
発達理論の学び舎

Collected Poems Vol 11 (501-550)

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No.2160 何かの流れ_A Flow of Something

No.501, A Night Prayer
May all sentient beings be happy.
May the evolutionary process be healthy.
May the entire universe be peaceful and blissful.
May this prayer come true.
Groningen; 21:52, 4/6/2021

No.502, An Impressive Dream
I had a dream last night.
The theme was to integrate the absolute good and evil.
Two symbolic men of the two polarities were fighting each other, but finally they were integrated into one.
When I woke up, I felt extreme vitality in me.
Groningen; 04:07, 4/7/2021

No.503, In a Delightful Living Environment.
I'm in a delightful living environment.
This environment enables me to fully engage in my life work.
What I've wanted for a long time was silence.
Finally, I obtained it.
From now, I'll cultivate my inner silence in a much deeper way.
Groningen; 21:47, 4/7/2021

No.504, A Creative Spirit
Early hours in the morning are precious for me.
I can concentrate on my work very much.
A creative spirit might dwell in morning.
Groningen; 09:17, 4/8/2021

No.505, An Ultimate Truth
When I reach the depth of what I learn, an ultimate truth that is shared with other learning areas is revealed.
The ultimate truth is universal.
Groningen; 09:45, 4/8/2021

No.506, Before Going to Bed
A night spirit is coming down to the earth.
Both the spirit and earth are me.
I'm so delightful to re-unite with them.
I could go to sleep very well tonight, too.
Groningen; 21:53, 4/8/2021

No.507, Awakening Experience
I had an experience of Shaktipat in the dream last night.
This experience was so impressive and powerful beyond words.
Interestingly enough, a spiritual guru was a little white dog which could speak a human language (Japanese).
It came to me and started to play with me.

As it patted my head gently, all of my senses gradually opened, and in a sudden I was totally awakened.

In the last of the awakening process, I perceived a tremendously bright light whose color was white and yellow.

After I woke up, I was just reflecting on the experience...

Groningen; 07:59, 4/9/2021

No.508, An Ongoing Transformation Process

Almost 10 days have passed since I started to live in this new house.

Fortunately, my transformation process is going very well.

In fact, it is more than I expected.

I just want to observe the process without hastening.

That's the key to my further transformation.

Groningen; 08:04, 4/9/2021

No.509, Gratitude

Gratitude.

All I have right now is just a feeling of gratitude.

It is everything, and everything is it.

All things return to gratitude.

All things emerge from gratitude.

Groningen; 21:46, 4/9/2021

No.510, Wave Sounds

I can hear wave sounds from somewhere at this moment.

They are so peaceful and mellifluous .

I realize that those sounds come from the inside of myself.

Groningen; 07:33, 4/10/2021

No.511, Inner Light and Sounds

I've recently perceived inner light and sounds quite often.

It could be an important sign of my spiritual development.

The light is so bright, and the sounds are so euphonious.

Groningen; 07:37, 4/10/2021

No.512, Time Was In Me

I had an unforgettable experience today.

I went to the city center for shopping before noon.

All of a sudden, time was in me.

I was not in time, but time was flowing inside me.

After it happened, indescribable bliss came to me.

I can't forget this experience.

Groningen; 22:04, 4/10/2021

No.513, On a Chilly Morning

A chilly morning has come.

It is still very cold in Groningen.

This coldness definitely cultivates a certain aspect of me.

The self is condensed by the coldness in order to transform itself.

Groningen; 06:42, 4/11/2021

No.514, Grateful for the Heater in My House

The heater in my house is automatically switched on.

So, I need to wait for it to work.

Just Now, it suddenly started to work.

I'm so grateful for it because today is severely cold.

Groningen; 06:45, 4/11/2021

No.515, Toward Rebirth

A silent night has come.

It represents the epitome of quietude.

The stillness always embraces me gently and deeply.

By virtue of it, I can be reborn with a feeling of relief.

Groningen; 22:01, 4/11/2021

No.516, Rebirth

I was reborn again.

The dream that I had last night is so intense in an existential and spiritual sense.

