



of RoberT.



"A privilege and pleasure"
that describes the best attitude toward life
or, more accurately, living
which, I'm reminded, is a verb rather than noun
something we do rather than have
a process rather than possession
an experience, an experiment
a story that takes a lifetime to tell

But who is the teller?
Who is the listener?
And why wait 'til the end to find out if we lived happily-ever-after?

The secret – and privilege - lies in being grateful for what we have while we still do

The pleasure comes not from doing our best but the best we can do and being content with the result as the best possible outcome - better than we could ever have imagined, and exactly as the gods planned.

Living is a verb that exists only in the present tense and cannot otherwise be conjugated.

It's what you're doing while you're doing it.

1/13/08 1/14/08

Fear management
an end in itself
accomplished by faith & trust
focusing on the present
living from the heart rather than head
becoming willing rather than willful.

It involves both accepting <u>AND</u> letting go ... no wonder it's so confusing ... difficult and daunting more scary in its own way than fear itself.

It involves embrace of vague feelings over obvious facts, the willingness to carve a path rather than follow the trail, and sometimes to live in solitude rather than be alone in a crowd

Fulfillment is not simply elusive.

It is evasive.

Hard to find

and even harder to hold on to,
enough to make us afraid to try.

If seeking rest at its source
is so logical
why do so many look elsewhere
with such determined urgency,
as if they convinced others
they'd believe it themselves
but instead apply too much persuasion
- desperation by another name —
turning flashing yellow lights red instead of green
making us less-rather-than-more relaxed
and entirely unrested.

These always seem to involve ways of doing rather than being;
bringing in from the outside than out from the inside; thinking rather than feeling; spending rather than saving; self – rather than other – focused; from the surface rather than the depths; toward the short-term rather than long; tending toward exclusive rather than inclusive, with at least as much potential to instill pain as joy.

Fortunately, we have a choice and it lies somewhere between these opposites.

Learning when, where and how to make a difference
- in our own lives or others' —
is easier than figuring out why.

It seems too obvious,
then obviously not,
as methods and motives become so intertwined
that it's hard to tell up from down,
left from right
and
wrong.

Ironically, change begins with acceptance and becomes more likely with growing appreciation of how the status quo gets that way.

More irony?

Maximum results requires a degree of minimalism,
brute force delicately administered,
deftly implemented
gently assuaging.

Leverage is required.

Also:
principled pragmatism,
calm confidence,
strong faith,
good luck
and
intestinal fortitude.

1/21/08

not knowing

wondering without wandering

accepting the void
without allowing fear to devalue,
degenerate
devastate

letting the moment in and difficulties pass with or without understanding

devoid of rationality
lacking sense, common or otherwise,
not permitting the seepage of doubt
to erode our confidence
or commitment,
deflate our currency,
confound our thinking
undermine our momentum.

1/24/08 1/30/08

appearances
deceiving by definition
illusive by design
misleading by implication
surface-level, by necessity

looking beyond them
we'll find
more appearances
and yet more behind those
layer upon layer
in unending supply
each beseeching us
to stop
and see this as the last level
and thus draw our conclusions ... prematurely

always more to hear, discover, learn. the only predictability lies in uncertainty.

security involves discomfort.

is there anything more imperative or less conscious than breathing?

Heart beats, perhaps hand/eye coordination or kidney function.

If such vital signs, as it were, pass unnoticed, then what others do we miss? essential yet unrecognized unappreciated unacknowledged

And how is it we allow ourselves to be distracted from the chance to become fully aware of life, and the liberties it affords

precious gifts

2/3/08 2/5/08

a whole month for lovers and/or the celebration of love so elusive and enveloping fickle and fierce -perhaps the ultimate aspiration?

Love

the cumulative total
and inevitable
— indeed inexorable —
consequence of our expression
— and experience —
of admiration and affection,
attention and acknowledgement
appreciation and ardor.

It is in giving that we receive it
that which can only be enjoyed in The Present,
so called because it is the gods' gift
already unwrapped for our viewing pleasure
if we remain calm and clear,
willingly accepting
what we've been given
instead of taking
what we want.

If nature abhors a vacuum, then we must let go of what was in order to create room for what will be.

