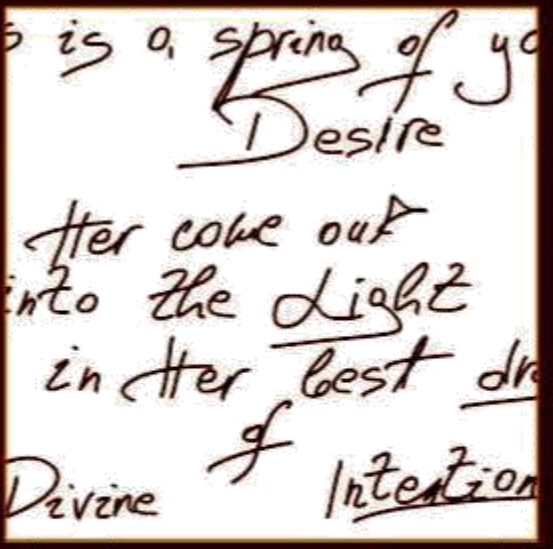
JENI CARUANA

CHRISTINE CUTAJAR

JASON LU

NATAŠA PANTOVIĆ



The Art of Four Elements

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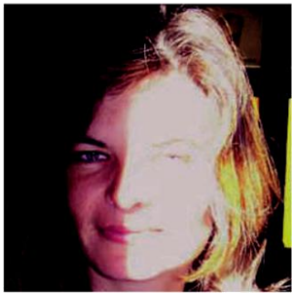
The Art of 4 Elements

elements

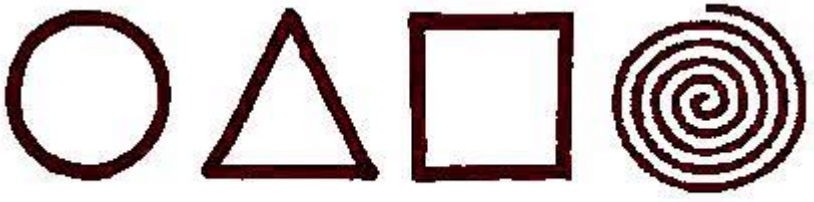


Nataša Pantović Nuit

Transforming the visible into words, and words into images, we stumbled upon the four elements, and upon each others' expression of Love, Joy, Suffering, Compassion, Curiosity, and most of all, Wonder towards the Forces of Nature. The poetry, photography, drawings, all, attempt to deeper explore the infinite game of Life…

We invite you to do the same - dive into your Being and grow with us Inspired…

The poetry represents the element of Earth, that is the Mother of All that we know and experience, that within its existence allows Spirit to go forth into the magic of manifestation.

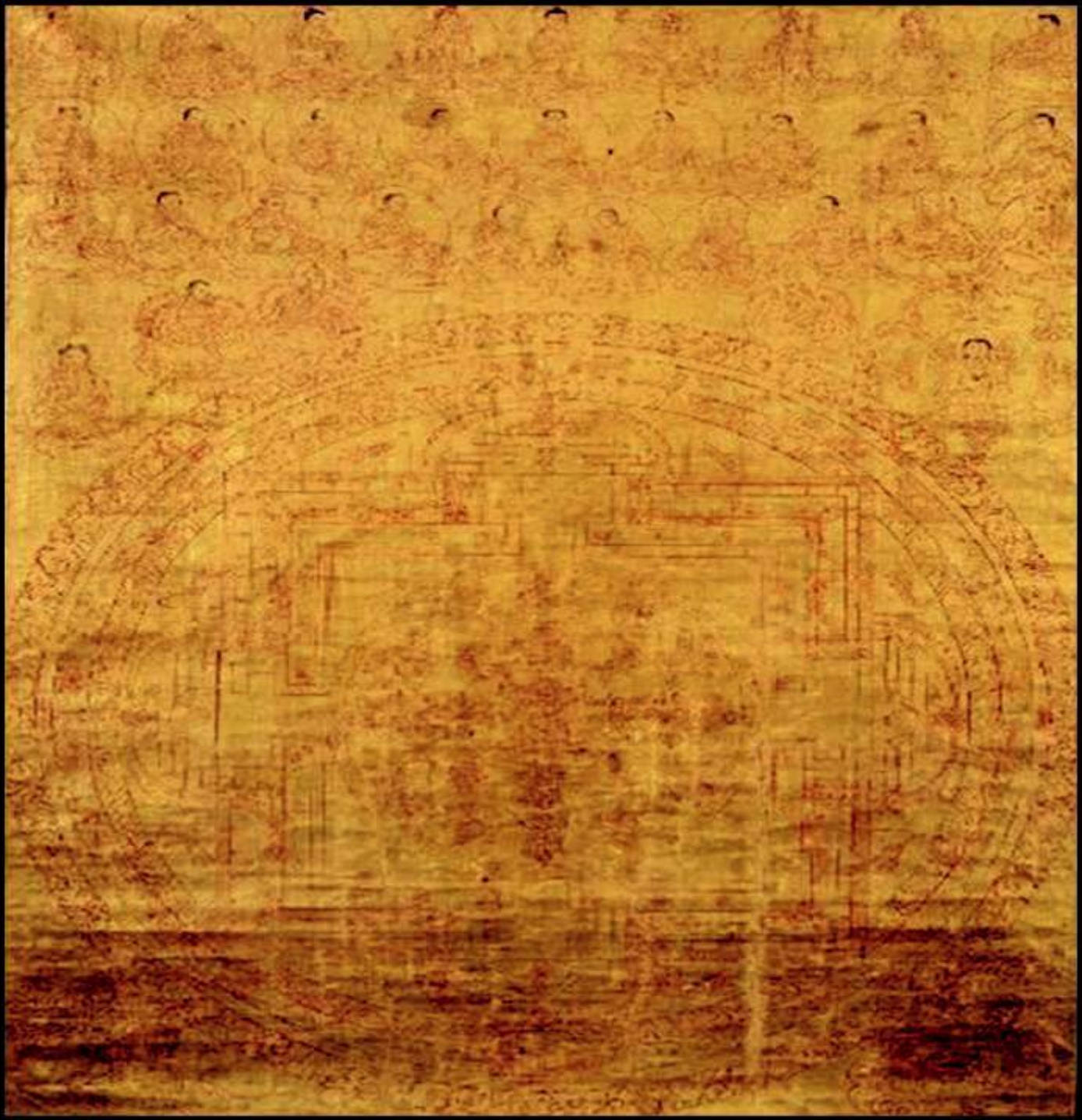


Jason Lu

Describing himself Jason once said that his inspirations are continuously changing and evolving. They vary from Psychology, Cosmology, to Art of Living and Spirituality.

Jason believes that everything is an illusion, and that his life - his art, his philosophy, his projections - follow the pattern of continuous change. Maybe that is why Jason was so attracted to the element of Air while creating the art-work for this book. Air has no shape and is incapable of a fixed form.

It is a symbol of thoughts.



Advaita

Entering the world of Silence

Inward Movement

Silence

Nectar

Truth

Nothingness

Losing your 'I'

Life Prayer

Abyss of shadows

Self-Remember

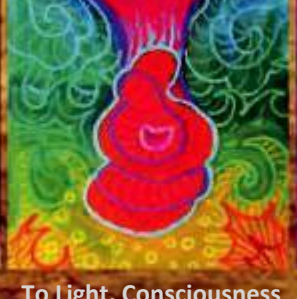
To multiply the Light

I do not do ordinary

Buddha Mind

Birth-place

Now imagine Light



To Light, Consciousness

Ancient stories

Tantric Light

Vision of a Wizard

Jason's paintings inspired by the poetry of Nuit

Living waters & Tantra

Shining love

Yin and Yang

The Journey

Let's become saints

Stream

Amber

Golden Dust

Magic of change

Dare to do it

Unity

His Consciousness

Touch of consciousness

Valley of the souls

Without a choice

My Alpha Man

Within our DNA

Ubuntu

Feelings café

Only on Earth

ADVAITA

A baby-boy looked at me
- straight into the eyes
- he would not
blink for a while
spreading the sense of
Non-Duality

Open
Present
Flowing
A-wake not A-sleep

Fully
Still
Without seeking
Absorbing
Crystal clear

With great Lightness
I accepted his gift
of Oneness
realising Life
through the Stillness of
Self

ONLY ON THE PLANET EARTH

An angel was looking
down through the clouds
into the pile of rubbish
accumulated underneath

No human could spot it
Only angels did that is
why they did not
descend in the last 2000 years

It stank, it was dirty with
re-cycled emotions with
overly-used words with in-
destructible beliefs from
the past and other parts
of the universe

And yet they used to gather above the
Earth Dancing, bathing, rejoicing, because
they could smell the most amazing scent
they could sense the most amazing energy pattern
with intricate designs and beautiful colours spreading
around itself healing properties
with word 'Eternity' written all over it.

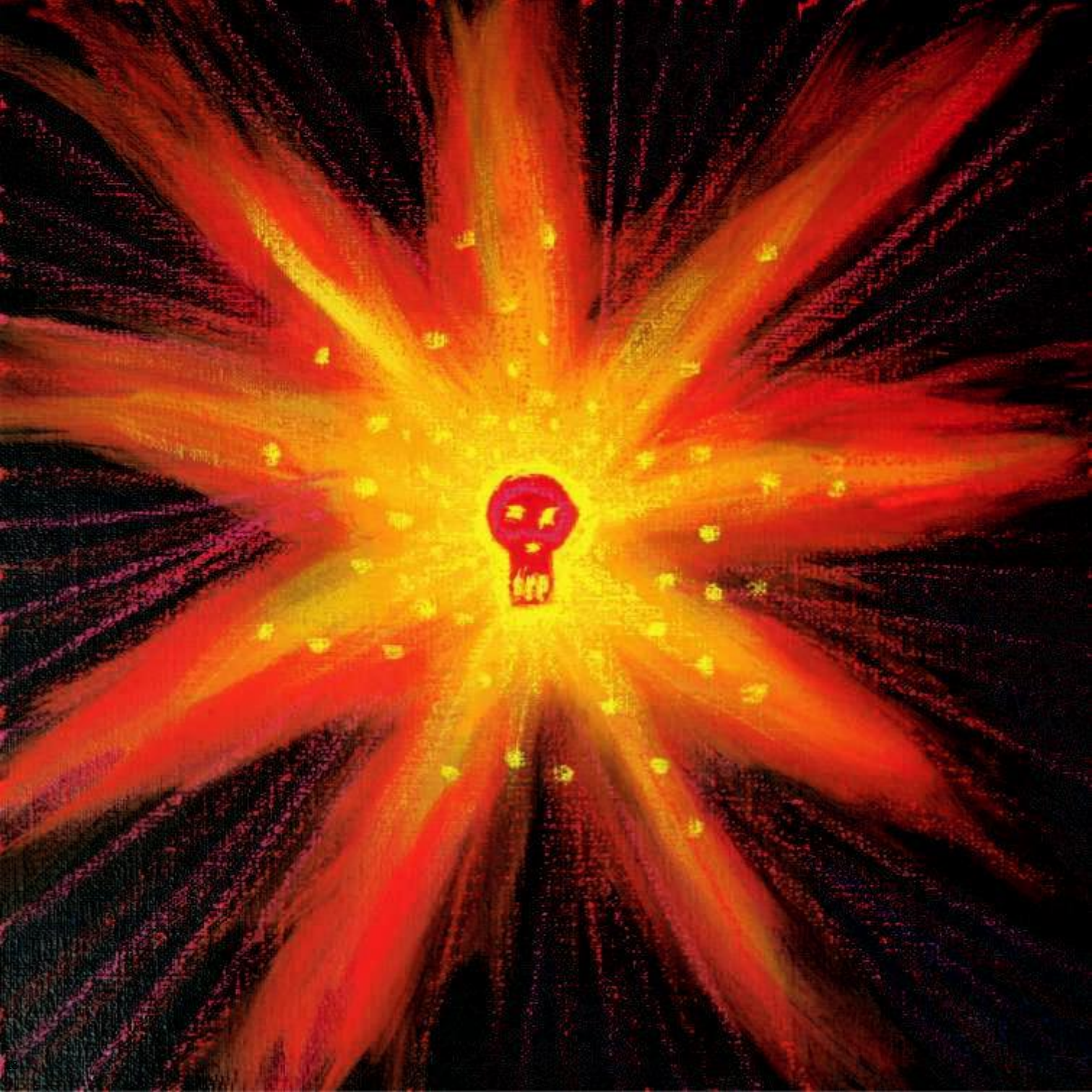
It was the flower of **Human Divine Thoughts**...

THE POWER OF PRAYER

Inward movement
whisper a bird flew onto
my palm to fulfill a child's
dream

Inward movement **scream** connecting to
Aliens, Gods and Super-Humans to unleash
the reasons why

Inward movement **prayer** a
foot breaks with full force
to get us where we wanna
be



SILENCE

There is Silence within us that is more powerful than any thought and as water is stronger than the strongest stone so is its Wisdom

that creates without efforts and moves without movements
that gives without limits when you open the Doors of Being

Step in It living Trust and you will Know It!

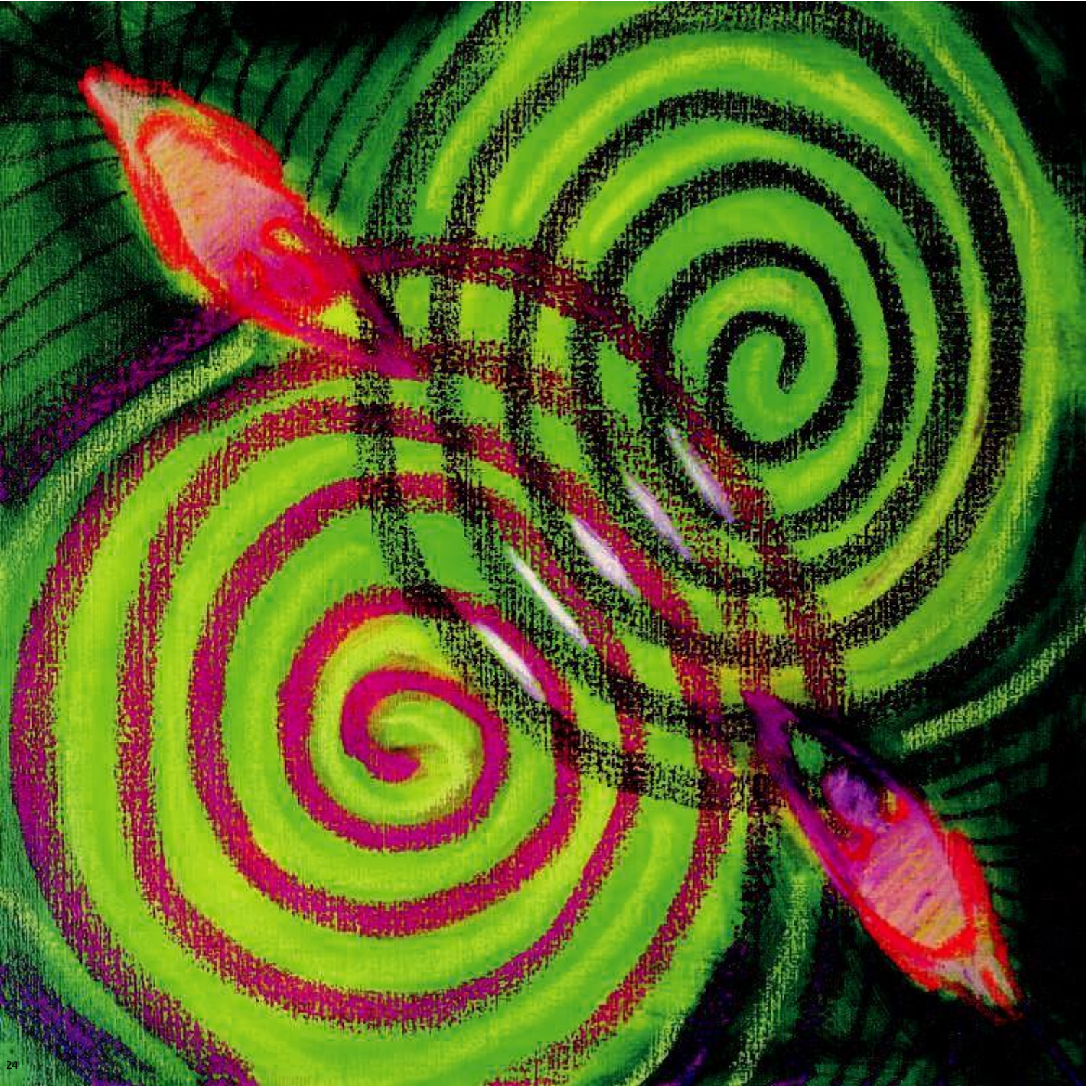
NECTAR

After hours and hours of waiting
in silence
a glimpse, a sight, a breeze
takes me in
closer
to where we could be
if we just try a little harder...

