

AS ONE

JOHN COBY

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By

John Coby

THE MESSENGER

I bring a message
Which might sound silly
But I give it to you
And I give it freely
Especially for you

I am the messenger
Like an arrow to you
I am an arrow
Flying straight to you
With message bound
Telling of a truth
That I have found

My heart is beating
For your good fortune
This life is fleeting
Change is coming soon
Change is coming
That I know
Sooner or later
You'll have to let go

.....

THE CONSTANCY OF NATURE

The wind
Just keeps on blowin

The fire
Just keeps on burnin

The water
Just keeps on flowin

The Earth
Just keeps on turnin

.....

LIFE OF LIVES

Everything rises out of stillness
Grows
Flourishes
And then returns
To its source of stillness

This is the nature
Of nature

Seeing
Understanding
And accepting nature
Are experiences you encounter
As you negotiate
The stepping-stones
That I lay beneath your feet
As you walk
On your long journey

.....

BEING STEADY

I sit
And I watch
And I do not shake

I see conditions change
As I watch the powers of nature go round
But I remain steady
And shake not

.....

MEDITATION

Meditation
Is a
Self-revealing
Pathway

.....

SEEING FROM THE CENTRE

Ultimately
If nothing makes a difference
I may as well
Even perhaps for a moment
Look at everything
With indifference

.....

FEELING BETTER

Don't expect anything
Don't expect anything
Don't expect anything
Don't expect anything

Starting to feel better

Don't expect anything
Don't expect anything

Feeling better

Don't expect anything
Don't expect anything

Definitely feeling better

.....

THE RIDE

Humans
Animals
And all the creatures
And all the worlds they are born out of
Live in
And finally die back into
All these
They are all there for us spirits to take a ride in
And be the life of

The ride
Is our life as a creature in a world

In our case
This time around
It's a human
On Earth

.....

INTERPLAY

Life
Is what happens
When there is an interplay
Between Heaven
And Earth

And the force
That makes everything happen
The way it does
Is called
Karma

.....

FISHERMEN

Does anyone know
Where the fishermen go
From whence
And to where
From here
And to there

It's a fine way to go
And a pleasure to know
When to stop
When to go
When to hide
When to show

And if I should fall
And what of it all
A tale that is tall
Is a tale not so small

Does anyone know
Where the fishermen go?

.....

TRANQUILITY

Tranquillity
I see you so rarely

.....

FAITH

All your worries
All your fears
All your apprehensions
About things far and near
All your tension
All your stress
Everything upsetting
Every little mess
Everything
You cannot see
Everything
You cannot be
Is just your lack of faith
In Me

.....

ONE

What does this mean?

Seek only
To be one
With the One

.....

AS ONE

I love you
My little man

I am with you
And nothing big needs to happen

We can just be
Together
And we can share life

I love you
My little man

Thank you
For everything you have given Me
My little man

This is just a momentary thought
In the middle of everything

In our togetherness
We travel everywhere

This is just a momentary thought
As we travel
Onwards
Looking ahead
Together
Moving through
Together

What a nice little blast
This being one with you
Is
My little man

.....

DAYS OF YOUTH

Those days of youth
Those days of tripping
Of light exploding
And nectar sipping

Those days of youth
When risks were taken
In search of truth
The world was shaken

Those days of youth
When to my surprise
You found me sleeping
Then opened up my eyes

Those days of youth
When the walls fell everywhere
And to my amazement
You were standing there

Those days of youth
Of faith sublime
When we punched on through
The veil of space and time

Those days of youth
When everything was new
And the light was shining bright
When You showed me what was true

Those days of youth
Have tumbled far
In the wake of time
And left me aging
With an altered mind

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