Its perhaps our most conflicted of interests, attached, as we are, to the familiar that usually has as many benefits as by-products some healthy and useful some benign or even inert some downright lethal but known, and therefore by definition more comfortable than the uncertainties of the unknown and unfamiliar.

Yet if it is by living that we learn and by knocking that doors open, then only by extending and exerting ourselves are possibilities realized and potential fulfilled, unsettling and at times unnerving as new experiences can be.

Living with confidence
- indeed enthusiasm that is "what made all the difference"
for those opting instead for The Road Not Taken.

2/6/08 2/10/08

The biology of ignorance self-imposed prisons created by cell-like obstacles of our own making locks without keys walls without windows life without the possibility of parole.

The anatomy of evil lurking, patient and persistent awaiting the vulnerable moment where fear and pessimism coincide and instinct triumphs over intuition.

Whenever willfulness comes around, pride and deceit are not far away.

The psychology of innocence invades our habits of thought and perception tilting the playing field in our disfavor, tempting us to mask learning's painful lessons hide bad motives within good, cajoling us toward lives of perpetual delusion.

The exposition of ideas the analysis of intuition the exploration of boundaries the delineation of limits.

Creating a shared understanding of nature – and the unnatural, the obvious and hidden, the known and unknown.

Seeking in the present to learn the lessons of the past and positioning ourselves for success in the future without becoming pre-occupied by any one.

Life's most blessed mysteries often don't seem so at the time, undermining our attempts at control heightening our aversion to unpredictability.

The pathway to joy precludes complacency, bringing us closer to what we may never touch, but otherwise never get near.

If only it was funny it would sound like a joke: putting Hurricane Katrina victims in formaldehyde-laced trailers, killing slowly those who did not die quickly.

Toxic living is not funny
corrosive inside-out
or outside-in
depending on where/how our boundaries are drawn
and on what side of those we live
letting in or keeping out
what is unclean, unwise or otherwise unhealthy.

The trick, as with those trailers, is recognizing beforehand rather than discovering the hard way the subtle-but-significant distinctions which separate that which makes us strong from that which kills us inevitably, inexorably.

There's no way to get out of this alive or know if there is life after death.

It's living beforehand that's the challenge.

It is by releasing that we stay connected, or so Angel Cards foretell.

The space for true togetherness is where soul mates dwell.

Or providing room for their separation and a genuine "wish you well..."

In either case there's forward progress, as God's Plan begins to gel;

Otherwise a hole gets dug in the place where our hopes fell.

For it is only when we get stuck that we find our selves in hell

2/15/08

seeing the choices hearing the voices that guide our every decision

finding the light that had been in plain sight to miss it is cause for derision

following the rules using the tools life's efforts require precision

to find our way at least one more day requires a careful incision

striking a balance between the seen and unseen least there be a collision the allure of an elixir that brightens our light

the possibility of a cure for what diminishes my sight

the opportunity to acquire that which makes all things right

> that illusion we pursue with all of our might

an alternative to consider plain as stars in the night

that solutions lie within us transforms black into white 2/20/08

It's reacting without being reactive that determines or undermines our effectiveness.

Reaching out by reaching within that influences -- or inflames -our receptivity ... and others'.

Hanging on by letting go...

perhaps the ultimate paradox

It seems humiliating but is instead merely humbling, that life's simple lessons are learned rather than taught.

They are more often grammatical than semantical, moving us arithmetically rather than exponentially.

That love is a verb rather than a noun is such a lesson; something we do instead of get, with the opening of our heart changing our perspective and thereby our possibilities.

Understanding may be another such lesson something we do,
and do again,
staying busy enough
to avoid the trap created
by trying to get it instead.

Learning is also in this category an action rather than a possession, -- and experiment – a life-long pursuit

if we're lucky.

Letting go

A continuous and imperfect process

Always beginning and never ending

It is not the other
but ourselves
to whom we give release
becoming free
of our limitations
in perception, conception, reception

The artist says:
"it is not what we look at but what we see "
that shapes our experience happiness and destiny.

Hearing is to listening
as loving is to living,
finding is to seeking,
and feeling is to touching;
as knowing is to thinking,
discovery is to exploration,
and growth is to learning;
as understanding is to experience,
insight is to knowledge,
happiness is to fun,
and joy is to happiness;
as exhilaration is to excitement
and ecstasy is to exhilaration.

