The Essence of Life ...  
Is Beyond the reach of words to define.

Words may be used,  
visions of our Hearts may point to an Image,  
but, these are only a shadow of Reality.

Long Ago, In the Beginning,  
without words,  
the Artwork of Creation began.

Then, Our Minds and Senses brought Descriptions,  
Symbols of Reality.

Words to Express Our Vision.

Their Source; The Passion of  
Our Existence and Life.

With these words and thoughts,  
came personality and difference.  
and from these,

came our myriad versions and interpretations.





Many have preconceived ideas about our Source. Still we must wonder... Who is God? Really? What is the essence of our creator or creation? Have we, until now, entirely missed the point?

## Images of Our Source



What we look for,  
beyond what our eyes can see ...  
and call the invisible!

We listen for,  
beyond our hearing ..  
and call silent!

We seek to understand,  
beyond logic and reason ...  
a black hole? unimagined infinity?

Mother of the Universe,  
merging into a oneness...  
Not to merely rise and give light  
Nor set and bring darkness,  
But forever exuding warmth and Life!  
Mystery!

The mystery of things unborn, yet real;  
Returning to the mist from which They came!

When those filled with pride meet such mystery,  
they call it a mirage, false reality,  
empty phenomena!

This Mother has no face to meet;  
no back to follow!  
Yet One who becomes intuitively aware  
of this essence ...  
is able to Master any moment.





Are we wrong when we seem overly emotional about some thing. Is it perhaps not necessary that we at least temporarily see the issue in that way, in order to understand it in a more profound and deeper way?

## **Core Of Life**



So, if One Person sees Life;  
Controlled, with Passion subdued,  
seeing "The Core of Life."

Or, if a Another Person sees Life;  
Passionately, Subject to the Storms of  
Human Emotions, and Dreams.  
That Person Seeing perhaps  
"The Surface of Life."

Between the Surface and the Core  
there can be no ultimate superiority  
Judging One as preferred against the Other.  
The Core and the Surface are  
two sides of the same coin.

One has no meaning without the Other.  
Words we have to discuss these differences,  
ever-changing understandings, and values between us.  
That such diverse states of Life,  
are of the same Divine Creation,  
is a great mystery indeed.

That Love and Compassion;  
Can Bind us to each other,  
though our values and efforts be so  
different ...  
Can wash our imperfections from Our minds,  
though some of them so great,  
This is a Greater Mystery.





Judgment; How we each consider and react to our friends, and others we encounter, this relates to Social Fitness. We need to have social fitness as a goal, and work towards it, if we hope to be a part of life (and not apart from it). This is not an issue of popularity, but much more an issue of caring;

*for others.*

This judgment should be made on a background of a wholesome view of Life Itself. Putting our social behavior in harmony with a balanced view of the Nature of Life....

## **The Nature of Things**



The universe created and,  
breathed into them the mystery of life.

The natural powers of survival...  
gave them their forms and fitness.

All living things render an obedience  
to this Fitness they depend upon,  
less they continue no more.

This obedience is not commanded  
from without the creature,  
but is natural from within.

Since this is the way  
that the universe itself  
bears issue with its' own;

Do you likewise.  
Be parent, not possessor.  
Attendant, not controlling master.

When considering the behavior of others,  
contemplate benefit, not obedience.

Then, you will have positioned yourself  
at the core of Living !





So often those who would lead us into the way of spiritual growth make it seem so difficult to do; like we are never quite dedicated enough to attain it.

Perhaps, the effort required is much more simple than we think?

## The Great Way is Simple



The religiously devout often say;  
If you intend to achieve enlightenment,  
if you desire to please God,  
***Your path must be strict and hard.***

However, the Natural Way of Life  
***is a very simple way.***  
and pleasing God is easy.

So, the devout say of this Way  
"It is the path of a simpleton."

Perhaps so?

Being a simple path for human fitness,  
nothing more, nothing less;  
is what makes it remarkable.

If The Great Way were not the simple way,  
if its' message was not the most basic  
and distilled truth,  
long ago, it would have perished !





If we move on towards improving the "whatever" that we are as an individual person, we inevitably make comparisons between ourselves and others. We do need to make polar judgments. Observations like; "I do not care to behave as that person does."

But these decisions should not confuse the ultimate reality of our oneness. Not to seek immediate resolution to a particular question is the sign of wisdom.

## Comparisons



We see things as beautiful,  
Through the memory of sights that are not.

We see someone as good,  
Only as we have judged another as bad.

Life and Death, though each can only be possible  
through the existence of the other;  
Seem to conflict with each other, and to be exclusive  
of one another.

Difficult and Easy carry this same relationship,  
within our efforts towards achievement.

Long and Short / High and Low; share this,  
as terms of our measurements.

*So, what is the point?*

*Is comparison without value?*

*Is there no value in achievement?*





*NOT AT ALL !*

The variations of pitch or tone,  
gives rise to "Music" from a human voice  
or stringed instrument;

"What is Now", is the "What Was",  
of "What Shall Be"...





I have long sought to improve my set of values. What then are the "things" that universally must be applied to my life?

## **The Three Treasures**



These Three Treasures of the Heart,  
Possessions of the Simple Life,  
Choose, and Cherish:

**To Care.**

**To be Fair.**

**To be Humble.**

Why So?

Because,  
When One cares, he is not afraid.  
his focus, though including  
himself, goes beyond.

When One is fair, he leaves enough for others,  
he does not provoke distrust,  
envy and greed.

When One is humble, he can grow .  
his spirit is not bound by self-interest.

Rather; his personal-ego is nourished,  
by his Higher Spirit!





As one grows spiritually, there blooms within, the desire to be socially enlightened. Not in the vain attempt to be popular or accepted, but to share and spread the joy of Life they now find within themselves.

## Those Who Know



Those who know  
do not seek to tell.

While those who go from ear to ear...  
do not really know!

So, how shall We behave?

Not to set the tongue loose,  
but to curb it.

Not to have edges that catch  
but to remain untangled.

Avoiding opinions that irritate and incite.  
Simply.... listening much more.

Contemplation of concept and opinion  
will help us to be un-blinded;  
will more often erase our confusion.

This will help establish  
and keep our balance.

The One who can hold balance...  
beyond the sway of love and hate..  
beyond the reach of profit or loss..  
beyond the yearning for praise  
or fear of blame...

has attained the highest post!





Some days I seem to be attacked by others. They would like to change me. Have me behave more like someone else. I often feel they might be right; but are they? And, just which of my behaviors shall I change, or like whom shall I become?

## Comparing People



So then, to compare is to learn that  
there is no comparative blame.

The person of Spiritual Fitness, the Sage;  
Sets up no saintly deed,  
Lays down no absolute rule or law.

Takes everything that happens,  
'As It Comes'!

Takes new events, situations and complications;  
as something to animate,  
to bring into life and care for;  
Not as something to appropriate,  
or be responsible for.

As something to enjoy the pleasure  
of having loved;  
Not as a bothersome something,  
to own.

If you never assume yourself  
to be Important,  
if you resist your egos'  
yearning towards pride and guilt;  
You will not lose your balance  
nor, your **true** Importance.





Looking at our social fitness, we would do well to seek simplicity. Complex rules and expectations of behavior are not practical. We are each unique, and our interpretations and understandings are just as unique.

## **Cultivate Simplicity**



Times Change;  
some things better,  
other things ... ? ...

Ancient wisdom taught  
emphasis on behavioral simplicity.

Ancient wisdom did not teach  
the development of a populace  
focused on endless debate  
and trivial knowledge.

True wisdom instead  
cultivated simple understanding,  
and a richness of family.

However,  
with instruction itself in command;  
So that people understand less  
than they know;

That society seeks chaos.





Happiness and peace is theirs  
who understand what they know.

Everyone is graced by this wisdom.  
It opens doors of community & friendship,  
and closes the doors of contention.

If we can implement ancient wisdom today;  
We will develop clear vision...  
to see from start to finish.

We will find the richness of friendship;  
return to a wholesome social structure.





The more I try to be these things that I admire, the less I seem to make real of it. So if only I can imagine this into my life, might it then be empowered by my "Inner Guide."

