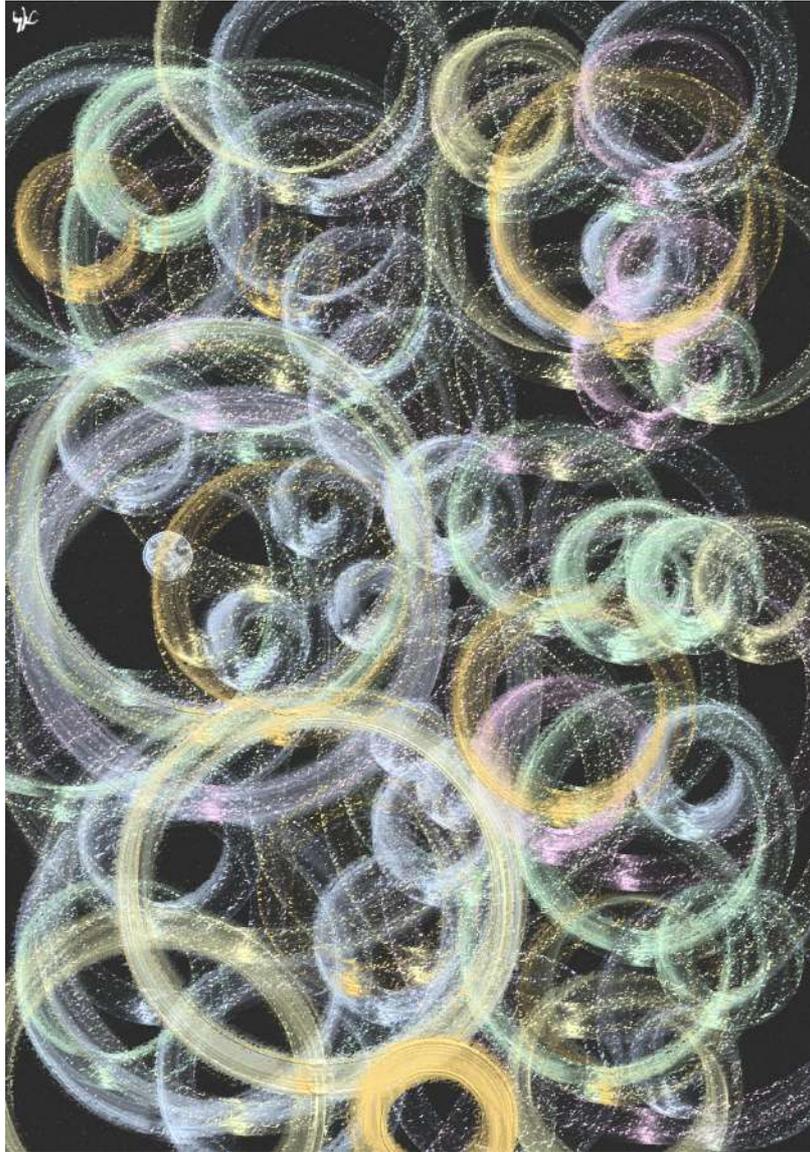

発達理論の学び舎

Collected Poems Vol 12 (551-600)

Website: 「[発達理論の学び舎](#)」



No.2203 宇宙の輪_Circles of the Universe

No.551, One of My Roles

One of my roles could be to translate the theological or spiritual language to the public language so that many secular people can gain spiritual and psychological insights from the rich wisdom of world religions.

Groningen; 09:39, 4/24/2021

No.552, Nonduality

Nonduality is like the omnipresent air.

We always inhale and exhale it.

But unfortunately, we just don't notice it.

Groningen; 10:04, 4/24/2021

No.553, Nonduality as Nonduality

I'm touching the realm of nonduality right now.

Probably, saying that I'm non-dual right now is much more correct.

Going to sleep means that I'm diving into nonduality as nonduality.

Groningen; 21:38, 4/24/2021

No.554, Dream Work

Recollecting the dream I had last night enables me to re-experience the dream and to energize me.

There are a number of symbols in the dream, so I'll take time to work on them.

Unpacking the meanings of the symbols would also have healing and transformative effects on me.

Groningen; 07:11, 4/25/2021

No.555, My Consciousness

My consciousness is vastly and infinitely open.

Anything can arise in it and from it.

It gently embraces everything.

Groningen; 11:21, 4/25/2021

No.556, Nothing, Everything, and Anything

Nothing arises, meaning everything arises.

Anything arises, meaning nothing arises.

Groningen; 21:36, 4/25/2021

No.557, Early in the Morning

It's early in the morning now.

A crystal clear sky welcomes me.

The beginning of a new week makes me fresh.

I come to imagine that something new would happen to me.

Groningen; 06:15, 4/26/2021

No.558, A Meditative State

I feel as if I were in a meditative state now.

