

Sacred Mountain Retreat

Ascension Newsletter

ISSUE 2

APRIL 2009

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Visit us at www.sacredmountainretreat.org
for books, schedule updates, etc.

Jorge Luis Delgado

Master Teacher from Peruvian Wisdom



Jorge Luis Delgado was trained by Kallawayas shamen of the northeast lake Titicaca region, the lineage of the Amautas, the Wise Ones of the Andes, as well as the Q'ero Elders of the Cusco region who are considered to be the last remaining descendents of the Incas. Jorge is the re-discoverer of the Aramu Muru Doorway, an inter-dimensional portal near Lake Titicaca. He is a founding member of The Brotherhood of the Solar Disc, an Andean esoteric society with headquarters at Lake Titicaca that is dedicated to sharing Unconditional Love through connection with the Golden Disc brought to the Andes by the Lemurian Master Aramu Muru.

Jorge Luis believes that this Pachacuti (a time when the world is being turned upside down and a new consciousness is emerging) is a time when you must go within and know yourself, heal the wounds of the past, and use the power of your own healing to empower others to heal. He is a way-shower who is sharing ancient and hidden knowledge to assist in the healing of all who are ready.



Jorge Luis Delgado, a modern Inca by birth and heritage, lives his beliefs. He firmly walks the spiritual path of the chacaruna, as well as the paths of husband, father, and businessman. In Incan tradition there is not a separation of the physical life and the spiritual life. His passion is to bring authentic Incan heritage, spiritual traditions, and handicrafts to world attention. Jorge Luis began his career as a tour guide when he finished his formal schooling in Puno, Peru. Since then he has established a tour company, Kontiki Tours of Puno and Cusco. He has built several hotels in the areas of Lake Titicaca and Cusco. Jorge



Luis considers the oral traditions, taught in the different Incan communities, as his ever expanding higher education. He is a collector and expert in the artifacts and handicrafts of the Inca people and has lectured internationally. Jorge Luis invites everyone to claim our common heritage as Children of the Sun and to experience, by book, workshop, or in person, the true Inca spirit at the very alive and vital Incan sites in Peru.



***RETURN TO JOY: Greeting the Sun
of the
New Spiritual Age***
Workshop with Jorge Luis Delgado, July 2009

We are living in the most wonderful time to be alive. The Earth is entering a new cycle, a new day and a new energy with a “new” Sun. It is a time to claim our eternal spiritual self and live life with our whole self, with our body, mind and spirit. We can begin to experience this new Spiritual Age in being fully alive and present as we practice “Greeting the Sun.”

The general format of the workshop will be of teachings in the morning and further teachings/ceremony in the afternoon. The teaching topics will cover Cosmic Awareness: PachaKuti, the return to Joy, connecting to the Inner, Eternal Self and experiencing its never-ending Joy and Abundance, as well as how this is expressed in different aspects of our everyday lives. The ceremonies will include the Greeting the Sun Ceremony, Appacheta – Letting go and Self Forgiveness Ceremony, and Despacho – Inca Offering Ceremony to Mother Earth.

Workshop Dates: July 13th thru 16th. Places are limited! Registration will be done through SMR. Contact us via email at contact@sacredmountainretreat.org, or post, PO Box 747, Crestone, CO 81131.

Accommodation: is either camping on the retreat (please bring a tent), or staying at a local B&B, which will cost more. We can suggest which B&Bs are preferable.

Meals: It will be up to each individual to coordinate shopping for and preparing their food. Simple vegetarian meals are required during the workshop.

Cost: To be announced. Check out the Schedule page of Sacred Mountain’s website for updates.

Lake Titicaca, Spring Equinox 2007

By Radha

i am asleep
you initiate me etherically
i resist because of my baby
yet conscious of your fierce energy
i ask you to take me to the lake

misty morning
gentle rain
tangible tranquility
peace infused in rarefied air
relief and thanks for arriving there

i want to be as close as possible to you
sincerity opens closed doors
my son feels your loudly quiet depth
and sleeps late

brought to your breast
i confess
my heart opens
more gifts abound
igniting me in the way i want
that heals me most

the dance of form & formless
weaves challenging truths into my life
lesson
desire fades
grace remains
grateful gratitude
washes hurtfully the pain

your children interact playfully
see my son in purity
community of unity & celebration
grounded like a mountain by your
blissful calm
reaching all in gentle ripples

i feel my higher self
float above and face you
here i find clarity &
meet confidently with answers

serene smile to live
inside the air you breathe &
receive divine radiations
inside my body
with the light that sparkles
to all in your wake

Journey to the Eternal Grace Light

By Dhaya Dorje

Namaskar

I would like to introduce myself. My name is Dhaya Dorje Mesrobian. I was born in France but really do not feel that I'm from there!