## Being A Host



If the sign of Life  
is in my heart,  
it will radiate from my face.

Those around will feel secure.

When people travel  
to a friendly place, and  
are confident of friendly care;  
They are also comfortable waiting.

The proper state of mind....  
changes the taste of food,  
and the pleasure of the experience.

The Way to Be  
is seen in my Love for Others !





If we view our lives only through society's definition of success, our goals are unreachable and unreal; ... our joy; our realpurpose will also be unreachable.

## **Display of Wealth....**

### **display modesty !**



It is better to make the rewards given  
for individual merit or skill ...  
modest and low key.

Riches flaunted by one,  
create contention and anger to another.

Excessive Commendations given to one ...  
leave another hurt and diminished.

Great possessions, piled up for display ...  
insight others to rob.

A good neighbor, like a good leader,  
seeks to open the hearts of others  
towards thoughtful appreciation.

The wealthy neighbor, because he is thoughtful  
keeps his wealth hidden.

The good leader;  
will help his people be healthy  
will help his people be content  
will clear their thoughts  
will cleanse their deeds  
and so...

will keep the meddling troublemaker  
from having a chance to hurt.





The focus is on "Being" as compared to "Behavior."

When, how we act is; how we judge ourselves, we set up stress, and develop attitudes counterproductive to healthy being.

## **Pretense**



A person when truly Fit  
makes no show of spiritual fitness

False Fitness, is an attempt to be seen  
and makes ones' fitness all show.  
Being all show makes one the more unfit.

Spiritually Fit.

Be such, and do not consider  
how perceived, or respected.

If you find yourself  
considering how much you might profit  
by your state of enlightenment,  
consider also your ignorance.

A kind heart does not consider  
how it is to profit from it kindness.

A person of convention, however,  
does little without considering the profit,  
or power gained.

If they are not complied with...  
out goes their Fist.





## The Results of Social Hypocrisy

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In society, here is what happens:  
The Way of Life, once installed  
leads a people to a richness in Living.  
Having lost the Way, however  
the people pretend to its' virtues.

Having lost Virtue,  
people turn next to feigned kindness.  
Having turned from Kindness  
they turn to a call for Justice.

Having given up on justice  
they turn to conventional behavior

Conventions are fealty and honesty  
Gone Bad.

A Popular call for people to "Act Proper"  
and is the entrance of disorder.

False Teachers...  
these use flowery words.  
They make their listeners feel better.  
They start nonsense.

The person of true strength and worth  
stays with the "Root of the Thing."  
Goes for the Fruit, rather than flower.

They have their "No."  
And their "Yes."





The harder I try to be the kind of person I wish to be, the further from actually becoming that type of person I am.

## **Do Everything through Being**



The method to apply in life  
is to avoid acting..  
Not proactive,  
not reactive.

Acting like this implies too much effort..  
implies too much You!  
Implies your ego.

The Way to behave in life  
is to "Be."  
Let your action be  
the obvious.

Clear your mind of those emotions  
that only complicate your life.  
Then be You.

As a leader,  
when you practice this..  
others are not challenged.  
They become free to choose wisely.  
When leadership is practiced this way...  
peoples passion to stray  
is checked at the core.

It is through this simple  
unnamable cleanness..  
a contagious purity of heart  
through which people cease  
from coveting and competing,  
that peace naturally spawns and grows.





We come to potential conclusions about directions we would like to take ourselves. To see these things become part of us, we often need to seek out others with traits that we could adapt or persons from whom we might receive a beneficial influence. How to recognize such a person is a challenge.

## Images of a Fit Person



People, at their Best  
are like water.

They serve as they go along.  
Like water, they seek their own level in life.  
The level common to those they love.  
They love living close to the earth,  
living clear down in their hearts.

They Prefer:

Good kinship with their neighbors,  
yet remember to respect others.

The "pick" of words that tell the truth.

The balanced activities of a well run organization or family.

The Fair profit harvested from able dealings with others.

The "Right Timing" of useful deeds.

And because  
as they pursue their preferences,  
they do not block or damage others,  
few, if any, blame or provoke them.





I look at those I admire, and I find too little of their type of excellence within me. I need to make for myself a personal goal, crosshairs to aim for...

## The Soul who Cares



Can You leave the door to your home Wide Open?

Open to others who may have need?

Can you, with the purity and simplicity of a child,  
be, notwithstanding, a responsible and  
courageous Adult?

Can You continue befriending others,  
without prejudice?

Making every decision for support, or caring  
refusal, only through perfect reflection.

Can You, in joining with a Greater Good,  
serve as the follower without contention?

Can your brilliant mind stand back and  
take leaven from the Wisdom of your Heart?

**If** you can bear issue,  
struggle with the workload,  
and nourish wholesome Spiritual growth...

**If** you can guide others,  
without taking Claim,  
without creating strife...

**If** you can be at the lead of others,  
without their even knowing...

Then, you are at the core of life!





So often my friend was upset. His world was bitter and a place he did not want to live. Why? Because someone had said things to steal his peace and self-balance. How can others do this to us?

## **Offence; Self Pride or Humility?**



Has someone offended you?  
Is your pride hurt ...  
because of the words of another?  
Consider this ...  
If you feel punctured ...  
You must have been a bubble!

If you feel as though you have been unarmed,  
and made vulnerable,  
or placed at risk...  
You must have felt secure in the power of your own devices.

If you feel that you have been belittled,  
and disrespected,  
You must have felt that you were consequential,  
an important individual.

If you feel that you are being deprived things that you  
deserve...  
Perhaps you have become too used to  
enjoying "privilege"  
and perhaps the time has come to grow "Spiritually."

These feelings of emotional pain can only come  
when we need them for growth.





Understand your dealings with others...  
the things they've said or done,  
as you would if your Higher Self your Guide  
was the one doing them to (for) you.

The person who continually pursues  
"Spiritual Fitness" knows ...  
"To keep a low profile,  
and to seek glory only for The Divine. "

This is the way to endure.  
This is the Way to Be!

What happens to a fish removed from the water?  
or

What happens to even the mighty Lion  
when brought into the city zoo?

Do not seek respect from others  
in order to feel satisfied.

Do not vex yourself with such vain pursuits as this.

Do seek to respect yourself;  
both in thought and in deed.

Seek praise from God within!





I feel that my purpose in life includes making an impact on things and people. Not just being here for the ride. How am I to do this without making matters worse?

## **Effortless Control**



A sound organization  
is governed by ordinary decisions.  
Is maintained by ordinary actions.

A battle is won by unusual decisions.  
Is achieved by extraordinary actions.

Life is governed by no decisions at all.  
Is maintained by no actions

How do I know this?

Act after act, decision after decision,  
prohibits everything.

Everything but poverty.

Weapon after weapon  
conquers everything.

Everything but chaos.

Business after business  
creates a craze of waste.  
A waste of human life.

Law after Law  
breeds a multitude of thieves.

What's then is the solution?





## **Keep From Meddling**



If we keep from meddling...  
People will take better care of themselves.

If we keep from imposing laws...  
People will be able to behave themselves.

If we keep from preaching at people...  
People will be able to improve themselves.

If we keep from imposing upon others...  
They will be able to become themselves.





Do we think that Leaders are "Someone Else?"  
Not Us?

Management is a position of leadership. Today's managers affect more than just the operations of their businesses, they affect peoples lives. Parents are leaders! ~ As we each can be to our friends.

## **Leadership**



Leaders are at their best  
when their people seldom give thought to their presence

Leaders are really not so good  
if those they lead are continually acclaiming their excellence  
or even worse  
if they despise them and fearfully obey their rules.

Fail to Honor and Respect others  
and they will fail to respect you.

Superior Leaders...  
when the task is accomplished  
their people will say...

"We did this Ourselves."

And So, the manager's "manager"  
must sort through the many deceptions,  
see through confusing opinions,  
and find the true leaders team members to support.





Are there ways to tell if I am making progress towards being the kind of person, or leader, that I wish I were? If I am making a choice about working for a new company, are there ways to tell, before hand, if this company has the kind of leadership that I will be happy working for?

