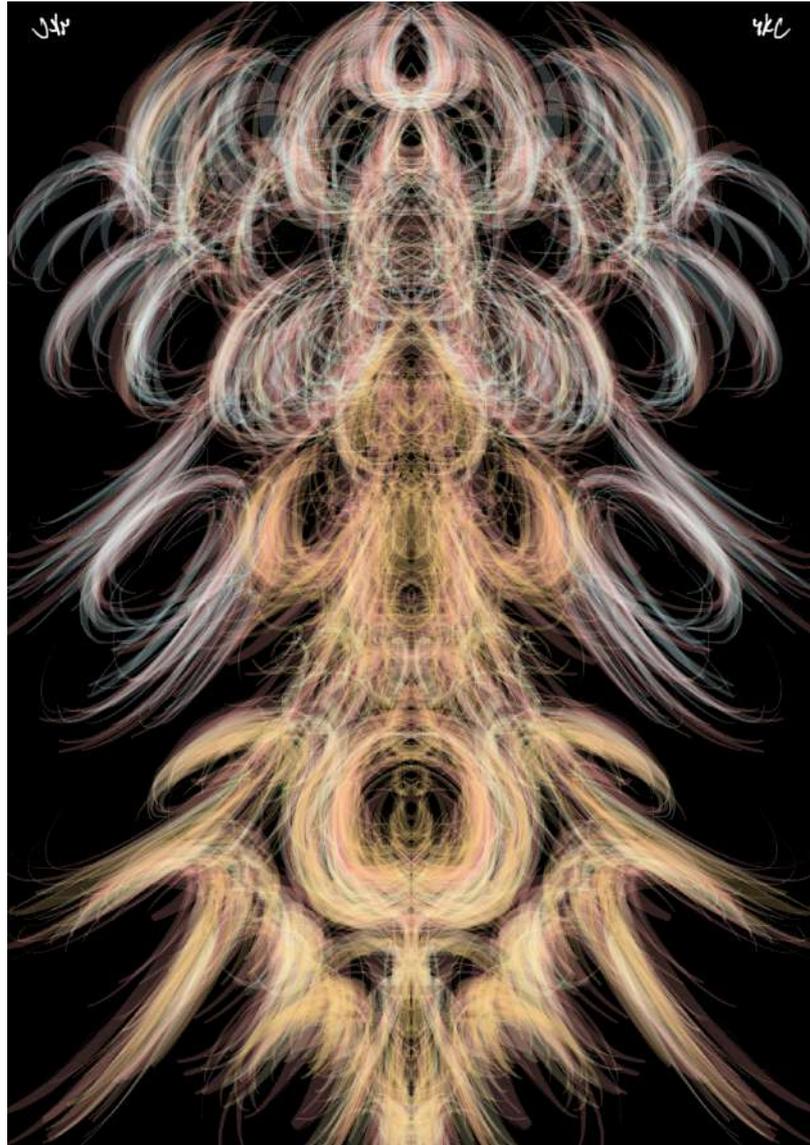

発達理論の学び舎

Collected Poems Vol 4 (151-200)

Website: 「[発達理論の学び舎](#)」



No.1832 夜の瞑想_Meditation at Night

No.151, Lifework & Mindfulness

Every day, I devote myself to my lifework with the peaceful mind.

I always serve the society mindfully and compassionately.

Groningen; 07:23, 31/1/2021

No.152, The Way of Truth

My road is purposeless.

My road is endless.

By the way, is the road really mine?

It is the egoless road.

It is the way of truth.

Groningen; 07:28, 31/1/2021

No.153, Your True Nature

Go beyond all the fabrications around you, about you, and inside you,
and you'll find your true nature.

Groningen; 07:31, 31/1/2021

No.154, Secret for Leading a Fulfilling Life

Dying at every instant.

It is the secret for leading a fulfilling life.

Groningen; 07:38, 31/1/2021

No.155, A City Life

What is the nature of a city life?

It is not only unnatural but also "natureless."

It exhausts us limitlessly.

People in a city always look exhausted.

They forget nature and their true nature long ago.

