

**THE**  
***UPHILL***  
**TRILOGY**

**JAY**

***I. BROKEN COOKIES  
AND  
OTHER TRAGEDIES***

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***II. IF YOU WEREN'T IMMORTAL,  
I'D KILL YOU!***

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***III. IT'S TOO BAD YOU'RE  
"NOT" SPECIAL  
(A Handbook for Lovers)***

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To Sally, Susan, Robin, and *most of all*, Pat

*other books by JAY*

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***BROKEN COOKIES  
AND  
OTHER TRAGEDIES***





## INTRODUCTION

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

This is a collection of poetry about me (Volume I), you (Volume II) and us (Volume III) as I climbed the mountain known as Earth-life, over seven years, on my way from human to mystical (not psychic) consciousness.

These volumes are “exposures” of my, and our (as I have perceived it), ego’s thoughts and feelings as it ascends through struggle and striving 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.



## When

*When I loved you,  
you ignored me.*

*When I gave you flowers,  
you forgot me.*

*When I requested love,  
you denied me.*

*What is ingratitude...  
but the fear of being loved!*

## Double Meaning

*A book of poetry to cover  
...the essentials.*

*I wonder if  
they'll catch it?*

*It is not knowledge,  
but...perception.*

*It's just like...  
coming and going.*

*Bringing me cookies and milk  
is...one way.*

*(What an appropriate place  
to put...a cookie box!)*

*Damn!...  
I hate broken cookies.*

## Addictions

*Aren't they for my little self?  
All these crazy wants and wishes,  
Often overlooked are the gifts that are given;  
Yet my desires have created a world of madness;  
Why do I hang onto these addictions  
Unless it's the fear of being not in control?*

## The Past Is Gone

*What can I not forgive  
since it is only the past  
that can be forgiven;  
and the past is gone,  
so...you are always  
forgiven!*

## Sorry, Kids, But All There Is... Is God!

*How do I tell all the children  
that all their hurts are not real;  
that all their joy is of the heart  
that keeps them safe all the while.*

*Sorry, kids...but...*

## Under the Influence

*“What will you trade me for the world?*

*What can you give me that’s not already mine:  
wine...women...or song?*

*What can you part with, without losing your self?*

*Will that car, home or jewelry keep you secure inside?*

*Why want anything but love...  
to keep you warm and secure?!”*



## “Real” Communication...

*is listening  
and “hearing”  
your Father,  
your brother,  
your Self.*

*Please don’t forget...  
to “tune-in,” again.*

## Pretty People

*Lovely to look at...and admire;  
how come no one dares to go...inside,  
and see how lonely and loving we can be?*

*Staunchly we parade...our pretty faces,  
in an effort to conceal, the love we do not feel.*

*Have you ever...felt “ugly,” about your self?*

*Then...now you know, how we feel.  
Isn't it terrible to think,  
you are unloved and unwanted,  
when all there is, is to be held...inside?*

## Every “Body” ...

*has its price:  
two kids, a new home...  
a new car in the driveway...  
maybe, it's “just to be comfortable.”*

*It makes no difference...  
what it is...  
we all have our price.*

*What are you worth...  
here on Earth?*

## Rocking Chair Syndrome

*I looked over at her...and she, back at me,  
"It's nice to be with you." (I smiled inside.)  
"Peace and tranquility is all that really exists...  
between you and me."  
"How nice...to be...together...to be alive."*

*Back and forth in the warm, still-night air...  
went our rocking chair.*

*Strange...to think that one has to be old  
to appreciate the calm and quiet of just "being" here.*

*Being less than half-way to our eighties,  
it's nice to know that we don't have to "grow old,"  
just to appreciate the world from our rocking chair.*

## Make Every Day...

*Christmas,  
and you will see  
that when you  
give of your heart,  
only your desire to be...  
a small gift in their life  
not apart...  
for only a moment or two  
to say "Hello" to you.*

## “Hello”

*There's nothing more to say.  
If you listened, with you heart,  
then you heard me, deep inside.  
Now you know, how I feel.  
And I wait and listen, to you, too.*

Gentle, Giving, Kind...