## **The Character of a Leader**



A Leader of people?  
Whether in a social or business environment;  
The less that leader does and says  
the happier the people.  
The more that leader interferes or brags  
the sorer the people.

Often what appears to be happiness is a mask  
an attempt to conform,  
and is not happiness at all.

And what appears to be unhappiness  
is the mature dealing, internally with events,  
so as to grow,  
and is actually happiness.

Who can always see what leads to what?  
Can You?

Really?

When happiness appears and yet is not.  
When what should be is nothing but a mask,  
disguising what should not be.





## **Character for Oneself**

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Therefore be like the Sage...

Allow the dust to settle.  
The square to become rounded.

If you have done well;  
no one can tell.

To Lead others, do not dazzle!





We each need to reflect, from time to time, on our own personal attitudes, and personal aspirations. Reflect on concepts like these:

## **True Self-Values**



Which means more to You:  
You; or Your reputation?

Which brings more to Your Life:  
You; or what You own?

And, which of these treasures would cost You more,  
if they were lost?

Consider;

The stingy person  
spends their life feeling that they pay too much.

The greedy person  
spends their life feeling that they are deprived of possessions?

The haughty, self righteous person  
spends their life feeling that they are not given enough respect?





## Benefits of Spiritual Fitness

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Know This;

A Person, Spiritually Fit  
Is Self-accepting, and Open to Others.

Can change their mind,  
though humble, remains unashamed...

Can correct an error.

Can gladly go back if they choose.

As they Live,  
They know both ways.

Savoring fair compromise.

Enjoying their chance to share.

So then as they grow,  
They become ever more Fit.

Their lives ever more Rich.

Strengthened by humility,  
they have many wonderful beginnings.





Sometimes I have goals, aspirations that are simply too high.  
They are not only unattainable, but self-defeating and counter-productive.

## **Our Sense of Self**



The Universe is beyond death.  
Is beyond embarrassment.

Because it has no finite self to protect,  
it is truly infinite!

A Sound Person  
does not attempt to advance themselves  
beyond a wholesome gain.

And so they stay poised upon their wave.

Spiritually Fit;  
They do not confine their efforts  
and thoughts to Themselves.

They then sustain themselves  
outside of themselves.

To Be Our True Self  
We must not allow Ourselves  
to become an end in itself.

And So, We endlessly become Ourselves.





I often apply too much of my own energy, trying to do something, or become someone that it is not possible to be.

## **Bend and Do Not Break**



Once bent, you can straighten.  
Emptied, you can hold more.  
Torn, you can be mended.

Brittle personalities brake.  
Then are discarded,  
useless and friendless.

Being deprived of things needed or desired,  
brings rewards of new knowledge and skill.

Being privileged with wealth,  
brings the confusion of endless business.

Aware of these apparent contradictions,  
the Sage has this simple philosophy:

He does not attempt to motivate himself,  
Life will provide the urgency.  
He does not attempt to explain his actions,  
His actions explain themselves.  
He takes no credit for his deeds,

Credit enough comes from those  
with Eyes who See.

Whereas credit acclaimed by fools  
is the sign of danger.

He claims no rights to authority or possession;  
What he truly needs is given to him.





Because the Sage does not spend his Life  
and Energy  
competing for these things,  
He finds peaceful competence.

Because He sees no competitor,  
No one can compete with Him.

To Yield is not to dissolve,  
or disappear.  
It is so much more ...

To Yield is to wait for better timing.  
Is to wait for the "Wave" to carry You !

How true the Saying,  
"Yield and you need not Break."





To trust God. To believe that our Own Inner Guide, and Higher Self, can do the job of improving ourselves.....

## **Effort and Ego**



Standing on Tiptoe,  
a person will lose their balance.  
Walking in a hurry, we have no pace, and soon tire.

Letting our ego be the igniter of a project,  
we risk its doom or damage its value.

Explaining the reasons for our shortcoming to others,  
no one listens....

Admiring ourselves or boasting of our own efforts,  
we alone are impressed!

Pride and ego-centric behavior  
have never brought true greatness to anyone.  
Instead of greatness; and according to Life's' Way,  
pride brings the ills that make us unfit!

Unbalanced concern with our own "separate" image and worth;  
Produces a perception of distaste.  
Causes others to avoid us.

If However, we seek Spiritual Fitness,  
we will not continue in these ways,  
we will not allow our behavior to be dominated by our false-ego.





We each need to find balance. Balance between humility and pride. If we lose adequate self esteem, others too lose respect for us.

## **The Laws of Sanity**



Spiritually Fitness demands of us ...

Possess a Healthy sense of ego,  
Do not lose self respect.

Yet ...  
Harmonize with the role given to you,  
by Life's' Way.

Do not rebel against its' flow.

Ride upon the Wave to success.

Let your skills and energy  
respond to the opportunity and challenge.

Be Aware and Know the Joy of  
Unity with the Cosmic Source.

To become Fit,  
become One with Life's' Wave and Force !





When I consider my life, I feel that I have yet to find my life's purpose. It must be that I was made to do some great thing. After all, I'm a child of God; Someone Special!

## **Spiritual Fitness (not greatness) is Needed**



The work that anyone  
has to do...  
continues ... incomplete ...  
as long as they live.

Each of us  
no matter how perfect we may feel,  
are needed a long as we live.

How is this?

Perfection, my friend,  
is not a condition absent of flaws,  
but a term of completion.

Consider:

As long as there are truths  
that appear to be false

As long as the Sage  
appears a fool,

As long as the historian  
appears a bore,  
a message without merit;

The battle is far from over.





If you want a thing warm, agitated...

Keep on messing with it

Keep on stirring it.

Keep still; contemplate.

If you want things cool.

Think before you act !  
and one day, no doubt,  
your way will be the rule.





Do we think that we have our act together because we have become so knowledgeable? How would we see ourselves if we were in the shoes of another?

## **Intelligent Yet Spiritually Fit**



One may walk so carefully  
that their footprints are not seen.

Speak so thoughtfully  
that they do not let their tongue slip.

Mentally reckon so well  
a calculator is not needed.

Design a door latch  
needing no lock, yet un-openable.

And such a person would be known as  
intelligent.

To be intelligent is certainly  
a trait we cultivate  
within ourselves;

But to achieve Spiritual Fitness,  
one must also develop the capacity  
of salvage.





The Sage does not waste...  
relationships, or resources.

But is a specialist at using  
what already exists.

And, in not losing  
things of value.

A Spiritually Fit individual  
will be known to have insight.

As a "Good Person"  
they find "within themselves"  
that which is the matter  
in the "bad person."

They then can proceed to help.

The "bad person" then is first  
the teacher to the "good person,"  
then the "good" to the "bad."

Whichever teacher  
discounts, or ignores this lesson,  
is as far off the path as the other !





It is when we think we have attained enlightenment, when we believe that we have that insight we have been seeking for so long; That we need to remember:

## **The Usefulness of Nothing**



The wheel, a most useful item,  
has many spokes that tie the rim to the Hub.

Yet, the emptiness of the Hub  
is that by which we use it.

A beautiful bowl, large and strong,  
would not have much value without  
the Void within.

So often we complicate our lives,  
rather than simplifying them,  
because we ignore the principal  
of quite contemplation.

Doors and windows in a house  
are of use because of their emptiness.

Learn the difference between laziness and patience,  
and open your life to rich contentment.





So, it seems that when I pursue wisdom, I later find that I was off-base. I felt that I was right minded, yet I was not fully aware of all the facts.

## Two Sides of Wisdom



One who has the power  
of a male  
and the sensitivity of the female  
is in themselves, a vessel for the Way!

Being such a sacred vessel  
they continuously and endlessly  
give birth to enlightenment.

One who preferring Light,  
accepts darkness also;  
is in themselves, an image of the Way.

Being such an image,  
they are endlessly balanced,  
and so they withstand those waves  
that would destroy their peace.

One who is most wise  
and yet intimate with their humility,  
may keep their wisdom.

A Self Righteous Individual  
is like a diseased Tree,  
worthy of fire in order  
to stop its' spread.