Recently, I've felt that I'm always in that kind of state of consciousness.

The incessant meditative state would be a specific sign about the development of my consciousness.

Groningen; 21:15, 4/26/2021

No.559, A Continuous Rebirth

I was reborn this morning.

My body and mind are filled with rigorous energy.

Today is a day when I transcend and include a part of my ego.

Then, a new me will be born tomorrow again.

Groningen; 07:53, 4/27/2021

No.560, Mapping Out Spiritual Poems on the Wilber-Combs Lattice

Mapping out spiritual poems on the Wilber-Combs lattice would be helpful for people to select a specific poem that activates and cultivates a particular level and state of consciousness.

This is my future small research project.

Groningen; 11:22, 4/27/2021

No.561, A New Project

I'm interested in transpersonal poems in world religions.

I'm also intrigued by mapping them out in a comprehensive map in order to facilitate mutual understandings between religions and between the religious and secular worlds.

I'll start this academic and practical project soon.

Groningen; 17:49, 4/27/2021

No.562, Touching Vast Emptiness and Form

The self is touching vast emptiness and form.

It feels freedom and a sense of fulfillment.

I'm also feeling liberated and fulfilled at this moment.

Groningen; 07:13, 4/28/2021

No.563, Nonduality

Nonduality showed up.

It caresses me.

I'm returning back to the ground of being.

The more I experience it, the more I become non-dual.

Groningen; 21:44, 4/28/2021

No.564, Today's Dream

I had a dream this morning.

In the dream, I was running against a severe contrary wind.

Yet, people around me didn't understand my situation at all.

I was irritated about it.

Finally, I showed my aggressiveness and hit one of my friends in his face.

I'm wondering about the symbol of the strong contrary wind.

Groningen; 04:53, 4/29/2021

No.565, Unsolved Inner Puzzles

Every day, I try to solve inner puzzles by introspection.

It gradually solves each puzzle, but many puzzles are still unsolved.

Whether I can solve them or not, self-inquiry and self-reflection make a path to self-transformation.

I know it.

Groningen; 05:36, 4/29/2021

No.566, Sacred Sounds and a Poem

Sacred sounds in language play an important role in making a poem.

I'm curious about the spiritual effect of a poem which is made of sacred sounds.

Groningen; 11:33, 4/29/2021

No.567, No Separation

I recognized myself in my mind.

I recognized a dog in my mind.

Oops, the self and the dog are the same!

If I recognize another person, and if he or she also recognizes me, there is no separation between he or she and I.

Groningen; 17:28, 4/29/2021

No.568, I'm a Jewelry Box

I'm a jewelry box in which and through which the universe comes.

Both the box and the universe are jewelry for each other and for everything.

Groningen; 20:43, 4/29/2021

No.569, A Heart-Shaped Leaf

When I went to my workplace in the house in the morning, I found a heart-shaped leaf coming through the window.

A tree is standing by my house, and some leaves come through the window. One of them is heart-shaped.

When I found it, I felt heart-warming.

Whenever I see it, I must feel the same.

It's a privilege for me. I'm so fortunate.

Groningen; 06:16, 4/30/2021

No.570, One World

This world is the other world.

The other world is this world.

There is only one world.

Groningen; 08:50, 4/30/2021

No.571, A Notion

I'm grounded in the unity of the world.

I'll do my duty.

Groningen; 09:00, 4/30/2021

No.572, The Union Between Wisdom and Compassion

The ascending and descending path are shaking hands with each other.

Here, wisdom and compassion become one.

Groningen; 09:12, 4/30/2021

No.573, Spirits and "The" Spirit
There are an infinite number of spirits.
There is "the" Spirit.
In other words, there are spirits and one Spirit.
Groningen; 19:35, 4/30/2021

No.574, Creation as Autonomous Spirit-Expression
Every one of my creations such as music, paintings, and poems is the completest
autonomous self-expression or spirit-expression.
Groningen; 20:39, 4/30/2021

No.575, I Am
The morning world is like the vast ocean.
The morning sky is like the vast universe.
I'm in the ocean and universe.
I am them, too.
Groningen; 05:36, 5/1/2021

No.576, Transverbal Experience
Recently, a flood of transverbal experience has often occurred to me.
The series of experience is not preverbal but postverbal.
I'm feeling that I'm transforming into a transpersonal being.
Groningen; 06:18, 5/1/2021

No.577, A Surfer
I'm a surfer.
I'm a surfer who can ride on any waves of boundless contexts.
Many pity postmodernists often drown in water of contexts.
I'm a surfer who is never drowned.
Groningen; 11:20, 5/1/2021

No.578, Nothing & Anything
I'm identified with emptiness and all manifest forms.
I'm nothing, and at the same time, I'm anything.
Groningen; 11:36, 5/1/2021

No.579, Silence & Peace
The morning world is filled with silence and peace.
The self is melting into it.
I'm swimming in the vast ocean of silence and peace,
and embracing everything gently as the sea.
Groningen; 06:50, 5/2/2021

No.580, Something Formless
All forms decay and vanish someday.
Yet, something formless would remain forever.
Actually, it is beyond time,
and it is always here and there.