Let's share a little about my journey and how I got involved with the school. This journey has been already so intense and full, many lifetimes within one life, many adventures, experiences, and travels. To share all of it is impossible for me to do in a few words. In a condensed way I will write about my path so you can understand where I come from.

At the age of 15 I had my first conscious mystical experience. It was in the mountains while I was falling down a steep ice slope. I thought that I was going to die, "This is it Paul (my name at the time), you are going to crash on those rocks down there, this is it for you." I was going head first with increasing speed. I had no fear, I was aware and asked myself "What can I do? Hmm. Must be a solution." Silence...and I saw myself watching the movie of my entire life passing in front of me at the speed of light; I was this point of light watching it all. The movie stopped on the information I needed, a book I read about a climber telling about his fall...I had to turn my body around, feet first, and slowly kick my heels on the hard snow to control the fall. I did so, avoided the rocks and stopped before the coming cliff. I was safe, alive!

I was 22 when I encountered death again. This time it was not me but my first love dying of cancer within 3 months. I was facing the suffering of human kind, the sorrow of my heart, the cruelty of the medical world that used her for its own experience, and so much more. Marise passed away and there I was asking myself all the big questions, What is life? Why are we here? What do we have to do? Who am I? Why suffering?



At that time, I had not been exposed to any outside spirituality or any alternative, holistic practitioners and therapists. In France there was very little information available and there was no internet. I had no choice other than looking to myself, finding answers to those questions without any outside hints.

Today most people do not ask themselves those questions in a sincere way. There is so much information out there that one does not do the inner work, one merely plays, in the sense of masturbates, with his own mind and emotions and is happy to leave it at that. Life is a great teacher but do we allow it to be? Do we see our difficulties and pain as a teaching, do we learn from them? What about death? She is there, present, every day. Do we accept dying, letting go of the old so we can be reborn? Do we want to be a victim or the victorious one?



The following years brought many changes and new experiences. I became devoted to the Dzogchen Ati yoga teachings and became a Yantra Yoga teacher within the Dzogchen community. I was guided to and received initiation from Mahavatar Babaji in Kriya yoga. I deepened my knowledge by practicing the kriyas. Babaji was and is very present on my path, supporting me and guiding me in diverse ways. He led me to reconnect with Jesus Christ's teachings, took me to Vallalar and now he encourages me to teach Ati yoga.

One thing I really appreciate about Mahavatar Babaji is that he does not preach for his school but directs you where it is best for you. This is not the case with most schools, most of whom are only promoting themselves. Babaji's approach has helped me in being a free yogi, a free Human Being. I continued teaching yoga, but in its more global aspect. I expanded my formation with Hatha yoga, Sivananda tradition and others, meeting different Gurus, working as a Therapist and healer.

12 years ago Babaji took me to Vallalar or Saint Ramalinga, who transformed his physical body into a pure Grace Light golden body in the 1850's. His teachings are all about Grace, Compassion, Knowledge that comes from within, being in your natural nature. Only after a long time of study, research, and practice was I able to understand the depth of Vallalar's work. We could say that the teaching is the path of Ati yoga combined with Grace.

In Ati yoga, the first level of transformation is toward the rainbow body. It is working with the essence of the five elements and the knowledge of your primordial nature. Many yogis have reached such a realization. Then we have the great transfer that only a few yogis, such as Guru Rimpoche and Vimalamitra, have realized.

Vallalar's realization is a little different but the base is the same: realize and be in your primordial state, express the Compassion emanating from your real nature, and be open to receive the Grace Light. This is working with the white and golden lights.