Groningen; 07:55, 31/1/2021

No.156, A Precious Gift on the Earth

It is around 8:30 in the morning.

The sky is crystal-clear.

Powder snow covers the world gently.

The full moon is still up in the sky, watching over us.

The horizontal line looks light pink.

What a beautiful winter wonderland is!

It is one of the gifts on the earth.

Groningen; 08:27, 31/1/2021

No.157, Silence

When we are living in a noisy world, we cannot hear a sacred sound.

It is silence.

Silence.
It is a holy sound.
It is an infinite sound.

Silence is soundless and soundful.

True peace comes from silence.
True contentment comes from silence.

Silence is the source of enlightenment and nirvana.
Groningen; 08:31, 31/1/2021

No.158, A Party in a Winter Wonderland
Powder snow covers the earth gently and softly.
Red brick houses are enjoying white makeup.
Street trees are enjoying a joyful dance, fluttering their white gossamer silks.
Groningen; 09:05, 31/1/2021

No.159, A Voice of Your Spirit
Listen carefully to a voice of your spirit.
Your spirit always whispers to you.
Just listen to it.
Don't be misled by other noises.
Groningen; 10:11, 31/1/2021

No.160, The One
The One. Just the One.
Only the One exists.
The Many are born from it.
The One is everything.
Everything is the One.
Groningen; 10:15, 31/1/2021

No.161, One Purpose in My Life
If I chose one purpose in my life, that would be the awakening of the here and now.
Keeping the direct experience of the here and now would be the most important thing in my life.
Groningen; 10:39, 31/1/2021

No.162, Meanings of Our Life
Sometimes, a quote, a script, and a sentence doesn't make sense easily.
Our life doesn't either, does it?
Groningen; 11:10, 31/1/2021

No.163, Essential Ephemerality
A little beloved cloud was floating in the sky.
It passed away somewhere.
It could have been me.
It could have been my beloved person.

It could have been my beloved something.
Everything is transient.
Nothing is everlasting, but essential ephemerality is eternal.
Oh, a new cloud came again.
Groningen; 14:26, 31/1/2021

No.164, Homeland
The breeze reminds me of my homeland.
The scent reminds me of where I came from.
Growing may mean remembering and returning my homeland.
Groningen; 14:30, 31/1/2021

No.165, Samsara
Nobody knows whether samsara exists or not.
But if we can be reborn only after we've contributed to the world somehow during our lifetime, the story could be worthy to be believed.
Again, no one knows whether the endless circle of birth, death, and rebirth exists or not.
But it could be meaningful to believe that we can be reincarnated as long as we've served the world during our lifetime.
Groningen; 14:41, 31/1/2021

No.166, Life as a Baton
I'm wondering where the cloud that I saw a couple of hours ago went.
It has gone somewhere.
But the sky that embraces all clouds is still here in front of my eyes.

The cloud might have returned to the sky.
The sky can be the place where everything goes back.

The cloud has gone.
But my memory that I saw it still remains in me.
So, it can be said that the cloud is still alive.
Even not so, it handed over its life as a baton to a new cloud.
Groningen; 14:56, 31/1/2021

No.167, Invisible Things
I ate an apple in the morning today.
It was very delicious.
The apple was visible, but the taste was invisible.
Something invisible is more important for me than visible.

Visible things will decay someday. That's a destiny.
On the other hand, invisible things also may disappear at first glance, but they will remain somewhere eternally.
Groningen; 21:27, 31/1/2021

No.168, Harmonic Dances
Everything including life and non-life is always dancing.
This world may consist of dancing.

I can see various harmonic dances at every moment.
Groningen; 09:13, 1/2/2021

No.169, Stillness & Truth
Thoughts are gone.
Stillness comes.

When we enter the state where our thoughts cannot take us, stillness comes.
The stillness unfolds your own truth.
Groningen; 09:32, 1/2/2021

No.170, Remembering & Forgetting
We often try to remember something to get a better life.
But I think we have to learn how to forget rightly.
Only remembering doesn't lead us to a better life.
We also need forgetting.
Groningen; 10:00, 1/2/2021

No.171, Everything is There
We often avoid going to a place where there is nothing.
We may have a fear of staying in such a place.
Yet, we shouldn't be afraid of it.
Because there is everything in the place.