It takes me to the depth of the Oceans
where Blue dives with Infinite

It takes me to the centre of myself and Universe
to the Nectar
that is sweeter than the sweetest fruit
on Earth
that flows
that heals
that IS

Within the Silence
I've heard
The bells of Joy
Celebrating Life



NOTHINGNESS

Embedded within rocks Hidden
amongst star clusters Your Holy
Presence is so close to mine

Like in a dream, I see You
Even though
You are Not

I hear You
Touching the spiral of Life & Death

One amongst thousands of corpses
One amongst thousands of newborns

Here
Within Your Kingdom
I stay

LOSING YOUR 'I"

whether you will get lost in an
amazing vastness of the sea or in
the whisper of the tree tops
deep inside the forest

or in the snow covered mountain
heaps or within the warmth of a body
in the morning mist

just get lost

It is soooo worth it!!!

LIFE PRAYER

May I be Eternal Consciousness
Aware and alert at every point
Of this cyclical existence

May I expand like a space Absorbing
the great elements Earth, Fire, Water
& Air into my being

May I always support
Life and its manifestation
Growth and its beauty

And the boundlessness of this creation

My bird keeps flying directly towards my cat she
comes to me only when the cat is in my lap she exits
her nest only when she hears the cat purring

and yesterday I saved her from the cat's jaws - will she learn?

or will she stay flying towards the deadly embrace

over-and-over-again

choosing a completely un-fair fight over her deepest fears

will she burn sacrificing her fragile
body within the same attraction a
butterfly suicidaly enters a flame...

SELF-REMEMBER

When Life on Earth reminds you:

Of a theatre performance
that you have performed a thousand and one times

Of wearing shoes
that belong to someone else

Of living in Africa
surrounded with immense wealth – but starving

Of trying to reach and never
managing 'cause the goal is invisible

Of circling endlessly day after day
and reaching the same bloody useless spot over and over

Of words that are never said
'cause the moment got lost in an explosion of self-importance

Of a hand that longs for a hand-shake
in a land where all creatures have four feet

Of a life of a battery grown chick
that ate its feet thinking they are food

Of a homeless child's face
that is searching for his family just after Tsunami

Stop
To hear the clatter of cutlery just before lunch carefully prepared by a grandma waiting for the reunion of her family

Stop
To breathe the air that smells of jasmine in early spring and disappears in the eyes of a 6 year old that tells you she is in-love

Stop
To touch the fur of a cat that keeps coming to you no matter how long you've been away

Stop
To see the balcony of the 18th century building you pass by unnoticed on your way to work

Stop
To see the faces in a crowded bus reading their stories one by one

Stop
To watch the sea as it greets the land in an endless rubbing of noses

Stop
to Self-Remember

TO MULTIPLY THE LIGHT

And she dived in and
recognised The womb of her
mother Within the voice that
whispered 'We are all One'

And she knew instantly
that Unity is the key
to the Secret of Time

to the Sparks that were sent forth
to multiply the Light

I DO NOT DO ORDINARY

Somebody called me today and
said: I am just a normal bloke,
I am just a very ordinary chap but I love you

He must have dialled a wrong
number Or just got terribly confused

Because
I don't do ordinaries!

Ordinaries do not play with love
Ordinaries do not touch with care
Ordinaries do not work with fun

They love
Only:

When they get up on the right foot

When their girlfriend is angry with them

When their children are healthy
or perhaps exceptionally sick

When they have no other worries
or perhaps an exceptional worry

When money is not an issue

When their ex-wives do not shout at them

and of course

When the weather is good ...

Extra-Ordinaries sense the beauty in any wind

And they move with gentleness with much ease

They listen to their Souls and other people's Souls

Taking every single day

As though it is the last one

Beauty is their armour
Love - their sword
Truth - their shield

They love because they worship love

And no girlfriends,
Money or
Thoughts

Can stop them from their quest

The ones I love and the ones who love me

Are extra-ordinaries

Love has a natural affection – it sticks only to them

So, sorry, wrong number - I do not do ordinaries

They are not fun!

It is so vast
I can feel It
Expanding
Exploding
Exploring
Every cell of my body
It is so vast
I entered It
And
It left me
Broken
Into millions of pieces

It is so vast
Without time
Without space & essence
It has never begun
And will never end
Like an Orgasm
That laaaaasts for-ever

∞ Like the Universe
In a grain of sand

Like Light Love Movement Silence
Within my DNA In between two breaths

Like Death giving birth to Life
Like you and me in my dreams

BIRTH-PLACE

I have this **Urge**
To live as a speck of dust
Within Your pocket
And to dis-appear
Every time you touch me
Getting re-born
Within the softness
Of the middle of Your palm

I have this **Urge**
To be close to You
To breathe
Your breath
Just for another second
Or a minute
Or another lifetime within
The Mayas of different Realities

I have this **Urge**
To jump into the motion
Of clouds, waves, and cat's purrings
To take you in
Sensing the pause
That exists in between
Your in and out breath
Diving into Your Birth-place

I have this **Urge**
O, please take me in!

NOW IMAGINE WHITE LIGHT

Light waves are waves of energy in the form of electric and magnetic fields. The amount of energy in a light wave is proportional to its frequency: high fre-quency light has high energy; low frequency light has low energy. The frequency of visible light is: colour, and ranges from low frequency red, to high frequency violet. The combination of every colour in the visible spectrum produces white.

The full range of frequencies extends beyond the visible spectrum, so we have radio waves, ultra violet rays, etc. Light waves move at their maximum 300,000 kilometres per second which makes light the fastest phenomenon in the universe

And now imagine white light...

TO LIGHT, CONSCIOUSNESS, BLISS

I reach for you in the darkness of
my empty room Hoping you will
take me into the worlds of One

into the worlds of Consciousness
into the worlds of Bliss

After I tasted your lips there is nothing
else I could long for After you embraced
me there is nothing else that could warm
me After you desired me

there is nothing else I could ask for

Take me Let no atom in my
body Feel anything else but
your Light

Take me Let no breath I take
Stay uninspired by your
Wisdom

Take me
Let no heart beat
Ever beat without Consciousness of You

Take me into your arms
and let me become - your flame - your dust - your wind - your wave

ANCIENT STORIES

Whenever I step into the world of ancient
stories I feel my heart uplifted Entering
dimensions of mysteries and mist

Spirits made to shine enter my mind
Leaving traces of our eternal dreams
Connect me to me-without-ends

Instantly healed I choose my paths
With eyes closed and heart open

To highest
To brightest
To clearest

TANTRIC LIGHT

We became one body, one aura
growing immeasurably

We stayed within the spectrum
that melted borders and
thoughts that opened horizons
unknown to the human mind and
we were not alone all the
sentient beings joined us in this
cosmic dance

We were all One
immersed within the Tantric Light

VISION OF A WIZARD

How many of you wish to be Wizards when you grow up?

How many of you want to fly?

I wished to become a dragon – he said
And he looked at us with eyes filled with fire

The Wizard of Earth's Sea
Descended to tell us the secret of
ABRACADABRA
Get to know – he said – God's true name

The word will initiate Power
Gate keepers of Ancient Knowledge
Will open their doors
Mythological Archetypes will start their dance
Leading you to your tribal egg

Skeletons scattered over the burial grounds
Ancestors with their weapons and spears
Saints and Demons
Doctors and Gypsies
Healers and Witches
Will join you to celebrate

The Birth of Self
Power of Mind over Body
The Vision of the Dominion of Light

LIVING WATERS AND TANTRA

I am moving through the Living Waters

That IS the main difference
between mine

and other Spiritual Paths

From one bank to the other
up and down the stream
through the moving rivers
wild and fast

Accepting challenges, taking more
through the fire of the centre of the
flow climbing the mountain tops
descending the Earth's womb

Through the torrent and whirl-pools
& calm, expanding seas

receiving the pure, celestial touch I am
moving through the Living Waters

SHINING LOVE

Today I pray

May I be Shining Love to all I meet May I be Consciousness with every breath I take May I carry within my actions Your Wisdom and Your Joy

May I have courage and trust to take on all Your Paths May I live my Highest Self, even within the shadows of my lower ones May I be buried within Your Grace and May all else melt away

Did you know that the DNA of
a caterpillar and the DNA of a
butterfly are completely
different?

In the process of transformation from one to another, the cells change to
that extend that no similarity could be traced back for centuries

Death of one identity dissolves one reality into another

Our Enlightened Self could become a product of
our wildest fantasies an un-imaginable

&

un-breakable,
an un-disturbed
Life Force

THE JOURNEY

Once upon a time there was a forest spirit
That descended onto the Earth

She needed to learn the ways to Be

With love for challenges
She was given a chance to become an Empress

And the training began
The Lioness sat on her throne
The Strength was gained

She mastered the art of the glass-beads game
Of Love, compassion, and worldly fame
Reigning over her many 'I's
emotions, body, mind, Gods and human-made-shrines

And she moved, and she ruled, and she pushed
For the benefit of all

Until she was forced to stop
To listen to the birds' song
To learn and realize
That there is no more, nor less...
The enlightenment as not a goal but a
journey The Kingdom - in the Heart Of One
and All and One as All and All as One

The One can rest

LET'S BECOME SAINTS

a moment of reflection
to see the tears in your eyes
to feel the fear in your bones
that is engraved within our code
from the very start of life

a moment of reflection to mould destructions,
reflections, disturbances into creative impulses
that will lead you to an enlightened Self

and an admirable human being that will shape the World

a moment of reflection to understand the balance
between love and strength to uncover the stage
where the shadows play and give you a chance in a
million to become a saint

STREAM OF CONSCIOUSNESS

Gently down the stream

of ConsCiouSness

Feeling the Flow

of Life

Vibrating through the cells

Mindfully Awake and Aware

Understanding
Accepting
Loving

Directly through the Centre
Connected to the Self
ceaselessly, effortlessly moving
mirroring the Law

- as above - so below
- as within - so without

Are we ready to hear?

AMBER

90 million years old taken from the
bottom of the sea with its opaque
crust freed from the matrix of
forget-ness

in its centre hides leaves, flowers, fruits
spiders, frogs and butterflies
a resin from an injured tree

that caught in its tears a life-
frame of past so distant and yet
so near

does it also in its depth hide
our eternal stride?

THE MAYA'S GOLDEN DUST

Within the darkness
every place is just a
playground of images
Let me fire your imagination

I know you enjoy the golden dust

Within the darkness
everything is possible that
is why we get stuck and
the light becomes so blinding

Let me give you some hope
it will keep you going

Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
Life-After-Life-After-Life
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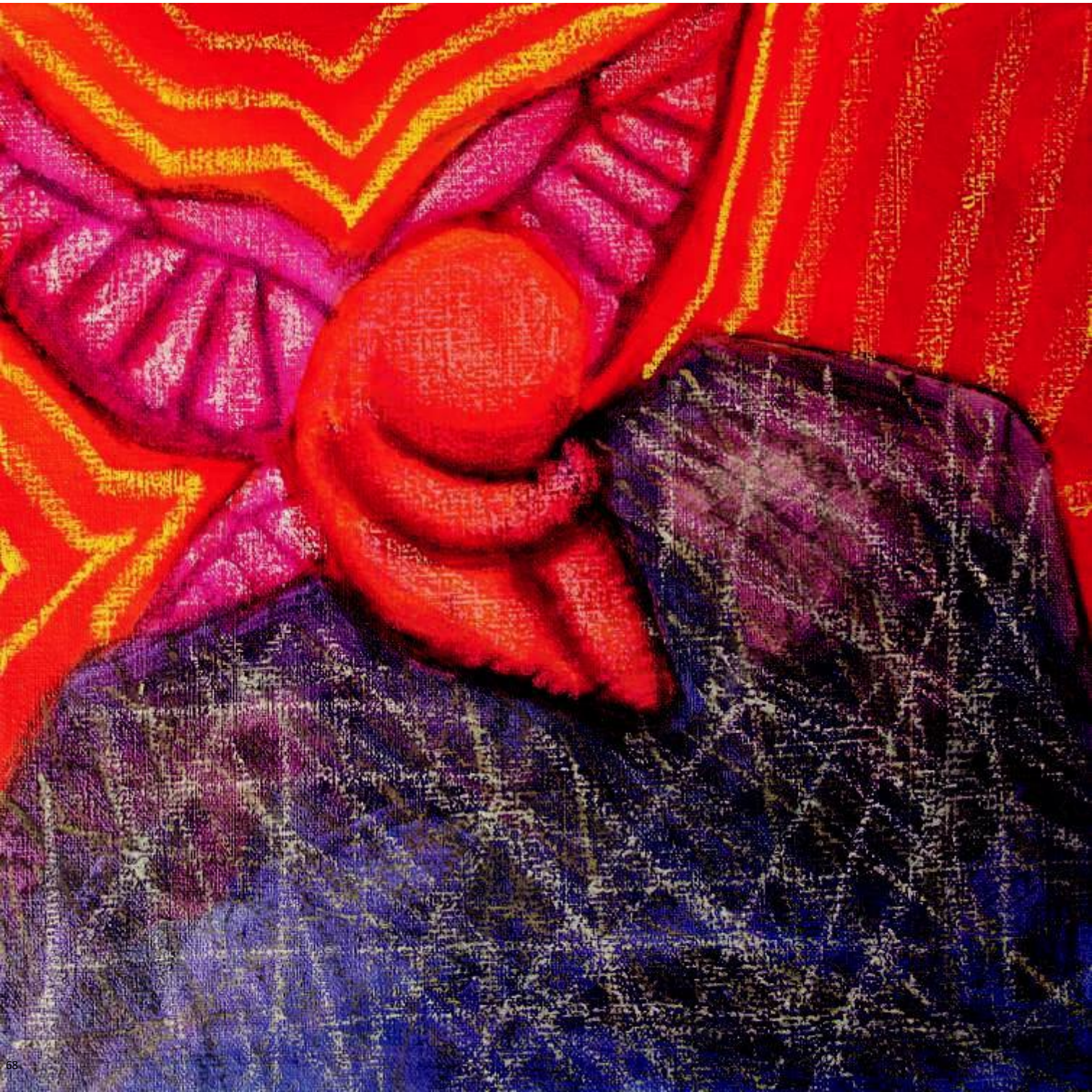
Life-After-Life-After-Life
Life-After-Life-After-Life



