

A Good Place To Start

a rhyming revelation on the nature of being

Look all around you. Take in the scene.
Can you say for certain that it's not a dream?
Forget what you know; you can't know it's true,
except for one thing: the being of you!

And so, may I ask, with heartfelt intention:
What is this "you" that you always mention?
What is it that's looking out from your eyes?
What might that be without its disguise?

It's hard to pin down and words can't convey it.
Even the masters can't really say it.
It's not that the matter is so complicated,
it's simpler than all of the words that might state it.

So what do you see when you ask, Who am I?
To say "I don't know," would not be a lie.
And telling the truth is a good place to start
when you're asking a question that comes from the heart.

But what do you do when you know you don't know?
What do you look for? Where do you go?
The answer is here, and it's here long before
the mind can begin to search and explore.

The task of self-knowledge is not for the mind.
There's nothing to solve and nothing to find.
The question of "Who?" is something you . . . feel
when you see what's not you and remain as what's real.
The question of "Who?" is something you . . . sense
when you are as you are, without pretense.

So, stop. For one moment. Be utterly still.
Silence reveals whatever it will.
Vast and open, limitless being.
Awareness. Presence. Consciousness seeing.

Remain as you are, as you've always been.
Now, this is a very good place to begin.