Vallalar, who is considered the king of the siddhas, says:

We all come from the same Light source. During the process of creation through the elements the physical body is formed. It is possible for us to reverse the process and make this physical body pure light, here and now, in this plane. We come from the source so we can be the source.

When we express Love, Compassion, and Bliss we are all connected. We are One because those qualities are the qualities of all souls and also the qualities of the Absolute Eternal Grace Light.

There is only one God which is the Absolute Eternal Light, no other form should be worshipped.

There are no castes, no differences of sex...we are all equal.

One should treat all life as he would treat his own life.

One should not believe in scripture but gain his own understanding and knowledge.

All religions, philosophies, and organizations are false, they are only hiding the truth.

One should ask, "Do I accept death and aging?" If you do not accept this, then do something about it and follow my example.

Contd. on pg. 6

. . . Journey contd.

This year, during a personal retreat in Bodhagaya, Garab Dorje helped me to have real knowledge and understanding of the relationship between Dzogchen Ati yoga and Vallar's message, the interaction between being in the primordial state and the Grace Light. I mention this because it is a new turn for me as a teacher guide. Garab Dorje, known as Meru in the planetary tantric school, has been very active in my energy field since I reconnected with the Dzogchen teachings 17 years ago. Now I have been asked to teach Ati yoga and to keep it free from all mandala, institution, and culture, to transmit the beauty of his teachings that bring total freedom and Unity.



The Eternal Grace Light and the Masters have always looked after me. One just needs to surrender, keep your channel strong and clear, and learn to be in the right place at the right time. I met Whitecloud and Virochana 3 or 4 years ago after returning to Auroville from Singapore; we recognized each other right away. From the beginning I knew that we are from the same family. Our perspective on many topics, about the world and the energies, is similar. I found this impressive; when you receive the same messages without consulting each other, it means that this is truth. The spiritual family is important, we must work together. If you are alone with some of the Divine work, play, and vision, you might think, "Am I crazy or what!" So many things go beyond our mind, our ideas, our understanding.



In earlier days many spiritual teacher guides and gurus refused to be with other teachers and gurus because they felt that the other teacher or guru may take their student. They were in competition like much of the world is. They were in a mode of survival in a world of fear, far from Love, Compassion, Knowledge, Truth.

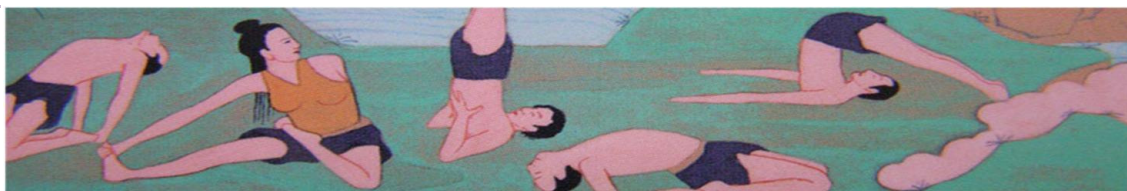
Oh! Those teachers and gurus are possessing students! Who is possessed by what and by whom? Here there is no place for that. When a person comes to you, one should do what is possible to help this person to become free and Unified. How to do this? By being an open channel and a perfect mirror. To achieve this you need to practice and to practice you need at first to apply methods, up to the day you can Be without. The teacher is only there to transmit the methods and to be a perfect mirror; for this respect must be given, no more.



Upon my return from Malaysia this year, I met again with Virochana and Whitecloud in Auroville and we went to Thiruvanamalai. What a 10 days it was, serving the school and our dear planet...no comment.

Victory to the Naga King, the Dragons and the Ascended Masters; Victory to the work we have done in the Eternal Grace Light.

Dhaya Dorje



Ati yoga and Grace Light Retreat with Dhaya Dorje, August 2009

During this retreat you will be guided to discover your real nature, develop the light body, and learn how to be in the flow of Grace.

Ati yoga:

The word Ati means primordial, yoga is union or knowledge. Ati yoga is the knowledge of our primordial state. We will use various means to gain this Knowledge – the Tibetan yoga of movement Trul Khor (yantra yoga), chants, mantras, prayers, mind training, and meditations.



Grace Light :

The descent of the higher consciousness into matter manifests when we are in the primordial state. Grace Light practices are connected to the inner and outer manifestation of the Supreme Light. There is no more separation between duality and non duality because we have knowledge of both and understand their relationship and function.