Groningen; 07:03, 5/2/2021

No.581, A Sanctuary

I can deeply relax in a sanctuary while engaging in creative activities.
My soul and the spirit most lively emerge from the sanctuary.

Groningen; 09:22, 5/2/2021

No.582, The Essence of Cognition

The essence of cognition lies in imagination.

Any symbols and words derive from imagination somehow.

Groningen; 10:06, 5/2/2021

No.583, Dialogue and Mutual Understandings Through Poems

I'm searching for a path to enable world religions to dialogue with and understand one another more deeply and peacefully.

I'll find great poems in each religious tradition to facilitate mutual understandings between world religions.

That's my passion and role.

Groningen; 11:03, 5/2/2021

No.584, Rebirth

A new week and a new day are both celebrating my rebirth.

I'm celebrating their rebirth in return.

Perhaps, everything is in an endless cycle of reincarnation.

Groningen; 06:25, 5/3/2021

No.585, A Wave and the Ocean

I rode on a wave.

I touched a stream of the ocean.

Finally, I become the ocean.

Groningen; 21:42, 5/3/2021

No.586, I am I am

I'm not separate from anything.

I am I am.

The world manifests through me.

The world is me, and I am the world.

Both are always relaxing in emptiness and fulness.

Groningen; 21:46, 5/3/2021

No.587, The Contradictory Nature of Human Beings

People who seem the most insane are completely sane in a certain sense.

On the other hand, people who seem the most sane are absolutely insane in a certain sense.

Human beings are that kind of contradictory creatures.

Groningen; 07:02, 5/4/2021

No.588, No Boundary Between the World and Me

Suddenly I felt that there is no boundary between the world and me.

To put it differently, I felt that the world and I might be the same boundary.

This is not a wordplay, but the word of “boundary” is not proper, instead it is something different.

It could be the same circle.

Groningen; 07:50, 5/4/2021

No.589, We & Reality

All of us are a part of reality.

All of us are the whole reality.

Groningen; 10:35, 5/4/2021

No.590, Self-Transformation and Social Transformation

Self-transformation and social transformation are one.

They happen in concert.

Self-transformation without social transformation and vice versa are bogus and illusory.

Groningen; 10:52, 5/4/2021

No.591, Rich Meanings in a Dream

I had two impressive dreams today.

I'm surprised that every dream always has so rich meanings.

I'll unpack meanings of today's dreams and reflect on them.

It could lead to my self-transformation.

Groningen; 06:39, 5/5/2021

No.592, The Miracle is...

The miracle is not to be able to fly in the sky.

Rather, the miracle is to be able to breathe at this moment.

Or, the greatest miracle is to live now.

Groningen; 08:45, 5/5/2021

No.593, The Shared Unconsciousness

Not only consciousness but also unconsciousness has only a singular form.

It may imply that we all share the single universal consciousness and unconsciousness.

Groningen; 09:33, 5/5/2021

No.594, My Hope

I just want to see more diverse beings on both ontologically and epistemologically various spheres.

I just want to see that these different beings on different spheres make one harmonious world.

That's only what I want to see.

Groningen; 15:50, 5/5/2021

No.595, A Moment in the Early Morning

My body is filled with energy and hope.

What a beautiful morning is!
The clear sky is whispering something to me.
Listening to it, I'll start to reflect on today's dream.
Groningen; 06:05, 5/6/2021

No.596, Just Grateful
Just grateful, I'm just grateful at this moment.
Grateful for what?
I'm just grateful for being here now.
Groningen; 21:40, 5/6/2021

No.597, I'm an Observer
Various feelings, sensations, and thoughts come and go within me or through me.
I'm just observing them as they are.
I'm an observer for everything arising at this ever-present moment of now.
Groningen; 21:43, 5/6/2021

No.598, Serenity and Peace
Serenity and peace are my friends.
They are always close to me.
Especially, they are very affable to me in the morning and at night.
Groningen; 05:31, 5/7/2021

No.599, The Expanding Consciousness
My consciousness is like the vast sky.
It also looks like the vast ocean.
It is expanding and deepening day by day.
I'm wondering how much my consciousness can expand and deepen.
Groningen; 21:44, 5/7/2021

No.600, Life
The process of human development has both continuity and discontinuity.
But our life is both or neither of them.
Life has no start and no end.
Groningen; 06:04, 5/8/2021