If you keep your imagination locked-up
You can not change the world

Release it &
A caterpillar will become a butterfly

In a second

DARE TO DO IT

She said - keep it simple
that is the secret!
De-tach
De-tox
De-rail

Nothing more, nothing
less De-tach from -
resentments, - repulsions,
- run-downs, - revulsions
De-tox from - animosities,

- antagonisms,
- antipathies, -
aversions De-
rail from -
malevolence, -
malice,
- maliciousness,
- malignancy

And be **Determined-in-Love**
And **Dare-to-Do-it**

UNITY

what are we seeking to nourish?
who is the One we want to protect?
where is the Soul that we listen to?

established in our search the
answers come easily they are
hidden within the shades of every
single tree

Grace to the mind's quest
Clarity to that of the heart
together in Unity You can
listen to your aches
and yet stay the master of your Fate

HIS CONSCIOUSNESS

To Glorious Wisdom of Love

To the Profound Heart Sound

To Great Awareness of the enlightened few

To Limitless Space of Compassion

To Alertness of Bliss and Emptiness

To the Mind riding on the wind of Light
To Amitaba and Amideva
To Milarepa and Baba Ji
To you my Father and Mother
Whose Merge brought me here
To experience
The Diamond Being
Within the Primordial Consciousness
of One

a world full of impressions
a world full of life is
hidden within the hurry of
a non-believer

VALLEY OF THE SOULS

I heard his voice and
cried om ami de wa hri
tears of silence

familiar sound of enlightenment took me
into the after-death experience moon
strolling through the starless night leaving
traces of blood that can not be seen by the
naked eye

the ashes at the bottom of the Ganges of millions
of burned bodies and their souls trapped within
the leaves' cuticles that re-generate every spring
visible only to the forest spirits

that circle endlessly through the night

A fountain of love
as though there is nothing else but love

A fountain of joy
as though there is nothing else but
joy

that endlessly giggles and screams and teases
fairies and their choice of who to give the golden dust

A fountain of celebration
as though there is nothing else but celebration

of each drop of rain and each gust of wind
and of your breath that intermingles with a butterfly's sigh

A MOMENT WITHOUT A CHOICE

I entered a moment
Without a choice
It seduced me
With its immortality

Now I want to get-out
But it keeps me chained
Offering dreams
Of eternity

Talking tattoos
Miraculous tales of love
Fantasy escapes and
Two-faced kitten that was born in Ohio

And I turn towards the 'null' point
Sensing senselessness
Searching for the zone
Where magnetic fields re-connect
Where the polarisation of space
Come to an end

Searching for my-own
Second Coming of Christ

MY ALPHA MAN

My Alpha Man is a hero found in fantasy
books He is the leader of a werewolf pack A
vampire A God forsaken Knight

He is strong and dominant Pacing up and down like
a lion king awaiting his prey He is a warrior A chief

On earth

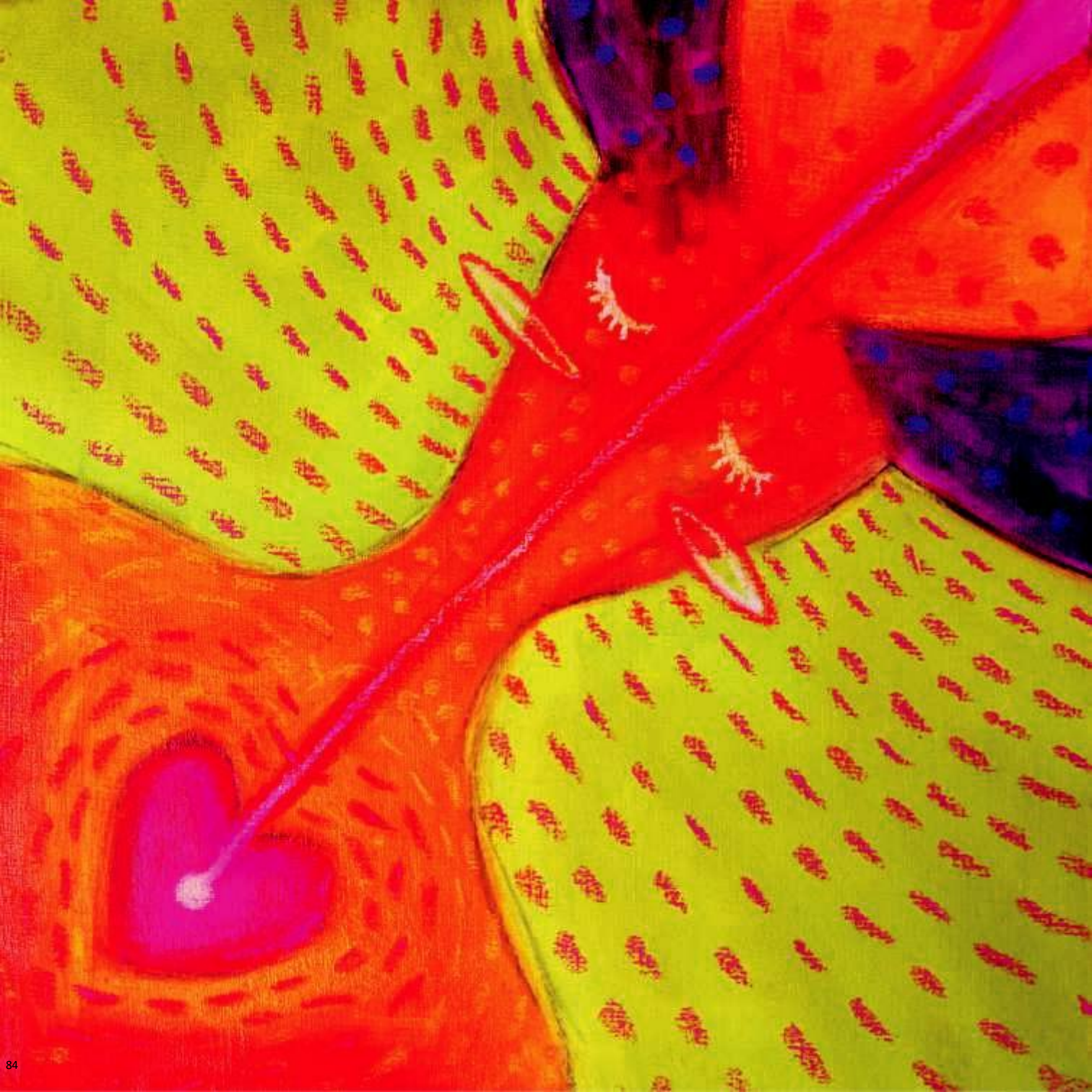
Long-awaited-materialised Myth

That sails through the battle-field of life
Smoothly
With his jaws firmly set
To take care
To protect and

Nurture

Treating children gently
And having as his strongest fetish

That of a woman's foot



WITHIN OUR DNA

Deepest channel unfolds within my spine
Into the world of shadows
Discovering patterns that were there
From the beginning of my time

My DNA and yours interweave
Into the art of being on this Earth
Choosing our Present, Past and Future
Fully aware of the infinity of possibilities

Creating a matrix that will protect us
Of engravings within our brain
Can we be stronger than
Patterns, Memory, Pain?

Can we be stronger than our human-selves?
Love me and we shall try!

A person is only a person
Through their
relationship To others

Within the feelings café we
drunk a coffee of compassion
that brought us back to our
purpose on this little blue planet

Your voice lingered within my heart
I heard you constantly as a word's echo

Your touch entered me with the wind’s breeze
Your tenderness captured my life streams

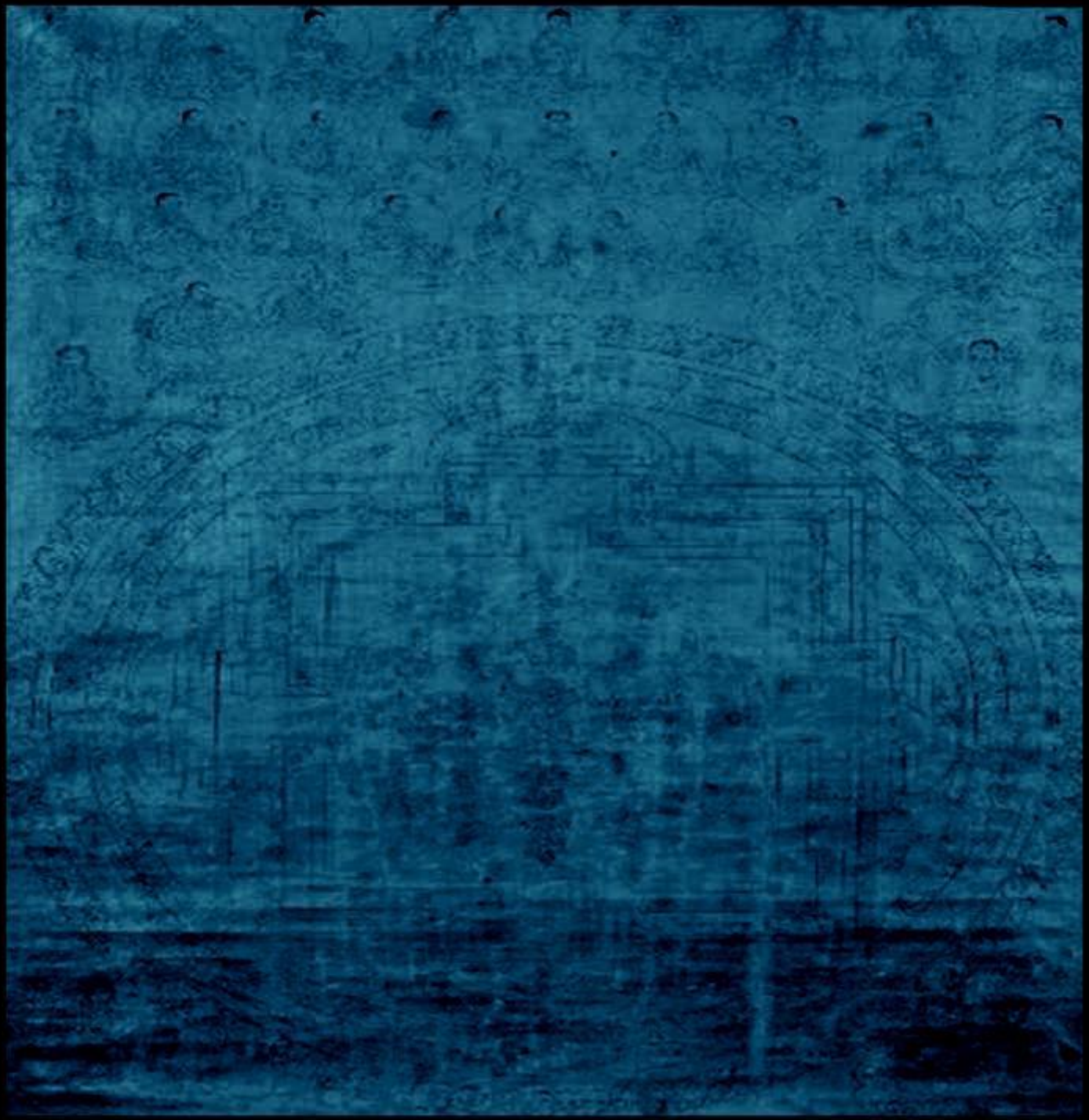
You are my first and final embrace
My first and final discovery and
My first and final Love

Jeni Caruana

Within this book, Jeni's drawings will be dancing with you in the Rhythm of Creation, full of Tantric flow, full of Life, full of Feelings. When once asked how much is her work influenced by emotions, she answered - Totally!

Water is her element - water as a representation of the Primordial Chaos, as fluidity and flexibility...

It symbolizes the world of emotions.



Promise

Sleep

To the Serpent

Spiral

Privileged to be there

Tantra

Cupid's arrow

Like in Ethiopia

For Sinthayu

I asked somebody...

whispering...

Like the sea

Cave of no return

504 steps

Unmentionable

Hidden in a hand shake

Holographic universe

Adam-the child of God

My dear angel

Love is the rule

Jeni's art work inspired by the poetry of Nuit

Secret

The temple

Tribali

Kundalini dance

Divine Intention

Wu wei

End of violence

Human Reaper

Shakti dance

to a Spiritual Warrior

Mirage

Devotion

Fate or Coincidence

Religion

Spirits made to shine

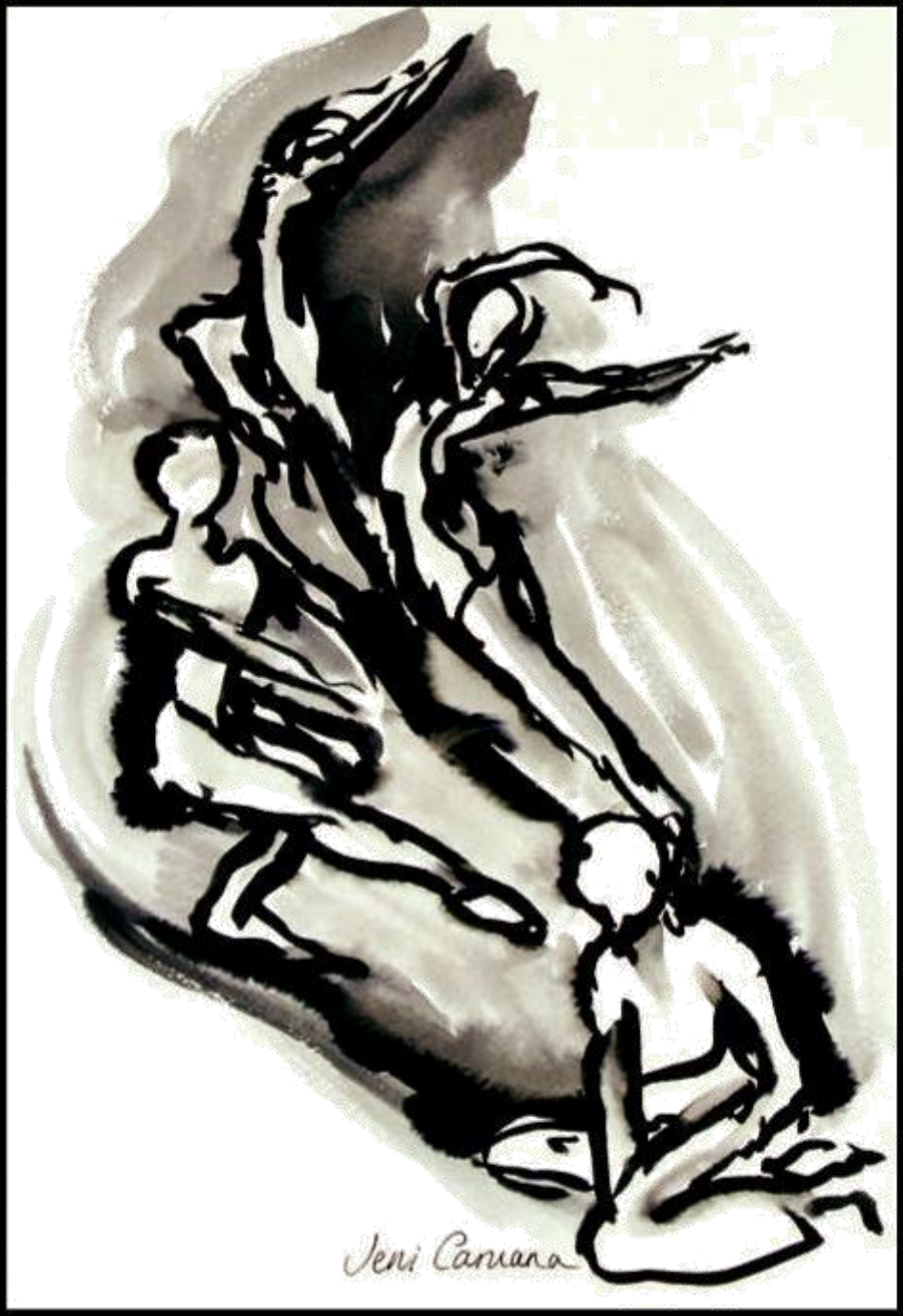
I believe in Light

Dreams

Voodoo of love

Ecstatic to meet you!