*are words I use to describe  
the Love that I see in You,  
or is it the Love I feel inside?*

## What Are You Afraid of?...

*that I'm prettier than you,  
that I have more intelligence,  
that my personality is more pleasing?*

*Why do you judge your self?*

*I love you and accept you as you are.*

*Maybe, if you stop being afraid,  
you will find that you are all  
that you think...I have!?*



## The Trade-In

*“What can I get,” asked I,  
“for a slightly-used lover?”*

*“Probably everything!” answered my Father.*

*(“Where shall I begin?” thought I.)*

*“Why not at the beginning,” said Father,  
“with total peace and harmony?”*

*(My mind began to search for its desires.)*

*“You might want to remember,” He said,  
“when your wishes are fulfilled in the end,  
you get to come back to the beginning...  
and start...again.”*

## Is That All There Is???

*“You mean all I ‘feel’  
I should do...I should do?”*

*(“Yep...that is all  
there IS to do.”)*

*“I just have to follow...  
my feelings?”*

*(“No matter what...  
you can’t go wrong!”)*

*“What if I make...  
a mistake?”*

*(“That’s impossible...  
if you are not,  
‘in control’  
and you...ain’t!”)*

## Learning to Listen

*If I learn to listen...  
to what I say to you,  
then I will learn from my Self.*

*Listening to what you say,  
tells how you feel about You.*

*Learning to listen  
is learning to be...together  
with your Self...and another.*

## See How You Are

*At first it seemed rather strange,  
to see my self, as you are;  
but, now it's actually funny,  
to realize that what I see as you  
is really me in disguise.*

*And, since what I think is you  
is really me in another form,  
you and I must be one  
since we're...the same.*

## Peer-Pressure

*To be appreciated by you  
was all that really mattered,  
so I did what it took  
to become so much like you  
that I had forgotten  
what I am...all about.*

## The Dream

*To “know,” that this is but a dream  
is to realize that we are free  
to play whatever part we wish.*

*How wonderful it is to know  
that no matter what you decide to do  
you can always change your mind...*

*and come back home...to reality.*

## “Big Daddy” in the Sky

*Sorry, kids...but all there is...is God.  
Whatever, and wherever, you are...He is.  
He and you...in the beginning...were one.  
It's a “silly” idea...of separateness...being two.  
That is why...on Earth...Love...requires two.  
You are never alone...in heaven...but one.  
On Earth...a “giver” must have a “receiver.”  
In heaven...the “Thought of Love” extends...always one.  
You must have guessed...a “state of mind”...heaven is.*

*Since...Love, which is all there is...is us,  
God is no longer...“Big Daddy”...in the sky.*

## Escape

*If I “talk” a lot  
and you “do” a lot,  
what’s the difference?*

*Aren’t they both escapes  
from listening to the  
peace of the heart?*



## Ask

*Since no one can understand  
the meaning of my words  
as I do...myself,  
isn't it better to "ask"  
than to "tell"?*

*Won't I then learn  
what my friend knows  
since I already  
know what I know?*

*So, when I talk my talk  
all I'm learning  
is from me to me,  
teaching me to me.*

*And didn't I come here  
to share and learn with you?  
(I'd better learn to "ask.")*

## Sharing

*How is it possible to share  
since I've my perception and you yours,  
and we never see eye to eye?*

*Could it be that all we "share"  
is the peace of the Heart  
when we turn our lives over to God?*

*Does it matter at all  
how we come to that point  
or if we walked there alone?*

*Do we have to arrive there  
before we can share,  
or is just wanting that goal  
as our only earthly desire  
all that is required?*

*"Do you want to share  
the peace of God with me?"*

## Solitaire...

*is my favorite game  
because it reminds me  
of what we do here.*

*We seem to play with others  
but we really just  
“play” with our selves,  
“creations of our perceptions,  
mirrors of our lives.”*

## Perception Is...

*the inability to see  
eye though eye;  
to hear, ear through ear.*

*When you tell me  
what you see,  
I wonder if your words  
mean the same  
as they do me.*

*So, maybe I'll just  
sit here  
in peace and quiet  
and...love you.*

## Love Unconditionally

*How many times have I thought  
that I knew a better way than you,  
so on and on I rambled  
hoping eventually that you'd agree  
that my way was the way to be.*