Are there clues? Ways, techniques, I can use in order to more quickly tell if the "help" or advice someone else may be giving me is worth studying?

## Signs of a True Way



Persons of endurance  
knowing of the Way of Life steadily keep to it.

Persons without commitment  
hearing of the Way, stay with it a while, or not  
according to the fad.

Persons with a bend for stupidity  
on hearing of the Way  
laugh at it !

If You, need to be sure which way is right?  
You will get clues from its' dissenters.

Those who criticize its' basic values  
patience, open-mindedness and fairness;  
boast of their own wisdom.

But eternity is theirs who go straight round the circle.

Foundation is theirs who can feel beyond touch.

Harmony is theirs who can hear beyond sound.

Life is theirs who can tell beyond words.

Fulfillment of the unfulfilled.





There is no substitute for patience. There is also no excuse for procrastination. In pursuit of excellence or the improvement of circumstances or conditions we do have an example to contemplate.

## **Gravity the Effort of Wisdom**



The effort of Gravity  
Our example for our level of Effort  
Is the beacon for all movement.  
Subtle, though it be, Gravity  
is patient for a response  
is persistent beyond measure  
yet is the most instant.

Consider a wise traveler ...  
whatever the pace of the day,  
pays careful attention to assure  
pleasant and wholesome food.

However inviting a prospect be offered  
for new adventure, and untraveled route,  
They keep a calm and practical head.

Consider also then...  
What Wise Commander or Manager;  
Would push their forces or resources?

To be spent for nothing of value.  
...at a pace they could not control.  
Would make of their Leadership,  
the leadership of a fool?





Wisdom has no authority under a crisis where  
there is a pace out of control or  
a speed unstoppable.

For a Leader, there is no substitution  
for patient and constant vigilance  
of the resources they command.





After chasing the tiger of enlightenment, I grow weary. I seek a plateau of rest. Somewhere that I can gain in my inner strength.

## **Finding Peace**



Somewhere, Long Ago...

There lived a people  
ruled by a Wisdom  
too fine, and too deep...  
to be fully explained by any language  
to be fully understood by future generations

And, since it was beyond  
the understanding that came down  
through the common society,  
we can learn of it only through  
mystic sayings that have been saved.

In suggesting how to behave:

"Be alert, as a winter traveler  
walking on thin ice."

"Be sensitive to your environment,  
as someone about to be ambushed."

"Be considerate to others,  
so as always to be a welcome guest."





"Be unselfish,  
like melting ice."

"Be Yourself, raw, honest and sincere,  
like an uncut tree."

"Be open to others, their hearts and opinions,  
like a valley to the life within it."

Also;  
"Be at times roiled and muddied,  
like a torrent stream."  
Why, muddied and confused?

Because,  
How will one find peace  
when they have become uncentered and confused?

Except by staying still - until the stream clears.  
How can ones life keep its course  
if one does not let it flow?  
to let it flow?

Is not to stifle your own desires...  
to ignore what you believe right  
to let it flow

Is to accept your own weakness...  
is to accept what you can't change

To learn the flow with life?

Look at the sailboat.





## Go with “The Flow”



Those who flow with life know;  
They need no other power  
They feel as rested  
as they feel worn.

Though each day may bring  
spiritual challenge;  
They can hardly seem to wait.  
They know the exercise brings growth

Those times when life has torn them  
they open too ...

They feel the pain or cold

They let it do its' work.

They wait, and hope for rescue.





To be proactive, to be a "doer", does this mean that we need to feel pressure or stress? Perhaps, to some degree. But does it also mean that we feel "stressed?"

## Why Stress?



Life itself  
the universe of living things...  
Dance through their existence,  
only to disappear in a mist.

The quickness and complexity of being,  
returns to a quietness and peace.

Observance of this world of billions of beings,  
of this sometimes "madness of life" for humans;  
tells us a secret!

We do not live because we are needed,  
We are not here to complete an assignment,  
We live to create joy,  
know life's richness  
and inherit Eternity!





The difference between someone who can have seemingly endless "Drive" and someone who seems "Driven" to their wits end, might just be the Faith they possess in the responsibility and capacity of a Higher Power to actually solve the perceived problems.

We may often try to control life around us, or too often fail to take up our responsibility. Neither of these extremes represent the balanced position we need to acquire.

## **True Being, One Life**



Being in Existence  
is Infinite;

The Infinite is not actually defined.

Though your Being and Life's Being  
seems as a piece of wood in your hand,  
to be carved as you will.

It is Not to be Lightly played with,  
and then laid down.

When leaders or managers adhere to  
The Way of Life,

Their influence is upheld by a  
Natural Loyalty.

Life like a freshness after rain;  
subject to No One.





But, if leaders with "higher learning" come  
with their blind conformity to paper and rules,

Endless rules without value come,  
and no one knows where to end them.

The One who does know where to end these rules,  
is the Sage.

True Being, and Life in Harmony,  
is like many rivers emptying into One Sea !





Some things we understand, some things we simply "know."  
But can we trust those things we know but can not understand? In  
some cases this is a must.

## **Trust God our Inner Guide and Live**



To know if you are sane,  
is certainly a vital point.

Ask this...

Do you accept life whole?

As is it?

Can you resist the need to measure,  
or touch the Source?

The Source of Our Creation is measureless.

Is beyond our touching or understanding.

At times it appears dark emptiness,  
unconcerned with our being or pain.

At times as Light and Truth,  
bringing mercy and grace to save us.

We know that its' force is quick and powerful.

Far away, yet near.

From the Oldest of Times until Now;

It changes its Image,  
yet remains the constant sameness.

What more need I know of the Origin,  
than This?

To worship ...

is to Love beyond Understanding.

Trust God and Live !





Obedience is an inseparable part of honest humility. Not blind conformity to bad and hurtful rules, but the willingness to be a helpful follower.

## **Know Yourself**



Should you decide to defy authority...  
know that it shall visit you.  
This authority shall come as naturally  
as rain itself.

People, when properly led,  
are led by established, and wholesome  
norms of society.

People, when properly taught,  
have time to understand the lesson.  
Goodness does not come quickly, through duress.

Rebels, who avoid the rule,  
when having been given these basic rights  
have only themselves to blame  
when they get soaked.

Rebels, who accept the rule  
having seen the truth;  
Know themselves,  
yet don't need to tell of themselves.

Think Well of themselves,  
yet don't need to show-off.  
Let this humility be your jewel of Glory !





Finding the balance between effort and acceptance. What examples does Life present to us?

## Look at Reality

INDEX

Nature does not have to insist  
or complain that it doesn't get its' way.

Winds can blow in the morning  
and quite at noon.

Rain can fall  
for only half a day.

Why should you insist  
on your rightness  
if no one listens or agrees?

It is just as natural...  
Whoever follows the Way of Life  
feels Alive, feels at One with Life.

Whereas, those who follow their ego  
become lost, and "At Odds" with Life.

Keep to the Way of Life  
and feel at Home.

Use the Way of Life, as riding a wave...  
and feel Welcome, and empowered.

Fail to Honor Others...  
and They will fail to honor You !





It is a common and too typical situation, where We begin to tap into a universal awareness, an attempt to live for more than our personal successes or achievements, only to become very altruistic. We pick up a role of importance that was not given to us by our Higher Self, but one that is connected with our Ego.

**Are you really so important?  
Why do you want to be  
so important?**



There are those who, in their eagerness,  
would take over the world.  
or according to them;  
Save it.

Never, I notice, do they succeed.  
And through history,  
only for a Time;  
have these enjoyed  
even the illusion of success.

The Earth is so Sacred a Vessel,  
and a sacred Home,  
that at the mere approach of the profane,  
or the presumptuous ...  
it is marred.

And when these  
reach out their fingers,  
it is gone.  
It has somehow confused their efforts!





## **A Season for Each Thing**

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For a Time in this World;  
Some will Force ahead,  
and some left behind.

For a Time in this World;  
Some make a Spectacular Effort and Noise,  
while some are silent!

For a Time in this World;  
Some will become rich, powerful and fat,  
while some go hungry!