A place that seems there is nothing is the place that there is everything.
We shouldn't forget that everything is there just because there has nothing.
Groningen; 16:30, 1/2/2021

No.172, About Art
I respect art in that it is uncontrollable.
I like art in that it is engrossing.
I love art in that I have no reason I can't love it.
Art is my best friend in that it always challenges my imagination and possibility.
Groningen; 21:35, 1/2/2021

No.173, What Artworks Seem to Want
One of my roles as an independent artist would be emancipating artworks from the repressive traditional art world.
It seems to me that a number of artworks are suffocating because of the oppressive atmosphere in the current art world.

Artworks want natural and healthy breathing.
They don't want unnaturally controlled breathing.
Groningen; 21:45, 1/2/2021

No.174, The Pure Subject
The pure subject is beyond time and space.
It is the one who witnesses everything.
It cannot be identified with anything.

But at the same time, it can be anything in that it can witness everything.
Groningen; 07:01, 2/2/2021

No.175, The Sky & My Soul
A light blue sky is whispering to me.
The soft voice is healing my soul.
It makes a smile in return.
The sky and my soul become one.
Groningen; 08:41, 2/2/2021

No.176, Static & Dynamic Aspects of Art
As Kant argued, art doesn't tell reality itself.
But it can tell us how we perceive beauty.
Interestingly enough, when we continue to observe for a long time how we react to a
specific artwork, we understand that our sense of beauty develops
So, art is both static and dynamic.
Groningen; 09:05, 2/2/2021

No.177, Fulfilling Days
Today is approaching the end.
It's a door of a new day and new me.

Today was fulfilling. How would tomorrow be?
It would also be fulfilling. I'm certain of it.
Groningen; 19:31, 2/2/2021

No.178, Meditation at Night
Drops of water are falling and rising inside me.
My existence follows the law of gravity
but at the same time disobeys it.
Including contradictions is an innate propensity for humans.

Night started to prepare for becoming tomorrow.
I'll also do it later.
Groningen; 21:14, 2/2/2021

No.179, Consciousness as Experience
I'm using a computer now.
But I cannot reduce the experience to the computer.
Also, any function of the computer cannot be reduced to its parts.
This would be true to the relationship between consciousness and the brain.
Consciousness cannot be reduced to the brain.
Consciousness might be regarded as experience that emerges through the interaction with
the world.
Groningen; 05:38, 2/3/2021

No.180, The Nature of Time
It seems that time is progressing.
But it can be seen as retrograding.

Is time going backward from the future?
Or more strictly speaking, is time a phenomenon or experience that always retrogresses
from a certain point of the later present?
Groningen; 09:48, 2/3/2021

No.181, Truth
What we believe as truth may not be a truth.
As our civilisation develops, we tend to surrender ourselves to believing something is
absolutely true.
But I think we have to pursue and verify our truth through our own eyes.
Groningen; 10:17, 2/3/2021

No.182, A Unique Characteristic of Artworks
Each artwork has multiple dimensions for senses and interpretations.
When we face an artwork, we sense and interpret something in a particular dimension that
the artwork has.

This is interesting in that an artwork can give us a numerous number of different senses
and interpretations even though it is a specific object— —it doesn't matter whether it has a
physical form or not.
Groningen; 10:33, 2/3/2021

No.183, A Tranquil State
I'm listening to silent piano music now.
It is soothing my soul.
A drop of a pacified feeling is falling to the ocean.
I become more tranquil.
Groningen; 21:11, 2/3/2021

No.184, Morning Observation
The outside world is utterly dark and quiet.
The darkness and quietude permeate inside myself.
I listen carefully to the voices of my internal world.
The voices are singing a different song, but they are dancing together.
Groningen; 06:23, 2/4/2021

No.185, Who Am I? & Where Am I?
Who am I, being at this moment?
Who am I, being in the midst of a flood of distracting thoughts?
Who am I?