Thelma and Agape


Jeni Caruana

PROMISE

I caught an angel in between
two heart beats hiding and to
let her go - she promised

she will come into your dreams
tonight

Jeni Caviana

SLEEP

You have fallen asleep Carrying
with you a key to eternity Please
take me - into your dreams I hate
being without you

Under the cover
I see your clothed nakedness
And I know how it feels
Not to touch your velvet skin

The Moonlight strokes your face
Revealing the bliss you carry
within Please take me - into your
dreams I hate being without you

Jeni Caruana

TO THE SERPENT

So much celebrated, so much cursed
Serpent of Garden of Eden
Life that goes Forth
With the Knowledge of Good and Evil

Life that multiplies and destroys everything It touches
Life that is: Consciousness
That goes forth to-wards Divine
Through the Tree of Life and its Sefirots
Through the Yi Jing transformations
Through Shiva and Shakti's dance on the floor of Maya

To the trinity of Father / Son / Holy Spirit
To Sat / Chit / Ananda
To Kether / Binah / Chokhmah
To the ascent above the Abyss

The Serpent that flows through
Sushuma-to-Sahasrara
Kundalini, Qi, Life Force

I follow Your Wisdom

Jeni Camara

SPIRAL

What happens to decisions
discoveries, pathways that
spiral through our lives?

Where are they hidden?

Can we hit the centre whirl-
pooling through the universe
using the circle of emotions

of guesses, of little or no
knowledge of someone's
else's images seen on TV
of hands

that make the same
mistake without learning of
the lunatics

burning in rectifying fire of
love that knows no way of a
man that could not move

attached to a cock of power
miraculously awakened, attuned,

shaken leaving everything
behind screaming screams that
can not be heard - only sensed
through whispers of time

Jeri Canuana

I WAS PRIVILEGED TO BE THERE

We walked through the labyrinth
In search of the sacred stone within our hearts
Holding hands - we sang and celebrated Life
We descended deep into the Oracle hole
Humming Aum with a didgeridoo
We got lost in each others' eyes – many, many times
All of us – worshippers of Her Might
We entered Her channels
To learn & to experience to Be
All became One for a very brief moment
That will stay with us – for eternity
Of sacredness, of holiness, of bliss

Jeni Caruana

Prometheus has stolen fire from Gods
To give us its warmth, transparency
Inspiration, passion and masculinity

Rain drops are all around us
so that we can
clearly feel a cloud's breath on our cheeks

Pain is around us
so that we can learn to stop
believing in its s-u-p-r-e-m-a-c-y

Love is around us
to teach us
our grandness and our humbleness

The strength of the rhythm of creation within our chests
is equal to our capability
to touch the fire,
feel the rain,
understand pain and
breath love
with
every
cell
of our BEING

Jesi Canuano

CUPID'S ARROW

Hit by an arrow
I am falling

Can see no nets

Into the depths
of unconscious

of exciting deep blue

of truly
unknow
n
softnes
s

Falling into
new horizons
into whispers
that keep coming back
into softness
of his hands

Losing the ground

I am
Falling

in
Love

Jeri Canana

LIKE IN ETHIOPIA

I've never seen so much
poverty so much elegance so
much grace such beautiful
walks
so many warm & responsive
eyes so many blind & deaf so
much dust
so many perfect hair-
styles such wonderful
climate so little bushes
and trees so many people
walking beside each other
hugging & holding hands
so many people dying of AIDS
so many heads turning
towards the church - praying
whenever they pass one so
many perfectly white shirts so
few old people
so many people with crutches
so many hands greeting each other such
thin cats
and friendly babies
like in Ethiopia

Seni Camara

FOR SINTHAYU

I stopped to ask you - your name it wasn't
written on your forehead I stopped to
enquire where you came from

even though I saw a tag on your bracelet
saying - Earth's womb I was intrigued by
your voice

and love that was pouring from
your eyes I wanted you - before
I knew you

we met in my dreams
many many years ago

Jeni Caruana

i asked somebody what to bring to the orphanage in Africa and the answer was - don't bring presents

you can not buy a present for 150 children and if you bring a present to one, the others will feel left out so I went and bought presents for 150 children even if they do not become my tickets to heaven one day - they will become exploding drops of happiness

Jeu Camara

whispering
trembling

through the echo
of Aum

touching God's breath

becoming a
mosaic of
colours and
sounds
expanding
into infinity of

Truthfulness
Clarity Love
Connecting

with my Gurus
Flowing
through their Light to
return into
One to
become
One

Jeri Canuana

LIKE THE SEA BEFORE THE STORM

with his head against my chest
fragile and beautiful
my baby-boy was sick

his solemn, tranquil eyes reminded me of

a poppy's red delicate petals
in the middle of the Maltese gorge

of butterfly's wings
against the thousand year old stone fortress

of albatrosses' feathers
in the middle of the rough sea

of the breath of the sea-horse
moaning for his loved one who was killed last night

of a cat just giving birth
to her first ever kitten

of Buddha's 101st hour
under the tree of enlightenment

yesterday, my baby-boy was sick
gentle, sensitive, weak
he reminded me of

the energy of the sea - just before the storm
so quite, so serene, and so somber
were his eyes

Jeni Caruana

CAVE OF NO RETURN

Will you ever take me to the red sea, my love
Deep into the depths of the cave of no-return

Will you ever dive with me down-under without fears
Exploring the truths of my and your soul

Will I, will you, manage to shatter the barriers of time
and space and thoughts And connect the golden threads

You touched my centre, my love, and I feel exposed but
expanding Merging with the Universe and the night hawks
created by
fairies, butterflies, goblins

Will you ever take me to the red sea, my love, and the caves
That are within your head – for no-one to see, and no-one to
feel…

Jeni Caruana

I gained the knowledge of the
stars climbing 504 steps
towards the heavens

&
the knowledge of
Tantra descending 504
steps into the abyss

Can you do that too?

Rise and dive freely
following the flow
of Her secret fire
that sleeps hidden
within your spine

Jeni Caruana

UNMENTIONABLE

wild wonderment into deep
memories to uncover vague
understanding of unmentionable

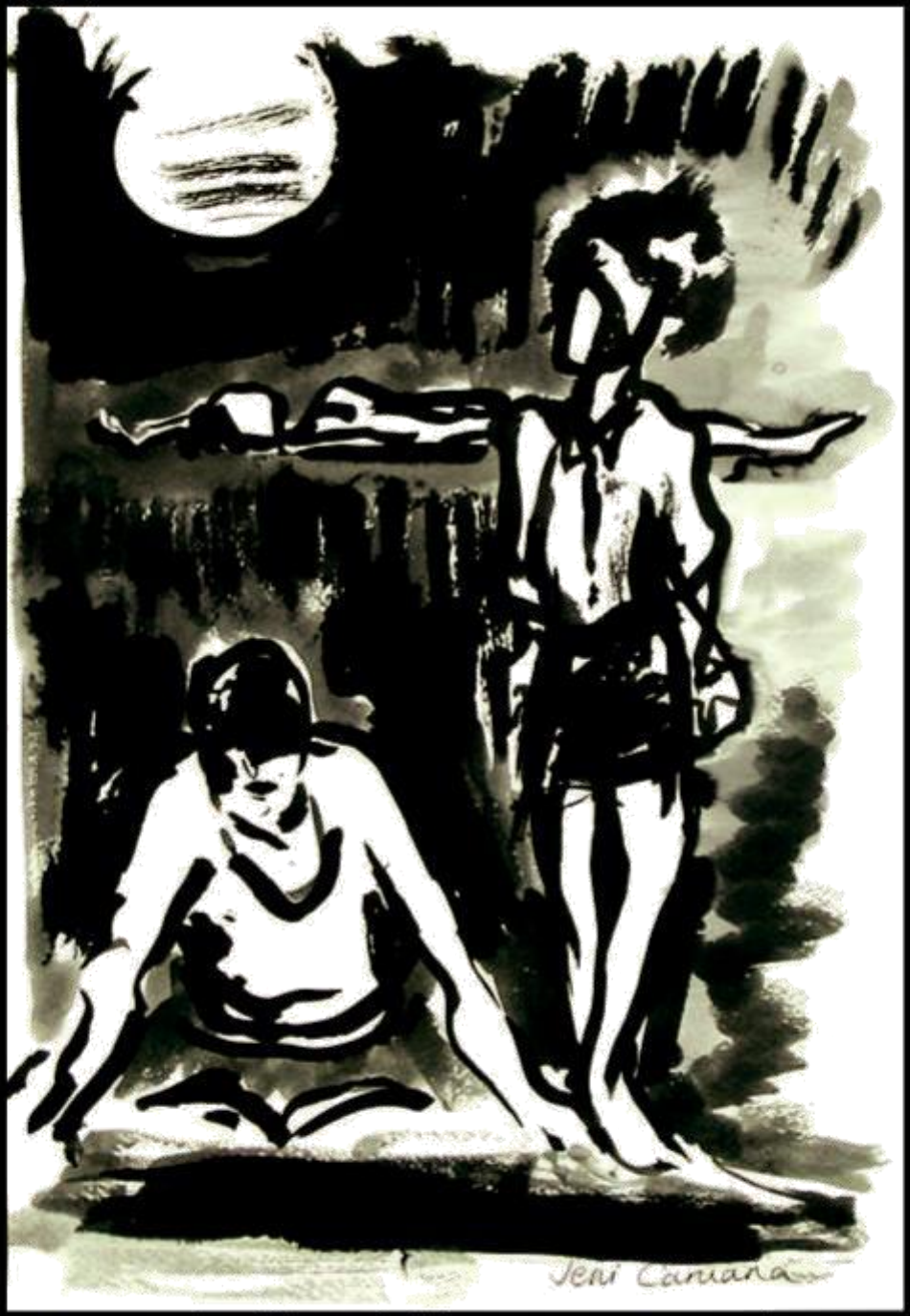
the cold, damp night breeze
blew between us reality
outrun apprehensions to
bring
an infinity of your firmness willfulness to leave

dead wintry bleakness mirrored
Her Majesty's icy heart in your
eyes

un-shored, harbourless I kept
wondering how did my anchor
lose its ground

as the sky grew less gloomy
I gathered some courage
and asked - Why?

the universe revolved within me disguised
within a foot-print on the sand hiding a
tide borrowed from the sea
echoing the hearty and merciless laughter of Gods


Jeni Caniana

TRUTH HIDDEN IN A HAND SHAKE

She was touching my hands - hers were cold, shaking

Please tell us if we can help you in any way – please do
Establishing herself within the realm of 'WE'

I've heard so much about you – she said - and she wanted to say more, to share, to cry, confirm

She knew I know
I knew she knows
He knew we both know
We all knew - but we left it un-spoken

I saw her jealousy and insecurity - but she was so very beautiful within it I wished to hug her - my hands were warm And I heard her cry to have her man only for herself – and there was no doubt she will have him Totally, fully, selfishly, until the end of times

Just without his heart – unfortunately for her – this one is a very rare bird
Found in the forest of humans every now and then – purely as an exception
Created by some weird malfunctioning of DNA 127 He truly IS a monogamous creature – that knows how to love only once
He locked his heart within a golden windowpane
Silenced it, removed it, and protected it by thick walls of forbidden shivers

Within the world of hidden memories that has once known Love
And has decided - not to fight for It

Jeni Caruana

HOLOGRAPHIC UNIVERSE

In certain circumstances
electrons communicate with each other
regardless of the distance between them

In certain circumstances people are able to
read each other's minds regardless of where
they are or when they lived

Universe as a seamless web where time and
space exist simultaneously and every portion
is infinitely interconnected

Me and you that know each other fully
even though we have never met

Brain as a hologram that selects
frequencies mathematically transforming
them into perceptions, feelings, worries

People as receivers
floating through the
Maya extracting from this
sea impressions of their
lives

Jeni Caruana

ADAM - THE CHILD OF GOD

My fascination stays fixed on this
man I call Adam

His colour is yellow - rarely found in Nature -
be-cause it is so precious
We see it everywhere,
but can not hold it,
or even dream to comprehend
it Like yellow of Gold,
Like yellow of Sun,
Like yellow of a Lion's stretched body

Adam does not like wearing shoes - his feet rebel
- like his brain
that can only grasp open spaces

If he can, he dismantles every single screw
on whatever-he-has-in-his-hands
to paint it
or fix it or
just for the sake of assembling it again - for the
sake of the Game

Adam loves challenges that God gives him
he spites Him and eagerly awaits the next one
and the next one and the next one
as a child exiled from Heaven that has sworn
he has not gone mad!

Adam hates stillness even though he knows
that it is only
IT that can give him peace

He observes
With painful precision
Every single moment that passes
Every single street that he walks through
Every single person that truly touches him
And he declares - it is here - in this illusion -
I want to live - on planet Earth - nowhere else!

And yet I know, if he could, or if he just
knew how
he would become a bird - an eagle
or live as a Bedouin in a desert or
as a Fisherman in the middle of the sea
and would have never returned to this buzz
of his mind

he is now so attracted to

Jeni Caruana

MY DEAR ANGEL

My dear angel, thanks for showing me - He is within and without.

He is I & I am Him.

And let us stay inseparable during my journey on Earth.

I love Him. I love Him. I love Him.

My dear angel, I love Him with all of my being.

I love His creation and His laws, His roads and His marks and the way He lets us know Him and the way He keeps us close to Him.

I live so I can fully understand my purpose within His plan. So I can experience Him in all His forms and all His energies. Dear angel, come, join me, in the dance for Him, with Him, in Him.

Jeni Caviana

LOVE UNDER THE CONTROL OF WILL

every time I say no and you kiss me
we break some of the core of our souls' power

every time we let love rule us we add to the
subconscious make-up of this universe that allows
lies and betrayals and non-respect

so, for the sake of love that is free for the sake
of love that is based on truthfulness, honesty
and clarity I am going to let you go & disappear
from my life

Go, disappear, vanish!