It definitely implies my rebirth.

I may have foreseen the dream before I went to bed last night.

Groningen; 07:11, 4/12/2021

No.517, Unaddressed Letters

I'm writing this as if I were sending a letter to someone.

Not only this but also a series of my past writings could be unaddressed letters.

Each of my letters would be stored in a particular cosmic address.

I hope my letters will help someone somehow in the future.

Groningen; 21:58, 4/12/2021

No.518, On a Crystal Clear Morning

A crystal clear morning has come.

A couple of little birds are singing a beautiful song.

I'm fully staying at this moment, here and now.

I'm convinced that something new and beautiful will come to me today, too.

Groningen; 07:09, 4/13/2021

No.519, Like the Ocean

The state of my inner world is like that of the vast ocean.

It is totally calm and peaceful.

I feel that my heart can embrace anything.

I'll just be like the ocean anytime, anywhere.

Groningen; 21:51, 4/13/2021

No.520, Following the Meanings of My Name

Yesterday, I realized that my Japanese last name included the meaning of non-duality.

More accurately, I can interpret the meaning of my last name as "adding non-duality."

Surely, I've added non-duality in the center of my study and practice since last year.

My life has started to move forward, following the meanings of my name.

Not only adding non-duality in the center of my study and practice, but also sharing insights about non-duality and facilitating people's sense of non-duality are crucial for me.
Groningen; 06:57, 4/14/2021

No.521, Life as an Endless Flow
My life is flowing like a river.
It has neither starting nor ending point.
It is an endless flow.
Groningen; 22:04, 4/14/2021

No.522, With a Paragon of Natural Beauty
A fabulous morning has come.
A couple of little birds are whispering.
Their songs are a paragon of natural beauty.
My daily life is the embodiment of tranquility and peace.
I just appreciate I can live such a life.
Groningen; 07:25, 4/15/2021

No.523, All the Time
I don't have to meditate, taking a special time,
because I'm doing it all the time.
Once I listen carefully to a birdsong, I can easily go to a deep meditative state.

Every moment in my daily life is replete with contemplation and gratitude.
Also, novelty is always here.
Groningen; 07:28, 4/15/2021

No.524, Self as an Instrument
My self is an instrument for universal peace and enlightenment.
I'll continue to live my life with the self.
Groningen; 11:58, 4/15/2021

No.525, A Symbol of a Circle
A symbol of a circle appeared in the dream last night.
I was thinking about the meaning of the symbol, comparing with that of a religious symbol of a circle.
I came up various meanings, but any way, the important thing is that the symbol empowered me very much.
Groningen; 07:36, 4/16/2021

No.526, Feelings of Gratitude
A series of waves of feelings of gratitude is flooding in me.
I'm so grateful to end today with such a feeling.
Groningen; 21:50, 4/16/2021

No.527, Close Friends
The morning glow was very beautiful this morning.
Seeing it, I felt that the morning sky was infinitely vast,
and at the same time that my self expanded enormously.

The exterior and interior reality are close friends.
Groningen; 07:40, 4/17/2021

No.528, Reflection

From the window, I can see beautiful dewdrops on the grass.
The entire universe including me is reflected in them.
Groningen; 08:08, 4/17/2021

No.529, 3-2-1 Process of the Ground of Everything (Part 1)

I clearly see the ground of everything in which I live.
The ground of everything, thank you for being always with me.
I am the ground of everything.
Groningen; 16:19, 4/17/2021

No.530, 3-2-1 Process of the Ground of Everything (Part 2)

What do you think about the ground of everything?
How do you get in touch with the ground of everything?
Do you experience the ground of everything right now?
Groningen; 16:43, 4/17/2021

No.531, 3-2-1 Process of the Ground of Everything (Part 3)

Talk about the ground of everything.
Talk to the ground of everything.
Talk as the ground of everything.
You'll notice that you are in the ground of everything and that you are it.
Groningen; 17:22, 4/17/2021

No.532, The Essential Way of Living

The ground of all beings is always embracing me.
I'm always talking to it with gratitude, too.
I'm always living as it with gratitude, too.
That's the essential way of living.
Groningen; 06:52, 4/18/2021