For a Time in this World;  
Some will push themselves into the center,  
while some are forced out!

At No Time, in this World; will the Spiritually Fit;  
Over-Reach Themselves...  
Over-Spend Themselves...  
Over-Rate Themselves!





Sometimes, when we have been fortunate enough to actually attain to "higher" levels of enlightenment, we then find ourselves in a place feeling very much alone.

## **Of Sanity Alone**



I travel along the Great Way  
so often alone.  
The Way is so simple and straightforward  
few see its' true depth and worth.

But however few there are that  
go along this Way,  
or feel concerned with me;

Some there are!  
And those are they...  
who witness what they see.

Sanity, my friend  
is like a jewel;  
Carried hidden, that no one can see.

Sanity and Peace;  
Fruits of the Great and True Way.





To build a better society. You and I want our energies and strength to be dedicated towards this. Our mouths and our imaginations so often betray us in this effort.

**Stop judging others,  
and you will not be judged.**



Yet we continue to voice  
our opinions of others.  
Yet our capacity and desire to discuss  
rumors and gossip seems boundless.

We were told this basic - eternal truth  
so long ago.

We call ourselves students and disciples,  
yet we can not cease from bearing  
these corrupt fruits.

We continue to look Outside  
and neglect looking within.

What must we think this admonition meant?

*Whatever measure you use in judging others,  
it will be used to measure  
how you are judged.*

There exists no real difference  
between You and I.  
Only the imagined separation  
of our memory stream.

As we judge each other  
We judge ourselves.





As we continue in our sense of self-rightness, we are biased towards seeing the faults and imperfections of others amplified. For certain, there is a place and time for the ordained in our society to perform measures of punishment, but when we verbally take this upon ourselves, we create an evil.

We gather in our private rooms and share opinions of hatred towards others. Other people that we really don't know anything about. We hear half the story, and then eagerly condemn these often nameless or faceless individuals. Thinking this is harmless, when, in fact, it cultivates within us, an anger waiting to lash out.

Too often to lash out at someone innocent.

## **Vengeance of the By-Stander**



Would we put evil and disorder  
out of our society,  
by putting to death,  
all those who violate our personal sense of rightness?

Death is no real threat to those  
who perpetrate most violent crimes.

These are people who do not fear death  
because they do not know Life.

And, even if they did fear to die,  
is it wisdom ...  
or rashness and self-righteousness  
to assume that our judgment  
is absolutely valid.

Are you so enraged that  
you would actually do the  
executioners job?





Perhaps you could,  
if you are also the witness and victim.  
Perhaps not...  
if you are just a by-stander.

Nature is the true executioner.

When we usurp the place of nature  
with our own vengeance...

We act as an apprentice carpenter does  
when attempting the task of the master.

We "hack" at the object  
lacking the skill and grace.

We will more likely slice our own hand.

Too often we create more evil than we destroy.





Are we so removed from the reality of others, that we can no longer see the unity we share?

## **The Rich and the Poor**



The Poor;  
Not enough money to go around?  
So They must starve  
deprive them; of knowledge  
deprive them; proper clothing  
deprive them; proper nutrition  
deprive them;  
mental illness deserves no sympathy.

### **IS THIS RIGHT THINKING?**

Consider,  
"We must keep such and such a percent  
of our people "Unemployed"  
or costs will soar."  
Already they have made it so that a paycheck  
for basic work  
will not provide for a family.  
Then the work week for many is cut.  
keep the poor... poor  
keep the pool of those "desperate" filled.  
This is why there is rebellion.

Those who have to fight for a living,  
are not afraid to die for it.  
These also, who stand up and demand respect  
are of greater honor than those who are  
too fat to dare to die !





There are so many times we actually do much better than this.  
So many times that we see our capacity to help, and then do.

## Sharing our Resource

INDEX

Is not the human life  
much like a drawn bow?  
The ends approach each other  
just as the elderly become childlike.  
The height shortens, while the width widens...

True Living would have those with too much,  
give their excess to those with too little.

Too often we see however,  
those with plenty;  
Complain; they yet have too little.

So they scheme;  
How to take more from others.  
Hoard the excess they have.  
Watch the opportunity pass.  
Watch the poor stay suppressed.

Now, what person can have wealth enough,  
to provide to all who need?

Save, one who can tap into our...  
Higher Source "the Divine."

A sane person needs no better support,  
needs no richer reward...

than to be at one with The All.  
Through this they become equal,  
not better,  
not worse!





Though we may want to try, we can not develop rules sufficient to cause "right behavior." Instead these specific ways to live, create failure and dissention.

## **Private Greeds and Imagined Needs !**



Rid of formal teachings,  
"ways to live based on social dominance" ...  
People would live happier lives.

Rid of conventional social duty,  
"things we think we must do to be respected" ..  
People would find joy in their family.

Rid of the compulsions ...  
generated from legal fanatics,  
"complaints we feel we must pursue" ...  
People would not see so many thieves.

The current methods of social order  
have created social disorder and misery.

So, Instead...  
Set people free  
free of conflict and anxiousness  
free as they would wish to be.

Free from private greeds  
and imagined needs.





Today I look at my life and see what? Today I feel that I must make some changes, some improvements. Certainly this can not be what I am to be doing. This, that I am, can not be whom I should be. Can it? With great desire I seek to change for the better, and fail. Then it seems, I look back and see how different I already am.

## **The Rat Race**



We run our daily lives, passionately  
trying to make a gain  
yet the spin brings us back to the start.

How?

The attainment of seeing all there is to see;  
Leaves us weary of looking.  
Blind of vision .

On hearing all there is to hear;  
We are left with a desire for silence.

Eating all the delights there are to consume;  
We are stuffed, unpleasantly filled  
beyond satisfaction, feeling ill.

The Race for a better career, a better life,  
The Hunt for a better things,  
This can drive us Mad.

Even the rewards of winning...  
leave us no peace.





Therefore the sensible person, is patient.  
Prefers the Inner to the Outer Eye,  
and seeks the subtle essence of things.

Developing mastery of their own mind,  
they sail along the Way of Life.

Passionate ones see excitement and turbulence,  
struggle and gain of knowledge.

Patience sees joy and serenity,  
the flow of Life,  
and feel of knowing.

So, then  
what is the answer to the question;  
Are we to live  
a passionate life and behavior?

Sometimes Yes.  
Sometimes No.





In dealing with people we inevitably take on the role of negotiator from time to time. How we do this is so important to the long term peace between friends and associates.

## **Balanced Agreements**



If the terms offered to end a dispute  
leave an honorable party  
with bad feelings ...

What benefit is the Agreement  
to the Spiritually Fit?

The Sage looks for a balanced settlement.  
Patiently pictures its intent and impact,  
and allows the other party to feel that  
their side is appreciated .

The priority for the Sage is not just the individual,  
but rather the whole.

When compassion and fairness,  
speak to favor one party over the other;  
The Sage contemplates humility,  
and may solemnly choose to  
allow the other party anger.

When necessary, from this position of vision,  
the Sage is ready to take the short  
end of the bargain.

There is no resentment within,  
only the contentment from performing  
a duty with compassion.

Those Spiritually Fit ...  
know both ways.





As we walk through Life, we see persons of nearly every type imaginable. The heroes that we are allowed to see are too often only those with outward courage. To look within, and make changes there, this requires every bit as much courage. Persons that take this challenge are the true quiet heroes.

Life gives birth to both types. Our society glorifies only one. Our Society should mature, and become more like Life Itself. One day we will have the most beautiful civilization.

## **Courage and Judgment**



One with Outward Courage  
dares to die.

With Inward Courage...  
One dares to live.

But either of these  
has a better and a worse side.

And why should we judge them?

Who can tell exactly  
to which qualities heaven prefers?

Who can know when their time has come?

or

Would you claim that Heaven  
should issue recalls?





In selecting someone we would choose to follow, or in imaging the type of leader we would ourselves become, the following consideration, though perhaps unusual, is very pertinent.

## Marks of a Sound Leader



Favor and Disfavor ...  
equal worries.  
Success and Failure ...  
equal problems.