*But, now I've come to see  
that you see and hear differently than me,  
AND now I can love unconditionally  
because what I see in you is me  
striving to live "separately,"  
rather than wanting to do for you  
beyond any thought of me.*

*When I really allow myself to love you,  
there is nothing I won't do for you  
because doing for you is how I love you.*

## Indulge Our Ego

*Until we can clearly accept  
the truth of our mission here  
to forgive each and everyone,  
then we do nothing  
but indulge our ego  
by believing in something  
that we are NOT.*

## Desire for Separation

*If I desire anything at all,  
then I assume God is lacking  
and knows not my needs...  
for wouldn't you give everything  
to your children if it were  
in your power to do so?*

*Therefore, what I want must be  
some thing "separate" from He!*

## Now That I Understand...

*the truth about what I am,  
how to keep it foremost in my mind  
is the “task” at hand,  
but maybe that’s the key  
make no effort and...BE.*



## Isn't There...

*someone out there  
(or is it in here)  
that just wants to be  
and will quietly sit  
and watch "The Movie"  
with me?*

## The Purpose

*We seem to make  
many journeys  
which are all  
the same...  
the journey  
to “surrender”  
personal desire  
for the gift  
of total joy  
and peace...  
and having not  
a care at all.*

## The Argument, The Contradiction

*Since we don't perceive ourself  
when we have an argument with another  
or when we contradict ourself  
from moment to moment  
in what we do or say,*

*The only way we can live in peace  
is to forget what the other  
did or said a moment ago  
and see them anew...  
because it is only  
our past that we see  
when we're not in harmony.*

*If you refuse  
to see IT...  
my way,  
it is only  
because...  
I am refusing  
to see...yours.*

## The Controller

*To keep it your way  
is it not necessary  
to watch over it...  
night and day!*

*The question  
now becomes  
“what”...  
is the controller?*

## The Urge...

*always goes away  
when we wait  
a moment or two  
to take our mind  
to another place  
away...from time.*

## Have To

*I am sorry  
to tell you  
but you don't  
"have to."*

*You only  
"want to."*

*It's only  
'cause you  
"fear to"  
that you  
think you  
"have to."*

*Now I choose  
to only do  
what...I "want to."*

***IF YOU WEREN'T  
IMMORTAL,  
I'D KILL YOU!***





## 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. (Please keep in mind that we are looking for the *cause* of the manifestation—the fear—not the behavior itself as most psychology does.) 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.



## A Figment of My Imagination

*I used to want  
to jump all over  
your case  
when you lobbed junk  
into our life.*

*(If truth be known:  
I'd kill you...  
if you weren't immortal!)*

*But, then I remembered  
that you are just  
a figment of my imagination.*

## I'd Just Like Your Attention

*Quite frankly God doesn't give a damn.  
Who could feel anything, really, about a dream?  
Don't we just mill about, playing our parts?  
The giant picture show is our entertainment.*

*Anyway... "I'd just like your attention:  
Don't forget to show up for rehearsal!"*

## Time Has Stepped Aside Today

*The past is over.  
The future is yet to come.  
There is only now,  
And now is...forever.  
Time has stepped aside today.  
Welcome...to eternity.*

## The Quiet

*In the quiet,  
is where  
I really  
come to  
know you.*

*Our words  
only deceive  
our true  
understanding  
of the feelings  
of the heart.*

## Cravings

*Sometimes when all these ideas come  
my ego screams:*

*“Remember you’re a body.  
I’m hungry...feed me.  
I’m horny...let’s get laid.  
I’m useless...let’s go to ‘work.’”*

*Could these distractions be  
that “it” doesn’t want us  
to recognize how abstract we are  
(that we’re just ideas of ourselves  
that have taken form  
and have come to life)  
and find out that  
we are responsible  
for it...all.*

## Idols

*I watch you praise  
and idolize another  
while my ego  
gets jealous  
(feels threatened  
that it's going  
to get traded  
for another).*

*Yet, isn't that  
what we do  
when we  
single-out another  
to be "special"  
in any way?*

*Our relationship  
ultimately depends  
upon accepting  
each other  
as...the same.*