Transformation is to transition as belief is to hope, faith is to belief, and trust is to faith; as confidence is to trust, conviction is to confidence, and commitment is to conviction.

Honesty is to truth
as healing is to medicine,
and enlightenment is to teaching;
as glee is to play,
calmness is to contemplation,
clarity is to calmness,
creativity is to clarity,
purpose is to creativity,
mission is to purpose,
and vision is to mission.

2/29/08

Sun streaming through the curtains glistening on the pond sounds of running water scent of looming spring smoke swirling from a distant chimney leafless trees baring all

Lingering snow attests
to the permanence of change,
our Universe constant churning
one form into another.
Change so ubiquitous
it passes almost unnoticed
and, more often, ignored
as instead we change
our features, functions, focus
avoiding the obvious ... the inevitable.

Accepting who we are, instead of becoming what we're not is a lifetime job that even diligent effort will never finish.

Yet, daily we begin anew.

Grand Central Station

Could three words adjoined ever be more truly aligned?

So much movement it is hard to believe the building isn't.

Is this what it feels like to be in a beehive?

An anthill?

Or a vagina as millions of sperm cells wiggle by?

The place hums
a democratic tune
as those with the most and least
share the same bench,
the same air,
the same ultimate fate, and
the same disbelief of those unalterable facts,
except when sharing their bench.

Both seem relieved, one knowing they have so much the other so glad for what he has as all there really is is this moment and that bench. 3/2/08 New Life in Brooklyn

In the darkest pages
of the Book of Life
are our greatest secrets concealed:
how the fruitful become fruitless;
how love, like life, is eventually lost; and
how an eternity lasts but a moment.

But of such moments make a lifetime.

And in that love, happiness.

And in that life, fulfillment.

And in the seeds of such fruits: possibilities.

From their families' oldest and youngest
the first and last
new lives germinate in fertile ground
wide-eyed and spirit-filled
bringing immortality to our fondest dreams
highest hopes
deepest aspirations
clearest realizations.

As we have learned from our own parents -and them for theirs
as theirs for them, and them for us -perhaps all we really need to know:
as it was, so shall it always be.

Our evasion of finality makes the inevitable seem avoidable which only makes it all the more real and imminent.

Our denial of its existence, is evidence of its pervasiveness and persuasiveness.

It's not a matter of life after death
but rather life after birth
that determines whether we reach the finish line
in stride or in a sweat,
with a smile or a frown,
in gratitude or despair.

But toward that line
we are inescapably drawn
with, we're told, many on the other side
silently cheering us on until we reach their place,
having completed the journey that,
as it turned out
was more about direction
than destination.

We are encouraged to pray only for the knowledge of God's will and the power to carry that out so I also ask the Holy Spirit to accept my release of all fear & frustration hatred & hostility jealousy & envy anger & anxiety lust & resentment.

I release all those so that I can make room for more trust & faith, hope & love, willingness & acceptance, patience & tolerance, healing & happiness, joy & contentment, peace & freedom calmness, clarity, compassion, courage, creativity, conviction, consciousness, comprehension, courtesy, confidence, consideration, persistence & endurance.

Amen

A long documentary about the life of Buddha might better have been about his death.

While interesting to learn of his evolution
-- indeed his enlightenment
and transformation —
and to appreciate his emphasis on
building a community of fellow learners,
all the more compelling are his conclusions
after 80 years in pursuit
of life's purpose.

Noteworthy are the final words of a man devoted to the aversion of suffering and the realization of calm advised: "Never stop struggling".

Before that, he observed:
"we are all prisoners in our own bodies.
only we can only liberate ourselves from this cell.
that door unlocks only from the inside."

And willingness is the key.

3/20/08 First Day of Spring

A continuum of experiences that challenge us to exist more consciously, feel more fully, see more clearly, think more deeply, accept more completely, understand less reluctantly appreciate more quickly let go less resistently, judge more compassionately, change more enthusiastically, meditate more frequently, pray more fervently, laugh more loudly, sing less reservedly, risk less recklessly, examine more carefully, trust more willingly, believe less hesitantly, live more openly, love more freely, lose more graciously, leave more sensitively, learn more continuously.

