

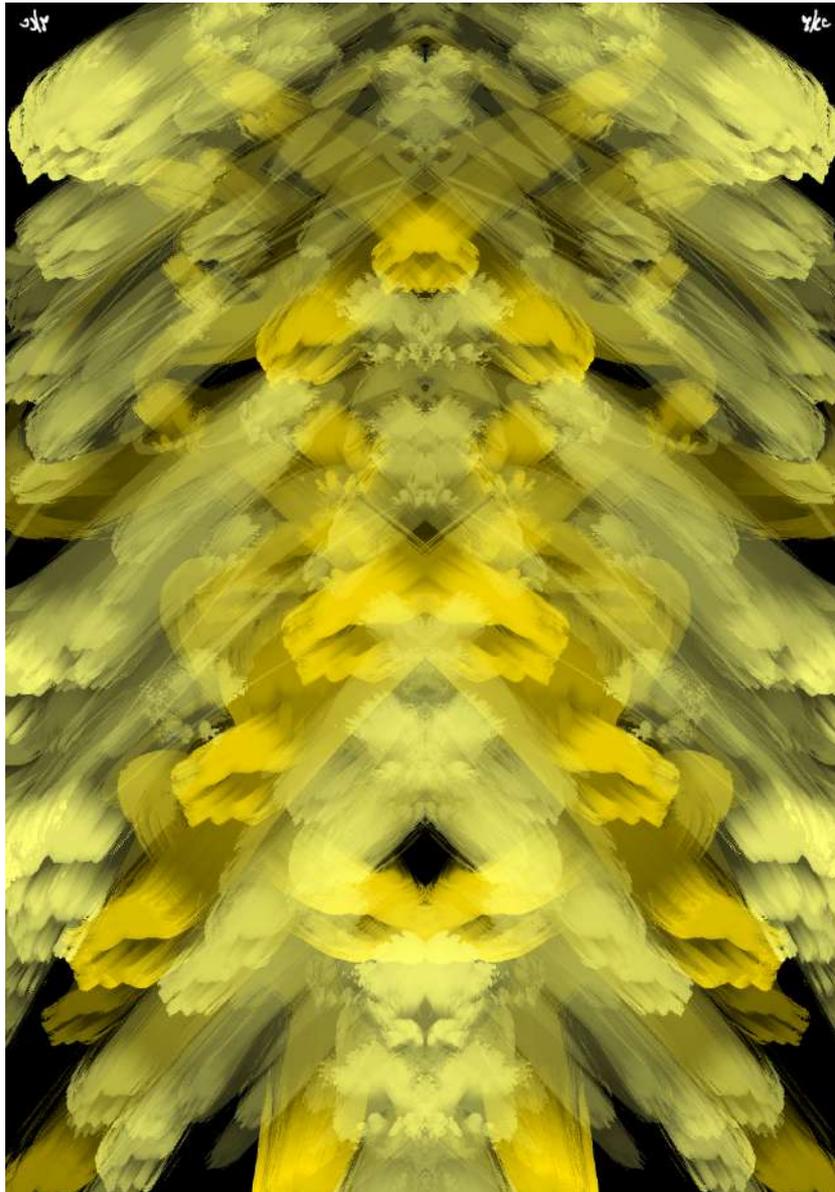
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# 発達理論の学び舎

Collected Poems Vol 6 (251-300)

Website: 「[発達理論の学び舎](#)」

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No.1901 満ちた光の中で\_In Full of Light

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#### No.251, Altered States of Consciousness & Creative Activities

Whenever I engage in a creative activity, the state of my consciousness is altered. In other words, I'm in a different kind of states of consciousness in creating something. In those states of consciousness, I can feel that I'm accessing a specific creative sphere which is invisible and abstract but palpable.

Groningen; 16:28, 2/14/2021

#### No.252, A Sudden Intuition

I had a sudden intuition that I could access Bach's creative sphere. Continuing to listen to his music and to transcribe his music scores would be the avenue to his creative sphere.

I'm quite sure of that.

Groningen; 16:41, 2/14/2021

#### No.253, A Developmental Paradox

As developmental psychology shows, our cognition develops throughout our life. Once we reach the next cognitive stage, we can solve a problem at the current developmental level.

