

## 1. DELUSION

Rest, swimming or drowning? Life's river swiftly flows

Washing all with its waves. You still stand on the shore

Fears hold you down, your voices accuse you of

Running away. But what is real?

What true safety? These shores but another

Pleasure garden, where the senses mislead, a

Magic theatre of endless desires

Where inner I's quarrel and disguise

The battle for the Soul. The search for true wisdom

Eternal, can begin.

Your ferry awaits, your ferryman am I.

Cast off dejection, delusion!

Rise! Join now the play of life,

Face the armies of your thoughts.

Though they rain down on you

like arrows, know they miss the target.

Untouched by drenching waters

is your inner Self, your Essence.

The seeker on this path

has one desire, one thought.

Not these thoughts, are not these thoughts,

you are much more.

One thought, if you would reach

far, touch the other shore.

To be one with the All,

seek evenness of mind.

Wash away endless thoughts, your attachment to them,

Lest they sweep you and wisdom with them.

Drowning or swimming?

Know that the drowning man

will clutch at any straw, any shore

to keep his head above life's confusing currents

and stormy seas of the mind.

Leave behind dark waters.

Troubled soul, still your mind

of restless waves, delusion.

**And know your thoughts have only the power of your attention.**