The Grace light is Compassion, Love, Bliss, Knowledge and Truth; it contains all light rays; it has its own intelligence. We will learn how we can develop and manifest those qualities, as well explore how they are integrated into daily life.

During the retreat we will have 6 to 8 hours per day of teaching practice, as well as an early morning and evening group practice.

Some days we will go for a hike in the mountains and will do our teachings/practices outdoors.

Dhaya Dorje will be available for private teaching before and after the retreat.

If you have any questions regarding the retreat, you can contact him at dhayashan@gmail.com.

Retreat Dates: August 14th to 23rd. Places are limited! A \$300 **non-refundable deposit** is required to secure your space in the retreat. Registration will be done through SMR. Contact us via email, contact@sacredmountainretreat.org or post, PO Box 747, Crestone, CO 81131.

Accommodation: will be a campsite on the SMR land. You will need to bring your own tent. If you do not want to camp, you will be responsible for finding other accommodations in Crestone, although it is advised that the group stay together on the retreat.



Meals: It will be up to each individual to coordinate shopping for and preparing their food. Simple, healthy meals are required during the retreat and must be vegetarian.

Cost: Teaching and retreat use: \$1000 and Camping: \$200 = \$1200 total

Please be sure to reference the retreat and include your contact information when sending payments.

Checks, payable to Silver Earth, can be sent to the PO Box above. Or, you can email your cc info (card #, name, billing address, and CCV) with the payment amt you'd like to make. We accept Visa, MC, and Amex.



Excerpt from Eternal Yoga, Awakening within Buddhist Consciousness by Virochana Khalsa

The following is excerpted from Chapter 5, Developing a Light Body



Developing Definition

A key understanding for our yogic application is that consciousness and energy are two sides of the same coin. From the highest level of truth, consciousness is its own energy source.

Spirit is consciousness, forever radiating effortless energy, which we then clothe, that is— we modify the rays of our primal presence, repeatedly, into the various realms of our existence. As energy changes its characteristics, it becomes everything in creation, from a thought of love spread out across a vast vista of space to the rock at your feet.

Consciousness is always interacting with itself, forever changing its content. Nothing else exists in the entire universe, yet the whole universe is made of it. Eventually, we forget our original nature as primordial, fluid, consciously-conscious consciousness. This freezes our awareness into the relatively inanimate quality of its content, such as a rock, our identity as a human being, or even the wonders of an “individual” soul.

Whereas in the physical, we apparently get energy from what we eat, from exercise, or by absorbing cosmic energy from our environment—in the buddhic realms energy originates directly from consciousness, that is, it comes out of nothing that we would look upon in our world as tangible, such as food. . . .

In the physical, the degree of our consciousness waxes and wanes all the time. Sometimes we are very awake and aware, at other times, a truck could roll over us and we would not know it. therefore, as we attempt to awake within more subtle realms, this awake/asleep type of awareness is not a good role model to base an understanding of how buddhic consciousness works. In the buddhic realms, there are also events that increase or decrease our level of awareness. However, if we know our spirit—the effortless source of energy, of consciousness itself, then we remain aware all the time. Thus, while we can use our existing awareness to initially support a more refined state of awareness, which we then further awaken within, and so on like rungs of a ladder—ultimately, only awareness as spirit is the full experience of that which never sleeps.

The equation of consciousness and energy works both ways. This is why yogis do breathing exercises to unite mind and breath. By extracting energy from the breath, we become more alive and conscious. We can use the two together, energy and consciousness, like alternate rungs of a ladder. By increasing our vitality, we use this as a support of consciousness and extend our awareness a bit further and a bit deeper. As we go deeper, we find that consciousness becomes its own source of energy.



***...Ultimately,
only awareness
as spirit is the full
experience of
that which never
sleeps.***

As we attempt to go deeper in our meditations, many of us find ourselves eventually getting sleepy, lost in a formless space lacking the support of definition and energy. Consciousness, as awareness, is not some mechanical quality. Consciousness is consciousness because it is aware of something; it is something, not nothing. Thus, we need inner definition to stay awake.