## The Past

*One of the greatest things  
to realize*

*Is that what we see  
in each other*

*Is only our ego past  
playing an act.*

*If I would learn not to  
react to your act*

*And remembering that your act  
is my act,*

*Then I could be free  
and go home.*

*Our sole responsibility is  
to learn what we are*

*And what we see  
with our eyes*

*Is only our act  
from the past.*

## Thinking & Listening

*You think you think,  
but more accurately,  
you just “make” images  
in your mind  
that come to life  
thanks to the power  
of your request.*

*So, from now on  
please just listen  
and the Love  
in your Heart  
will remind you  
of What you are.*

## Over-Sensitive, Over-Reactive

*You seem overly sensitive  
to some things I say and do.  
Then you seem overly reactive  
with the authority of anger  
when you acknowledge this.*

*Could it be I've held up  
the mirror of your desires  
to control and have the world  
"your" way?*

## As These Words...

*hit the page,  
I remember  
the love  
that you  
have given me.*

*Beyond this moment,  
I pray that  
I'll always remember  
the inspiration  
that loving you  
has brought  
when reading  
these thoughts...again*

## Letting Go of the Past...

*will not entail  
forgetting the love  
that you are.  
But it may require  
that I forget the things  
that you did.  
Because it's not  
the things that you did  
that are important,  
but the love behind them.*

*And now, I hope  
I'll always remember  
the love you inspired in me  
or maybe I should say  
the love inspired by my Self  
through my love I saw in You*

## Creativity?

*You mean...  
you really think  
that “imaging in”  
lack, limitation  
and stuff that  
ends and dies  
is creativity?*

*(Please...  
don't “think” again!)*

## No More Escapes

*What happens  
when there are  
no more escapes,  
no more things  
and people  
to get lost in?*

*It's time  
to feel  
the quiet...  
filled with  
the loving  
gentleness  
that Love...is.*

*Be willing!*

## Meaningless Words

*These words  
can never  
express  
the meaning  
and feeling  
of the love  
that I am  
and have  
for you.*

*Only in  
the quiet  
can we share  
the peace  
that comes  
from what  
we are.*



## To Lose in Love...

*is to lose a “dream”  
while here on Earth.*

*It can be given us  
to remember  
(when we’re willing)  
all the love  
from the center  
of our very being.*

*Only our ego  
is frightened  
that to lose “form”  
we lose our selves  
to but gain awareness  
of our true selves  
and to love  
“being” in our Mind.*

## Panic & Depression

*Sometimes when I feel  
like you have gone  
out of my life,  
I can't swallow, talk  
or utter any sound  
because I'll start to cry.*

*The fear from the panic  
and the depression from the loss  
of my trusted and loving friend  
is like a heavy cloud of oppression  
throughout my entire body.*

*A feeling of "no reason to live"  
pervades every corner of my mind.*

*(Time to stop taking life serious!)*

## Leaving It Behind

*The feeling of oppression  
from the depression  
of the physical loss  
of my trusted friend  
was so overwhelming  
that I thought I'd die.*

*(I guess I fooled  
my self...again!)*

## Volunteers

*Do you know that you volunteered  
to put me through this misery  
by walking out of my life?*

*Can you believe that I am  
a volunteer for punishment  
to keep chasing you so hard?*

*I'm almost sorry I see  
how innocent you are.  
Otherwise I wouldn't be forced,  
by the Spirit inside,  
to continue to try  
to walk by your side.*

## One Nice Thing...

*about all this depression  
from fearing your loss:  
it taught me once again  
to never unappreciate anyone  
so close in my life,  
for even a moment,  
because my ego might get  
its wish for change...  
when I really want  
more of the "same."*

## Vanity

*Want a big laugh?  
Well, there's this woman  
who told me true (?)  
that she was not  
into "things."*

*Then, how come  
she won't go outside  
without her makeup,  
ornaments and clothes  
just so?*

## Your Face...

*shows such innocence  
that I know  
I could never  
wilfully harm you  
in any way.*

*I'm in love  
with your innocence.  
(I hope your ego  
can forgive me!)*

## A Gift for You

*I have a  
gift for you  
it is called  
“time for introspection.”  
Will you accept?*

*I want so much  
to give you this gift.  
Because, as you will tell  
from the words on these pages,  
it is taking time  
for introspection,  
listening to your Spirit,  
that gives the insight  
into your fears and self  
that sets you “free”!*