Because Love is the Rule but only
Love under control of Will

Jeni Caruana

SECRET

I am not quite sure but there is a Word
I am searching for today a word of
sorrow or a word of joy a word of love
or a word of hate
I know it is there - I saw its tail and horns and marrow I
hear it knocking - passing the sound

of Enlightenment?
of Life?
of Hope?

of Moksha - not Mukti!

of Nirvana's glow?

of thousands of Lung Ta flying in the air?

of mantras and yantras repeated for eons by many monks?

of the Divine Head and Her five nectars?

of awakening of Sushumna Nadi?

through Purification & Ecstasy
to Unity of Shiva and Shakti
with Cosmic Consciousness

Jeni Caruana

I am Love that Knows That there are no
Lonely Pillars As long as the Dome is
within the Heart

Jeri Canana

TRIBALI

Tribal

Dancing Moving
into Space Rhythm
of the night
Touching our core
Going deep down

Where all the beginnings
lie Subtle Strong Intuitive
Magical

They gave us themselves
We became a part Of
Love

Jeni Caruana

KUNDALINI DANCE

Dark and cold and
wet were Her hands
I felt Her chilly breath
inside my throat
Her claws deep inside
trying to find traces
of Fear within me

I stayed still
Accepting
Opening
Receiving

And within a moment
She was inside
Two fingers below
My belly button

And in there
She found no traces of shivers
no traces of resistance
no traces of weakness
just clear pure
Passage-Way

And then She grew
into Her most powerful Self
and She stood undisturbed, unmoved, unchanged
totally free
and She screamed

AAAAAUUUUUUMMM

From the centre of the earth
Through the tunnels of the caves
To the surface of the volcanoes
The most powerful

AAAAUUUUUUMMMM

To open

Mountain tops
untouched by clouds and rain

Cherry fields
in their full blossom

A dog running after a train
filled with the excitement

A witch laughing at passers-by
mirroring their paranoia

Death looking us in the eyes
searching for the chosen few
Capable
to see the Key
behind Her magic veil

Jeni Caviana

This is a spring of your desire
let Her come out into the
Light in Her best dress of
Divine Intention

Jeni Caruana

flow of Life governed by Tao
flow of change

spontaneous
natural
effortless
acting through non-action

connecting with Earth and Moon and
Sun through
being

not inert or lazy or passive but
swimming swiftly
within the current
merging Life with Tao

quiet and watchful

not-interfering

receptive

alert

directly connected

acting without action
trusting detached without desire
spontaneous natural effortless Living

Jeni Caruana

END OF VIOLENCE

I believe, with all my being, that it is possible to end violence.

Completely.

Suffering can be healed.
It is our choice to have the violence, and
We can choose to live without it.

Completely.

One by one, our choices became our duality.
With Intention and Conscious Choice
One by one, we create a new reality.

Reality without violence.

Reality of New Earth.

Of the Radiant Light of Cosmic Unconditional Love.

Jeri Canvana

HUMAN REAPER: A MAN TRAINED TO KILL

He was with the US special forces
he had his group of fighters
they were all trained to kill

his left hand is broken in 5 places his
eyes light up when he talks about
the fight

He says: most of the martial arts have too many kicks
you don't need these - it is unnecessary,
the only thing you need is to know how to control the distance
and then you go for the throat, kidneys and knee caps
Skull is too hard, you do not go for the head

And he says
they don´t even feel the pain - pain comes later
and you disable them for life
or kill them in a minute...

He talks about people
as though he talks about puppet dolls

They were trained to fight the communists
and when the cold war was over
Army didn't know what to do with
them - they were too many
so they started sending them to war
zones to get them killed

He said, I lost half of my people
when I decided to quit
I went to Europe, saw people in suits, living ok,
with an ok salary - and I thought: I can do this
I got a suit and started my own business

I don´t fight any more he said, only once
when 3 people tried to rob me at
a cash machine
- they were from Yugoslavia

One was behind me with the gun and I felt his distance
He is close enough for me to get him, I thought
and the fight was over in 2 minutes, they were all unconscious
before I even put my money into my pocket...

And I cried after I met him
I cried for the humanity that has created him
I cried for him and all the ones he wouldn't count

And I prayed for him
I prayed with all the might of my prayer
So God would forgive him and
forgive us for letting it happen

Jeni Caruana

SHAKTI DANCE

Universe was revolving in me
disguised as a thought foot-
print rocking life, rolling ships
hiding within a tide of God
borrowed from the sea a
question Why?

Amidst the journey - Amen cracked the clouds
Amen - of Her Will

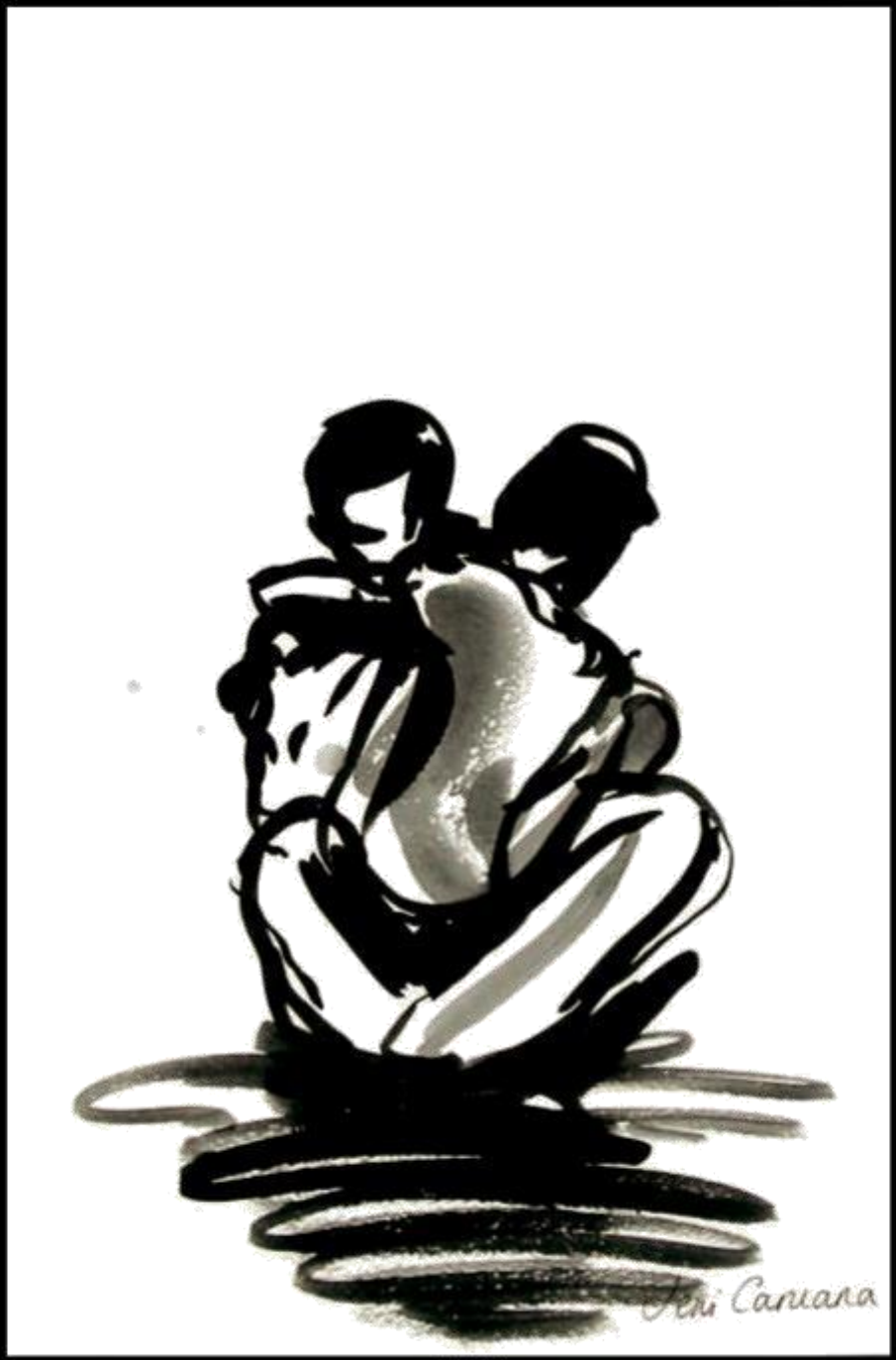
Stubbornness of Love
rebelled hold-on the Mighty-
One Hold-on!

Are we allowed just to taste it & not to live it?
Are we allowed just a glimpse of Her shadow?
Hold-on!

All the demons of life and
Thought - that we are buried under

Fight with knights and princesses of this world
Against Her supreme manifestation Against
Her Majesty awakened state
Against Her abode on Earth

What I dared I wished
What I wished I tasted
Can I now live It?


Jeri Caviana

TO A SPIRITUAL WARRIOR

Building a temple of love, lovers,
warriors, sages, movements, light
flow, soul-mates, pillars
I came across you

I smelled your body
liked the smell
You disappeared in me
for a moment that lasted eternity

Connected with a golden line
we met in a space that was not ours
that belongs to Gods and Goddesses
that belongs to the Divine Calling

Connected with a golden line
I recognised and received you
Moving into the Universe
that has no Beginnings and no Ends

Jeni Cannara

MIRAGE

A hurricane on the horizon...

Do you understand the difference? Destroying the other –
acting merciless, human-less, life-less Little droplets became
an ice-storm To get me established onto the path of the
Fool Unmoved, untouched, inspired

No frost-bites can tease me out of this
peace The winds chase the ghosts Into my
mind, into my life, into my heart And yet I
still believe in Love

In this oasis within the desert depths Sure
- it is a mirage And sure - it is the one I
want to believe in

Jeni Caruana

DEVOTION

It is so sweet
to dance and sing your name
and sit in your lap
bathed with your light

it is so sweet
to listen to the giggle
of the new be-coming Buddhas
playing with the babies, angels and fools

it is so sweet
to drink from your cup
the nectar - of goodness, joy and delights
that pleases spirits, birds & beasts

it is so sweet
to lick ambrosia from sea-nymphs' faces
touching your presence
with the very essence of the soul

Jeni Caruana

FATE OR COINCIDENCE

fitting like a glove and a
shoe that was used - 3,000
times
She can so easily break our
vows with her arsenal of
seductions

surrounded by a glow of grace
that is sweetness, burning joy,

mirrored in Her eyes are
all our crazy omens, rituals, and spells

She hides in mystical
stories of Armenians,
Assyrians, Phoenicians,

Hebrews…
And in a deeper layer of each planet's brain

Above the abyss
She carries her game
mistaken for Essence
She pushes us Forth
to the very end of our limits
to the very top of our climbs

Jeni Caruana

Poggi, I will bring the candles the cob-web
is only few centuries old Poggi, into the
world of shadows I will give you my rules
to light up the space

Undo the done - redo the creator's will I will know when
you fail - I have already tasted that dish I will give you
my blessings to bring to life the ones that have already
tried

Poggi

I will look after you until the Earth stops
turning until the Stars go back to their
original place
until you've gone around 1001 times until
you admit that winning is not a choice that
spitting at God is not a game that you must
obey
that you must respect that
you must accept
the mortality of your own Race

Ami Caviana

Spirits made to shine enter my mind
Leaving traces of our eternal dreams
Connect me to ME without ends

Instantly healed I chose my paths
With eyes closed and heart open
With no hesitation

Once we merge with the Core
Trusting the efficiency
Of our Soul's intent
The Flow becomes
The only possible direction

Veni Caruana

I BELIEVE IN LIGHT

this morning mermaids stopped me at the
entrance of the tall dark building - my
place of work

- what are you going to find within these
walls boredom, action, peace? or just a new
beginning

of something familiar but still unknown? what
are you after this very Monday morning?

I entered with the thought - I am after Pure Light
Nothing less, nothing more - just - Light

Jeni Cannana

The Bigger
The more Imaginative
The more Limitless
Our Dreams are
Closer we are
To Him

Jeni Caruana

VOODOO OF LOVE

I know nothing, and yet I know that
You can read my thoughts, and I can read yours
In this world full of unspoken spells

Is a thought real - existing objectively within the matter
Materialised – like a goblin from the children's stories
Inside that brown chocolate cookie, you have with your tea

Voodoo killed a man sitting in a corner coffee shop
A tattoo on his left shoulder
Jesus on the cross - he was once a Christian

He stole her soul and gave it to the dogs
She saw their end within the Tarot,
Long before it happened

It was a heart attack – the doctors confirmed
In a gutter surrounded by rats and worms
Without a real choice – his body buried

Lost within the neighborhood of his still lingering feelings
Two Buddhas, each on one side of the path, meditated
Was it her love that killed him – or his father's inherited weak heart

Today I had an orgasm just thinking of you…
Do you believe that my thoughts could be real
Creating and unmaking secrets of our unbreakable nets

Jeni Camana

Ecstatic to meet You!

…every time one of us
unlocks the door of blossom,
of expansion,
of splendor,
of joy,
of beauty…

Ecstatic to meet You!
…within the petals
that open in my mind vision
…every time
You take my thirsty heart
into the vertigo
of Your Nothingness
and the cosmic connection
of all Your Lovers

Jeni Caruana

Will and Love - practiced to invoke her Majesty
Kundalini In the world where adepts die and bloom
as Lotuses The perfection of Union is Silence

The desire for Beauty within a Dolphin that possesses
the Soul keeping it under the Abyss - giving It the
Madness of Pan
seeking the totality of all possible 'do'-s
jumping into the river full of streams of thoughts