These valuations are not the common,  
this is obvious.  
So, why should any leader be preferred  
who holds to them?

Winning favor burdens a person  
with the fear of losing favor.

Obtaining disfavor,  
a person too often will live up to their label.

Because many people think of their personal  
situation or body as their true "Self,"  
success brings the ailment of Pride.  
Failure the ailment of delusion.

The Sound Leader therefore  
disables both these maladies  
before they sprout !





The viewpoint to achieve for leadership is not one of power.  
Though a good leader will be granted power, they must see beyond  
this. See to a connection with our inner guide.

## The Seeing Root



Would you be a leader?  
Would you also serve the Highest?

Then use the Force.  
The Spirit beyond words.  
The Love beyond logic.

This enables us to go Right.  
Disables our Resentment.

Be so charged with Life...  
with the Joy of Knowing our Essence,  
that you give your people birth.

Be parent to those you lead,  
more than a boss.

Be the always living Root...  
to the things that are.  
Beneath and unseen.

Become the "Seeing Root"  
whose sight goes on to the Infinite!





Placed into a position of power or authority we will likely find weapons (whether physical or political) at our disposal. How shall we reflect when we choose to utilize them.

## **Victory Celebration - a Funeral**



A new weapon  
how great and fine.  
Instruments of evil no less.  
A spread of plague  
to be sure.  
The way for the Spiritually Fit  
is not the way of a soldier.  
In time of war  
people turn from their  
higher to their lower nature.  
Killing and Destroying  
are not measures for the thoughtful  
Not Until, All Else has Failed.

Only then Sad Acceptance of it.  
Triumph is not beautiful.  
To think so is to have  
a will to kill, and those so inclined  
shall know in the end  
their reign was short and confused.

If a battle must be,  
and fate deal you the winning hand,  
conduct your celebration as you would a funeral.

Peace can reign only when leaders  
set their egos and hot heads aside.





The methods of practice discussed in the following ode will be familiar to most of us. What is most likely more rare is putting these methods into daily practice. Savor the journey of Life !

## **Deal Early with Trouble**



Before it begins to move  
Hold it.

Before it develops into a substantial problem...  
adjust and cultivate its' direction.

Drain off water, before the freeze.  
Tend the garden, before the weeds take deep root.  
Spend time and energy with children Today.

You can deal with the calamity  
that has not yet happened.

Foresee harmful events  
and not allow them to be.

The alternative...  
Allow a seed to become a forest of trouble.  
Allow one confused voice to become a gang.

Instead; Today...  
Begin a thousand mile journey  
with your first step.





Know this:  
Quick action will bruise.  
Attempt to control instead of guide...  
and you may lose all.

Therefore, those who would practice sanity;  
Take care not exert one move than can miss.  
Patiently avoid the move that could hurt.  
Know what things they can spare.

Those who walk in peace...  
Don't wish for things that most wish.  
Don't reach for things because  
they seem rare.

Most people who miss or lose  
should have seen the end  
from the very beginning.

That delicate difference...  
Knowing when to guide,  
and when to let nature.

The Sage will practice this art.  
He reads himself before action,  
and sees within - The Clue.





Look around at our society today. I feel it very important to remember that in many ways we have come a long way in the past few hundred years, but look at more recent trends. It is best not to consider society as some huge population of millions and millions of people, but more practically as a community. The friends and associate we meet and interact with each year. Our society is made up of thousands of these mini-communities, scattered throughout the country. These communities are living things that we not only can have an impact on, but that we are actually a part of, and it a part of us.

## **Dominant Behavior or Enlightened Friends**



A Sage does not devise ways to take resources  
or independence from others.

In an Enlightened Community,  
The greater a sensible persons use to others;  
The greater benefit others are to them.

The more that person yields to others;  
The more others seem to yield to them.  
The longer each of its' citizens live.  
The more they seem to know the Way.

The WAY of LIFE is full of mystery and miracle.  
It can separate without cutting.  
It can wither and fade without death.  
It can benefit without harming.  
It gives without contention.





Whereas, today in too many communities,  
young people seem lost to futile contest,  
self centered indulgence and  
***emptiness.***

Older ones are simply confused, lost  
lonely, mistreated and dying.

The WAY OF LIFE is our Teacher...  
It is the example for our behavior  
and guardian of our sanity.

Listen, Learn and Live.





These communities that we each live within, impact our attitudes as we impact the community. Daily chats that we have with one another are the nutrients of this community. If we give into hopeless or negative conversation we promulgate more hopelessness. We do great disservice to our community when we gossip or rumor as well as when we spread opinions of despair or anger.

## **Daily Conversations, Vain or Real**



Conversation can be Real or Vain.  
Real words are not Vain;  
they lead to better understandings,  
well-being & spiritual growth.

Vain words are not Real - they lead to nothing,  
but perhaps hard feelings or  
improper prejudice.

These conversations are those small  
seemingly unimportant "chats" with our neighbors and friends.

A spiritually fit person - we shall call sensible.  
A sensible person is actually wiser than they know.

A foolish person thinks they know more...  
they ignore wisdom.

A sensible person,  
holding daily to their fitness,  
we shall call a Sage.





In these daily conversations,  
we each may become challenged.

The Sage, however will speak their point,  
no more.

Since those that would argue prove nothing,  
the Sage chooses not to argue!





Our community, our friends and associates, are we among those living for ourselves while showing so little respect for others. We can change our own behavior, but how can we influence others?

## The Living Dead



If one adheres to that popular way of today;  
To be bold  
without caring how it may hurt another.

To be self-indulgent  
without sharing ones' good fortune.

To be self-righteous or self-important,  
without facing and acknowledging  
your own shame and  
weaknesses.

This is to be dead to the rest of us.

That One is friendless.

~~~

The Invincible Shield, the power of Caring  
is a weapon from the sky,  
against becoming the living dead.





To speak of death. Do we avoid the thought? How powerful are the subliminal drives issued from our fear of this unknown?

## **No Death to Die**



Death might appear  
to be the prime issue of Life;  
Since we all must face  
this apparently pathetic ending.

So why then  
should we continue to breed?  
Continue the wheel of life?  
The madness to multiply...  
the insanity of sexual compulsion.

Is this it?

There are those persons,  
Spiritually Fit,  
So sure of Life, and how to Be;  
That death is no special issue at all.

No tragedy pursues their mind.  
Calamity breezes past them.  
Worries make no sense.

Why?

They have become Eternal.  
They have no death to die!  
Let our compulsion be Love.





We seek to live forever. Do we see this gift waits our insight?  
Our confusion over who we are is at the core of our delusionary demise.

## **At One with the Garden of Life**



The Unenlightened seek immortality.  
The Enlightened know their Eternal Nature.  
Lost to the delusionary Ego,  
a regular person seeks only  
to sustain their individual existence.

Centered with an ego united with all of life...  
A person, humble, seeks to sustain peace.

Be at one with all of life's harmony,  
Life returning to soil.  
Returning to Life.

Returning to One's roots,  
is Destiny, and  
Destiny is the Constant.

This Constant is our ultimate cure,  
and brings us back to sanity.

Knowledge of the Constant is that Wisdom  
that can give courage to do the right thing,  
and inner peace to accept what we must.

Does this Knowledge not bring us to a place  
Beyond Mortality.

Spiritually Fit, We are Eternal Beings!





Part of the eternal mind, a necessary part, is essentially "ego-less." Necessary because the human ego is isolate and mortal. Because of this vision of universal identity over the identity of an isolate self, the Eternal Mind is bound in harmony with the All.

## **Life's Self Effacing Bounty**



Life has a personality to emulate.  
Bountiful, it lets anyone attend.  
Life's Way is to make no distinction  
between left and right.

Life provides its' many gifts,  
not to show how much it owns,  
but gives without making claim.

Yet, the Grateful, do seem to receive  
more than the Thankless.

And because the Way seems to lack the twist  
of the body in what has been done,  
or the cunning of the mind,  
It goes along like the Perfect Host.

Those Grateful, whether worthy or not,  
appreciate and welcome the Host.

Who, barely appearing to exist  
is there with them each moment.





The soul possessed of the isolate self, how does it propel itself?  
What concepts could possibly keep someone going when the  
energies of their life are spent make misery of another?

## A Rhyme of our Time



If I had any Learning  
Of a highway wide and fit...  
Would I lose it at each turning?  
Yet, look at people spurning  
the natural use of it.

The rich mans' place.  
No "thing" he lacks  
Each day he turns his face.  
While adorning his wife in lace,  
and scoffs the poor mans shack.

The more he gets  
the more he'll seize..  
How can there be such men as these?  
Who never hunger  
never thirst...  
Yet eat and drink until they burst.  
There are other slugs,  
but these the worst.

