

THE
DOWNHILL
TRILOGY

JAY

***I. I WANT TO GO SOMEPLACE...
BUT, I DON'T KNOW "WHERE" IT IS
(Aimless Wandering)***

II. WHAT YOU ARE...I AM, TOO!

***III. BEYOND...
THE GARDEN OF EDEN***

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known as life-on-Earth.

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To the Spirit of Pat for Its *inspirational* motivation

other books by JAY

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The UPHILL Trilogy (*poetry*)

1. Broken Cookies and Other Tragedies
2. If You Weren't Immortal, I'd Kill You!
3. It's Too Bad You're "Not" Special

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***I WANT TO GO
SOMEPLACE...
BUT, I DON'T
KNOW
“WHERE” IT IS***

(Aimless Wandering)

INTRODUCTION

Welcome to the first volume of *The Downhill Trilogy*!

This is a collection of poetry about me (Volume I), you (Volume II) and us (Volume III) as I descended the mountain known as Earth-life, after struggling for seven years, on my way from human to mystical (not psychic) consciousness. These are about *eliminating* “struggle” in living.

These volumes are “exposures” of my, and our (as I perceived it), ego’s thoughts and feelings as it ascends to a correct perception, or a “right-mindedness” (since true knowledge is unknowable on Earth)—wherein, there comes a peaceful gentleness and a loving kindness with which we each identify in our Heart-mind.

I Fail as an “Earthling”

*For many years
I put on my body
and went to school and work.
But, now I know
I can't take this costume party
that we call “life”
serious...anymore!
I guess...
I fail as an “earthling.”*

The Purpose of Time

*Can you believe
that the only purpose
for time in our world
is to learn to be
calm and quiet?
(How else would you react
if you only “lived” in a dream?)*

This Is What Brought Me Here

*I looked down
from the mountain top
in the dark of night
and saw a small house
all lit up and warm inside.*

*I wondered who lived there
and what it would be like
to be part of their family.*

*“Welcome to earth-life!”
(Be careful what you dream about
because it might come true...for you!)*

Children in the Sandbox

*All the games we play:
business-people, teachers,
government officials
are just roles we adopt.*

*Life is like watching
children in the sandbox
as I'm sitting on the park bench
loving them all the while,
but choosing not to play
in their games of innocence.*

What You Get...

*is often not
what you want,
but it usually
provides what you
need to learn,
and learn you must...
because that's what
you came to Earth for.*

*So, onward and
beyond-ward we go
until we come
together...again.*

I Am the Monastery

*A couple of times
it has been said,
“You belong in a monastery.”
to which I replied,
“There is no reason
to go anywhere
for I AM the monastery!”*

Listening & Hearing

*I have to allow myself
the time to listen
to hear the messages
of my heart,
because everythingelse
is just noise.*

*In the quiet,
the messages are so loud
that nothingelse is heard
but the feeling of Love
and wholeness all around.*

Reincarnation Is Now

*Contrary to what we believe
reincarnation is
another “dream”
that takes place now.
Since we awake
in the morning
from our “sleeping” dream,
realizing that it took place
in another “awareness” of now,
why is it so hard to accept
that a dream of a past life
also happens now?!*

The Lesson (Part 3)

*The lesson is not
what you learn,
but how you feel
when you're learning it.*

The Ritual Traders

*Oh, what spiritual games
we play.
I'll trade you my way
of "seeing"
for your mantras,
meditation, yoga and
"things."*

You Hate Me Because...

*you see me as
carefree and invulnerable
like you wish to be.*

*Isn't it funny
how we dislike the good
in someone else
when it's the very thing
we want for our self?*

*Oh, how child-like
we can be.*

See It “Not-Real”

*To “forgive” the world
and anyone in it
is to recognize,
to “know again,”
the truth about
this “dream” called life
and to see it not-real.*

What “I” Think

*What I think of you
is none of your concern,
because it only comes
from limited perception
of you and me as bodies.*

Constancy

*Constancy is all I
search for on Earth
in hopes that some day
I'll find others
who only want
peace of the Heart.*

*The difficult part
of the lesson
becomes not-listening
to our ego scream,
"Here's something new
and interesting over here!"*

I'm Madder...

than "heaven"
to the insane
because this is
"hell-on-Earth."