Until…

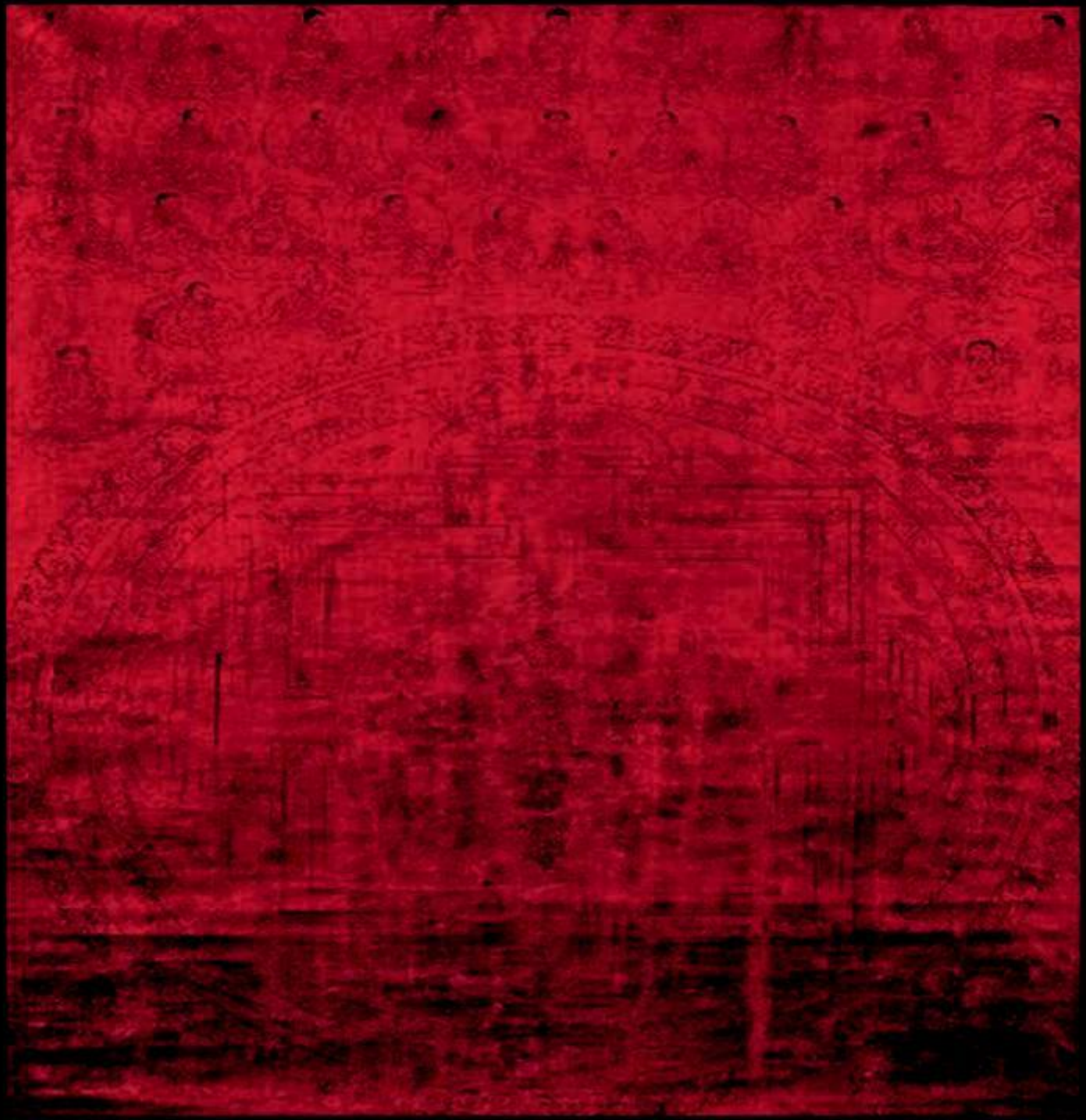
The steady sound of flute stills Its mind freeing
it from its grossness and violence destroying
the illusions of shame and desires, and
loathsome forms of ego-structures
allowing Faun to appear and accept Its True Nature

Aiming at Perfection - day after day Purging all
of 'I's - uniting with 'All'
the Will finally becomes the Self the
Faun transforms into the Unicorn
that knows the life of pure joy
and have only thoughts of clarity and splendour

Worshiping Silence - Ecstasy Transcends Expression
The Soul is Freed

Christine Cutajar

Kri sees Fire as the primary element of transformation, and she believes that Scintilla Stellaris Essentiae, as Heraclitus referred to the soul, also goes through a process of transformation to reach its ultimate peace, Enlightenment. Creating photography for this book and experiencing a process of change throughout her work, she felt that the order of the poetry she has chosen should follow the process of a fire's lifecycle, mirroring a soul's experience to reaching Enlightenment—chaos, experiencing maya, passionate flow, dying to be re-born again, and finally reaching one's highest potential. Fire is her element - Fire that is boundless and invisible, and is a parching heat that consumes all. Within its highest manifestation Fire becomes Divine Love.



Primordial Chaos

Seashell Spirit Wish

Perfection

Scorpion sing

Plato's cave

Spiritual Word

Excavate, Liberate

Towards the Sun

A Gift

who is the one?

A magic of Regression

Free Will

Evolution

Exciting but scary

How to change Earth

Force of Life

Rhythm of Now

Wisdom Tree

Freed

Choice

Kri's photography inspired by the poetry of Nuit

Fire Dragon

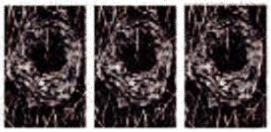
Overflow

Consciouss Love

Inside the sceleton

God grant me

Death and Life

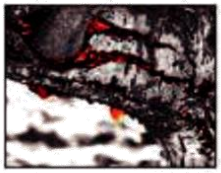


Attempting

did you know?

No waste

for Ethiopia



Lapis

VITRIOL

Union

Within the centre

Shining Love

Impeccably living Love

On Love

Alchemy of Love

Gnostic Cosmology

Relax: God is in control

when a particle and antiparticle touch
they both disappear in a burst of
gamma radiation
that generates huge amount of energy...

can this be Love?

PRIMORDIAL CHAOS

Amon-Ra sits alone within the Chaos
Creating all the other Gods by jerking off

Chaos stays
Un-possessed, Untouched, Unborn
Spontaneous, Not-caused-by-anything
Perching Itself on a sky-mountain

Its Abyss comes first
Its Mother - Gaia & the Titans - Its Carriers
Are born through Desire

Neither Being nor Non-being
Chaos loves Mist & Clouds, Principles of Disorder

SEASHELL SPIRIT WISH

And on the 7th day Seashell Spirit made a wish
To be One and All With God
Either as a dot or an infinite end…

And God was so touched
That She said:

Ocean frames your beauty and sea
whispers in your depths Your spiral will be
the code of knowing me

That is why I will: - Give you birth within
a man - Circling endlessly through life
and death
In search of the key to my Heaven's door

And I will: - Give you birth as
a Galaxy - Spiraling freely
through space
Mapping my wisdom through its dance

And I will: - Give you birth as Self-Awareness - Hidden
within the DNA of all my Life

And through it you will stay
My secret, my seed, my tetragrammaton

Can magic be a life style?

Maya can...

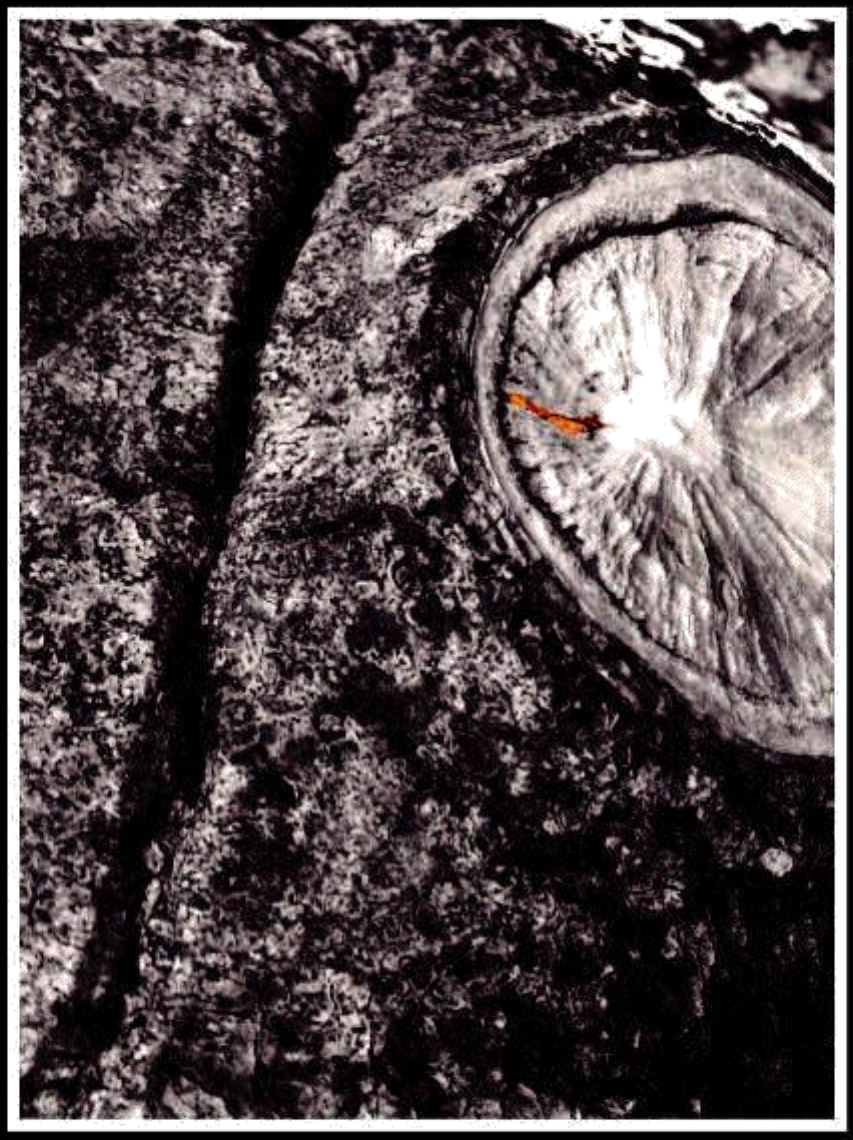
PERFECTION

God created Nature that is full of Chaos Where no two things are equal Where no sound, no colour, no shape is repeated

Man copied God and created Symmetry, mathematics, music, straight lines Man copied God and created Perfection

Together Man-made perfect elements create an Absolute Disorder

Together God-made imperfections result in an Ultimate Harmony



SCORPION STING

Fascinated by the frames Absorbed
within the reality of many Stung by
the scorpion sting Paralysed
Freezing images that are fluid
Measuring Defining

Arresting the infinite within the
finite Perceiving Believing Squaring
the circle

Attached to the illusion of constant change and
Separation

0666

PLATO'S CAVE

'Imagine human beings living in an underground den which is open towards the light; they have been there from childhood, having their necks and legs chained, and can only see into the den. At a distance there is a fire, and between the fire and the prisoners a raised way, and a low wall is built along the way, like the screen over which marionette players show their puppets. Behind the wall appear moving figures, who hold in their hands various works of art, and among them images of men and animals, wood and stone, and some of the passers-by are talking and others silent...' Plato's BOOK VII of the Republic

How much time in life do we spend really feeling, seeing, hearing, tasting - really living; and how much do we spend observing the movements of the shadows on the wall in front of us?

How many hours of the day we spend passively chained to the chairs of our choosing and how many we spend running in the woods?

the time has stopped…

i looked into your eyes and realised
the reason we were not yet born

it was because we were waiting :

for the stars to fall
and ice to melt
before we act
to re-discover
the primary relationship
to the one Self

it is so much easier to do nothing
expecting Gods and Ferries to bring Luck
because 'of-course' we all deserve It and
to claim that the path of Warriors leads
nowhere
staying stuck within the battle of
Krishna and Pandavas

and yet

it is so much more beautiful and rewarding
to get immersed within the Work
to attempt the climb
of Virtues that sculptures the Will
Power towards our Divine Potential
towards the possibility of living
Love every single day,
every single minute,
every single second,
with every pore of our bodies

if we do not make that effort
the gutter of our Boredom, Fears,
Dishonesty will readily and happily take us in
and before we know
it we will be
soaking in the mud
of our own visions of unhappiness

EXCAVATE, LIBERATE, CREATE

Open the door of your inner prison and
Liberate Freedom from Her chains

Freedom of expression, thoughts, words
Freedom of dreaming your-own Life

Reclaiming your Magic
Imagining a Better World
Inviting a Divine Purpose
Dancing your Highest Self

You will gain
Freedom to Be
a snake, butterfly, spiral…

Experiencing the Centre of Life
At the very core of Evolution

You will gain
A capability to change
The pulse of the Universe

Open the door
Freedom is waiting

The choice is not ours
- we will die anyway!

Either like scared mice hidden in a
hole behind a wall Or like lions in the
middle of savannah just a moment
after sun-set

We will die anyway!

And that is why we need to live
fully Attentive To the flames of
burning Love Conscious

Of every
breath Joyful
Childlike
Walking straight Always in
an attempt to reach the Moon

A GIFT FROM AN ENLIGHTENED

I looked into his green eyes and saw
An enlightened glow

He is one of a few - the Lady of Damascus Guard
Her faithful soldier
Taking care of Her for thousands of years

Now, more than 90, he is intimate with life and death
And us, the coincidental visitors
Of his little secluded church

His hands sensitive, soft and loving
Blessing us said:

Birds of anger, hate, and worries
Will always fly above your heads
That - you can not prevent
But what you can - is them nesting on your heads

CHOICE

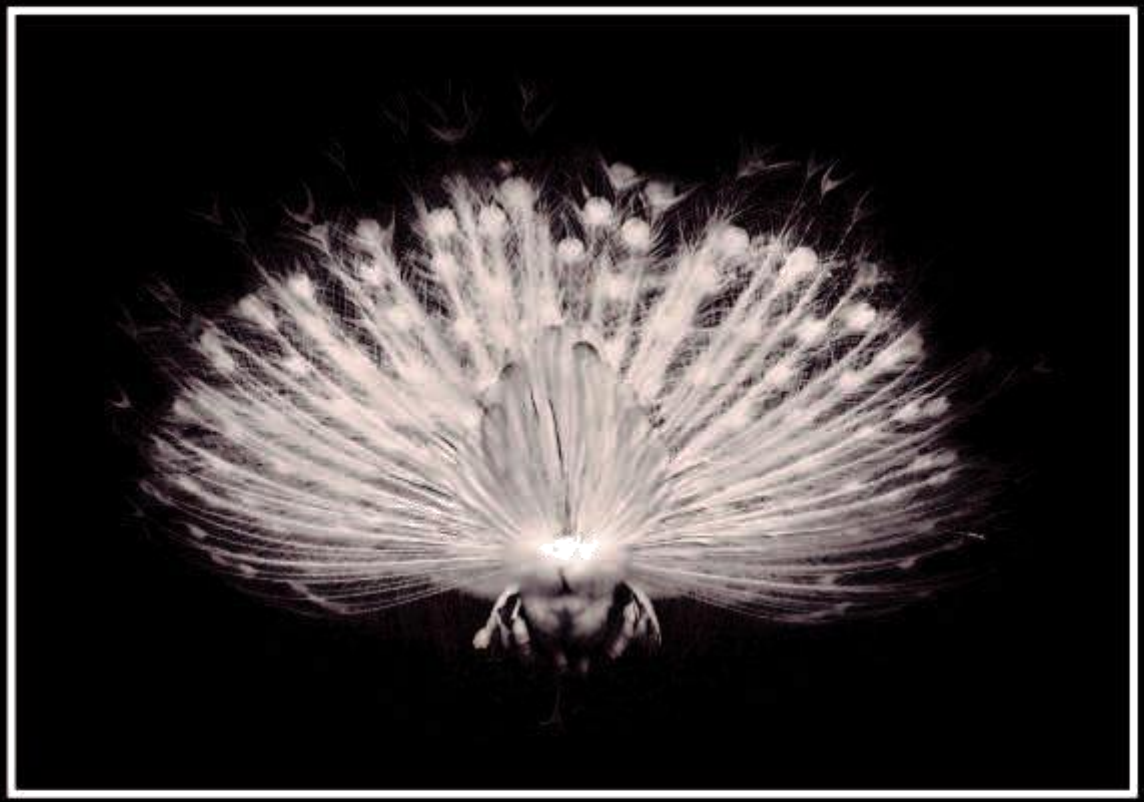
His soul was trying to escape From abandonment,
responsibility, disappointment That were with him
from the moment of his birth It screamed asking for a
hand to pull him from his ditch