~~~

***So spoke Christ;  
"Woe to the rich for they have their reward."  
They have committed themselves to isolation and no longer  
have a role in eternity.***





So then, the Soul who would seek the greater Life, who would seek The Eternal; What inner nature can they adopt? What inner values and attitudes can they adapt?

## **Yield Yet Win**



In just the same way  
that the "Soft" nature of water  
has cut and shaped ancient stone.

Find that Way...  
that yields to the opponent... yet  
travels towards the right way.

To Yield, I have learned  
is to come back again.

Many battles to win a war.  
The lesson of compromise  
in a way that keeps to the path  
seems lost to popular thought.

So, the point of the Sage...  
To walk beyond popular thought...  
To find the Way Eternal!





An issue beyond popular thought, one discussed clearly by Christ; is Trust. Forgiveness over judgment is the Way of the Eternal. Distrust breeds more dishonesty, so how and where can we begin to build honesty. Trust can not actually be earned but is a gift from the Soul how issues trust.

## Heart of Love



Spiritually Fit...

A persons heart is not shut  
within their own interests and opinions.

But is open ...  
to others.

They find good people...  
Good.

They find bad people ... good.

If I am honest enough...  
I trust others.

I trust those who are known to be trustful,  
... and I trust liars.

... When I am true enough.

The Spiritually Fit  
feel the heartbeats of others  
as well as their own.

Be like a good parent,  
as well as the rascal child.





When one can live beyond distrust in others, can live beyond pride in ones' own abilities and efforts, then a society can begin to develop where true peace and happiness are things shared, not stolen.

## **Apart from Pride**



One who understands  
how little they know  
is well.

One who knows  
how much they know  
is sick.

If, when you see the symptoms  
you can spot the disease  
Your cure may come quick.

So, the Spiritually Fit  
apart from their Pride...  
take illness in stride.

They allow themselves to heal.





Have we traveled far enough in our journey to give up isolation and the dream of immortality? Are we ready for the Eternal? We will eventually yield our mortal shells and join a stream of being beyond what we think and know. What could be of this present life if we would only yield our mortal egos Now?

## **Born Yielding**



The Human Being  
born tender, and yielding,  
born to Life.

Egocentric beings  
stiffen and harden,  
preparing to become death.

All living growth is pliant  
until death transfixes it.

Thus, those who have closed their minds  
are "Kin of Death."

While, those who wear humility,  
and keep their minds open,  
are "Kin of Life."

The "self assured"  
are doomed to lose.  
The "brittle and dry"  
are selected to be cut down

The Spiritually Fit, like the Physically Fit  
emphasize stretching, and bending  
as well as strengthening.

They always watch.  
for balance!





Is this practice of yielding also the practice of allow everyone to "walk all over us?" Is it to take all the gifts we have as intelligent beings and throw them away, because we do not demand to be heard and obeyed?

## **Water**

### **Example to Humility**

### **Example to True Power**



Consider the character of Water;  
It seems to give way at every turn.  
Daily yielding ....  
yet it commands things that are hard.

It is the constant representative  
of the principle of Yin,  
submissive and obedient.

Over the span of time, however  
and through its' repeated  
and true statement  
made of its own nature....

Water wears down the rock,  
carves it into a new creation,

Though there was no battle,  
this fight of wills...  
It wins each time.

The soft and yielding,  
live to see the rigid fall.  
and so reside content.





Everyone in the world should know this truth.  
But few, very few, have the continual patience  
to put this truth into practice.

The Spiritually Fit have attained contentment,  
and are examples to the following:

They can allow others to see them as submissive and  
incompetent if needed,  
achieving the goal of team work.

Because they can take or leave their ego like this;  
they are worthy to wield great authority.

Though they might then seem to be  
less than honest,  
and twist the truth;  
(allowing others to think them weak)

They are the Most Competent among us.  
They are the most true to the Way of Life.





But we can not always be water-like. We are born human, and must at times sail against the winds in order to avoid calamity. If we always "go with the flow" we too often wind up like the fodder; "Swept down the drain." When placed in a situation where we must stand somewhat against the wind; How shall we keep to the Way, and yet do battle?

## **Attitude for a Battle**



The best captains or leaders  
do not plunge headlong  
into a battle.

They first seek to quell the trouble.  
Seek to fairly resolve the issues.

Only when peacemaking fails...  
then that leader carefully plans their defense.

The best soldier  
is not "Hot" for a fight.

The greatest victor  
wins without a battle.

They are wise  
and overcome others...  
who understand others.

And there is a quality of patience  
that brings others to action...  
action not forced by stress.

Know these things ...  
and know your limitless power!





Throughout life I have found those times where confrontation was eminent to be the most stressful and confusing. My emotions always seem to command the moment, and my emotions seemed to caused the utmost difficulty. There is a wisdom to guide us at these times. I have used this wisdom, and found it to be of the highest value.

To keep a cool head when someone is attacking you, whether physically or verbally, is easier said than done. In order to do this I have found it necessary to develop a habit of moving into the strategy described below. I can not recommend this more highly.

## **Value Your Adversary**



The Wisdom of the Way Tells us;  
not to invite the battle . . .  
accept it instead.

It is better to be a foot behind . . .  
where there is danger;  
than to be ...  
even an inch too far ahead.

So, look your opponent straight in the face . . .  
then; make no move.

Roll up your sleeves,  
prepare your balance . . .  
but do not clench your fists.

Clear your mind of anger and fear . . .  
do not imagine or see an enemy.





But, as long as there remains  
someone against you;  
value and measure them.

As long as they continue  
to pursue you;  
respect them, and be humble.

But, however cunning,  
however powerful & hateful,  
they may be.

Never let them take from you,  
your sense of compassion!

For this jewel,  
this invincible weapon,

**Compassion ...**

Is the one continuing advantage  
that allows you to afford them.

Is the single most powerful tool  
that prevents your defeat.





Though we manage to develop the habit of the honorable battle,  
we do not seek it. We seek peace and harmony between our  
associates and with Life.

## **A Life of Peace**



Sanctuary,  
A place where we have found peace.  
safe from invasion - free of frustration and fear.  
Existence,  
A place where we hope to find peace.  
too often dangerous, and too often filled with fear.  
Yet, existence is all we seem to have.  
We never seem to find sanctuary...  
If not; What Else?  
or...  
Can we be absorbed by a New Way?  
An Existence within Sanctuary.  
A Sanctuary within Our Existence.  
A Life beyond Ours.  
A Life truly Eternal.  
Not an immortality,  
but a Life beyond Our little image of ourselves.  
Seek to save ourselves,  
and we destroy Ourselves.





Lose our self to our Source...  
and We gain Our Own Eternity.  
So then,  
existence becomes sanctuary.

Existence is that in which the "good" person  
carries the responsibilities, and tools of their lives journey.

Existence is that which  
the "bad" person  
uses in order to survive their current malady.

The Socially and Spiritually Fit know  
that clever actions...  
come "Dear" or "Cheap"

To meddle in a manipulative way  
will demand a great cost,  
or produce little blessing.

Goodness, true goodness  
comes Free.  
Is spawned by Grace.

So, How can the good person  
deny the bad  
the right to "Be?"

Of Times Ancient; It has been said:

**Only pursue an offender...  
to show them the Way !**





Again we face daily challenges. We desire to be persons of peace, yet it would seem that Life would have it another way. We are thrown into situations of seeming chaos. How we learn to deal with these situations is so important to our inner sense of peace.