Pulled the Plug

*It would be my
greatest pleasure
to be the one,
who pulled the plug,
that ended this life
of lack and limitation
called the physical universe...
not to be a saint
in the ego world
but to end
the pain and misery
for us all.*

Prisoner of Earth

*Without any games and dreams
of my own,
there's little for me to do.*

*Many times I feel like
a prisoner of Earth
trapped in a "fantasy"
of death, deceit and destruction.*

*Oh, how many times
have I hoped that
it would end soon.*

Isolation

*I don't like isolation
and feeling separate
from those that I love,
but if I won't play
in their fantasy games
called "life-on-Earth"
then I feel alone
on the mind-level...
the only real place
to be.*

Life

*Life is a state of mind.
Mine has been one of
pain and deceit
trying to believe in
something I'm not.*

*Now I quit...
in hopes that
total peace
will arise
to end this
misery inside.*

Opposites

*Hate
is not
the opposite
of love.
Indifference is,
because
you have to
love someone
in order
to hate them,
otherwise
you just
wouldn't care.*

How and Why

*When you realize
that the world
we live in
is but a waking dream,
the “how” and “why”
things happen
is not important.
Afterall...
when we wake
in the morning
we don't ask
how did our “sleeping dreams”
happen...
we just accept them
for what they are
and go on!*

Food

*After awhile
when you've tried
many kinds of food,
even the best
gets boring and mundane
whether eating out
or at home.*

*So...
I'll have my
bread and water
when I get hungry
while I am a
"prisoner on Earth."*

Meeting Anyone

*It is always a pleasure
to walk the Earth
meeting anyone
along the way
to share
a moment's
exchange of pleasantries
in a very
holy encounter
in which we
"acknowledge" each other.*

Something New

*As long as we have
something “new”...
a new toy,
a new playmate,
a new sandbox,
a new taste-treat...
we continue to
distract our selves
from our mission
on Earth...
until the day
when no-thing
matters again.*

I Need a Partner???

*Having explored many
corners of the Earth...
intimate relationships,
work and fun experiences...
I now find
my only pleasure
to be walking
among the children
playing in the sandbox
loving them as a parent does.*

*(My mother says,
"You need a partner.")*

The Way

*Love is the way
of the ordinary mystic.
“Acceptance” of another
and the way life is
is the real expression of it.*

*Why would we attempt
to correct a dream
and make it real?*

*The mystic watches
but does not react
and gently and quietly
loves us all.*

The Prize

*Every thing
on Earth
has a price.
What are you
willing to pay
for the loss
of peace and joy
when you can't
trust the ego
of anyone
of Earth?*

Miscreation

*There's no such thing
as "creation" on Earth
beyond Love's expression
in one's mind.
Everythingelse
is just "miscreation"...
facets of the dream.*

There Comes a Time...

*when you stop
reading and listening
to others
and just...
follow the
gentle peacefulness
of your heart.*

Funerals...

*aren't for the dead.
They're for the living
to attempt to absolve
past guilts with the deceased
(who could care less).*

Coast Downhill

*There comes
a point
in time
when...
you don't
take life
seriously
and coast
downhill.*

“Everything” ...

*they ever
told you
about...
“the world”...
is a lie!*

*Do you
ask how
things happen
in a “sleeping” dream;
why then,
in a “waking” dream?*

Demonstrate

*Do as
I “do,”
not as
I “say”...
that’s how
I lead
the way.*

Individuality

*Beyond...
the belief
of boy and girl,
you and me,
lies the heart
of the problem:
the belief in
“individuality.”*

Who Raised the Men?

*Wasn't it
the women
(the mothers)
who "raised"
the men,
so who
has a
complaint
about the way
men
treat them?*

Responsibility...

*is our ability
to respond in only
a “loving”
(accepting) way
to every thing
we “made ”
here on Earth.*

Off

*Everything
takes place
in my own
ego-mind
and is
played-out
in the world.*

*Gosh...
I wish
I could
turn it...
OFF!*

To Turn It Off...

*is to make
the world “real,”
so I guess
I’ll just
have to learn
to accept it
and forgive it
(as in overlook
or not-focus
upon it)
so that
it can fade
on its own.*

It Sounds So Simple...

*to just say,
“Overlook the world...
treat it as
you would a dream.”*

*But I have been
playing human
so long,
I forget
to not-react.*

*(Now...I want
to forgive
my self.)*

Guess I'll Have to...

*stop taking
any thing
here on Earth,
seriously or unhappily
(including you...
and your ego-act);
otherwise,
I might give
the "impression"
that I've been
hurt and injured
which is not-true!*

Don't Forget

*The lesson
of Earth
is...
don't forget
this is
a movie
"called" life,
but is actually
a dream
of "death."*

Practice “Remembering”

*No matter
how I
look at
life
on Earth,
it all
comes down
to this:
practice
“remembering”
what
you are.*

I'm It!

*Can you
believe it
that it
all comes
down to
learning
there's
no place to go,
nothing to do to be
because
I'm it!*

Less Personal

*The less
“personal”
my interactions
with people
become
the more
love and
gentleness
I share
with them.*

Houseman Available...