However, ironically, we make a more complex and difficult problem at the next stage. It seems that our cognition at a more developed level automatically starts to find out a tougher problem.

It's a developmental paradox.

Groningen; 17:29, 2/14/2021

#### No.254, Creations & Altered States of Consciousness

Before I start to create something, I always take a deep breath to enter an altered state of consciousness. That is my ritual.

As we know, miraculous healing and transformation happen in altered states of consciousness.

It is probably true to embracing healing and transformative energy in creations.

Being in an altered state of consciousness, I always pray that my creations have a healing and transformative effect.

Groningen; 18:33, 2/14/2021

#### No.255, Breathing as Our Lifeblood

I always take a slow and deep breath during a day.

Breathing is a key to altering the states of consciousness.

It has the power to heal and transform us.

At this moment right now, I'm taking a deep breath.

Especially when I engage in creative activities, I pay attention to my breathing.

Breathing is a key to everything.

That's our lifeblood.

Groningen; 05:19, 2/15/2021

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No.256, Expressing Universal Feelings and Senses

Making paintings and composing music enable me to express universal feelings and senses which are inexpressible by language.

Touching the universal feelings and senses soothes and pacifies me very much.

It's an interesting effect for my psyche and soul.

Groningen; 09:29, 2/15/2021

No.257, Appreciation for Something

Appreciation.

I'm appreciating something right now.

What am I appreciating?

Again, it is appreciation for "something."

If I specified what I'm appreciating right now, I would miss something important.

Oh, "something" appeared here, too.

Just appreciate something. Just appreciate everything.

Something is everything.

Groningen; 21:34, 2/15/2021

No.258, Heartful Practice

Listening carefully to the sound of falling rain, my heart is being purified.

I prefer "heartful" practice to "mindful" one.

My heart is filled with positive energy, and my mind is empty.

Groningen; 08:28, 2/16/2021

No.259, Constant Zest & Exuberance

Passion came down from the celestial sphere to me.

It was like a Newtonian apple.

As I constantly feel gravity, I'm always zestful and exuberant.

Groningen; 10:10, 2/16/2021

No.260, An Essential Solution?

Problems that human beings create can be solved when people cease to be human.

Is it a radical view?

Obviously, distorted humanity is the root of social problems.

If it is difficult to cure perverted humanity, we may have a choice to stop being human.

Groningen; 10:41, 2/16/2021

No.261, Super-Ordinary Mortals

In this society, ordinary mortals strive for being super-ordinary ones.

That's an absurd game.

Yet, unfortunately, there are billions of unenlightened people who want to be super unenlightened mediocrities, being in an insane game without noticing that they are playing it.

Groningen; 11:29, 2/16/2021

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No.262, Valuable Art Works

I admire some art works that debunk corrupt mythologies of the society.  
Probably, divulging concealed social secrets and ideologies is the nature and power of valuable art works.

Groningen; 11:47, 2/16/2021

No.263, Somatic Senses

To expand and sophisticate our somatic senses as possible as we can is important in any learning domains.

In my case, I always try to cultivate my somatic senses in the field of music composition, painting, and poetry.

To catch subtle information is a key to reaching a higher level of development.

Groningen; 21:05, 2/16/2021

No.264, An Interesting Epistemological and Ontological Finding

When we take a particular perspective, it is partially true and real.

Interestingly enough, the object of the perspective exists as it is, independent of the perspective.

Any perspectives and objects independently exist, and both are real.

Groningen; 21:27, 2/16/2021

No.265, Affordance of Sceneries

I was thinking about the influence of the affordance of sceneries on us.

The influence on our mind and body cannot be overlooked.

Visiting many cities all over the world, I notice that some of them do not consider the impact of the affordance of sceneries whereas others do.

We shape a city, but the city also shapes us.

We must not forget it.

Groningen; 05:04, 2/17/2021

No.266, Great Spiritual Poems

Great spiritual poems invite us to direct experience of divinity.

The direct experience awakens our essential spirituality.

I'm interested in phenomenological, psychological, and spiritual effects of spiritual poems.

Groningen; 07:12, 2/17/2021

No.267, Spiritual and Existential Home

Am I a vagabond?

I'm still wandering far from my home country.

So, I might be a spiritual and existential wanderer.