I kneeled and reached for the fingers
All he needed was to stretch

But he didn't…

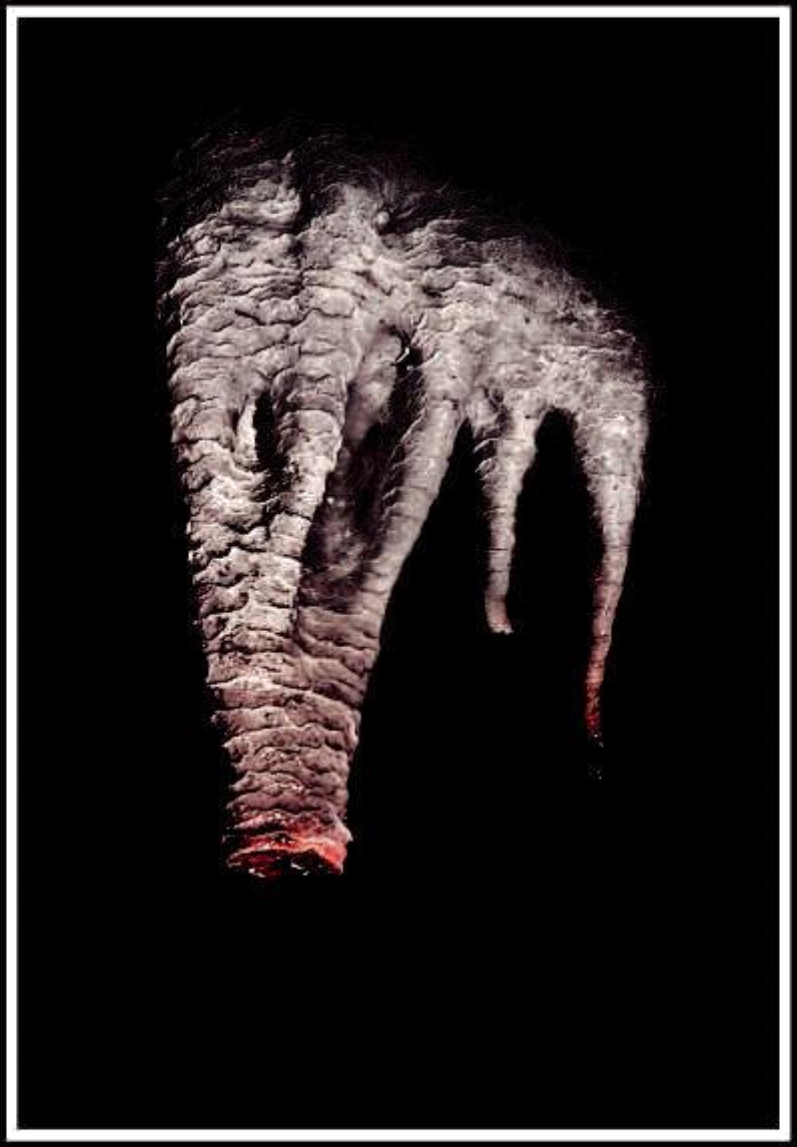
His eyes were too full of mud to see
His ears were blocked with tears

He stayed alone
Believing in supremacy of his pain



who is the one you ask for forgiveness
when Life knocks at your door

and you pretend that you are not at home?



If we head straight ahead there is a big chance that we shall reach what we are heading for – a Wise One said.

And the fear entered our Minds and we stopped, scared.

We abandoned our dreams and turned away from our intentions playing within the playing field of illusions.

The divine scared us, so we turned back to our earthly selves.

A powerful magic is now needed to bring us back into the path of self-fulfilled, and self-realised.

This is the magic of our willingness to Connect with our Highest Potential, The magic of our belief in Gods and Fairies.

FREE WILL

First stage

- Is the stage of the Father
- Law and fear of God

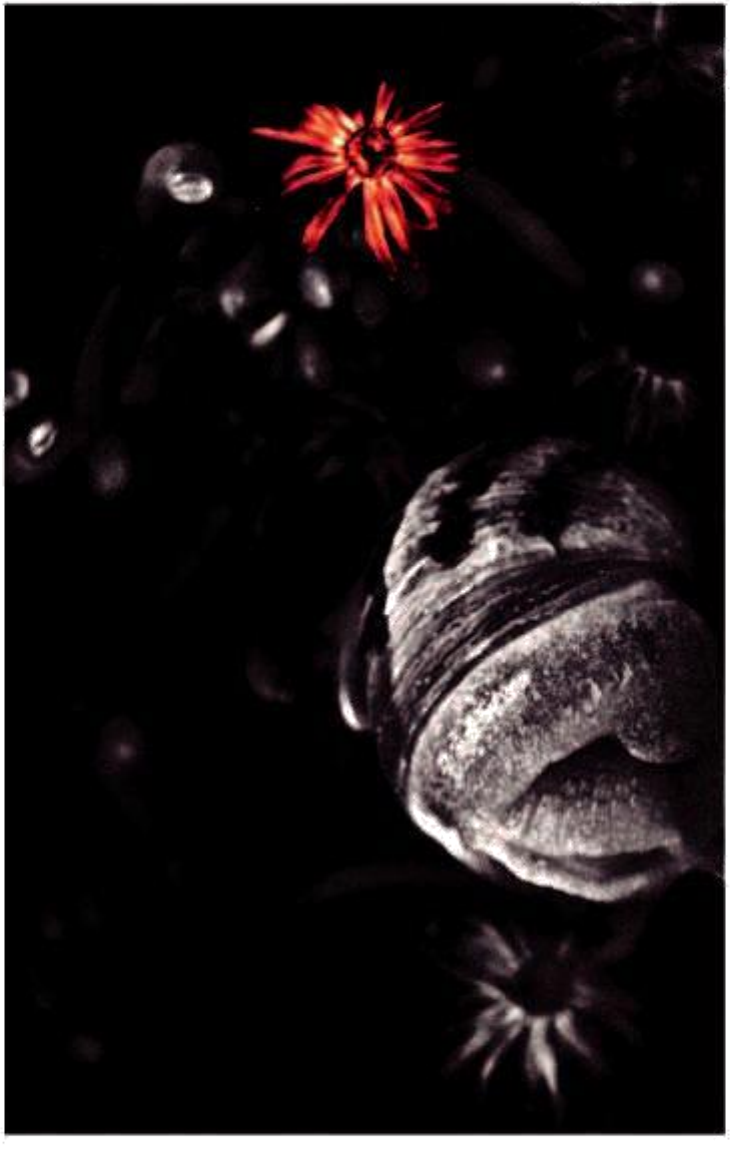
Second stage

- Is that of the Son
- of the Church and Lady Faith

Third stage

- Is the one of the Holy Ghost
- of Freedom and Intuitive Knowledge

We live in the time
when all the stages are known
and we have the freedom to choose



EVOLUTION

Idea
Perspective
Word

Breaks into our code
Per-mutating atoms
Of our evolutionary Self-s

Our sensory navigating device
Accepts or rejects the impulse
Creating realities of our-own choice

A natural drift takes us from an amoeba to a human
A very determined choice takes us further Allowing us

To squeeze our way through

To awake-n

To God and his gift of
Aware-ness

EXCITING BUT SCARY

many are called but few choose to follow
the sign on your forehead says 'fragile - do not touch'

exciting but scary...

the daylight covered in the full-moon shadow mermaid's
song across the seas calling explorers to dare to descend
into the centre of their-very-selves

exciting but scary...

the sacred secret hidden amongst ornaments, symbols,
caves, under-water corals, silence, deep within your head

exciting but scary...

discovering the limits of the Self
facing the Pure - within 'I', within Acts of Nature, Acts of God

exciting but scary...

demolishing, dismantling, refusing all-that-is-not-real
and what is - in this shady world?

exciting but scary...

HOW TO CHANGE EARTH

First
Accepting
The Eternal Moment of Now
Diving Deep Within

Then
Allowing Now to Magnetize us
With its Beauty
Bringing
Presence
Into our Heart Flames

Loving is more difficult than dying
Only a spiritual warrior can hope to survive

Her Majesty's Venus Awakened state

Defining the intention
of our heart's desire
we discover the Force
of Life

Living in the Rhythm of Now
gives us

An Abundance of Opportunities

Wisdom Tree
Reaches me
To teach me
Oneness
Unity
&
Love Without
borders Without
desires Without
attachments
Unconditionally Free

&
Beautiful

0999

FREED

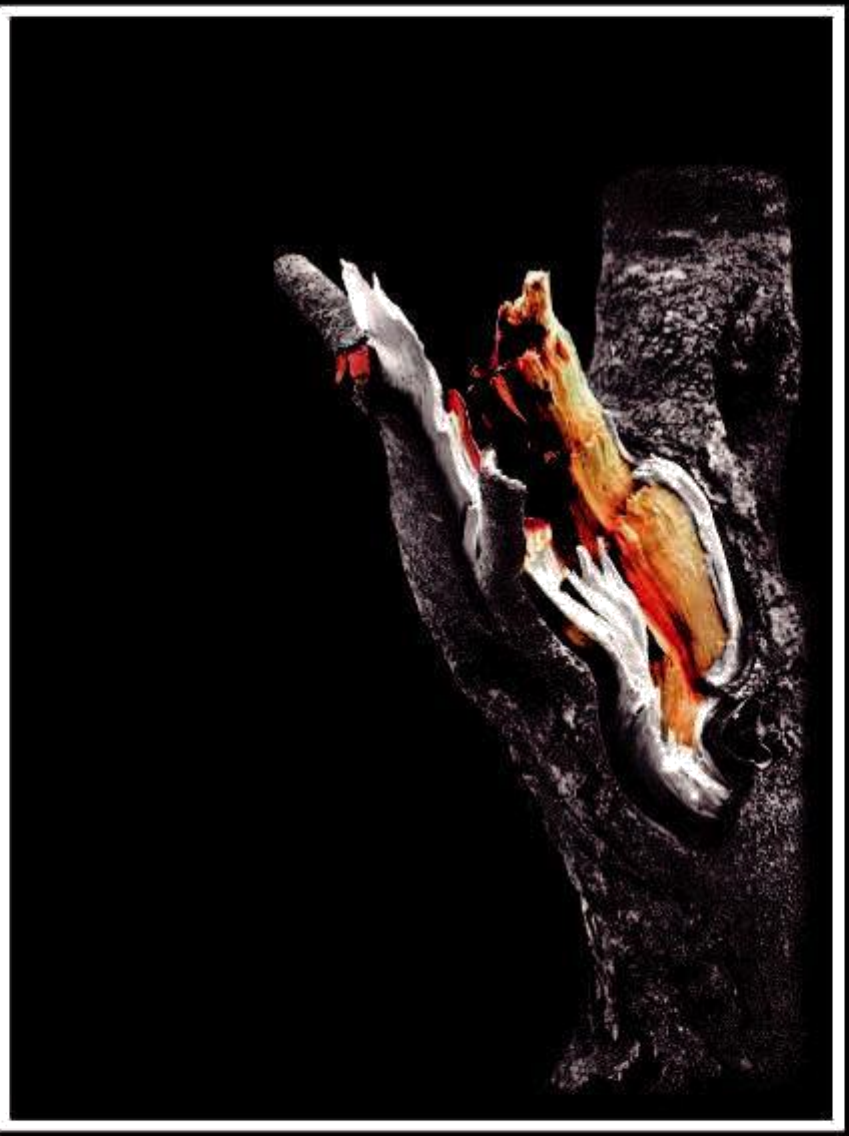
as a wild wind crossing the plains
as a whirlpool playing in the sea
immensely freed of pre-
conditioning mightily released
from pre-judices dogmatically
against dogmas

Walk

Breathe

Swim

Dance
Love



FIRE DRAGON

I have seen the Ocean open
when you raised the stick

I have seen the Mountains move
when you looked up
& whispered - move

I have seen miracles
waiting to happen
hidden
in her contagious laughter
& I saw you lift her veil of secrets
to deliver
a thought
of deep blue waters
of silence that is only found
in the noises of nature
of shaking earth
that was touched
by the breath of
a fire dragon
in love

OVERFLOW

Not Love but Overflow of Love
Not Life but Overflow of Life

Not giving when you have but when you know
that you only have a tenner Giving half to the
one in need

Not loving the one that loves you but
loving the one that annoys you angers
you, provokes you Loving knowing
that there is no return

Not reaching out when you know you have enough
but when you are sure that you are not sure that
you will get to the end of the month yourself If it
takes pain away from someone else

Not doing when you can but when you know
you can not because of the 101 things that
plot against you
because it means a lot to the one who asked

Not Light but Overflow of Light
Not Love but Overflow of Love

CONSCIOUSS LOVE

Love under Will
Instinctive Love
Falling in Love
Love as Divine Flow
Love-Head-Aches
Love-Sex frustrations
Love-Karmic patterns

Mysterious, untouchable, veiled, so-much desired Venus
and our ever-lasting hunger for her beauty...

To remove her from inside her Shell
Imprison her within the woods
Of our love-thirsty sub-conscious darkness
Rape her, possess her, tearing her into shreds
Desiring her purity, her sight, her light
Disappearing into her be-ing
Dissolving - merging - creating
As Gods would...

Love for the sane in a moment of self-inflicting madness
Becomes love for the insane

And yet - how deeply we all long for this insanity

The first ever kiss
Becomes Love for the too-experienced

Can love stay virginal?

Can we stay feeling it in our stomachs,
hearts, knees
Trembling

Like a suicide attack of
an 18 year old for-the-very-first-time soaked in
-l-o-v-e?

Can we keep it unstained?
by jealousy, possessiveness, pride
And harvest Her fruits
even when they are attacked
by spiders of decay,
netted with age of boredom

Can it be full-eternal-all-giving-ego-demolishing?

Can we stay obsessed
and yet
detached?

And last, but not least…

Can we leave any time we wish?
'cause our drive towards Divine
is still a little bit
stronger

I touched the heavens tonight dying - were you with me?