*to help
you get
your “house”
in order.
Only modest
“accommodations”
requested.
Stipend...
as appropriate.*

*I look forward
to serving You.*

Cat in the Freezer

*When I awoke
in the morning,
I got up
and found the cat
in the freezer
still toasty and warm.*

*“How...
did he get there?”
you ask.*

*“I don’t know,
nor do I care!”
(Anything’s possible
in a dream.)*

Drunken Party

*Have you
ever been
to a party
where you
were the
only
sober person
there?*

*Well..
welcome to
my world.*

All Death Is Suicide

*Since all
death is
suicide,
I wonder
what I
have planned
for my
departure
from Earth.
(I hope
it's not
just another
scene change.)*

If Jesus Came Back Today...

*we would
not listen
to him
any more
than we did
2000 years ago,
so we
wake up
bit by bit
when we
want to.*

Wears Me Out

*To “talk”
on the
earth-level
about
earthly-things
wears me
out...
so now,
I’ll wait
until guided
as to
what
to say.*

Only Volunteers

*There are
“no victims”
(only volunteers)
because we
always have
a choice,
which we
sometimes
don't realize
until later.*

Innocence

*What is
the Face
of Christ?
It is
the face
of innocence
that we
understand
and accept
in an
“unknowing child.”*

Never Save...

*anything
for
tomorrow
because
now is
the only
time that
you're here.*

Confidence

*When I
become
confident
(in Spirit),
I do
not attract
others
to me
in an
“ego-level”
way.*

If I'm Going to Be...

*a writer,
I have to learn
to always make my self
available to "listen"
to the spiritual interruption
of my earthly-ego game.*

Just “Doing” It

*No matter
how we
look at
life,
we are
always just...
“doing” it.*

It's Nice...

*to not
have to
be a
poet or
an author,
but a
free spirit
who "writes"
or...
(in this case)
listens!*

For Me

*I guess
I have to realize
that I'm "responsible"
for bringing everyone
(by my request
based upon
my attitude
about my self)
into my world
to play the roles
they have for me!*

Going In

*When there's
no one
to talk with
here on Earth,
then you can
only "go in"
and listen
to your
higher Self
(in your mind).*

Leaving the World Alone

*Since our world
is our own
individual miscreation,
I guess I'll just
decide to wake-up
and let it "be."*

A State of Mind

*Life is
a state
of mind.
However
we want
to look
at it,
is how
it “is.”*

*(I choose
to see
only love
and the
call for it,
today.)*

The Trick...

*to life
is to
never let
anything
bother you,
no matter
how small
or large.*

*(Afterall,
why be
affected
by a
movie?)*

Silence

*Could it be
that since this
is a movie,
the best course
of action
for me
is to sit
in silence...
and just
watch it?*

There Comes a Time, Also...

*when you cannot
read another book,
listen to another
tape or person.
The only one
you can “hear”
is You.*

Always Ready

*When the time comes
to listen to your Self,
you have to surrender
to be “always ready”
to hear You.*

After “Hello”

*What do you do
after you say “Hello”?
Absolutely, nothing!
Just listen and
you will be told
what to do or say.*

Always Taking Direction

*No matter
where I am
or what
I am doing
I am always
taking direction.*

Charmed Life

*It has become
increasingly clear
that I lead
a charmed life
where I follow
my intuition
and go wherever
it leads.*

Aimless Wandering

*I have this desire
to be with everyone...
to just visit
and say "hello" ...
to love them,
but not get
caught up
in their drama.*

Introspective

*As much
as it
is painful
to examine
our troubled mind,
I guess
I volunteered
to play
the introspective
poet-type.*

My Script

*Since I wrote
the script,
is it so unusual
to believe
that everything
that occurs
is indicative
of the life
I chose.*

No Home

*I have no home
on Earth,
and that's why
I have this sense
of not belonging here
and feel like wandering
until I go "beyond."*

Depression

*My ego has been
trying to keep me
in depression
(which is self-hatred)
for many years
in hopes that I'll
yield to "it" and die.*

Commitment

*Until I put
100% intention
into having
or doing something,
EVERY moment,
it will not occur.
(Life is an all
or nothing proposition.)*

Isn't

*No matter
how "intelligent"
I get,
I will
never be able
to tell you
what "is."
I can only
tell you
what "isn't"!*

WHAT YOU ARE...
I AM, TOO!

INTRODUCTION

Hello again—and welcome to Volume II! This one is about you—as *I see you*, of course. If you remember, in the first book I explored how I saw my self. Now, I look at my self based upon *my* “perception” of you. (Everything on Earth is subject to personal interpretation and is invalid as an indicator of *true* knowledge.) In essence, you are my mirror, and by looking closely at you, I learn more about my self.

Since “it takes one to know one,” this is a very revealing process. No one can truly know one’s self without someone else to look at and live through since it always takes “two” to validate a thought or an idea. Without another, you would not exist in separate human/physical form.

So, come on along as I explore my thoughts and feelings towards my loving relationship partners. Maybe, you will see some of you in me. Another person to explore and share your feelings with is truly a blessing.