## You Made It...

*the “fear,” I mean.*

*I can't take it away,  
but I can bring it  
to your attention,  
so that you can look at it.*

*That's all you need to do  
in order to have it gone  
from you!*

## Thank You!

*Did I ever  
say thank you  
for the fears  
and other stuff  
that your mirror  
showed of me:  
dependency,  
infidelity,  
running away  
and escaping  
through places,  
careers and people.*

*If not...  
thank you!  
(They're gone!)*

## I Cannot Hold On...

*as much as  
I would like  
to help  
and guide you.*

*Now, is the time  
that I learn  
that Spirit  
guides you.*

*My task was  
to bring Him  
into your life  
and uncover  
your fears.*

*You are free now!*

## Set You Free

*No matter how much  
my ego loves your company  
someday I must let you go  
and...set you free.*

*I trust that somewhere  
deep in our mind  
I know we exist,  
not as you and me  
but as...One.*

*He will guide us  
in our heart.*

*So, how about  
walking along  
the road with me  
and...kicking rocks?*

## In My Mind

*It's hard to believe  
that by my desire  
to give you love  
and your willingness  
to love me, too,  
we have joined  
in my mind  
and that's all it takes  
to make you real for me.*

*To know no separation means  
that there is no longer  
you and I  
but only...us  
which is really  
the "we" of me!*

## Uncovering Hate

*Since the  
special “love”  
you have  
for me  
is nothing  
more than  
a “mask”  
for the  
guilt-created  
special “hate”  
underneath,  
I’m glad  
you angered  
yourself enough  
to uncover it!*

## Sex Is Attack...

*because it says  
I must keep  
my image of you  
as a body...  
and, I know you  
to be so much  
more than that.*

*So, if we have  
sex now and then  
I hope you'll forgive  
my innocent child  
for playing in  
your sandbox!?*

## When You Lose...

*your temper  
I see  
the “hate”  
that your  
ego hides  
under your mask  
of “love.”*

*No longer  
is your love  
unconditional,  
as it screams  
“How dare you  
uncover my act!”*



## Manipulation

*When you  
raise your temper,  
you are  
attempting to  
emotionally  
manipulate me  
into submission  
to which I  
have reacted  
in the past...  
so, GO AHEAD  
try it, again!*

## Infidelity

*If you are  
so concerned  
about the possibility  
of infidelity  
and the ultimate end  
that it would bring  
to our relationship,  
then, maybe you  
should look  
at your guilt  
for your past.*

Maybe...

*the problem  
my ego  
has with yours  
is that  
mine “thinks”  
it’s better,  
smarter,  
and more  
efficient  
than most.*

*And...  
out of habit,  
I forgot  
that I’m  
not “it”!*

*(Forgive me?!)*

## The Savior

*No one  
but you  
can save  
your relationship  
because you  
believe your self  
to be  
less than you are.*

*So...  
isn't it time  
you realize  
what you are  
and...become It?!*

## Smoke-Screen

*All this  
stammering  
and yelling  
is just  
a smoke-screen  
to cover up  
that you're  
scared to death  
because  
your ego  
fooled you  
into being  
ashamed  
about my  
observation.*

## Exposure

*Looking at your act,  
I can see how you  
hide behind your ego.  
Your ego-act hates me  
to hold up your mirror  
and ask you about  
what you do or don't do  
because it tells you untrue  
that you should be ashamed  
of what you are on Earth.  
But...I am here  
to expose it  
as just your "act"...  
not You.*

***IT'S TOO BAD  
YOU'RE  
“NOT” SPECIAL  
(A Handbook For Lovers)***





## INTRODUCTION

At last, we come to the final chapter (Volume III) in the “Uphill 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.