All manner of people, places and things find their way to our door but we decide if, when and how it is opened.

It's a simple, but not easy, choice... quick, but takes a long while... clear, but not entirely obvious.

Better, it only seems, to decide by default, or luck-of-the-draw or opting for the most familiar/comfortable alternative which often leads to unfamiliar/uncomfortable territory.

A plethora of options -an unlimited supply
in a finite space
and oh! so short a timeframe
and how we choose determines whether
- as the Beatles said "life goes on within you or without you"

It's fun to be playful when the boundary line is drawn clearly and we know well on which side of it we belong.

But when someone gets sick or, god forbid, dies the here-and-now displaces the fun-and-games.

Birds chirping at sunrise are reminders of more than the arrival of Spring and all the Good News that implies.

Their song also sings of form and function role and responsibility and each of us playing our part.

In the headlong rush forward how do we discern when paths diverge?

And how do we avoid arriving at the finish line prematurely?

Cannot let hide-and-seek games distract us from the most fun of all: recognizing appreciating and accepting our place on the board while the game is still in progress.

The tyranny of tradition molding thought and belief shaping assumptions & expectations narrowing possibilities and opportunities emanating therefrom.

The projection of the past on to the future imposing the veneer of predictability over inherent uncertainty in futile search for control only heightening our sense of powerlessness and aloneness.

Its rejection opts for intangible over all other prospects, the elusive over the available, dis-ease over familiarity, toward healing/wholeness rather than denial.

Accepting the open-endedness of life and all that implies is not a rejection of tradition but rather builds outwardly beyond its foundation.

4/29/08 5/11/08

Fast-moving times slow-coming rhymes steady stream of surprises swirl within and around creep up without sound as another new day arises.

Continually finding our way,
just how, I can't say,
but it all unfolds as it should.
Finding in that assurance,
from which we derive endurance,
while doing all that we can that we could.

Each one playing their part(s)
- that's where it all starts to see and be is our only real purpose
so none of our self
gets left on the shelf
when the Great Ringmaster calls an end to this circus.

To make the best of our life
and to minimize strife
while showing due respect for our health,
we begin to live
when we learn how to give
spreading love - our one true source of wealth.

Leaving the heart
open or closed
each has its own advantage
like hot water or cold,
being cautious or bold,
a meat or vegetarian sandwich.

There is no right way
or wrong
but rather a matter of preference.
If we choose to feel
and to find out what's real,
then there's only just one frame of reference.

Choosing to love
as our livelihood
is an extremely adventurous career;
as many up sides as down
as many smiles as frowns,
likely as not to end up on ones' rear.

 Is there anywhere more obvious or elusive than the place we belong?

It's not where we want to be or wish we were -- as familiar as those places are...

Or where we're trying to avoid, or return to -- as often as we try ...

It is where we get to be when we're living our own life instead of you-(don't)-know-who's; when we're taking care of our part instead of everyone else's; and when we're glad for what we have and not pine for what we don't.

Becoming who we are
is a lifetime job
that we are lucky to have
and need to complete
in order to earn that promotion
to an even more heavenly place.

We're always the last to know and the first to find out.

By the Braille Method we feel our way along from there to there yet here all the while.

Or at least trying to be...

Attentive, aware, awake, alive in each moment's passing, an ever-present state of being, listening, observing while also participating.

Connected, committed, complete, fully whole but with room to grow, learning-along-the-way, finding what we seek within or not at all.

Not waiting till then to be happy or healthy or honest.

Not wanting more, or accepting less.

Receiving the Great Goodness that is there to be noticed, appreciated and enjoyed.

6/3/08

Clarity of vision a fleeting accomplishment at best.

Illusive as it is illusionary here before you know it and suddenly gone even more quickly.

How to overcome the difficulty in seeing our own life as it really is rather than as we hoped or feared?

Seeing instead its blessing, magnificence, inevitability unfolding, unveiling always understated

and always for the best.

"Finding the time"
the saying goes
as if it were lost
or was yet to be discovered
hiding someplace unknown
instead of in plain sight.

Time cannot walk but is able to fly.

It can pass but not flunk.

It never waits but is able to stand still.