I Just Wanted to Be “Your” Best Friend

*It was great being
your lover and companion,
but while here on Earth
I just wanted to be
your best friend
(you were already mine)...
to take your hand
and walk home in peace
beyond our dream-like
ego state of mind.*

Time to Grow-Up?

*When you consider
the amount of time
you can save everyone
by first waking-up
and then growing-up
by remembering
above all else
What you are
and demonstrating that
for all the rest,
anythingelse
is mere child's play.*

Who Are You?

*We both know what you are
in the Spirit of your heart,
but when you are with others
you become like their act.*

*So, the question now becomes
who are you...in the quiet?
I have seen You there.*

Drop Your Game

*I would like you
to drop your ego-game,
not to take on mine,
but to just stop playing
long enough for us
to go all the way Home.*

Everything You Know...

*about the world
you made up!
Now, I hope
you realize
that everything
you've ever been told
about the physical universe
is a lie!*

An Apology

*I hope you will accept
this apology for my forgetting
the truth of what you are
and focusing on your humanness.*

*Forgiveness would have me see beyond
and remember the invocation:
“Do not see error...
do not make it real.”*

*I am sorry for making
your fantasy real.*

Defenses

*Defenses of any kind
are weapons of the ego
to protect its childish dream
and keep you locked in hell.*

*Defend anything or anyone
(including your ego-self)
and you lose everything...
not to mention all of us,
because we all go Home...
together.*

My Greatest Pain...

*is to watch you
walk back into the dream
to play in the sandbox
rather than continue
to keep your eye
focused upon the Truth
by demonstrating peace
in all your thoughts and actions
and walking with a singular purpose
toward Home.*

Not As You Are

*I see you
not as you are
as long as
I focus on
your humanness
which is only
a role we
“made” together.*

Wasting My Time

*If you're not
willing
to silence
your ego
and listen
to me
from your heart
then I'm just
wasting my time.*

Love and Hate

*You have to
“love” me
in order
to “hate” me.
Otherwise...
you just
wouldn’t
care...
at all.
(Didn’t
you know
they are
the “same”?)*

My Hardest Lesson...

*is to
not react
to you
when you
do heartless,
insensitive,
and selfish things,
and to remember
that I
“miscreated” you
that way!*

Greatest Teachers

*Our greatest
learning lessons,
and often,
the most difficult,
come from
our family
and closest
lovers and friends.*

*That's why
they are
our saviours
as we turn them
from enemies
into friends.*

I Would Give Everything...

*to see
your innocence
all the time...
to never notice
for an instant
anything but love
coming from
your eyes.*

*I pray
that time
will be now
and forever.*

Brought You

*Since I
brought you
into the world
to play
in my
ego-script
called “life
on Earth,”
the least
I can do
is to
take you
Home.*

Walked Back into the Dream

*You sobered-
or woke-up
long enough
to realize
that this world
is nothing
more than
a “dream,”
and then,
you walked
back into it...
again!*

Your Ego...

*can never
be trusted
to keep
our relationship
alive...
as a matter
of fact,
its sole purpose
is to keep
us apart.*

Come Home

*I love you!
Please...
come Home
and stay,
and let
your ego go.*

*When you've
fulfilled all your
childhood dreams,
I'll be waiting...
for You.*

The First Time

*If you
don't catch
what I say
the first time,
I don't remember
what
flows-through-me
to be able
to repeat it*

*(Please learn
to listen?!)*

Why?

*Why start something
if you're not
going to finish?!*

*Why did you "call" me
into your life
if you didn't want
to finish our relationship?*

Why Do You Ask?

*When you wake
in the morning
and you realize
that every thing
you went through
was a “night” dream,
why do you ask
“how” or “why”
things happen
in the “day” dream??*

Our in Your

*Did you
ever notice
that your way
is “our” way?*

*(Sorry...
you can't
do anything
for just
the “elf”
in your
self!)*

Trust

*You will be
everything
I “trust”
you to be
(and nothing
less).*

Do You “Really” ...

*want me to
share with you
and let you know
how I feel,
or are you
just going to
get mad and
take what I say...
personally?*

Kids...

*when are you
going to grow-up
(wake up)
and become
responsible adults?*

*(Could it be...
when I
forgive you and
let you “be”?!)*

Correction

*Since I...
put you
into my life
to act as
you do,
it is
a mistake
for me
to make
any correction
of you.*

Most Respectful

*The most
respectful
thing you
can do
is to
listen to
your heart
and follow
what it
tells you
to do.*

The Swan

*Casting off
your human ego
you have grown
from an
ugly duckling
into the
spirit of
a grace-full swan.*

Thank You...