No.533, Our Inner Shadow and Inner Light

Our unique inner light lies in where our unique inner shadow exists.
Finding our unique shadow is discovering our unique light.
Healing our shadow is igniting our inner light.
Groningen; 08:44, 4/18/2021

No.534, Toward the House of Freedom

All sentient beings are walking toward the house of freedom.
I'm one of the messengers and facilitators of the path.
Groningen; 10:20, 4/18/2021

No.535, Torah & Music

Something novel emerges from the 22 letters of the Torah that can be ordered in many different ways.

Something novel in music also emerges from the 12 tones that can be arranged in various ways.

Something is in common between the Torah and music.

Groningen; 11:33, 4/18/2021

No.536, Our Name

Our name is created via divine power.

Every name is in divine existence.

When we call our name, sacred power is naturally invoked.

Groningen; 14:51, 4/18/2021

No.537, A Moment in the Morning

The morning sun has begun to greet to the world.

The world is responding to it.

Something special happens there.

Groningen; 07:04, 4/19/2021

No.538, Far Away

I can go as far as possible by myself.

I'm alone but not alone simultaneously.

Someone or something is always close by to help me go far away.

Groningen; 07:13, 4/19/2021

No.539, Silence & My Life

Silence gently embraces me.

It is always occurring.

Surely, it is going on right now.

My life is silence, and vice versa.

Appreciating silence means appreciating my life.

It is beautiful.

Groningen; 21:59, 4/19/2021

No.540, The Morning Sun, the World, and I

The morning sun is shedding a tender light on the world.

The world looks happy and peaceful.

I'm both the morning sun and the world.

Also, every one of my actions is like shedding light on the others including the universe.

Groningen; 08:48, 4/20/2021

No.541, The World is Shining

Shining, shining, and shining.

The world is brilliantly shining.

It's true that it is night now, but the world is definitely shining at this moment.

The outside world is deeply dark, yet it is gorgeously shining.

Groningen; 21:53, 4/20/2021

No.542, Appreciation for Others' Creations

I deeply appreciate others' creations.

Their works often stimulate and spark my creativity.
I owe them very much.
Groningen; 07:39, 4/21/2021

No.543, A Sense of Fulfillment and Gratitude
Today was filled with senses of fulfillment.
I have a deep feeling of gratitude for it.
A sense of fulfillment and gratitude is always with me.
Groningen; 22:05, 4/21/2021

No.544, Silence
I'm feeling a silent moment now.
Silence is melting into the sea of my inner world.
Silence and my inner world unite each other.
Groningen; 07:54, 4/22/2021

No.545, Indelible Past Events and Developmental Stages
Past events in our life are indelible.
So are parts of our previous developmental stages.
Accepting and embracing ineradicable past events and developmental stages are crucial
for attaining a rich inner life.
Groningen; 21:40, 4/22/2021

No.546, In the Fabulous Morning World
It looks like as if a morning festival were occurring.
A joyful atmosphere is permeating the world.
I'm drinking magical water drawn up from the roots of the world.
Groningen; 08:17, 4/23/2021

No.547, Silence and Night
Silence is singing a silent song.
The dark night is dancing with the song.
Groningen; 21:31, 4/23/2021

No.548, The Idea of a Birdsong
Before waking up this morning, I perceived the Idea of a birdsong in a Platonic sense.
It came through my ears to the depth of my being,
and it reverberated within me.
That was a mystical experience.
Groningen; 21:36, 4/23/2021

No.549, Two Layers of Dream Worlds
I had a very impressive dream this morning.
More correctly, I had a stunning dream in a deeper dream world,
and the incredible dream came true in the upper dream world.
Interestingly, I perceived two layers of dream worlds.
I still have a somatic sense about the dream.
I'll reflect on my experience during taking a morning bath.
Groningen; 04:19, 4/24/2021

No.550, Life and Death
Both life and death might be temporal phenomena.
Eternity lies in, behind, or beyond the notion.
Groningen; 09:12, 4/24/2021