Developing character, standing for something, having opinions, developing approaches, knowing how to create something, being creative, are all vital for the spiritual path. We need definition to advance on the spiritual path. It gives our minds and energy something to focus upon, and in doing so we become more awake. As we become more awake, we have the opportunity to pay attention to the qualities of wakefulness itself and in this way, we get to know ourselves.

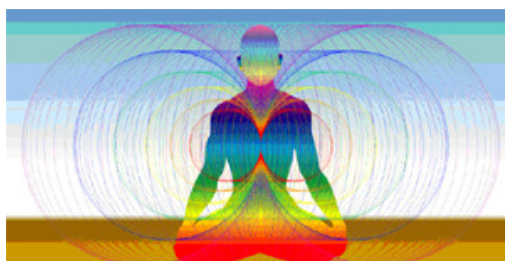
On the spiritual path, we extend this definition internally, so as to stay awake into a larger field of awareness, i.e., we are more than just a physical being. We need to learn how to strengthen our internal awareness by tangibly stabilizing it within a subtle form of prana. Internal visualization practices help us to do this; for example, meditating as a letterform in the center of a chakra, or meditating as a tube of light-energy within our spine. This stabilizes our fickle mind by absorbing it into the subtle prana that we are visualizing, which results in bringing more tangibility to our subtle awareness. As we deepen, we learn new ways of defining ourselves. . . As we deepen, we are also entering into a much greater transparency and thus, awareness of our co-creation of each other. Without this awareness, we are asleep; our ability to bring definition to ourselves in the higher planes is co-dependent with responsiveness to our transparent quality. Through acknowledging transparency, we develop sensitivity, refinement, and the love required to develop our individuality—our definition—in the proper balance necessary for spiritual awakening.

It takes a lot of application and penetration to develop wakefulness on the subtle pranas of our existence. This is why we “practice”. In essence, we are making the physical more transparent and the formless more tangible.

Practice this shift into transparency through various activities of the day. Before eating some food, take a moment and inwardly lift that plate of food up to another realm. Have it blessed and see the food vibrant as light and energy. Make an offering of thanks and sharing by putting a little bit of the food on the ground for an animal or insect. Finding little ways to uplift energy, such as a smile or helpful gesture, is recognizing our transparency with each other. Transparency includes taking responsibility to keep your heart radiant and your thoughts uplifting. While growing up, I always thought people could hear my thoughts and feelings, even a passing stranger. While I later realized that few people are this aware, it helped me to value my responsibility for my thoughts, and thus a motivation to remain clear within them.

One of the best ways to increase definition is to breathe an awareness of light into your body. Learn to feel the various parts of the body. Sense your kidneys, liver, your dan-tien, your heart, etc. Feel and see yourself as a joyous being streaming forth nectar light. Vitalizing light and nectar within the body is perhaps the single most important activity we can do to increase our spiritual definition.

Another secret is shifting perspective within your practice. Perhaps for a few months you will focus mostly above the head and at other times, focus in a particular area of your body. Definition is multi-faceted.



Eternal Light Center in New Zealand



Aloha from Maui, island of manifestation and vision, heart of the new world.

I am happy to announce it is Now the time to manifest the Global Sustainable Community and Spiritual Center in Aotearoa (New Zealand).

The understanding that this was part of my destiny was first told to me in New Zealand in the late 1970s, and was restated by the beloved ascended Masters when Virochana and I met on Maui in 1987.

The Crestone retreat was our first retreat to establish. We believe it will continue to grow in its importance as the ascension retreat of the Rockies.

Now in 2009, I am to put most of my energy towards the Eternal Light Center in New Zealand, helping to initiate the energy, bring the souls together whose destiny is to be part of this, purchase the land in Aotearoa and be part of the developing evolution for this model global community.

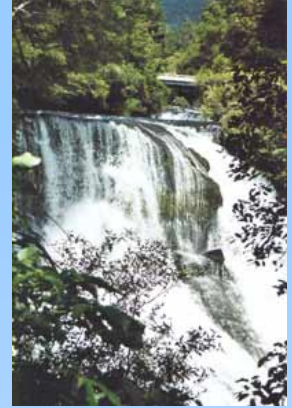
The vision requires at least 200 acres of land. It must be fertile, with a vital devic presence, have its own water source, be good for organic growing, and be protected spiritually.