*for sharing
my life.
Without you
I never
would have had
the opportunity
to forgive my self.*

Waiting for You

*I miss you.
Please...
come "Home"!
I'll be
waiting
for You
here...*

*(Have fun!
But...
don't take
too long,
as I might
be gone
before you
come back.)*

The Boogeyman Is Dead

*No longer
do I
have to
fear
the boogeyman
because
he is
dead.
(Goodbye, Dad...
I love you!)*

Teach Your self

*If I
make you
uncomfortable
when I
teach you
anything,
then you
will learn
to teach
your self.*

The “Image” ...

*of you
is our
mis-creation.
My task
now is
to see
beyond
this
to the
innocence
that you
are.*

Your “Real” Friend

*While on Earth
you may appear
to have many
friends...
but, I'll
always be
your “real”
friend
knowing
the truth
about what
you are
and willing
to help
you find
your way.*

Spiritual Plebeian

*You coined
the phrase:
“Don’t be a
spiritual plebeian.”
Then you
walked back
into the world
and...
became one.*

My “Only” Contribution...

*to you
is to
unconditionally
love you
in hope
that my
presence
in your
life
helps you
to tell
the truth
to your self.*

When I'm Ready...

*you will
show up
in a
new role,
or mood,
to teach
me about
my guilt.
And if,
I've done
my lessons
well
I'll just
overlook (forgive)
your act
and love you
unconditionally.*

In the Morning

*I loved you
in the morning
when your hair
was a fright
and you had not
a stitch of makeup on.*

*Now do you know
that I love you?!*

Again

*When I
can't get
through to
the "real"
part of you,
I'd like
to take
your "ego"
out back
and
shoot it.*

*(But then,
I remember
that I
helped make
this "act"
of yours,
and I
forgive you
and me...
again.)*

Gifts

*The only things
you can give me
are your peace and joy,
because I have
everything...
including my own.*

Generosity

*You have been
the epitome of
generosity.*

*There is nothing
that I have wanted
that you have not provided.*

Thanks for Leaving

*Thank you
for leaving
so that
I could
devote all
my attention
to becoming
the vehicle
for love
that I
most wanted
to be.*

Gone Away

*Whenever
you get
caught up
in your ego,
I feel
so lonely
because
my best friend
has gone away.*

Call Your self

*If you can
call your self
on your own game,
then you'll
be eternally free.*

All Love...

*is of
God...
no matter
how much
we think
we love
each other.*

*Until we
find Him,
we really
haven't
found love...
at all.*

In a Wink of an Eye

*In a dream
anything is possible
and...
you can be gone
in a wink of an eye,
and I'm left here
feeling all alone
because I have
placed my whole belief
in existence
here with you.*

You Were...

*the greatest:
lover,
playmate
and friend.
(What's left?
God!)*

The Greatest Feeling...

*is the desire
to surrender
to You
and be
willing
to do
whatever
You want
to make
us happy.*

The Greatest Inspiration

*I used to think
that you were
the greatest inspiration
of my life.*

*Now, I've come
to know that
it is my Love
for you.*

Fantasy

*My love
for you
is only
a fantasy
that I
have created
about you
(except...
it comes from
the very Source
that is us.)*

Devastation

*When you
forget what
you “really” are
and walk back
into the dream-world
of the human mind,
I have such
a horrible sense
of devastation.*

Married

*As long as
you are “married”
to your ego,
focusing on who
you think you are,
we can never have
a real relationship
(unless...
I choose to remember
what you are).*

Into Your Eyes

*In my heart,
I want to look
into you eyes
and say,
“Stop being
a spiritual
plebeian!
Drop your
ego-crap
and let’s
go Home!”*

Your Essence

*You can
change
every part
of your body
and I
will always
be able to
feel your essence.*

Seeking Truth from Less

*As a
truly mystical
person,
why
would you
seek information
about others
and the
physical world
from ones
who know less
than you??*

The Best Of You

*Since I've met
the best of you,
nothing less
will do.*

Ascend

*I know
You...
to the
bottom
of your
heart
as I
ascend
to the
bottom
of Mine.*

So Much Like You

*I am
so much
like you
in our
mind
that when
you go
down,
or up,
I do,
too!*

Afraid

*I have always
been afraid
to really
let you know
about all the
wonderful things
you are to me
for fear
of not
measuring up
to the expectations
that I
have placed
on me
through you.*

Sticks and Stones

*No matter what
your ego says
of me,
I will always
truly remember
what You are...
and I am, too.*

Sincerity

*You have
a sincerity
deep in
your eyes
that exudes
such love
that I've
never known
before...
and it
draws me
close
to you.*

What You Were...

*doesn't matter.
What you "are" ...
does!*

The Return

*When you climbed back
into your ego-act,
I used to have a fit
because I lost contact
with the real You.*

*So, now...
I sit here
remembering You
and You return
in my heart.*

Clarity

*When I look
into your eyes
my “advanced” friend,
I see a clarity there
of reality beyond
the physical universe.*

If I Don't Have Much Ego...