It can be set to music but never misses a beat.

Time is of the essence, yet totally relative.

It has come, but never goes.

It will tell but never ask.

You can call time out, and have time off or even a break time and still not know what time it is, or where it went or when the time is now. 6/21/08

Addiction's "cunning, baffling and powerful" nature grabs hold once again, pushing us down, throwing us around like a bronco just released from its pen.

It's a pathway littered with boulders and potholes each step an additional drama paved with disappointment and heartache in its shadows no shortage of trauma.

It's never a matter of logic or readiness a simple-not-easy matter of choice neither forward or backward, upward or down instead listening for god's quiet voice.

It's accepting the pain of the unfamiliar and deciding no longer to repeat the lie that somehow all will get better without ever having to try.

So much harder to do than say in part because the job's never through, so we ask a Highest Power to send help to those trying to decide what to do.

Looking forward thinking back somehow it's all the same seeing clearly feeling deeply letting go of "who's to blame?"

From inside out
instead of upside down
we find there is no shame
in doing our best
and leave it at that.
It's more important than: "who won the game?"

Better still: who decides?
as mystery, delusion
and the ego we seek to tame
can make sweet things bitter
treasures seem worthless
and give "victory" its opposite name.

Finding the truth
is a lifetime job
that requires an unflickering flame.
Thinking we know
before we possibly can
is the fastest way to make ourselves lame.

7/19/08 In Flight/Chicago

Our uncharted course reveals itself only with the passage of time.

Just as poetry speaks to us with (or without) a rhyme.

As a mountain peak reveals its majesty most to those who climb

And a tender heart discover its strength whenever sweet love turns sublime.

Such feelings of guilt, accusation and blame, you'd think someone committed a crime.

It's just the unfolding of god's plan for our lives that can start – or stop - on a dime.

Proof of relativity theory
is found
in the closeness of distant relationships
as space melts
and time slows
until we can catch up.

Separation is a perception and a projection, growing larger or smaller if we think it does, and thus make it so by opening or closing our hearts.

Anticipation and expectation intervene moving closer together with each minute eventually touching like our jet coming in for a landing back home once again.

Finally the time has arrived.

9/7/08 Clara's Departure

Keeping fresh our connection between head, hand and heart requires a renewal of perspective where all things get their start.

Hard to know where you're going unless you know where you've been. Hard(er) to know who you are if you don't even know your own kin.

And so returning "home" is not so much a place but rather a rekindling of feeling and restoration of grace.

A reminder of our location between beginning and end on the path toward discovery of how heart, mind and soul blend.

Thereby helping us to better see the bumps and curves 'long the way that can sap the resolve needed to see the wonders of each day. The time of separation
marks a beginning
and an end
of gladness and sadness
- no memory of badness when you into this world do we send.

You're fully prepared for whatever's next and all that comes thereafter.

The mysteries unfold when you remain bold; to do otherwise would be a disaster.

You're alive and awake
and ready to receive
the greatest of all the gods' gifts:
the ability to know
that we reap what we sow
as beneath us the sands of time shift.

And so as you go off
we say not "goodbye" but rather:
 "see you later",
 knowing not when
 we'll next do so, but then,
from your experiences you'll only be greater!

9/10/08

Perhaps the most honest truth comes from (s)he who says nothing allowing their actions to speak instead of their ego, bias or agenda - conscious and otherwise.

Perhaps the most potent action comes from one who does nothing, reflecting and resonating recognizing and realizing instead of confusing motion with movement or power with authority.

Perhaps the best results are achieved by starting rather than finishing constantly beginning anew the experience of living, learning, leading and loving.

Perhaps.

a flower opened unto me revealing more than petals not just sights and smells but sounds, taste and touching so much so deep so well altering my definition of flower subtly, significantly, permanently

first, grammatically
revealing itself not as a noun but verb
not something that is, but does
evolving emoting intuiting sharing loving
and all those not without adverbs
like inexorably, unremittingly, passionately
which can be subjugated but not subjected
more possibilities dangling than a participle
a story that is writing itself
with every unfolding moment,
revealed mystery
and
untold secret.

secondly, scientifically
defying laws of physics and economics
and raising questions about the artificial separations
of space and time,
motion from movement
proton and neutron
particle and wave
fact and fiction
cause and effect
I and thou.

and third, of course, theologically affirming the gods' role, interest and influence in all things botanical and their will in letting each blossom find its own way from darkness to light, sadness to happiness, illness to wellness.

they say that seeing is believing when it s often by believing that we see. perhaps also the life/death continuum is reversed, as we discover that each flower's seasonal departure germinates only greater manifestation of beauty, fragrance, vibrance and realization of life's boundless and bountiful blessings

1/10/09 New Year

"Live unt learn"
our momma quotes hers expressing
the pragmatic Gemanic view
of the perfectly obvious
that is so easily missed.