Yet, I realize that my spiritual and existential home is everywhere.

It always opens its arms and welcomes me warmheartedly.

Groningen; 07:22, 2/17/2021

No.268, The Mind & the World

Both the subjective mind and the objective world coexist.

Both are interdependent.

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The mind affects and creates the world, and the world does so to the mind.  
The mutual relationship is mysterious and lovely.  
Groningen; 09:14, 2/17/2021

No.269, A Birds' Song  
Little cute birds are singing a sweet song right now.  
Their singing invites me to the meditative world,  
which is very peaceful and serene.  
Their song is a soul tranquilizer to me.  
Groningen; 08:22, 2/18/2021

No.270, The Corrupt and Distorted Society  
This society is totally corrupt and distorted.  
It constantly generates a ton of unenlightened people whose absurdity spreads out in the society.  
Our degenerate society represses and exploits millions of innocent people, which reinforces the corruption and distortion of the society.  
Groningen; 10:45, 2/18/2021

No.271, Your Poems  
Make your own poems from your heart.  
Nothing is worried about them  
They will definitely reach someone's heart.  
Groningen; 11:11, 2/18/2021

No.272, Haiku as Spiritual Art  
Haiku captures my interest very much probably because I'm Japanese.  
Haiku is spiritual art to grasp and appreciate a treasure in each ephemeral moment.  
Haiku opens and nourishes my spirituality.  
Sure, I'll learn and write Haiku.  
Groningen; 16:13, 2/18/2021

No.273, Enrapture  
A new day began with full of pleasure and joy.  
I'm feeling enraptured right now.  
Or I can say I'm enrapture itself.  
Anyway, I want to celebrate the beginning of a bright new day.  
Groningen; 06:42, 2/19/2021

No.274, Enthralment  
My existence is shivering with delight of being at this moment.  
A little bird is singing to celebrate my whole being.  
I'm very enthralled by becoming the song of the little bird.  
Groningen; 06:50, 2/19/2021

No.275 The One, the Many & I  
The One is the Many, and vice versa.  
I'm the One and the Many.

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The One and the Many are me.  
Groningen; 07:35, 2/19/2021

No.276, The Creator & Creations  
Since I'm the One and the Many, I can be anything.  
The One is the creator of all things,  
so I can transform myself into everything.  
I'm the creator and all creations.  
Groningen; 07:38, 2/19/2021

No.277, The Source of My Knowledge and Wisdom  
The source of my knowledge comes from not only the waking state but also the sleeping one.  
In addition, the deep sleep state is the vital source of my knowledge.  
Lastly, the non-dual state is the most precious source of my wisdom.  
Groningen; 09:18, 2/19/2021

No.278, The Seer & Beyond  
The Seer is always an experiencer.  
But there is always something beyond it.  
Groningen; 10:05, 2/19/2021

No.279, Something Important  
A little bird's twitter is so mellifluous.  
My being is naturally getting united with it.  
After that, I return to something important.  
That's me, but not me, therefore, that's me.  
Groningen; 10:08, 2/19/2021

No.280, My Passion  
Maybe my main themes are not so many.  
I'll repeat to express them in various art forms from different angles and perspectives.  
That's my central passion for my creative activities.  
Groningen; 10:16, 2/19/2021

No.281, Entering the Infinite Universe  
Once I unfetter the boundaries of my consciousness,  
I enter the infinite fields of the universe.  
The door of the fathomless universe is always open for us.  
All we have to do is extricate our consciousness from constraints.  
Groningen; 10:24, 2/19/2021

No.282, The Final Release  
The final release could be that the distinction between I, the One, and the Many cease to exist.  
At that moment, something appears as nothing or nothing manifests as something.  
Groningen; 11:18, 2/19/2021

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No.283, Mind as Medicine or Poison  
Our mind can be medicine or poison for us.  
It depends on how we use it.  
Groningen; 11:36, 2/19/2021

No.284, The Use of Our Awareness and Consciousness  
How we use our awareness and consciousness is the most important key to healing and transforming us.  
I always pay attention to how I use my awareness and consciousness.  
Groningen; 11:45, 2/19/2021