INSIDE THE SCELETON

inside the skeleton
he slowly moves

leaving the trace of an eagle
upon an empty sky

the trace of a snake
through the short grass

the trace of a cat's fur
on a new silver sofa

the trace of tears
that blurs your sight

the trace of a touch
that will be longed for
in centuries to come

DEATH AND LIFE

I saw a man dying in front of my favorite coffee shop
My dear friend is just now giving birth

Man's daughter was crying
My friend is now screaming

We stood there and prayed for him
Now I pray for her

Death and Life
intermingled within my
mind searching for
recognition and for space

Death and Life - both blended with pain

ATTEMPTING TO UNDERSTAND DEATH

Attempting to understand Death
I told a friend how much It touched me

He didn't even blink

Such an intimate experience!
If it doesn't touch you – you'll stay blind

In dying, Life is progressively extinguished

Drop-by-drop until the last traces are gone
And it happens all around us, all the time

Life ceases to exist - honouring the limits of His creation

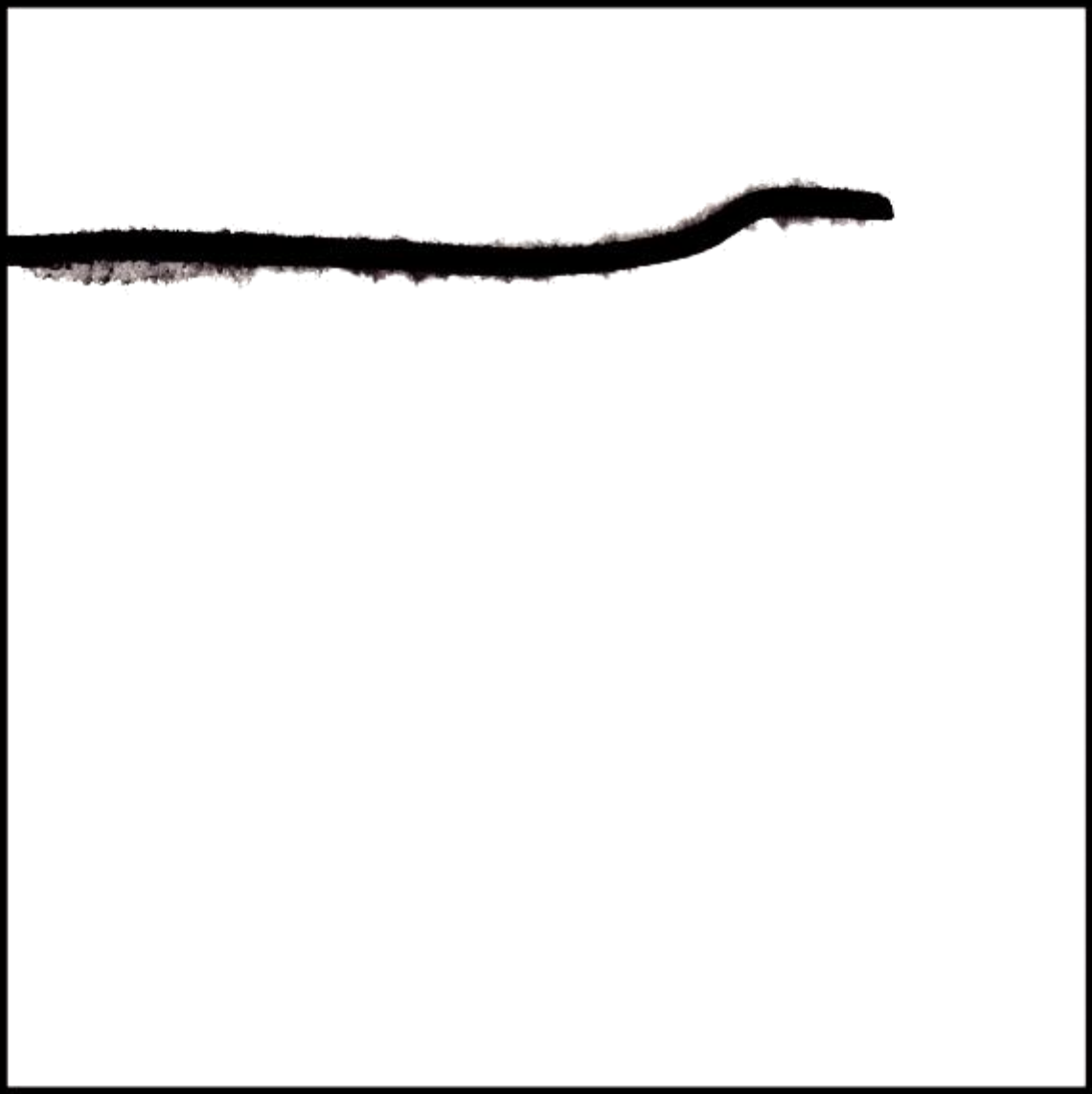
DID YOU KNOW?

Earth does not create waste
everything gets re-cycled
The only species on Earth
that creates non-recyclable waste
is Human

NATURE KNOWS NO WASTE

'Since the matter and substance of things are indestructible, all its parts are subject to all forms, so that Each and Everything becomes Everything and Each' – Giordano Bruno

The cycle of re-birth is within the Earth's design
At one point or another
We were or will be all that Life on Earth has ever been



FOR ETHIOPIA

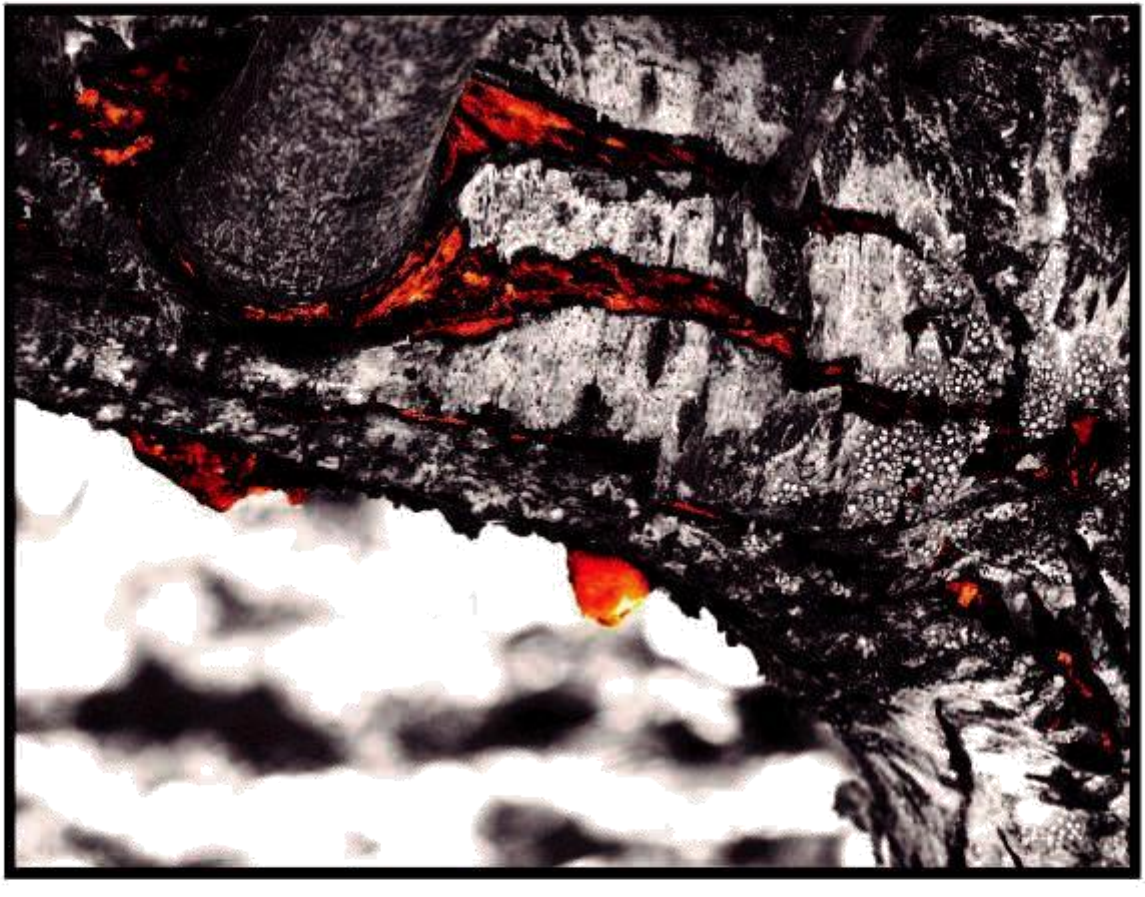
i went to the cradle of civilisation to see
the root of problems of human selfishness
and un-consciousness

i went to the bottom to understand the peak

facing death, starvation, disease
i was surrounded with kindness,
love and peace

is this the rule?

The sigh of a weeping willow
Landed on my palm today It
got lost on its journey
From one dimension to the next
Searching for happiness



To release the power of
Lapis Make the fixed one
volatile And the volatile fixed

Break Ego and its walls
Cleanse it
Boil it
Soften it
Disperse it…

And strengthen the Will

Descending Divine Qualities
& your Soul will shine Gold

How high do we need to climb
to reach it?

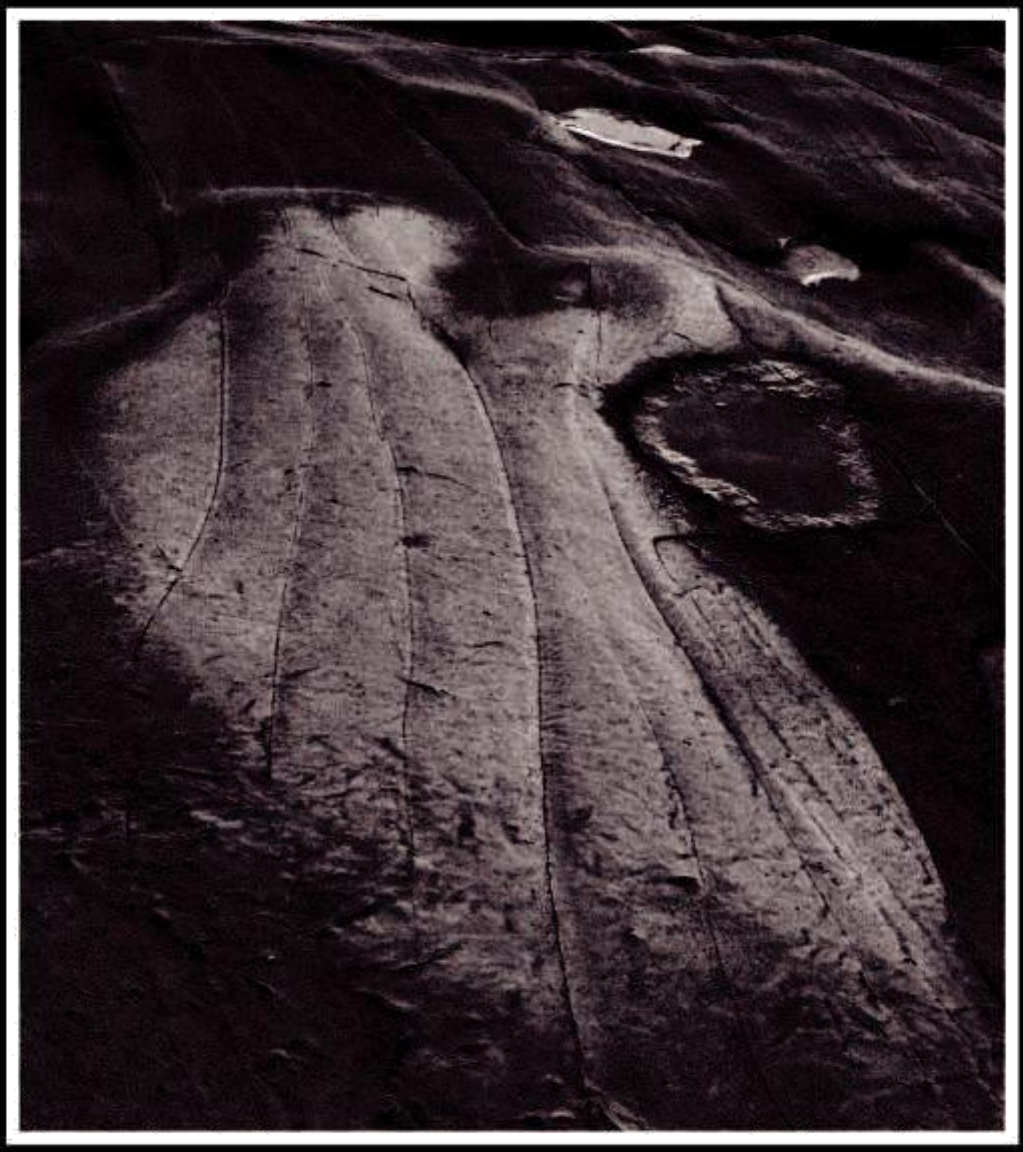
How deep do we need to dig
to find it?

Hidden at the very top of the highest Cathedral
Buried at the very bottom of the deepest cave

Concealed at the very top of the Sacred Mountain
Veiled at the very bottom of the Temple's path

Waiting at the very top of the largest pyramid
Rooted at the very bottom of the sacred search

Within the Holy of Holies
Sleeps untouched a sparkling pearl
Find it, swallow it & become it
And each drop of your blood
Will become a star



When you Live - so you can Love the One
Intensely free from bounds of anything
When your thoughts complete the Zero
That is a concept, but not a form When
your meditation is flowing strong,
disputing even God, if He dares to butt in
When you dissolve every single cell
Piercing the heart, the mind, the soul
You will know that your Being belongs
Only to one – the One You will know that
your existence
Has only one purpose - the Union

WITHIN THE CENTRE

living the spirit not chasing it -
every now and then when we
remember

it is the journey that
counts Life is God - not the
destination

and I vow to live it
with every thought and every word and every action

to see it in every soul
that meets mine

to be there - in the centre

refusing to give-in or give-up
cause it is the only truth that counts

that is alive and gives
real and ultimate pleasure

TOUCHED BY SHINING LOVE

I was touched by shining love
transformed and taken into the
universes of clarity and mental strength
of training and perfection

of Wisdom that manifests as Light

I was touched by shining love by Spirit
warriors, dancers, & followers of Life that
Know but still don't know that they know that
feel and act and ARE

within the world of an Enlightened Few

IMPECCABLY LIVING LOVE

Purified – replacing matter by spirit
Cell by cell…
Nourished by Earth
Veiled by Fire
Carried by Air
Dissolved by Water
Filled with God
Intoxicated with God
Becoming Divine
Metal transformed into Gold
Through the supreme magic of the mastery of
Thoughts and feelings
Evoking the infinite Wisdom buried inside
Impeccably and non-compromising
Living the infinite Love

ON LOVE

My heart is full of Love

Love that is soft and expands beyond the boundaries
of selfishness and different games

Love that is somehow Whole and Spiral in its rising
Love that is Divine

That Knows the wishes of the beloved - before they are altered
That changes frogs into princes and beasts into wise men

Love that Knows how to act

Perfecting Self-consciously and sub-consciously

Love that delightfully plays with
Life and is full of wonder that
awaits moments of Connection
Taking them into the Now - that lives always
Within

I see You
Every time I look into Buddha's eyes

I give myself to You
Every time I alter one of Your thousands of names

Honestly & fully I love You
Through Christ and Maria,
Shiva and Shakti,
Krishna and Radha

With every day that passes and every breath I take
I enter gratitude for receiving Your Love

Obeying Your Laws of
Truthfulness and Ahimsa
Weaving Prana
With hearts and souls of Gaia
Through mysticism, shamanism,
sufism, and ecstatic meditations
I yearn to touch You,
to feel You,
to be You

Within this amazing Journey
of Awareness of
Your Consciousness

GNOSTIC COSMOLOGY

At its birth
descending into the sea of time and space
a Soul goes through the ladder of seven spheres
Reaching Earth it is coarsened by planets' touch

On its pilgrimage back - it rises
using the same ladder
merging with the planets - one by one

It takes a sweat bath with Saturn
through a vale of tears that extracts
what is best within spirit, mind and life

Then Jupiter takes its turn
promising good fortune, health and wealth
multiplying - he binds it to Maya's fighting birds
tamas, rajas and satwa are their names

Mars brings fire - and sword and shield
his fury heightened, his goal is clear

The Sun rides a lion
appearing mighty, strong and free
cleansing the soul from arrogance, vanity and pride

Venus gives pleasure & unimaginable joy
Coming on a peacock tail - sensual, and royal
checking immodesty traces and maya comprehension ploy

In Mercury's embrace the Soul falls, now pure and virginal
the matter solidified - fire indestructible
Phoenix rises from its funeral flames

Luna receives an immaculate, purple robed King
giving It the final sublimation
Pelican, with her blood, feeds her dead young back to life

From Alfa to Omega, from metal to Gold, from Soul to Spirit
Until the Serpent has swallowed
its-own tail

Relax
God is in control!

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