## The First Meeting

*Did you know  
that when we first met  
(when we looked into  
each other's heart)  
that was our highest contact?*

*And from that point,  
we fell to earth  
to judge each other's  
work of art,  
to play in the sandbox  
we call life,  
to look into the mirror  
of me played by you  
and to go beyond the guilt  
that "ownership" entails,  
because...*

*it's just...  
a DREAM.*

## What Else?

*I am...*  
*we are...*  
*God IS.*

*There is nothing more!*

## I Love You...Jill

*Onto its ground you may walk  
...but above it you are!*

*Be steadfast in your search  
for the internal force of peace  
...it's like rain returning home.*

## Your Love

*Being “in love” is being aware of Love.  
When you are in love, you are happy and inspired.  
When you are inspired, life takes no effort  
...has no cares.*

*God is Life, and God is Love.  
Being “in love” is being “in God.”  
You are “in Love” forever...just be.  
(It’s nice to be “in Life” with you!)*

## Our Minds Are...One

*It all began with One,  
yet it seems we are many;  
what can have life but the mind,  
for the body has none without it?*

*Since we were created by the Mind,  
we began in the Mind of One.  
The mind has no boundaries  
and is therefore, free and limitless.*

*Our minds join in that  
free-flowing Spirit of the universe.  
Can you not see  
how our minds are...One?!*

## The Adaptives

*How strange it seems  
when I act differently  
than I feel inside.*

*Maybe it's not me  
that's playing my role  
when we're together?*

*We see in others  
what we are inside.*

*How else could I  
play the role of you  
unless I was your mirror?*

*But then, could life be  
anything but a classic case  
of multi-dimensional role reversal?*

*Actors of each other's lives!*



## For My Mind

*You said you  
wanted me  
to love you  
for your mind.*

*Well, I do,  
but only...  
for my mind.*

## The Peace and The Joy

*Joy is the expression of love.  
Peace is the acceptance of it.  
Together they are life...  
for they are the loving of it.*

## Respect

*I thought to love you was all,  
but now I've come to know:  
to respect you  
for what you are  
is better by far.*

*I remember your innocence  
in the soft glow around you,  
telling me of the gentle love you are.*

*I stood in silent, prayerful thanks  
of the majesty that you represent  
ever-mindful of His gift of love.*

## The *Power* to Choose

*Isn't it time  
to give yourself  
permission to choose  
from your heart?*

*After all...  
isn't that where  
your power resides?*

*If we'll only  
take the time  
to listen to it,  
not using  
our ego-mind  
to remember the past,  
and choose the power  
to love...instead.*

## My Best Friend...

*of course,  
is my Self.*

*But, now I've found  
that you listen  
and judge me not  
with your heart.*

*So, now I'm free  
of much ego-guilt.*

*Thanks to you  
who became  
my "spirit"  
of the heart.*

## Do What You Will

*Since your “will”  
(from the center  
of your heart)  
is the Love  
that you are  
“expressed” ...  
all you need do  
is “Love...  
and do what  
you will!”*

## The Romance Is Gone

*The romance is gone!*  
*Yeah...the wicked witch is dead!*

*(Do you really think  
there's a difference?)*

## Lust or Love?

*What's it going to be...  
lust or love?*

*"How can you tell?" you ask.*

*If no one...  
lifts up her skirt  
or pulls down his pants  
after the other hits you  
with a "verbal" brick...  
it's probably love.*



## Giving to Yourself

*All these thoughts and ideas  
are gifts to myself  
from our Mind.*

*And the realization comes  
(when I see with “real” eyes)  
that learning to listen to  
and sharing them with you  
is giving to **my** self.*

*What I do about them  
is the real lesson;  
for to “do” anything  
(more than listen and learn)  
is an “ego game.”*

## Learning to Love...

*is learning to  
not react,  
not value judge,  
not analyze,  
not have an opinion,  
not be impatient,  
and...on and on...*

*but...most of all  
it's learning to  
not be attached  
to "the movie"  
when the scene changes  
and the actors and situations  
come and go.*

## Learning to Listen (Part 2)

*Learning to listen  
is one of the greatest  
lessons to learn,  
for we can only  
understand what comes  
through our own heart.*

*What comes through  
my mouth can only  
be understood as  
it was intended  
(through my ear)  
by my mind.*

*What comes through  
this print right now  
can only be understood  
(through my eyes)  
by my mind.*

*What you hear  
and see from me  
can only be understood  
through your own interpretation  
of your own self miscreated  
(cont.)*

*and limited perception  
based upon your “limited” projection  
of your self as an ego-body.*

## Wanting and Needing

*Sorry, folks!  
there is no  
difference between  
wanting  
and needing.*

*Lack is lack  
no matter  
how severe  
or preferential.*

*The allness  
of the mind  
as the  
awareness of Love  
is all there is...  
to truly learn.*