Let me share a little of what this community will eventually look like.

1. This is a place for happy, light souls, who love the Earth, and who are whole and at peace with themselves, or at least willing and able to grow into that place within themselves. It is therefore a place of inner and outer spiritual evolution, where all that is necessary for spiritual education and self-development is available and practiced.
2. There will be one or more centers for spiritual practice and healing where teachers will share, teach and heal. This includes a place for yoga and meditation teachers to hold classes, retreats and workshops.
3. There will be a naturopathic clinic open to the local community.
4. There will be a school for young children, who deserve the best start in life and an education that brings out the best in them. Therefore there is a need for dedicated, qualified, passionate teachers.
5. As a sustainable community, we will be a model of all the most efficient, clean and responsible technologies for providing power, food and income to community members, fostering health and integrity of mind, body, soul and environment. We built the Crestone retreat off the grid, and we shall do the same again except on a much larger scale.



Being a sustainable community means providing for ourselves in harmony with the land, receiving its bounty and blessings while being responsible stewards. Thus we will create incomes for ourselves by growing fruits, vegetables, herbs and other crops, or catching fish from the local oceans—for those who are called to do so. Builders and landscapers will be able to practice their craft both within the community and in the surrounding region. There will be cottage industries producing healthy products such as creams, herbal medicines, etc. Creative souls selling their creations: arts, crafts, woodworking, carving, weavings, music, paintings being sold in local markets. There are many possibilities as souls have the space and motivation.



I see our initial role is to buy the land and raise enough money to build the infrastructure for this community to come alive.

Therefore at this time I am asking for people who have the financial means and the destiny to be part of this project in New Zealand to contact me. Let's meet.

We are looking for funding to purchase the land in New Zealand in early 2010, with an estimated cost of \$2,000,000 USD. If you would like to be a part of this please contact us.

We will form a non-profit foundation, and purchase the land with a few trustees. Once the land is purchased and the community is ready for people to buy into, then it is understood that anything built by couples, families or individuals is valued and that amount returned to them if and when they wish to leave.

Everything concerning money will be TOTALLY transparent: NO power trips allowed!!!

The Eternal Light Community MUST be a working model of how the New Energy manifests for the betterment of the individual, the group and our Beloved Earth.

Let's keep it Simple, so we ALL can stay light, happy and free, radiating our health, happiness and LOVE through our Mother Earth (Panchamama).



Whitecloud, Virochana, and Arinaya

Please contact us to learn more or to become involved.

whitecloud@amigo.net or arinaya@silvearth.com



The Need for Spiritual Community

An Invitation to New Zealand, 2010

By Arinaya



At times the world can seem a little crazy: so many people rooted in separation, butting heads in the dark. A sensitive soul, seeing this, is often compelled to do something, change something, awaken or educate, build the new or rebel against the old. But the drama of the world is self-created; attempting to change it by external means is futile, like trying to change the ocean's currents by throwing pebbles at the rising tide—so we must go deep, become the ocean, and change those currents from the inside out.

This means that the only way to really improve the world is through a path of genuine spiritual application. By consciously evolving and bringing to completion the patterns within ourselves that contribute to the collective discord, we resolve the issue at its source, instead of merely attacking an outer symptom.

It is possible for each of us to work individually on our own healing and self-development, and strive to integrate this new consciousness with the world around us, in whatever ways we can. Indeed, this is what most of us end up doing. And while each individual's transformation contributes to the birth of the New, there is also a larger work to be done, which includes the establishment of new and more enlightened modes of collective living.



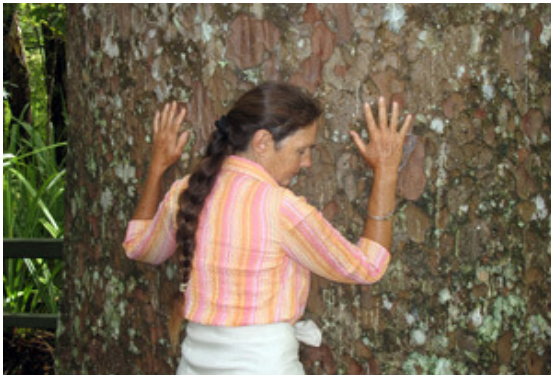
The necessity of spiritual community arises from the fact that the Earth is a collective fabric, created moment to moment by the thoughts, feelings and actions of the beings who embody upon that fabric. Thus the only way to transform the larger currents that drive the mass of humanity is to come together and transform those collective patterns from the inside out, just as we do in our individual practice. This collective transformation continues to evolve as individuals are drawn together through the force of their destiny and choose to work in harmony with the timing of the Earth in locations which support the establishment of these new centers of life and consciousness.