Where am I?
Am I there?
No, I'm here.
Groningen; 07:36, 2/4/2021

No.186, Recordings & The Self of Mine
I'm always recording something through my creations.

A new creation becomes a new recording for my life.
Each recording tells a partial truth,
and it opens and expands the self of mine.
Groningen; 10:33, 2/4/2021

No.187, Doors in Our Reality
The existence of a door is mysterious.
It divides this side and the other side.
Once we open the door, we can go to the other side.
What a magic it is!

Do you notice that there are always a numerous number of doors in front of us in our reality?
Groningen; 10:38, 2/4/2021

No.188, A Deceptive Life
Our life and the self of ours are mostly constructed by recordings and memories.
Interestingly and horribly enough, a false recording or memory can change our life and the self of ours dramatically.
In other words, a fallacious recording or memory can be a crucial bifurcation point to decide the direction of our life and the self of ours.
Probably or definitely, all of us live a deceptive life to some extent.
Groningen; 11:07, 2/4/2021

No.189, Favourite Time
A dark and silent night came.
I like this time as well as the morning.

A unique peaceful moment is here.
The peacefulness makes me prepare for being reborn tomorrow.

Today was a good day. So will be tomorrow.
Groningen; 21:37, 2/4/2021

No.190, Attachment & Emergence
Before living in the current place becomes persistence, I decided to move out.
This decision could be wise in that the present living place can be an object of attachment.
Yes, it is not the object of persistence, but that of attachment.

Something in me is sprouting up, which foretells the emergence of a new self and a new life.
Groningen; 08:37, 2/5/2021

No.191, Our Life & It's All Right
Twigs of a street tree are swaying gently by wind.

Where does the wind come from? And where does it go?
Nobody knows.

It could be true to our life.
We don't know where our life comes from and where it goes.

It's OK. It's alright.
Yes, it's "all right."
Groningen; 09:29, 2/5/2021

No.192, One Eternal Circle
A breeze came, and it went somewhere.
After it disappeared, a new breeze came as if the previous one invited it.

One breeze connects with another.
So does our life.

When our life ends, a new life begins.

Our life is circular.
It is the one eternal circle.
Groningen; 10:51, 2/5/2021

No.193, The Eternity of Myself
I'm feeling something, because I'm living.
I'm hearing something, because I'm living.
I'm thinking something, because I'm living.
However, if I'm doing nothing, something inside or outside of me is still living.
It could be the eternity of myself.
Groningen; 11:24, 2/5/2021

No.194, A New Life with a Lovely House
Fortunately, I was chosen as a new tenant by the owner of a house in North Groningen.
I want to celebrate it.
Kismet must have brought the house and me together.

The house is very charming and eco-friendly.
I'm really looking forward to starting a new life with the house!
Groningen; 15:24, 2/5/2021

No.195, Oneness
I'm looking at the dark and silent world through the window.
My inner world is connecting with the outer world.
Both worlds are linking with the vast universe.
There is no separation between all of the three.
There is oneness. Everything is one.
Groningen; 06:49, 2/6/2021

No.196, The Universe as a Time-Maker
Does the universe have time?
I don't know,
but I suppose that the universe might be a time-making life.

It doesn't have time, but it creates time.
The universe may be a time-maker.
Groningen; 09:23, 2/6/2021

No.197, To Create & To Be
To create is to be.
To be is to create.
Both are one. Both are two sides of the same coin.
Groningen; 09:26, 2/6/2021

No.198, Existence & Breath
When there is diversity of existence, there is always unique breath.
Each existence is breathing differently.
We need to notice it, if we really want to care about it.
Groningen; 09:33, 2/6/2021

No.199, Breathing & Living
To take a deep breath is to enjoy the depth of the moment.
That's the secret to live fully.
That's the secret to enjoy life deeply.
Just enjoy the taste of a breath at the moment.
Groningen; 10:39, 2/6/2021

No.200, From Tomorrow
From tomorrow in Groningen, even the maximum temperature will be below zero.
The coldness will condense my existence in a positive way.
I can imagine that my thoughts and sensations will be crystallised.
The crystallisation is prerequisite for my further development.
Groningen; 21:32, 2/6/2021