## The Message

*It doesn't matter  
what the message is  
behind the words  
in your songs, poems  
or great dissertations;  
whether you speak in tongues,  
whether you make wonderful art  
for any body but you,  
because the message is:*

*"You are IT!"  
(But...you won't  
know IT...  
until you feel IT.)  
The "experience" of you  
as IT...is IT!*

## Selective Remembering...

*is not of my own.  
It comes from my heart.*

*It is where I remember  
all the loving things  
that you do and are.*

*(Now...you know  
my ego would never  
do THAT!)*

*I learn to see  
all the love  
that you are  
when I take  
time to reflect  
on what you are.*

## The Keep

*Every one  
sees himself  
in another.*

*Therefore,  
you are  
very special  
(as is  
everyone)  
because...  
I am you  
and you...  
are me.*

*So now...  
I'll keep you  
or...is it me?*



## Uphill...Downhill

*It's been an  
uphill struggle  
getting us  
to this point  
of looking at  
all our fears.*

*Too bad...  
we didn't know,  
from the beginning,  
that that is what  
our relationship  
was all about.*

*(Care to coast  
downhill...now?)*

## Judgments...

*are decisions  
we make  
based upon  
the preferences  
in our  
ego-mind.*

*Value judgments  
are our opinions  
of right or wrong,  
good or bad,  
pleasant or sad.*

*So long as  
we place  
no “value”  
on our judgments,  
they have no  
emotional slant.*

## The Real Commitment...

*is to search  
the recesses  
of your heart  
and discover  
**what** you are.*

*For when  
you do,  
you are  
so secure  
that you  
will never  
have to  
make a  
commitment  
...again.*

## You Have To Laugh...

*at the absurdity  
of it all.*

*We struggle  
to avoid  
the Love  
that we are  
to be  
silly fools  
of fear.*

*It's amazing  
that we're both  
"near-sighted"!?*

## Distractions...

*are those “things”:  
jobs, people  
and games  
we involve  
ourselves in  
so that we  
don’t have  
the time  
to reflect  
and look in-ward  
to discover  
what we are,  
and what we  
have to give.*

## Movies

*Wouldn't it be wonderful  
if we would only  
look at life  
like we do a movie?*

*Just observe it,  
don't take it to heart,  
and then move on  
to the next scene!*

*There comes  
a point in time  
when we stop doing,  
and just watch  
THE movie.*

## When I Take Time...

*to sit here  
and reflect,  
I take time  
to see  
the REAL you  
and me.*

*Maybe...  
the next time  
there seems to be  
an emotional crisis  
I'll just  
sit here patiently  
and wait...  
for your mind to clear.*

## Avoidance & Running Away

*Avoidance is what  
we do before  
we get involved.*

*Running away  
is what we do  
after.*

*They're both  
the same;  
just different  
points in time.*



## It's Time...

*to grow up  
(wake up)  
and stop  
re-acting  
to each  
other's "act."*

*"How...  
do I  
do that?"  
you ask.*

*Just stop...  
and realize  
that if  
you "defend"  
your trying  
to save  
your ego.*

As Long...

*as it's  
not condemning  
or blaming,  
it's not  
an opinion  
or value judgment.*

*It's just  
an observation!*

## In the Quiet

*When we're  
all alone,  
it's only  
in the quiet  
that we learn  
to listen  
and reflect back  
upon our past  
to uncover  
all things and people  
that we've  
not forgiven.*

## The Intellectuals

*I talk my talk  
and you do yours.  
Since in perception  
we are separate  
and can never share  
the same understanding,  
we're just moving our lips  
to our own tune.  
(Talking is a habit  
we ultimately do without.)*

## Do You Think...

*that now that we  
have uncovered  
the special hate  
masked by  
our special love  
for each other,  
that we can be  
grateful to each other  
and continue to walk Home  
in peace and harmony?!  
(Oh, come on...  
be a sport!)*

## The Greatest Time

*I'm having  
the greatest time  
just lying here  
"listening" to  
these thoughts of mine.  
And now,  
I hope  
that you are, too,  
reading...  
these thoughts of mine.*