At this time there are relatively few places upon the Earth that truly support this type of activity. So much of the Earth-fabric is clogged up with the psychic pollution of unconscious humanity. However there are places that are spiritually vital and protected where the New energy can take root and blossom forth, and these are the locations that call us. For this reason, I look forward to visiting New Zealand next year, and invite anyone who shares this vision and destiny to make arrangements to join us there. This way we can connect with the Earth, listen to her voices, align our visions with her intent, and take the first steps towards establishing this new center. Please feel free to contact me with any questions, or to communicate your intentions.

True spirituality encompasses all aspects of life, down to the most mundane, rejecting only that which cannot accommodate itself to the level of integrity, authenticity and joy demanded by the ascended light !

Sacred Journey in New Zealand 2010



This is especially for those who feel a connection to us, love practice and who feel they could be destined to be part of the Global Sustainable community project in New Zealand.

We will travel with the group to a few places in the north Island where we believe the community land could be, and to the sacred sites that will speak to us ALL.

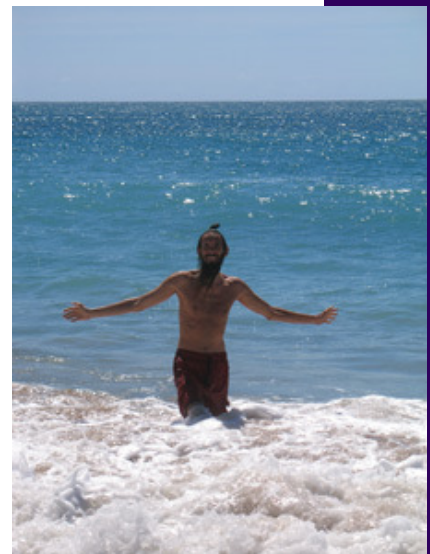
We will meditate, walk the land, swim in the ocean,/rivers, play/listen to the spirits, and awaken our souls to our greater destiny.

In this way we honour the land, and ourselves through alignment, by grounding our vision gently through the land, and moving with the eternal GRACE Light.

We will be camping most of this time, so bring a tent. Travellers will need to arrange van rentals for this journey.

Arinaya shall assist you with all details, and the co-ordination necessary, i.e. air tickets, van rentals, and other costs. Please contact us by email for further information or to communicate your intentions.

Blessed Be, Hare Mai WELCOME.
Whitecloud & Virochana





Yogi's Corner

If you have any questions about the Ascension teachings, yogic practice, integrative spirituality, earth changes, the contents of this newsletter, or anything else in this vein, please send them in to arinaya@silvearth.com.

This is an opportunity for you to help guide the direction of the newsletter and help keep the dialog alive. We hope to hear from you soon!

Rebirth

by Arinaya

Awhile I stood on the borderline between the Void and Life:
My body lost, my mind unknown, when all was vast and free
In endless fields of deathless light untouched by pain or strife.
Yet this was not the living Truth my soul most deeply craves:
A touch, a breath, a taste it needs, a dense and deep and earthy
Breast to hold this burning flame, this heart of bliss ablaze.

And so I turned, away from peaks of raptured calm, away
From heavens full of mirth and muse, towards the fields of clay.
I gathered up at first the strands of cosmic thought that bind
The world upon its course and write the script of Krishna's play:
Around my Self I wrapped a cloak of universal Mind,
With Fate I spoke, with Destiny my further plunge aligned.

Like ripples scattered upon a lake I saw a life's events,
Consented to the Mother's frightful game of day and night,
And dove headlong into the flow of Earthen time that rends
The spirit's oneness into shards of broken, distant light.
And yet a seed remained of my infinity and might:
A seed once planted sure to grow into its foreseen ends.