No.285, An Irony  
Probably, we tend to think that we can reach the bottom of a well when we continue to dig it.  
Yet, the current social situation doesn't guarantee it.  
To put it shortly, we may go through the well and go out into the unexpected place which is totally different from the well.  
Groningen; 14:34, 2/19/2021

No.286, My Morning Ritual  
Making a poem in the early morning is my spiritual ritual.  
It pacifies and enriches my mind and soul.  
Even just one line of words is helpful for me to start a good new day.  
Groningen; 05:37, 2/20/2021

No.287, A Natural Process of Our Life  
The One is like the Sun to shed light for us.  
The light fills the ocean where the Many live.  
Then, each of us returns back to the sun.  
It's a very natural process of our life.  
Groningen; 06:16, 2/20/2021

No.288, Music Composition  
Music composition gives me intellectual and spiritual pleasure very much.  
Composing music is like making a puzzle problem and solving it by myself.  
I hope my spirituality deepens whenever I finish solving such a puzzle problem.  
Groningen; 07:00, 2/20/2021

No.289, My Music & Haiku  
I always compose a short piece of music.  
It's intentional and unintentional.  
Both may derive from the nature of my nationality.  
Haiku-ness always lives in me.  
It's the source of my inspiration and creativity.  
Groningen; 07:06, 2/20/2021

No.290, Restoration of Sacredness  
As globalization expands, secularization increases in our society.  
One of the outcomes is losing sacredness in our society.

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My study and practice will focus on restoring holiness in the world.  
Groningen; 07:54, 2/20/2021

No.291, Acceleration of Emotional Capitalism

Many people may think that their emotions come from naturally.

But is it really true?

The current capitalism is driven to commodify our emotions, which is called “emotional capitalism.”

Furthermore, our emotions are massively monitored and controlled by Big data.

So, the speed of the trend that our emotions are not human but more artificial would continue to accelerate.

Groningen; 08:26, 2/20/2021

No,292, Innate Irrationality of the World

If something looks rational, I can't believe it.

If something looks irrational, I will believe it.

Because this world has been inherently illogical from the beginning.

Groningen; 10:18, 2/20/2021

No.293, Our Activities & Politics

Of course, going to the polls is an important political participation.

Yet, political activities are much broader than that.

We cannot avoid that our activities are always political to some extent.

We need to pay more attention to it and to join politics in a wiser way.

Groningen; 10:26, 2/20/2021

No.294, A Rising Waterfall

A waterfall usually looks falling.

But what if it is rising actually?

What we believe to see might look different in actuality.

Groningen; 19:34, 2/20/2021

No.295, Our Qualia & Algorithms

According to Integral Theory by Ken Wilber, the interior quadrant consists of two different zones.

Our qualia lies in the Zone 1 whereas the algorithm that generates our subjective experiences is categorized into the Zone 2.

So, we don't know that a phenomenological experience is the same between two people if the algorithm to generate it is the same.

On the other hand, when two people share the same subjective experience— —in reality, the totally same phenomenological experience would not be possible— —, the algorithm to create it might differ.

Both cases are interesting.

Groningen; 19:42, 2/20/2021

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No.296, “Quadlemma” & “Octalemma”

As it is often said, our world is so complex.

According to Integral Theory, any issue can be seen from 4 quadrants.

Yet, we are often entrapped by the complexity to deal with all quadrants.

It can be called “quadlemma.”

More complexly, if we are confronted with the difficulty of dealing with all 8 Zones, it can be called “octalemma.”

Groningen; 04:42, 2/21/2021

No.297, Intoxication

While creating something, I’m constantly intoxicated by creative energy.

It pours creative liquid into my soul.

I’m inebriated in the ocean of my immense creativity now.

Groningen; 05:16, 2/21/2021

No.298, My Creations & My Stories

All of my creations reflect and embody my origin and history.

The more I explore my origin and history, the more my creations tell my stories.

Groningen; 07:02, 2/21/2021

No.299, My Roots & Japanese Philosophy

Where are my spiritual and existential roots?

They are deeply rooted in Japanese philosophy.

My roots invisibly and enormously affect my creations.

Studying Japanese philosophy comparing with other culture’s philosophy is crucial to me.

Groningen; 07:12, 2/21/2021

No.300, Stillness

My word was in stillness.

Stillness was in my word.

Everything was stillness.

Groningen; 09:01, 2/21/2021