*how can I
be attracted
to you
except by
the Spirit
of your being
(where
sexuality
plays
no part).*

Withdraw

*When I felt
your over-reaction
in the form of anger,
I discovered my own,
which was to withdraw
emotionally from you
rather than dealing
with my feelings.*

Ego Dreamers

*The “dreamer” in you
loves the dreamer in me
when I get all caught-up
creating games to play
in the sandbox.*

The Fear of Love

*No matter how unconditional
my love is for you
as long as you listen
to your ego's self-created
fear of love,
by reminding you
that you're not worthy
because of the guilt
you feel buried
deep, deep inside
for believing you
separated from the All,
the love we are
remains apart.*

If You Choose Distractions...

*to listen to your ego
call you to play
in the sandbox
with old worn-out
games and playmates,
you will lose the love
that can take you Home
(not to mention me, too).*

*Where we go together
in our loving state of mind
goes the world
and all those around us.*

Isn't that worth it all?

Saying and Doing

*It is an ancient thought
that people either say or do.*

*If you talk about what you do,
then you call for love
(not believing in your Self).*

*How many times you have tried
to tell me how your ego is.*

*But, I do not care one bit
because I know you in your heart.*

*And, your heart speaks
louder words...silently.*

*(Whatever you say
you're doing...
you ain't!)*

The Way and the When

*You can't have love
the way you want it
and when you want it...
but, you can give it
and in so doing,
experience what real love
is all about.*

Sexual Manipulators

*Believe it or not,
you and I...and others...
are sexual manipulators
preying on another's
weakness or innocence
to gain our ego's
body-pleasure fantasy.*

You Hate Me...

*because...
in your heart
I've been telling you
the Truth about the world.
And your ego/humanness
is angry at being exposed
and doesn't want you
to accept the fact
that you're scared of Love.
(But, you do
have to love me
to hate me!)*

As Long...

*as you
let your ego
(through fear)
control you
by trying
to fulfill
any
of its desires,
it will
sabotage
our love...
forever.*

Professional Actor

*You are the
professional actor
in my life
who has come
to play this
wonderful role
of my past
in a different
form...
otherwise,
You're just
an angel.*

My Agreement...

*to you
is to
never volunteer
any thing
without first
“asking” you
if I
might share
my ego thoughts
of you
with you.*

BEYOND...
THE
GARDEN OF EDEN

INTRODUCTION

At last, we come to the final chapter (Volume III) in the “Downhill Trilogy.” As you recall we looked at the world (our state of mind) by focusing on me and then you. Now, we will look at us—the process of how we interact based upon our ability to rise above the drama (i.e., romance/adventure) or get caught-up in our humanness—our “specialness.”

Every human being wants to be *unique*, but we don’t realize how that hampers our ability to join on the mind-level with another. It is only by *unfocusing* on our physical world and our body-identity that we can *begin* to understand the surrender necessary to achieve constant peace and happiness. Ultimately, we will see *everyone* as “special” rather than just one special lover (but, we all have *special* learning-partners that we call lovers).

This book is about that inner journey to learn from our special love relationships, those inadequacies (i.e., beliefs) that we (mis-)create in our mind, so that we can release them by learning not to take them serious and to laugh at ourselves.

Is “Control” Love?

*Our little ego selves
only “love” what we can control.
We are only interested
in those who will play
in our sandbox our way
to help us perpetuate our dreams,
and sometimes
that means making you
the “hero” of my dream
giving my control to you.*

Symbology

*The only difficulty
we have here is
we “get into” the symbol
rather than listening
and hearing the message.
(We’d rather idolize
the messenger, the book,
the process or procedure.)*

Silent Contract

*No matter what happens
between you and others,
you have a “silent contract”
with each and every one,
whereby we agree to play together
to learn lessons and share experiences.*

*In this process,
unbeknownst to our egos,
we absorb on the mind-level
the wants and needs of others,
which become our own,
in order to play this game together.*

Once Joined...

*on the
level of
the mind,
we are
forever...
and all
thoughts of
truth and love
transfer
continually
between us!*

Hiding

*Everyone
wants to
be loved
for “what”
they are,
yet...
we all
hide behind
our belief
that we
are a
body.*

Liars

*Could it be
that we
just do
not...
want to
“know”
the Truth
because
it spoils
our “fantasy”?!*

Thanksgiving

*No matter
how our
relationship
ends,
I hope
that we
can always
find love
in our
heart
to be
thankful
for each other.*

Bring Love

*No matter
how we
slice it,
we only
came here
to bring love,
which is
“our” sole purpose
for being here.*

More Acceptable

*Having understood
that we come
into this world
knowing
we're going to die,
why do we consider
one form...
more acceptable
than another?!*

“One” Dreamer

*Since there
is only
“one” dreamer
(the Son of God)
dreaming
the dream
that we
live in,
what are
“we” but...
figures in
his dream
that have
taken on
a life
of our own?!*

“Beyond” the Garden...