Such reminders are needed because it otherwise seems like it should be the other way around – that somehow we could learn and then live, thus avoiding the bonehead mistakes, poorly-timed/ill-advised statements and painful results that eventually arise in any life actually lived.

But were we to learn then live we'd miss the good as well as bad, happy as well as sad, rich(er)as well as poor(er) times that shape our experience, character and destiny.

We indeed "live unt learn" in that order, and luckily so.

2/2/09 CHANGE OF ADDRESS: 175 College Way Auburn, CA 95603

1/19/09

new day new year new beginnings

new possibilities new opportunities new attitude and, therefore, new perspective

> new chance(s) new choices new connections

new ideas new opinions new direction

new appreciation (re)new(ed) respect new understanding

new light new smiles new acceptance New day's light through new windows on a new day in a new place ever new awakening to new dreams new perceptions and new possibilities.

Seeing new things
from – literally – a new point-of-view,
provides new energies
for (re)newed effort
in new direction(s)
with new understanding
and a new sense of value(s).

Moving into a new house changes more than an address. or refrigerator or not-so-new plumbing, but also gives new appreciation and new feelings of gratitude for all previously new places.

And those yet-to-come.

2/9/09 10/25/09 Sister Dear

No shortcuts or time outs.

No commercial breaks or sneak previews.

Plenty of second chances and too much second guessing.

20/20 vision available in hindsight only.

No referee but there is a penalty box. No shortage of critics or experts who are always louder than the cheerleaders.

No huddle or scripted plays or script, for that matter.

If lived right,
life has no re-runs,
no detours
plenty of seasons,
a long-term contract
and only one dead-end.

you come once again in thought and in a dream and in that sense you never have gone

your presence, a present closer than it might seem in god's universe we each are a pawn

moved by forces unknown not in ways that we deem yet always toward light are we drawn

> and still there you are those eyes, they still gleam and hair the color of dawn

no question you're there still part of the team close as blades of grass on the lawn

always here as our guide with a full head of steam yet quiet and calm as a fawn

11/8/09 One Last Time

Inauguration Week 11/23/09

Yet one more child's driving lesson and still i am guessin the best way to pass on the rules

about driving, and life the handling of strife and how best to use all of our tools.

each one gets the chance to find their place in the dance and from then on are well on their way

finding out who, why and how to separate then from The Now and figure out how the piper to pay

where that road ends, we don't know bur rather only can show how to find their next step on the path

between Here and There they will learn to take care and thus not incur the god's wrath. Hope, once again, springs eternal making us dare to aspire.

Bringing light to what often seemed gloomy and the courage only change can inspire.

It creates a shift in the center of gravity, Shifting the onus from "them" to "us" and to similarities rather than differences. After all, we are on the same bus.

Seeing our sameness makes a big difference removing walls erected by the belief we're unique, cracking the mirror that makes us look backward to blame others for making us weak.

It's taken us fifty years to "ask not..." and receive what can only be given; over two thousand to see "...doing unto others..." as the only way to get on with livin.'

The pathway of hope is paved by our trust and it's faith that serves as our guide when seemingly backward steps take us forward on what is clearly one heck of a ride.

another poem for yet another time still lots of rhythm but perhaps too much rhyme.

the warming of sunrise the call of the tide the surging of life at our best, we're still tried

and discover our limits are not where we thought and so further we go until, again, we get caught

seeing and feeling loving and living reaching and touching receiving and giving

recurring themes
put our backs to the wall
to which many aspire
but not all hear the call

our beauty and truth
get fully revealed
by the brightness of light
when that within is unsealed.

To Be Continued