## Face Trouble Sanely



Those who understand the Way of Life...

Do; without Acting.

Effect; without Enforcing.

Taste; without Consuming.

Though there would be many people ...  
to consider,

These will find the Few.

Observing the Humble ...

These will find the Great.

Spiritually Fit ...

they respect their foes.

Face the simple problem...

before complexity sets in.

Wisdom tells us to solve the small  
before it becomes too large.





Observe the Past.  
Could not many of the unsolvable things  
have been prevented,  
when they were small?

Let this be Your Prime Achievement:  
That you find no problem big.  
That within complexity;  
you find that First Step.

If you say "Yes" too quickly...  
you will find yourself contradicted.  
You may need to say 'No'.

If you think a thing can be done too easily...  
you will find yourself contradicted.  
You may find it 'Hard' to do.

However, if you face trouble sanely...  
trouble will not dominate you.  
You will dominate trouble!





All this self realization and growth can have only one true goal:  
A Life of contentment and satisfaction. A Life that produces peace  
... Within and Without !

## **Contentment**



In some communities  
where The Way of Life is understood;  
Parades honor the harvest reaped,  
or family and business victories.

Whereas...

In some cities  
where the Way of Life is not contemplated;  
Parades honor soldiers,  
and encourage more war and death.

Those who become rich in possessions  
become entangled in what they own.

Those who envy the possessions of others  
are bewildered in their inability  
to obtain such things.

Those who take what they can ...  
to increase what they own,  
become resented by their friends.  
and create strife.





So, only that person  
who in their heart  
had contentment from the start;  
Achieves Satisfaction.

That person ...  
assigned to care for another's affairs,  
may enjoy their assignment...  
may respond to the challenge...

That person is not confused or stressed about  
their supervisors reaction.

Their own motives are right.

Their own focus is balanced.

They can't fear blame.  
They are aware of the Way.





Our behavior in relationship with others, our connection to the souls of this world is a sensitive and tender one.

Do we care to reduce suffering and pain in this world? Then our behavior is the only way we can bring our new enlightenment to it.

Do we desire to see the ones we love filled with peace, contentment and satisfaction? Then we can share our insight with them only through our actions and words.

## **Curb Your Tongue**



The Source of Life  
is very much a mother  
merciful and kind.

The Creatures of Life  
are very much Children  
sensitive and learning.

The Sage is fond of  
both Mother and Children,  
but knows the Mother more clearly,  
and so, outlives death.

Spiritually Fit;  
We curb our tongue and senses,  
and we then are beyond much trouble.

Let them loose...  
and we are beyond help.





Discover that nothing is too small  
for clear vision...  
to insignificant for tender strength.

Outlook is looking  
to the future of things  
and seeing what may become.

Insight is looking  
within the nature of things  
and seeing what already is.

Use Outlook.  
Each day, each event;  
Keep the horizon in your vision.

Stay open to Insight.  
All Beings ... Each moment;  
Know the essence of their motives.

Use them both,  
and become invisible to calamity.

Use them both,  
and witness Eternity in your Life !





What is Our internal drive index? Are we so motivated that we encounter each moment, face each day with anxiety? Life balance is to find that place between laziness and aggressiveness. Though there are times for each of these states of our being, if we stay with them too much we lose Our Balance.

To be aware of our laziness is perhaps easier than to be aware of being too driven. Learn to trust Life, and find Balance !

## **Learning and Effort**



Persons anxious for Knowledge,  
add more to themselves every minute. . .

Whereas, Persons acquiring Life,  
lose themselves in life.  
They have less and less to bear in mind,  
less and less that they "must" do.

Why?

Because, Life they find,  
is well inclined, of its own,  
and Life includes them too.

Often a person sways the world,  
like a great wind.  
But not by deeds of their own.





And if to You, there appears  
to be need of motion  
to sway the world.

You have simply . . .  
been left behind.

A drop in the bucket ...  
is what we each truly are.

If however, in that bucket ...  
which put out the fire;  
Is that not glory enough?

Enjoy your food,  
wash your plate and utensils  
when your done.





To find progress for Our growth in the Way to be, we would do well to have a goal. Think of ourselves as the Sage, and then each day, more and more, become one with the Sage.

## Through Perfect Balancing



The Sage is simply Fit.  
Life fulfilled.

In the heart of a Sage  
is a child..

The Sage seems to be  
immune to the poisonous sting of insects...

The Sage is of no interest to vicious dogs.

The Sage seems to apply so little effort  
and yet has certain grasp.

Could speak loudly all day..  
and yet keep a tender clear voice.

This; the person of Fitness does ...  
through perfect balancing;

Being at endless ease  
with everything!

Through no effort!  
But, through living true.  
True to their highest self.





To give yourself a goal greater than this..  
brings improper motive,  
and the illness of self ego.

We have heard:  
"Where there is a will...  
there is a way."

Rethink this saying:

Will is not the way at all.

Let Life ripen...  
then Your effort is small.

Your harmony more sure.

The chance of injury, much less.

Look for right timing.  
Use each thing's own momentum  
to make a change.

This is The Way of Life!





## Our Inner Guide



The following is a written discussion by a venerable disciple of kindness and the pursuit of the Divine. The subject is our relationship with our individual connection to universal consciousness; *God, Our Angel, Our Inner Guide*

In proportion, as this contact (with Our Guide) establishes itself, the Sadhaka (disciple) must become conscious that a force other than their own, a force transcending their egoistic endeavor and capacity is at work in them.

And to this power they learn progressively to submit themselves.

In the end, their own will and force become one with the Higher Power; merging them in the Divine Will and its transcendent and universal force.

The Sadhaka finds ***Their Inner Guide*** thenceforward presiding over the necessary transformation of their mental, vital and physical being with an *Impartial Wisdom* and *provident effectivity* of which the ego is not capable.

When the Human ego learns to trust itself to that which transcends it, that is then its salvation.....





The Inner Guide, a World Teacher,  
destroys our darkness by the  
resplendent light of Its Knowledge.

That Light becomes within us,  
the increasing Glory of Gods own Self-Revelation.

The Inner Guide is often veiled at first  
by the very intensity of our personal effort  
and by the ego's preoccupation  
with itself and its' aims.

As we gain in clarity,  
and as the turmoil of egoistic effort gives place  
to a calmer self-knowledge,  
we begin to recognize the source  
of the light within us.

We feel the presence of a supreme Master...  
Friend, Parent, Teacher.

We recognize it in the essence of our being  
as we develop into the likeness of,  
and a oneness with  
a greater and wider existence.

For we perceive ....  
that this miraculous development  
is NOT the result of our own efforts,  
but that an Eternal Perfection is molding us into

***Its' Own Image.***

Sri Aurobindo





## **It could all begin with You !**

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Since true foundation  
holds strong through many storms  
a thoughtful son or daughter  
remembers the examples of their Parents.  
Parents who lived true.

Seeking harmony with their Higher Self  
Spiritual fitness had its start.

Guiding the family of their parents home...  
Fitness multiplied.

Inspiring the neighborhood in which they lived  
Fitness gained in weight and sphere.

Influencing the town that grew about them  
Fitness blossomed its many gifts.

And so, the Fitness  
of only one soul;  
You find in the home they began.  
You find in their neighborhood.  
You find in their town.

How great the blessings  
of so small a seed.

Why should you care  
for this honorable example?

Because, It can all begin with You !





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<a href="#"><u>84) No Death to Die</u></a>	<a href="#"><u>101) Contentment</u></a>
<a href="#"><u>85) At One with the Garden of Life</u></a>	<a href="#"><u>103) Curb Your Tongue</u></a>
<a href="#"><u>86) Life's Self Effacing Bounty</u></a>	<a href="#"><u>105) Learning and Effort</u></a>
<a href="#"><u>87) A Rhyme of our Time</u></a>	<a href="#"><u>107) Through Perfect Balancing</u></a>
<a href="#"><u>88) Yield Yet Win</u></a>	<a href="#"><u>109) Our Inner Guide</u></a>
<a href="#"><u>89) Heart of Love</u></a>	<a href="#"><u>111) It could all begin with You</u></a>