*of Eden,
there lies,
in the
state of mind,
an existence
of togetherness
where there
is no longer
you and I.*

Imitators

*The longer
and closer
two people,
such as lovers,
become
the more
they imitate
each other's ego
so they can
learn to
forgive themselves.*

Joining

*Because I feel
I have such
love for you
I want to
join with you.*

*But, that is
not possible until
I lay down
my belief in
my humanness,
and then
I will be
with you.*

Children

*When we
are both
acting like
children,
neither one
of us
can come
to the
rescue
of our
relationship.*

At Least One Thing

*Every body
in my life
knows
at least
one thing
that I
do not,
and that's
why
everyone
is "my"
teacher.*

Riding Out the Storm

*If we're going
to be in a
relationship that lasts,
we have to be able
to ride out the storm
and "accept" our partner's
need to fulfill all
their ego needs first
before we can walk
back Home together.
(Our real relationship
is with our Spirit
from which comes
our own inner strength.)*

Taken Care of

*“Everyone”
wants to be
taken care of
because we
believe we
are alone
in this
dream called
life-in-a-body.*

Helplessness

*There is a
terrible sense of
helplessness
when your
spiritual partner
gets caught-up
in their ego
and you can't
communicate
with them.*

Stop Running Away

*How easy
it is
to avoid
looking at
the depth
of the
problem
that we
created.
But now,
I want
to stop
running away.
(How about you?)*

No Pride

*There is
no pride
in Love.*

Getting Along Here

*If we want
to get along
here on Earth,
we better not
express an opinion
or make a
verbal observation
to anyone who
doesn't request it.*

Troubled Minds

*Could it be
that all our
poets and
song writers
are nothing more
than our collective
troubled minds
that are here
to point to
the error of
our ways.*

Alone

*We came
into this
world alone,
and we
go out
the same
because...
this is
a dream
of “separation.”
(We’ve never
been together
in it.)*

100% Intention

*Until we
both desire
to surrender
and put
100 %
of ourselves
into our
relationship,
we have
nothing
but a
“partial”
learning experience.*

The Process

*Entering a
relationship
we start
with respect
to go on
to friendship
and achieve
intimacy
until we
finally
surrender
and love
all we can.*

Interrelatedness

*Until we
appreciate
each person
and thing
in our lives,
we will not
understand
the interrelatedness
of it all.*

Smoothly

*When every
thing goes
smoothly,
we hardly
notice that
we're here
(which is
not a
bad way
to be).*

No Longer You and Me

*In the calm
and the quiet,
there is no longer
you and me...
but only the
essence of Spirit
that is all of us.*

Stillness

*In the peace
of our joined minds,
I am reminded
of the beauty
of the stillness
that surrounds us all.*

Support

*My intent
is to be
unconditionally
loving
so that
you feel
supported
and open
to examine
the truth
about your
own humanness.*

Freedom

*When our
relationships
are healed,
we move on.*

*And now
I'm eternally
grateful
that you
have set
me "free."*

Not Allowed

*If we are
going to keep
the peace of
our relationship,
we can not allow
one shred of an
insane thought
to be “accepted”
in either mind.*

Why?

*Why do
beautiful
relationships
end?
How
or why
does
anything
happen
in a
“dream”?
(It just
does.)*

My Commitment to You...

*is of
the Spirit
and will
forever
hold you
in the
consciousness
of the
Heart.*

Empty House

*Without you
this is
a very
empty house.
By ourselves
we have
nothing
until we
fall deep
inside
to the
place where
He rests.*

A Wonderful Distraction

*You provide
a wonderful
distraction
for me
to keep me
from realizing
that I'm
trapped
in prison here
called life
on Earth.*

Unpredictable

*As close
as we are
in Spirit,
as long as
we're here
on Earth,
our egos
are always
unpredictable.*

*(But...we
came here
to help
each other
work through
our humanness
and forgive it.)*

The World of Innocence

*As God becomes
our only love,
our only focus,
the physical world
fades away
to be replaced by
the world of innocence.*

When Not to Trust

*As long as
your partner
is focused on
their humanness,
you will never
be able to
put your trust
in that side
of them.*

*It is only
when they
come from “Love”
that you can.*

Care to Go...

*wandering
and meandering
through life?
I'm not
in a hurry.
Are you?*

Our Time Together...

*was always
relaxed and
peaceful.
It was
a place
where time
didn't exist
and the
unhappy world
disappeared.*

True Love...

*comes when
you fall out of
“being-in-love”
with the other
and you feel
their essence.*

Calling All Mystics

*It's time
to grow-up
and be
what we
truly are.
So...
we're calling
all mystics
to shed their
human beliefs
and rise...
above.*

Crossover

*Once we
go beyond
our humanness
by looking
at all of it,
there is a
crossover
where we're
no longer
"affected"
by the world.*

Exposure

*After we
have exposed
it all
and accept
that we
made it,
then all
judgment
goes and
we live
in peace.*

Children of the Sandbox

*We have
come to
play in
the sandbox
(of life)
to return
to the
innocence
of our
childhood
to love,
forgive
and...forget.*

Rise Above

*When we're
caught up
in our
childishness,
one or
the other
has to
stop and
rise above
to the
Spirit
inside.*

Weepy

We all
*go through
periods of time
where we feel
“weepy” inside
and the tears
seem to flow
for no reason.
Well, it’s just
our letting go
of being
“in control”
and losing
our ego.*

Behold

*There is
nothing
for us
to do
but learn
to “behold”
each other
as we
really are.*

Fade Away

*There comes a time
when we reach
a clear understanding
of what we are
and all the fantasy
fades away
and we are “free”
to just be.*

Reincarnation?

*Isn't it
more important
to reclaim
our eternal
formlessness
of the One
than to "recycle"
our Spirit
into bodies?*

Ego Games

*If we
learn to
identify
our ego's
by names...
other than
our own,
then we
could pile
all our
guilt
onto them
and walk
away free.*

Distraction

*When we ask of
all things, situations, and people
“What is it for?”
then we’ll see that
it was nothing
more than an ego
distraction.*

Heroes and Idols

*When our
heroes and idols
show their humanness
in any form of weakness,
then...
our egos turn around
and walk away.*

Children's Games

*When we
can give-up
all desire,
then we
can begin
to have
a real
relationship...
until then,
it's all
just...
children's games.*

Spiritual Discernment...

*is achieved
when we
see only
the real
essence
of those
in front of
our eyes
and let them
just be
as they are.*

Clinging...

*to someone
is clinging
to our fantasy
of them,
not their
reality.*

Beholder

*My only
desire at
this point
is to
be a
beholder
of the
spiritual
essence
of you
and us
all.*

Secrecy

*Keeping what
you know
about your Self
to your Self
is the essence
of a spiritual master..
sharing your Self
only when
called upon
to do so.*

Our Reality

*My consciousness
reaches out
to your consciousness
until we meld
in Spirit
and become
the consciousness
of Love
that is
our reality.*

No Love...

*comes through us
until...
we lay down
our special
desires and needs
and let
the consciousness
which is our Higher Self
into our heart.*

Dropping In, Dropping Out

*It is
far easier
to drop in
to spiritual
consciousness
than it is
to drop out
and to try
to climb again.*

Your Brother's Keeper...

*spiritually...
is what
you are
and you
help maintain
his awareness
of Spirit
by realizing
your love
for him...
instead of
forgetting it!*

We Are Responsible...

*for maintaining
our awareness
of God and the
consciousness
of Love
for our children
and the universe.*

Desperate for Love

*We are all
“desperate”
for love!
That’s why
we came here.
We want
so badly
to be joined
(our original
state of mind)
that we
struggle physically
to be together
in spite of our
“ego’s” separate
desires.*

Obsession...

*is when
we get
caught-up
in our dream
and forget
that it's
not real.*

*When we've
played it
all out
and become
unaffected,
we will
leave it
behind.*

The Ability to Look

*It matters not
what we've done.
It's the inability
to look at our selves
that keeps us
trapped in Hell.
Once we do,
we are free
from all guilt,
so long as we
acknowledge all
of our fears.*

To Be Still...

*is learning
how to silence
all “personal”
desire and will
so that
our true Self
can direct
our lives.*

Pain from the hearth

*The only thing
that most people
know how to do
from the HUMAN hearth
is to suffer
or be in pain...
without it,
many
would never
“experience”
any feelings
at all.*

Being

*If it didn't
seem like
such a
waste of time,
we'd all be
hanging around
just "being"
since there's
nothing to do.*

The Artist's Inspiration

*Pain from
not knowing
one's Self
is the artist's
inspiration
to search
outside himself
for his inner Self.*

Completion

*It's crazy but,
when we get
to the point
of completion
we turn around
and start
all over again.*

Nobody “Knows” What They’re Doing

*It’s rather comical
when you realize that
nobody “knows” what they’re doing.*

They just “think” they do.

*Because in Reality,
they’re not doing anything.*

*They’re just killing time
until they get tired and bored
with the toys and drama
of the physical universe.*

*All their pleasure
and pain senses
become saturated...
and, enough “is”
enough.*

In the Dream Alone

*It is so hard
to give up
your presence
in my life
when I
have gotten
into the “habit”
of having you
here.*

Brotherhood

*To feel
like your
brother
and trusted
friend
is the
only gift
I can
have
with you.*

Together

We are
*in this
together:
you,
the reader,
and me,
the writer.
(Thank you
for sharing
my life.)*